

DIFFERENTIATING BETWEEN LUFFA Compositum® AND EUPHORBIIUM Compositum PREPARATIONS

In composite homeopathics, there can often be an overlap in the properties of certain ingredients, making it difficult for the non-homeopath to distinguish between the subtle application of the product. By describing the action of the product, the practitioner can better understand how to use it in treatment modalities.

LUFFA COMPOSITUM

As its name implies, LUFFA COMPOSITUM features *Luffa operculata*, which most practitioners know as an alternative decongestant that is indicated for coryza, the common cold, and hay fever. Indeed, the German Monograph-Preparation Commission for Homeopathic Therapy recognizes *Luffa operculata* for: "the common cold; hay fever."

LUFFA COMPOSITUM also contains: *Galphimia glauca*, *Histaminum hydrochloricum*, and *Sulfur*, all in several attenuations. The combination of all of these substances in various dilutions gives *Luffa Comp* a decongestant action on the nasal mucosa which has a systemic effect on the mucous membranes of the entire respiratory tract, especially stimulating elimination of aspirated contaminants like pollen and facilitating air exchange in the lower respiratory tract thereby aiding breathing, and moisturizing the mucous membranes.

With this in mind, we see that LUFFA COMPOSITUM would be indicated for hay fever, allergic symptoms associated with asthma and allergies in general, affecting mainly the lower respiratory tract. *Luffa* tablets would be mostly used as a prophylactic, starting a few weeks before hay fever starts and *Luffa* spray would be used for acute hay fever.

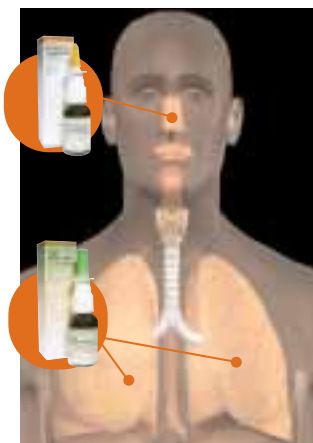


EUPHORBIIUM COMPOSITUM Nasal Spray

As its name implies, EUPHORBIIUM COMPOSITUM features *Euphorbium*. The German Monograph-Preparation Commission for Homeopathic Therapy recognizes *Euphorbium* for: "inflammation of the respiratory passages." The complex is composed of other anti-inflammatory agents specific to mucous membranes in various dilutions.

As a whole, EUPHORBIIUM COMPOSITUM acts like an anti-inflammatory on the mucous membranes of the upper respiratory tract, stimulating the function of the mucous membranes of the nose, sinuses and middle ear to eliminate catarrh. In this sense, it is a decongestant of sorts, but attenuates the swelling of the mucous membranes and thereby increases the defensive capacity of these structures. It is used as a decongestant and mucolytic targeting the upper respiratory tract.

EUPHORBIIUM COMPOSITUM is indicated for sinusitis, rhinitis, and otitis; any condition that causes catarrh in the upper respiratory tract.



Although LUFFA COMPOSITUM and EUPHORBIIUM COMPOSITUM nasal sprays and their adjunct product forms (tablets, ampoules) seem to both be decongestant, they actually each have specific target areas in the respiratory tract. In simple terms, they both work at the same task; to decongest and improve the function of breathing structures, but *Luffa* acts mainly in the deeper, lower respiratory tract, while *Euphorbium* targets the sinuses and upper respiratory structures. The following quick reference chart below will help direct your prescription.

LUFFA COMPOSITUM

- Hay fever
- Congestion from allergies
- Asthma

EUPHORBIIUM COMPOSITUM

- Sinusitis
- Rhinitis
- Nasal congestion from allergy