

Centre for Integrative Medical Training
In Association with the Centre for Integrative Care &
The Academic Department, Royal London Hospital for Integrated Medicine



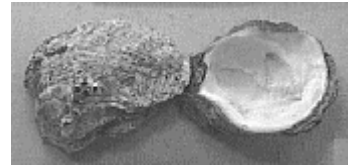
Foundation Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

Materia Medica Studies: *Calcarea carbonica*

Part 4.1

Calcareo carbonica (Middle layer of oyster shell)



Slowness of development
Tendency to grow fat, very chilly
Many fears and anxieties

Typology

Children fat, fleshy, large head and abdomen
Adults usually short and stocky, stubby fingers, tendency to obesity

Tissue Affinities

Heart, skeletal muscle, bones and lymphatic tissue (large glands)

Mentals

- Many fears, anxiety, nightmares
- Fear of insanity, being observed
- Hard, steady workers, 'plodders', phlegmatic

Generals

- Clammy perspiration, often of single parts (head, hands)
- Chilly, tendency to overheat in bed
- Sourness of alimentary system, perspiration, saliva
- R-sided

Desire for:

Indigestible things (chalk, charcoal, dirt, lead pencils), eggs

Aversion to:

Milk
Fat

Aggravated by:

Cold
Damp

Ameliorated by:

Constipation

Clinical Indications

- Sore throat with swollen glands
- Recurring bronchitis
- Eczema
- Growth disorders
- Obesity
- Gout, sprains

First Illustrative Case Study (transcript overleaf)

This is included in the main video presentation on Calc carb, but can be viewed separately at: <http://youtu.be/3tVHsXyZe60>



Patient: I was fine for several months after I came in last time. I don't know whether they worked. They certainly seemed to. I was feeling a lot better.

Doctor: Did it produce any sudden reaction at all after the powders?

Patient: No nothing at all. I mean nothing sudden. I just for a long period of time felt better.

Doctor: In what ways do you think?

Patient: I felt less stressed, I didn't think about them so much because I didn't have that starting sense of having one [migraine], and because I wasn't having the signs, I wasn't tending to worry. And it breaks that cycle, where if I'm not worrying about them I tend not to get them.

Doctor: That's the headaches you are talking about?

Patient: Yes.

Doctor: Were the headaches worse on one side or the other?

Patient: Each time, last two times it was on the right side.

Doctors: What are you like generally?

Patient: A bit stressed, I've got to work a lot of overtime. I've got exams coming up in April and I've got an interview next week in the Isle of Man, so I have to work up time for that at work. I have to keep it a secret, because they are giving me studying time as well. There is a lot going on at the moment.

Doctor: Do you tend to work quickly and efficiently, or do you tend to take your time and try and absorb every little bit?

Patient: I've been told I am too thorough, and I tend to take my time and try and understand everything .

Doctor: Are there any particular things that cause you fear and concern. Are there any particular elements that are playing on your mind?

Patient: My exams..... I haven't failed any yet..... Of course, I don't want to and I tend to worry an awful lot about them. I know that they are 11 weeks away and I start counting when I get to December and I know that I've got 11 weeks to go but I tend to think about it an awful lot.

Doctor: Are you tending to get chilled or are you tending to get overheated?

Patient: I've been very coldish. The heating in the office is always broken down which doesn't help an awful lot.

Doctor: How is the appetite?

Patient: I haven't had much of an appetite recently. I've been doing a lot of exercise basically to try and get myself out of the house and to stop thinking about it for



the time that I am exercising because I'm not going to think about other things at the time.

Doctor: What about the bowels? Have they been working alright?

Patient: Yes, they have been fine. I know that before I came last time they were pretty bad [constipation] but they've been fine.

Doctor: When did this start to become more normal again?

Patient: I think it was fairly quickly, definitely within a week or two.

Your Observations: First Illustrative Case

The Essence of *Calcarea carbonica*

- Phlegmatic, reserved, tenacious but slow
- Affections of bones, teeth and periosteum
- Slow persevering approach to tasks
- Hidden fears
- Constipation
- Pasty complexion
- Clammy perspiration of single parts (head sweats and shoulders)
- Cold, fat, flabby

Second Illustrative Case Study



Watch the following video case study of *Calcarea carbonica*. Note down your observations in the box provided. <http://youtu.be/GSFwy2xoR90>

Patient: As regards to the osteoporosis, I get pain up my back, you know at the top and bottom and my neck to the top of my spine, and always up this right shoulder, and I haven't been out much, Doctor, since my fall. I don't feel all that great.

Doctor: In what way?

Patient: I just haven't the strength, I feel kind of sickly. One day I feel sickly and the next I don't feel too bad. I made an effort to go out yesterday to go to the dentist – my bottom teeth are bothering me....and he said that he suspected an abscess, and he said that he got rid of most of the infection, but I have to go back again. This sickly feeling, Doctor, I think has something to do with my digestion and my bowels. Sometimes I have a bowel movement and then feel sickly for the whole day. You know this morning I didn't have a bowel movement, and I feel a bit better .



Note: Feeling better while constipated is an uncommon feature in the *Calcarea carbonica* adult, but is quite often reported in *Calcarea carbonica* children.

Your Observations: Second Illustrative Case Study

Further Relevant Reading

Try to read as many of these references, relevant to *Calcarea carbonica*, as possible.

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J Am Inst Homeopath 1978
Sep;71(3): 177-181

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A new look at some old remedies
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Die Pathogenese von Kalzium
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alsdidaktische Studie Allgem
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Homoopathie am Beispieleiner
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Oct;50(10):424-9

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SAQ 4.1



Without looking at the text, how many of the keynotes of *Calcarea carbonica* can you remember?

Mind

General, environmental and constitutional features

Local

Frequent pathological indications

At home read *Calcarea carbonica* in your *materia medica*:

Page 209 Vermeulen

Page 23 Clarke

Page 144 Boericke (2nd British ed)

Page 276 Neatby and Stonham

Page 126 Phatak

Page 84 Jouanny

Page 186 Boyd