



Natrum-Carbonicum and a case

ABSTRACT: *The main theme of Natrum-carbonicum is of a vital reaction (Carbon) needed by a person who is alone, ie without a relationship on a one to one level with another human being (Natrum).*

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The feeling is, 'I cannot exist independently from a person who provides me care and nourishment.'

EXCERPTS SUMMARIZED FROM EARLIER BOOKS:

Natrum-carbonicum is a salt belonging to the psoric miasm.

They need just one relationship and are very dependent on this one relationship, without which they feel tremendous fear, sadness and a sense of isolation. This is brought out best in the delusion of *Natrum-carbonicum*, '**Delusion, division between himself and others**'. It is this tremendous need for and dependence on the relationship that makes them very vulnerable to hurt. *Natrum* therefore, develops a fear of people and tries to avoid contact. While on the one hand they try to avoid company, on the other hand they also dread being alone, 'Company, averse to, yet dreads being alone'. The theme of the Carbonates is that of fear of death with a need for a vital reaction in order to survive, as suggested by the rubric, 'Starting from fright'.

Natrum-carbonicum is very sensitive, especially to separation from the beloved and to the breaking of relationships. When the beloved is not there or has gone away, the patients show great sadness, reacting to sad music, especially that from the piano. They desire to make contact but have been unsuccessful in forming relationships and blame themselves for it ("Delusion, he cannot succeed, does everything wrong").

There is dullness, prostration of mind, indifference, discouragement and despair. As they feel more and

more isolated, alone, they become avaricious, developing a fear of robbers. All this naturally keeps them in a discontented, uncomfortable and sad state.

THERE IS ALSO THE VITAL FEAR SEEN IN

- Starting at the slightest noise
- Fear of all mankind
- Fear of thunderstorms
- Fear, constant, of everything

It is interesting to note that *Natrum-carbonicum* does not have any fear or delusions of animals. They are only afraid of people.

The dreams of *Natrum-carbonicum* include dreams of danger, of robbers, of murder, of corpses, of water and floods, while the pleasant dreams are of marrying two women, of parties and entertainment. The pleasant dreams show that the patient is setting up relationships and having good contact with society, whereas the anxious dreams show fear of death and fear associated with being lonely.

RUBRICS

- Aversion to husband
- Aversion to members of family
- Company, aversion to, yet dreads to be alone content
- Delusion, division between himself and others
- Estranged from family
- Estranged from friends
- Fear of thunderstorm
- Forsaken feeling
- Indifference when in society

- Misanthropy
- Sadness, aversion to company, desire for solitude
- Chilly, but heat of sun aggravates
- Feeling of tremendous coldness - icy coldness especially of hands and fingers

RAGA YAMAN produces the feeling of *Natrum-carbonicum*. During a proving at my seminar in Bombay, the main themes that came up after playing the Raga were of solitude, being alone in the world, division between oneself and others, being in a world of one's own, a solitude without fears, a lofty feeling as if looking at a city below, a feeling of gaiety and mirth, contentment and tranquility, anxiety for others, and sympathy. Also on the other hand were sadness like that which is felt on departure of near and dear ones (wedding ceremony), the beloved is going away and his wife is telling him not to go away, pacifying loved ones, as if waiting for someone, being neglected by friends, of seeing something black and fearful darkness. There was a desire to be at the mother's breast.

KEYWORDS OF NATRUM-CARBONICUM

- Loneliness
- No one to care
- Can't connect with people
- I feel I'm one person different from others
- Can't socialize
- I'm the odd one out
- Sinking

EXCERPTS OF A CASE OF NATRUM-CARBONICUM

This is a case of a 31 year-old woman, first seen on 27.01.03. She came for the treatment of hypothyroidism. She did not have many complaints other than loss of hair and weight gain.

Losing hair and putting on weight bothers her the most. She says, "My hair texture has completely changed; every woman wants good hair. This coarse hair affects my looks; I do not feel confident about my personality; it is causing a dent in my personality". She also feels depressed because she is not losing weight in spite of trying to do so.

She is an introverted and sensitive woman, and weeps easily when her mother or brother speaks harshly to her. She says, "I am usually balanced, never brood, take life the way it comes but at the moment dangling in-between, not been able to concentrate either on my career or home, absolutely in-between position. The feeling of not settled, not on the track, little insecurity, how will life take turn or shape?"

She is much attached to her mother as her mother pampers her a lot and is always there to take care of her. "My whole world revolves around her, miss her not being around, very anxious about her health and would feel shattered if she is not there. There is a feeling of insecurity, I want to be with everyone, want to keep them happy. I cannot stay alone, feel very restless." This is a major hindrance in her marriage because she does not want to leave Bombay and her family, especially her mother, as she may need her anytime.

She suffered from major grief when her grandmother expired. "I was in a shock like state, my hands were shivering, had severe chilliness for two hours, I was mumbling irrelevant things maybe experiencing something like a 'panic attack'. I cannot accept death of any close member."

She suffers from vasovagal attack where she faints on seeing blood, pinprick or any pain-triggering factor. She feels claustrophobic, faints in crowded places, experiences dizziness at high places and gets startled at sudden noises.

She dreams of something going wrong and missing her exams. She likes music of every kind; craves bread, ice creams, fruits, and vegetables and loves potatoes.

She suffers from throbbing and pounding headaches that are worse in sun and after the dreams of exams.

CASE ANALYSIS:

Her main problem is of hair loss. The effect of this problem on her is that her self-confidence has reduced.

Her main anxiety was that she was not getting a partner to marry. She felt like she was dangling in



between and had nothing to hold on to. This made her very insecure about her future. She felt very helpless and wanted to keep very close to her mother.

Her entire world revolved around her mother. She lacked the feeling that she is attached and she needs that feeling especially to her mother. She wanted pampering, love and care from her mother. We see here her need for attachment to somebody who provides care and nourishment (*Natrum*)

At the time when she lost her grandmother (with whom she was much attached) she felt shattered as if she is not there, as if she can't exist.

Her main reaction was getting startled and panic (which are Carbon reactions).

RUBRICS OF *Natrum-carbonicum* (Complete Rep):

GENERALITIES

- Faintness, fainting: excitement, on
- Faintness, fainting: crowded: room, in
- Cold: agg.
- Food and drinks: potatoes: desires
- Food and drinks: bread: desires

HEAD PAIN

- General: sun, exposure to: agg.

Mind:

- Starting, startled: noise, from

EXTREMITIES

- Coldness: upper limbs: hands

Skin:

- Eruptions: herpetic: circinate, ringworm

REMEDY GIVEN: *Natrum-carb* 0/3.

I chose to give her LM potency as she didn't experience many emotions, there was denial, and she only presented with pathological symptoms.

FOLLOW-UP OVER TWO AND A HALF YEARS

She followed up regularly for two and a half years. In this time her thyroid functions became normal. The test for anti-thyroid antibodies came out to be negative (earlier it was positive).

Her mental state improved as did her general health also improved.

Pre-menstrual pains and depression got better as well as dysmenorrhoea. She also found a good partner and got married in June 2005. A year later she got pregnant and delivered a baby boy.

THYROID FUNCTION TEST

Date	TSH
July'01	>60
October'01	4.2
June'03	2.2
November'03	4.4
August'04	6.0
November'05	3.5
February'06	5.7
March'06	5.7
April'06	4
June'06	3

Have a look.....things you may not know....

- A crocodile cannot stick its tongue out.
- A snail can sleep for three years.
- All polar bears are left handed.
- American Airlines saved \$40,000 in 1987 by eliminating one olive from each salad served in first-class.
- Butterflies taste with their feet.
- Elephants are the only animals that can't jump.