

## MEDICINAL VALUE OF EUPATORIUM PERFOLIATUM.

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By A. J. BIGNEY.

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*Eupatorium perfoliatum*, commonly known as thoroughwort, or boneset, is a well-known plant, yet its real medicinal value is not as well known as it should be. This plant varies from two to four feet in height, blossoming in August and September, and is abundant in flat and swampy lands. It seldom grows in hilly sections. Nature seems to have made provision for the curing of the diseases prevalent in certain regions. In swampy countries chills, malarial, intermittent, typhoid and other fevers are common. Since boneset occurs in these localities and is particularly valuable for curing such diseases it seems to substantiate the above statement.

The blossoms, small branches and leaves are the parts generally used. It has four medicinal properties—an emetic, a tonic, a light laxative and a diaphoretic. As a diaphoretic it should be taken hot just before retiring. This is specially helpful for colds and fevers. For restoring the powers of the stomach it is better to take boneset cold.

For the diseases already mentioned boneset has been known and used as a home remedy for a long time. In the so-called la grippe it has not been used very extensively so far as I can learn. Some prominent physicians say it is almost a specific for it.

My experience in its use dates from the first appearance of la grippe in this community, about 1889. As soon as the symptoms begin a teacupful of the infusion of the boneset is taken just before retiring. This produces some perspiration, strengthens the nerves, regulates the digestive organs, thus giving the body an opportunity to increase the building up of the system, and in this way the resisting power is sufficient to overcome the disease. Occasionally the next day some of the cold infusion may be taken, always before meals, for, after eating, the emetic power may predominate. The next night the hot solution should be taken. Usually this kind of treatment will cure the disease without going to bed at all. This treatment should be taken early in the development of the disease in order to get the best results.

The first time of taking it, it should not be very strong until a person finds out its action on his stomach, for the emetic influence is exerted much stronger in some persons than in others. If one can retain it, it matters but little about the strength of it. It is made as ordinary tea.

I have thoroughly tested it in my own case when la grippe has been making its invasion, and as a result I have never yet had a regular siege of the disease. My own family has tried it time and again with splendid results. Some people cannot take it at all because of its emetic effect. I have given my neighbors the benefit of my experience. While its results are always good, yet in some persons the results will not be as marked as in others.

The students of Moores Hill College have been very willing to respond to my desire to have them test it. Students have come into the classroom with the symptoms strongly developed, and on being advised to take this remedy have actually taken it that night. They would report that the results were even better than they could have expected in so short a time. They would not even have to stop work. Scores of reports could be given, but I do not think it necessary. The best way will be to test it for yourself. It can be secured from your druggist if it does not grow in your locality. An extract of boneset is made, but I have had no experience with it.

I am pretty thoroughly convinced that nearly every case of la grippe can be cured by this remedy if taken early in the development of the disease.

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