

THE MAGNESIA GROUP

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The remedies to be studied under this group include *Magnesia carbonica*, *Magnesia muriatica*, *Magnesia phosphorica* and *Magnesia sulphurica* or Epsom Salt.

All of the *Magnesias* are so-called blood thinners or anemia producers and gastro-intestinal irritants. They also have affinity for nervous tissue and therefore often indicated when neuralgic pains are a conspicuous complaint. All are deep, long-acting remedies.

A state of nervous tenseness is common to all members of the group. Anxiety and uneasiness of mind are characteristic mental symptoms. Depression, apprehension and irritability are symptoms that help to set the pattern.

Magnesia carb. Anxious inquietude of mind with trembling of hands. Sadness with aversion to conversation. Apprehensive with feeling of warmth over body and through head. Complaints following nervous stress or shock, also following long periods of worry or mental fatigue.

Magnesia mur. Anxious, restless and fidgety. Hard to keep still or remain in one position. Nervousness with tendency to weep. Aversion to company and to conversation. Wakefulness with sense of fear that something will happen. Anxiety with relief in open air.

Magnesia phos. Mental depression and anxiety. Persistent depression of spirits. Very forgetful. Complains bitterly of pain. Tiredness with indisposition for mental effort. Tense form of nervousness. Pain causes restlessness.

Magnesia sulph. Foreboding anxiety as if some accident would happen. Apprehension with restless uneasiness. Melancholy with disposition to weep. Tendency to be easily irritated or annoyed.

From the above it appears that the mental symptoms of each remedy follow the group pattern rather closely, but it requires symptoms outside of the mental field to make the individual selec-

tion. In fact, no really sharp picture unfolds itself that would warrant describing it as the *Magnesia* mind. The *Natrum* group presents a more definite mental pattern both collectively and individually. The same may be said of the *Kali* group, although perhaps to a somewhat less degree. Remedies such as *Arsenicum album*, *Nux vomica*, *Phosphorus*, *Pulsatilla* and *Sepia* all present clearly-defined mental symptoms. When it comes to the *Magnesias* too many other remedies present mind symptoms that follow along more or less similar lines. It might be said that *Magnesia* exerts its effects more in the body than in mind. It is more "somatic" than "psycho."

Pain and sensitiveness to pain are strong features of *Magnesia*. In the carbonate there is painful sensitiveness of the entire body; also lightning-like neuralgic pains; sore, aching feeling in shoulders and limbs. Often there is facial neuralgia with preference for the left side. Toothache in the roots of the teeth, even in the absence of caries.

In *Magnesia muriaticum* symptoms of nerve irritation with cramping pains in the region of the liver and uterine region. Aching pains in back and hips. Lancing, drawing, tearing pains in the extremities. Drawing pains in face; cramp-like pains in bones of face. Toothache aggravated by least contact of food. Abdominal and uterine cramps with pains extending to thighs.

Magnesia phosphorica, called the "prince of the *Magnesias*" by Nash and the "great anti-spasmodic remedy" by other writers. Severe cramping, neuralgic pains which are ameliorated by heat and pressure. Sudden, violent cramps and paroxysms of pain anywhere in body. Intestinal and uterine colic relieved by heat and pressure. Deep massage will often relieve the pain, but only momentarily. Often indicated in exhausted, neurotic persons, and no word short of "violent" will describe the severity of the pains to which the patient is subjected, pains so severe that they are practically the sole topic of conversation. Cramping, cutting, shooting, spasmodic pains better from heat and pressure.

Magnesia sulphurica is full of pain like the other *Magnesias*, but the word "cramping" is largely replaced by the term "burning." This is probably due to the *Sulphur* in the combination. Burning, tearing, rheumatic pains in the limbs with a feeling of

soreness over the body. Violent burning pains in the head, especially in the temples. Bruised, burning and stitching pains in the back and elsewhere in the body. Burning and neuralgic pains in the abdomen radiating from the umbilicus.

In the digestive sphere the *carbonate* has a strong action on the stomach, liver and intestines. *Magnesia muriatica* affects the liver and the general function of digestion. The *Phosphorus* combination brings out the nervous sensitivity and is prone to severe abdominal and intestinal cramps. *Magnesia sulphurica* has a sluggish liver function, intestinal irritation with diarrhoea of a watery nature and copious urine of a greenish color when first voided.

Desires and aversions, aggravations and ameliorations in respect to food often have selective value.

Magnesia carbonica desires bread and butter, but in some cases there is an aversion. Craving for milk, meat and broths even though they aggravate. Desire for fruits and sour foods, also for cold drinks.

Magnesia muriatica desires sweets, but is aggravated from butter and fat in general. There is also aggravation from cold food, meat, milk and salty foods.

Magnesia phosphorica has aversion to coffee, but a craving for very cold drinks as in *Phosphorus*.

Magnesia sulphurica has aversion to tobacco, and aggravation from eating potatoes, the latter having been verified a number of times in the writer's experience. Aversion to meat is a frequent symptom.

Lack of vital heat is noted under *Magnesia carbonica* and *Magnesia muriatica* and this modality is strongly marked under *Magnesia phosphorica*, the latter desiring warmth in general as well as heat applied locally. *Magnesia sulphurica* is a much warmer remedy.

Magnesia muriatica has a 4 to 8 p.m. aggravation but to a less degree than *Lycopodium*. Periodic complaints have been observed under *Magnesia carbonica* with a three week cycle, this mostly in very chronic conditions.

Acidity is characteristic of *Magnesia carbonica*. Sour odor of body, sour eructations. Gastric hyperacidity. These symptoms are most common in sensitive, nervous patients.

Magnesia muriatica acts strongly on the liver, and constipation is nearly always an associated symptom. Small knotty stools which have a tendency to crumble as they are expelled. Constipation in children during dentition. Pelvic disorders in women with long history of digestive trouble.

Magnesia phosphorica acts on the digestive tracts and with any gastric disorder there is the characteristic relief from heat and pressure. If there is toothache, it will be relieved by holding hot water in the mouth and by pressure on the jaw. Persistent hic-cough with thirst for ice cold drinks but with relief from external heat and pressure on the stomach and abdomen. This remedy is indicated in menstrual suppression following cold bathing or any chilling of the abdomen. Amelioration from heat and pressure is a necessary modality.

Magnesia sulphurica has frequent eructations tasting like spoiled eggs. Nausea with accumulation of water in the mouth. Vomiting of food then mucus. Sensation of coldness in stomach with nausea. Burning sensation in throat, esophagus and stomach.

Magnesia sulphurica or Epsom Salts, is used with a very free hand as an external application in the form of hot compresses. In the writer's opinion its value is very much overstressed. Towels wrung out of hot water, and continued until the tissues are thoroughly heated through, will serve the purpose just as well.

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