

Editorial for Feb 2013

Natrum Salts

Most of us are well versed with Natrum salts and know materia medica of most commonly used Natrums. In this article I want to highlight use of rare Natrums in my practice. Not all Natrums are proved well or have a reliable symptoms hence many times to prescribe a rare Natrum I look for general symptoms of Natrum group.

For years together I tried studying the cured cases of Natrum mur, Natrum-carb, Natrum phos and Natrum sulph slowly I tried to build up the general picture of Natrum group.

I would like to chiefly describe you all the mental emotional picture.

Most of people requiring Natrum as a salt are introverted, this introversion stems from feeling of great vulnerability to emotional injury. Natrum patients are emotionally very sensitive; they experience the emotional pain of others, and feel that any form of rejection,, ridicule, humiliation or grief would be personally intolerable. Consequently, they create a wall of invulnerability, become enclosed in their own worlds, and prefer to maintain control over their circumstances. They avoid being hurt at all costs.

I have seen many of my Natrum patients as pin cushion because they are good listeners and people would like to drown their grief by emptying their emotions. This is chiefly because of their sympathetic ear to whom others turn when distressed. The emotional sensitivity and the sense of responsibility readily lead such people into fields of counselling, psychotherapy, homoeopathy, anthroposophy. etc. While listening sympathetically to someone else's suffering, such people maintain their objectivity and appear to be very strong. They internally absorb the pain of others and try to understand how they would have felt the grief of others!!

Many Natrums that I have seen have problems expressing their emotions easily to others ,they have a strong inward need to receive love and care but they are too sensitive to demand and show the need because of strong fear of rejection. They are so sensitive that they feel hurt by the slightest comment or gesture that might imply ridicule. Natrum mur. bachelors reluctant to date, for fear of rejection. It takes many hurts for them to learn a lesson that they should control their feelings for others as they can get rejected. Later in their life they become extra cautious and they remain miles away from any emotional contact.

Natrums are ocean full of activities which are introverted in character like reading, playing musical instrument, romantic fantasies, watching romantic television serials or movies etc. as this is the most safest zone for their peace of mind. As life progress they become quite secluded and isolated from the outside world, if now someone tries to intrude their space they will very resentful and irritable.

Emotional pain is a very big issue of Natrum patients ,it not only makes them introvert but also very serious person to extent that they cannot joke or do not allow others to joke on them. They may appear cold and overly objective to others because they are so intent on not revealing their own emotional vulnerability or creating injury to others.

A Natrum person is very sensitive to disharmony. If the atmosphere in the house is full of quarrels and people are fighting with each other, they don't usually react immediately but will suffer inside, perhaps even to the point of acquiring a physical ailment like migraine,hypertention,high cholesterol or skin disease..

Ordinarily, Natrum people do not express emotion readily; they do not cry easily, for example, when suffering a grief. They may be quite serious in their demeanour. However, when nervous or under stress, they tend to laugh over serious matters.

Natrum have a very strong sense of responsibility and it is this sense of responsibility along with emotional vulnerability results in guilt.

Physically Natrum constitution persons will be thin ,it is common to see a fine, precise horizontal line dividing the lower eyelid in two. This line is commonly seen in women's with hysterical personalities. and crack in the middle of the lower lip.

Neurological disorders are also very common in Natrum personality e.g. Trigeminal neuralgia or glossopharangeal neuralgia or multiple sclerosis.

In menopausal women with Natrum grief I usually see frequent heart problems e.g. arrhythmias,palpitations,high cholesterol.

Some key notes at physical level that I have confirmed over years are strong desire for salt, and an aversion to slimy food and to fat, there is an aversion to chicken as well. Characteristically, there is an intolerance to heat, sensitivity to light, and aggravation (of headaches and skin particularly) from the sun. A characteristic symptom of Natrum mur. is the inability to pass urine or stool in the presence of others.

Experiences with Rare Natrum salts.

Case 1

I had a young women in her early thirties who just broke off from a relationship and had started feeling lazy, sad,hurt.Her other complaint was hair falling with backache and constipation. I advised her to go for blood test which showed TSH above 9 U/ml.

The story was that she was a roman catholic and was getting attracted to a maharashtrian boy who was already engaged to be married slowly the chemistry between them increases and the boy promised her break his engagement off and marry the patient, for next two years the relationship get stormy and there are many ups and downs ultimately she realises that the man used her emotionally and so after two and a half years they call it off.

Now she constantly feels that she is all alone and no one is there to love her also the guilt of asking her boyfriend to break the engagement becomes a guilt for her which haunts her mind twenty four hours. She also feels she made a mistake and now she cannot forgive herself for this. She totally bottles up these feelings and gets depressed.

She has practically withdrawal from her all social contacts as she hates to face people, she fears failure and criticism .

The sleep is very much disturbed by lots of dreams of failures and unsuccessful efforts.

She craves chocolates, fish and salt. Her mother suffered from cancer of the breast and hence she is very conscious about her eating habits.

She does not want to take Eltroxin hence want homoeopathy.

Her main feeling was guilt, sadness over her mistake and wants to remain alone.

I prescribed her **Natrum Brom** 30c few doses which brought that TSH levels to below 5 U/ml in four months.

Case 2

A woman aged 51 years married with three kids comes to me from Varanasi, she had a very bad gynec history all her deliveries were very traumatic with prolonged labour as the delivery was done in a village as a result within few months of her deliveries she got sensation as if something is coming out from vagina, she suffers from constant bearing down sensation, the menses are too frequent and copious, she feels very drowsy after lunch, she also has a chronic leucorrhoea with backache she also has sub involution of uterus with prolapse. Bloating, tight feeling across upper abdomen, after eating and drinking, not better by loosening clothes.

Her mental history was full of grief she was abused sexually by her father in law, husband was alcoholic and irresponsible hence she had to bear the responsibility of the whole house. She was already having. She had a strong craving for Bitter melon and thirst for cold water.

All the above symptoms suggested a drug from Natrum group but common ones like Natrum mur does not fit the case exactly hence I searched in Encyclopaedia Homoeopathica other Natrum salts and finally I found lot of similarity with patient's symptoms under **Natrium hypochlorosum** .

I gave her this remedy in 30c potency twice a day for about six months as she was living in Varanasi after six months when she comes for follow up she was more than ninety percent better this time she brings her own mother to me for treatment as she now has become a big fan of homoeopathy.

Case 3

I had an old man of 76 years complains of recurrent abdominal pain with chronic constipation. He had abdominal tuberculosis when he was in his thirties and took some treatment which did not help

him at all ,later he underwent two surgeries for this but no improvement, hence he gave up modern medicine in frustration tore all his hospital reports in anger and started naturopathic and ayurvedic treatment for last many years, he got some benefit but not totally hence he now was highly recommended to me .

His typical symptoms were distension of abdomen with or without eating , Sour eructation's on and off, flatulent dissention esp. in upper abdomen better by passing flatus. Sometimes the flatulent pain goes up all the way to chest and produce uncomfortable feeling in chest. All his abdominal and stomach symptoms are better by passing flatus.

He has a very poor appetite ,stools are of a large size; the stool is discharged with difficulty, with the sensation after the stool as if the stools were still remaining.

He also complained of weakness with disinclination for exertion. In general he had marked aggravation from sun as this will immediately produce skin irritation and headache. He did not have any mental emotional symptoms, he was on long list of do and don't in diet and was regularly taking enemas and stool softeners.

I gave him plumbum and carbo- veg without any relief, later his friend told me that he was a loner because of some past trauma and wanted always to be away from people. I knew that he needs Natrum, When I started searching for his symptoms in EH I saw them very clearly under **Natrum Nitricum** .

I gave immediately gave him **Natrum Nitricum** 6C thrice a day for one month and asked him to stop slowly enemas and stool softeners,after one month when he comes for follow up he was very happy to inform a drastic relief of his symptoms, I think I continued this remedy for few more months and then stop giving him further medicine.