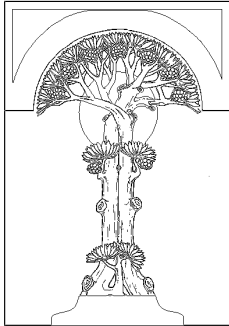


Centre for Integrative Medical Training
In Association with London Integrated Medical Health Education



Intermediate Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

Unit 31

Materia Medica Studies and Therapeutic Pointers for Week 11

Introductory notes on the Kali Salts

At this stage you will have some awareness of mineral remedy groups, even though these have not yet been discussed in detail.

There are many important mineral salts used in homeopathic medicine and they can be a source of confusion, until you start to understand the combined properties of their constituent elements and appreciate the variations they provide on some basic constitutional themes.

In the autumn semester you will study some important groups eg. Calc, Natrum, and Magnesium (cation groups) Phosphates, Carbonates, Chlorides (anion groups), for example.

We will introduce the concept of the Kali salts here because, as a group, they have important ENT indications.

At a **physical** level the Kalis are associated with **fatigue** (with Kali picricum and Kali phosphoricum having particularly important indications in some chronic fatigue states.)

An archaic term for chronic fatigue was 'neurasthenia' and potassium is fundamental to the action potential in nerve transmission. The exact reason for association with fatigue is not clear, but the Kali salts might act by altering ionic movement across membranes. You may be aware that one of the early manifestation of hypokalaemia is diffuse **weakness**, often felt first in the legs and sometimes associated with impaired cardiac efficiency.

Not all patients requiring a Kali group remedy, present with fatigue. Many are **catarrhal**, however. Again it is not clear what component in the respiratory exocrine glands is affected by the potassium ion, but all the Kali salts have affinities to mucous membranes and their secretory functions. *Kali bichromicum* and *Kali muriaticum* are considered by some to be the most markedly catarrhal remedies in this group

At a general level of function, most of the Kalis demonstrate a level of **inflexibility** or lack of adaptiveness. Patients with Kali constitutions do not adapt well to serious health challenges. They have poor beat-to-beat variation after myocardial infarction, for example, leading to an increased likelihood of arrest. Similarly, they do not adapt well after stroke and do not readily appear to mobilise secondary neurological pathways.

Inflexibility can express at a mental / emotional level with rather **fixed ideas** and values. This manifests as 'black and white' thinking. They can hold a moral stance on social issues that seem to be beyond discussion and rarely see shades of grey in their interpretation of other people, in terms of behaviour, work choices, social values, morality or sexuality.



Such individuals are often viewed as 'stalwarts' by those who share their views, but they evoke frustration in those who seek change in the structures or institutions they uphold.

Kali patients often gravitate to a moral code, or the 'rule of law' and occupationally they may choose law-enforcement or legal professions as their occupation of choice.



Kali muriaticum

They can appear judgmental, serious and restrictive in a parenting role. Stability, protection, safety, conservatism, work, honesty, honour, truthfulness can appear to be a sound value system for upbringing, but for many children and teenagers it is stifling and restrictive. For many children, heavy moralistic parenting becomes a battleground and the basis for later rebellion.

Many variations on the basic Kali themes are determined by the anion group. **Kali carbonica** is often considered to be an archetype for this group as a whole.

Carbon is thematically linked to self-worth, structure, purposiveness, stability and the father figure. Purposiveness and **work** are inextricable themes in the carbons and are defining properties in *Kali carbonica*.

These patients invest much of their sense of self-worth in their **working role**. They pride themselves in punctuality, reliability, resilience, effectiveness - perhaps to the point of self sacrifice. Like calc carb they can become stressed when changes are imposed on any aspect of their modus operandi that they feel has been tried and tested. They can become indignant if their views or expertise is ignored, or if they feel passed over, perhaps to the point that they tip into a staphisagria state.

It can sometimes be useful to ask a patient what qualities they look for in other people.

The Kalis almost invariably answer with 'truthfulness' or 'honesty' as their headline measure of people. (Other remedy types respond with terms like 'a sense of humour', 'flexibility' 'caring', 'warm-hearted', 'generous' 'easy-going' etc etc depending on their value-set.)

This degree of inflexibility in the mind picture of Kali carb can express as **stiffness** at a physical level, particularly when there is a musculoskeletal presentation.

The mind pictures of the Kali salts were not strongly elucidated in the original provings and have become evident in clinical practice over the last two hundred years. Several writers, including Coulter and Vithoukas, understand and describe these remedies well in their writings. They would make for interesting reading if you have time over the summer break.

<https://youtu.be/1PaC2sHrBk0>



Therapeutic Hints: EARACHE

A. Acute Inflammatory Causes for Earache:

Aconite

Sudden onset brought on by cold wind
External ear hot, swollen
Intense pain
< noise + warmth
Fever, thirst, no suppuration



Aconitum napellus

Ferrum phos

Predisposition to cold + flu
Acute otitis
Throbbing pain with noises in the ear
< night + morning, R side
> cold, soothe? motion

Hepar sulph

Discharge is smelly
Throbbing pain, stitching
< warmth

Belladonna

Sudden onset brought on by cold to head
Redness, Fever, Noises in ear
Throbbing pain or tearing pain
Pain spreading down into neck
< warmth < right side
Pain is violent and causes great anguish

B. 'Neuralgic' Causes for Earache

Chamomilla

Pain is aching, stitching, tearing, unbearable
Severe pain in adult
Irritated by trivia
< wind < bending down
Child screams unless carried around



Matricaria chamomilla

Magnesia phosphorica

Pain spasmodic, shooting
> heat, firm pressure. <
cold, turning head
Cause = cold wind, comes after a walk in cold wind.

Nitric acid

Cracking in ears when chewing
Pain splinter-like. Throbbing
With sore throat.
Tonsils swollen, inflamed ulcerated < swallowing <
Right side
Hearing becomes acute - more sensitive than normal

Nux vomica

Pain stitching.
With itching in the ear < swallowing
Eustachian tubes itch making swallowing compulsive
although it hurts.
Hearing is acute

C. Middle Ear Pressure causing Earache

(including effects of subacute middle ear congestion / catarrh)

Calc. carb

Pain throbbing with noises in ear
With typical calc. carb. general / mind symptoms.

Calc. sulph

Discharge, blood - streaked, smelly, thick
With noises in the ear - Glands swollen



Kali bichromicum

Stuffed up feeling
Associated with catarrh
Swollen with tearing pains.
< morning + hot weather
> warm < left side
Thick yellow, stringy expectoration

Kali muriaticum

< swallowing
Ears crackle and pop on blowing the nose
or swallowing

Kali sulph

Discharge thin, yellow
With cracking in ears when chewing.
Causes temporary deafness, especially in babies
because Eustachian tubes are blocked with mucus

Lachesis

Pains on left side
With sore throat, pain spreading up to ears.
Splinter-like, with choking sensation.
< swallowing solids
< heat, left side, pressure, touch
< swallowing liquids or saliva

Lycopodium

Blocked feeling, pain tearing
Noises in the ear

D. Chronic / relapsing infection with Earache

Mercurius solubilis

Discharge from ears, blood - streaked, smelly
Pain boring, burning, pressing, tearing.
Blocked feeling in ears
< night. For warmth of head, fresh air
Eardrum may perforate, discharge will be smelly
and blood-streaked.

Pulsatilla

Discharge smelly, thick, yellow or yellow-green
External ear is red, internal ear feels blocked
Pain as if pressure behind eardrum pushing out
Aching, stitching, tearing, throbbing
- Weepy With deafness, itching, noises in ear
< night < Flu, common cold, after measles

Silica

With blocked feeling in ear
Pains behind ear, tearing
Eustachian tube is itching and full of mucus.
Dry discharge is bloody, smelly and thick.

Sulphur

With painful noises in ear
< left side < noise
Roaring and ringing noises in the ear
And more noticeable when in bed.
The external parts of the ear itch

SSC

(Silica, Sulphur, Carbo-veg) combination (usually 6c tds)

E. Glue Ear (Subacute / chronic secretory otitis media)

Consider stat doses of Sycotic co. nosode followed by:

Merc.sol 6c Thick smelly discharge from outer ear
Copious production of saliva during sleep

Lycopodium 6c Deafness
Roaring noise in affected ear
Eczema on ear flap

Pulsatilla 6c Full, stuffed up feeling in affected ear

Kali mur 6c Snapping noises in affected ears
Swollen lymph. glands in neck



Pulsatilla pratensis

Corollary measures:

Reduce or stop cow's milk in the diet
Improve respiratory hygiene - especially at night.

Screen for respiratory allergies that might accentuate eustachian obstruction in the nasopharynx
Introduce hypo-allergenic bedding, anti-dust mite measures if indicated.