



A study of the remedy: *Mag-phos*

(I knew *Mag-phos* only as a spasmodic, acute remedy. To make my learning complete from the *Sinusitis* case of *Dominating Father*, (Editor: Due to space constraints, this case will appear in 04/04 ENT II) I tried to study *Mag-ph*, and have put this initial study here. I mainly referred to the following books: *Kent's Materia Medica*, *Phatak Materia Medica*, *Boericke's Materia Medica*, *Materia Medica for student* by Dr Ritu Kinra).

Before going to the remedy *Mag-phos* directly, I wanted to first understand *Magnesium* in general and go to the core of the remedy MAGNESIUM. Not a very well used or well-proved remedy, I felt my study may benefit others as well, so I have put it in the HMM section of this issue.

Magnesium plays a vital role in the life of plants and animals. It takes part in duplication of RNA and DNA and thus has a role to play in heredity. It acts as a co-factor in enzymes activity like ATP required for transmission especially in neuromuscular junction. Increase in *Magnesium* concentration in ECF causes decrease in Acetylcholine release and low *Magnesium* level causes increase in the same. Thus, *Magnesium* regulates the muscular activity leading to skeletal muscle depression or excitability. Hypomagnesaemia also causes psychotic behavior and disorientation. In *Magnesium* metabolism, hypomagnesaemia causes diarrhoea and steatorrhoea. Also produces Delirium Pre menses. In new born and rapidly growing children – produces seizures, exaggerated tendon reflexes, irritability and various behavioral disorders.

GROUP SYMPTOMS

Since, it forms part of the core of the cell, along with *Calc*, *Kali* and *Natrum*, it becomes a deep acting constitutional remedy, its expression being in all the 4 Misasms.

Mind forms the core of *Magnesium*

- 1) It is suitable to infants, children and women who are malnourished with flabbiness.
- 2) Spasmodic effects: a) Cramps everywhere—thighs, bowels, stomach and severe dysmenorrhoea > flow (*Mag-ph*). Flatulent colic > bending double, writer's cramp.
b) Hiccoughs
c) Vomiting
d) Cough
- 3) Neuralgias
- 4) Paralytic effect or relaxations: nocturnal enuresis, nervousness and irritation, prostatic fluid escaping with flatulence. Pt can pass urine only by bending down.
- 5) Tendency to suppuration and scar formation. Pus is usually yellow in colour, thick with acne < before menses and leaving scars.
- 6) Discharges: Profuse, black thick or lumpy, sticky, indelible staining.
- 7) Well marked periodicity – 2nd and 21st day
- 8) Modalities: < cold, < milk. > heat, > bending, > motion, > pressure
- 9) Mind: Predominant anxiety and fear which is repressed. So at a conscious level no anxiety. But is expressed in dreams at subconscious level. Also second polarity is there could be no dreams at all which indicate severe repression. They might be sleepless and cannot think of the reason why there is no sleep. Specially seen in rejected children. Frustration and greater demand for security, love and recognition.

They need nourishment and care from parents to come

Dr BEAVINI SHAH
9/C, Vissanji Park,
Naigaon Cross Road, Dadar (CR),
Mumbai-400014
Tel: 30979992. Mobile: 98192691034



out of the forsaken feeling.

They have a history of being neglected in some way. So they become self sufficient, self confident, unaffected, composed and undemanding. They not only take care of themselves, but also of others, especially the mother.

They feel the need to be independent and to defend themselves against the hurt.

Clinical symptoms are differentiated according to the compounds.

MAGNESIUM-PHOSPHORICUM

It is a great antispasmodic remedy for cramps, convulsions, neuralgia; thus, has action on nerves and muscles.

CONSTITUTION: Especially, suited to tired, languid, exhausted subjects.

KEY NOTES

Right sided affection: Head, ear, face, chest, ovary, sciatic nerve.

Aches and Pains: Sudden violent paroxysms of neuralgic pains, sharp, shooting like lightning, boring, constricting, extorting cries, causing restlessness and prostration. Pain changing places frequently—wandering pains.

Pains so severe, pt is compelled to bend double.

Good drug for tics, twitching, chorea, hiccoughs, yawning.

Cramps and convulsions: A/F overuse and over-exertion – writer's cramp, violin or piano player's cramp. Sudden stiffness of fingers and fingers, which cannot perform their work.

Patient screams with violent cramps in dysentery and cholera morbis.

Convulsions in adults and children (during dentition) followed by extreme sensitiveness to touch, wind, noise, excitement. Convulsions with stiffness of limbs and thumbs drawn in.

Wonderful remedy for spasmodic hiccough

Nocturnal enuresis: from nervous irritation or after catheterization.

Tongue: Clean.

FEMALE:

Menses early, profuse, dark and stringy flow with sharp, shooting pain like lightning < right side. Pain <before menses, > when flow begins

Good drug for goiter, facial palsy, Parkinsonism. Gives good results in children with complaints of dentition. Also helps for severe toothache in adults.

THERMAL: Chilly.

MODALITIES: A/F standing in cold water, cold bathing, working in cold clay, < cold air, draft, <uncovering. < touch, < periodicity, < night, < milk, < exhaustion. > warmth, > pressure, > doubling up, > rubbing.

MIND: Children feel they can not learn fast for which they will be blamed and not sent to the school, and thus lose their opportunity to study. Indisposition to study or to mental work - drowsiness on every attempt to study. Fear of being alone, death.

Mentally these patients are pessimistic, aggressive, fear of loss and lot of pains. At the same time, they are affectionate, sympathetic, acquainted with friends, neighbours, brothers, communicate with everyone very easily. They are homesick, like to travel, have great curiosity to know things. They are very restless.

They have fear that their aggression will take away the possibility to contact, that if they say something wrong, the person might break off the friendship. So, they are careful not to offend anyone. But this also makes them very tense. They are afraid of quarrels, in case the fragile contact breaks. Later, they start avoiding contacts, because the tension increases. Eg a person suppressed by the aggressive brother, not allowed to express her views, becomes withdrawn and timid.

Patient has **TREMENDOUS** anxiety about her health. Always talking about her pains.

COMPARISON: *Colocynth* also has spasmodic pain > bending double and > warmth. But in *Colo* it is pressure factor which helps, while in *Mag-phos* it is warmth in the form of human touch, which soothes.



COLIC REMEDIES: DIFFERENTIATION

<i>Verat-alb</i>	<i>Pul</i>	<i>Staph</i>	<i>Mag-ph</i>	<i>Medo</i>
Colic with cramps commencing in hands and feet → all over the body. Cold sweat on forehead. Profuseness of all discharges. Great prostration.	Paroxysmal pain, shifting pains One sided neuralgia with great chilliness. Desires cold open air Thirstlessness.	Neuralgia of shoulder joint and arm. Right side affections. > open air < heat < hard pressure	Right sided affections. Shooting pains. Wandering from one part to another. < cold air > heat > hard pressure	Burning of extremities. Hot patient with coldness of all parts, still patient wants to be uncovered and fanned. Restlessness. Trembling all over the body. Soreness of all parts < heat < uncovering < sunrise to sunset < thinking about the complaints > seashore > lying on abdo > damp weather



Strike It Rich

CASE 1: CHRONIC NASAL OBSTRUCTION

A 6 yr boy was brought to Dr Kerrin Sheard for treatment of chronic nasal obstruction, occasional troublesome cough and recurrent mouth ulcers. History revealed that he was apprehensive at first to go to school and he settled down after a few weeks. However, his parents had to move to another city and hence he had to go to another school. This upset him extremely and he cried continuously and clung to his mother. This tantrum stopped after some time, but repeated every year when he went to next higher standard. He continually complained of feeling sick with headaches. No amount of coaxing would make him go to school and his class

teachers would just leave him to join classes when it suited him. He was happy when he could do what he wished to do but became argumentative when he was required to do something else and would fight with his brother and sister. His mother described him as 'tenacious and competitive' but preferred company and lacked self-confidence.

The nasal obstruction was worse at spring time and cough < by weather changes with concomitant irritability in behaviour and edema around the eyes. Nasal discharge was clear or brownish.

PAST HISTORY: Ear infections, though not severe. Eczema on face as a baby. Talking at 2 yrs and cut tooth at 7 months. Allergic to yeast, meat, eggs, dairy products, sugar and cheese. He was stocky and moderately overweight; history of recurrent epistaxis, not very sensitive to heat and cold, perspired on hands.

FAMILY HISTORY: Asthma, food allergies and Eczema



Compiled by:
T.K. KASIVISWANATHAN
10/149, Shobha
Road No 9, Wadala
Mumbai 400 031
Tel: 2416 2165