

STROPHANTHUS

READY FOR A RESURGENCE: A CARDIO-
PROTECTIVE REMEDY OF OLD



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A history of oppression

One of the most widely researched plant remedies comes from an African climbing plant and is a most formidable remedy for heart disease and vascular disorders [1, 2, 3]. This gem has been largely removed from the annals of conventional medicine and has almost been forgotten. However, the need of the current times may call for its much needed resurgence. Its most potent medicinal effect and the absence of side effects, may make it a savior for the ever rising incidence of cardiovascular diseases and beyond.

The rise and fall of Strophanthus is linked largely to the striking efficacy and the earlier extensive use. The therapeutic success of this medicine became inconvenient to conventional medicine with the development of beta blockers and calcium antagonists. Strophanthus did the exact same job as these new drugs, but being a natural plant, was not patentable [1,2].



Science Museum Group. Bottle of Strophanthus Tincture tablets, England, 1910-1930. A664888 Science Museum Group Collection Online. Accessed December 18, 2022. <https://collection.sciencemuseumgroup.org.uk/objects/co187343/bottle-of-strophanthus-tincture-tablets-england-1910-1930-bottles>.

The antagonism of conventional medicine was great and the campaigns to prohibit the use of Strophanthus were effective. Strophanthus was forbidden by the health boards, was removed from pharmacies, and doctors who continued to use it for their patients found themselves pressurized, discredited and even penalized by their associations and colleagues [1, 2].

Until today, Strophanthus is repressed, and that albeit the extensive body of research of efficacy and compliance in patient application. Over 150 years of successful management of cardiovascular disorders should suffice to bring this remedy back into hospitals, doctors practices and for sure into homeopathic clinics.

From whence it came...

During an expedition in Africa, in 1859, the biologist John Kirk, came across the liana, as natives there were using an extract as poison for their arrows. By 1885 then, the extract was introduced as therapeutic in the treatment of cardiological complaints.

In 1906 Strophanthus was acknowledged as a drug for angina pectoris and infarction, and in the 1990's research identified that Strophanthus was in fact identical to an endogenous steroid hormone [2, 5].

Properties of Strophanthus

Strophanthus has proven beneficial where metabolic disorders of the heart are cause of high blood pressure, arteriosclerosis, thrombosis, angina pectoris, ischemic heart disease and infarction.

Strophanthus not only strengthens the heart, it neutralizes acidity, impacts the electrolyte metabolism and the oxygen saturation [1,5].

It needs reminding here that the no.1 cause of death across the globe is heart disease, and all the drugs that conventional medicine has brought onto the market, have not done much to shift the incidence or dispel the helplessness.

Of particular importance and interest, in our current times, in particular, should be the cardio-protective properties, the antiviral properties, and the impact Strophanthus has on the processes of oxygenation of tissue in the body.

A paper published in 2020 suggests the efficacy of Strophanthus, also known as 'Ouabain', as an effective treatment for COVID 19. The anti-viral properties against numerous viruses, and at that also SARS-CoV-2 [4], as well as the capacity of Strophanthus to increase the resistance to oxygen deficiency in tissues in the body, referred to as hypoxia [4, 5], alongside of the cardio-protective characteristics, recommend the use of Strophanthus in the treatment of COVID-19 [4].

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The homeopathic materia medica suggest Strophanthus for respiratory complaints such as dyspnoea, cardiac asthma, congested lungs and oedema of the lungs. Heart symptoms include insufficiency, the sensation of pressure, nervousness and anxiety about the heart, palpitation from slightest exertion, and tumultuous activity of the heart [6, 7].

Strophanthus certainly has a promising action radius, and can be of benefit for many patients in need. It requires an openness and acceptance of the conventional medical establishment to make it a regularly accessible medicine for all. Openness to revoke the oppression of Strophanthus, and acceptance that this plant remedy is a most effective treatment.

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