

# How to Study a Remedy eg *Kali*

A good teacher is one who teaches the student to learn by himself. Our purpose today is to use this issue as a demonstration of a method of learning, and not just of sharing information. Little difficulty presents in learning well-proved remedies. What about those remedies which have not had this benefit?

Here we will lay down the general approach to the Study of any Remedy- every eventuality has to be provided for. The guidelines should be such as to allow the study of any remedy. Every means may not be employable or applicable for every remedy. Out of this, use only that which applies to that remedy. At the end of unearthing all this data, you will come closest to understanding the remedy. From here on, further understanding gets consolidated and builds up as we go along in practice and solve cases. It expands, clarifies and weaves the full picture together. This last has been amply demonstrated by Dr Tiwari in *Kali-bi* study and through our section on Learn a remedy through cases.

But unless we first have a base line, we cannot solve cases. So first let us explore the various sources, which will give us the primary data for the study of a remedy.

## VARIOUS WAYS TO PICK UP TRAITS:

1. Position in cell.
2. Basic constituent - affects.
3. Deficiency and Excess/ Poisoning effects.
4. Common Usage
5. Kali location-through the basic Traits
6. Inflammatory response
7. Miasm
8. Evolution – discussed separately

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9. Demonstration of final understanding through cases

## 1. POSITION IN CELL:

The positioning gives us some data

Na + Ca: extra-cellular

K + Mg: intracellular

2. Being an important constituent of the cell, a study of the functions will give clues to the remedy. Here Dr R D Jain's article is exhaustive.

K: controls Metabolic Processes. Conduction of N-impulses (c Na) ~ Synaptic Transmission

Mg: Plasma, mitochondria, enzymes

K + Mg: Insulin, Carbohydrate metabolism, ATP, Energy

Ca: Excitation & contraction, Enzymes

Na: Transport amino-acids to nucleus.

K + Na: opp sides of cell-wall: combined role in conduction of Nerve impulses

Na, Ca -extra cellular; Mag, K- intra cellular. Being constituents of the cell, all 4 go deep into the system and affect all systems + Mind.

Along with Fer & Ba, they constitute 80% of clinical practice. Understanding these 6 clearly gives 80% success in practice.

*In Kali* and *Mag*, Anxiety 3 is all-pervading and reflected in Mind, Dreams and Delusions.

*Kali* overt + dreams.

*Mag* covert + dreams.

*Mag* has poor data. *Kali* has a plethora.

Then why is it used so little? Due to poor understanding!!

Kent says it is a difficult remedy to study. Complex and Confusing

So to understand *Kali* and use it successfully, we will need many keys.

So far we know it is a poly crest with a far reach.

**3. LETS TAKE THE POISONING EFFECTS:****1. Potassium Imbalance:**

Excess: Spasms, contractions, Weakness, Flaccid Paralysis, Oedema

Deficiency: Hypertrophy, Paresis of voluntary muscles (*periodic palsy*), Degeneration

**2. Regions Affected:** Brain and Nerves., Heart & Blood vessels, Lungs, pleura, bronchi, larynx, Kidney & Uterus

**3. Discharges:** White, Albuminous, Thick, sticky, stringy, Acrid, yellow-green, Bloody, fishy.

**4. COMMON USAGE:**

a) Meaning of Kali: In Arabic Kaly = Ash

*Potassium Carbonate* vegetable alkali - exists in all plants. *Potash* - ashes after burning wood and vegetables have large amounts of Kali. Discovered in 1807, the constituent of ash is mainly *Kali*. And it is the 7th most common element on earth.

b) Used in manufacture of glass- difficult to melt = Always stands out

Gunpowder - *Kali-nit*. Nit = Explodes.

Artificial fertilizers- artificiality.

**5. KALI LOCATION:**

*Pot salts*: specific relation to solid tissues of blood ie corpuscles.

1. Affect fibrous tissue, ligaments, uterus, back.

Useful where these tissues are relaxed: joints give way, back feels broken.

1st ranker in joint conditions - says Goulton

2. Women - uterine complaints, climaxis with heart, violent palpitations, Sensation uterus suspended by thread.

3. Other organs: lungs, pleura/ bronchi and larynx. Knee and joints.

4. *Kali* causation: Heredity: psora5, Sycosis Tub3, Syp

Suppression: emotions, discharges, eruptions

5. Prominent Catarrhal remedy.

Hahn says: chest ulceration can hardly heal without *kali*.

Cannot raise catarrh which is sticky; lump sensation, fish-bone sensation,

< 2-3 am < winter

Allen: *Kali-c* < winter > warm.

*Calc-c*: damp > dry, cold

6. Useful in hair fall- dry, rough

**6. KALI INFLAMMATORY RESPONSE:**

Gains Importance as it is different.

*Kali* state-water-logging + *Kali* pt-anxiety + Pains-stitching.

*Kali* does not have not the classical acute response: Pneumonia - evolves over long time. Resolution is delayed. Contraction of fibrous tissue, with distortion and fibrosis

Psora: Outpouring of fluids.

Sycotic: Indolent + metastasis < cold, damp

Tub: Erratic + Suppuration à tracts à fibrosis

Syp: Destruction

CPs: Baggy eyelids. Water logging-upper eyelid.

Spotty, stitching pain.

Gen: Backache, chilly, sweat, Debility

So far our study has yielded some physical traits in hand.

Now let us turn to the mind.

**KALI MENTAL STATE:**

From various MM, repertory and various authors and contemporary Homoeopaths, let us understand the *Kali* mental state.

When we think of *Kali* what is the first image, which comes to mind?

A person who, as Kent says, is

**1. FULL OF FEAR.**

Let us now build on this.

A person who fears everything - Fear of death, of ghosts, of future, Fear of being alone in the house.

He thinks what if something happens, what if the house burns down, what if some robber comes.

This fear and being alone does not allow him to sleep.

**Evidences in the literature:**

Full of fears, Fear of death-Hering[H]-*Kali-phos*.  
Ghosts disease, will not recover *Kali-c* [H]. Something will happen, night, dreams full of fear [H]

of noise – *Kali-ph*, *Kali-iod*

to be spoken to – *Kali-brom*

Fear disease: will not recover [Tyler]

Fear3 starts when touched: *Kali-c* [Hering]

Fear she will die: [H]

Anxiety, nervous dread without special cause-*Kali-p* [H]

More concerned about Health, complains without cause-*Kali-br*[H]

Anxiety extends stomach to spine: E Gladwin

And where is the Fear felt?

Pt says “Doctor, I do not have fear like other people, because I feel it in my stomach. If a door slams I feel it right here in the epigastrium.

So fearful, cannot be alone. Needs someone with him all the time. If alone, cannot sleep.

**The fitful sleep is full of dreams.**

Dreams of Death, Frightful, Accidents.

Falling from High Places,

Murdered would be, Riots, Fire,

Anxiety related-Bed sinking

Some dreams common with *Mag* like Journey, robbers. Amorous dreams, with polluting and weakness.

Performs in dreams

2. *Kali*: Cannot be alone. Needs Company  
Because he cannot bear to be alone, *Kali* wants company all the time.

*Kali* should be the remedy of the 20<sup>th</sup> century. Because in this century people have forgotten how to be alone.

They are constantly on the move, always doing things meeting people, going to parties, a social, a movie, a kitty, a picnic, a jashan, a holiday.

Want No time to think and stare. *Never give themselves a moment's rest !!*

*Kali* is A Group Remedy

1: Many unlike *Natrum* which is 1:1

Irritable, Irascible + weepy. Cannot stand loneliness. Wants company. Dependent and leaning. Needs support. Cannot be independent. Wants to receive what cannot give. Miser. Wants3

WANTS COMPANY. 2<sup>nd</sup> important trait.

*Phos* also wants company. Is *Kali* like *Phos*? No, very far removed from it. *Phos* loves people, it want to do for people and wants reciprocation. *Kali* wants people for fulfilling its own requirements.

He wants them because he cannot be alone. And because he needs people to tell him how good he is. He stands on their good opinions. He does not have the strength of character to build himself on his own opinion. His own opinion may not be so good, so he drowns it by hearing other people. People fulfill a need for him and so he is nice to them as long as it suits him.

But he can throw them away when that need is over. So he can drop a friend at a moments notice. The same fellow whom he claimed to be his greatest friend is nowhere on the horizon a few days later!!

Yet this we must grant that *Kali* has a tremendous capacity to make and keep friends. And to make them work for him, inspite of them recognizing his utterly selfish nature. Magnetism I call it, since I cannot find any other explanation.

*Rubric*: Wants Company, but treats them outrageously.

3. Emerging from this is his Tremendous ATTACHMENTS. Esp to self + SELFISHNESS.

Attachment also to material objects, Buys much: clothes, perfumes. Keeps them in tip-top condition. Fastidious+++.

Balance between needs and capacity=health.

When wants far exceed the capacity it brings in its wake, disease.

This makes him extremely hypersensitive – to external stimuli- emotional and physical

He imagines insults when none are meant.

Thus, building up tremendous insecurity and Anxiety.

**4. ANXIETY:**

**KENT SAYS:** Pt says "doctor I do not have fear like other people, because I feel it in my stomach. If a door slams, I feel it right here in the epigastrium"

Kent says *Kali* is a weakling. Proof? weakness after sex. Sex -that act of joy, of procreation, of energizing, of recreating, of fulfillment, which should fill one enough to do more work, that act or even thinking of it( sexual excitement) for *Kali* only produces

**5. DEBILITY.**

He takes the next day to recoup. We can see how deep rooted the debility is. He is on the way to breakdown. Tremulousness shivers and trembles for a day or 2 after coition.

6. I call the *Kali* SPINELESS. His back gives way and he gets paralyzing backaches. I had one a pt who, after carrying on with many girls, finally married the girl of his parents choice. And he got his just dues. The girl was frigid and h also he got paralyzing backache. That marriage was a disaster. Only much later, he married a known girl and was happy.

7. MORALISTIC: We must understand that the *Kali* needs to have people. For this he must conform. He cannot get people to like him by going against the stream, by doing anything which society will not approve of. So he stays in favour by doing what the others do.

He is a conformist. Not for *Kali* the wild and outrageous things that *Nat* does. Running away with the girl of his dreams. If he did that, he would be ostracized.

And *Kali* could never bear that. Nor can he give up the world for ONE true love. One can never suffice for him; he requires many.

Natrum has ONE friend whom he adores. All his eggs are in one basket. Devastated if that relationship breaks. *Kali* believes variety is the spice of life.. Not an Idealist, our *Kali*, but practical & hard. Nancy Herrick says: *Kali* has a Strong sense of morality.

This fits into what we have deduced. Examines each issue in terms of right and wrong. And will do what is right. The positive side. As a Judge, where the world is watching him, he will deliver a just Judgement.

8. Thus the HYPERSENSITIVITY to external stimuli, emotional and physical.

On negative side, imagines insults when none intended. Builds up anxiety and insecurity.

Positive aspect of sensitivity: Clairvoyant, Psychic and Intuitive.

Case: One pt got dreams of events which she cannot place and which happen a month later. Eg saw a dead body with 2 children crying next to it. A mth later her cousin died.

9. MANIPULATIVE: as per circumstances. Many friends, as shows only good side. Uses them, yet manipulative enough to keep them in his orbit. This explains his capacity to make and KEEP friends, inspite of his outrageous behaviour?

**10. MAGNETISM.**

With these thoughts, I can now explain the traits quoted by Nancy Herrick, which I could not at first agree, when I first heard her in 1993.

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***KALI* MENTAL STATE: Nancy Herrick**

-Does what is right.  
-Rigid mentally and physically  
-Holds body tightly  
-Obedient in society  
-Make good neighbours

-Responsible to family and society  
Responsible jobs.  
Moralistic.  
Anxiety - agitational and anticipatory  
Confusion

Fears alone. Starts- noise  
 Dreams & Delusions  
 Poor Sleep  
 Peevish & irritable  
 Impaired intellect  
 Indifferent c exhaustion  
 Cannot bear touch-feet ticklish

b) **KALI: PHYSICAL STATE:**

1. The 3 great characteristics: Pains stitching, Lancinating < rest < lying affected side.
2. Farrington Triad: Sweat, weakness, backache- is *Kali* and nothing else.
3. Swelling over eyes till brow.
4. Early morning <
5. Glabellum and Supraorbital pains.

From all the above a total understanding of Kali can be evolved. Also refer ICR symposium Volume chart.

## Integrating various view-points to our understanding:

In 1993, when I first heard Nancy Herrick's view point of *Kali*, it was difficult to integrate it with my existing picture I had. Then I studied Jan Scholten, where he explains that in India, the picture of *Kali* is different, as social norms are different. In India, the family, fear of disease and loneliness are all pervading central themes. Concept of duty does not stand out as different, as in India duty to family is a norm and taken for granted. Outside India, different thoughts and norms prevail. With this explanation some of the interpretations did seem plausible.

While learning a remedy, different viewpoints must allow an understanding converging with our own overall

picture, and allow us to find the remedy in our patient. Physicals Generals are the most reliable and unchallenged indicators, the uncontested fixity. Farrington's triad which ONLY spells *Kali* is - Backache, Debility with chilliness and sweat. 10/10 Homoeopaths can elicit the same symptoms and come to the same remedy without any controversy arising. This may not be the case when mentals come into play. Coming to Scholten's main themes; it is worthwhile pondering to see how they reflect in our patients and then merging it with our existing picture- a true example of how a MM study grows- add on what fits, discard the rest.

## Scholten's Minerals and Homoeopathy

Pure *Kali-metallicum* is not potentised yet, as it immediately reacts with both water and sugar. Volatile and violent aspect of *Kali*? Not clearly seen in the salts. And all study of *Kali* so far has been only through salts. *The only other violent Kali we know is the Goddess Kali! Any connection?*

Imagine Goddess Kali – freshly severed human head in one hand; huge sword in another; tongue hanging out; a true picture of terror!

Goddess Kali- the most violent of the Hindu Gods and Goddesses- throws fire to burn out all that is not to her liking. But she is just? Destroys only the evil! Some-

thing else to ponder about.

**MOST IMPORTANT THEMES IN *KALI-MET***

Work and duty

Matter of Principle

Simply doing work, no talk

Duty lies in carrying out task

Conscientious.

In India, the focus is: Family; togetherness and duty are mandatory, taken for granted.

Fear alone and disease = *Kali-c*

Work hard, capable

Builders of society

Practical, pragmatic, steady pace  
Steady plodders  
Fixed rules  
Reliable, stable, responsible  
Work alone, no family interference  
Do for sake of doing what is right  
Dislike change, new waves, new ideas  
Not different. Do not like to stand out  
Rigidity, in body, holds it tight  
Tend to follow rules therefore  
Good neighbours,  
Responsible to family. Obedient Psychic. Clairvoyant.  
Intuitive.  
Desires company  
Embarrassed, ashamed of illness, since it mars perfection  
An Uncontrolled situation  
Family normally bears the brunt of removing frustrations, thus irritability to family (*Kali-c*).

**Since *Kali* falls in *Fer* series, several traits are of *Ferrum***

Simply maintain order: control.  
Prefers routine; hates changes  
Not artistic. No heights of imagination  
Pragmatic; not really selfish  
Fear failure, criticism, opposition  
Aggression reserved for family.  
But too much of Responsibility, Correctness, Stickler to rules and norms, in due course, makes a person become a Rigid, Dogmatic, Moralistic, Conservative, Stoic. Learns to control emotions. No room for play.  
Holds on to things. Closed and reserved.  
Tightly shut: expressed physically as:  
Constipation;  
Difficult labour.  
No overflowing love for child  
Routines - rigidity. Aim to get job done.  
Sensitive to criticism. Brushes it off. Feel nobody understands their aim: to carry out their task.  
Control, cannot bear to lose eg laughing, tickling

(Rub: feels very ticklish in feet) surrender to emotion not allowed!

Impulsive optimism a great success. Also great failures with Fear of failures<sup>3</sup>

Closed - do not share feelings.

Too much control and Fears: fear failure/ criticism/ opposition/ anticipation/ alone/ fears felt in stomach.

Family oriented ie does work hard to support them

Dreams: - futile efforts, paralysis.

Moods in depression: gloomy, tired, apathetic.

< exertion and exhaustion

Aggression: irritable to family.

**PROFESSIONS MOST CHOSEN BY *KALI*:**

Grocer, civil servant, manager, policeman, judge, clerk, bookkeeper, and accountant.

**CONCLUSION:** Prescribe on Physicals, which are uncontested: then study those patients, who got well, their lives and personality. See which of the above traits can be confirmed.

## *Kali*: Some Salts

The basic understanding remains, each salt will add its flavor.

### *Kali-bich*

*Kali*: Anxiety. *Chromium*: Hardness

*Acid*: Debility. So punched out ulcers.

In each *Kali* the inflammation process progresses differently.

Here the exudative turns sticky and stringy.

Characteristic: < Tea and Beer. Hot syph

### *Kali-mur*

Exudates - plastic. Blocks tubes. Hot, white discharge.

### *Kali-sulph*

Discharge acrid, yellow. Tongue yellow. Hot

### *Kali-phos*

Anicipatory anxiety.

Excitable. Sex ++.

Bloody discharges.

[H] - Despair, Homicide. chilly

**Kali-iod**

Hot > exercise  
Violent Lesbian leanings.

Restless

**Kali-nit**

Hot. Inky, black, menses  
Dr: emaciated, friend dying, teeth break, urinating

of dirty linen, raped, men following her, pursued,  
Lot of violence- sexual, guilt

**Kali-chlor**

Destruction. Gangrene. Sepsis.  
Now we have done an exhaustive study of *kali*. Now we will do the evolution. My cases we will have to hold over for another time.

## Kali Evolution: Childhood to Old Age

A joint family with many children, one of them Grandmother's pet, getting things surreptitiously. At first it is a game and he enjoys the privileged feeling, but what is the fun if he could not tease others? He had been warned not to tell and not to share and had to keep it a secret. Gradually the habit of getting firmed up. He learnt only to take, never to give. His demands increased and with it, his attachment to self.

Normally too, there is one stage when every child is led to think he is the centre of the universe. But gradually his universe expands and he learns to respects the rights of others. Not so for the *Kali*.

He continues to remain not only the centre of his own world, but also of the whole universe.

Demands increase till the point whent the anxious Mo finds it difficult to meet. Child reacts with anger. To punish the errant Mo, he doles out spasms, stuttering, night-terrors and bed-wetting, which quickly brings Mo to heel.

Normally as a child grows and starts making friends, he learns to give in order to make friends. But *Kali* skips this step. Everything comes to him ready-made, pre-digested. This is particularly found in *Kali*.

Lazy, dread of all the labour with attachment to self, makes him dependent on others! Predigested can produce the *Kali* state.!

For *Kali* since everything comes ready made, he thinks it is the norm. He does not realize he has to pay to get. Then he goes to school. Things are different in school. No grandmother. The child has to learn to fight to get

what one wants. But *Kali* never learned to fight. He started with a handicap and his physical weakness does not allow him to be able to fight. Can *Kali* be a Bully? No. It requires brute physical strength and with the child opposite him is weak enough to be bullied.

Rather *Kali* gets bullied. He does not like this role. How to get out of it? He is bright, though sometimes misdirected. He complains to the teacher. The teacher helps him fight his battles. Other children ostracize him. This is the beginning of his fear, anxiety, hostility, quarrelsome nature and suppressed anger. He reacts by getting an attack of Asthma, to get attention and make the child, the teaser, feel guilty.

Guilt plays a big role in the *Kali* picture. A number of rubrics deal with this esp in *Kali-br*.

Respiratory ailments always trouble him, esp when the fear and anxiety of exams rule uppermost.

At home he takes it out on parents by  
Obstinacy/weeping

Quarrels/ rage  
frustration

Passive resistance & refusal to eat!!

This last is a potent weapon and the worst scenario for parents. They give in *Kali* has now learnt the ultimate weapon of emotional blackmail.

**RUBRICS:**

~ Aversion to family

~ Devotedly attached children, become quarrelsome -

*Kali-iod3*

~ Moaning - *Kali-br2; Kali-c3; Kali-cyl; Kali-iod2;*