

NATRUM MURIATICUM

(Common Salt)

DR. NOEL PUDDPHATT

One remedy I have found I could not possibly do without is *Natrum mur.*

I have used it (and although I say it myself, with success) more than any other remedy.

It is a very deep-acting medicine, and covers a wide range, and Hahnemann termed it a heroic remedy.

Orthodox medicine has never heard of it, except as a saline solution.

In his "Dictionary of Materia Medica" Dr. J. H. Clarke states :

"In power and range it stands in the first rank of homœopathic remedies, but it has an additional significance, in that it exemplifies the power of attenuation in a remarkable way. The problems involved in *Natrum mur.* may be regarded in a sense as the pons asinorum of Homœopathy. Those who are able to grasp in a practical way the homœopathic uses of this remedy are not likely to meet with any insuperable difficulties elsewhere. Those who can see nothing but 'common salt' in *Natrum mur.* may conclude that they have not 'the root of the matter' in them."

In this journal we have reiterated ad nauseam to treat the patient and not the disease ; and, in order to illustrate this I have taken *Natrum mur.* as an example.

Running right through *Natrum mur.* is a characteristic symptom complex, which is—

If you get a patient who is :

Irritable > consolation and fuss > or < seaside (Clarke), weeps from admonition and pity, eyes water in a wind, lachrymation with laughter, < heat or sun, < heat and cold, > open air, desires salt, loathes fats, cannot urinate in the presence of others ; the remedy will be *Natrum mur.* whatever the disease.

< = worse or aggravated by.

> = better or ameliorated by.

By getting into one's head a symptom complex like the

above, much time and work can be saved, homœopathically speaking.

Having taken down what the patient complains of; judicious and correct questioning will illicit his peculiar mentality, with its likes and dislikes, ameliorations and aggravations, which are termed "GENERALS". In order to illustrate this, I give eight different cases. In each case the information given is what the patient complains of, which are called "Particulars".

Beneath his or her statement are the "GENERALS", you have been able to ascertain.

CASE NUMBER 1

Indigestion

Particulars. After a meal empty risings, nausea, fullness and inflation of abdomen and stomach; feels sleepy, head confused, acidity in mouth, waterbrash, palpitation. Disagreeable risings after fat food and milk.

Generals. < fat, desires salt, < heat and cold.

CASE NUMBER 2

Cold

Particulars. Violent cold in the head, fluent, sneezing, loss of smell and taste, sometimes bleeding of the nose when stooping. Very dry mouth and lips, and especially of the mouth.

Generals. > open air, eyes water in wind, irritable.

CASE NUMBER 3

Weak bladder

Particulars. Frequent and urgent want to urinate day and night; sometimes every hour with copious emission, also involuntary emission of urine, sometimes on coughing, walking, laughing or sneezing. Cannot urinate in the presence of others.

Generals. Cannot urinate in the presence of others.

CASE NUMBER 4

Weak chest

Particulars. Pains in chest; difficult breathing on ascending stairs and shortness of breath. Chest feels tight. Lancing pains in chest and sides with impeded respiration, and also when coughing.

Generals. < fuss and consolation, < heat of sun < open air.

CASE NUMBER 5

Heart disease

Particulars. Anxious and violent palpitation of heart at every movement of body, but principally when lying on left side. After eating, breath impeded, with violent palpitation, jerking and shooting pain in region of the heart.

Generals. Weeps from admonition and pity, irritable, < sun, < seaside.

CASE NUMBER 6

Rheumatism

Particulars. Wrenching and shooting pains in hips. Restlessness and jerking in lower limbs, compelling one to move them constantly. Burning in feet.

Generals. Loves salt, > seaside, > open air, < heat and cold.

CASE NUMBER 7

Nightmares

Particulars. Every night frightful dreams of quarrels, murders, fire, thieves. These dreams still keep possession of the mind after waking, and which are believed to be realities. In consequence bordering on a breakdown.

Generals. Lachrymation with laughter, < fuss and consolation, loathes fat, < heat.

CASE NUMBER 8

Nerves, colic, asthma

Particulars. States that at night, pains in back; quivering apparently of the nerves, frequent emission of urine, headache, colic, asthmatic sufferings, and great anguish of body, and in consequence dreads the night.

Generals. Very irritable, < sea, > open air, < sun, < cold.

It will, I think, be seen from the generals in each case, the remedy they point to for study, is *Natrum mur.* On studying *Natrum mur.* it will be found that under the applicable

rubrics, covering each case, the symptoms complained of by the patient will be found; and finally, to clinch the matter *Natrum mur.* has also the Generals.

A remedy such as *Natrum mur.*, which covers such a vast field, is like a big city—London for example. A few characteristics or generals of London, which are known the world over are : Buckingham Palace, Westminster Abbey, the Houses of Parliament, Whitehall, St. Paul's, the Mansion House, the Bank of England, Piccadilly, and quite a number of others.

The naming of one or more of the above, would cause anyone immediately to think of London, for they are characteristic or the generals of London; whereas, the naming of some small street, mews, cul-de-sac, house, shop, dance hall, café, cinema and so forth, would not do the same, as these could be found in any town, and they are, therefore, the particulars of a city, and do not help in distinguishing it.

Speaking homœopathically, all the well-proved remedies are homœopathic cities, with their characteristics and generals, and the mention of one or two generals or characteristics would make one think immediately of the appropriate homœopathic city or remedy.

This is the way to learn *Materia Medica*. Get to know the characteristics and generals of our well-proved remedies; for they are sign posts, which have weathered every storm. They are flood-lit, easily readable, and fixed firmly in the cement of Truth, so no practical joker can alter the direction in which they point.

There is, therefore, no excuse to lose the way.

The equation in each case is, therefore, simply this :
Generals + Particulars = Cure (in all curable cases).
Particulars — Generals = Chaos.

—*Health & You, Feb., '58*