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## **TO STUDY OF THE EFFICACY OF KALI GROUP WITH SPECIAL EMPHASIS ON CAUSTICUM**

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### **ABSTRACT:**

The study of Materia Medica is a continuous process and one must always be a student, a lifelong student. Mastering it is very difficult. It must be admitted that Materia Medica is subject to constant growth. The accelerated rhythm of everyday life does not allow every homeopathic doctor to go through several books on Materia Medica and various related literature. They settle for some general symptoms of many drugs, they are not thorough in one, leading to many failures. A superficial similarity between the medicine and the disease can only lead to the quieting or suppression of the disease.

“One well-studied remedy is better than several half-understood One of the best methods of becoming practically acquainted with our Materia Medica is to master one remedy at a time; both in itself and in relation and correspondence with other means”. - Dr. Nash.

In everyday practice, we sometimes encounter that the drug that appears after the repertorization of the patient's symptoms has a different mental image in our materia medicas than the one we obtained from the patient. This medicine gives us a good result when given to the patient. This leads us to wonder if there is more to the materia medica of the mind than is stated in our source books, and if so, the repertoire gives us greater insight into understanding a particular drug or group. This undertaking is an attempt to find an answer to the above question.

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**KEYWORDS:** Causticum, Kali Group, Potassium, Homoeopathic Materia Medica, Homoeopathy, Homoeopathic Medicine.

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### **INTRODUCTION:**

Homoeopathy, by recognizing the peculiarity of the patient in the picture of drug action, speaks of a "case of Bryonia," "Lycopodium man," or "phosphoric type," etc., this recognition requires a perfect understanding of the Materia Medica. It has gone through many phases since its birth. The basic form of Materia Medica presented by Dr. Hahnemann it was in the form of a Schematic arrangement of the symptoms of the drug found in proving by words of proof. Dr. Dunham, Dr. Hering followed the same pattern in teaching and presenting the Materia Medica and added to it the cured symptoms of the patients. Various drugs, especially polychrests, have thousands of symptoms listed in our textbooks. It is impossible for any human mind to remember all the symptoms of a drug. Dr. Nash and Dr. Lippe places basic emphasis on characteristic symptoms. Dr. Farrington presented his Materia Medica with a clinical approach and also emphasized the analytical and comparative study of medicine. A revolutionary step in the world of homeopathic Materia Medica was brought (made) by Dr. J. T. Kent by presenting drugs in the form of colorful drug pictures that indelibly created the impression of a drug that was the result of his intellectually gifted mind, artistic temperament. and bedside experiences; presented in colloquial, semi-clinical form. Clarke, Morrison, Vithoulkas emphasized group analysis for easy understanding and differentiation of the drug. Then there are several other Materia Medica written by different authors who express their opinions according to their own perception and experience.

So there is an ocean of information in front of the student. Devotees said that mastering even a single medicine in full in a lifetime was an impossible task. However, it may be easier and more appropriate to recognize it in our patients if we study it from all these different aspects, so that we can distinguish it from many others that seem similar, and choose the similimum.

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### **REVIEW OF LITERATURE:**

Homeopathy is founded like a rock on the solid principle of “SIMILIA SIMILIBUS CURRENTUR” and related principles like “Law of Drug Potency and Law of Individualization”. In other words, the power of a minimal dose to stop and cure disease that has been biologically demonstrated in living healthy organisms.

The history of homeopathy reveals that homeopathy has evolved as an organism since the time of Dr. Samuel Hahnemann. Father has demonstrated several cures and now the numbers have greatly increased. But this development is in the field of new drugs, no satisfactory work has been done to study groups like NATRUM, KALI, BARIUM, CALCIUM, etc., and therefore my aim is to study the KALI group with special emphasis on KAUSICUM and its uses. in clinical practice.

Metallic potassium was isolated by Davy in 1807 by electrolysis of molten potassium hydroxide. The word potassium is derived from the word "potash". In Europe it is also called "potassium", which is derived from the Arabic term "Qali".

Line Sodium, Potassium does not occur naturally in free states. It is widely distributed in the form of compounds. The earth's crust contains about 2.5% of potassium in several aluminum-potassium silicates (feldspar, orthoclare, mica, etc.) in volcanic minerals such as lentite, phonolite, ingranite and several other very important sources are large deposits in Germany, France and salt lake solution in the usa. the deposits contain KCL (Sylvit) and double salts of potassium and magnesium. Potassium is also found in seaweed and in the bodies of animals, mainly inside cells.

It was seen that the potassium content systematically decreases after the 20th year. The raw material for the production of potassium compounds used to be the ashes of various types of terrestrial plants, those from marine plants contain relatively more sodium. Potassium salts are found much more inside the cells, while sodium salts are mostly present in large amounts in the fluid outside the cells. This is mainly attributed to the effect of the ion on the protein and the fact that the sodium ion becomes much larger as a result of hydration than the potassium ion, which does not attract water molecules as strongly. The enzyme system is also an important factor.

Potassium is necessary for the transmission of stimulation from nerves to muscles and for their contraction. In the liver, it participates in the synthesis of glycogen from sugar (glucose), when glycogen breaks down, potassium is released again.

The relatively high content of weakly radioactive K40 is often considered very important in various reactions taking place in the body of animals. After death, potassium diffuses across cell walls.

When too much potassium is consumed, the excess is quickly excreted again. 90% is excreted by the kidneys, the rest is excreted in the faeces.

It is estimated that a 70 kg man contains 160 g of potassium, of which 157 g is present in the cells.

#### **DOCTRINE OF SIGNATURE**

The word "Kali" is derived from the Arabic "Kaly" which means ash. Another name for 'Kali' is potassium, from 'Potash', the remains of burnt plant matter. This ash contains a large amount of "Kali" It was discovered in 1807.

It is the most common element on Earth and is slightly radioactive. "Kali" is used in the manufacture of glass, which is difficult to melt. In many products that contain "Kali", its presence is not really determinative of the product's properties. For example, with gunpowder (Kali Nitrate), the effect of the substance is largely due to the properties of the nitrate rather than "Kali". It is also part of artificial fertilizers.

"Kali" is found mainly inside the cells, where as Natrum is not. The presence of these two elements on the opposite side of the cell membrane plays a role in the conduction of nerve impulses.

#### **EFFECTS OF POTASSIUM (POTASSIUM) IN MAN**

POTASSIUM is required from the word "POTASH" ("POT-APEL" remains of burnt vegetables).

Kt in the human body: Kt is the major intracellular cation along with Mg<sup>++</sup> Nat is the major extracellular cation along with Cat

Distribution: The concentration of Kt in whole blood is 200 mgm%, in plasma 20 mgm%, in blood cells 440 mgm%, in muscles 250-500 mgm%, Nerves 440 mgm%.

#### **DAILY REQUIREMENTS:**

350-1275% MGM INFANTS

CHILDREN (ADOLESCENTS) 550-4575 MGM % ADULTS 1875 -5625 MGM %

#### **RESOURCES:**

Green and deep yellow leafy vegetables, potatoes, bananas, citrus fruits, milk, cheese, cereals, chicken mushrooms.

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#### **FUNCTION**

1. Maintains intracellular osmotic pressure as KCL.
2. Maintains intracellular reactions such as bicarbonates, phosphates and proteinates.
3. Potassium ions inhibit heart contractions and prolong relaxation.
4. Potassium ions inhibit muscle contraction in general.

- Potassium has a significant effect on the function of the nervous system closely related to the excitability of nerve cells.

### **HYPOKALAMIA**

- Weakness, fatigue.
- C.N.S. : Poor conduction of nerve impulses.
- C.V.S. : Low K t leads to systolic cardiac arrest. In the absence of Kt, the heart will not respond to vagal stimulation.
- SKELETAL MUSCLES AND MYONEURAL JOINTS (SYNAPSES): Low K t leads to parents and paralysis, muscular dystrophies and myopathies Familial periodic paralysis and myasthenia gravis.
- NERVES: poor conduction of nerve impulses
- KIDNEYS: Vascular lesion of convoluted tubular epithelium, fatty degeneration, necrotic changes, nephrosclerosis, pyelonephritis, hyperplasia, collecting tubules and inability to concentrate urine, leading to polyuria and polydipsia.

### **HYPERKALEMIA**

1. C.N.S.: Poor nerve conduction, ascending muscle weakness, progressing to flaccid quadriplegia. They become mentally apathetic and confused.  
C.V.S.: Induces arrhythmias, EKG: T wave with high peak, P-R prolongation intrinsic and complete heart block.

#### **KALI REMEDIES**

ALUMINUM

CAUSTICUM

KALI ARSENICUM

KALI BROMIUM

KALI BICHROMICUM

KALI CHLORICUM

KALI CYANATUM

KALI CARBONICUM

KALI FERROCYANATUM

KALI MURIATICUM

KALI NITRICUM

KALI IODATUM

KALI PHOSPORICUM

KALI SULPHURICUM

KALI OXALATUM

KALI SULFOROSUM

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### **CAUSTICUM IN DETAIL**

Symptoms manifest in the morning, afternoon, evening, and night, including periods before and after midnight. There is a notable aversion to open air, with sensitivity to drafts, as exposure to fresh air exacerbates numerous symptoms. Patients may experience a sensation of drowsiness localized in specific body parts.

There exists a pronounced fear of bathing, which is intensified by the act itself. Cold temperatures generally exacerbate symptoms, particularly those related to cold air, cold environments, and damp weather conditions. The remedy has proven effective for various types of spasms, including clonic, epileptic, and epileptiform spasms, as well as internal spasms. Symptoms tend to worsen after eating and during physical exertion, often leading to fainting episodes.

Consumption of cold or fatty foods and cold beverages tends to aggravate the condition, resulting in discomfort in multiple areas. Patients may report a sensation of fullness and experience easy expulsion of gas from any part of the body, with blood appearing dark and clotted. There is a notable presence of external and internal pressure, along with induration in various tissues, including glands and muscles.

Inflammation and its consequences, such as infiltration following inflammation and hepatization post-pneumonia (Calc. Sulph.), are significant. Patients often report marked malaise and a desire to lie down. Complaints arise from lifting and straining muscles and joints.

Symptoms may worsen when lying down, particularly after lying in bed or on the right side, with increased discomfort when lying on the affected side. Symptoms are exacerbated before and during menstruation and from physical movement. There is an increase in the secretion of thick, milky white mucus.

Pain descriptions include biting, bruised, burning, cutting, twitching, pinching, pressing, and stitching sensations, with stitching pains radiating outward transversely in the glands and muscles. Patients may experience jerking sensations in the muscles, along with twisting and ulcerative pains, and unilateral paralysis affecting various organs. The pulse may present as full, hard, intermittent, irregular, slow, or small and soft, accompanied by general pulsation and significant muscle relaxation.

Rising from a seated position can exacerbate or trigger symptoms, while rubbing the affected areas may provide relief. Patients exhibit heightened sensitivity to pain, with complaints often unilateral, predominantly on the left side, and worsening during periods of sitting. There is a tendency for slow recovery, weak reactions, and swelling in affected areas, including glands. Patients may also report a feeling of tension in the muscles

Generalized weakness throughout the body; experienced in the morning and evening; following acute catarrhal illnesses; exacerbated by walking. Symptoms worsen in damp conditions.

In the evening, there is notable irritability and anger, accompanied by anxiety over trivial matters. The individual harbors a misconception regarding dietary restrictions. Feelings of dissatisfaction and disgust are prevalent, alongside mental dullness and heightened mental agitation.

There exists a persistent fear of impending misfortune.

This condition has shown beneficial effects in cases of intellectual impairment. There is a marked indifference to all forms of pleasure, coupled with feelings of madness and indecisiveness. A profound aversion to life is evident, alongside a state of moaning mania. The individual appears hardened, experiencing unrest and sadness, yet occasionally finds moments of peace.

A tendency to remain in complete silence is observed, along with episodes of sleep talking. Unconsciousness may occur in advanced stages of cerebral and meningeal disorders. Vertigo is experienced when climbing, stooping, or walking. There is a sensation of scalp retraction, with the presence of thick white scales and eczema.

Heaviness is felt in the head, particularly in the forehead and occiput, often accompanied by tracheal discomfort and a severe cough. The occiput may feel as though it is burdened, leading to a sensation of the head sinking back, particularly during coughing episodes. A feeling of relaxation within the brain is noted, along with sensations of movement in the head.

Headaches manifest in the morning while walking, as well as in the afternoon and evening, worsened by exposure to cold air or being outdoors. Symptoms intensify with hair tying, after eating, and can be paroxysmal. Pain is exacerbated by pressure, stooping, touch, and walking, particularly in open air, and may improve with head wrapping. Forehead pain is also reported.

Pain at the back of the head resembles a weight anchoring the head to the pillow, akin to the effects of opium. Discomfort is felt on the sides of the head and temples, characterized by dull, bruised, burning sensations in the forehead, alongside cutting and gnawing pains in the occiput, with twitching sensations.

There is a pressing pain throughout the head, particularly in the back and temples, with shooting pain radiating from the back of the head. Stitching pain is experienced in the head, worsening with stooping, affecting the back, sides, and temples. An overwhelming sensation of pain pervades the head.

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## **SWEAT ON THE HEAD.**

Head pulsations and concussions are noted. There is a catarrhal discharge characterized by milky white mucus or purulent greenish or yellow fluid. Conjunctivitis presents with thickening, pustules, and corneal involvement. Patients may experience a burning sensation in the eyes, particularly at the canthi, accompanied by a pressing sensation.

There is a sensation akin to sand in the eyes, with sharp, stitching pain and photophobia. Eye protrusion may also be observed.

In the evening, redness and pain are prevalent, along with a tendency to stare. Eyelids may become swollen, and twitching of the inner canthi can occur. Corneal pouches may be present, leading to impaired vision and double vision.

Visual disturbances, such as lights appearing before the eyes during coughing or sneezing, may occur alongside the closure of the eustachian tubes. A discharge of milky white mucus from the ears is noted, with symptoms of dry catarrh in the middle ear and a sensation of heat in the ears. Patients may report stitching sensations in the ears, accompanied by various auditory phenomena, including buzzing, crackling during nose blowing and swallowing, humming, reverberations, ringing, roaring, singing, cracking, tickling, and swishing. Pain may be experienced in the ear, behind the ear, with sensations of drawing, pressing, sewing, and tearing, as well as pulsation and tingling.

Acute sensitivity to sound, particularly to noise and voices, is reported.

Nasal catarrh is characterized by profuse discharge, leading to excoriation, with thick, white, milky, viscous, and yellow mucus noted at the rear of the nasal passages. Coryza may be present, accompanied by a cough and a smooth, dry, thick, milky white discharge. The nose may feel blocked with mucus, leading to frequent sneezing.

There may be epithelioma of the lips and lupus of the face, resulting in a bluish, pale, or red complexion, along with dry lips.

Eruptions may appear on the face, including the cheeks, lips, and around the mouth, presenting as pimples and a sickly expression. Flashes of heat may be felt in the face, which may also feel hot to the touch. Pain in the face, particularly on the right side, may manifest as drawing, sewing, or tearing sensations. Facial paralysis and perspiration may be observed, along with a sunken appearance of the face.

The presence of a foul, putrid odor emanating from the mouth is noted, accompanied by a burning sensation in the mouth and on the tongue. There are sore gums and tongue, with signs of scorbutic gums. Increased salivation is observed alongside a desire to speak. The gums and tongue appear swollen, and the taste is described as unpleasantly bitter, metallic, decayed, salty, sour, and sweet. Ulcerations are present in the mouth and on the tongue, potentially indicating syphilitic involvement. Vesicles are also noted within the oral cavity.

Teeth may feel sensitive, leading to discomfort and toothache, described as a sewing sensation. The throat is dry and reddened, with a choking sensation present. There is a notable heat in the throat, accompanied by excessive phlegm. Symptoms of a sore throat are chronic, with almond-like characteristics, and white exudate along with gray spots are observed. The individual has successfully treated diphtheria multiple times.

The mucus is thick and viscous, appearing milky white, and adheres to the pharynx. The sore throat is exacerbated during swallowing, causing burning, pressure, and rawness, along with a scratching sensation. Swallowing is significantly difficult.

The throat appears swollen, with almond-shaped characteristics and an edematous uvula, alongside swelling of the parotid gland. Ulcerations are present in the throat, and there is a sense of anxiety in the stomach.

Appetite may decrease or vanish entirely after eating, or conversely, it may increase, leading to a feeling of hunger. There is a reluctance to consume meat, with stomach contractions noted. The sensation of emptiness is not alleviated by food intake. Eruptions occur post-meal, described as ineffective, hot, empty, sour, and resembling water tripe.

Flashes of heat, heartburn, and a sensation of fullness are reported, with a feeling of weight in the stomach that worsens at night. Hiccups are also present.

Gastritis is indicated, along with a strong aversion to food. Nausea follows the consumption of fatty and rich foods, accompanied by tremors. Pain in the stomach is described as sore, burning, cutting, and pressing, with sensitivity to touch and stitching sensations.

There is extreme thirst, particularly during cold conditions.

Vomiting may include bile, blood, food, and mucous that is milky white and dark green. Morning episodes of diarrhea are accompanied

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## CONCLUSION :

These are the findings of the study

1. The prevalence of Causticum constitutional efficacy is higher in men [56.6%] than in women [43.4%].
2. The prevalence of Causticum effectiveness occurs more often in the age group of 21-30 years and, depending on the occupation, more often in housewives.
3. The constitutional efficacy of Causticum is greater than when given for acute totality.
4. High i.e. 200 potency which proved effective in most of 19 cases, then 30 potency was found useful in 10 cases and 1m potency was used and found effective in 1 case.
5. The statistical scale used to evaluate the treatment effect also showed a significant improvement after treatment. Of the 30 patients, more than half of the cases, i.e. 18 patients, improved significantly and 10 patients improved within 7 months, with 2 cases discontinuing treatment.
6. Out of 30 cases, 18 cases [60%] were completely cured. 10 cases [33%] showed significant improvement after homeopathic treatment with Causticum.

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## RECOMMENDATION

1. A larger sample with a longer research period would provide a better result.
2. It will always be scientific if a control [placebo] group is simultaneously maintained to verify the effectiveness of the treatment.
3. Research studies, if conducted concurrently during the course of study, would provide valuable data on the changes taking place on the mental and physical levels.
4. On the basis of homeopathic treatment with a single drug, different types of diseases can be studied. A universal standardized scale should be used to ensure accurate assessment of the study outcome.

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