

EDITORIAL FOR THE MONTH OF JANUARY 2007

SOME RANDOM NOTES ON CROCUS SATIVUS

Crocus sativus is our natural saffron. It belongs to the family of Iridaceae.

I would like to share my clinical experience with this remedy.

My first experience was with a child of 11 years who was suffering from recurrent epistaxis. The characteristic symptoms that I found in this child were that he was extroverted, affectionate, and friendly, happy go lucky type. The mother said that he is very moody sometimes he is very kindhearted towards his sister and everybody at home and suddenly one fine day he becomes very violent towards his sister for no reason. He had a hobby of telling funny jokes to his friends and makes them laugh. However, most of the times his jokes were quite silly. I also observed that while he was sitting in front of me there was a constant winking of his eyes.

In his physical data he had constipation ever since he was a small infant and many times in the sleep he would talk and sometimes he may shriek also. The epistaxis was more characteristic during his summer vacation. The child was tall; he was just going to enter his puberty. He had a strong desire to have water from the refrigerator but otherwise also he loved cold drinks.

Studying his totality I came to a conclusion that he needs a remedy Crocus sativus.

I gave him Crocus sativus 30 and he improved very beautifully with few doses. I did not ever have to repeat this remedy.

And that was my very first case since 15-20 years back and then slowly and slowly my experience became much better with this remedy and I had occasion to treat different types of epistaxis.

The most characteristic thing that I had observed was that the blood is dark, clotted and very stringy. Another important thing that I had

observed in epistaxis of Crocus is that it usually comes at the time of puberty and troubles associated with this like reproach from parents due to misbehavior or excessive fun and joy with no sense of responsibility. I have also been able to see few children who had attacks of epistaxis after every bout of physical exertion.

I remember I had a very obstinate case of epistaxis when the mother will always say that whenever the child has a physical exertion like playing cricket for many hours or playing football for many hours or playing games for many hours and then this is followed by epistaxis, the remedy which really helped me was Crocus sativus. In fact Dr. Kent has repeatedly mentioned that in case persistent profuse epistaxis, think of a remedy Crocus sativus. The characteristic of this remedy is that the moment the bleeding starts the blood coagulates very fast, the blood coagulates so quickly and it turns into what is known as long strings (Merc-sol, Nit-ac).

Another case of a child with an obstinate epistaxis where I could not elicit any modality, the bleeding may come any time from any nostril; it was not related to any weather changes but it was stubborn, it was chronic, they tried all the remedies in homoeopathic materia medica by consulting at least several homoeopaths. The child was not feeling well. When I was trying to interview the child I saw that there was a **constant quivering on his upper eyelid**. And outsider will surely feel as if his upper eyelid has gone into spasm. This is a very important clinching point, immediately I opened the repertory, I saw this rubric in the section of eye 'quivering upper eyelid' and there are very few remedies mentioned in this particular rubric like Ars-alb, Calc-carb, Con, Stram, Verat but the most important thing that I knew it was Crocus sativus with the concomitant of chronic epistaxis, persistent epistaxis, not responding to usual line of treatment with the strong concomitant of quivering of the upper eyelid I was successfully treated the case.

The important thing in Crocus sativus you will see that it has got lot of involuntary movement from head to foot. Many Crocus patients have complained to me of unusual pulsation or shocks in the head. And these shocks are quite deep or some waving sensation in the brain. Others have complained to me twitching of the eyelids, quivering of the eyelids, winking of the eyes etc.

Another case I remember which I have treated several years ago was of a woman during pregnancy. I just started my practice and one fine day I get a phone call from a hospital that a lady is bleeding very profusely because of retained placenta and doctors are trying their best to stop the hemorrhage but the response is very poor. The information that I got on the phone was it was a dark clots, ropy, thick, but the important thing which I confirm repeatedly from them is that the blood clots very quickly and there are three remedies in materia medica which I know that time, one was Crocus second was Mercury and the third one is Nit-ac. Then I refer the rubric 'retained placenta' and I also happened to find in that rubric Crocus sativus and I asked them to put few drops of Crocus sativus 1M in a glass of water and give it to a lady, with in next one hour we were able to get the placenta out from the uterus very successfully under the influence of Crocus sativus.

Even though Crocus sativus is not a very leading remedy for retained placenta as compared to Canth, Hydr, Puls, Sep, Sabin but when there are concomitants along with peculiar symptoms of the remedy are available then one should always follow the rule which Guernsey used to follow to select a remedy using keynote symptom.

Another case that I remembered was again of severe haemorrhage after delivery. The blood was gushing and doctor had to give lot of blood transfusion yet the bleeding was stopping at all. The blood was dark red. She also in the previous pregnancy bled a lot hence she was quite apprehensive that this time also she will bleed a lot and she will have lot of complications. I had a chance to go to the bedside of this patient in the hospital and I found out that as she was having hemorrhage, at the same time I found she was **sweating a lot** but most important thing that I had observed was that she was yawning a lot, she was **yawning frequently**, she was **yawning spasmodically** and she was **yawning violently** and **vehemently**. This unusual yawning in this lady made me think of initially of Ignatia but later I understood that Ignatia is not a big bleeder like Crocus. I gave her in 1M potency in repeated doses and with in a few hours hemorrhage was completely stopped and the patient felt much better.

In pediatric cases I have seen Crocus children are extremely exuberant, affectionate, loving, caring and extroverted you will may mistake this child as Tarantula, Lachesis, Phosphorus or Tuberculinum. They are extremely talkative and they are very fond of singing and dancing and hence here you may mistake them with Hyoscyamus or Tarantula or Lachesis.

Symptom which I have repeatedly confirmed in my pediatric patients is that the mother usually complains that there is always a sudden change in the behavior of the child. The changes are so sudden like switch on and switch off of an electrical switch. Example a child who is so loving and so caring will becomes suddenly extremely violent and angry, will bite, will shriek, will kick (this is a form of an attention seeking behavior)

In most of the pediatric cases, which I have treated with Crocus, I have seen that the children are extremely impulsive by nature.

I have hardly able to confirm this very funny sensation of something is alive in the abdomen of Crocus sativus in hardly any case.

This thready and stringy discharge of Crocus sativus is has a direct link to its name, in Greek language it is pronounced as KROKAS which probably derived from a word KROKE which means a thread like a filament.

The best way to study this remedy is to read the proving by Stalf, who did the whole proving on four provers. If you read the proving of Crocus sativus you will see that most of the symptoms resemble the proving of opium.

The common rubrics in opium and Crocus sativus:

- Ailments from joy
- Anger alternating with cheerfulness
- Irritability alternating with joy
- Delusion vision of fire
- Delusion vivid lively fancies
- Laughing involuntarily

- Witty