

The Role of Helleborus niger (Christrose) in Complementary Oncology and Palliative Medicine

Dr. Friedrich Migeod, MD

BioMed Hospital, Bad Bergzabern, Germany

Introduction:

Helleborus niger is a potentially toxic plant therefore it is used in a homeopathic dilution (D3, D6, D12) in combination with interesting plant supplements such as saponins, flavonoids, bufadienolide, beta-ecdysone, protoanemonin, ranuncosid, aconitic acid and corituberin. Beta-ecdysone has several effects such as cytotoxicity for cancer cells and induction of apoptosis; however, it also has effects on the brain, against epilepsy, relieving anxiety and has anabolic effects. Further on saponins, are stimulating diuresis, reducing edemas, reducing inflammations, relieving bronchial mucus, and again inducing apoptosis in tumor cells. The third important group such as protoanemonin (flavonoids) are blocking mitosis in tumor cells but also having effects such as antibiotic, and antimycotic, inducing apoptosis and finally immune modulating with reducing pro-inflammatory cytokines. Having all together effects on tumor growth, on the other hand stabilizing the emotional situation and reducing edemas in lung and brain Helleborus has been an important plant supplement since centuries. In oncology Helleborus mainly is being used against small cell and non-small cell lung cancers with reducing hemoptysis and bronchial obstruction (also being used as inhalations), against highly malignant and intermedia Non-Hodgkin Lymphomas with inflammatory and B-symptoms and finally as additional treatment in brain metastases and meningeosis carcinomatosa, as well as in adenocarcinoma of the prostate. Tumor related general symptoms such as cachexia and anxiety also can be treated with chance of response by Helleborus niger. Because of the wide spread efficacy in cancer subgroups and cancer related symptoms Helleborus also can be used in palliative tumor care as additional supplement, especially in symptoms such as severe anxiety, respiratory distress, edemas and tumor pain.