

BIOLOGICAL THERAPY

JOURNAL OF NATURAL MEDICINE

REPORT FROM MEDICAL PRACTICE

Heart Therapy

reprinted from *Biological Therapy*, Vol. III, No. 4, December 1985/January 1986, pp. 71-73

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Summary

The possibility of *Crataegus* therapy is pointed out and the symptomatology of several other plant substances affecting the heart is explained. As a result of this it can be seen that therapy of cardiac and circulatory diseases not yet requiring heart-glycosides can be carried out in practice with the cardiac therapeutic drug, Cralonin and the circulatory therapeutic drug, Aurumheel. These treatments are particularly suitable for long-term therapy, where no side effects need be expected.

The topic of biological cardiac therapy is so extensive that it cannot be dealt with here. Only energy supply and utilization and long-term therapy will be dealt with in depth. The object of any measure in dealing with a cardiac disease is to put oxygen supply and oxygen requirement into the correct balance.

Oxygen consumption is already maximum during normal heart action, there is therefore no reserve available. The increased oxygen requirement under exertion has to be compensated by increased supply.

The disproportion between oxygen supply and oxygen requirement is favourably influenced by *Crataegus* in particular, the main active principle of Cralonin and Aurumheel. *Crataegus* may be regarded as a standard cardiac treatment nowadays with a specific myocardial and coronary effect.

Crataegus oxyacantha L.,

Crataegus eliminates disturbances of the aerobic and anaerobic myocardial metabolism, has an oxygen-saving

effect and improves oxygen utilization, increases the coronary flow volume, stimulates the blood and oxygen supply of the myocardium and tones the heart due to positive inotropic properties. The regulating effect of *Crataegus* on the blood pressure is evident, and finally, it is known to have a favourable influence on cardiac arrhythmia.

Crataegus, or hawthorn, belongs to the family of Rosaceae, and grows in Europe and Asia. The ripe fruits, leaves and blossoms are used.

The essential active principles of hawthorn are the coronary and myocardial effective flavones and flavonoids such as quercetin, hyperoside and vitexin-rhamnoside. Monomer polyhydroxyflavonols of the catechu and epicatechu types should further be mentioned. There are already numerous publications on their chemical constitution and pharmacological effect. In recent years, chemical research has been especially concerned with catechus, in particular with their polymerization products. New biologically active substances were thus discovered, the oligomer procyanidines. These contain 2-8 of the catechu units mentioned in C4/C8 linkage.

According to the pharmacological examination, the flavone derivatives would appear to be the main active principles of *Crataegus*. *Crataegus* contains no digitalis substances. From the biochemical point of view, its ability to function as a redox system would seem important.

As an explanation for their pharmacological effect, it is assumed that, owing to their ability to form complex com-

nds with protein, the flavone derivatives attack the cell
ein and act as the prosthetic group of oxygenase and
; take an active part in the oxidative metabolism of the
cardium.

In this connection the experiments with the enzyme
on malachite green on rat hearts are particularly interest-
By administering Crataegus it was possible to prove a
surable decrease in the damaging effect of this dye on the
lative cell metabolism. The survival periods for the rats
ld also be significantly lengthened. As a result of these
periments there can be no more doubt that the main active
ciples of Crataegus have an important influence on
abolic processes in myocardial metabolism and contri-
e to an improvement in remedying disturbances in energy
nation and utilization in the heart as well as in oxygen
zation in the heart muscle.

During a series of experiments on the oxygen-saving
ct of a flavone derivative isolated from Crataegus on the
le animal, an increase in the oxygen in the venous blood
ld be observed while arterial oxygen saturation remained
stant. No measurable changes in the circulatory size or
od sugar occurred. In a rat swimming experiment to prove
increased performance effect, the treated rats showed a
siderably longer swimming period compared to the un-
ted animals.

Other authors tested the effect of Crataegus on heavy
ual workers with a healthy circulation, who were subject
xygen deficiency respiration during the experiment.
der the influence of Crataegus the circulation analytical
periments proved that circulatory capacity adapted in an
nomic manner to the strain. The gas metabolism test
wed a reduced oxygen consumption, a reduction in the
2 output and an improvement in the arterio-venous
gen difference with a lower strain on the heart in respect
is volume capacity.

Experiments with Crataegus on the Langendorff heart
onstrated the expansion of the coronary vessels and an
ease in myocardial performance.

The subjective and objective symptoms and modalities
Crataegus are: palpitations and restlessness of the heart,
dache, insomnia, nycturia, dizziness, breathlessness as a
of pre-insufficiency in cases of arteriosclerotic symptom
plexes in geriatrics. Normalizing effect on both hyper-
sion and hypotension; in the former it can be objectively
ertained, not always in the latter, but an improvement in
subjective complaints can nearly always be achieved. A
d effect in light cases of cardiac stenosis. In severe attacks
ngina pectoris only effective in conjunction with nitro-
erine and with neutral therapeutic measures; on the
er hand, excellent for prophylactic interval treatment to
ease heart blood circulation and thus reduce the tenden-
o attacks.

The principal indications of Crataegus are: myasthenic
ng heart, pre-insufficiency, essential and arteriosclerotic
ertension, coronary insufficiency, interval treatment to
press angina pectoris, post-infectious and focal-toxic

myocardial damage, to sensitize the myocardium to digitalis
glycosides, especially in case of glycoside-refractory condi-
tions or glycoside habituation. Arteriosclerotic symptom
complex. Cerebral sedative. The increase in the reaction of
the myocardium to heart glycosides arising from the effect of
Crataegus offers many different fields of application. The
infectious-toxically damaged myocardium reacts much
better and with much more tolerance to Crataegus than to
glycosides.

Spigelia anthelmia L.,

the worm-herb, belongs to the family of Loganiaceae.
Spigelia is native to Central and South America. The dried
herb is used. Spigelia contains an alkaloid, Spigeliin, which
acts poisonously, also myricin, resins, tanning substances
and essential oil. The plant was used as an anthelmintic in its
native countries and was introduced to Europe as such in
1754.

Spigelia acts specifically on the heart, (particularly peri-
cardium and endocardium), the trigeminal nerve and on the
central nervous sytem.

The subjective and objective symptoms and modalities
are: periodically occurring pain with a shooting, particularly
piercing character. States of great excitement, fear. Strong
palpitations with acute pain at the apex of the heart, in the
pectoral area and projecting into the left arm. Extra-systole.
Extremely effective for acute inflammatory processes involv-
ing the pericardium and endocardium and with rheumatic
effect on the heart. Neuralgic pain affecting one side, usually
the left but sometimes also the right side, in the area of the
temple, the eye and the frontal bone. Rheumatic pain of the
muscles and joints.

The main indications of Spigelia are: pericarditis and
endocarditis rheumatica, cardiac stenosis, migraine, neuritis
and neuralgia, particularly of the entire trigeminal nerve with
Ziliar neuralgia. Infra and supra orbital neuralgia.

Kali carbonicum,

potassium carbonate, aerated potassium compound,
tartrate salt, potash, has the chemical formula K_2CO_3 . Organ
specificities to be mentioned are the vagus nerve, central
nervous system, heart and circulation, the respiratory tract
and the gastro-intestinal tract.

The subjective and objective symptoms and modalities
are: weepy, depressive, easily frightened, anxious. Excessive
irritation of mucous membranes, the respiratory and diges-
tive tracts and of the female sexual organs. The mucous
membranes become dry causing sharp pains. Tendency to
oedema, frequently with lacrimal sacs at the upper eyelids.
Cardiac anxiety and twinges, dyspnea and exhaustion after
slight exertion. Chronic nasal catarrh, dry cough, flatulent
colic, constipation with unsuccessful attempts to evacuate
the bowels. Lack of libido, weakness and pain in the lumbar
region and in the hip joint.

The principal indications are: vagotension, states of ex-
haustion particularly after infectious diseases, weakness of
the cardiac muscle, tencency to oedema, amenorrhoea, geri-

atric dyspepsia, urine incontinence in females, chronic catarrh of the upper respiratory tract, lumbago, coxalgia.

Crataegus, Spigelia and Kali carbonicum are contained in Cralonin.

Cralonin

The following properties and fields of application for the heart treatment Cralonin can be seen from the preceding remarks:

Crataegus is particularly effective on hearts with a damaged muscle, overstrained hearts or with a reduced capacity as a result of the physiological aging process. Crataegus increases the coronary flow volume and stimulates the blood and oxygen supply to the myocardium and has a regulating effect on blood pressure. This effect is synergistically assisted by Spigelia anthelmia (sharp pains radiating to the neck and left arm; irregular pulse) and by Potassium carbonate (arrhythmia, cardiac muscle weakness, thorax pain on the right side), whereby the potassium deficiency of the aging cardiac muscle cells is favourably influenced.

Indications for Cralonin are: Basis therapy for cardiac and circulatory disturbances. Geriatric and strained heart. Coronary blood circulatory disturbances. Degenerative, toxic and (post-) infectious myocardial weakness. Rhythm disturbances. Preservation therapy in cases of compensated myocardial diseases, (re-) infarction prophylaxis. Cor nervosum.

In addition to the heart treatment Cralonin, the circulatory regulating treatment Aurumheel should be mentioned in this connection. In addition to Crataegus it contains:

Aurum muriaticum natronatum,
gold sodium chloride with the chemical total
formula $\text{Na}(\text{AuCl}_4) 2\text{H}_2\text{O}$.

Aurum muriaticum natronatum acts specifically on the central nervous system, heart and vessels, connective tissue and glands.

Valeriana officinalis L.,

valerian, with its specific effect on the central nervous system, the peripheral nerves and especially on the vascular nerves.

Spartium scoparum,

with the botanic name *Cystisus scoparius* LINK, gorse, belonging to the family of Leguminosae with various flavones

and alkaloids as active principles and a specific effect on the central nervous system, the cardiac muscle, the cardio-stimulation relay system and the kidneys.

Convallaria,

with the botanic name *Convallaria majalis* L., lily-of-the-valley, belonging to the family of Liliaceae, a heart glycoside plant of the second degree, with a specific effect on the cardiac muscle and the cardio-stimulation relay system and the peripheral circulation.

Arnica,

with the botanic name *Arnica montana* L., mountain tobacco, belonging to the family of Compositae, with essential oil, tanning substances and catechu as active principles. Arnica acts specifically on the heart, the vessels, connective tissue, muscles, gastro-intestinal tract and the skin. The good toning vascular and cardiac effect should be emphasized here.

Aurumheel

The properties and fields of application are: Aurumheel improves the coronary and myocardial capacity, has a normalizing effect on blood pressure, economizes cardiac and circulatory action and has a tranquilizing and compensating effect on vegetative-neurally disturbed functions of the cardio-vascular system. Aurumheel can also be administered to infants.

The indications for Aurumheel are: vegetative functional cardiac and circulatory disorders, circulatory hypertension, cardiac rhythm disorders, coronary blood circulation disorders, myocardial damage. Assisting the cardiac-circulatory function in cases of fever, after infections, in stress situations caused by the weather (e.g. swollen ankles in summer).

Summarizing the above it can be said that:

The heart treatment Cralonin and the circulation regulating treatment Aurumheel enable a practical therapy of cardiac and circulatory diseases which do not yet require heart glycosides. The treatments are particularly suitable for long-term therapy.

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