

## Abies Nigra

**Introduction:** *Abies nigra* is a powerful and long-acting remedy, in various forms of disease, whenever the characteristic stomach symptoms are present. Most of the symptoms are associated with the gastric disturbances. *In dyspeptic troubles of the aged*, with functional heart symptoms, also appears after tea or tobacco. The grand characteristic of *Abies nigra* is a sensation in the cardiac end of the stomach or in the oesophagus where it enters the stomach, as if a hard body, as a hard-boiled egg, had lodged there. *Constipation*; Pain in external meatus.



**Scientific Name:** *Abies nigra*

**Synonyms:** *Pinus nigra*; Black or Double Spruce; Amber resin; Resina Abietis nigrae.



**Source:** The main source of *Abies nigra* is vegetable kingdom. It is an evergreen wide spread tree, 60 to 70 ft. high, with dark green leaves. On an incision being made in the tree a gum oozes freely, almost white or colorless as it exudes, afterwards turning pinkish and finally a brown color (Translucent, pale yellow, angular, brittle, glassy masses resin is obtained by distilling the volatile oil from the oleo-resin, obtained from *Abies nigra*). It flowers in early spring. It is found in swamps and cold mountains of North America, Canada etc.

**Parts used:** The resin i.e. the gum.

### Composition:

**Tincture ̸.** Drug Strength 1/10

**Active ingredient:**

Abies nigra gum = 100 gm.

**Excipient:**

Strong Alcohol in *sufficient quantity*.

To make one thousand cubic centimeters of tincture.

**Prover Name:** Dr. Leaman; Ohio Medical and Surgical Reporter.

**Spheres of Action:** The most specific action of this remedy is on stomach and also on heart and lungs.

**Pathogenesis:** Acts especially upon the mucous lining of the stomach, causing deranged digestion and consequent phenomena.

**Clinical:** Constipation, *Cough, Dyspepsia, Eructation*, Haemorrhages, Hypochondriasis, Malarial fevers, Tea & Tobacco, effects of.

**Constitution:** Hot, with flushed cheeks. Low-spirited. Dull during the day, wakeful at night. Unable to think.

**Causation:** Tea & tobacco.

**Guiding Symptoms:**

1. *Abies Nigra* is left sided medicine; symptoms extending to left side.
2. Severe pain in stomach after eating, also in small of back.
3. Distressing pain in stomach, extending to left side.
4. Sensation of an undigested hard-boiled egg in stomach.
5. Continual distressing constriction just above pit of stomach, as if everything was knotted up, or as if a hard lump of undigested food remained there. Dyspepsia (θ).
6. Rheumatic pain: in bones.
7. Menstruation delayed three months; also constipation.
8. Alternate heat and cold (Malarial fevers). *Abies Nigra* is said to be one of the ingredients in "Holman's Fever and Ague Pad." Chronic intermittent fever, accompanied by stomachache.
9. Gets out of breath easily.
10. Total loss of appetite in morning, but great craving for food at noon and night. (Hering)
11. Sleepy during the day, but hungry, wakeful and restless at night; Very bad dreams.

**Particulars:**

**Mind:** Very low-spirited and melancholy. Nervousness. Unable to think or study.

**Head:** Dizziness. Bad feeling in head. Dull headache; severe. Head hot, with flushed cheeks.

**Ear:** Pain in external meatus.

**Throat:** Choking sensation in throat. Sensation of something sticking in oesophagus toward its lower end.

**Appetite:** Hungry and wakeful at night. Total loss of appetite in the morning but great craving for food at noon and night.

**Stomach:** Pain in the stomach always comes after eating. Painful sensation as if something were lodged in chest, mostly on right side of sternum, which had to be coughed up, though nothing comes, after taking food that disagreed. Frequent eructations. Continual

distressing sensation about stomach as if everything was knotted up; worse whenever debilitated. Sensation of an undigested hard-boiled egg in the stomach.

**Stool:** Constipation.

**Female Sexual Organs:** Menstruation delayed three months.

**Respiratory Organs:** Easily gets out of breath.

**Heart:** Heavy, slow beating of heart; sharp, cutting pains.

**Back:** Pain in small of back.

**Generalities:** Rheumatic pains, and aching in the bones. Alternate heat and cold.

**Sleep:** Sleepy during the day, but wakeful and restless at night. Very bad dreams.

**General Modalities:** *Worse* after eating.

**Relationship:** Abies can., Cupressus, Thuja, Sabina (all have painful indigestion), and other Conifers; Nux v., Bry., Puls., Kali c., Nat. m.; (effects of tea) Thuja.

**Dose & Administration:** Mother Tincture 01 drachm mixed with one ounce pure water and from this mixture one tea-spoon every 02 or 03 hours intervals daily. This dose may vary depend upon the severity of diseases and patient age or as directed by the Homoeopathic Physician.

**Side effects:** No significant side effect has been observed in proper dosage.

**Contradiction:** There is no known contradiction.

**Use in pregnancy and breast-feeding:** The safety of this medicine in pregnancy has not been studied. Therefore it should be used with caution during these periods. If necessary, consult with homoeopathic physician.

**Storage:** Keep out of reach of children. Keep away from sunlight. Store in a cool and dry place.

**Presentation:** 30 ml, 100 ml & 450 ml in bottle.

**References:**

1. Homoeopathic Materia Medica by William BOERICKE, M.D.
2. <https://en.wikipedia.org/wiki>
3. Homoeopathic Pharmacopoeia of M. BHATTCHARYYA & CO.'S
4. Encyclopedia of Homoeopathic Pharmacopoeia by Dr. P.N. Varma & Dr. Indu Vaid.
5. A Dictionary of Practical Materia Medica by Dr. John Henry CLARKE, M.D.
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7. Materia Medica by James Tyler KENT, A.M., M.D.
8. The Guiding Symptoms of Our Materia Medica by CONSTANTINE HERING, M. D.
9. Condensed Materia Medica by Constantine Hering.
10. Infallible Mother Tincture and Indian drugs by Prof. Dr. A. K. Chaklader.
11. The Encyclopedia of Pure Materia Medica by TIMOTHY F. ALLEN, A.M., M.D.