

# Eclectic Therapeutics For The Male Reproductive System

by David Winston, RH (AHG)

Eclectic physicians practiced in a time before medical specialization, the average physician treating men, women, adults, the elderly, and children. Thus the Eclectic physician was typically experienced in treating a wide spectrum of human ills. As today, women frequented physicians more than men, and as a consequence there are numerous Eclectic texts on women's health and gynecology, yet none focusing on men's health (there is one physio-medical text by William H. Cook, MD on the once feared condition known as spermatorrhea). Thus to do this article on Eclectic treatment of the male reproductive system, many texts were consulted.

Though we tend to believe that sexual behaviors were generally repressed during the 1800's and early 1900's, early medical records and texts reveal that sexually transmitted diseases such as gonorrhea, syphilis, and venereal warts were common. Eclectic medical texts discussing male or female reproductive health devoted significant space to the treatment of such conditions.

Upon searching the Eclectic literature one finds a substantial repertoire of medicines used to treat a broad range of male reproductive issues such as BPH, acute prostatitis, orchitis, impotence, sexual neurasthenia, along with recommendation for treating the perceived threat of "self-abuse" (masturbation).

The medicines listed in this article were generally Lloyd Brothers specific Medicines or Wm. H. Merrill's "normals". Both preparations were concentrated tinctures. The dosage levels have been adjusted to reflect the strength of the average tincture available today. Several products mentioned may be difficult or impossible to find. Glyconda was a proprietary product that is no

longer available. Due to toxicity and liability issues, Staphisagria, Nux vomica, and Ignatia bean are, for the most part, unavailable and inadvisable for use. They are included only for historical accuracy. Low potency homeopathic preparations (3x, 4x) of the medications are, however, available, and can be used as substitutes for these medicines.

## ■ ECLECTIC TREATMENTS FOR ACUTE PROSTATITIS

### **Black Willow aments** (*Salix nigra*)

Indications: Irritation of the prostate arising from sexual excess; excessive and unhealthy sexual desire.

Dose: Tincture (1:5): 10-20 gtt every 3 hours

### **Horsetail herb** (*Equisetum arvens*)

Indications: Acute prostatitis with stinging pains in the prostate or bladder; blood in the urine or seminal fluid.

Dose: Tincture (1:5): 20-30 gtt TID

### **Kava root** (*Piper methysticum*)

Indications: Pain caused by prostatitis; also pain in the vas deferens, urethra, or epididymis.

Dose: Tincture (1:5): 20-30 gtt TID

### **Pipsissewa herb** (*Chimaphila umbellata*)

Indications: Scanty urine with a mucopurulent discharge; frequent attempts to urinate with burning pain and dysuria.

Dose: Fresh Tincture (1:2): 30-40 gtt QID

### **Pulsatilla herb** (*Anemone spp.*)

Indications: Acute inflammation of the prostate gland. Alternate every 2 hours with Thuja.

Dose: Fresh Tincture (1:2): 2-3 gtt every 4 hours



**David Winston** is an herbalist and ethnobotanist with over 32 years of training in Cherokee, Chinese and Western herbal traditions. He is an internationally known lecturer and teaches frequently at medical schools, symposia and herb conferences. In addition, David is a founding/professional member of the American Herbalists Guild.

**Thuja leaf** (*Thuja occidentalis*)

Acute inflammation of the prostate gland.  
Alternate every 2 hours with Pulsatilla.  
Fresh Tincture (1:2): 2-5 gtt every 4 hours

**Toxic herbs included for historical reference:****\*Staphisagria seed** (*Delphinium staphisagria*)

Historical indications and dose: The Eclectics considered this a specific remedy for prostatic disease. Often using it in combination with Pulsatilla, Saw Palmetto, or Gelsemium. It relieves irritation of the prostate gland, testes, and seminal vesicles. Tincture (1:10): 20 gtt in 4 oz. water, mix, take 1 teaspoon every 3 hours

**■ ECLECTIC TREATMENTS FOR IMPOTENCE****Cactus stem** (*Selenocereus grandiflorus*)

Indications: Impotence from nervous exhaustion; cardiac problems, anxiety. Frequently combined with *Avena sativa*.  
Dose: Fresh Tincture (1:2): 1-2 gtt in a little water every 2-3 hours.

**Damiana herb** (*Turnera spp.*)

Indications: Mild sexual tonic; mild depression or anxiety with loss of libido.  
Dose: Tincture (1:5): 20-40 gtt TID

**Green Milky Oat** (*Avena sativa*)

Indications: Sexual neurasthenia; impotence due to stress or exhaustion. Frequently combined with *Serenoa repens* and *Selenocereus grandiflorus* for impotence due to old age.  
Dose: Fresh tincture (1:2): 3-5 ml. TID

**Hops strobiles** (*Humulus lupulus*)

Indications: Nervous, brooding disposition; insomnia; sexual irritation; constant sexual thoughts with fear of impotence.  
Dose: Tincture (1:5): 10-20 gtt. every 3-4 hours

**Saw Palmetto berries** (*Serenoa repens*)

Indications: Sexual neurasthenia, especially in young men due to sexual excess or in old men due to prostatic enlargement. Frequently combined with *Avena sativa* (and the toxic *Strychnos ignatii*—see below).  
Dose: Semi-fresh Tincture (1:3): 10-20 gtt every 3-4 hours

**Yellow Pond Lily rhizome** (*Nuphar luteum*)

Indications: Sexual debility; spermatorrhea; mucous discharge from the urethra.  
Dose: Tincture (1:5): 2-5 gtt every 3 hours

**Yohimbe bark** (*Pausinystalia yohimbe*)

Indications: Functional impotence; lack of nerve power.  
Dose: Tincture (1:5): 10-20 gtt TID

**Toxic herbs included for historical reference:****\*Ignatia bean** (*Strychnos ignatii*)

Historical indications and dose: Impotence with depressed nerve function in the patient who is pale with cold skin and cold extremities; lack of sexual desire. Tincture (1:10): 5-10 gtt in 4 oz. water taken 1 teaspoon every 3-4 hours.

**\*Staphisagria seed** (*Delphinium staphisagria*)

Historical indications and dose: Increases sexual power, benefits impotence. It relieves irritation of the prostate, tests, and seminal vesicles. Tincture (1:10): 15-30 gtt in 4 oz. water, mix, take 1 teaspoon every 3 hours

**■ ECLECTIC TREATMENTS FOR BENIGN PROSTATIC HYPERPLASIA (BPH)**

The Eclectics called this condition chronic "prostatitis." It was associated with aging men as it is today.

**Alfalfa Leaf** (*Medicago sativa*)

Indications: Prostatic irritation in the elderly.  
Dose: Tea: 1 teaspoon herb, 8 oz. hot water, steep 45 minutes, take 4 oz. QID

**Aromatic Collinsonia fresh root, leaf, & flower** (*Collinsonia canadensis*)

Indications: Enlarged prostate with a feeling of constriction; venous stagnation,; hemorrhoids may occur as well.  
Dose: Fresh Tincture (1:2): 20-30 gtt TID

**Black Willow aments** (*Salix nigra*)

Indications: Acute inflammation of the prostate with pain upon erection or ejaculation.  
Dose: Fresh Tincture (1:2): 10-20 gtt every 3 hours

**Cleavers aerial parts** (*Galium aparine*)

Indications: Prostatic irritation, accompanied by inflammation of vas deferens or spermatic chord; burning urine.

Dose: Fresh Tincture (1:2): 20-30 gtt repeated frequently

**Corn silk** (*Zea mays*)

Indications: Prostatic irritation accompanied by inflammation of vas deferens or spermatic chord; burning urine.

Fresh Tincture (1:2): 20-40 gtt – repeated frequently

**Couchgrass rhizome** (*Elytrigia repens*)

Indications: Prostatic irritation accompanied by inflammation of vas deferens or spermatic chord; burning urine.

Dose: Fresh Tincture (1:2): 30-40 gtt – repeated frequently

**Gravel Root** (*Eupatorium purpurea*)

Indications: Enlarged prostate with feelings of heat; difficulty urinating with urine that is cloudy or contains mucous.

Dose: Tincture (1:5): 10-15 gtt in water every 2 hours

**Horse Chestnut Seed** (*Aesculus hippocastanum*)

Indications: Chronic prostatitis (BPH) where there is a feeling of dryness and heat in the gland. The prostate, urethra, and penis feel like they are full of sharp sticks or the patient experiences shooting, sharp pains in the genital and anal region.

Dose; Tincture (1:5): 30 gtt in 4 oz. water, mix, take 1 tsp. every 2 hours

**Hydrangea root** (*Hydrangea arborescens*)

Indications: Enlarged prostate with feelings of heat; difficulty urinating with urine that is cloudy or contains mucous.

Dose: Tincture (1:5): 10-20 gtt in a small amount of water every 4 hours

**Saw Palmetto berries** (*Serenoa repens*)

Indications: Prostatic enlargement and irritation with dribbling of urine or discharge of mucous with dull throbbing; aching pain at the neck of

the bladder or prostate; difficulty urinating.

Dose: Semi-fresh Tincture (1:3): 20-30 gtt every 3-4 hours

**Small flowered Willow herb** (*Epilobium spp.*)

Indications: Chronic low-grade irritation with mucus discharge.

Dose: Tincture (1:5): 20-30 gtt every 4 hours

**Sourwood leaf** (*Oxydendron arboreum*)

Indications: Chronic prostatic enlargement in the elderly with difficulty urinating; frequent desire to urinate with dysuria and pain upon voiding.

Dose: Tincture (1:5) 20-40 gtt TID

**Sweet Sumach bark** (*Rhus aromatica*)

Indications: Nocturia with an enlarged, atonic prostate; poor sphincter control.

Dose: Tincture (1:5): 20-30 gtt TID

**Thuja leaf** (*Thuja occidentalis*)

Indications: Dribbling of urine in older men with prostatic enlargement.

Dose: Fresh Tincture (1:2): 5 gtt every 3-4 hours

### Eclectic Formulas for Prostatitis (BPH)

**Chronic Prostatitis with Cystitis**

\*Belladonna Tincture: 10 gtt

Thuja Tincture: 20 gtt

Mix in 4 oz. water, take 1 teaspoon every 4 hours

**Enlarged Prostate with Irritable Bladder**

Fragrant Sumach Tincture: 20 gtt

\*Staphisagria Tincture: 10 gtt

Saw Palmetto Tincture: 40 gtt

Mix with 4 oz simple syrup. Take 1 teaspoon every 4 hours

**Enlarged Prostate with Irritation**

Wintergreen Tincture: 20 gtt

\*Poke Tincture: 10 gtt

Black Cohosh Tincture: 20 gtt

Glycyrrhiza

Mix with 4 oz of water, take 1 teaspoon QID

\*Toxic. Use with caution and only with the careful supervision of a qualified practitioner.



# Thanks to our Sponsors

- Bastyr University
- Innate Response Formulas  
BioSan Laboratories, Inc.
- Herbalist & Alchemist, Inc.  
David Winston
- Planetary Formulas
- Brant Secunda  
Dance of the Deer Foundation  
Shaman Chocolates
- Tai Sophia Institute
- Vitality Works, Inc.  
Mitch Coven



### **Trailing Arbutus leaf** (*Epigaea repens*)

Indications: Chronic mucus discharge from urethra; burning urine; boggy prostate.  
Dose: Tincture (1:5): 10-30 gtt in water every 2-6 hours

### **Water Eryngo whole fresh plant** (*Eryngium aquaticum*)

Dose: Burning of the urethra and penis; irritation of the prostate with a intense sexual urge.  
Dose: Fresh Tincture (1:2): 30-40 gtt QID

### **Wintergreen leaf** (*Gaultheria procumbens*)

Indications: Prostatic irritation with chronic pain and discomfort; increased sexual desire.  
Dose: Tincture (1:5): 5-10 gtt every 3 hours

## ■ ECLECTIC TREATMENTS FOR OTHER MALE REPRODUCTIVE ISSUES

### **Aromatic Collinsonia root/leaf/ flower** (*Collinsonia canadensis*)

Indications: Varicocele; spermatorrhea, especially if accompanied by hemorrhoids.  
Dose; Fresh Tincture (1:2): 20-30 gtt TID

### **Cleavers** (*Galium aparine*)

Indications: Epididymitis; chronic inflammation of the spermatic chord or vas deferens.  
Dose: Fresh Tincture (1:2): 3-5 ml TID

### **Kava rhizome** (*Piper methysticum*)

Indications: Pain in the meatis of the penis.  
Dose; Tincture (1:5): 20-30 gtt TID

### **Mullein leaf** (*Verbascum thapsus*)

Indications: Compresses of a strong infusion of Mullein will reduce testicular swelling in orchitis.

### **Peach Tree leaves** (*Prunus persica*)

Indications: Irritation of the seminal vesicles and urethra.  
Dose: Tincture (1:5): 10-20 gtt in 4 oz. water, mix. Take 1 teaspoon every .5-2 hours  
Tea: 1 teaspoon dried leaves to 8 oz. cool water, steep 2-4 hours. Take 4 oz. TID

### **Phosphorus**

Indications: Irritation of the testicles with

mucous discharge; heavy feeling in the perineum.

Dose: Tincture (1:5): 10-15 gtt in 4 oz water, mix. Take 1 teaspoon every 2-4 hours. (This product is no longer available, but a liquid phosphorus product such as Standard Process' Phosfood can be used as a substitute.)

#### **Thuja leaf** (*Thuja occidentalis*)

Indications: Use orally and apply topically for condylomata (venereal warts-HPV).

Dose: Fresh Tincture (1:2): 1-2 gtt every 2 hours and apply the tincture directly to the wart 2-3 times per day.

#### **Witch Hazel leaf/bark** (*Hamamelis virginiana*)

Indications; Relaxed, congested pelvic region – “too much blood”.; dragging sensation in the scrotum with aching pain.

Dose: Tincture (1:5) 20-40 gtt TID

#### **Toxic herbs included for historical reference:**

##### **\*Belladonna** (*Atropa belladonna*)

Historical indications and dose: Orchitis with dull, aching, dragging pain in the spermatic chord. The testicles are bluish and congested. Tincture (1:10): 10 gtt in 4 oz. water, mix, take 1 teaspoon every 3 hours

##### **\*Gelsemium root/leaf** (*Gelsemium sempervirens*)

Historical indications and dose: Urethral spasm, burning in urethra, urination painful and frequent. Acute orchitis, epididymitis. Tincture (1:10): 20-30 gtt in 4 oz. water, mix, take 1 teaspoon every 2-3 hours

##### **\*Poke Root** (*Phytolacca americana*)

Historical indications and dose: Chronic enlargement of the testicles (orchitis), dry skin; enlargement of the pelvic lymph nodes. Fresh Tincture (1:2): 20-30 gtt in 4 oz water, mix, take 1 teaspoon every 2 hours

##### **\*Pulsatilla** (*Anemone spp.*)

Historical indications and dose: Testicular inflammation (orchitis), patient is nervous and despondent. Fearful of imaginary problems. Fresh Tincture (1:2): 30 gtt in 4 oz. water, mix, 1 teaspoon every 2-3 hours

#### **References**

- Boskowitz G & Von Unruh V 1910. *Extracts From Lectures on Therapeutics*, Eclectic Medical College of the City of New York, New York.
- Cook WH 1872. *Spermatorrhoea, or Seminal Weakness. It's Nature, Causes, and Treatment*, [by author], Cincinnati.
- Ellingwood F 1919. *American Materia Medica & Therapeutics*, Ellingwood's Therapeutist, Evanston, IL (reprint Eclectic Med. Pub, Sandy, OR).
- Goss IJM 1897. *A Text Book of Materia Medica, Pharmacology, and Special Therapeutics*, 2nd ed., Chicago Medical Book Co., Chicago.
- Jones E 1911. *Definite Medication*, Therapeutic Pub. Co., Boston, MA.
- Neiderkorn J 1906. *A Handy Reference Book*, Lloyd Brothers, Cincinnati.
- Scudder JM 1874. *On The Reproductive Organs and the Venereal*, Wilstach, Baldwin, & Co., Cincinnati.
- Watkins L 1901. *An Eclectic Compendium of The Practice of Medicine*, The Scudder Bros., Cincinnati.
- Wilson C 1935. *Useful Prescriptions*, Lloyd Brothers, Cincinnati.

January 5th 2004

## **Ephedra News Update**

The FDA has proposed a total ban on dietary supplements that contain ephedra or its alkaloids. This also includes restriction of other plants that contain “ephedra-related alkaloids” such as *Sida cordifolia*. It will not affect botanicals that contain synephrine (citrus peel). This proposal will likely be challenged by ephedra manufacturers. According to the FDA website, the ban will not affect ephedra-containing teas which are regulated as “conventional foods,” nor is it supposed to affect traditional Chinese remedies. It is uncertain how FDA will make the distinction between “dietary supplements” and “traditional Chinese remedies” considering that there is no legally recognized category for the latter. This restriction will go into effect by March 2004. Any ephedra-containing dietary supplement on the shelf after that date will be considered illegal.

Roy Upton