

Ginkgo biloba

It is found in America, South Africa, China, Germany and Japan, and rarely in India. It is a high tree, up to 24m with clusters of long leaves, which are fan shaped with dioecious flowers. The fruit is a drupe consisting of an acrid foul smelling pulp, surrounded with cream coloured thin-shelledkerneled seeds. Ginkgo contains many active ingredients (mainly the ginkgolides, bilobalides and flavonoids).

A homoeopathic tincture is made from the fresh leaves (during spring). It is covered by both: Homeopathic Pharmacopoeia of India and German Homeopathic Pharmacopoeia. It was proved by Dr. Maury.

The drug has circulatory stimulant, anti-asthmatic, antispasmodic, anti-allergic, and anti-inflammatory properties. The value of the drug has increased because of the recent research on it. It is used for general lameness, unreasonable fear with loquacity. Left supra-orbital pain, muscular weakness and vesiculo-pruriginous eruptions and also in micturition troubles.

It is indicated in vertigo,¹ and other utilities like improving poor cerebral circulation, improving the memory and concentration, improving the capacity to overcome the symptoms of auto-immune diseases. It is also indicated for multiple-sclerosis, dementia and to reduce PAF (Platelet Activating Factors) a substance found in the blood, which cause the blood to become thicker and to produce blood clots, resulting in partial-paralysis and loss of memory. It has also been used in high blood pressure and arteriosclerosis (deposit of fats in the arteries and thickening of arteries). It has anti-inflammatory and anti-allergic properties. Intermittent claudication, to delay the clinical deterioration in dementias.²

A review published by Dr. Willmar Schwabe, Germany on its extract shows that this drug is superior to placebo in the treatment of tinnitus.³ A randomized trial has also concluded that the Ginkgo biloba extract improved overall cognitive performance among patients with mild to moderate ischemic stroke.⁴

Recommended dose: Ø 10-30 drops and diluted in water. It is considered a very safe medicine at mother tincture level.

References:

1. Larysa Sokolova, Robert Hoerr, Tamara Mishchenko, "Treatment of Vertigo: A Randomized, Double-Blind Trial Comparing Efficacy and Safety of Ginkgo biloba Extract EGb 761 and Betahistine", International Journal of Otolaryngology, vol. 2014, Article ID 682439, 6 pages, 2014. <https://doi.org/10.1155/2014/682439>



2. Ernst.E., 2010., Complementary and alternative medicine., Oxford Textbook of Medicine.,United States by Oxford University Press.,pg.68.

3. EGb 761® optimizes standards of life for tinnitus patients!, Press Release 6 February 2012 from Dr. Willmar Schwabe, Germany, from http://www.schwabepharma.com/international/media_relations/press-releases/items/2012_02_06_vonBoetticher.php

4. Cui, M., You, T., Zhao, Y., Liu, R., Guan, Y., Liu, J., Liu, X., Wang, X., & Dong, Q. (2023). Ginkgo biloba extract EGb 761® improves cognition and overall condition after ischemic stroke: Results from a pilot randomized trial. *Frontiers in pharmacology*, 14, 1147860. <https://doi.org/10.3389/fphar.2023.1147860>