

## The Homoeopathic remedy Natrum muriaticum: A Literature Review

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### Abstract

Depression cuts us out of social life. It deprives us of opportunities to participate actively in anything we're doing. Depression literally ties man to bed. Conventional treatment of Depression may lead to addiction to anti-depressants and tranquillizers. This essay is a very simple introduction to the use of homoeopathic medicine for psychological disorders and is written to show that there really is another choice than an addiction to anti-depressants and tranquillizers and a genuinely better way for people who want to avoid them. Homoeopathic Medicines successfully treat negative states of mind such as depression, fear, anxiety, shock, panic attacks, phobias and anticipatory anxiety.<sup>1</sup> This article is a review of literature of Natrum Muriaticum in relation to depressive states of the mind.

**Keywords:** Homoeopathy, Natrum muriaticum, Tranquilizers.

### Introduction:

The concept of individualization takes into consideration total response of the organism to the unfavorable environment seen through signs and symptoms of three planes: Emotional, Intellectual and Physical where the life force manifested itself. It has profound impact on human mind in society .a large number of patients is suffering from psycho-somatic illness due to anxiety, grief, and worry, vexation etc.<sup>2</sup> .Natrum Muriaticum is a deep and long acting remedy. It takes a wonderful hold of the economy, making changes that are lasting when given in potentized doses.<sup>3</sup>

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings, and sense of well-being. A depressed mood is a normal temporary reaction to life events such as a loss of loved one. It is also a symptom of some physical disease and a side effect of some drugs and medical treatments. In the human frame, the basic quality of a Natrum is a strong desire for a relationship. This need of Natrum patient is to be balanced by the quality of expectations, disappointment and rejection of being able to break off the relation. This quality comes from the muriaticum element .Thus Natrum Muriaticum is understandably a very basic salt, for it represents man's need to form relationship and at the same time, the ability to withstand rejection.<sup>4</sup> Natrum Mur is indicated in psychic causes of disease; ill effects of grief, fright, anger, etc. In depressed patients, particularly in chronic diseases there is in fact, along chain of mental symptoms such as hysterical condition of the mind and body; sadness, weeping alternative with laughing; brooding etc. Usually people who need this remedy will report that they're never well since a grief, tragedy or disappointment or any sort.<sup>5</sup> They are very sensitive, very vulnerable. Much has been taken away from them already and they have hardly got anything left. They are constantly walking around with the feeling that the rest will probably be taken away from them too. That is why they are easily frightened, all unexpected thing could hurt them even more.<sup>6</sup>

As mentioned before, Natrum Muriaticum is usually indicated by the fact that they built an emotional wall to keep themselves safe from emotional disappointment such as a broken relationship. They cut themselves off from company and would prefer to stay alone and brood over the past disagreeable incidences. Other notable personality aspect is that Natrum Muriaticums are generally quiet responsible and perfectionist, because they need to keep things together. Mentally they have a high degree of objectivity and awareness, as well as a great sense of responsibility. For this reason, they are likely to be the sympathetic ear to which others turn when distressed .The emotional sensitivity and the sense of responsibility readily lead such people into fields of ounseling, psychotherapy, the ministry etc. While listening sympathetically to someone else's suffering, such people maintain their objectivity and appear to be very strong. They internally absorb the pain of others, however, and they dwell on it later; particularly they wonder "How would I react in such a situation? Would I be able to take it. "They are so sensitive that they feel hurt by the slightest comment or gesture that they might imply ridicule or rejection. Natrum Muriaticum adolescents, for example are reluctant to date, for fear of rejection. Even imagined slights can cause suffering. After being hurt several times, they learn to become cautious. They will think twice before becoming

involved in an emotional experience. They turn to introverted activities which are emotionally “safe” i.e. reading books, listening to music, dwelling on ideas and fantasies. They can become quite content in their isolation. They tend to be self-contained, desiring to solve problems by themselves without trusting help from other people. Their primary concern in life becomes, “not to hurt and not to be hurt”.<sup>6</sup> The issue of emotional pain, in them or in others, would be the end of the world for them, they are completely incapable of knowingly inflicting pain on others. For this reason, they become very serious. They cannot make jokes that might inadvertently ridicule someone else. They may appear cold and overly objective to others because they are so intent on not revealing their own emotional vulnerability or creating injury to others. This combine with the Natrum Muriaticum sense of responsibility, results in guilt being a strong motivating factor in the lives of such people.’ Falls in love with the wrong person, and breaks her heart. Is absurdly obsessed by a foolish passion for a married man- falls in love with the coachman, and Natrum muriaticum. brings order and sanity.”<sup>7</sup>

#### **Pathogenesis:**

Natrum muriaticum was reprovved by Austrian physicians. Some of them died from their effect of their proving. One of them, when he published his proving about Natrum Muriaticum said that the higher potencies of the drug produced the most symptoms which were more valuable than those produced by low. Natrum Muriaticum enters into every tissue of the body. Even into the enamel of the teeth. It exists in quiet considerable quantities in the various humors of the eyes. Virchow in his pathology quotes an authority who gave chloride of sodium to dogs until he produced opacity of the crystalline lenses. Hence, cataract may be produced by Natrum mur , Sodium chloride in the stomach stimulates digestion in various ways. Firstly, it improves the flavor of the food salt acts on the stomach itself by favoring the secretion of gastric juice.

Schussler argues that salt is excreted through the mucus. Therefore he says that as salt has a function here must be the remedy for all catarrhs. It also act upon the sebaceous glands and as a result the skin become oily in appearance particularly face and skull.<sup>8</sup>

#### **Role of Natrum Muriaticum:**

Natrum Muriaticum (Sodium Chloride) is an important constituent of human body fluids the major physiological function are maintaining fluid balance generation electrical impulse in nerve and muscles and in generating gradients across cells to enable update of nutrients.

Moreover when potentised, sodium chloride can be a very useful medicine for many acute and chronic diseases. It has profound impact on human mind in society.<sup>9</sup>

#### **Conclusion:**

The general concept in Homeopathy towards treatment of sick is to treat the patient not the disease. In Homeopathy, the most appropriate treatment protocol is based on the principle Similia, pathogenesis and clinical picture of Natrum Muriaticum brings it out as one of the most prominent remedy in depression.

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