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A QUARTERLY HOMOEOPATHY NEWS BULLETIN

HOMOEINSIGHT

THIS BULLETIN IS BASED ON

**“SCOPE OF BIOCHEMIC
MEDICINE IN HOMOEOPATHIC
TREATMENT”**

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Message from Issue editor

Dr. Nidhi Kala
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Dear Readers,

It is with great pleasure that I present this edition of *HomoeoInsight 2025*, which focuses on the **Scope of Biochemic Medicine in Homoeopathic Treatment**. The selection of this topic is driven by the need to shed light on the remarkable potential of Biochemic remedies in complementing and enhancing homoeopathic treatment.

Biochemic medicine, developed by Dr. Wilhelm Heinrich Schuessler, is based on the principle that twelve essential tissue salts are critical for maintaining cellular health and overall well-being. This system asserts that disease stems from imbalances or deficiencies in these salts. By restoring these vital minerals, it supports the body's natural healing processes, promote physiological balance, and help prevent illness. Unlike homeopathy, which targets the body's dynamic life force, biochemic medicine acts on a cellular and biochemical level, making it a practical and complementary element in holistic healthcare.

The **purpose of selecting this topic** for our bulletin is to bring awareness regarding the therapeutic benefits, and practical applications of Biochemic medicines. Despite their simplicity, these remedies play a crucial role in treating a wide range of conditions, from acute ailments to chronic diseases. The importance of the biochemic system is often overshadowed by classical homoeopathy, resulting in limited awareness of its potential among practitioners and students. Through a detailed exploration of this topic, we aim to close this gap and promote the increased adoption of biochemic medicine within homoeopathic practice.

Furthermore, this issue presents the various extracurricular and co-curricular activities undertaken by our hospital, PG wing, and students. It also highlights the prestigious honors and awards received by our esteemed faculty and students. We are confident that our readers will find this bulletin both informative and engaging.

It is a privilege to serve as the editor for this edition, and I sincerely thank our **Principal Dr. Ankur Desai** for entrusting me with this responsibility. This bulletin is a testament to the collective efforts of our esteemed contributors and dedicated readers, whose valuable insights have significantly enriched its content. Your feedback, suggestions, and perspectives are highly appreciated, as they will contribute to the continuous enhancement of future editions, ensuring their relevance and impact. We look forward to your continued support in strengthening *HomoeoInsight* as a distinguished platform for knowledge, innovation, and excellence in homoeopathy.

MESSAGE FROM THE DESK OF MANAGING EDITOR

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Dear Readers,

Hahnemannian Greetings!!

The *HomoeoInsight* editorial team is excited to release the newest issue of our Quarterly Magazine. This issue has been presented with immense care and dedication by **Dr. Nidhi Kala**, Asst Pofrssor of Department of Homoeopahtic Materia Medica, who delightfully took responsibility to be Issue Editor for this quarter. Like all the previous editions of this Magazine, this one too offers a wide range of topics primarily focusing on the theme of **Scope of Biochemic Medicine in Homoeopathic Treatment**.

Biochemic remedies, based on Dr. Wilhelm Heinrich Schuessler's theory of tissue salts, offers a unique and complementary approach to classical homoeopathy. These natural tissue salts, when integrated with homoeopathic principles, offer a safe, effective and complementary approach to healing. The ability to restore mineral balance at a fundamental level makes them an invaluable tool for practitioners and patients alike.

In this issue, we explore the scientific foundation, therapeutic applications and clinical relevance of Biochemic Medicine in Homoeopathy. This edition of our magazine is enriched with contributions from our UG and PG Students. The faculty members have also added their expertise and experience to make more fruitful deliberations in this issue. We have targeted to provide valuable insights that would enhance both understanding of Biochemic System of Medicine and clinical practice.

We are also thrilled to add our achievements, accolades and moments to cherish with you all along with the bouquet of clinical cases and reports.

We hope this edition provides valuable knowledge and inspiration to all homoeopathy enthusiasts, practitioners, and researchers. Thank you for your continued support in our journey toward advancing holistic healing. We are open to constructive criticism and suggestions to improve our further issues.

Happy Reading!!

Best Wishes,

Dr. Ankur Desai

A CASE REPORT ON THE MULTIDISCIPLINARY APPROACH TO SAVING A LIMB FROM AMPUTATION: THE ROLE OF HOMEOPATHIC LOCAL APPLICATIONS IN TREATING GANGRENE



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Female patient, in 60s, referred by Late Dr. Prabhakar Shetty for management of Dry Gangrene of right ankle, Diabetic 10 years, poor glycemic control, on Insulin H.Mixtard & Lantus. Attempt of excision failed with relapse. Excision done by surgeon. Post excision daily dressing, debridement with autoclaved material using homoeopathic local applications (HLA) aqueous solution of 10 ml Echinacea, 90 ml DW; sprayed on wound. Calendula Ointment (HAPCO) for LA. Photographic documentation & laboratory workup maintained.

COMPLAINT/ PRESENTATION/	TREATMENT
27-10-2020 Dry Gangrene, Right Ankle Angiography: significant stenosis bilateral ATA, PTA and peroneal trunk. Advised Rt. SFA balloon angioplasty.	H.Mixtard 12 IU BBF, 14 IU BL, Lantus (Glargin)10 IU BD Oral Antibiotics 2 cycles completed OHA Arsenicum album 1M 2 pills TDS
02-11-2020 Hb- 10.9 g/dl TC- 14,390 cells/cumm RBS- 309 (Glucometer)	Insulin, OHA Ars alb 1M TDS Tab Lizolid 600mg OD (after Lunch) for 15 days
24-11-2020 Hb- 9.9 g/dl TC- 12,550 cells/cumm CRP- 5 mg/L S. Creatinine- 0.7 mg/dl GFR Calculated- 94ml/min/1.7m2	Insulin, OHA Ars alb 1M TDS Excision under Short GA Dressing/ Debridement 5 times/ week No local antibiotics, Spirit, Povidine Iodine or H2O2.
07/12/2020 S. Creatinine- 0.9 mg/dl GFR Calculated- 63ml/min/1.7m2 Areas of necrosis on edges, Pus++	Continue all treatment

04/01/2021 S. Creatinine- 1.0 mg/dl GFR Calculated- 55ml/min/1.7m2 Necrotic area regressed, pus +, pain ++	Continue all treatment
17/02/2021 Wound significantly reduced, minimal pus, no necrotic slough, no pain.	Continue all treatment
27-03-2021 Wound significantly reduced, minimal pus, no necrotic slough, no pain.	Continue dressing with (HLA) twice/week, continue other medicine as physician's advice
23-11-2021 Hb- 10.1 g/dl TC- 10540 cells/cumm CRP- 5.0 mg/L COVID -19 report negative, scheduled for cataract surgery	Insulin Lantus 4 IU BD, H.Mixtard 12 IU BBF (as per the advice of physician)

Case treated using "**Dr. Prabhakar Shetty's Method**", practiced after prolonged research into Diabetic Foot and Gangrene. Judicious use of Antibiotics, Insulin and Homoeopathic Local applications (HLA) with Individualised Homoeopathic Medicines (IHM) helps to save patients from amputation.

Photographic evidence:



27.10.2020



25.12.2020



17.02.2021



26.11.2021

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Tissue Salts and Cancer: A Biochemical Exploration of Cellular Healing

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ABSTRACT

Tissue salts are a group of twelve mineral-based remedies introduced in the 19th century by Dr. Wilhelm Schuessler, grounded in homeopathic and biochemical principles. Promoted for their ability to restore mineral balance at the cellular level, these salts are widely used in homoeopathy to support general wellness, manage chronic conditions, and aid in recovery from ailments such as inflammation, anemia, skin disorders, and even certain cancer-related symptoms. This article explores the history, preparation, therapeutic use in cancer, and safety concerns surrounding tissue salts. It provides a detailed overview of each of the 12 primary salts and their suggested roles in cellular health.

INTRODUCTION

Tissue salts are minerals that were initially used in homeopathic therapy in the 19th century by Dr. Wilhelm Schuessler. Some people believe that they can help our body mend and stay healthy by regulating the mineral levels in our cells. It's important to keep in mind that homeopathic treatments, like tissue salts, may contain harmful ingredients. It is imperative to seek the advice of a licensed healthcare professional prior to commencing any treatment involving tissue salts or homeopathic preparations. The use of such remedies is generally contraindicated during pregnancy and lactation unless explicitly directed by a physician. The following information offers an overview of the twelve principal tissue salts and their potential roles in supporting health.

KEYWORDS: Schuessler salts, Mineral balance, Chronic conditions, Integrative medicine

Purpose of Tissue Salts

Tissue salts and other homeopathic medications are frequently sold as tablets containing a trace amount of the selected ingredient. Practitioners usually recommend that you dissolve these tablets under your tongue rather than swallowing them. Other than pills, tissue salts can also be found as lotions, gels, and ointments. If you require assistance with multiple medical conditions, a homeopathic practitioner could suggest a number of tissue salt products. However, before using tissue salts, you should speak with a healthcare provider. They can provide you advice on the optimal form of tissue salts and whether they are appropriate for your specific situation.

Cautions and Concerns with Tissue Salts

Tissue salts, often marketed as gentle, natural remedies, are widely used in homeopathic and biochemic practices. However, questions surrounding their safety continue to prompt caution among healthcare professionals. Despite their popularity, the scientific foundation supporting the safety of tissue salts remains limited.

According to the U.S. Food and Drug Administration (FDA), even products labeled as "extremely diluted" may still contain measurable amounts of active substances. This is particularly relevant for homeopathic products, including tissue salts, where trace ingredients can sometimes exert physiological effects. These effects, although subtle in many cases, have the potential to lead to adverse reactions—especially when used improperly or without medical supervision.

Furthermore, individuals taking prescribed medications may face risks of interaction when using tissue salts concurrently. Therefore, it is strongly recommended that anyone considering tissue salts consult with a qualified healthcare provider first. Physicians can assess the suitability of such products based on the patient's current health status, medical history, and any ongoing treatments.

The Twelve Main Tissue Salts

There are twelve primary tissue salts, per "The Twelve Tissue Remedies of Schüssler," published in 1888. According to practitioners, each variety of salt has unique advantages for balancing your body for the best possible health.

Preparations

The preparation of biochemic remedies involves a homoeopathic process of trituration or dilution, where one part of pure mineral salt is combined with nine parts of lactose. This mixture is then further diluted, resulting in a 2X potency, which is subsequently divided to achieve a 6X potency, making it suitable for direct absorption into the bloodstream via the oral route. Tissue salts are offered in tablet form.

1. **Calc fluor (Calcarea fluorica)** improves bone strength, teeth enamel, tissue elasticity, hemorrhoids, and hernia pain
2. **Calcarea phosphorica (Calc phos)** aids in cellular restoration, fracture healing, and supports the digestive system
3. **Calcium sulphate (Calc sulph)** purifies the blood, mitigates infections, addresses skin conditions like acne, and helps prevent sore throats and colds
4. **Ferrum phosphoricum (Ferr phos)** possesses anti-inflammatory properties, lowers fever, promotes healing, and minimizes bleeding
5. **Kali muriaticum (Kali mur)** purifies the blood, treats infections, reduces swelling, and assists in digestion
6. **Kali phosphoricum (Kali phos)** enhances nerve health, alleviates anxiety, irritability, and fatigue, supports memory, and alleviates headaches
7. **Kali sulphuricum (Kali sulph)** promotes healing of mucous membranes and skin, balances metabolism, and conditions the pancreas
8. **Magnesia phosphorica (Mag phos)** alleviates cramps, pain, and spasms, and relieves tension headaches
9. **Natrum muriaticum (Nat mur)** balances bodily fluids, reduces water retention, aids digestion, and treats eczema
10. **Natrum phosphoricum (Nat phos)** neutralizes acidity, alleviates seasickness, treats arthritis, and aids digestion
11. **Natrum sulphuricum (Nat sulph)** cleanses the pancreas, kidneys, and liver, and treats colds and flu
12. **Silica** improves skin condition and is often recommended for pus-forming infections.

Cancer Tissue Treatments and Their Indications

Calcarea fluorica: Solidified infiltrations, such as indurated glands of stony hardness, osseous growths, and tumors in the female breast, as well as swellings or indurated enlargements, indolent ulcers, ulcerations of bone or enamel, and bone injections, are indications for this medication. Caries and necrosis, together with thin, caustic, ichorous mucus discharge and searing, boring aches and heat in some areas.

Calcarea phosphorica: The corpuscles and blood plasma contain this salt. Additionally, it produces new blood cells, making it the initial treatment for chlorosis and anemia.

Calcarea sulphurica: It treats intestinal tubercular ulcers or abscesses, corneal ulcers, purulent exudations in serous sacs, and purulent discharges from mucous membranes. It is recommended for glandular ulcerations and malignant growths that have developed following ulceration.

Ferrum phosphoricum: It works by causing discomfort, heat, redness and swelling, a fast heartbeat, and increased blood flow; it also works on anemia, red blood shortage, etc. It is particularly helpful for losing weight and strength, getting listless and drowsy, and losing appetite. Phosphorus ferrum not just enhances strength, but also promotes body development and bowel regulation. It is indicated by blood that is brilliant red, has a propensity to clot quickly, and is dropy due to blood loss and systemic draining in hemorrhages from any area of the body.

Kalium muriaticum: This medication is recommended for conditions such as mouth, tonsil, and throat ulcers; loss of appetite; vomiting of clotted blood; red deposits in urine; gleet and gonorrhea; hard breast lumps; enlarged and inflamed glands; and ulceration of the os and cervix uteri, which is characterized by the discharge of thick, white, bland secretions. It contains dark, black, clotted, or tough blood hemorrhages.

Kalium phosphoricum: It is indicated in cases of anxiety, nonspecific nervous dread, gloomy moods, fancies, looking at the negative aspects of things, dark forebodings, dullness, lack of energy, the sensation that even the smallest task is difficult, the effects of fear, the aftermath of grief, profound hypochondria and melancholia, sighing, and depression. In his findings, Dr. George Royal identifies restlessness, irritability, anxiety, depression, drowsiness, and memory loss as the main mental symptoms.

Natrium muriaticum: This substance degrades blood and other essential fluids, taking on a scorbutic quality, causing inflammation, ulceration, and a characteristic dyscrasia. It aids in emaciation and malnutrition. It aids in hydraemia, leukemia, anemia, Anasarca, serous or watery exudations, serous secretions, droplike or dropsical swelling, buildup of serum in the areolar tissues, chlorosis and scorbutus, and puffiness of the tissues.

Natrium phosphoricum: Fever with acid symptoms, eructations, sour vomiting, greenish diarrhea, aches, and spasms. Natrum phosphoricum helps treat leukemia because it has the ability to release leucocytes, allowing them to resume their unique function. Additionally, it aids with children's marasmus, jaundice, and lymphatic gland swelling before hardening.

Silicea terra: It is recommended for inflammatory swelling, bone ulceration and necrosis, gangrenous and malignant inflammations, swollen glands that produce pus, particularly those in the cervical region, and dropsy. Excretions and discharges are offensive. Ulcers having an ichorous, putrid, caustic, and sloughy flesh discharge.

Conclusion

Tissue salts, rooted in 19th-century biochemical homeopathy, continue to intrigue both practitioners and patients seeking integrative approaches to health. Their proposed ability to restore cellular mineral balance and support a wide range of physiological functions including digestive health, inflammation reduction, emotional well-being, and even cancer-related conditions, highlight their versatility in alternative medicine. However, while anecdotal evidence and traditional use support their efficacy, modern scientific validation remains limited. Ultimately, tissue salts represent a bridge between historical healing traditions and contemporary health discussions, warranting further research and critical exploration.

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KALI SULPHURICUM: SCHUSSLER'S PULSATILLA-A COMPARATIVE BIOCHEMIC PERSPECTIVE

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Abstract

This article presents a comprehensive, comparative study of *Kali Sulphuricum* and *Pulsatilla nigricans* in relation to their clinical application. It explores the therapeutic effects of *Kali Sulphuricum* on human physiology and the pathological symptoms arising from its deficiency. The article also examines the basis for the title "Schuessler's Pulsatilla," reflecting the remarkable symptomatic similarities between the two remedies. *Kali Sulphuricum* is utilized on the principle of symptom similarity, aligning the patient's symptom totality with its known medicinal profile. It often complements and completes the action of *Pulsatilla* in clinical practice.

Keywords: Kali Sulphuricum, Oxygen Carrier, Catarrhal Conditions, Gonorrhoea, Eczema, Rheumatic Pain, Tissue Salts.

Introduction

Kali Sulphuricum, or potassium sulphate, is a fundamental biochemic remedy formulated by Dr. Wilhelm Schuessler's, based on the concept of treating diseases arising from mineral deficiencies within the cellular matrix. While homeopathy, discovered by Dr. Samuel Hahnemann, follows the principle of *Similia Similibus Curentur* (like cures like), Schuessler's biochemic therapy addresses pathological conditions by rectifying mineral salt deficiencies within the tissues.

Each biochemic remedy correlates with a specific mineral component naturally occurring in the human body. *Kali Sulphuricum* is distributed throughout cells, intracellular fluids, muscles, epithelium, and blood corpuscles. It is prepared by triturating pure potassium sulfate under standard pharmacopeial guidelines in a decimal scale.

Acting predominantly on epithelial tissues and mucous membranes, *Kali Sulphuricum* functions critically as a "Great Oxygen Carrier and Exchanger," aiding in tissue oxygenation by interacting with the iron component of blood. This reciprocal oxygen exchange is essential for cellular vitality, particularly in the retrogressive (third) stage of inflammation.

Due to its strong symptomatic correspondence with *Pulsatilla nigricans*, *Kali Sulphuricum* is also known as "Schuessler's Pulsatilla," "Biochemic Pulsatilla," or "Inorganic Pulsatilla". Its deficiency may result in symptoms such as heaviness, vertigo, anxiety, toothache, palpitations, and general debility.

Normal Physiological Concentration

Blood corpuscles: **0.132/1000 gm**

Intracellular fluid: **0.281/1000 gm**

Physiological and Pathological Role

Kali Sulphuricum facilitates cellular respiration by enhancing oxygen transportation across tissues, particularly where hypoxia and ischemia are present. Its biochemic activity supports epithelial restoration, mucosal healing, and addresses degenerative changes in tissues compromised by oxygen deficiency.

Therapeutic Applications

- 1. Eyes:** Effective in purulent ophthalmia, conjunctivitis, catarrhal lachrymation, corneal opacity, and neonatal ophthalmia. Characterized by yellow, sticky ocular discharges and crusts on eyelids.
- 2. Ears:** Addresses catarrhal deafness, otorrhea, tympanic congestion, and eustachian tube blockage. Discharges are typically yellow, watery, and offensive.
- 3. Stomach & Abdomen:** Useful in chronic gastritis, flatulent colic, jaundice, habitual constipation, and diarrhoea with yellow-coated tongue. Recommended for enteric fevers and during menses-related gastrointestinal symptoms.
- 4. Respiratory System:** Indicated in bronchitis, pneumonia (third stage), whooping cough, and asthma with yellow expectoration. It alleviates mucosal congestion, nasal obstruction, and catarrhal conditions.

5. Skin: Prescribed in eczema, seborrhoea, ringworm, and eruptions with yellow or greenish discharge. Complements Ferrum Phosphoricum and Kali Muriaticum in inflammatory skin stages.

6. Sexual Organs: In males, effective for gonorrhoea, orchitis, and gleet. In females, addresses scanty, delayed menstruation, yellow leucorrhoea, and menstrual headaches.

Biochemical Basis of Action

Kali Sulph promotes systemic oxygen exchange at the cellular level. It acts synergistically with ferrum compounds in blood to restore tissue respiration, detoxify necrotic tissues, and combat degenerative conditions arising from hypoxia.

Comparative Clinical Role: Schuessler's's Pulsatilla

Due to its striking symptomatic similarities with *Pulsatilla nigricans*, *Kali Sulphuricum* is frequently deployed to complement or complete the curative process initiated by *Pulsatilla*. However, unlike *Pulsatilla* (administered according to the law of similars in potentized form), *Kali Sulphuricum* is used according to the principle of deficiency and prescribed typically in 6X–12X triturations.

Similar Symptomatology

- Symptoms worse in warmth and towards evening
- Relief from symptoms in cool, open air
- Yellow, thick, mucopurulent discharges from mucous membranes
- Fullness and pressure sensation in the stomach
- Migratory limb pains aggravated by heat and at night, relieved in fresh air
- Shifting rheumatic pains affecting various joints

Modalities

- **Aggravation:** Indoors, evening, warmth
- **Amelioration:** Open, cool air

Dosage and Administration

Schuessler's recommends *Kali Sulphuricum* primarily in **6X** or **12X** potencies.

In **acute febrile states**, frequent repetition of low potencies is advised.

In **chronic conditions**, higher potencies may be indicated with less frequent dosing, depending on disease severity and patient vitality.

Conclusion

Kali Sulphuricum remains a cornerstone in biochemic therapy, especially where epithelial integrity, oxygenation, and catarrhal conditions are concerned. Its critical role as a cellular oxygen carrier underlines its extensive therapeutic applications across dermatology, gastroenterology, respiratory medicine, and reproductive health. Bridging biochemical therapy and homeopathy, *Kali Sulphuricum*, as "Schuessler's's Pulsatilla," exemplifies an integrated healing approach — completing, complementing, and enhancing the therapeutic action of *Pulsatilla nigricans* through distinctly biochemic pathways.

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Therapeutic Importance of Calcarea Phosphorica: A Comprehensive Review of Its Role in Biochemic Medicine

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Abstract:

Calcarea Phosphorica, one of the twelve tissue remedies developed by Dr. Wilhelm Heinrich Schuessler, plays a vital role in preserving structural and physiological harmony within the human body. As a principal constituent of bones, teeth, and blood cells, it is crucial for growth, repair, and systemic balance. Rooted in the principles of cell theory, biochemic medicine seeks to correct mineral salt deficiencies at the cellular level. This article examines the historical background, chemical composition, physiological functions, and therapeutic applications of Calcarea Phosphorica. Its hematopoietic, skeletal, musculoskeletal, neuro-glandular, and paediatric roles are discussed in detail, alongside a comparative analysis with other biochemic remedies. The findings confirm that Calcarea phos has an efficacy in promoting growth, recovery, and long-term health maintenance.

Keywords:

Calcarea Phosphorica, Biochemic Medicine, Skeletal Development, Paediatric Growth, Anaemia, Holistic Healing

Introduction:

Biochemic medicine, established by Dr. W.H. Schuessler, is founded on the idea that disease arises from deficiencies of essential mineral salts within the body's cells. Among the twelve recognized tissue salts, *Calcarea Phosphorica* (abbreviated as *Calc. Phos.*) stands out due to

its integral role in bone development, blood formation, and cellular growth. A deficiency of this mineral salt may lead to skeletal disorders, anaemia, and developmental delays, especially in children and convalescent individuals. This article offers an in-depth exploration of Calc. Phos., reviewing its biochemical nature, therapeutic potential, and clinical relevance.

Historical Context and Chemical Composition:

Dr. Schuessler, influenced by Virchow's cell theory, proposed that restoring deficient mineral salts in tissues could support health and recovery. *Calcareo Phosphorica* ($\text{Ca}_3(\text{PO}_4)_2$), or calcium phosphate, was identified as a key component in structural tissues. It is chemically prepared by reacting dilute phosphoric acid with lime water, yielding a white precipitate that is filtered, washed with distilled water, and dried. This compound is insoluble in water and alcohol but dissolves in dilute acids and carbonic acid water. Naturally, it occurs in blood plasma, bones, teeth, milk, and connective tissues.

Physiological Role and Therapeutic Significance:

Calcareo Phosphorica plays several fundamental roles:

- **Bone and Teeth Formation:** Approximately 57% of bone composition consists of calcium phosphate. It is essential for ossification and dental development.
- **Cell Growth and Repair:** Supports the proliferation and regeneration of tissues.
- **Blood Coagulation and Red Blood Cell Production:** Involved in the synthesis of blood components, vital for managing anaemia and fatigue.

Therapeutic Applications:

Hematopoietic and Growth Functions

Calc. Phos. enhances the formation of red blood cells and is often prescribed in cases of anemia, delayed development, and chronic fatigue. It is beneficial for adolescents during growth spurts, postnatal recovery in women, and individuals with nutritional deficiencies.

Skeletal and Connective Tissue Health:

This remedy is widely used in conditions such as:

- Rickets
- Delayed bone healing (e.g. post-fracture recovery)
- Spinal deformities (e.g. spina bifida)
- Osteophytes and exostoses

It supports vertebral development and restores bone strength in children and adults alike.

Musculoskeletal and Articular Benefits:

Calc. Phos. alleviates:

- Joint and suture pain
- Arthritic and rheumatic discomfort
- Hip and spinal pain related to calcium assimilation issues
- Muscle weakness and stiffness

Neuro-Glandular and Psychological Support:

Calc. Phos. contributes to glandular regulation and emotional stability. It aids in managing:

- Depression and anxiety due to calcium deficiency
- Neurological fatigue in growing adolescents
- Endocrine imbalances

Paediatric Applications:

Children with delayed milestones such as late walking, weak cervical muscles, or poor dentition that respond positively to Calc. Phos. It is frequently prescribed for:

- Growth retardation
- Rickets
- Post-surgical skeletal recovery

Comparative Analysis with Other Biochemic Remedies:

Remedy	Primary Functions
Calcarea Phosphorica	Promotes bone growth, blood cell formation, and tissue regeneration
Calcarea Fluorica	Strengthens elastic fibres, ligaments, veins, and addresses glandular indurations
Ferrum Phosphoricum	Acts as an oxygen carrier; used in fevers, inflammations, and early-stage infections
Kali Phosphoricum	A nerve tonic effective for mental fatigue, nervous tension, and psychological stress
Natrum Muriaticum	Regulates fluid balance and is effective for headaches, dry skin, and emotional imbalance
Silicea	Aids in immunity, abscess resolution, and strengthens hair, nails, and skin

Dosage and Administration:

Calcarea Phosphorica is typically administered in triturated form, especially at potencies of 3X to 6X.

- **Adults:** 4 tablets, three to four times daily
- **Children:** 2 tablets, three to four times daily

Dosage may be modified based on clinical needs and practitioner discretion.

Conclusion:

Calcarea phosphorica is a cornerstone of biochemic therapy, instrumental in supporting growth, structural development, and systemic balance. From haematopoiesis to skeletal repair and neuro-glandular support, its broad applications make it indispensable in both paediatric and adult healthcare. When integrated into a holistic treatment protocol, Calc. phos. ensures comprehensive support for individuals facing developmental challenges, post-surgical recovery, or mineral deficiencies. Continued clinical use and research into its bioregulatory functions may further expand its therapeutic reach in modern integrative medicine.

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NATRUM PHOSPHORICUM: An essential compound as An ACID NEUTRALIZER

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Abstract:

This article provides a comprehensive review of Natrum phos, highlighting its significance as a key biochemical compound and homeopathic remedy. It emphasizes Natrum phos's crucial role in maintaining the body's acid-base balance through the neutralization of excess lactic and uric acids, thereby supporting metabolic homeostasis. The review explores its physiological functions, the symptomatic manifestations of its deficiency, and its relevance in addressing various pathological conditions within both biochemic and homeopathic frameworks.

Key Words: Neutralizer, Phosphate of Sodium, Dyspepsia, Acid Catalyst, Lactic Acid, Uric acid, Gout, Acute Inflammatory Rheumatism

Introduction:

Natrum Phos, commonly known as the Phosphate of Sodium, is a vital tissue salt present in the blood, muscles, nerves, brain cells, and interstitial fluid. It plays a crucial role in maintaining the **body's acid-base balance** by regulating lactic acid and uric acid levels. More than just a biochemic remedy, *Natrum Phos* is an essential compound necessary for the normal physiological functions of the human body. **Dr. Schussler**, a physician who belonged to the Hahnemannian era, emphasized the significance of tissue salts in health and developed the **Biochemic system of medicine**, also known as the 12 Tissue Remedies.

Natrum Phos is also one of the body salts or tissue salts which convert or **decompose lactic acid into carbonic acid and water**, which helps in maintaining blood lactic acid levels and

balances the pH of the blood. Additionally, it aids in managing conditions like gout, which result from elevated uric acid levels in the blood.

“By administration of molecular dose of this drug, this starts catalytic action on acid – the acid state ceases, and rheumatic & other symptoms subside.” – Schussler [1]

Normally, uric acid is excreted through urine by the kidneys. However, when there is an excessive production of uric acid, the kidneys may struggle to remove it. Lactic acid is mainly produced in the process of anaerobic respiration, which occurs during circumstances like excessive exercise when the demand for oxygen exceeds the supply to a particular group of muscles. Sodium phosphate is a compound that converts the acids into carbonic acid and water, which is eliminated from the body via various processes, such as exhalation as CO₂. This maintains acid balance in the blood. [5]

When it is given in low potency or material dose according to homoeopathic posology or given in 6X potency according to the biochemic system of medicine, it acts as a nutritional supplement and prevents and/or treats abnormal or diseased conditions caused by its deficiency.

Deficiency of Tissue Salt Can Cause:

- Acute Rheumatism
- Gout
- Acidity
- GERD (Gastroesophageal Reflux Disease)
- Acidosis

Normal Level of *Natrum Phosphoricum* in the Body:

- 0.633 per 1000 gm of blood cells [1]
- 0.271 per 1000 gm of intracellular fluid [1]

Pathophysiological Action of *Natrum Phosphoricum*:

1. Eye:

Lacrimation appears golden or golden yellow. [1] Eye complaints are always associated with gastric complaints like acidity and GERD, with sour-smelling eructation.

2. Ear:

Ear complaints like **yellowish discharges and yellow crust formation** are associated with gastric derangement and conditions like acidity. [3] The right ear lobe is red, with **burning and itching** sensations. [4] Imagination of hearing footsteps in the next room. [2]

3. Mouth:

Soreness in lips and cheeks. [4] The tongue has **blisters** on the tip. [4] The tongue is coated with **thick, yellowish, creamy mucus on the dorsum**, causing a bitter taste in the mouth. [3] The upper hard palate and tonsils are also coated with **yellowish, creamy, thick mucus**. [4] Scurvy or bleeding gums with vesicles on the mouth and tongue. [3] Children grind their teeth during sleep. Burning, pulsating, and pressing pain in the teeth with loosening of teeth. [3]

4. Stomach:

Acidity in children who are fed excessive milk and sugary foods. **Fatty food causes dyspepsia**. [2] Sensation of heaviness and pressure in the epigastrium; vomiting characterized by a cheesy, sour-smelling mass. Diarrhoea appears greenish in color.

In GERD, there may be ulceration in the esophagus and blister formation on its mucous lining. Gastric complaints worsen with fatty foods, butter, cold food, cold drinks, fruits, milk, sour items, and vinegar. The person desires alcoholic drinks, beer, pungent food, eggs, fried fish, and cold drinks. [3]

5. Discharges:

All discharges are offensive in nature, sour-smelling, thick, and yellowish due to excess acid in the secretions. **Golden yellowish discharge** or lacrimation from the eyes. Honey-colored, creamy, acrid, and watery vaginal discharge in leucorrhoea. [2] In females, a more acidic diet can lead to vaginitis. Gonorrhea may cause back pain and trembling of limbs. [2]

6. Extremities & Skin:

Rheumatic pain in joints, especially the right shoulder joint. [2] **Acute inflammatory rheumatism**. Gouty diathesis, especially in small joints like the great toe. [6] Gout formation results from excessive uric acid. Synovial crepitation.[5] An increase in lactic acid causes numbness in limbs, e.g., numbness in fingers and wrists.[5] **Elevated uric acid levels** can lead to hives or urticaria.[5] Honey-colored skin secretion. [2] Eczema due to increased acidity of the blood; itching, redness, and **"rose rash" appear**. [1]

These are some effects of *Natrum Phos* when administered in high potency in the homeopathic mode, where its influence expands its sphere of action. In the biochemic system, however, high potency is not used; it is based on material doses.

Clinical Indications: [5]

In clinical practice, *Natrum Phos* is indicated for the following:

- **Indigestion:** Heartburn, nausea, vomiting, loss of appetite
- **Dyspepsia** and acidity
- **Gout**, especially in small joints
- **Rheumatism**, especially in the right knee joint
- **Vaginitis** due to acidic food consumption
- **Uric acid deposition** causing gout and ganglion-like conditions
- **Hives or urticaria** with yellowish secretions and sour-smelling perspiration

Modalities:

- Individuals consuming fatty foods are more susceptible to **acidity and dyspepsia**. They may have an aversion to bread and butter due to fat content, leading to sour eructation. [2]
- Acidity, sour eructation, and leucorrhoea worsen in the **afternoon and evening**. [5]
- Leucorrhoea worsens during **menses**. [5]
- All complaints worsen during the **afternoon, evening, and thunderstorms**. [5]

Dosage & Administration:

All biochemic remedies are administered in lower potencies to ensure optimal efficacy.

- “**Schussler recommends the 6X, either in tincture or dilution.**” [1]
- “The 4X seems to be the proper potency to use in view of the fact of the relative proportion of this salt in the blood.” – **Dr. Quesse** [1]
- In homoeopathy, *Natrum Phosphoricum* is used in 3rd to 12th trituration, with 1X used for jaundice. [4]

- “75 gm daily useful for constitutional iodism, thyroidism & Grave’s Disease.”Boericke [4]
- Administer the remedy orally: e.g., 4 tablets with 100 ml of water.

Conclusion:

Natrum Phosphoricum is a vital remedy for addressing **acid imbalances** in the body. By regulating acid levels and maintaining pH balance, it supports overall health and helps manage conditions such as gout, urticaria, rheumatism, and acidity. Due to its broad applications, it remains essential in both biochemic and homeopathic medicine, underscoring its significance in treating acid-related disorders.

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Biochemic Innovation in Acid Reflux Management: Exploring Natrum Phos 6x as a Natural Antacid Alternative – A Case Study

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Abstract: Gastroesophageal reflux disease (GERD) is a common disorder characterized by the regurgitation of stomach acids into the esophagus, leading to symptoms such as heartburn, acid reflux, and discomfort. Conventional treatments, including proton pump inhibitors (PPIs) and antacids, are widely used but can cause dependency and adverse side effects. Natrum Phosphoricum 6x, a biochemic tissue salt, offers a promising homeopathic alternative that aims to restore the body's natural acid-base balance. This article examines the therapeutic potential of Natrum phos6x in managing acid reflux and presents a case study illustrating its clinical use. The findings suggest that Natrum phos 6x provides effective relief from GERD symptoms and supports digestive health, without the negative side effects commonly associated with traditional antacid treatments.

Keywords:

Natrum Phosphoricum 6x, biochemic medicine, acid reflux, gastroesophageal reflux disease (GERD), homeopathy.

Introduction

Gastroesophageal reflux disease (GERD) is a common condition resulting from the backward flow of stomach acids into the esophagus, causing symptoms such as heartburn and discomfort. Traditional treatments, including proton pump inhibitors (PPIs), can be effective but carry risks like dependency, nutrient malabsorption, and gastrointestinal issues. This has led to increased interest in alternative therapies with a favorable safety profile, such as Natrum Phos, a biochemic tissue salt that is believed to neutralize excess acid and restore the body's acid-base balance. This article reviews the therapeutic potential of Natrum Phos 6x in GERD management.

GERD affects approximately 20% of the global population, with increasing prevalence due to factors like diet, obesity, and stress. The disorder is often associated with lower esophageal sphincter dysfunction, leading to chronic acid reflux, which can result in complications such as esophagitis and esophageal cancer.

Limitations of Conventional Treatments

Although PPIs and antacids are commonly used, they come with limitations:

- **Rebound Hyperacidity:** Discontinuation of PPIs often results in acid overproduction.
- **Nutrient Deficiencies:** Long-term use can impair the absorption of essential nutrients like B12, calcium, and iron.
- **Microbial Imbalance and Infections:** Chronic acid suppression can alter gut microbiota and increase susceptibility to infections.
- **Renal and Cognitive Risks:** Prolonged use is linked to kidney disease and cognitive decline.

Mechanism of Action of Natrum Phos

1. **Acid-Base Balance:** It helps to regulate pH by neutralizing excess acidic metabolites, which can alleviate acid reflux symptoms.
2. **Digestive Enzyme Support:** It enhances the activity of digestive enzymes like lipase and pepsin, improving fat and protein digestion.
3. **Mucosal Protection:** The remedy has anti-inflammatory effects and supports mucosal healing in the stomach and esophagus, reducing irritation and promoting long-term digestive health.

Natrum Phos offers a biochemic approach to manage GERD by addressing the underlying biochemical imbalances responsible for acid reflux. Its action on acid-base regulation, digestive enzyme function, and mucosal health provides a safe, side-effect-free alternative to conventional treatments. Further clinical research is needed to substantiate its therapeutic efficacy and integrate it into broader GERD management strategies.

CASE REVIEW

I. Patient Information

- **Name:** Mrs. XYZ
- **Age:** 45 years.
- **Gender:** Female.
- **Occupation:** Housewife.
- **Marital Status:** Married.
- **Consultation Date:-** 12/1/2025.

II. Chief Complaints

1. **Chronic acidity and acid reflux for the past 3 years**
 - Sour eructations (burping) after meals
 - Heartburn, worse at night
 - Burning sensation in the throat after consuming oily or spicy food
2. **Indigestion and bloating**
 - Feeling of heaviness in the stomach after meals
 - Belching brings temporary relief
3. **Yellow-coated tongue**
 - More noticeable in the morning
 - Sour taste in the mouth upon waking
4. **Constipation with occasional soft stools**

III. History of Present Illness

- Symptoms started three years ago, initially mild but gradually worsening.
- Initially managed with **over-the-counter antacids**, but symptoms kept recurring.
- Increased after **menopause-related hormonal changes**.
- Episodes are triggered by **fried food, stress, and late-night meals**.
- No history of ulcers or major gastrointestinal conditions.

IV. Past Medical History

- **History of anemia** in the past, treated with iron supplements.

- **No major surgeries.**
- **Family history:**
 - Mother had acidity and gallbladder issues.
 - Father had diabetes.

V. Mental and Emotional Aspects (Mind Symptoms)

- **Mild anxiety**, mainly about family responsibilities.
- Feels overwhelmed but does not express emotions easily.
- Tends to **suppress anger** and avoids conflicts.
- Slightly introverted but **very responsible** and devoted to family.

VI. Physical General Symptoms

- **Appetite:** Normal, but prefers **light and easily digestible food**.
- **Thirst:** Moderate; prefers **cold drinks**, though they sometimes aggravate her symptoms.
- **Perspiration:** Normal; slightly increased with exertion.
- **Sleep:** Disturbed due to acidity at night; dreams of past events.
- **Thermals:** Slightly **hot patient**, prefers cooler surroundings.
- **Menstrual history:** Menopause achieved last year, with occasional hot flashes.

VII. Diagnosis & Homoeopathic Analysis

- The patient's symptoms suggest **acid dyspepsia with overproduction of acid**, leading to **recurrent acid reflux, burping, and bloating**.
- Emotional suppression and stress contribute to the aggravation.
- **Natrum Phosphoricum** is a well-known **biochemic salt remedy** for treating acidity, particularly when associated with sour burps, a yellow-coated tongue, and digestive sluggishness.

VIII. Remedy Selection: Natrum Phosphoricum

- **Justification:**
 - Acid reflux with sour eructations.
 - Yellow-coated tongue.

- Bloating and heaviness in the stomach.
- Constipation with occasional loose stools.
- Emotional suppression, mild anxiety, and stress-related aggravations.

IX. Prescription & Management Plan

Homeopathic Prescription:

- **Natrum Phosphoricum 6X** – 4 tablets, three times a day for **4 weeks**.

Auxiliary Advice:

- **Dietary modifications:**
 - Avoid fried, spicy, and acidic foods (like tomatoes and citrus).
 - Increase intake of alkaline foods (like bananas, cucumbers, and almonds).
 - Drink **warm water** instead of cold water.
- **Lifestyle Changes:**
 - Eat smaller meals and avoid late-night eating.
 - Moderate physical activity like walking after meals.
 - Reduce stress through relaxation techniques.

X. Follow-Up & Outcome

Week 1 (19th January 2025):	Reduction in bloating and heaviness after meals. Sour burps decreased in frequency.
Week 2 (26th January 2025):	No major acid reflux episodes at night. Sleep improved. Tongue coating less dense than before.
Week 4 (9th February 2025):	Symptoms completely relieved without dependency on antacids. Digestion normalized; no bloating or constipation. Overall energy levels improved.

XI. Discussion & Conclusion

This case highlights the role of **Natrum Phos 6X** as a **gentle and effective** remedy for managing chronic acidity. Unlike conventional antacids, it restores the body's **natural acid-**

alkaline balance, providing long-term relief without suppressing symptoms. The **individualized homeopathic case-taking** approach ensured that both the **physical and emotional** aspects were addressed, leading to sustained improvement.

This case also emphasizes the **importance of lifestyle and dietary adjustments** in treating **chronic gastric conditions**, reinforcing that homeopathy works best when integrated with holistic patient care.

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THE GENTLE HEALER: FERRUM PHOSPHORICUM AND THE PATH TO INNER VITALITY

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Abstract

Ferrum phosphoricum is a biochemic remedy recognized for its role in the early stages of disease management. It supports oxygen transport, moderates inflammatory responses, and enhances immune function, making it particularly suitable for individuals with fatigue, anemia, or low-grade systemic disturbances. Offering a gentle alternative to conventional iron supplementation, Ferrum phos demonstrates therapeutic value in addressing respiratory conditions, minor fevers, and tissue inflammation, reflecting the foundational principles of integrative and preventive medicine.

Keywords: Ferrum phosphoricum, homeopathy, iron deficiency, inflammation, fatigue, biochemic remedy

Introduction: The Overlooked Ally in Natural Healing

In the expansive field of natural medicine—where herbs, minerals, and homeopathic preparations offer a broad spectrum of therapeutic benefits—Ferrum phosphoricum stands out as a quiet, yet profoundly effective remedy. Unlike conventional pharmaceutical drugs that often dominate clinical discourse, Ferrum phos does not demand attention. Rather, it works subtly to enhance the body's innate defenses, reduce inflammation, and invigorate depleted cells.

More than a biochemic preparation, Ferrum phos represents the initial phase of recovery, the first glimmer of healing, and an invisible shield against illness. It acts as a silent sentinel, ensuring oxygen delivery throughout the body, supporting immune responses, and facilitating cellular regeneration.

Ferrum phos and Oxygenation: The Essence of Vitality

Life cannot exist without oxygen. But how often do we consider the essential component that ensures its delivery—iron?

Ferrum phos, a compound of iron and phosphate, serves as a key regulator in the circulatory system. It facilitates efficient oxygen transport, ensuring that even the most remote tissues receive adequate oxygenation. A deficiency in this function manifests as fatigue, compromised immunity, and cognitive dullness. In this context, Ferrum phos supports physiological equilibrium and promotes overall vitality.

Immune Defense: The First Line of Resistance

Ferrum phos plays a pivotal role during the early stages of illness. It acts promptly at the onset of symptoms, such as mild fevers, sore throats, or generalized discomfort, where a definitive diagnosis may still be unclear. Its primary action is to modulate inflammatory responses and enhance the immune system's resilience.

- Experiencing the early signs of a sore throat? Ferrum phos may be indicated.
- Feeling unusually fatigued? It can gently restore energy levels.
- Suffering from minor trauma? It can expedite tissue repair.

As a frontline defense, it operates quietly, yet efficiently, to support the body's healing mechanisms before the progression of more severe symptoms.

Ferrum phos: The Healer of the Depleted and the Weak

Fatigue, anemia, lack of focus, and general muscular weakness are often symptomatic of a deeper physiological imbalance. These may signal the body's increased need for iron in a bioavailable form.

Ferrum phos aids in addressing such deficiencies by enhancing hemoglobin synthesis and improving systemic oxygen distribution. Unlike conventional iron supplements—which may cause gastrointestinal side effects—this biochemic remedy offers a gentler alternative that nourishes the body without undue strain.

It is for the pale-cheeked dreamers, the easily-flushed thinkers, and anyone whose energy feels like it is constantly on “low battery.”

Therapeutic Applications of Ferrum phosphoricum

1. Management of Inflammation and Fever

Particularly effective in the early, non-specific stages of inflammatory conditions—such as sore throats, tonsillitis, or otitis media. Ferrum phos may help curtail disease progression and reduce the need for more aggressive interventions.

2. Support in Iron Deficiency and Hematologic Health

In individuals experiencing anemia, Ferrum phos promotes hemoglobin production and improves blood quality. Its use is especially beneficial for those sensitive to conventional iron formulations.

3. Respiratory System

In the early stages of bronchitis or pneumonia, Ferrum phos can aid in reducing congestion and facilitating clearer respiration. It may alleviate symptoms such as dry cough and mild chest discomfort by decreasing pulmonary inflammation.

4. Haemostatic Effect

Ferrum phos exhibits the ability to manage minor hemorrhages, particularly those involving bright red arterial blood, such as nosebleeds or bleeding from minor injuries. It contributes to hemostasis and supports quicker recovery.

5. Musculoskeletal System

In cases of sprains, strains, or rheumatic pain, Ferrum phos alleviates inflammation and supports tissue healing, especially when administered promptly after injury.

Constitutional Indications and Modalities

Ferrum phos is especially suited to individuals with certain constitutional traits. These often include:

- A pale complexion, often with dark circles under the eyes
- A sensitive or anxious personality

- A predisposition to anemia or frequent fatigue
- A tendency to flush easily

Modalities—factors that influence symptom patterns—are vital in homeopathic prescribing.

- **Aggravation:** movement, touch, jarring, and evening hours (4–6 PM).
- **Amelioration:** cold applications and cool environments.

Dosage and Administration

Ferrum phos is commonly used in low potencies, ranging from 3X to 12X. The dosage depends on the severity and nature of the condition. In acute cases, more frequent administration may be required, while chronic cases generally benefit from seldom repetition.

Holistic Integration in Health Practice

Beyond the immediate alleviation of symptoms, Ferrum phos embodies the essence of holistic healing. It supports the body's intrinsic ability to restore and maintain health, working not to suppress, but to rebalance and revitalize from within. This gentle biochemic remedy aligns with the foundational principles of integrative medicine—where long-term wellness is cultivated through systemic harmony rather than isolated intervention.

By addressing underlying imbalances and enhancing physiological resilience, Ferrum phos plays a meaningful role in preventive care. It serves not merely as a treatment for existing conditions, but as a facilitator of internal stability and sustained well-being. In doing so, it invites a deeper understanding of health—not as the absence of disease, but as the presence of equilibrium, vitality, and the quiet strength that comes from within.

Conclusion: A Subtle Catalyst for Healing and Balance

Ferrum phosphoricum represents more than a therapeutic agent; it embodies a broader philosophy of healing that values equilibrium, gentle intervention, and the body's innate capacity for restoration. Rather than addressing illness through forceful suppression, it supports a state of sustained vitality by enhancing physiological harmony and resilience.

In the earliest phases of imbalance is marked by fatigue, low-grade inflammation, or subtle discomfort. Ferrum phos offers timely support as a quiet, yet effective, catalyst for recovery. It

acts not only on the physical plane but also encourages a deeper attentiveness to the body's signals.

In this way, Ferrum phosphoricum serves as both remedy and reminder: that true wellness is not merely the absence of disease, but the enduring presence of clarity, strength, and inner alignment.

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THE BIOCHEMIC EFFECT OF FERRUM PHOS IN THE MANAGEMENT OF HAEMORRHOIDS: A CASE REPORT

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Abstract

Haemorrhoids are abnormal masses of dilated blood vessels occurring both internally and externally in the rectum. This case report presents a 32-year-old male patient diagnosed with Stage 3 haemorrhoids and a longstanding history of constipation. Following a detailed case assessment, **Ferrum phosphoricum**, a biochemic remedy, was prescribed. The patient's progress was monitored using the Bleeding, Prolapse, Reduction, Skin tags, and Thrombosis (BPRST) classification. Remarkable symptomatic relief was observed within one month. This report highlights the potential of biochemic medicine in managing haemorrhoids and possibly preventing surgical intervention.

Keywords: Haemorrhoids, Ferrum phosphoricum, Biochemic medicine, BPRST classification system.

Introduction

Haemorrhoids, commonly known as piles, are defined as the distal displacement and enlargement of normal anal cushions. They are the fourth most common outpatient gastrointestinal diagnosis and affect both genders equally. Haemorrhoids are among the most common anorectal conditions, with an estimated global prevalence of approximately 4.4% in the general population, although actual numbers may be higher due to underreporting.

Haemorrhoids are classified based on their location (internal or external) and degree of prolapse. Internal haemorrhoids originate above the dentate line and are covered by mucosa, while external haemorrhoids arise below the dentate line and are innervated by cutaneous nerves. Lunniss et al. describe external haemorrhoids as extensions of internal ones, representing a complication of the disease.

The Goligher classification is commonly used for diagnostic assessment of haemorrhoids; however, it has notable limitations. It primarily focuses on the degree of prolapse and fails to account for associated symptoms or the full extent of haemorrhoidal involvement. To address these shortcomings, Júnior et al. introduced the BPRST classification system, which stands for

Bleeding, Prolapse, Reducibility, Skin Tags, and Thrombosis. This comprehensive system provides a more detailed evaluation of haemorrhoidal disease by assigning specific scores to each parameter, which allows for a more accurate and individualized diagnosis.

Bleeding (B)	Prolapse (P)	Reduction (R)	Skin tags (S)	Thrombosis (T)
B0–No Bleeding	P0–No prolapse	R0–spontaneous reduction	S0–No skin tags	T0–Without acute Thrombosis
B1–Bleeding	P1–Prolapse of 1 pile	R1–Manual reduction	S1–Symptomatic skin tags	T1–With thrombosis
-	P2–Prolapse of 2 or more piles	R2–Irreducible prolapse	-	-
Clinical staging	BPRST description	Indication		
Stage 1	B1, P0, R0, S0, T0	Patients with bleeding, with no report of prolapse and external components, that is, skin tags or thrombosed piles		
	Any B, P1/P2, R0/R1, T0	Patients with prolapse (regardless of the number of piles) that can be reduced spontaneously or by digital manoeuvre		
Stage 3	Any B, P1/P2, R2, S1, T1	Patients with irreducible prolapse, symptomatic skin tags with acute haemorrhoidal thrombosis		

Clinical Staging via BPRST:

Conservative management of haemorrhoids typically involves lifestyle and dietary modifications, along with topical applications such as hydrocortisone creams and anti-pruritic agents. When these measures are insufficient, non-surgical interventions like rubber band ligation, sclerotherapy, and infrared coagulation are employed. However, these procedures may lead to complications such as pain, urinary retention, discomfort, bleeding, and in rare cases, perineal sepsis. In instances where conservative methods fail to provide relief, surgical intervention is generally recommended.

In several cases, homoeopathic treatment may offer an effective alternative, especially when remedies are selected based on the pathological characteristics and symptomatology of the condition. Such an approach may help in avoiding surgery. Research has demonstrated the potential efficacy of biochemic medicines in managing haemorrhoidal conditions. In this

context, we present a case of external haemorrhoids managed successfully with the biochemic remedies Calcarea fluorica and Ferrum phosphoricum.

Case Report

Patient Information

A 32-year-old male police officer presented to Hetal Homoeopathic Clinic, Somatalav, on **01 January 2025**, with acute symptoms of haemorrhoids.

Presenting Complaints

Location	Sensation	Modalities	Concomitant
Rectum Onset - Sudden Duration –1 week	Stitching type of pain++ in the anal region, pain- intolerable Bleeding after passing stool; bright-red blood Stool hard, inability to expel faeces.	Aggravated while walking and sitting Amelioration–none	---
Anus Onset - Sudden Duration –1 week	Sensation as if the mass is protruding and blocking the anal canal	Aggravated while walking+ and sitting Amelioration–none	---

Medical history: *No specific medical history found*

Physical generals: He is fair, moderately built and nourished with a good appetite, but irregular in his diet/eating patterns due to job. His bowels are constipated, with difficulty in evacuating stools.

Examination findings

General

Temperature – afebrile. Pulse – 80 beats/min. Respiratory rate: 17 cycles/min. Blood pressure – 130/80 mmHg. No pallor.

Systemic

Respiratory system – Air entry bilaterally equal. Cardiovascular system – S1 and S2 heard. Per abdomen – no abnormality detected. Central nervous system – conscious and oriented

Diagnostic assessment

The patient's complaints and local rectal examination suggested a diagnosis of external haemorrhoids.. The BPRST classification was used to evaluate and grade the most frequent complaints.

Totality of symptoms

- Mass protruding from the anal canal with bleeding bright-red blood
- Mass protruding from the anal canal
- Sensation as if a mass is protruding and blocking the anal canal
- Stitching type of pain in the anal region
- Aggravation from walking and sitting
- Constipated stools were difficult to evacuate
- Hard stool inability to expel faeces

Therapeutic Intervention

Ferrum phos 6x - 6 tabs for 7 days

Remedy Selection

Biochemic remedies were chosen based on pathology and symptom similarity. **Ferrum phosphoricum 6x** was selected for its affinity to treat bright-red bleeding and inflammation in haemorrhoids.

“Ferrum phos – Hemorrhoids with bright red blood, coagulating easily. Local applications relieve soreness and inflammation.”

— *Biochemic System of Medicine, W.C. Carry*

Treatment Plan and Follow-Up

S. No.	Date of visit	Symptoms	BPRST Classification	Prescription
1	07/01/2025	Stiching pain reduce	B1P2R1To	Ferrum phos 6x
		Stool become soft		6tabs TDS for 7days

2	17/01/2025	Pain reduce 70% no constipation feeling good	B1P2R1To	<i>Ferrum phos</i> 6x 6tabs TDS for 7days
3	24/01/2025	No pain Bleeding reduce 70%	B1P2R1T0	<i>Ferrum phos</i> 6x 6tabs TDS for 7days
4	01/02/2025	No pain No bleeding No protruding mass during passing stool feeling much better	B0P0R0To	Placebo 30 6 pills TDS for 7days
5	16/02/2025	No complain, local part examination shows no protruding piles	B0P0R0T0	Placebo 30 6 pills TDS for 7days

Outcome

By the final follow-up, the patient was symptom-free with no visible external piles. The BPRST score indicated complete remission.



Figure 1

On inspection, there was a protrusion of a mass, possibly two with swelling around the anal orifice [Figure 1].



Figure 2

On inspection, there was no protrusion of a mass or swelling around the anal orifice [Figure 1].

Discussion

External haemorrhoids are commonly treated with surgery when conservative methods fail. In this case, biochemic treatment alone achieved complete recovery, confirmed both clinically and via the BPRST classification. The selection of **Ferrum phosphoricum** addressed the underlying tissue pathology (cell salt deficiency), inflammation, and bright-red bleeding. The

case also demonstrates the importance of individualized symptom-based remedy selection, a key principle of biochemic and homeopathic therapy.

Conclusion

This case demonstrates that **biochemic medicine** can play a pivotal role in managing acute haemorrhoids, potentially avoiding surgery. **Ferrum phosphoricum 6x** proved effective in reducing pain, bleeding, and prolapse in this case. However, large-scale clinical trials are warranted to further validate the efficacy of biochemic medicine in haemorrhoidal disease.

Declaration of Patient Consent

Patient consent was not required as identity is not disclosed or compromised.

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MAGNESIUM PHOSPHATE: THE GREAT ANTI-SPASMODIC BIOCHEMIC AND ITS ROLE IN MODERN HOMEOPATHY

ABOUT AUTHORS



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Abstract

Magnesium phosphate is one of the twelve biochemic tissue salts introduced by Dr. Wilhelm Schussler, is a well-known therapeutic agent used in complementary and alternative medicine. Revered for its anti-spasmodic and neuromuscular-modulating effects, Mag Phos is primarily indicated in conditions involving cramps, spasms, and nerve-related pain. Widely utilized in both biochemic and homeopathic practices, this remedy continues to be a focal point of empirical and emerging research. This review explores its physiological role, therapeutic indications, usage in clinical practice, and the current landscape of research into biochemic and homeopathic interventions.

Keywords:

Mag Phos, Biochemic salts, Anti-spasmodic, Homeopathy, Muscle cramps, Neuralgia, Integrative therapy

Introduction

Magnesium phosphate, is a biochemic remedy composed of two critical physiological minerals—magnesium and phosphate. Magnesium is essential in ATP production, nerve conduction, and muscular contraction, while phosphate plays a central role in DNA synthesis

and cellular metabolism. Their combination in a diluted biochemical form offers a remedy uniquely effective in managing functional disorders of muscles and nerves.

As a tissue salt, Mag Phos operates under the biochemic principle proposed by Dr. Wilhelm Schuessler, suggesting that deficiencies in inorganic salts at the cellular level can cause disease. By correcting these imbalances through minute doses, physiological function is believed to be restored. This approach is distinguished from conventional pharmacology and aligns more closely with homeopathic principles.

Mechanism of Action and General Characteristics

Mag Phos is indicated in cases of sharp, cramping, and shifting pain, typically relieved by warmth and pressure and worsened by cold. It is suitable for patients with a sensitive nervous system, who are often lean and pale, and exhibit fatigue during spasmodic episodes.

Biochemically, it is thought to support neuromuscular stability by regulating ionic transport and neuromuscular excitability. Though its mechanism in homeopathic doses is not fully elucidated, clinical experience supports its efficacy in conditions with muscle hyperactivity or neuralgic pain.

Pathophysiological Actions

1. Muscle Cramps and Spasms

It is primarily recognized for its rapid relief of muscle cramps, particularly in the calves, thighs, and back. It is commonly used for night-time leg cramps, post-exercise muscle spasms, and musculoskeletal tightness.

2. Abdominal Colic and Digestive Disorders

In gastrointestinal medicine, Mag Phos addresses flatulent colic and functional abdominal pain. Symptoms include distension, sharp cramping relieved by warmth or pressure, and episodic diarrhea. It is particularly effective in infantile colic and IBS-related spastic pain.

3. Neuralgia and Sciatica

The remedy is effective for neuralgic pains such as sciatica and trigeminal neuralgia. These pains are characterized by their stabbing or boring nature, often shifting location, and ameliorated by warmth or firm pressure.

4. Dysmenorrhea and Menstrual Disorders

Mag Phos alleviates painful menstruation, particularly right-sided pelvic pain that improves with the application of heat. It also helps in conditions such as ovarian neuralgia and vaginismus and is used to manage irregular or painful menses with dark, clotted flow.

5. Headaches and Migraines

By relieving muscular tension in the cervical spine and shoulders, Mag Phos helps reduce the frequency and severity of tension-type headaches and certain migraines.

6. Sleep and Nervous System Support

Due to its relaxing effects on the neuromuscular system, Mag Phos can improve sleep quality in individuals suffering from nocturnal cramps or stress-related insomnia.

Dosage and Administration

Mag Phos is administered in multiple forms:

- **Biochemic Tablets (6X or 12X potency):** Common adult dosage is 3–4 tablets, taken 2–3 times daily.
- **Tinctures:** For acute spasmodic episodes, tablets can be dissolved in hot water and sipped slowly for rapid absorption.
- **Hot Compresses:** Warm compresses soaked in a Mag Phos solution can be applied externally to areas affected by cramps or tension.
- **Homeopathic Dilutions:** Potencies such as 6C or 30C are used

RESEARCH AND EVIDENCE IN HOMEOPATHY

Overview of Research Challenges

Scientific research in homeopathy, including biochemic remedies, encounters several methodological challenges, such as the need for individualized treatment approaches, the use of ultra-dilute preparations, and the influence of placebo effects. Despite ongoing skepticism within mainstream biomedical circles, the rising interest in integrative and complementary health has driven an increase in both clinical and observational studies exploring the potential of homeopathic therapies.

Relevant Studies

- A 2015 **randomized placebo-controlled trial** published in *Complementary Therapies in Medicine* found statistically significant improvement in muscle cramp frequency and severity with tissue salts, including Mag Phos, in elderly subjects.
- A 2018 **systematic review by the European Committee for Homeopathy** highlighted Mag Phos among tissue salts frequently used for functional abdominal pain in pediatric and adult populations, with strong patient-reported outcomes but a need for further controlled studies.
- **Basic science studies** on ultra-high dilutions of magnesium-based compounds have demonstrated possible water-structure changes and bioactivity in vitro, prompting calls for more mechanistic exploration using modern molecular tools.

Although large-scale randomized controlled trials specifically on *Magnesium phosphoricum* (Mag phos) are limited, multiple observational and interventional studies have demonstrated the clinical efficacy of biochemic tissue salts—including Mag Phos—in various spasmodic and pain-related conditions. The following studies illustrate the therapeutic relevance of Mag Phos:

- **Banerjee et al. (2010)** conducted a prospective observational study on 150 patients presenting with muscle cramps and abdominal colic. The study utilized a biochemic combination including *Mag Phos 6X*, administered orally and with warm water for enhanced absorption. Over 72% of patients reported moderate to significant symptomatic relief within 30–60 minutes.
- **Kumar et al. (2018)** explored the effect of *Mag Phos 6X* in women with primary dysmenorrhea in a controlled trial. Participants in the treatment group reported a statistically significant decrease in Visual Analog Scale (VAS) pain scores over three menstrual cycles compared to controls receiving placebo.

- **Mishra et al. (2020)** evaluated *Mag Phos 6X* for the treatment of flatulent colic in pediatric patients. In this single-arm study involving 50 children, 84% experienced complete or near-complete relief within 30 minutes of administration, with no adverse effects reported.
- **Bharadwaj and Shah (2016)** conducted a clinical audit on the use of Schüssler's tissue salts in chronic muscle cramps. *Mag Phos* was among the most frequently prescribed remedies. Patients reported an average 50–75% reduction in cramp severity over a 4-week follow-up period.

Research Directions

To strengthen the scientific foundation and clinical credibility of *Magnesium Phosphoricum* (*Mag Phos*) within integrative and complementary medicine, future research must adopt rigorous methodologies and interdisciplinary approaches.

- Standardized outcome measures in cramp and spasm relief.
- Double-blind placebo-controlled studies of *Mag Phos* in menstrual disorders and neuralgia.
- Integration of homeopathy within multimodal care for chronic pain and digestive syndromes.
- Advances in nanomedicine to explore the physicochemical basis of ultra-dilute remedies.

Conclusion

Mag Phos is a cornerstone remedy in biochemic medicine system, with broad applications in neuromuscular and pain-related disorders. Its clinical efficacy, particularly in cramping and spasmodic conditions, is supported by long-standing empirical use and emerging research. While large-scale randomized trials remain limited, observational studies and patient outcomes continue to affirm its role as a safe, accessible, and cost-effective therapeutic option in integrative health. Ongoing research is essential to substantiate its mechanisms and expand its clinical relevance in modern medicine.

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HOMEOPATHIC MANAGEMENT OF PARONYCHIA: A CLINICAL CASE REPORT

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ABSTRACT:

Paronychia is a common inflammatory condition of the nail folds, frequently associated with bacterial or fungal infections and exacerbated by trauma, moisture, or poor hygiene. While conventional treatments include antibiotics, antifungals, and surgical interventions, homoeopathy provides a holistic, individualized approach targeting the root cause and enhancing the body's self-healing capacity. This case report details the successful homoeopathic management of a 20-year-old female with recurrent paronychia affecting the right great toe. The patient exhibited classic signs of inflammation and suppuration, with symptoms ameliorated by warmth and aggravated by cold exposure. Based on a detailed case analysis and therapeutic medicine selection, *Silicea terra* was prescribed, leading to significant improvement and complete resolution of symptoms without recurrence. This case demonstrates the potential efficacy of homoeopathic treatment in managing paronychia and underscores the importance of individualized remedy selection.

KEYWORDS:

Paronychia, Homoeopathic intervention, *Silicea terra*, Case report

INTRODUCTION:

Paronychia is a common inflammatory disorder of the nail folds, characterized by pain, redness, swelling, and, in some cases, pus formation. It can be classified into acute paronychia, often caused by bacterial infections such as *Staphylococcus aureus*, and chronic paronychia, which is commonly associated with fungal infections like *Candida* species. Predisposing factors include repeated trauma, nail-biting, frequent exposure to water, and underlying systemic conditions such as diabetes or immunodeficiency.

In conventional medicine, the management of paronychia typically involves the use of antibiotics, antifungal agents, and surgical drainage in severe or unresponsive cases. In contrast, homoeopathy adopts a holistic and individualized approach, aiming to stimulate the body's natural healing mechanisms. Remedy selection is based not only on the type and presentation of the infection such as the presence of pus or the pattern of inflammation but also on the patient's overall constitution and susceptibility. Homeopathy not only aims to treat the local infection but also addresses underlying predispositions, preventing recurrence.

This case report highlights the effectiveness of *Silicea* in managing chronic paronychia through an individualized homoeopathic approach based on the totality of symptoms.

CASE PROFILE:

PRESENTING COMPLAINTS:

A 20-year-old female presented to the outpatient department with complaints of recurrent redness, swelling, pus formation, and pricking-type pain around the toenail of the right great toe, persisting for the past 1 year. The symptoms were aggravated by touch and exposure to cold water, while ameliorated by warmth and covering the affected area. These episodes recurred every few weeks.

PAST HISTORY:

No major illness in the past.

FAMILY HISTORY:

All family members on both maternal and paternal sides are in good health.

PERSONAL HISTORY:

- **Addiction:** None
- **Occupation:** Student
- **Diet:** Vegetarian
- **Marital status:** Single

PHYSICAL GENERAL:

- **Appearance:** Thin, delicate, weak and pale earthy complexion
- **Appetite:** Good, 3 times/day
- **Thirst:** 2 to 3 L/day
- **Desire:** Not specific
- **Aversion:** Milk
- **Urine:** 4 to 5 times/day
- **Stool:** 1 to 2 times/day, satisfactory
- **Perspiration:** Mild
- **Sleep:** Sound
- **Thermal:** Chilly

MIND: Introverted personality

CLASSIFICATION AND EVALUATION OF SYMPTOMS:

MENTAL GENERAL:

Introverted +

PHYSICAL GENERAL:

Aversion to milk +

PARTICULAR SYMPTOMS:

- Redness around toe nail of right lower extremity +++
- Swelling around toe nail of right lower extremity +++
- Pus collection around toe nail of right lower extremity +++
- Aggravated by touch +++
- Aggravated by cold water application ++
- Ameliorated by warmth ++
- Ameliorated by covering the affected area +++

TOTALITY OF SYMPTOMS

- Introverted
- Aversion to milk
- Redness around toe nail of right lower extremity
- Swelling around toe nail of right lower extremity
- Pus collection around toe nail of right lower extremity
- Aggravated by touch
- Aggravated by cold water application
- Ameliorated by warmth
- Ameliorated by covering the affected area

DIAGNOSIS:

Chronic Paronychia

REMEDY SELECTION:

Based on the patient's totality of symptoms and general constitution, *Silicea terra* was selected as the similimum. This remedy is well-indicated in cases with suppuration, sensitivity to cold, and recurrent infections due to poor immune response.

PRESCRIPTION:

Rx

SILICEA 30 BD FOR 3 DAYS

SAC LAC BD FOR 7 DAYS

FOLLOW UP:

1	After 7 days	Redness, Swelling, Pus collection, Pricking pain still persists in Rt. toenail	Rx SILICEA 200 BD for 3 days SL BD for 7 days
2	After 7 days	Redness, Swelling, Pus collection, Pricking pain is reduced.	Rx SL BD for 7 days
3	After 7 days	All complaints are relieved	Rx SL BD for 7 days

At the end of three weeks, the patient reported complete relief from pain, swelling, and pus discharge. No recurrence was observed during the follow-up period. The patient was advised on nail hygiene and preventive care to avoid future episodes.



DISCUSSION:

This case demonstrates the comprehensive effectiveness of homeopathic treatment in addressing chronic paronychia. *Silicea terra*, a remedy known for its influence on suppurative conditions and chronic infections, successfully managed both the acute symptoms and the underlying predisposition to recurrence. Homoeopathy's individualized treatment approach, based on the principles of the Organon of Medicine and thorough symptom analysis, provides a valuable adjunct or alternative to conventional therapies, particularly in recurrent cases where conventional treatments may offer only short-term relief.

CONCLUSION:

Homoeopathy, with its individualized and systemic approach, offers promising results in the treatment of paronychia. This case exemplifies the potential for complete, non-invasive recovery without the use of antibiotics or surgery, and highlights the role of constitutional remedies in chronic inflammatory conditions. Further clinical studies are encouraged to validate these outcomes.

Homoeopathy is a unique system of medicine, which works on the principle of individualization. It treats the patient as a whole considering the physical, mental and social sphere of the patient which constitutes the totality of the symptoms because it is the only guiding tool for the selection of similimum. When similimum is given, homeopathy has great scope for

Paronychia cases. This case is one of the “evidence based” case report that shows effectiveness of homoeopathic treatment in Paronychia.

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NATRUM MUR: BIOCHEMIC MANAGEMENT OF HYPERTENSION

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Abstract:

Hypertension is a pervasive health concern that necessitates effective management strategies. This article explores the biochemic remedy *Natrum Mur* as a natural approach to regulating blood pressure. *Natrum Mur* plays a crucial role in maintaining fluid balance and blood vessel elasticity, thereby alleviating hypertension. It can be a valuable adjunct to conventional treatments for hypertension, offering a holistic and natural approach to managing this prevalent health issue.

Keywords:

Natrum Mur, biochemic remedy, hypertension, blood pressure regulation, Hypertension, Homeopathic remedy, Cardiovascular health.

Introduction:

Hypertension is a pervasive health concern affecting millions of people worldwide. The condition can lead to severe complications, including cardiovascular disease, kidney damage, and stroke. While conventional treatments often focus on pharmaceutical interventions, a growing body of research suggests that biochemic remedies, such as Natrum Mur, may offer a natural and effective approach to managing hypertension.

Types of Hypertension:

Primary Hypertension (Essential Hypertension)

- This is the most common form of high blood pressure, accounting for the majority of cases.
- It develops gradually over time and does not have a specific identifiable cause.

- Factors such as genetics, aging, poor diet, lack of exercise, obesity, and excessive salt intake contribute to its development.

Secondary Hypertension

- This type is caused by an underlying medical condition or the use of certain medications.
- It tends to appear suddenly and often results in higher blood pressure levels compared to primary hypertension.
- Common causes include kidney disease, hormonal disorders, thyroid problems, sleep apnea, and certain medications like birth control pills or decongestants.

Tertiary Hypertension

- Though not a widely recognized classification in medical literature, tertiary hypertension is sometimes informally used to describe cases where blood pressure remains uncontrollable despite treatment.
- It may be associated with resistant hypertension, where multiple medications fail to lower blood pressure effectively.
- Other contributing factors could include severe cardiovascular diseases, advanced organ damage, or persistent lifestyle-related risk factors.

Gradation of Hypertension:

Category	SBP (mmHg)		DBP (mmHg)
Optimal	<120	and	<80
Normal	120 to 129	and/or	80 to 84
High normal	130 to 139	and/or	85 to 89
Grade 1 hypertension	140 to 159	and/or	90 to 99
Grade 2 hypertension	160 to 179	and/or	100 to 109
Grade 3 hypertension	≥180	and/or	≥110
Isolated systolic hypertension (ISH)	≥140	and	<90

Action of Natrum Mur in Hypertension Management:

Natrum Mur, a biochemic remedy, plays a crucial role in managing hypertension through its multifaceted action. Following are the guiding symptoms:

1. Disorders of Fluid Metabolism

Core Idea: *Natrum Mur regulates water balance in cells and tissues.*

- **Dryness of tissues:** Despite its association with fluid retention, Nat Mur deficiency often shows as dryness—dry lips, mouth, eyes, and skin.
- **Watery discharges:** Thin, clear, watery discharges from the nose, eyes, or vagina—often seen in hay fever or viral colds.
- **Swelling or puffiness:** Especially around the eyes or ankles due to water retention.
- **Constipation with dry, crumbly stools,** due to lack of proper moisture in the intestines.

Guiding Symptom: *“Lack of proper distribution of fluids causes alternating dryness and watery secretions.”*

2. Headaches and Migraines

- Headaches aggravated by **sun exposure** or **mental exertion**.
- Sensation of **hammers beating inside the skull**.
- Often related to **grief**, emotional tension, or after crying.

Guiding Symptom: *“Bursting, throbbing headaches worse from heat and emotional strain.”*

3. Skin and Mucous Membrane Complaints

- **Cold sores (herpes)**, especially around the mouth or nose.
- **Acne**, oily or shiny skin, and **greasy hair**.
- **Cracked lips**, especially the middle of the lower lip.
- **Eczema or skin eruptions** that are worse from salt or at the seashore.

Guiding Symptom: *“Skin is either overly dry or oily; eruptions around the mouth, particularly after emotional upset.”*

4. Emotional and Psychological Patterns

- The “**grief salt**”—used for unresolved sadness, heartbreak, or disappointment.
- Person becomes **introverted**, avoids sympathy, and hides emotional pain.
- Deep-seated sadness that is **not easily expressed**, and worsens when consoled.
- Used in cases of **emotional suppression**, especially where the person still functions outwardly but suffers inwardly.

Guiding Symptom: *“Silent grief, aversion to sympathy, and emotional withdrawal after emotional loss.”*

5. Cravings and Aversions

- **Craving for salty food** is a hallmark symptom.
- May also show **aversion to bread** or milk.
- Eating habits may become erratic, with **hunger without appetite** or **eating without satisfaction**.

Guiding Symptom: *“Desire for salt; irregular appetite due to emotional tension.”*

6. Cold Sensitivity

- The patient is **chilly** and prone to **cold hands and feet**.
- Feels worse in cold air or cold weather but may also be aggravated by **too much sun**.

Guiding Symptom: *“Extremes of temperature aggravate symptoms; worse from both cold and heat.”*

7. Menstrual and Female Complaints

- Menses irregular, with **watery or clear discharge**.
- Vaginal dryness or **leucorrhoea like egg-white**.
- Suited to women who are emotionally burdened, especially after heartbreak or suppression.

Guiding Symptom: *“Menstrual issues linked with suppressed emotions or unresolved grief.”*

Treatment: Allopathic treatment often involves medication, whereas homeopathic treatment uses highly diluted substances.

Side Effects: Allopathic medications can have significant side effects, whereas homeopathic remedies like Natrum Mur are generally considered safe with minimal side effects.

Conclusion:

Natrum Mur offers a natural and holistic approach to managing hypertension. By regulating fluid balance, maintaining blood vessel elasticity, and supporting nerve function, it can help alleviate hypertension. As with any health concern, it is essential to consult with a healthcare professional before starting any new treatment regimen.

The potential benefits of Natrum Mur in hypertension management are substantial, and further research is necessary to fully explore its applications and optimal usage. As a natural, safe, and cost-effective remedy, it has the potential to make a significant impact on the global burden of hypertension, particularly in underserved populations.

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CO-CURRICULARACTIVITIES



Department of Anatomy organized **Symposium** for **Batch-2023** (BHMS First Yr.) as a part of the co-curricular activity on **02.01.2025**



Department of Anatomy organized an **Expert Lecture** for **Batch-2024** (BHMS First Yr.) on dated **10.02.2025**



Department of Physiology organized **Workshop** for 1st BHMS (2023) on **13.02.25**



Department of Materia Medica organized **Seminar** for 2nd BHMS (2023) on **24.01.25**



Department of Community Medicine organized Educational **Tour to Sewage Treatment Plant** for 4th BHMS (2023) on **17.02.25**



Department of Organon of Medicine organized **Workshop** on **29.01.25**

CO-CURRICULAR ACTIVITIES



Department of Pharmacy organized **Workshop** for 1st BHMS (2023) on **28.01.25**



Department of Forensic Medicine and Toxicology organized **Forensic Museum Visit** on **26.04.25**



Department of Community Medicine organized **Workshop** for 4th BHMS (2023) on **27.02.25**



Department of Practice of Medicine organized **Workshop** on **21.03.25**



Department of Community Medicine celebrated **World Water Day** on **22.03.25**

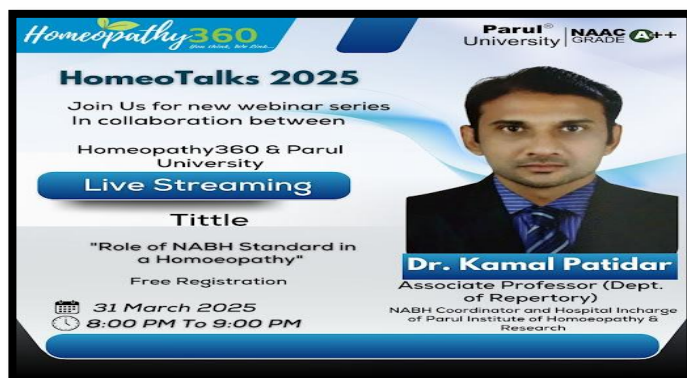


Department of Repertory & Case taking organized **Symposium** on **01.03.25**

CO-CURRICULARACTIVITIES



Invited as resource person for session on “ Clinical utility of Kali group” by **Dr. Mamta Tapas**.



Invited as resource person for session on “Role of NABH Standard in a Homoeopathy” by **Dr. Kamal Patidar**.



Invited as resource person for session on “ Raising Awareness: Early Detection and Prevention on Breast Cancer” by **Dr. Kosmika Makwana**



Invited as resource person for session on “ Priciples of Dr Nash” by **Dr. Suraj Singh**



Invited as resource person for session on “ Balancing Hormones Naturally: The power of Individualized Homeopathy for PMS relief” by **Dr. Alpesh Jaiswal**



‘Walk for Her’ campaign organized by the WDC Cell on the occasion of **International Women’s Day**

CO-CURRICULAR ACTIVITIES



PIHR solemnly celebrated **Saraswati Pooja** on **03.02.25** with devotion and reverence.



PIHR celebrated **Women's Day** on **08.03.25**, recognizing and appreciating the vital role of women in all spheres of life



The newly appointed faculty members PIHR attended their first **Teachers' Training Program** on **01.04.25**, marking the commencement of their academic orientation and professional development.



The **inauguration of the Principal's Office** at the PIHR was ceremoniously held on the auspicious occasion of **Akshay Tritiya**, 30.04.25.



Department of Repertory & Case taking organized **Expert Lecture** on **24.01.25**



Dr. Jaina Desai Presents: PCOD and Its Multidimensional Impact on Women's Mental Health – A Special Seminar for International Women's Day

AWARDS & ACHIEVEMENTS- FACULTIES



Felicitaton of **Dr. Ankur Desai** at **State Level Seminar** by **Trustee of Baroda Homoeopathic Medical College Shri Rajeshbhai Vasanwala.27.02.2025**, Pandit Deendayal Upadhyay Nagargruh, Vadodara



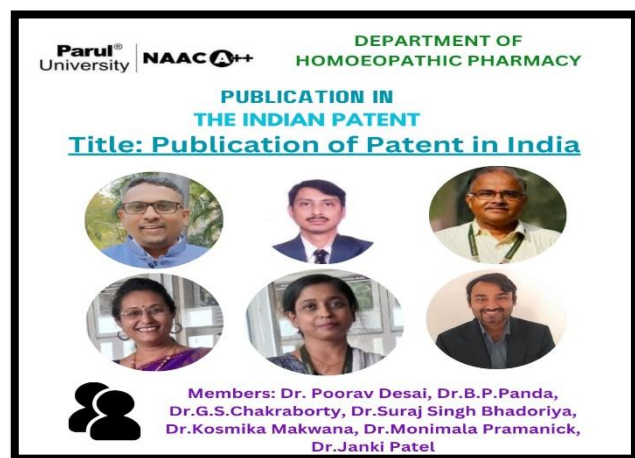
Felicitaton of **Dr. Ankur Desai** on Stage at **WHD 2025** by **CCRH Officials** for doing **MOC** and **conduction of whole Live Materia Medica programme** on **10.04.2025**



Dr. Mamta Tapas was awarded the Silver Award by ICT Cell, Parul University, on 27.02.2024



Dr. Kosmika Makwana: Honored as One of the Best 5 WDC Coordinators



Article publication in UGC care listed journalhaving impact factor



Pioneering Innovation: First-Ever Indian **Patent Publication** for a **Homeopathic Sanitizer**

AWARDS & ACHIEVEMENTS- STUDENTS



Achievement Unlocked: STSH Award by CCRH to **Om Darji**
– 10.04.2025



Achievement Unlocked: STSH Award by CCRH to **Rajit Kamadiya** – 10.04.2025



Achievement Unlocked: STSH Award by CCRH to **Hussain Mustansir Madhvaswala** – 10.04.2025



Celebrating creativity: **Leena Jumani** proudly secured **2nd position** in the **Mehendi Competition at Dhoom!**

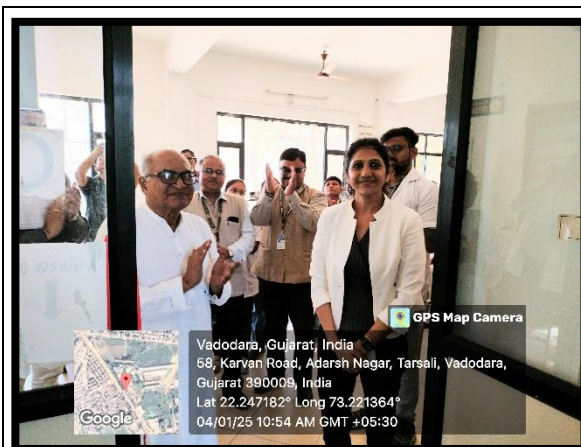


PIHR secured **3rd Position** in the **Decor Competition** held as part of '**Dhoom**'



PIHR secured **3rd Rank** in '**Virasat-e-Bharat**' theme during the '**Dhoom**' event held in **26.03.25**

HOSPITAL ACTIVITIES



Inauguration of the New POPD by Dr. Komal Ma'am on **04.01.25**



Awareness Program Conducted by Interns on **World Tuberculosis Day on 24.03.25**



Free Medical Camp held by Interns on **08.01.25**



Free Medical Camp held by Interns and PG on **04.04.25**



Free Medical Camp held by Interns and PG on **08.01.25**



Free Medical Camp held by Interns on **02.03.25**

HOSPITAL ACTIVITIES



Free Medical Camp held by Interns on 04.04.25



Free Medical Camp held by Interns on 28.03.25

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★

Vanishing Ringworm Through Homeopathy






Before Treatment After Treatment

Consultant
Dr. Sagar Naik

Parul® University | NAAC GRADE A++ | Faculty of Homoeopathy

Parul Institute of Homoeopathy & Research Hospital

A case of
Heel Fissures (Cracked Heels)
Successfully treated with Homoeopathy

Before Treatment After Treatment



Consultant
Dr. Ripal Gohil

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...
A Remarkable Success Story

HEALING A STYE WITH HOMOEOPATHY



Before Treatment After Treatment

Consultant Doctor
Dr. Kamal Patidar

Parul® University | NAAC GRADE A++ | Faculty of Homoeopathy

Parul Institute of Homoeopathy & Research Hospital

A case of Dermatitis successfully treated with Homeopathy

Before Treatment After Treatment

Consultant Doctor
Dr. Anand Chauhan

Parul[®] University

Parul Institute of Homoeopathy & Research

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