

Effectiveness of Magnesium Remedies in Homoeopathy in Treatment of Various Diseases

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Abstract

Magnesium is world's lightest and highly active metal in pure state. It is 3rd most abundant metal forming 2.5% of the earth crust. In human body too it is the most abundant cation after Na & Ca. In human body, Magnesium is a constituent of muscle, brain, sexual gland, thymus, bone, teeth etc. It takes part in the duplication of substances called DNA and RNA, which play a key part in determining the heredity of all organisms. Magnesium is a cofactor in more than 300 enzymes, systems that regulate diverse biochemical reactions in the body, muscle and nerve function, blood glucose control, and blood pressure regulation. Magnesium also plays a role in the active transport of calcium and potassium ions across cell membranes, a process that is important for nerve impulse conduction, muscle contraction, and normal heart rhythm. Magnesium deficiency is not uncommon now a days. According to modern science its main effect is on neuromuscular, cardiovascular, and metabolic system.

Hence, as we find the importance of Magnesium gradually increasing and unavoidable, further leading to more effect in all spheres of life, the importance of the Magnesium related study becomes most crucial.

KEYWORDS: Homoeopathy, Magnesium, Hahnemann

I. INTRODUCTION

We all know that minerals help our body to grow, develop and maintain health. By the use of minerals, our body performs many functions like building strong bones for transmitting nerves impulses, making hormones, maintaining normal heart beat, etc. In routine life we all know something about calcium, sodium, potassium but very less about magnesium.

The name magnesium originates from the Greek word from a district in Thessaly called Magnesia. Magnesium is discovered by Sir Humphrey Davy who also discovered Na, K, Mg, Cl, Ba, Bo. Very few know that Magnesium is world's lightest and highly active metal in pure state. It is 3rd most abundant metal forming 2.5% of the earth crust. In human body too it is the most abundant cation after Na & Ca.

Magnesium plays a vital role in the life processes of plants and animals. We all know that plants produce carbohydrates which is a class of food essential to living things by the process called as photosynthesis. In this process of photosynthesis, Chlorophyll is used which contains magnesium in it.

II. MAGNESIUM AND HOMOEOPATHY:

Homoeopathy has progressed from a symptom – based approach to a systematic approach where remedies are a part of groups that belong to nature rather than discrete identities. Drugs originating from same source

or drugs having same basic structure are included in a single group and studied together. Drugs CORE can be studied simultaneously and that can save time for the individual study. This method has made the entire study of Materia Medica easy, comprehensible as well as time saving while prescribing.

III. PATHOPHYSIOLOGY

The magnesium ions have an important relation to the nervous system. When it injected in large doses, the magnesium salts provoke a narcotic condition. At first a peripheral paralysis appears, and produced like a curare effect in that the muscle loses indirect excitability. The respiratory muscles are uninvolved for some time. To this is added then a central paralysis with loss of consciousness.

After intra lumbar injections motility and sensation in the lower half of the body diminish. The magnesium narcosis can be immediately interrupted through the intravenous injection of calcium, from which it may be presumed that it is concerned with an iron action. But in this antagonism of ions positively nothing is said of calcium acting stimulating on the nervous system by itself.

Sperms are especially rich in magnesium and the introduction of magnesium is supposed to stimulate sexual function.

In children the thymus is rich in magnesium, in the adult, the brain and testes. With old age the calcium in the testes increases; on the contrary, magnesium diminishes.

A number of old-age phenomena were favorably influenced according to his report when magnesium was regularly introduced: old people become more able to work, sexual function is stimulated, muscle stiffness is lessened or removed, likewise senile tremor and pruritus senile.

Studies on the healthy with the use of magnesium chloride solution gave an increase in wellbeing and general activity.

Even Parkinsonian syndromes and ataxia were said to improve under the introduction of magnesium salts. Proceeding from favorable magnesium effects in skin diseases. Like warts, papilloma, polyps. He presents a study on mice with artificial tumors and reports a favorable influence.

STUDY FUNCTION OF MAGNESIUM

- Magnesium is essential for healthy bones and teeth. Most notably, adequate magnesium is essential for absorption and metabolism of calcium.
- Magnesium also has a role to play, together with the thyroid and parathyroid glands, in supporting bone health.
- Stimulating the thyroid's production of calcitonin, which acts as a bone-preserving hormone.
- Regulating parathyroid hormone, a function of which is to regulate bone breakdown in a number of ways.
- Magnesium is an essential cofactor in 80% of all cellular enzymes.
- Mg is necessary for the conversion of vitamin D into its active form, and a deficiency of magnesium can lead to a syndrome known as vitamin D resistance.
- The enzyme that is required for forming new calcium crystals, alkaline phosphatase, also requires magnesium for activation, and if levels are low, abnormal bone crystal formation can result.
- Magnesium operates as a natural calcium channel blocker and is responsible for blood vessel and muscle relaxation—counter to calcium's contraction.
- Regulation of blood sugar levels.
Energy-boosting mineral.

- Serotonin, the “feel good” hormone, requires magnesium in its delicate balance of release and reception by cells in the brain. Only when adequate levels are present can we enjoy mental and emotional equilibrium.
- The soft tissues containing the highest concentrations of magnesium in the body are the brain and the heart—two organs that produce a large amount of electrical activity, hence EEG & ECG. Both systems are especially vulnerable to magnesium insufficiency.

STUDY OF MAGNESIUM DEFICIENCY

CAUSES

Low magnesium is typically due to decreased absorption of magnesium in the gut or increased excretion of magnesium in the urine.

- Gastro intestinal diseases: Celiac disease, Crohn’s disease, and chronic diarrhoea can impair the absorption of magnesium or result in increased magnesium loss.
- Type 2 diabetes: Higher concentrations of blood glucose can cause the kidneys to excrete more urine. This also causes increased loss of magnesium.
- Alcohol dependence: Alcohol dependence can lead to poor dietary intake of magnesium, increase in urination and fatty stools, liver disease, vomiting, kidney impairment, pancreatitis, other complications
- Older adults: Gut absorption of magnesium tends to decrease with age. Urinary output of magnesium tends to increase with age. Older adults often eat fewer magnesium-rich foods. They’re also more likely to take medication that can affect magnesium (such as diuretics). These factors can lead to hypomagnesemia in older adults.
- Use of diuretics: Use of loop diuretics (such as Lasix) can sometimes lead to loss of electrolytes such as potassium, calcium, and magnesium.

SIGN & SYMPTOMS

Early signs of low magnesium include:

- nausea
- vomiting
- weakness
- decreased appetite

As magnesium deficiency worsens, symptoms may include:

- numbness
- tingling
- muscle cramps
- seizures
- muscle spasticity
- personality changes

abnormal heart rhythms

MENTAL PICTURE

Magnesium Patient suffers from tremendous internal anxiety and insecurity, but this feeling is usually repressed. There is a difference between the words suppression and repression. Suppression means

pushing down when feeling comes up, while repression denotes not allowing feelings to come up at all. The emotions are so repressed that even the patient is unaware of them.

The main feeling of Magnesium is the feeling of needing nourishment and care of parents. It is the feeling of a nursing child or that of a foetus, which needs all the protection and nourishment from the mother in order to survive. These feelings in the adult seem so out of place that they have to be repressed, but they continue to be active in the subconscious, producing tremendous internal anxiety, the cause of which is unknown to the patient. The feeling within is of being forsaken. The feeling is of being forsaken and alone, and very needy of protection.

This manifests as anxiety from small matters, anxiety of such intensity that it cannot be understood. The patient tries to attribute the anxiety to some reason or the other, but knows that it is not the real cause. Another way the anxiety manifests is by physical symptoms and pathology that comes up for no obvious reason. These problems can be well-known psychosomatic conditions like ulcerative colitis, lichen planus, etc., but there seems to be no big tension in the patient's life. They can sit with a composed face and honestly say that they have no tension whatsoever, and yet they have the most severe problems and pains. The coped up Magnesium patient can seem quiet, self-confident, unaffected, composed and matter-of-fact; they not only take care of themselves but even seem to be taking care of others, especially in a motherly way.

What give the strongest confirmation of Magnesium are usually the dreams. The repressed emotions of Magnesium patients often manifest in a variety of dreams. These dreams are often symbolic, i.e. the real meaning of the dream is not clear. There may be dreams of houses, weddings, fruits, etc. Some of the dreams that recur in the Magnesium patient are dreams of falling, water, children, dead relatives and death of relatives.

In some Magnesium patients it have been noticed that they may have dreams of dangerous situation but there is no feeling of danger in the dream, e.g. some patients dream that they are standing near a flood of water but they feel nothing they are just watching it. Another feature of Magnesium patients' dreams is that in most of the dreams there is a feeling of loneliness, of having to face the problem alone, and even having to help someone in danger, e.g. robbers come into the house and the patient is alone. Another theme is the theme of being left behind. Among the pleasant dreams that Magnesium patients get, are usually dreams of being with people, going for a picnic with relatives, meeting friends, Absence of dreams indicates a severe repression. It is further confirmation that there is a strong barrier between the conscious and the subconscious parts of the mind. The Magnesium patients who do not have any dreams are usually the ones with the most severe pathology. In such people you may get two more indications, i.e. they might be sleepless and cannot attribute this to any reason. The other feature is that though they say they have no dreams, in the morning when they wake up they feel completely unrefreshed as if the mind was active the whole night. This latter phenomenon is also found in Magnesium patients who do remember their dreams. Patient say: "I dream so much that I am completely exhausted in the morning", and there is no apparent reason in their lives to explain why they should have so many dreams.

These features of tremendous anxiety, insecurity, a need for protection and nourishment, and a strong repression of emotions are seen in an orphan, one who has no one to protect him or whom he can confide in. Dr Kent narrates his experience with Magnesium Carbonicum in his lectures on Materia Medica: "I have observed, especially among illegitimate infants, those that have been conceived by clandestine coition, that they have a tendency to sinking in the back of the head. I once had in charge an orphanage where we had sixty to one hundred babies on hand all the time. The puzzle of my life was to find remedies

for the cases that were going into marasmus. A large number of them were clandestine babies. It was a sort of Sheltering Arms for these little ones. The whole year elapsed, and we were losing babies every week from this gradual decline, until I saw the image of these babies in Magnesium carbonicum, and after that many of them were cured".

Magnesium patients have the history of being neglected in some way by the parents. The feeling of being unwanted in the very early years of life, e.g. an unwanted female child, after a series of females, when the parents desperately wanted a male child; or a person who has lost his mother at a very early age, or lost his father at an early age, so that the mother became too busy to look after the child, and the child was looked after by a foster parent. Such people tend to become self-sufficient, non-demanding and repress their emotions to a great extent. This state persists even after changes in their life situation later on.

However the history of such situations in childhood is not mandatory for a patient to develop a Magnesium state. Such a state could have also come from either parent of the patient. We could look into the life situation of the parents if we wish to trace the origin of such a state.

Pacifism

They cannot stand rows and violence. But we can find this aversion to quarrels and violence in all the Magnesium. This is expressed in different ways. Firstly, because they find it very difficult to get angry themselves. But also, because they get extremely disturbed by all sorts of violence. They will start to avoid violent people, or violent television programmes. Some of them cannot even watch a western.

Aggression

On the other hand they can be very aggressive. This side does not get emphasized in the literature very much, although we do know Mag-c to have this. The comparison with chamomilla in this aspect is quite appropriate. But Mag-m can also be very aggressive. According to Whitmont 'Magnesium way well be called the most violent, ill-tempered, erratic, but also fearful and depressed remedy of our materia medica'. He talks about Mag-m extensively and calls it the first remedy for manic depressive states.

Fear of loss

Magnesium patient have the fear of loss of friends, family, etc. Mag-c expresses this as 'delusion forsaken by family and friends' and Mag-m as 'delusion he has no friends'. According to Dr. Kent Mag-c is remedy for orphans. Mag-c and Mag-m are the most important remedies for children of divorced or quarrelling parents. Quarrels can lead to a break-up, hence the very strong reaction and this reaction can go two ways: either trying to soothe or avoid the quarrel, or starting a row themselves, as a diversion.

Pain

The fear of aggression also expresses itself in a great sensitivity to pain: 'shrieking from pain'. There is fear of the dentist, not entirely unjustified because of the many dental problems. The pains of the Magnesium's are really very severe and terrible. Their fear of pain is therefore understandable.

CHARACTERISTIC PHYSICAL SYMPTOMS

- Right sided affections: All the Magnesium's mainly affect the right side of body.
- Chilly patient: Magnesium's thermally are chilly. All complaints are < by cold.
- Especially suited to children and women, worn-out constitutions and chilly patients
- Periodicity of complaints is markedly shown in this group. Every 2nd, every 21st day.
- Magnesium group remedies have important relation to the nervous system leading to narcotic condition. Peripheral paralysis and affections of muscle excitability. Neuralgic pains are present.

- In this group there is tendency for new growths like tumors and warts. Malignant growth and degenerative changes of tissues are very well marked.
- Desire for meat, vegetables and refreshing things.
- Aversion to cooked foods, sweets, fatty foods. Milk is intolerable.
- Discharges: All the discharges are sour, profuse and very much offensive. There are marked disturbances of menstruation. Menstrual blood is very dark, tar-like and many complaints are excited or aggravated in relation with menses.
- All symptoms aggravate from rest and are relieved by walking about.
- The patients are extremely sensitive both physically and mentally.
- Pains: Full of neuralgias, pain is darting, tearing, boring and shooting.
- Sleep: Unrefreshed, more tired in evening.
- Stool: Green, watery and with mucus.

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