



Role of 12 Tissue Remedies in Nutritional Deficiency Disorders of Pediatric Age

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Introduction

Despite some reductions in world income-related poverty in recent years, malnutrition remains widespread. Nutrient deficiencies of protein, calcium, iron, vitamin A, folic acid and zinc are prevalent worldwide, especially in children from low income areas .

The lack of sufficient amounts of micronutrients affects health, function, and physical and cognitive development throughout the life cycle. Many diseases and morbid conditions have been described to result from nutritional deficiencies. These include developmental defects, such as birth defects, physical and cognitive development delays, increased risk of infectious diseases, as well as increased risk of poor health in adulthood. Almost two-thirds of deaths of young children around the world are related to nutritional deficiencies.

These aspects contribute to the relatively high prevalence of essential nutrient deficiencies in various parts of the Israeli population, including iron-deficiency anemia, goiter and vitamin D deficiency. Low vitamin B12 levels, low folic acid levels and consequently high homocysteine levels 2,3

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Nutrient deficiencies are prevalent worldwide. Diseases and morbid conditions have been described to result from nutritional deficiencies. It is essential to address nutrient deficiencies as these may lead to chronic long-term health problems such as rickets, iron deficiency anemia, goiter, obesity, coronary heart disease, type 2 diabetes, stroke, cancer and osteoporosis

The food consumption habits of the children changed during the last few decades, and they now consume too much fat, especially saturated fats, and sweetened beverages. They do not eat enough fruits or vegetables and consequently do not consume enough fiber. Most schoolchildren of low socioeconomic families consume less milk, cheese, meet, vegetables and fruits. Only a fifth of children consume the recommended daily amount of fruits and vegetables

The " Homeopathic" system of the Cell Salt remedies was developed by Dr.Schuessler a German doctor in the late 1880's. He analyzed the ash residue of human cells and found 12 inorganic mineral salts. He theorized that these 12 elements are critical to balancing cellular activity and health and made 12 homeopathic remedies in low potency in order to be assimilated rapidly and easily. The remedies have been used by millions of people for over 120 years worldwide. They have proven to be helpful in balancing many conditions in the body. Many of these remedies are the most important in homeopathic practice worldwide. The strong point of using the cell salts is building up the constitutional health of a person over long period of time. They are used to rebuild the organs and tissues. The cell salts are equilibrium remedies; they are used to balance excess and deficiency. They remove excess as well as help with deficiencies. Cell salts work well with herbs and with vitamin and mineral supplements

Dr.Schuessler observed that common salt is in all body cells as well as the blood. As salt attracts water, the presence of salt keeps the body properly hydrated. If cells lack salt, the water stays in theintercellular fluid and creates a bloated effect in that area of the body. Generally these people feel tired, sad and weep easily. While these people crave salt, the body cannot absorb it in these crude amounts. Conversely, the effect of the minute quantity in the homeopathic preparation has a completely different and healing effect.The two groups of people who benefit the most from using the cell salts are children between the ages of 0 – 3 a period when there is rapid growth in children. In children you can really build them up especially during growth. During growth periods you can use them for extended periods of time giving them daily for 1 to 2 years at a time. The elderly benefit because they are gentle, yet helps to nourish and to balance deficiency. For the elderly and children it is a way of doing homeopathy nutritionally. 6X is = to 1 part per million. 12X is one part per billion.

Homeopathy raises the vital force, the cell salts rebuild. Homeopathy has a bigger range of action especially psychologically. The tissue salts have a narrower range but rebuild. In a way the cell salts are the "vitamins & minerals" of homeopathy. When a homeopathic remedy relapses, the cell salts come in and stabilizes it. You can take a Cell Salt remedy for 6 months to a year for supporting a chronic problem.

Following are the examples of salts for deficiency disorders.

Calcium Fluoride (Calc Fluor) – "bone salt"

Surface of bones Enamel of teeth Elastic tissue Epidermis Nervous system

The action of the Calc Fluor cell salt corrects over growth and hardness, as well as deficiency and lack of strength.

Deficiency:

Deficient enamel and bone density

Prevents and corrects need for palate expansion. Joint disorders where they give way easily and dislocate

Early morning fatigue Numbness in parts Fissures and cracks in hand skin, and elsewhere

Calcium Phosphate (Calc Phos) – Nutrition of Bones Bones Teeth Brain

The action of Calc Phos corrects issues around poor nutrition. This can be development delay, repair of bone and body tissue, or loss of bone, teeth or any other tissue.

Delayed dentition Rickets, open fontanelles,

Emaciated children with shrunken bodies and flabby bellies Soft, thin, brittle bones

Growing pains, Non-union of bones Osteoporosis. Recovery from injury and illness. Improves memory and relieves nervousness when nutrition deficient

Calcium Sulphate (Calc Sulph) - Connective Tissue

[While Dr. Schuessler made many observations of the broad and deep sphere of action of Calc Sulph, he later determined that it was not a constituent of tissues and removed it from his last edition of Biochemic Therapy. He distributed its actions between Nat Phos and Silica. Therefore, if you think of Calc Sulph, also look at Nat Phos and Silica for your treatment.]

Potassium Phosphate (Kali Phos) “Nerve Remedy”

This cell salt treats the state of worn out mothers, business people, or anyone who has endured an intense physical/mental strain that has drained their system. Dr.Schuessler observed that Potassium Phosphate has an important impact on: Brain

Nerves – Vasomotor, sensory, motor, and sympathetic Muscles, Blood Intercellular fluids. One may apply this remedy for the following conditions and indications: Mental exhaustion, neurological overwhelm, weak memory

Mental deterioration, senility and Alzheimer’s Chronic fatigue from overuse of the intellect

Sodium Chloride (Natrum Mur) “Balances bodily fluids”

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Iron Phosphate (Ferrum Phos) “Inflammation Remedy”

Ferrum Phos may be considered the “first aid cell salt” as it may be applied to the 1st stage of all acute sickness. It is also good for the convalescent stage to relieve final effects of inflammation. Ferrum Phos addresses inflammation of all tissue except bone tissue. Especially effective in anemic people.

Throat infections

Fevers of unknown origin – general symptoms of inflammation – no SRP sx Lack of symptoms in any childhood disease – chicken pox, flu, ear aches

Anemia – loss of vitality, after surgery, radiation

Never been well since hemorrhage, uterine hemorrhage, bleeding fibroids Nose bleeding (Phos primary remedy)

Increases oxygen to the lungs and throughout the body.

Magnesium Phosphate (Mag Phos) “The Pain Cell Salt”

Dr.Schuessler found that Mag Phos has a great affinity for the nerves and muscles.

It acts as an anti-spasmodic and greatly relieves nerve pain, cramps, and convulsions. The Mag Phos condition is worsened by motion, night time, cold air and wet cold.

Silica “For Lack of Grit – Physical or Principle”

A large portion of the earth’s crust is composed of silica, or flint, and as it is absorbed by plant and animal life, silica provides the “grit” of most living things. It is indicated by those who need more stamina, especially when malnutrition is present.

Think of Silica as a catalyst. It harnesses the minerals and gets them working in the body; it affects fibrous tissue and creates a firm structure that supports the harmonious operation of other cell salts. We see release of impurities which should not be in the body, a dissolving of hard formations, as well as the building up of weakened structures such as bones and teeth.

Weakened & exhausted states – exhausted after a few hours, to regain energy after surgery

Lack of stamina – mental, physical and sexual; measure their energy needs Lack of body warmth – desire warmth, < cold and cold wind

Premature babies - #1 remedy for this presentation

Babies with large heads and thin bodies, frail, delicate skin w/ blue tinge Developmental delays in speech, walking, & growth

Vaccine induced developmental delays or malaise (also in dogs and cats) Ear, sinus, and respiratory infections

Dairy intolerant, even of mother’s milk

Hence we can use salt remedies for such disorders according their actions.

References

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