

### MAGNESIUM GROUP

Almost every homoeopathic physician or student knows about the element Magnesium. Magnesium is grayish white tough metal and it is the world's most abundant element on the earth crust. It belongs to group 2A and it is also known as the alkaline earth metals along with Calcareo and Baryta.

In homoeopathy we have many salts from the magnesium group and in this editorial I will discuss some interesting cases of rare magnesium salts.

#### **CASE 1:**

The first case is of a female who came to my clinic with excessive Menorrhagia, she was diagnosed as a case of dysfunctional uterine bleeding. She menstruates every 10 to 15 days profusely. The menstruation is worse in the night and it is dark red in color. It stains the undergarments and stains are difficult to wash.

When I started talking with the patient about her other symptoms I came to know that she is married in a family where people are quite reserved and introverted. Her husband, mother-in-law and father-in-law speak very little and the patient craves to be spoken too, she comes from a family where people are extroverted, friendly and who talk and share their emotions with each other.

After the marriage she comes in an environment where there is silence, where there is not much communication and this affects her quite a lot emotionally and that is the reason why she feels that she is not receiving enough attention, love, care and intimacy from her husband and in-laws. She really does not know whether she is wanted in the family or not. And that is the main reason of frequent arguments, quarrels in her family, the patient usually prefers to stay away from arguments and quarrel to maintain a balance and harmony. She has been trying very hard

over a period of years to adapt herself to her family so that she can receive love from her husband and in-laws.

She is extremely sensitive and she has fear of rejection and being criticized, she always feels that if I don't change or If I do not don't adapt then may be my husband will leave me or divorce me and that is the main fear which keeps her miles away from aggression.

She has a strong craving for meat, fried food and sweets. Her sleep is constantly disturbed. Frequently she has a recurrent dream that she is falling into the water and she is trying her level best to come out of the water this dreams invites lot of exhaustion.

She has a past history of dysmenorrhea and recurrent diarrhoea as a young girl. With this particular symptomatology I prescribed her a remedy Magnesium metallicum 30C.

I treated her for five months and slowly her symptoms of menses reduced.

Magnesium metallicum is very intense Magnesium as compared to Magnesium carbonicum and Magnesium muriaticum. The most important features that I have been able to conclude after giving repeatedly such prescription that it has:

- Strong ailments from after being unhappily married.
- I have to control my aggression or I have to suppress my aggression if I want harmony in the house because it is only with the harmony that my place will be secure and I have to adapt a lot in order that people will start loving me.
- They are extremely afraid of establishing their own views and own ideas from the fear of being criticized.

- Whenever these people become pregnant, pregnancy is usually unwanted or they have issues of being unloved or neglected during the pregnancy.
- These are the people who once upon a time were quite happy and extroverted but the circumstances and the environment forces them to become reserved and slowly masks their emotions.

## **CASE 2:**

The second case is of a 42 year old woman who had a recurrent cholecystitis and few gall stones were discovered on the sonography. Now this lady presents to us with symptoms of dyspepsia but she is a big lover of food. She is thin, she is not at all obese, and she eats a lot if she is hungry, she is hungry all the time yet she suffers from recurrent cholecystitis with gall stone.

Many times she complains of gaseous distension. She has a strong aversion for vegetables and she has a strong craving for meat and milk. She is a very hot patient. Heat in any form aggravates the patient.

Her family situation was that when she was pregnant at that time she had a major quarrel with her husband and mother-in-law and she was asked to leave the house. When she was asked to leave the house she goes to her parent's house and they also refuse her to give her a shelter as a result she stays for few weeks with her best friend. Even there she feels quite awkward and insecure that how will I live with this pregnancy without a shelter or existence of a father. So she takes up a job during pregnancy in an institute where she gets a place to stay and works very hard.

She is extremely responsible she works very hard; she is still staying in that institute. Her duty towards her son and her responsibility towards her son which she later gave birth to made her very industrious but she also lived with the feeling that if I do not work hard if I do not become responsible I will come on the

road then I will not have any money and what will my future be? So here there were strong issues of existence and shelter.

Working in that institute she has developed many good relations with people but at the same time she says that many things wrong she sees in that institute but she dare not open her mouth because she has a fear that if I open my mouth then I will have conflicts and if I have conflicts they will remove me from the institute so it is better to keep my mouth shut.

With this kind of lean constitution – aversion to vegetables, love for meat and this type of fear of existence that what will happen to me if I do not work hard and she being thrown out of her relationship during pregnancy, not having enough support and her typical appetite of high hunger and yet being very lean and thin made me prescribe Magnesium iodide 30C.

I prescribed Magnesium iodide 30C for the period of 2 months. Slowly what I found that her attacks of cholecystitis reduced much better and after 6 months when I did the sonography even the two small calculi in the gall bladder disappeared.

### **CASE 3:**

The third case is of a man, his main complaint was diarrhoea and this diarrhoea is after any heavy meals or any fatty foods. It is a painful diarrhoea, he gets a pain and tenesmus in the rectum while passing stools. The stools are yellowish with a lot mucus.

Now he had a problem in his marriage and the main cause of the problem was his wife and her family. They constantly criticized him and made him angry that he is not a good husband that he does not earn enough for his family even though he was doing his level best in life to keep everybody happy.

He was not an aggressive person, he always prefers harmony but the wife was extremely selective with her emotions. When he buys her a lot of gifts or gives her a lot of money or does lot of shopping for her she showers emotions on him but otherwise in a

normal routine day to day she is hardly bothered about what is happening to her husband.

This always affected him quite a lot and he always feels that I am not being loved enough by my wife and her family even though I am responsible and hardworking. He becomes very angry but he is extremely afraid to show his anger.

He is not very ambitious, he is quite contented, he is satisfied with what he earns and he takes good care of his family yet his wife keeps nagging him and keeps on fighting and quarreling with him and even many times tries to slander his name in the society.

He also complains of distension or fullness of the abdomen after eating. He is quite thirsty. He is a very light sleeper and his sleep gets disturbed very easily. He has a desire for sweets and he loves vegetables especially raw vegetables.

With this symptomatology I prescribed him Magnesium sulphuricum 30C. Magnesium sulphuricum is an extremely useful remedy where you will see a person being neglected in his marriage by the partner. There is a constant sense of unhappiness, there is lot of anger but he has to keep his anger under control, at the same time the person is quite content but he feels lonely and unloved.