



## **To Study the Efficacy of Natrum Muriaticum as A Homoeopathic Similimum**

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### **ABSTRACT**

Sodium chloride, or table salt, is hidden behind the rather pompous name of Natrum muriaticum. It may be commonplace, but homeopathic materia medica provides a remedy of vital importance in the treatment of emotional suffering: the aches and pains of life that are most often hidden from others.

The main source of sodium chloride is the sea. It is rarely found as a solid deposit in the Earth's crust, and then usually in salt pans, where it has remained as a precipitate after its liquid medium has evaporated. It is a mineral with an affinity for fluids, and as it is in nature, so it is in the body. It is found mainly in extracellular fluids, unlike potassium salts, which are mainly intercellular. From this position, it acts by the force of osmosis as a regulator of the transport and distribution of body fluids. Another vital function of salt is the electrical polarization of cell membranes enabling the transmission of nerve impulses. The substance that is largely responsible for the flow and exchange of fluids and the flow and exchange of nerve signals exhibits extreme sensitivity and receptivity—or consciousness! This is true of the salt entity or archetype.

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### **INTRODUCTION**

Homoeopathic remedies are selected according to similar constitutional factors, etiology and summary of signs and symptoms. The medicine chosen in this way is called a similimum.

The crises in our life usually lead us to a better life. Depression excludes us from social life, from different people and events. It deprives us of opportunities to actively participate in whatever we do and stops us in bad, inadequate ways of living to prevent us from ruining our lives. Depression literally ties a person to a bed (sometimes even a hospital bed), so it can make them take their life into their own hands and turn it into a positive way of living.

At that time, we fall into a very painful and bad mood, we temporarily lose interest in life and the ability to love. We become apathetic. Sadness or sadness is a primary emotion that appears as a reaction to the loss of something valuable, something that is very important to us. Natrum Muriaticum is the most popular remedy today. It is the first choice for treating depression.

The successful application of the law of like depends entirely on the concept of individualization and susceptible constitutions which form the cornerstone of homeopathic practice. The concept of individuation takes into account the organism's overall response to an adverse environment seen through the signs and symptoms of three levels: emotional, intellectual and physical, where the life force has manifested itself.

Natrum Muriaticum (Sodium Chloride) is an important component of human body fluids, the main physiological function of which is to maintain fluid balance, generate electrical impulses in nerves and muscles, and in creating gradients across cells to allow nutrients to be updated.

Moreover, poeticized sodium chloride is a very useful remedy for many acute and chronic diseases. It has a profound impact on the human mind in society. A large number of patients suffer from psychosomatic illness due to anxiety, sadness, worry, etc.

This study is an attempt to understand the utility of Natrum Muriaticum as a homeopathic similima in patients suffering from various chronic diseases.

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### **LITERATURE REVIEW**

#### **SODIUM CHLORIDE**

NaCl

Table salt purified by solution in distilled water and recrystallization

#### **NATRUM GROUP**

Homeopathic medicines from the Natrum / Sodium group and their preparation, properties and clinical indications Sodium is a metallic element with the symbol Na, atomic number 11 atomic weight-22.991 silvery white shiny alkaline metal of wax consistency rarely oxidizing in air or water. Sodium salts are widely used in medicine.

The sodium cation has a physiological role in water movement and acid-base balance. Its amount in body fluids is so great. Its significant swelling effect on colloids, its ability to bind water and its great ability to dissociate salts make it, primarily as a chloride compound, a chemical regulator of the water balance. In the acid-base balance, it acts mainly in the form of carbonates and, to a much lesser extent, in the form of phosphates.

Chemical action of sodium

Neutralization of stomach acid by weakly alkaline sodium carbonate is a mass chemical action. Large doses of sodium carbonate before meals will cause gastric hypotonia and shallow peristalsis.

NaCl provides a sodium ion that is a constant component of blood and tissue fluids in general. The so-called the buffering effect of carbonate against excess acid in body fluids is based on the ease with which carbon dioxide is taken in or released.

Sodium serves as a readily available transport agent for decomposition products. The close association of sodium with water regulation can be considered best for sodium chloride and for intestinal secretion in conjunction with sodium sulfate.

A small dose of sodium carbonate increases urea excretion with a concomitant decrease in uric acid output.

Large amounts of sodium carbonate were used for the purely palliative effects of impending acidosis. But excessive use of an alkaline diet as in forced fruit diuresis and too excessive use of alkaline water promotes the formation of inflammatory urate deposits.

Intravenous injection of soda solution in animals causes pallor and complete circulatory arrest. Sodium affects the optimal concentration of H<sup>+</sup> in digestive processes. The development of HCl in the stomach releases a large amount of sodium to combine with carbonate and is an essential participant in the preparation of alkaline intestinal juices.

This role of sodium in digestive processes is a chemical mass action on the receptive organs. Rectal administration of sodium bicarbonate reduces gastric acid secretion. The sodium ion is a physiological mediator of chloride-carbonate exchange.

Common characteristics of the Natrum group

I. Sodium salts are particularly indicated for troubles that appear every summer or spring. Electrical changes in the atmosphere or direct sunlight cause various complaints.

II. Sadness depression and melancholy and anxiety. There is a tendency to cry, which is aggravated by consolation.

III. Looks like the dark side of everything, Pessimistic. - Natrum mur

IV. Changeable moods Mind - changeable moods - Natrum carb, Natrum mur

V. Hypersensitivity to noise

VI. Intolerance of music

VII. Emaciation.-

All Natrums stimulate cellular activity and increase oxidation and metabolism. These lead to increased oxygen uptake and increased appetite, but lose flesh when living well.

VIII. Hypochondriacs.

IX Frequency of complaints.

X. Aversion to bread

XI. Aphthous stomatitis

XII. Skin complaints

XIII. Respiratory problems and asthma.

XIV. Suffering from anemia, leukemia or a tendency to bleed.

XV Easy sprain of the ankle joints or easy dislocation of the ankles.

XVI Knee and hamstring injuries.

XVII Diseases of the glands, especially the thyroid gland

XVIII Involvement of the larynx and laryngotracheo bronchitis

XIX Sterility

XX. Catarrhal complaints and affections of the mucous membranes.

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## NATRUM MURIATICUM

Homeopathic preparation

Half an ounce of common table salt is dissolved in an ounce and a half of boiling distilled water to remove associated salts, filtered through printing paper, and crystallized by evaporation at 122°. @ Fahrenheit.

The crystals, which are allowed to dry on absorbent paper, are cubic in shape with a pyramidal depression on each side. One grain of these crystals is triturated to a millionth attention, and then brought to a decillionth of attenuation, as stated in the first part of this work.

There is hardly any clear experience of the actual medicinal effects of common salt in diseases.

Where it has been given with really rapid effect, e.g., in spitting of blood and other hemorrhages, a large quantity given (a spoonful swallowed at once) has apparently acted only as a violent, dispersive anti-irritant to the stomach and bowels, as well as a mustard plaster, applied to the calves or the arm, in the greater pain it causes, sometimes serves to stop the toothache suddenly and temporarily.

If, moreover, as experience teaches, all substances which should have the power to cure diseases must, on the other hand, be capable of injuriously influencing the condition of healthy people, it would be difficult to see how all the nations of the earth, even those only half-civilized, should daily use of salt in inconsiderable quantities for so many thousands of years without experiencing any harmful effects on human health (which is a testament to its healing powers), if indeed it is capable of such effects, openly and clearly, LIND is indeed deriving scurvy on long sea voyages from the use of salt meat on board ships; but this is unlikely, as many other morbid causes co-operate in the development of this cachexia.

Therefore, if we assume that table salt in its natural state does not have any harmful effects on human health, we should not expect it to have curative effects for diseases when used daily in moderate amounts.

Nevertheless, it contains the greatest healing properties.

If there is any proof, therefore, which will convince even the weakest that the preparation of remedies typical of homeopathy opens up, as it were, a new world of forces hitherto hidden by nature, this proof is surely afforded by the transformation of table salt, so indifferent in its raw state, into a heroic and a powerful medicine which, after such a preparation, can be administered to patients only with the greatest caution. What an incredible yet truly transformative apparently new creation!

Pure common salt (dynamized like other homeopathic material powers) is one of the most effective remedies against psoriasis, as can be seen from the special effects on the human organism noted below.

Clinical

- Anemia, marasmus, rickets
- Catarrhal and glandular disorders - goiter, hyperthyroidism, Addison's disease
- Intermittent fever
- Heart affection
- GIT problems - constipation
- Difficulty breathing
- Urinary tract disorders, diabetes
- Skin problems etc.

Areas of operation

o Works on the following systems:

o Blood and circulatory system

o the lymphatic system

o digestive tract

about the genitals

o urinary organs

about the skin

about the mind

Natrum muriaticum is a polychrest medicine. It is one of Hahnemann's highest constitutional deep-acting remedies, ranking first for its power.

It is well explained in various Materia Medica by various authors. Some of them are listed below:

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## MURPHY ROBIN

Nat-m. Is one of the remedies adopted by Schussler from homoeopathy? Through arrived at by a different route, his indications are for the most part identical with Hahnemann's and a recital of them, will serve to emphasize some points.

The common salt is contained in cells and in the blood, for salt has the well-known property of attracting water. Water is intended to moisten all the tissues and cells. Every cell contains sodium.

By this means the cell is enlarged and divides up. If there is no common salt formed in the cells, then the water intended to moisten those remains in the intercellular fluids and hydermia results. Such patients have a watery, bloated face, they are tired and sleepy and inclined to weep.

They are chilly, suffer from cold limbs and have a sensation of cold along the spine. At the same time have a strong desire for common salt. (The cells deficient in salt cry for salt.)

The common salt of which they consume comparatively large quantities does not heal their disease, because the cells can only receive the common salt in very attenuated solutions.

The redundant common salt present in the intercellular fluid may in such cases cause the patients to have a salty taste in their mouth and the pathological secretions of the mucous membranes, as also of excoriations of the skin, may be corrosive (salt-rheum).

Disturbances in the distribution of salt in the cells cause: Lachrymation, salivation toothache with salivation, watery diarrhea, mucous diarrhea, lack of mucus, catarrh of stomach with vomiting of mucus, water-brash, vesicles clear as water on skin or conjunctiva, constipation.

In old-school practice Nat-m. Is used chiefly in solution as a douche or spray in nasal and other catarrhs and in the mixture of "Brandy and Salt," in which large quantities of salt are given for pulmonary hemorrhages.

It may be hard to believe that the potencies of Nat-m. Should act independently, as curative remedy, at the same time that crude salt is being ingested in quantities.

It may seem that an infinitesimal amount of a substance which is a necessary constituent of our tissues cannot possibly have any action at all, but this mystery is constantly before the homeopath.

Nat-m. is suited to sensitive. Cachectic persons, old people, teething children, anemic, chlorotic people with catarrhal troubles, tuberculous, scrofulous, dropsical, emaciated persons.

Nat-m. affects the emotions, heart, kidney and spleen come under its influence. Thin patients, that are thirsty, poorly nourished on account of digestive disturbances and his mental behavior and physical symptoms are hopeless or awkward in nature. Chronic effects of grief, disappointed love, fright, anger. Depressed and introverted. Dwells on past unpleasant memories. Cannot cry. Averse to consolation. Young girls fall in love with married men. Depression or paralysis from hurt emotions.

Nat-m. is a great remedy for certain forms of intermittent fever, anemia, chlorosis, many disturbances of the digestive tract and skin. Tendency to catch colds, coryzas or hay fever. Constrictive sensation throughout the body. Great weakness and weariness. Weakness felt in the morning in bed. Easy exhaustion. Oversensitive to all sorts of influences.

Twitching in muscles. Frequent starts in upper part of body. Chorea, jumping after fright. Likes to be covered but does not relieve. Trembling of the whole body from smoking tobacco. Coldness. Children talk late, cross, irritable, cry from slightest cause. Emaciation even while living well.

Emaciation, descending of neck or abdomen. Emaciation most notable in neck.

Nat-m. has dry mucous membranes. Mucous membranes and skin may be dry or may produce thick, white or clear, watery, acrid discharges. Dryness of mouth, throat, rectum, vagina etc. Numbness of one side, parts lain on with paralysis, fingers, parts seem too short. Contraction of muscles, tendons.

Neuralgic pains with tears. Cachexia, malarial. Hyperthyroidism. Goiter.

Addison's disease. Diabetes. Gouty or rheumatic gout.

Ill effects of grief, disappointment, fright, fit of passion, loss of fluids, masturbation injury to head, silver salts, and salt.

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## RAJAN SANKARAN

Natrum muriaticum is a psychotic remedy. It is a mineral - a salt - and it has the elements Natrum with belongs to group IA and Chlorine (Halogen group). The main feeling of Natrum muriaticum is that she will be let down or betrayed or disappointed by the person her trust depends on, or by the one she loves. The relationship she seeks is not one of dependence like Calcarea or Magnesium but of friendship or romance, a relation on a one to one basis. The betrayal that she feels is the betrayal of her trust or faith. She has a fear of being emotionally hurt or disappointed and hence is reserved, unapproachable. At the same time, there is a tremendous insecurity with a fear of being alone and a fear of robbers (Natrum carbonicum). She believes that there is something wrong with her - either she is not good enough, not good looking enough ("Delusion, she looks wretched when looking in mirror") or that she has not done enough, and this is why the other person will disappear or leave her. This makes her do her best to be nurturing and caring, makes her go out of her way for others. But when hurt, she withdraws completely; there is great sadness ("Silent grief", "Weeping when alone") with aversion to consolation. There is a bitterness, tremendous anger, irritability, hatred and malice. She dwells on past disagreeable occurrences, is unable to forget them ("Revengeful"). An idea clings, prevents sleep and inspires revenge. She becomes averse to company, shut off from people ("Averse to the opposite sex, to her husband"). This again alternates with a desire for company or relationship. Thus we find contradictory symptoms in Natrum muriaticum people. In order to avoid the disappointment they enter into a relationship where, from the very beginning, there is no expectation of total commitment (like falling in love with a married man/servant) - silent, one-sided love. The Natrum muriaticum woman has fallen in love with someone and it is this one person she will love and hate. All that matters is how he treats her. Her entire mood depends on this. Having been hurt she blames herself as much as she blames the other person and her feelings often alternate between these two. She cares so much for this one relationship that at times she finds it frightening and may even behave as if it means nothing to her. She doesn't want to be hurt. As with other remedies of the mineral kingdom, Natrum muriaticum patients are very organized. They are independent and dependable. They care a lot about structures like the house, relationships, date and timings. I have observed that many of them like music, especially the sad, sentimental type. They are also fond of novels and other literature based on relationships. I have found that these patients usually relate a history of big problems or quarrels with their parents. There is almost always a history of disappointment in love. Tremendous grief after the death of someone dear. There is a certain reservedness about them which makes them want to express themselves through art, but there is an organization to their art - it is structured, there is no free flow. They put up a wall of un-approachability but are externally cheerful. It is difficult to get them to express their real feelings but when they "break" a little, they can get sentimental and there may be a flood of grief. Sepia comes close to Natrum muriaticum. Both have the theme of disappointment, both have the theme of the body being disfigured. But the main contradiction of Natrum muriaticum is not between relationship and occupation as seen in Sepia, but between making and breaking the relationship. Therefore there is no contradiction of will in Natrum muriaticum - the whole theme is of the relationship and not like Sepia, two separate themes of occupation and relationship. Thus Sepia, the animal, is larger of which Natrum muriaticum, the mineral, is a part. Natrum muriaticum is a two-sided salt, like a coin. Since it has the theme of investing everything in one person or one relationship, Natrum muriaticum likes to dwell on grief and nourishes grief. If this grief is "new" or fresh in mind (even though several years may have passed) the patient will need Ignatia; when it is "old" has become a scar, provoked only when touched or prodded (even though it might be just a few days after the incident) Natrum muriaticum will have to be given. Ignatia is the "acute" of Natrum muriaticum. In terms of Indian classical music Raga Bhairavi carries there a theme of separation or quarrel with the loved one, especially in a man-woman relationship; hence this Raga is closest to Natrum muriaticum with its "disappointment in love" and the bitter-sweet memories associated with it.

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## CONCLUSION

A study on the subject "TO STUDY THE EFFICACY OF NATRUM MURIATICUM AS A HOMOEOPATHIC SIMILLIMUM" was conducted during academic course of the P.G. Homoeopathy in Materia Medica.

The various factors which were studied are as follow:

- As far as religion is concern 73% patient were Hindu, and remaining 27% patient were Muslim.
- Anti-miasmatic medicine was used as an inter-current medicine in 7 cases.
- Maximum patient are from 25-40 years age group.
- After homoeopathic prescription 80% of patient shows improvement, 13% are partially improved and 7% are not improved.
- Thus it can be concluded as, homoeopathic medicine, NATRUM MURIATICUM, given in the CHRONIC cases IS effective.

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## SUMMARY

During the entire working methodology of my dissertation, the emphasis has been given to **study the efficacy of NATRUM MURIATICUM** from each case. Every case has been treated by NATRUM MURIATICUM, Homoeopathic remedy, selected on the basis of Prescribing Totality.

I feel this work may add a drop of knowledge in the ocean in homeopathic field, in concern to the significance of Prescribing Totality in homeopathic prescription.

The remedy selected on the basis of Prescribing Totality which may or may not be indicated by the present symptoms in the case found effective to relieve the sufferings of the patients.

Various facts obtained during this study where cases have been treated according to statistical principles of homeopathy. This study to explore the prescribing totality in homeopathy provides evidence to say that there is enhanced success if explored Prescribing Totality is given importance as a basis of homeopathic treatment.

While Processing the Data of individual case , I came to conclude that exploring totality directly brings forth the totalistic & individualistic approach of Homeopathy in treating diseases which is strictly adhere to the cardinal Principles of Homeopathy .

30 cases were studied out of which 2 cases were not improved. 4 cases were partially improved. 24 cases got relief in complaints without any further troubles. Homeopathic medicine, NATRUM MURIATICUM, in potentized form was used.

So lastly conclude that Homeopathic medicine Natrum Muriaticum plays an important role in treating chronic diseases while given in potentised form.

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