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Pharmacology in the Edgar Cayce Readings

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(Based on the material given by Gladys Davis Turner at the 1957 June Congress A.R.E.)

What is Pharmacology? Webster says: *The Science of drugs, including materia medica and therapeutics.*

By definition, *materia medica* is: *Medical science treating of the nature and properties of all the substances used in curing diseases.* And the definition of therapeutics broadens the concept of Pharmacology still further: *Medial Science which treats of the application of remedies for diseases.*

All of the treatments, remedies or applications given in the readings thus fall well within the concept of Pharmacology; with one exception - prayer and meditation.

A complete index of all remedies or Pharmacology given in all of the physical readings has not yet been made - a monumental study requiring much time and research. Yet we do have definite data from physical readings completely indexed from A to Z, covering the period from May 9, 1934 to July 24, 1936. From this we can get a broad picture and many details, showing the scope of pharmacology and the proportions of various types of curative remedies suggested.

During this two-year-two-months period, 670 persons had physical readings from Mr. Cayce and some of this number, of course, had more than one reading. The remedies advised have been placed in broad classifications, and

the number of times suggested to each person has been counted. For instance: Atomidine - 103 times . . . down through the list to Zilatone Tablets 11 times.

The total number of times *all* remedies were suggested to these 670 people during this period amounts to 1,712. Thus it may be seen that each person received about 2.5 remedies and detailed descriptions of remedies - plus some whys and wherefores - in physical readings obtained.

The first part of this article will consist of the list itself, and the second part will give some extracts explaining the philosophy of some of the remedies - or the whys and wherefores. These extract will not be taken necessarily from the two year period.

To get the most significant picture of Pharmacology in the readings, the A-to-Z arrangement has been abandoned and the remedies placed in the order of highest number of times mentioned, second highest, etc. When we do this, we get a list of 80 classifications ranging from 242 times-mentioned down to 10 times, and below this - to complete the data - a brief list of remedies mentioned once to ten times.

Although the highest number of mentions is to Osteopathy, it should be noted that the majority of all these classifications referred to in the readings

make use of standard pharmaceuticals and prescriptions involving the use of drugs and substances familiar to the medical profession. Some of the prescriptions given in the readings may be original or unorthodox from a medical standpoint; and some standard pharmaceuticals may be used in an unorthodox way. The fact is still very clear that the readings made full use of drugs and substances for healing, according to the broad definition of the word *Pharmacology*.

The Significant First Seven

Remedy	No of People
1. <i>Osteopathy</i>	242
2 <i>Wet Cell and Radio-active appliances</i>	196
These appliances were not on the market, and readings had to be taken to get directions for making them. Refer to an article with this title which was sent to Sponsoring Members in January 1957; on pages 6 and 7 there is a description of what is accomplished by introducing various properties (such as iodine, iron, camphor, silver, gold) into the body vibratorially.	
3 <i>Hydrotherapy</i>	109
Includes colonics, enemas Epsom Salts baths, sitz baths, Turkish baths, sun-and~sea baths; sweat baths carrying iodine, tolu & benzoin, Atomidine, Pine, Sulphur Witchhazel, etc., followed by oil rubs; mustard foot baths; hot and cold needle showers and baths.	
4. <i>Atomidine</i>	103
Recommended for many conditions but always with specific directions, and in conjunction with other needed treatments. Not included in <i>Prescriptions</i> , below, though Atomidine is a new form of Iodine and was developed by independent research aided by the Edgar Cayce readings.	
5. <i>Packs</i>	102

Includes Castor Oil Packs (48 times; Epsom Salts Packs (25 times); Plantain and Onion poultices; heated salt, clay and mud poultices, turpentine and salt packs; Mutton Tallow, Turpentine & Camphor on flannel; salt and vinegar poultice; wet sand packs; grape poultices; mullein stupes, etc. etc.

6. *Massage*.....99

Includes massage using all kinds of oils such as Tincture of Myrrh, Camphorated and Castor Oil, Mutton Tallow; Turpentine and Camphor, etc, etc.

7. *Prescriptions*.....87

Includes the readings' own combinations of various ingredients such as Valerian, Podophyllin, Stillingia, Sarsaparilla, Wild Ginseng Wild Ginger, Sage, Ambergris, Wild Cherry bark, Calisava, Gentian, Indian Turnip, Eucalyptus, Horehound, etc. etc.

These seven classifications above add up to 938 mentions and 938 is 55% of the total of 1712 mentions in the entire list. Since 670 people had the readings covered by these mentions, we may logically conclude that each one of the 670 had at least one of the seven remedies itemized above.

Completing the List of 30:

8. <i>Alearoid</i>	55
An anti-acid digestant powder.	
9. <i>Animated Ash</i>	53
See Selections for Sponsoring Members,	
10. <i>Electrical Treatments</i>	49
Includes Violet Ray, ultraviolet ray, vibrator, sun-ray lamp, x-ray, infra-red, Diathermy, Sun Lights; radiation method, vitalization method; Mercury Quartz, etc.	
11. <i>Fletcher's Castoria</i>	47
For grown-ups and children.	
12. <i>Caroid abd Bile Salts</i>	31
13. <i>Chiropractic</i>	28
14, <i>Inhalants</i>	27

Includes Eucalyptus combined with other ingredients such as Benzoin, Oil of Turp, Rectified Creosote, etc.; also apple brandy fumes from charred oak keg; for clearing mucus and congestions in nose, throat, bronchials and lungs.

15. *Ventriculin*.....25

Tonic, with and without iron.

16. *Olive Oil*.....23

To be taken internally, as intestinal food and laxative.

17. *Gold Chloride*21

Includes internal use combined with Bromide of Soda solution, and vibratorially through the Wet Cell Appliance.

18. *Calcidin* 20

19. *Milk of Bismuth*19

20. *Neuropathy*.....17

21. *Girdle Belts*.....13

22. *Expectorants*13

23. *Operations (Surgery)*..12

24. *Elliott machine*.....12

See May, 1954 article in Readers Digest, Young Doctor Heat; also November 1934 A.M.A. article on deafness, new treatment for sinus, mastoid, etc. This machine was later taken off the market and diathermy used instead.

25. *Nasal Spray*.....12

26. *Yellow Saffron Tea*.....12

27. *Diet*11

Outlining foods containing special elements needed.

28. *Zilatone Tablets* 11

29. *Injections*10

Includes Protolack, Adenine Sulphate, Iodine, Digitalis, etc.; also warnings against bad effects of some already taken.

30. *Simmons Liver*

Regulator 10

Balance of the List

To complete our list of 1,712 mentions and show the variety of

remedies mentioned to fewer people (up to 10), we give the following remedies:

Grain Alcohol; Anidex Salve; Alophen pills; Aspirin; Asaphoetida; Agarol; Adenine Sulphate; Fowler's Solution of Arsenic; Antiphlogistin; Bromidia; BiSoDol; Breathing exercises; Bichloride wash; Crazy Crystals; Calomel; Charcoal Tablets; Castor Oil; Citrate of Magnesia; Colorbak; Dentistry; Dues Mixture; Digitalin; Dried Milk; Dobell's Solution; Exercises; Elm Water; Syrup of Figs; Fleet's PhosphoSoda; Glyco-Thymoline; Gynecologist; Grove's Chill Tonic; Gray's Ointment; Hydrochloric Acid (with other ingredients); Hypnotism; Iodex Salve; Ipsab for gums; Incretone; Insulin; Sauer Kraut juice; Limewater; Lenoir's Eczema Remedy; Luminal; Lavis; Lithia; Liver Extract (Valentine's); Lemon Juice; Magnetic passes; Maltex; Maypop (*Passiflora*); Milk of Magnesia; Mellins Food; Manan; Murine Eye Wash; Naturopathy; Nitre, Sweet Spirits of; N.R. Tablets; Optometrist; Oxygen Tank; Elixir of Lactated Pepsin; Phenolphthalein wafer; Psyllium Seed; Prayer and meditation; Pyrosan; Ragweed Tea; Rochelle Salts; Radium; Resinol; Salt (plain); Syrup of Squill; Sulphur; Stearate of Zinc & Balsam powder; Strychnine; Thyroid extract or tablets; Transfusion; Toris Compound; Tim Salve; Timothy Hay Tea; Tonicine; Upjohn's Citrocarbonate; Vaseline; Vinol; Wyeth's Beef Iron & Wine; Water (boiled with salt and meal; Watermelon Seed Tea; White's Cod Liver Oil; Yogurt; Yeast; Yellow Oxide Ointment.

Extracts Illustrating the Seven Highest Mentions

Osteopathy—The value of osteopathy, as stressed in the readings, is so well known to members as to need only the barest summary, or recapitulation of the

curative principle.

"As a system of treating human ills, osteopathy is more beneficial than most measures that may be given. Why so? Because in any preventive or curative measures, the condition desired is to assist the system to gain its own normal equilibrium. It is known that each organ receives impulses from other portions of the system, by the suggestive forces - sympathetic nervous system; and by circulatory forces - cerebrospinal system; and the blood supply itself: These course through the system in very close parallel activity, in every single portion of the body. Hence, stimulation of the ganglia from which impulses arise (either sympathetically or functionally) must be helpful to the bodies efforts towards gaining that equilibrium."

No. 902-1

The Radio-Active and Wet Cell Appliances—Again we must refer the reader to the January 1957 article, which is available to A.R.E. members. The whole theory of bodily vibrations and electrical currents in the body is a new and exciting field of therapy, forecast in the readings and awaiting scientific research. The A.R.E. will cooperate fully with any accredited scientific group desiring to research along these lines which were described in the readings.

Hydrotherapy - Third highest in the list of seven, advised 109 times, Hydrotherapy (colonics, enemas, special baths, etc.) was stated to have the following values:

"For hydrotherapy and massage are preventive as well as curative measures. Cleansing of the system allows the body-forces themselves to function normally; thus to eliminate poisons, congestions and conditions that would otherwise become acute throughout the body." No. 267-P-61

"Rather, there are pressures from

the lack of peristaltic movement in the lower portions of the colon. Take a colonic irrigation occasionally; have it administered scientifically. One colonic irrigation will be worth about four to six enemas!" No. 3570

"Q. Do you advise the use of colonics or Epsom Salts for the body ?

"A. When these are necessary, yes. For everyone everybody—should take an internal bath occasionallyThey would be better off if they did." No. 440

"As indicated there are channels or outlets for the elimination of poisons - that is, used energies - where there exist effects of the activity of the circulation upon foreign forces ... All these, segregated in the system, produce forces, which of necessity must be eliminated.

"We eliminate principally through the activity of the lungs, of course; and the perspiratory system, the alimentary canal, and the kidneys. . . The headaches here are sign or warning that eliminations are not being properly cared for. In this body, most of the disturbance comes from the alimentary canal and conditions existing in portion of the colon itself; so that a pressure is produced upon those centers..... Hence the suggestion for osteopathic corrections which aid but do not eliminate all of these conditions, which are like accumulations through portions of the colon. Consequently, colonic irrigation are occasionally necessary, as well as genera] hydrotherapy and massage." No. 2602P-2

"Best that there be first a cleansing of the colon by a colonic irrigation, followed with sufficient antiseptic solution to prevent further toxins in the system. Then a thorough cleansing of the alimentary canal, preferably by substances of an alkaline nature such as may be found in Milk of

Magnesia, Petrolagar..." No. 719P-1

Atomidine. This prescription is so familiar to members of the A.R.E. It was advocated for both internal and external use; antiseptics being one of its major external uses.

The dosage for each individual was very specifically adjusted; hence the following extracts must not be considered to apply generally. Atomidine was taken off the market some years ago, except for external use.

"We would also begin taking Atomidine internally as a purifier for the glands and to stimulate better thyroid activity, This may change the heart's regularity for the time being, but if it is properly administered and the osteopathic corrections properly made, we will find changes in the activities in the epidermis..." No. 3904-P-1

"We would take small doses of Atomidine internally, to assist in purifying the system.... Also we would take a good eliminant (Eno Salts, 1 heaped teaspoonful each morning for eight to ten days) for flushing the system from poisons and accumulations that naturally come with irritation in the superficial circulation." No. 2441-P-2

Packs—We have chosen extracts pertaining to Captor Oil and Epsom Salts Packs; and only one additional to illustrate another type of pack. The readings advised various kinds of packs for a variety of ailments; and as will be noted the packs were to be used in connection with other treatments.

"First we would begin with the use of Castor Oil Packs for about an hour each day, for at least three days a week. These should be applied especially across the abdomen in the caecum or right area of the body. Following each three-day period of using the packs, we would take pure olive oil internally—not too great a quantity at the beginning but

as much as the body can assimilate ... Then following same - say the next evening - have a colonic irrigation, using a colon tube for same." No. 2451-P-1

"As we find, there are acute conditions.... Though the disturbance is in the bursa of the arm and shoulder, the source of this arises from a colon distress.... Begin applying a saturated solution of Epsom Salts in packs over the affected area of arm and shoulder. Also begin immediately with an eliminant, preferably mineral salt such as Eno, Sal Hepatica or Rochelle Salts ... Then when these have acted, do have a good colonic. This will remove the pressure and alleviate the distresses." No. 340-P46

"We would add at the present turpentine-with-salt (packs), not over the affected parts where the injury has been made, but around same. Saturate the salt with turpentine, not making a saturated solution, but dampen salt with turpentine and apply around and not on the parts. . . It will be more helpful, we find, to let the salt and turpentine extend the whole length of the member that is afflicted, thus drawing more of the poisons from the body. Use the heavy salt, not the crystals ... and the spirit of turpentine. Apply two, three, four times each day. These will produce the perspiration that comes from such drawing of the circulation..." No. 670-2

Massage. Sixth in our list of seven highest, has already been mentioned in connection with other treatments in extracts given above. The following ones show something of the variety of uses for massage:

"For disturbance already existent by absorption from mucus into circulation have hydrotherapy treatments, 3 to 10. . . Not dry heat, but fume baths using witchazel... Then shower and then have massage with

olive and peanut oil." No. 5147-1

Following use of a Wet Cell Appliance: "A thorough massage after each of the thirty-minute treatments, using peanut oil. Begin at finger tips, go toward the body - all that the body will absorb of the oil. Then begin at toes . . . then along spine from first cervical downward on each side of the spine to ninth dorsal ... and from end of spine upward to ninth dorsal. Use a circular motion." No. 5150-1

"Have Epsom Salts Baths, about once each week Be 10lbs of Epsom Salts in about 40 gallons of water, pretty warm . . . each week for 3 weeks; omit for 6 weeks, then another series, increasing the amount of Epsom Salts to 15 pounds. Massage over spine during the bath. Afterward, massage with peanut oil." No. 5169-P-1

Prescriptions: The readings seemed to be thoroughly familiar with the pharmacopoeia! The following prescription was given as a tonic for "stimulation to the body, in order to give the correct vibration through the system."

"To one gallon of rain waters we would add: Wild Cherry Bark (preferably from the north side of the tree) 4 ounces; Yellow Root, 2 ounces; Red Root, 2 ounces; Prickly Ash Bark, 1 ounce; Elder Flower, 1 ounce. Reduce this by simmering, not boiling, to one quart; strain, and while warm add 2 drams Balm of Gilead, 6 ounces of Grain Alcohol.

"The dose of this would be a teaspoonful four times each day, before meals, The effect of this on the system is to give the stimulation to the organs and to the eliminating forces in the system; as -

"The active principle from the Wild Cherry Bark, with other ingredients, is a stimulation to the lungs,

throat and bronchials, and those organs above the diaphragm.

"The Yellow Root is for the pneumogastric forces, and gastric juices of the pyloric end of the stomach itself.

"The Red Root is a stimulus for the secretions from the pancreatic forces and the spleen, in its functioning from the blood cell force destroyed there.

"The Prickly Ash Bark is for the blood supply, as acted upon in the emunctory forces of the liver itself, proper.

"The Elder Flower is for the functioning of the organs of the pelvis with the action of the kidneys; as is the stimulation from the alcohol and the Balm of Gilead in these organs" No. 2790P-1

"For the condition, have these properties made into an inhalant as follows: To 4 ounces of pure grain alcohol (not 85%, but pure grain alcohol, 190 proof), add: Eucalyptol, or oil of same 20 minims; Benzosol -10 minims; Oil of Turp or Rectified Oil of Turp - 5 minims; Tolu in solution 40 minims; Benzoin, Tincture of, 5 minims,

"Keep in a container at least twice the size, or an 8 ounce bottle with a glass cork. Shake solution together and inhale deep into the lungs and bronchi, two or three times each day..." No. 5682-P-1

"Also once a week, after the regular massage with the Peanut Oil as given above - say, as a Saturday or Sunday dose - we would massage the body with a combination of oils, prepared in this way and manner, as to prevent any irritation.

"To 4 ounces of Russian White Oil, Usoline or Nujol as the carrier, add -in the order named: Cedar Wood Oil- 1 ounce; Olive Oil-1 ounce; Oil of Sassafras Root 1/4 ounce; Witchhazel-1 ounce; Lanolin, dissolved-1 teaspoonful.

"This, to be sure, will separate when it stands; but when ready to be used it should be shaken together. Pour a quantity in a saucer and massage the body thoroughly with it." No 2778-1

It may be asked how typical of all the physical readings is this list of remedies indexed for the two-year period from mid-1934 to mid-1936. We

cannot answer this question, but present the data as far as we have it available, in an attempt to present an overall picture true as far as it goes.

Growing numbers of physicians of all schools are studying the Edgar Cayce data very careful. A group of such men and women constitute an Advisory Board for the Association.

NOTE: This is a REPRINT of a former monthly publication of the Association for Research and Enlightenment, Inc.