



**TO STUDY NATRUM GROUP AND SPECIAL  
EMPHASIS ON NATRUM CARBONICUM,  
NATRUM MURIATICUM, NATRUM  
PHOSPHORICUM AND NATRUM SULPHURICUM**

**DESSERTATION**

**SUBMITTED TO THE**

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**AS A PARTIAL FULFILLMENT OF THE REGULATIONS FOR  
THE AWARD OF THE DEGREE OF**

**DOCTOR OF MEDICINE IN HOMOEOPATHY IN**

**HOMOEOPATHIC MATERIA MEDICA**

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## ABSTRACT

Considering the fact that Sodium is the sixth most abundant element on the Earth comprising about 2.6% of earth's crust. Every human being consume Sodium on regular basis. It is principal component of person's internal environment as an extracellular fluid. Sodium facilitates many bodily functions. Sodium has shown its utility at the hand of many stalwarts, hence called "salt of earth or salt of life".

Considering all this I have selected this topic of study of Natrum Group to study effectiveness of it and use of it to help the mankind and expand my knowledge regarding Natrum Group especially Natrum Carbonicum, Natrum Muriaticum, Natrum Phosphoricum And Natrum Sulphuricum.

### OBJECTIVES

- To study the action of the Natrum group of medicines in treatment of various disease and emphasis on Natrum carbonicum, Natrum muriaticum, Natrum phosphoricum and Natrum sulphuricum of Natrum group, to understand their sphere of action, causation and characteristic symptomatology they produce.

### METHOD

30 cases are selected for the study.

### RESULT

The cases were prescribed on the basis of totality of symptoms and repertorization from appropriate repertory. Out of 30 cases 66.67% (20 cases) show maked improvement, 30% (10 cases) shows moderate improvement and 3.33%(1 case) shows no improvement.

### CONCLUSION

While studying and analysing the sphere of action and clinical conditions in 30 cases of Natrum Group it is inferred that these remedies act on following areas including and not limited to MIND, SKIN, HEAD, MUSCULO SKELETAL SYSTEM, RESPIRATORY SYSTEM, FEMALE GENITAL ORGANS, GLANDS, AND GASTRO INTESTINAL TRACT.

### KEY WORDS

Natrum group medicines, action of medicines, common mental and physical symptoms, clinicals

### ITRODUCTION

Homeopathic Materia Medica can be studied in various ways. One of the way is group study, by which lot of time and energy can be saved. Within last few decades number of medicines in materia medica have increased and it is very difficult to study and remember entire characteristics by individual study of drug. Homoeopathic Materia Medica is fascinating subject but its vastness and apparent similarity of symptoms throw tremendous challenge to beginners as well as seniors at times. This has lead to evolution of new concept of Homoeopathic Materia Medica and that is "Study Of Drugs In Group". Group analysis is a "Language Of Medicine In A Particular Group".

First classification was made by master Hahnemann himself based on nature of drug and miasm but no one realized its value during selection and understanding of medicine. Historically Dr. E.A.Farrington in his book made an attempt to study remedies by classifying them in various group. This work was further continued by Dr. Jan Sholten, Dr. Rajan Sankaran, Dr. Clarke, Ottolesser etc. It requires tremendous

study, experience and insight to see order in maze of symptoms. Each author tried to present the drug as he understood them according to his own experience.

Considering the fact that Sodium is the sixth most abundant element on the Earth comprising about 2.6% of earth's crust. Every human being consume Sodium on regular basis. It is principal component of person's internal environment as an extracellular fluid. Sodium facilitates many bodily functions. Sodium has shown its utility at the hand of many stalwarts, hence called "salt of earth or salt of life". It was discovered by sir Humphery Davy in 1807 by electrolysis of fused caustic soda. It occurs as salt in seawater, as rock salt in mine, sodium carbonate, borax, cryolite, sodium sulphate etc. sodium is a silvery white alkaline metal. Dr. J. Compton Burnett in one of his monograph took Natrum salt as test of "Docterine of drug dynamization".

Considering all this I have selected this topic of study of Natrum Group to study effectiveness of it and use of it to help the mankind and expand my knowledge regarding Natrum Group especially Natrum Carbbonicum, Natrum Muriaticum, Natrum Phosphoricum And Natrum Sulphuricum.

## AIMS AND OBJECTIVES

### AIM

- To study Natrum Group and Special emphasis on Natrum carbonicum, Natrum muriaticum, Natrum phosphoricum and Natrum sulphuricum.

### OBJECTIVES

- To study the action of the Natrum group of medicines in treatment of various disease.
- To lay emphasis on Natrum carbonicum, Natrum muriaticum, Natrum phosphoricum and Natrum sulphuricum of Natrum group, so as to understand their sphere of action, causation and characteristic symptomatology they produce.
- To utilize the above understanding for helping mankind in enjoying a healthy life, free from disease.

## MATERIAL AND MATHEDOLOGY

- The present study will be undertaken at Ahmedabad Homoeopathic Medical College and Sainath Hospital, Bopal Ghuma Road, Ahmedabad.

## MATERIALS

- Project Site: Ahmedabad Homoeopathic Medical College and Sainath Hospital.
- No. of Cases: Total 30 cases randomly selected.
- Duration of study: 1 year

## METHODS

- A detailed case history will be taken according to the scheme of model case format (appendix 1) with special emphasis to ascertain the following:
- **History of present complaints:** the complaints with their duration and the associated complaints will be also recorded.
- **Past history:** it is recorded in chronological order with nature, treatment received and the result of treatment received.
- **Family history:** detailed family history will be taken – to find the incidences of various complaints especially father and mother. To find the incident of any other acute or chronic diseases in the relatives both paternal and maternal side to evaluate the miasmatic background of the family and hereditary tendency.
- **Personal history:** all generalities of patient to relate the patient as a whole will be recorded with special emphasis on mental reactions, desires and aversions, aggravation in general and with food,

appetite, thirst, thermals, bowel movements, perspiration, sleep, dreams and in case of females menstrual and obstetric history, findings of observation and examination.

- **General physical examination:** the positive findings of built, nourishment and vital data will be recorded
- **Systemic examination and local examination:** the positive feeling will be noted
- **Investigation:** routine examination including microscopy of blood, urine will be carried out.
- **Diagnosis:** diagnosis of the case will be made on the following basic and absolute manifestations with determinative of the disease.
- Determinative of the individual on the basis of totality of symptoms.

**MATERA MEDICA:** use of proper source books and various journals, repertories, monograms etc.

**INCLUSION CRITERIA:**

- Both genders and all age groups shall be considered
- All socio economical status shall be considered
- Cases of only Natrum Carb, Natrum Mur, Natrum Phos, Natrum Sulph belonging to Natrum Group shall be taken in studies.

**EXCLUSION CRITERIA:**

- Accidental cases.
- Cases needing surgical intervention.
- Emergency cases.
- Unconscious patients.
- Those with multisystem disorder and irreversible pathological changes
- Case other than Natrum Carb, Natrum Mur, Natrum Phos, Natrum Sulph will be excluded from the study.

**STUDY DESIGN :** experimental

**POTENCIES:**

Suitable potency will be selected according to Homoeopathic principles.

**DOSE AND REPEATITION:**

That will be selected according to the homoeopathic principles laid down in Organon Of Medicine.

**ROOT AND ADMINISTRATION OF MEDICINES**

All the medicines will be administered through oral route.

**FOLLOW UP AND MONITORING**

Follow up of cases were done for 6 months, for first month weekly or 15 days basis and next 5 months every 1-2 month the follow ups were done. 5-6 follow up for study.

**ANALYSIS AND RESULT**

Results will be documented as per the addition, presence or absence of the sign and symptoms of the above said remedies.

**Criteria for result:** the cases Natrum Group were analyzed for result on the basis of following criteria.

**Marked improvement:** After prescribed duration of study feeling of mental and physical well being with disappearance of all signs and symptoms for which patient initially appeared

**Moderate improvement:** After prescribed duration of study feeling of mental and physical well being with improvement of signs and symptoms for which patient initially appeared.

**No improvement:** No response after considerable period of treatment.

**CONCLUSION:** It is based on outcome of result on the bases of material and method.

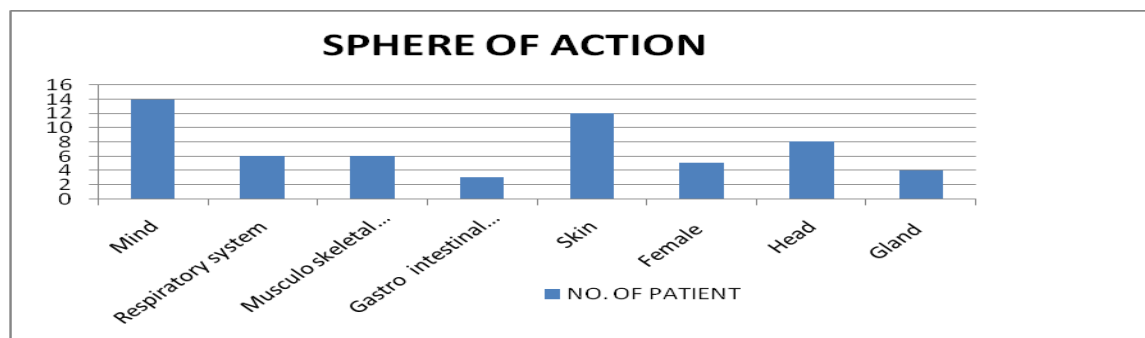
**OBSERVATION AND RESULT**

Study of 30 cases of Natrum group presented here in tabular form.

**Table 1 – SPHERE OF ACTION**

SPHERE OF ACTION	NO. OF PATIENT	PERCENTAGE

Mind	14	46.67
Respiratory system	6	20
Musculo-skeletal system	6	20
Gastro intestinal system	3	10
Skin	12	40
Female	5	16.67
Head	8	26.67
Gland	4	13.33

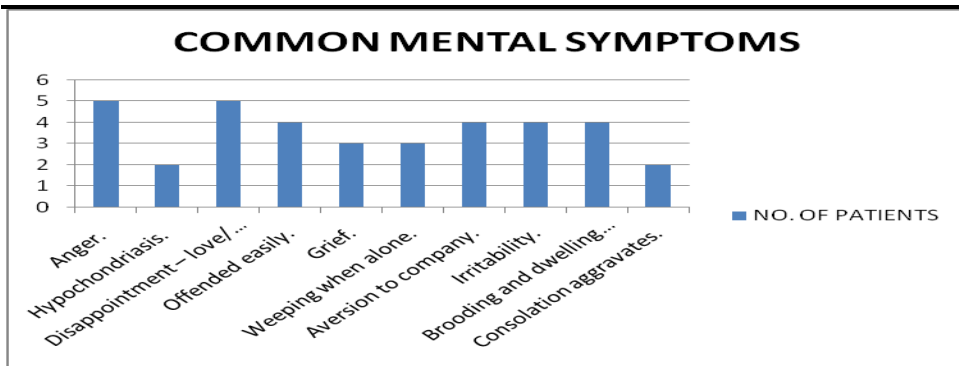


### Observation of table 1

In the study sphere of action was seen on Mind in 46.67% (14 cases), skin in 40% (12cases), head in 26.67% (8 cases), respiratory system in 20% (6 cases), musculo skeletal system in 20% (6 cases), female genital organs in 16.67% (5 cases), gastro intestinal system in 10% (3 cases), and glands in 13.33% (4 cases) of patients.

**TABLE 2 – COMMON MENTAL SYMPTOMS**

SYMPTOM	NO. OF PATIENTS	PERCENTAGE
Anger.	5	16.67
Hypochondriasis.	2	6.67
Disappointment – love/ old.	5	16.67
Offended easily.	4	13.33
Grief.	3	10
Weeping when alone.	3	10
Aversion to company.	4	13.33
Irritability.	4	13.33
Brooding and dwelling on past.	4	13.33
Consolation aggravates.	2	6.67

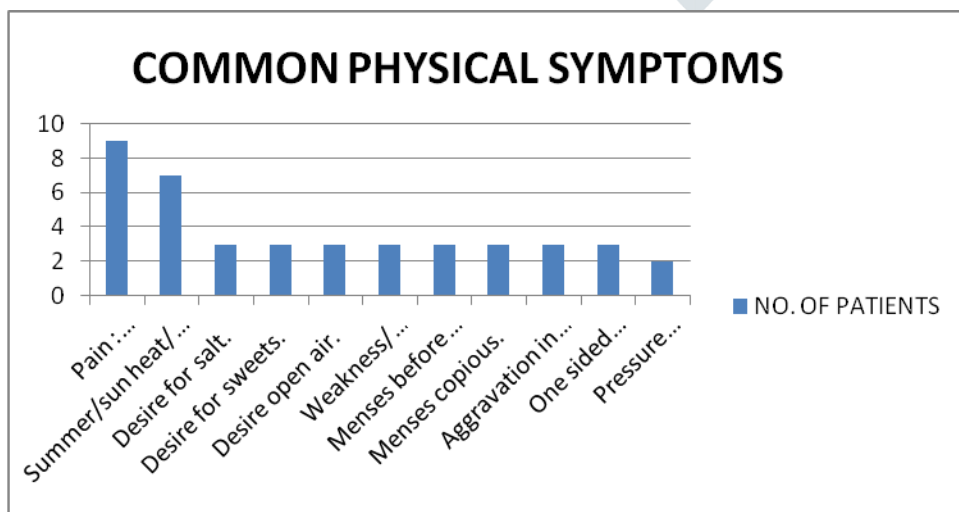


**Observation of table 2**

In the study, anger in 16.67% (5 cases), disappointment – love/old in 16.67% (5 cases), offended easily in 13.33% (4 cases), aversion to company 13.33% (4 cases), irritability in 13.33% (4 cases), brooding and dwelling on past in 13.33% (4 cases), grief in 10% (3 cases), weeping when alone in 10% (3 case), hypochondriasis in 6.67%(2 cases), and consolation aggravates in 6.67% (2 cases) of patients.

**TABLE 3 – COMMON PHYSICAL SYMPTOMS**

SYMPTOM	NO. OF PATIENTS	PERCENTAGE
Pain : pulsating, stitching, bursting	9	30
Summer/sun heat/ warm aggravates.	7	23.33
Desire for salt.	3	10
Desire for sweets.	3	10
Desire open air.	3	10
Weakness/ lethargy/ laziness.	3	10
Menses before aggravation.	3	10
Menses copious.	3	10
Aggravation in morning.	3	10
One sided headache.	3	10
Pressure ameliorates.	2	6.7

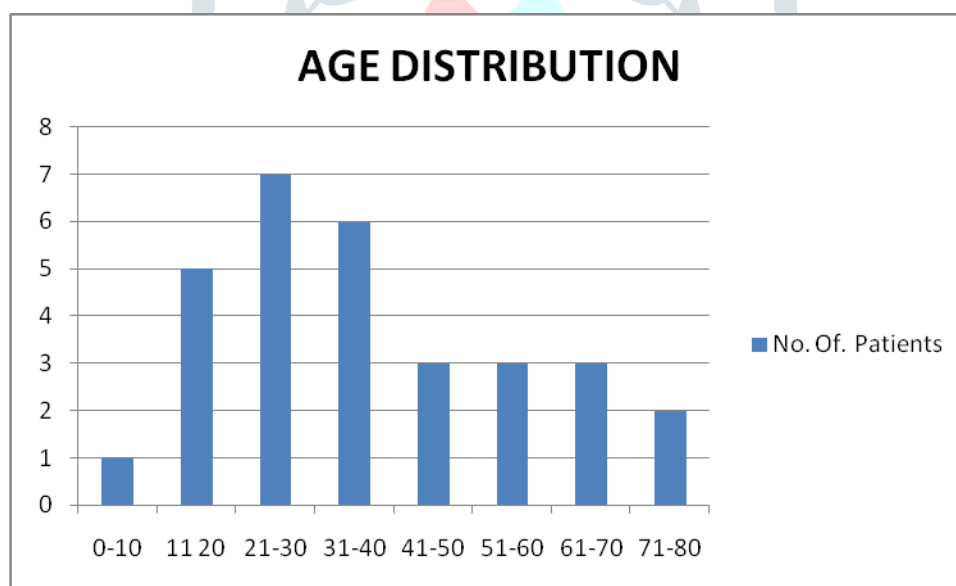


**Observation of table 3**

In the study, pulsating, stitching, bursting pain in 30% (9 cases), summer/sun heat/warm aggravation in 23.33% (7 cases), desire for salt in 10% (3 cases), desire for sweets in 10% (3 cases), desire for open air in 10% (3 cases), weakness/lethargy/laziness in 10% (3 cases), menses before aggravation in 10% (3 cases), menses copious in 10% (3 cases), aggravation in morning 10% (3 cases), one sided headache in 10% (3 cases), and amelioration by pressure in 6.67% (2 cases) of patients.

**TABLE 4 – AGE DISTRIBUTION**

Age Group (Years)	No. Of. Patients	Percentage
0-10	1	3.33
11-20	5	16.67
21-30	7	23.33
31-40	6	20
41-50	3	10
51-60	3	10
61-70	3	10
71-80	2	6.67
Total	30	100

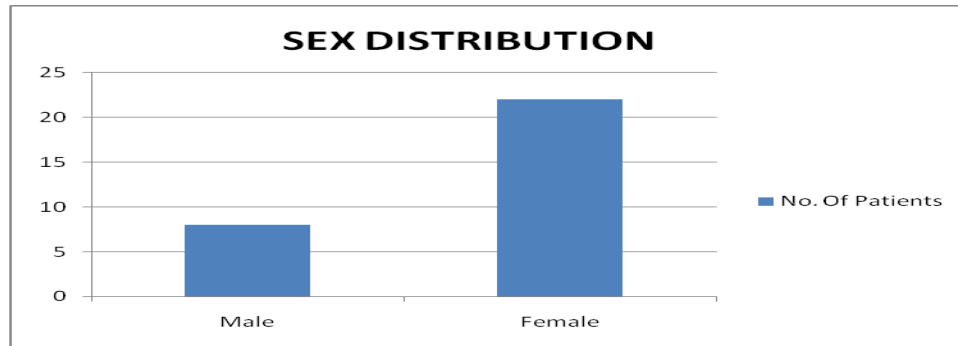


#### Observation of table 4

The natrum group affects all the age groups from infant to old aged patients. Maximum 23.33% (7 cases) belong to 21-30 years of age group followed by 20% (6 cases) belongs to 31-40 year of age group, 16.67% (5 cases) belongs to 11-20 year of age group, 10% (3 cases) belongs to 41-50 year of age group, 10% (3 cases) belongs to 51-60 year of age group, 10% (3 cases) belongs to 61-70 year of age group, 6.67% (2 cases) belongs to 71-80 year of age group and 3.33% (1 case) belongs to 0-10 years of age group.

**TABLE 5 – SEX DISTRIBUTION**

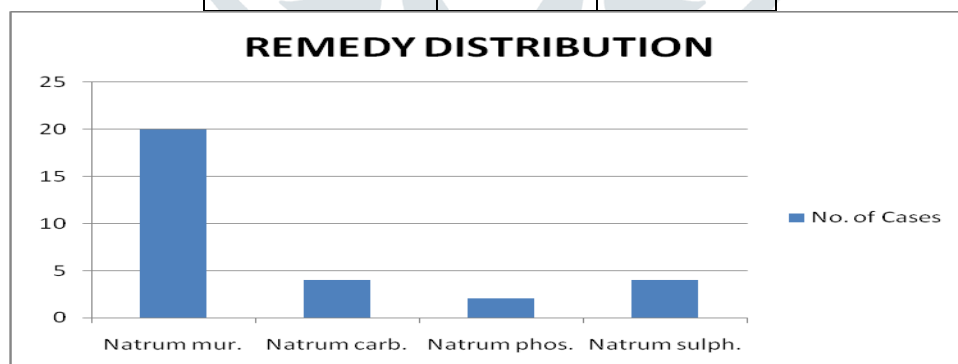
Sex	No. Of Patients	Percentage
Male	8	27
Female	22	73
Total	30	100

**Observation of table 5**

In the study 73% of patients were female and 27% of patients were male which suggest that these medicines affects females more than males.

**TABLE 6 – REMEDY DISTRIBUTION**

Remedy	No. of Cases	Percentage
Natrum mur.	20	66.67
Natrum carb.	4	13.33
Natrum phos.	2	6.67
Natrum sulph.	4	13.33
Total	30	100

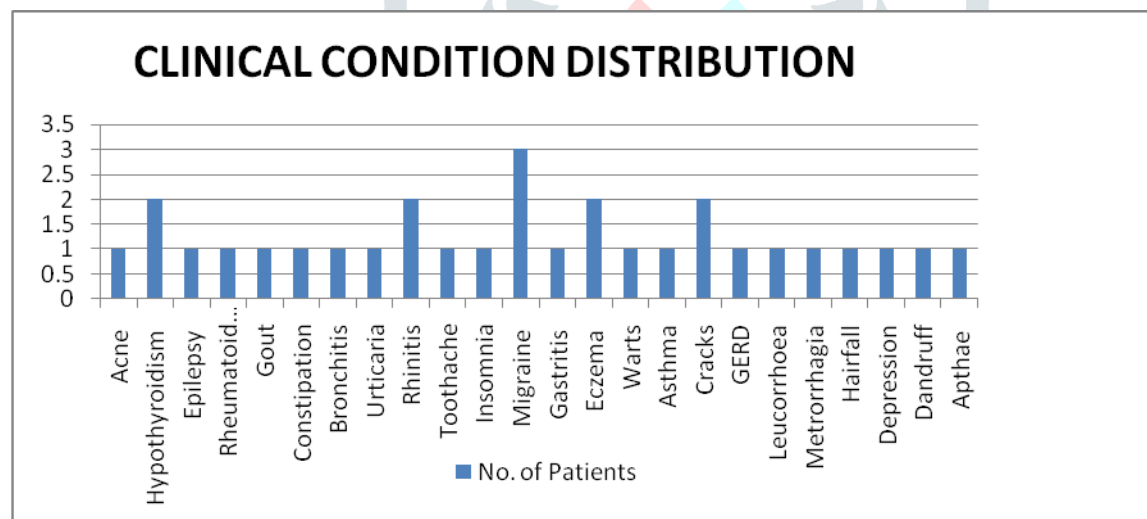
**Observation of table 6**

In the study Natrum Muriaticum is indicated in 66.67% (20 cases), Natrum Carbonicum in 13.33% (4 cases), Natrum Sulphuricum in 13.33% (4 cases) and Natrum Phosphoricum in 6.67% (2 cases).



TABLE 7 – CLINICAL CONDITION DISTRIBUTION

Clinical Condition/Diagnosis	No. of Patients	Clinical Condition/Diagnosis	No. of Patients
Acne	1	Gastritis	1
Hypothyroidism	2	Eczema	2
Epilepsy	1	Warts	1
Rheumatoid arthritis	1	Asthma	1
Gout	1	Cracks	2
Constipation	1	GERD	1
Bronchitis	1	Leucorrhoea	1
Urticaria	1	Metrorrhagia	1
Rhinitis	2	Hairfall	1
Toothache	1	Depression	1
Insomnia	1	Dandruff	1
Migraine	3	Apthae	1

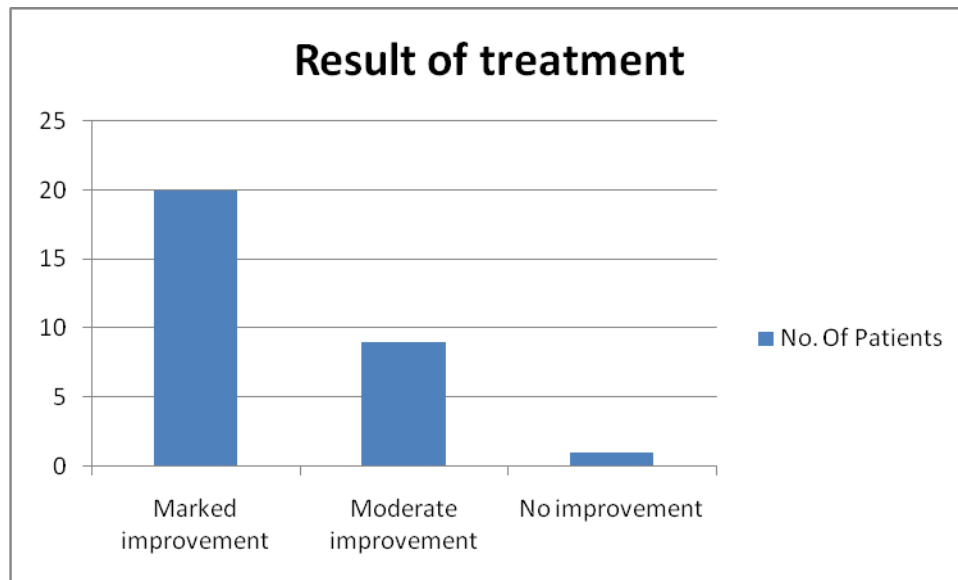


### Observation of table 7

The cases were prescribed on the basis of totality of symptoms and repertorization from appropriate repertory. Out of 30 cases 3 were of Migraine, 2 were of Cracks, 2 were of Eczema 2, 2 were of Rhinitis 2, 2 were of Hypothyroidism 2, 1 of Acne, 1 was of Epilepsy, 1 of Rheumatoid arthritis, 1 of Gout, 1 of Constipation, 1 of Bronchitis, 1 of Urticaria, 1 of Toothache, 1 of Insomnia, 1 of Gastritis, 1 of Warts, 1 of Asthma, 1 of GERD, 1 of Leucorrhoea, 1 of Metrorrhagia, 1 of Hairfall, 1 of Depression, 1 of Dandruff, 1 of Apthae.

**TABLE 8: SHOWING RESULT OF THE TREATMENT**

Result	No. Of Patients	Percentage
Marked improvement	20	66.67
Moderate improvement	9	30
No improvement	1	3.33
Total	30	100



### Observation of table 8

The cases were prescribed on the basis of totality of symptoms and repertorization from appropriate repertory. Out of 30 cases 66.67% (20 cases) show marked improvement, 30% (9 cases) shows moderate improvement and 3.33% (1 case) shows no improvement.

## DISCUSSION

The study was conducted on 30 patients of Natrum Group to assess the utility and to establish the curative effectiveness of homeopathic medicines in case of Natrum Group. Selected cases were of different age group. The cases were diagnosed on basis of clinical presentation.

The cases were repertorized using appropriate repertory and close running remedies were differentiated with further reference to materia medica.

Assessments of all patients were done before the treatment and after treatment. A disease scoring was done to evaluate the improvement. Cases were reviewed at regular intervals. The statistical analysis such as distribution of cases according to age, sex, remedy and diagnosis were calculated and interpreted. The cases were analysed according to sphere of action, common mental and common physical symptoms produced by Natrum Group of remedies.

The important observations are –

### 1) SPHERE OF ACTION

In the study sphere of action was seen on Mind in 46.67% (14 cases), skin in 40% (12cases), head in 26.67% (8 cases), respiratory system in 20% (6 cases), musculo skeletal system in 20% (6 cases), female genital organs in 16.67% (5 cases), gastro intestinal system in 10% (3 cases), and glands in 13.33% (4 cases) of patients.

### 2) COMMON MENTAL SYMPTOMS

In the study, anger in 16.67% (5 cases), disappointment – love/old in 16.67% (5 cases), offended easily in 13.33% (4 cases), aversion to company 13.33% (4 cases), irritability in 13.33% (4 cases), brooding and dwelling on past in 13.33% (4 cases), grief in 10% (3 cases), weeping when alone in 10% (3 case), hypochondriasis in 6.67%(2 cases), and consolation aggravates in 6.67% (2 cases) of patients.

### 3) COMMON PHYSICAL SYMPTOMS

In the study, pulsating, stitching, bursting pain in 30% (9 cases), summer/sun heat/warm aggravation in 23.33% (7 cases), desire for salt in 10% (3 cases), desire for sweets in 10% (3 cases), desire for open air in 10% (3 cases), weakness/lethargy/laziness in 10% (3 cases), menses before aggravation in 10% (3 cases), menses copious in 10% (3 cases), aggravation in morning 10% (3 cases), one sided headache in 10% (3 cases), and amelioration by pressure in 6.67% (2 cases) of patients.

### 4) AGE DISTRIBUTION

The natrum group affects all the age groups from infant to old aged patients. Maximum 23.33% (7 cases) belong to 21-30 years of age group followed by 20% (6 cases) belongs to 31-40 year of age group, 16.67% (5 cases) belongs to 11-20 year of age group, 10% (3 cases) belongs to 41-50 year of age group, 10% (3 cases) belongs to 51-60 year of age group, 10% (3 cases) belongs to 61-70 year of age group, 6.67% (2 cases) belongs to 41-50 year of age group and 3.33% (1 case ) belongs to 0-10 years of age group.

### 5) SEX DISTRIBUTION

In the study 73% of patients were female and 27% of patients were male which suggest that these medicines affects females more than males.

### 6) REMEDY DISTRIBUTION

In the study Natrum Muriaticum is indicated in 66.67% (20 cases), Natrum Carbonicum in 13.33% (4 cases), Natrum Sulphuricum in 13.33% (4 cases) and Natrum Phosphoricum in 6.67% (2 cases).

### 7) DIAGNOSIS

The cases were prescribed on the basis of totality of symptoms and repertorization from appropriate repertory. Out of 30 cases 3 were of Migraine, 2 were of Cracks, 2 were of Eczema 2, 2 were of Rhinitis 2, 2 were of Hypothyroidism 2, 1 of Acne, 1 was of Epilepsy, 1 of Rheumatoid arthritis, 1 of Gout, 1 of Constipation, 1 of Bronchitis, 1 of Urticaria, 1 of Toothache, 1 of Insomnia, 1 of Gastritis, 1 of Warts, 1 of Asthma, 1 of GERD, 1 of Leucorrhoea, 1 of Metrorrhagia, 1 of Hairfall, 1 of Depression, 1 of Dandruff, 1 of Aphthae.

### 8) RESULT OF THE TREATMENT

The cases were prescribed on the basis of totality of symptoms and repertorization from appropriate repertory. Out of 30 cases 66.67% (20 cases) show maked improvement, 30% (10 cases) shows moderate improvement and 3.33%(1 case) shows no improvement.

## SUMMARY AND CONCLUSION

Study of Natrum Group medicines was done to access drug response for wide spectrum of disease conditions. In this study 30 different cases of different age groups and sex for were selected for clinical trial. For various kind of disease the remedies of Natrum Group were used.

For the study 30 cases are selected from different age groups and both the sexes suffering from different kind of disease conditions and with variety of mental and physical symptoms. All thee 30 cases are treated with suitable similar remedies of Natrum Group. This study shows that the work which was done by our stalwarts is proven to be applicable and efficacious even in this modern medical science. One has to perceive the inner personality of patient to know the individuality. Sometime the pathological condition may be similar but there are finer differences in their physical as well as mental symptoms. Some common mental and physical symptoms give direction towards some group.

All the cases were thoroughly processed by repertorization with software or specific repertory by masters as per need of the case. Some had shown remarkable improvement which is in form good to excellent while some are moderately improved from fair to good. All patients responded well to various medicines of Natrum Group signifies that Natrum Group acts wonderfully on various disease conditions.

While studying and analysing the sphere of action and clinical conditions in 30 cases of Natrum Group it is inferred that these remedies act on following areas including and not limited to MIND, SKIN, HEAD, MUSCULO SKELETAL SYSTEM, RESPIRATORY SYSTEM, FEMALE GENITAL ORGANS, GLANDS, AND GASTRO INTESTINAL TRACT.

By acting upon mental sphere Natrum Group remedies produce mental irritability, anger, bad effects of disappointment and offense, grief, weeping when alone, aversion to company, brooding and dwelling on past, aggravation from consolation.

The Natrum Group shows special affinity for head where it produces pulsating, stitching, bursting pain which developed after heat of sun or warmth or summer. Headache is one sided in most of cases there by being good medicine for migraine.

On skin it covers conditions like acne, urticaria, eczema, warts, cracks, dandruff and hairfall. Dryness of skin was seen in many cases and oily skin also found in some cases. In many cases complains started after heat of sun.

In respiratory organs it produces catarrhal inflammation of mucus membrane which gives rise to various clinical condition like allergic rhinitis, URTI. There is increase in production of discharge.

By action on gastro intestinal system it causes inflammation or dryness of mucous membrane of GIT there by produces conditions like chronic constipation, apthae, gastritis, GERD etc.

In the study most of the cases are primary affection is at mental level and then after complains are seen on physical level. Complains starts after ailments like disappointment, offense, grief. Heat of sun is also seen as an ailment for development of complains specially of head and skin.

As per this study Natrum Group of remedies covers wide spectrum of disease conditions and helping the mankind to get back to the health.

I hereby humbly submit this dissertation work to homoeopathic fraternity for scrutiny, approval, guidance and application.

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