

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

Part 3.8

Natrum muriaticum (Common salt)

You should try to study this important remedy from several different angles. Begin by scanning the summary below, then read through the essay provided overleaf.



KEYNOTES

Hypersensitive, closed, isolated, defensive, resentful
Ailments from grief, disappointment in relationships,
dwell on past events, silent grief

Influenced by sea climate, < sun, craves/hates salt

Typology

Thin despite good appetite, especially around the neck.
Pale, easily tired. Skin sallow, oily. Dry cracked lips,
crack middle lower lip. Mapped tongue.

Tissue Affinity

Blocks assimilation, mucous membranes causing dryness,
skin increased sebum, nervous system.

Mentals

- Great sensitivity with fear of rejection, choose unobtainable people to fall in love
- Desires solitude, dwells on past events, grief
- Very responsible
- Cry < consolation

Generals

- Warm but can be chilly
- Discharges like egg white
- Dryness

Desire for or paradoxical aversion to:

Salt

Aggravated by:

Sun, heat, 9-11 am

Ameliorated by:

Open air, fasting

Clinical Indications

- Emaciation
- Fluid retention, dehydration
- Eczema, recurring herpes
- Depression related to grief, disappointment
- Conditions linked to sodium or chloride metabolism and water balance (including renal, cardiovascular, and neurological disturbances)

The following is a poem, posted on the internet by a budding creative writer, that expresses many of the emotional paradoxes of Natrum mur.

Syndrome

by ~fenixgirls1689 <http://fav.me/d2o8zl5>

Syndrome

I am Love's abused animal. Starving...
Existing to be exploited when it's expedient.
A tool.
I've been the carrier pigeon bearing other's love letters...
The loyal dog listening intently as friends giggle about their crushes...
But...when the sun sets, I'm the lone wolf that gnawed off its own paw to escape destruction.
Licking my wounds, I howl at the full moon-my love.
Mating calls of chirping crickets reply
while her light wanes
As she recoils into the shadows... Leaving me in darkness...
My remaining hand gropes and fumbles desperately in the abyss... Fruitless...
Should some naïve creature brush against my heartstrings, I instinctually pounce and asphyxiate the poor thing,
And if not that, find that it was nothing more than my imagination.
Illusions of delusions and confusion from illusions
But, then again... Why should I believe for even a moment that something so profound would find me?
Won't I ever learn?
That I am the pigeon? The dog? The wolf?
And will never be the dove?
It's my bloody paw, isn't it? I lick it too much, don't I?
I just want what I can't have. Isn't that right?
It's all in my mind. It's a leech. A malady.
A tumour.
A mental disorder. Yes...that's it...
I'm an emotionally suicidal psychopath, self-diagnosed with Forbidden Fruit Syndrome.

NATRIUM MURIATICUM (nat-m.)

Mind

- EMOTIONAL VULNERABILITY leading to INTROVERSION. Closed person (amel. alcohol).
- Intolerant of any form of grief, rejection, ridicule or humiliation.
- Avoid being hurt or to hurt others at all costs.
- Tries not to show emotions; to maintain control over their circumstances. Fastidious.
- Turn to emotionally safe activities, e.g. reading
- Great sense of responsibility. Integrity. People confide in them.
- Loyal in relationships (Staph).
- Self-contained. Serious. Objective.
- Can appear cold, at a distance.
- Aversion to company. Consolation agg..
- Laughs over serious matters.
- Moody.
- Fantasizes about relationships. Falling in love with unattainable persons.
- Emotionally strongly attached, but does not show it.
- Depression, even suicidal. Sad but cannot weep.
- Dwells on past disagreeable events
- Biting fingernails.
- Sensitive to music.
- Fear robbers, claustrophobia, heights, insects. Hypochondriasis.

CHILDREN: Well-behaved. Responsible. Sensitive to disharmony (e.g. quarrels).

Need for affection, though not always shown.

Pre-school children have tantrums when reprimanded, agg. consolation. Mature beyond his/her years.

Generalities

- Mainly warm (can be chilly).
- agg. SUN, heat.
- agg. or amel. Sea.
- agg. Noise.
- agg. 10 a.m.
- AILMENTS FROM GRIEF.
- Periodicity.
- Discharges like white of egg.
- Stitching pains.



Food and drinks

- Desire: SALT, fish, sour (lemon), bitter, beer.
- Aversion: FAT, SLIMY FOOD, CHICKEN, fish, bread.

Head

- HEADACHE, "like little hammers beating".
agg. 10:00 A.M. (TO 3 P.M.), < GRIEF, SUN, on waking, light, noise, reading, menses,
amel. Lying dark and quiet room, perspiration, cold application, pressure.
Headache in schoolgirls (Calc-p, Puls).
Precede by numbness, tingling in lips, tongue and nose.
- Eruptions at margin of hair. Alopecia.

Nose

- Hayfever. Coryza "like white of egg". Sneezing.
- One-sided numbness.

Face

- Neuralgia, agg. left side.
- HERPETIC ERUPTIONS, esp. about lips (Rhus-t, Sep).
- Cracked lips, corners of mouth.

Mouth

- Aphthae (Bor).

Throat

- Affections of thyroid. Goitre.
- Sensation of a lump.
- Stitching pains (Arg-n, Hep, Sil).
- Emaciation of neck (Lyc).

Stomach

- Thirsty for cold drinks (Phos, Sulph).
- Gastritis, ulcers, agg. from grief, quarrels.

Bladder

- Unable to urinate in presence of others.
- Involuntary urination, agg. on coughing, laughing, sneezing, walking.

Female

- Slow to develop awareness of sexuality
- Later, masturbate in fantasy of an unattainable or lost relationship, but can feel guilty.
- Averse to sex without tenderness and love, to the point of frigid aversion.
- Painful coition. DRYNESS OF VAGINA (Sep).

Back

- Lumbago, amel. hard pressure, lying on hard surface (Sep).

Extremities

- Skin of fingers cracked, esp. about nails; peeling off of tips.
- Hangnails. Biting nails.
- Trembling of hands, agg. writing, amel. rubbing.

Sleep

- Position: ON LEFT SIDE.
- Insomnia from grief or thoughts of past disagreeable events.

Skin

- Greasy.
- Eruptions agg. sea, salt. Hives after violent exercise.

SAQ 3.4

Without looking at the text, how many of the keynotes of Natrum muriaticum can you remember?

Mind

General, environmental and constitutional features

Local

Frequent pathological indications

At home read *Natrum muriaticum* in your *materia medica*:

Page 684 Vermeulen

Page 549 (vol 2) Clarke

Page 459 Boericke (2nd British ed)

Page 668 Neatby and Stonham

Page 416 Phatak

Page 271 Jouanny

Page 222 Boyd