

## Known Homoeopathic Medicinal Group Magnesium

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**Abstract:** Homoeopathy is a science which is based on **similia similibus curentur**, which means like cures like. Any deficiency in the body creates disorders and produce symptoms on the body. If we treat with same deficient material in dynamic form it replaces and covers the disorders, so person is free from previous symptoms and is free from disorders. Magnesia found in natural form on the earth. By the trituration method this crude form gets converted into dynamic form of magnesium. From this dynamic form, deficiency of magnesia gets resolved.

**Key Words:** Homoeopathy, magnesia, similia similibus curanter, trituration, deficiency

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### Introduction:-

Magnesium is the natural component of the earth and found in the upper earth surface in great amounts chiefly as the carbonate.

In the human body, magnesium is the essential component of each & every cell especially in muscles, nervous tissue, Cerebrospinal fluid and serum. Many important enzyme systems and enzyme reaction require magnesium as an essential component to conserve and release of a large amount of energy for life processes in the cells of all living beings.

In CSF, the magnesium content is higher than that of the serum. In the bones, the magnesium affinity is much less than that of the calcium. There is also a necessity to maintain a correct balance of calcium and magnesium ions in the cardiac and skeletal muscles in order for them to function properly. Any imbalance in these two ions will result in pathological disorders affecting the person. The careful balance between ions of calcium and magnesium in the blood is also important for nerve impulse transmission & nervous communication in the human body. Magnesium has antagonist relation w Nerve impulse conduction is often increased by low levels of magnesium in the body fluids, as this situation results in the speeding up of nerve impulses - thus low levels of magnesium can directly increase muscular irritability and contractibility in the body. Physical symptoms such as persistent muscle tremors, uncontrolled movements in hands & face, as well as convulsions can often affect the person if there is a severe deficiency of magnesium in the body.

An imbalance in the metabolism of calcium can also result during a magnesium deficiency, with the consequent deposition of the mineral in the soft tissues of the body. In such situations, it is also common for bone deformities to develop in person. There are other long term effects of persistent magnesium deficiency which include degeneration of the kidneys & renal tissues, degeneration of skeletal & cardiac muscle, as well as degeneration of endocardium, skin and teeth. Magnesium deficiency can also directly affect the blood levels of other ions like calcium & potassium and level of these ions in the body is often depressed. There is a resultant accumulation of large quantities of the mineral sodium in the tissues & this often results in edema. At the same time, it is important to remember that local tissue deficiencies of magnesium can come about even without the actual blood levels of the mineral falling below what is normal.

This situation can lead to development of physical symptoms that are hard to pinpoint. Mg. deficiency causes many disorders. These are persistent lethargically condition, nervous and muscular weakness, seizers, tremors, titanic conditions, irritability i.e. anxiety, depressive like psychotic problems. Mg. deficiency persons have chronic gastric disorders. The ability of animals to adapt to cold conditions can be lowered if they are deficient in magnesium.

**Materials & Methods:**

1. Books.
2. Journals.
3. Websites.

**Sources:**

Magnesium is available in all natural foods. Magnesium is found in all type of vegetables like legumes, all kinds of nuts and whole grains. Magnesium is found in rather small amounts in meats, and all non-vegetarian foods even the magnesium is found in high amounts in shellfish. Most of the mineral magnesium found in grains and many different foods is eliminated after they are refined, for this reason, magnesium is found in rather small quantities in white flour, similarly all other refined grains are also poor sources for the mineral.

People who use potassium-depleting prescription medications often suffer from a deficiency of the mineral magnesium as a side effect. *A magnesium deficiency can also become established in people who use too many laxatives.* The other potential causes of magnesium deficiency include long term alcoholism, injuries from severe burns, long term diabetes and heart failure.

Magnesium deficiency has been detected in almost two-thirds of all people in some intensive care hospital. **The onset of chronic diarrhea, severe pancreatitis and other disorders connected to mal absorption has also been linked to a magnesium deficiency.**

Magnesium deficiency can also cause long term physical fatigue, abnormality in heart rhythms, a generalized muscle weakness as well as muscular spasms. It can induce long term depression.

**Usual Dosage:**

- In infants 60mg
- Adult men 350mg
- Adult women 300mg
- Lactating & Pregnant women 450mg

**Precautions:**

People who consume a lot of magnesium at one time are often affected by persistent diarrhea. Magnesium supplements must never be used by people suffering from kidney disease unless the supplemental regimen is approved by a doctor.

**Discussion:-**

**Important Homoeopathic Medicine:**

- Magnesium Carbonicum [Carbonate Of Magnesium].
- Magnesium Muriaticum [Chloride Of Magnesium].

- **Magnesium Phosphoricum [Phosphate Of Magnesium].**
- **Magnesium Sulphuricum [Epson Salt].**
- **Magnesium fluoricum [Fluoride of Magnesium].**
- **Magnesium Iodatam [Iodide Of Magnesium].**
- **Magnesium Bromatum [Bromide Of Magnesium].**
- **Magnesium Aceticum.**
- **Magnesium Borocitricum.**
- **Magnesium Usta.**
- **Magnesium Silicatum**

### **Common Symptoms of Magnesium**

- All magnesium has anticipatory anxiety. Very fear full, depressed extremely disturbed by violence, very sensitive emotional, feeling of neglected, feeling of insecurity and fear of loss.
- Magnesium constitution is relaxed, slow in action, old looking. , Chilly in thermal condition.
- All magnesium is deep acting.
- Mainly Psoric & Sycotic tendency.
- Slow metabolism.
- More affinity towards Right sided.
- Main affinity towards Nervous system i.e. towards narcotic condition, peripheral paralysis & affections of muscles excitability.
- Neutralizing acid in intestinal canal.
- Acts best as a laxative.
- Applicable in diarrhea.
- Stools are green and frothy like that scum of a frog's pond.
- Pain in abdomen with gripping, pain, doubling up colic with nausea and vomiting.
- Milk intolerance.
- Sour smell from the whole body and sour stool.
- Great pain producer & pain relievers.
- Very much sensitive from least touch.
- Used in cases of lithiasis and gall-stone colic.
- Menstrual complaints.
- Periodicity of symptoms is important feature.
- Desire for meat & vegetables
- Aversions to sweet & fatty food.
- Aggravation by cold, touch & at 7A.M.
- Clinically covered Hyperthyroidism, Reynaud's disease, vasculospasm and affections of muscles & nails.

### **Relationships:**

## Magnesium is compared with Acids and Ammonias.

### Magnesium Carbonica

- Common Name – Carbonate of Magnesia
  - Prover – Dr.Hahnemann
  - Source – Magnesite
- I. Magnesia produces a catarrhal condition of stomach & bowels; with marked *acidity*.
  - II. A sour smell from the body, especially in children.
  - III. apted to broken-down, '*worn-out women*'; with uterine & menopausal disorders.
  - IV. Bad effects of shock, blow, *mental distress*.
  - V. Ailments from *excess of care & worry*; with constipation & heaviness in abdomen.
  - VI. Marked '*periodicity*'; *all symptoms worse every third week*.
  - VII. Mag-c is often used for complaints arising in people who have taking magnesium carbonate to sweeten the stomach.
  - VIII. Menstrual flows *only at night* or when lying, ceases when walking. Menses scanty & late; flow acrid, dark, *pitch-like* difficult to wash off. *Colic followed by leucorrhoea*.
  - IX. Dreams of fire, flood, robbers, quarrels, money, pleasures, misfortunes, dead persons. Awakes at 2 or 3 am and cannot fall to sleep again. Inclination to go to sleep during daytime. Unrefreshing; *more tired in the morning than on retiring*.

#### Modalities:

< warmth of bed; every 2 nd day; every 3 rd week; milk; starchy food; uncovering; draft of air (*facial neuralgia*); wet-rainy weather; change of temperature; cold; night; smoking (*headache*).> motion; warm air; walking in open air.

**"Touch & pressure aggravate almost all symptoms, but pressure in abdomen ameliorates menstrual flow"**.

#### Relationship:

Complementary: Chamomile.

Antidote by: Ars., Cham., Merc., Nux-v., Puls., Rheum.

Antidotes: Acet-ac.

Compatible: caust., Phos., Puls., Sep., Sulph.

### Magnesium Flouricum

- Common Name --Fluoride of Magnesia
- I. It has got localized affinity to bacterial infections especially *Streptococcus*, *Staphylococcus* and *Enterococcus*.
  - II. Its organic affinity covers *Liver*, *Pancreas* and *Digestive passage*. ***It is effective when Sulphur and Hepar sulph. fails to improve.***

#### Modalities:

< sleep, especially after lunch; few days before menses; early morning; 3 am.

> movement in fresh air.

### Magnesium Muriaticum

- Common Name --Chloride of Magnesia
- I. *Mag-mur is indicated when excessive weakness is felt after sea-bath.*

- II. Especially indicated for diseases of women; spasmodic & psycho-somatic complaints; complicated with uterine disorders; who have suffered for years from attacks of indigestion or biliousness.
- III. *Toothache; unbearable when food touches the teeth.*
- IV. Pressing pain in the liver region; < walking & touching. The liver is enlarged; palpable, especially when lying on right side.
- V. *Constipation; stools hard, scanty, large, knotty like sheep's dung; difficult to pass; crumbling at verge of anus of infants during dentition.*

**Modalities:**

- < Immediately after eating; lying on right side; from sea bathing.
- > from pressure and motion; open air (*except headache*).

**Relationship:**

- Similar to Chamomilla in diseases of children.
- Antidotes: Ars-a.; Camphora-off.; Cham.; Nux vom.
- Follows Well: Bell., Lyc., nat-m., Nux-v., Puls., Sep.

**Magnesium Phosphorica**

- Common Name --Phosphate of Magnesia

**Source:** Prepared chemically from magnesium sulphate and sodium phosphate.

- I. Magnesium phosphate is a Schüssler tissue salt. It is called "**Schüssler's Hot 7**". He believed that the homeopathic remedy was good for diseases that affect nerve endings in the muscles or muscular tissue itself. He was justified, for a lack of magnesium in the body, produces symptoms like spasms and cramps.
- II. The great **anti-spasmodic remedy**. Cramping of muscles with radiating pains. Neuralgic pains > *by warmth*.
- III. Especially suited to tired, languid, exhausted subjects. Indisposition for mental exertion.
- IV. Remedy cover complaints that affect the nerves and muscles e.g. aches and pain; with cramps; neuralgic pain and a constricting sensation.
- V. It is also an excellent remedy for colic; pain is > from pressure, doubling over and warmth; < touch & cold
- VI. **Right sided** and there is a **tendency to be chilly**. People who require this remedy may be very sensitive or intellectual.

**Modalities:**

- <*rightside; cold; touch; night.*
- >*warmth; bending double; pressure; friction.*

**Relationship:**

- Compare: Kali phos., Coloc., Sil., Zinc-m., Dios.
- Antidotes: Bell.Gels.Lach.
- Dose : First to twelfth potency. Sometimes the highest potencies are preferable. **Acts especially well, given in hot water.**

**Magnesium Sulphurica**

- Common Name --Sulphurate of Magnesia / Epsom Salt
- I. Best for Gall stone colic.
- II. Adapted to allergic; *tubercular diathesis*.
- III. Depressive condition with hypersensitivity.
- IV. Tendency to spasm in the hollow organs.

- V. Thick, profuse leucorrhoea assumes menses.
- VI. Most active saline cathartics
- VII. *Greenish urine with red sediment;*
- VIII. Clinically for Diabetes mellitus.

**Modalities:**

- < Morning; on awakening; closed vehicle; traveling on a train.
- > moving in fresh air; washing in cool water; rubbing; walking

**CONCLUSION:**

Homoeopath magnesium medicine helps to cover almost all disorders of magnesium deficiency in the body. Thus magnesia medicine proves to a great help in curing the deficiency diseases and disorders.

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