



Learn a Remedy through Cases: *Kali-carb*

Every author I read said *Kali-carb* is a difficult remedy to study.

1. **Dr KENT** opens his lecture saying "*The Kali-carb patient is a hard patient to study and the remedy itself is a hard one to study.*" Then adds: "*It is not used as often as it should be for the reason that it is very complex and ever-changing. It has a great many opposite symptoms, changing symptoms and thus it is related to patients that withhold their symptoms and have many vague symptoms.*"

2. **GEORGE VITHOULKAS** echoes similar sentiments. He says that the primary image of the patient is not readily available from the provings. As a result one does not easily spot *Kali-carb* in the clinic and tends to prescribe other similar remedies, when *Kali-carb* was all along indicated and would have cured the case.

Vithoulkas goes on to say that *Kali-carb* has a distinctive personality; committed dogmatically to a strong sense of duty to an inflexible, rigid degree. His mind maintains tight control over experience, behaviour and emotions; he sees the world in terms of black and white, right and wrong, proper and improper. He will be stoic, uncomplaining, and dogmatic. To such a person, life seems solid, clear and immutable. They will be found in professions where routine, properness and sense of duty are valued, such as policemen, prosecuting attorneys and accountants. They are conservative, loyal, moral, proper, rigid, unable to break even a trivial rule; dogmatic and dislike changes.

3. **Dr ROGER MORRISON** alludes to a case of a government inspector of pharmacies in the early days when Vithoulkas was trying to practice Homoeopathy in Greece. The Head of the Pharmacy department wanted to close down Vithoulkas's

homoeopathic practice stating that it was placebo. But the inspector was a *Kali-carb* and stickler for rules and regulations and hence fair. He said that he would inspect the pharmacies and decide. He also sent his sister, who was suffering from migraine for treatment to test the efficacy of Homoeopathy and Vithoulkas cured her. He was convinced and despite tremendous pressure from his superiors, did not change his report. He was harassed to no extent during his entire career as a result of which he developed hemiplegia (which *Kali-carb* patients are prone to, says Dr Morrison) and Vithoulkas treated him. Dr Morrison says that these are the people who do not allow such pressure, finally resulting in breakdown of the body.

It is also said that it is difficult to spot a *Kali-carb* patient in the clinic. He will come for treatment only at a late serious stage, as they stoically tend to ignore their problems. During consultations he will be closed and may not give the symptoms especially their intensity. The very symptoms which mean most to a Homoeopath, the emotional and mentals, are the ones the *Kali-carb* patient downplays the most. "He is overly mentalised."

He may appear to others as devoid of emotions because emotion is expressed in a mentalised way (Vithoulkas) ie predominated by intellect. When one reads the provings of Hahnemann and Allen, *Kali-carb* patient has lots of fears and delusions; fear of being alone, of impending disease, of death, of ghosts, of people, poverty etc. The delusions haunt day and night and are equally strange- of an abyss behind him; body is hollow; sees dead persons, devils, hideous faces, ghosts, spirits; as if he was about to die. Many remedies have both symptoms of desire for company and aversion to it. In *Kali-carb* because of his fear to be alone, constantly wants company. Rubric - *wants to be carried*. He has antagonism against himself as the provings show (like *Anac*, *Sepia*, *Aur* and *Lac-c*). The prover records he does not know what



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he wants and is irritable, discontented and dissatisfied; consolation and kind words aggravate. She demands impetuously; is not satisfied with anything; is beside herself, and furiously angry, if everything does not go according to her wishes, and often does not herself know what she really wants. Variable moods; morose, cross, fretful, peevish with ill-humor. Aversion to husband and family members (*Sepia*). It is also in the rubric disappointed in love though not to the degree of *Nat-mur*. Quarrelsome with his family and which may account for treating those giving him company including his family *outrageously* (single remedy rubric). *Kali* is one remedy which has equally strong overt and covert anxiety—so sleep is unrefreshing; they do not fall asleep easily and generally have an aggravation around 2 or 3 AM. The rubric — *dwells on past disagreeable occurrences*, which may delay sleep.

There is of course the danger of missing the remedy if one carries and looks for the above familiar image of the remedy in all the patients he sees. Dr Ian Watson, in a brilliant write-up on this remedy, (as reproduced by Dr K S Srinivasan in his Quarterly Digest) gives an illustrative case where the mentals were radically opposite of the familiar image portrayed in the *Materia Medica* texts, confirming Dr Kent's observations.

CASE 1: DR WATSON. PMS

A 46 year old woman consulted Dr Watson for her PMS. She was well-dressed, open, extrovert and loquacious; worried about her family and her own health.

Aching pains in legs, worse lying down.

Insomnia -awake around 3AM and unable to get back to sleep thereafter.

Great exhaustion from emotional tightrope walking with frequent mood swings. Recurrent lumbar back-ache after childbirth 15 years ago with a postnatal history of depression. Difficult 2 pregnancies; first child was a forceps.

Chilly, sweats easily especially at night in bed.

Frequent urination around 3-4 AM; sore, bruised, stitching pain in the liver region.

Great sleepiness during dinner (peculiar to *Kali-carb*). Flatulence³ with pale stools.

Dr Watson could see clearly the symptoms of *Lyco*, *Ars-alb* and *Phos* but none of them covered the case fully and he also noted some keynotes suggesting *Kali-carb*. The mental make-up of the patient was not consistent with the usual image of *Kali-carb*.

He repertorised the case from **Phatak's repertory**:

P 229- Menses before aggas eliminating rubric.

P 232- Menses early.

P 276-Pregnancy, childbed affections of, or since agg

P 217 -Liver

P 360 -Time 3AM agg;

P 46 - Changing moods

Kali-carb was the only remedy appearing in all these rubrics (*KV: My repertorisation using Homopath gave 6/13 marks for Kali-c followed by Nux-vom, Lach, Puls*).

Kali-carb 30 C -one dose given, which aggravated her symptoms for 3 weeks. Depressed³. Lot of pain in liver region; a number of her old symptoms came back which, eventually after 3 wks for the first time she felt better. Her periods became regular and PMS symptoms vanished. The improvement lasted for 3 months. 2nd dose given when some of her symptoms returned. She was well for almost a year. Again one dose. Since then she has remained well.

DR WATSON'S STUDY OF HIS KALI-CARB PATIENTS:

- a) Emotional instability. Mood swings in the week *before menses*.
- b) Many patients used the word *control* when describing their emotional state such as "I am afraid that I might lose control" or "I would like to be in control of the situation." (This confirms Vithoulkas assessment)
- c) Irritability is always present- worse waking, evenings or MB/MD. Quarrelsome tendency, particularly with own family.

Dr Kent: *Kali-carb* patient is whimsical, irascible, and irritable to the very highest degree, quarrels



with his bread and butter. Easily aroused to anger. Easily becomes violent. One patient said that even a cold draft of air *annoyed* her immensely. Always in antagonism with herself; she knows not what she wants and feels exceedingly unhappy. Contrary disposition; self-willed.

Impatient with her children.

- d) Fears like *Ars-alb* and *Phos*. Fear of being alone, anxiety about health, fear of impending disease; fears regarding one's children; fear of ghosts, touch evil

CASE 2: Dr AD LIPPE quoted by Dr Hoyne C, aged 35, had not menstruated in three years; had frequent attacks of violent colic, almost always between 2 and 4 AM; colic started 10 days ago and came on at irregular intervals; and at times followed by vomiting of food and mucus or if no vomiting then severe headache next day. Post-attack very weak in body and mind and unable to fix her attention on any subject; loses herself in the street because did not know where she was; when she spoke, could not find the right words. Pulse small and feeble. *Kali-carb* 200 one dose cured her of all the troubles.

POLARITY OF SYMPTOMS:

Dr Watson draws attention to this polarity.

Symptoms of excess of water are as much pronounced as dryness in *Kali-carb* patients. A generalized sensation of dryness runs through the whole remedy picture and it crops up in the patients who need this remedy. Dry cough, dry stool, dry skin, dry hair, dry eyes, dry throat, dry tongue and so on. On the other hand- great gathering of water in mouth, excessive lachrymation, diminution of sight after working in water, profuse sweats and night sweats. More striking, sensation as if the stomach is full of water; dreams of water; weeping (Watson). Dr Kent points to a *peculiar sort of swelling between eyelids and eyebrows that fill up when coughing*. Sometimes, this symptom alone guides to the remedy for ascertaining if *Kali-carb* does not fit rest of case. Further Kent symptoms: dry, hacking cough with morning expectoration; increases gradually or

sometimes very rapidly into a violent spasmodic cough with gagging and vomiting; when coughing feels as if head would fly to pieces. Whooping cough will be cured by *Kali-carb* especially if there is present that peculiar bag-like swelling referred to above.

TIP: whenever there is an issue to do with water or fluid retention or the lack of it, *Kali-carb* ought to be considered along with *Alumina*, *Bryonia*, *Natrum-mur* and *Nux-moschata* (Watson).

CASE 3: Dr WATSON

A middle aged man consulted Dr Watson for a peculiar sensation- that he had a U-shaped tube in his stomach, partly filled with water and the water sloshed whichever way he turned. Dr Phatak's report: Splashing, swashing, as of water (p321), *Kali-carb* -one of the remedies (Ref: Boger's Synoptic Key-P 46also). Pt helped a great deal. Another case with a complaint of sensation that eyes full of water along with other *Kali-carb* symptoms. Dr Watson says that he has verified the sensation of water in the stomach on several occasions.

AFFINITY TO DIGESTIVE TRACT.

The exaggerated mental control over emotions drives the symptoms to the solar plexus, says Vithoulkas. A peculiar condition in *Kali-carb* is a state of *anxiety felt in the stomach, as though it is a fear*. Everything goes to the stomach; even when skin touched there is an anxiety, fear or apprehension felt in the region of the stomach" (Kent). Vithoulkas says one patient felt sensation of being struck in the solar plexus every time she would lie down for sleep; it was so severe that she was forced to get up and walk around in order to relieve the sensation.

"*Kali-carb* fits many dyspeptics. After eating, so bloated, feels as if he would burst; great flatulence; belches wind upwards and passes flatus downwards; flatus offensive. Pain in stomach and burning after eating.

CASE 4: Dr J SCHELLING as quoted by Hoyne

A woman, 42 y, had emptiness in stomach with desire



to eat; but eating the lightest food, caused nausea, gagging and vomiting; throbbing pain in pit of stomach, almost taking her breath away with constant yawning. Stool dry, stomach bloated, tense, painful to pressure. Awakens early morning with headache and vertigo. nauseated at the sight of food. A few doses of *Kali-carb* 200 cured in a few days.

TIP: Many other symptoms come on when eating; *drowsiness while eating* is a *Kali-carb* characteristic, says Dr Clarke. Toothache only when eating; fishbone sensation in the throat; easy choking: food easily gets into windpipe.

CASE 5: Dr CLARKE

A 65-yr-old lady, had chronic bronchial catarrh and emphysema; asthma with cough with mucus difficult to raise. When eating she was so weary she *fell asleep* and could not finish her meal". After eating, she was still very tired the morning she passed much gas. *Kali-carb* 30 removed her complaints speedily.

"Cutting in abdomen, as if torn to pieces; violent cutting, must sit bent over, pressing with both hands or lean as far back for relief; cannot sit upright; coldness with pains; he wants heat, hot drinks and hot water bag. Dr Kent, however, *warns* "it would be cruel to give a dose of *Kali-carb* when the colic is on, as an unnecessary aggravation would be produced. There are plenty of short acting remedies that would relieve the pain quickly and at the close of the attack the constitutional remedy could then be given."

Kent also says that "the study of the colic alone during attacks gives a one-sided view of the case; but after the colic is over (say with *Colocynthis*) a study of the case would yield *Kali-carb*: deep and long acting; it cures conditions due to psora or to the suppression of eruptions in childhood or to the closing up of old ulcers and fistulous openings with a history of troubles ever since."

CASE 6: Dr SCHILLING quoted by Dr Hoyne

Kali-carb persons have great desire for sweets and suffer from toothache only when eating or in morning

on waking or excited by cold things.

A boy aged 15, developed violent toothache and headache since 4d; stitching pain in the new molar into the temple, front of head and eye; with dizzy heaviness of head. He had constant chilliness, dry skin and couldn't perspire. Toothache was worse from chewing. One dose of *Kali-carb* 200 cured him in three hours.

Kali-carb can look like *Nux-vom* in gastric and bladder troubles and if in doubt follows well. Similarly both *Kali-carb* and *Carbo-veg* have very distended abdomens and are relieved by passing wind. Both have similar colic, which are better bending double; they share an aversion to tight clothing, the general lack of reaction and complaints which come on from loss of fluids.

CASE 7: Dr E A FARRINGTON

Dr E A Farrington cured one case of a singular backache. The lady was a very nervous type. She came for her dyspepsia. She pointed out a peculiar symptom. "Every time I eat a meal I suffer for half an hour or more with intense pain in the back". Dr Farrington hunted and found the peculiar symptom under *Kali-carb*, which cured.

ETIOLOGY : TIPS

Dr Watson gives some valuable tips based on ETIOLOGY, particularly for female problems:

- a) One has to consider this remedy for women who have never been well since *childbirth, abortion, miscarriage, back or pelvic injury and over straining of back*. It is more of a mechanical trauma affecting the uterus, pelvis or back especially the lumbar region; particularly indicated after prolonged or difficult child birth such as forceps delivery.
- b) Never well since hysterectomy (again a pelvic trauma) and where some mechanical problem has resulted to the organs.

CASE 8:

A woman in her forties consulted Dr Watson for her severe, right-sided sciatica of several years duration. - intense and sharp pains traveling from the *hip down to*



the knee and often she would wake from pains after 3-4 AM. She walked and sat hunched to the right; history revealed that this trouble started after *hysterectomy*, which was done to cure her prolonged menopausal bleeding.

She was given *Kali-carb* 30 and the next day the patient complained that she was bleeding; it was as if uterine was there for one day and next day it stopped, never returned. Neither did her sciatica. Her posture, which was tilted to her right, became normal.

Dr Watson says that he had since verified the indication, never been well since hysterectomy in several other cases and found *Kali-carb* to be the leading remedy where a *mechanical problem* has resulted.

"I have noticed that several patients who have been helped by this remedy for some mechanical problem such as back trouble or sciatica, have given the appearance when walking or standing that *they have one leg longer than the other* and in some instances this was actually the case. I was therefore fascinated to discover a rubric in Kent's repertory "longer, leg (p1033)- *Kali-carb* as the only italicized remedy"(Dr Watson). Surprisingly it does not figure in the opposite rubric: Extremities, shorter, one leg than the other P1190 (KV)

PMS is an area where *Kali-carb* is often useful (See Case 1) as the remedy has general aggravation of symptoms before periods. Along with aggr 2 to 5 AM; there is ovarian soreness, backache or pain in the legs before the period. It should be strongly considered for uterine pains before or during the period, which extends down to thighs. In his view it is also a leading remedy to think of when labour pains extend to thighs (DD *Viburnum*).

The menses may be profuse, early or protracted or may be scanty, late or suppressed. Menses, which are offensive, acrid and excoriating, also indicate *Kali-carb* very strongly.

He has found it curative in uterine displacement, fibroids and cysts in dysmenorrhoea, metrorrhagia, endometriosis, pelvic inflammatory disease and menopausal complaints, with characteristic symptoms present.

The cough of this medicine is one of the most violent in the materia medica. The cough is incessant attended with vomiting and gagging, comes on at 3 O'clock in the morning, dry, hacking, hard and racking cough. Great dryness of the throat between 2 and 3 AM; Think of *Kali-carb*, when after troubles like measles, a catarrhal state is left behind, due to lack of reaction, the psoric sequelae. Cough following measles is very often *Kali-carb*; *Sulphur*, *Carbo-veg* and *Drosera* are also frequently indicated in such coughs or pneumonia." (Kent)

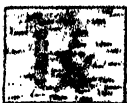
CASE 9: Dr SCHILLING quoted by Hoyne

Girl, aged 6, had dry, hacking post-measles cough; fever and headache; stitches and pressing pain in the chest; short breathing, wheezing, rattling; dry skin; great thirst; whitish gray tongue; loss of appetite. *Phos*, *Rhus-tox* and *Sulph* merely reduced the fever. The cough became worse, with vomiting; pain in lower chest, with dull percussion sound; pale face and stool dry. *Kali-carb* 200 two doses relieved the cough.

CASE 10: Dr DOROTHY SHEPHERD

A young woman complained of a troublesome cough which started after operation for left sided emphysema at age five; always worse in winter; She was first seen in February 1934. X-rays showed nothing definite. She had been prescribed remedies earlier without much relief. The cough was dry and distressing; worse 2 to 5 AM; irritation behind sternum, palpitations when walking, worse mornings going upstairs and during cough. Catches cold every time she goes out. Her periods were irregular all the winter- very scanty, coming on for two days every week or two weeks. Coughed constantly during consultation. Very irritable, weak and chilly with indigestion; rales and rhonchi and dullness right base of lung. All these symptoms clearly pointed to *Kali-carb* given in 6 potency BDS

19-4-34. No bad attack of cough since then. Menses regular. *Kali-carb* continued -30 potency one dose at nights for sometime. Patient became fully well by September. The characteristic aggravation of all complaints



of this remedy is 3 AM.

CASE 11: Dr M L TYLER - pleuro-pneumonia

An old man was admitted in the Homoeopathic hospital for pleuro-pneumonia -right base. He had stabbing pains especially in the right chest, independently of respiration, but preventing sleep. Temperature rose to 104 and respiration 40. Severe rigor on the 6th day. Crying and shouting with pains; lies on the left side as he cannot lie on the affected side. Wanted warmth.

The symptoms clearly pointed to *Kali-carb*: stitching pains, right chest and unlike *Bryonia* came on independent of movement. Chilly and wanted warmth.

Kali-carb 30, 2 hourly. The pains stopped in 2 hours and the patient made a rapid recovery.

Tip: Dr Nash says that if in pneumonia or pleuro-pneumonia *Bryonia* fails, if the stitching pains come independent of respiratory movement, *Kali-carb* often helps and follows well after *Bryonia*.

Tip: Dr Kent says when pneumonia has passed away think of *Kali-carb*, if the patient takes a little cold every time it settles in the chest. There is sensitiveness of the body to weather changes to cold air and to wet; causing a continuous dry, hacking cough with gagging, aggravation from 3-5 am with flying neuralgic pains and COMPLAINT DATES back to his pneumonia.

It is not only a great remedy for pneumonia, pleurisy and heart troubles, but goes much further and is very useful in incipient and even with advanced cases of phthisis pulmonalis-Dr Nash

CASE 12: Dr NASH

A patient suffering from phthisis consulted Dr Brown. It was located mainly in the lower right lung, with profuse expectoration of pus-like matter; pulse 120; patient greatly emaciated, no appetite and there was quite a large cavity in the lung. (*Kali-carb* also has a delusion that the whole body is hollow-KV.) He was given weekly doses of *Kali-carb* and he became well in a few months time and lived for well over 25 years.

There is a tendency to dropsies." It has dropsies all over the body. The feet bloat and the fingers puff; the

back of the hands pit on pressure, the face looks puffy and waxy.(Kent)

CASE 13 Dr NASH

The father-in-law of Dr Brown referred to above, was on his deathbed from anemia, hydrothorax and general dropsy. Several medicines were tried but the patient did not improve. After carefully noting that the complaints invariably were aggravated at 3AM *Kali-carb* 200 was given with such miraculous results that in a very short time the old man was well and never had a return of his complaint till his death several years later. (Dr Nash).

CASE 14: Dr GYPSER

A male, aged 58 consulted Dr Gypser for severe pain in the left shoulder joint for several years. He described the pain, as "stitching" in nature and intermittent < motion of arm < lifting < lying on painful shoulder and ameliorated by letting the arm hang down. The pain also extended from the shoulder into the muscles of the forearm. He also experienced a constant boring in between episodes of stitching pain.

Additionally, he got nosebleed in the morning on washing his face; numbness of the left hand and especially the fingers when lying on the left arm during sleep, hoarseness after talking for a long time. Expectoration of white mucus, empty eructations, notably in the morning. He had a definite Hypochondriacal disposition-anxious about his health.

THE REPERTORIAL RUBRICS:

Epistaxis, washing face, from: *Am-c, Ant-s, ARN, Calc-s, Dros, Kali-bi, Kali-c, Tarent*

Fear, disease of impending: *Am-c, KALI-C, Tarent*

Numbness, upper limbs, lying on it: *Kali-c*

Dr Gypser consulted the Hering's MM and Chronic Diseases of Hahnemann and found the following relevant symptoms.

From Hering:

Nosebleed: when washing the face, every morning at 9 am.

Hoarseness, collection of mucus in throat;



Hawks out easily white mucus.

From **Chronic Diseases:**

He is afraid that he might not get well.

Apprehensive and anxious about his disease.

Frequent eructation, esp in the morning.

A stitch in the left side of the chest.

Stitches in the cardiac region.

The top of the left shoulder aches on violent motion of the left arm.

Severe pain in the top of the left shoulder, both at rest and in motion.

Tearing pain in the left shoulder joint; fine stitches in the top of the shoulders, both at rest and in motion.

Paralytic tension and drawing pain in lt arm, from top of shoulder down to forearm.

The arm on which he lies at night goes to sleep.

It is clear that *Kali-carb* covers the case in full and it was prescribed XM one dose.

The acute attack was relieved in one day and the boring pain disappeared in a week. He had no further nose bleeding after the medicine; the stitches about the heart, eructations and numbness were gone by the end of second week; slight hoarseness remained and it also went away. (Dr Gypser- 2 cases of inflammation of shoulder joint, JAIH June 1986)

CASE 15: Dr T K GOKHALE

Mrs N, aged 36, was suffering from pain in the knee-joint- cramping, worse movement. She had pain in the sacroiliac joint a couple of months back, relieved by *Bryonia* 200. That pain used to extend from the right hip to the knee-joint and was worse on motion. The pain was more in the knee-joint but along with some soreness in right hip joint. Scanty menses. After the last child-birth she also developed *backache*, now for a long time. A dose of *Kali-carb* 200 was given. Slight aggr for two days and thereafter she was completely well. (Hahnemannian Gleanings, Aug 1952).

CASE 16: Dr CLARKE

A lady 73, stout, short, pale had suffered from rheu-

matic pains and an offensive vaginal discharge for four months. She described the pain as all round her abdomen and was "dull, heavy, depressing, commencing at the inner part of the right hip to the knee." Severe pain with great weakness and trembling accompanied the offensive vaginal discharge; urine was almost like blood and had a sandy element in it. She was given *Kali-carb* 1M one dose and in three months all the symptoms disappeared and never returned.

CASE 17: Dr CLARKE

A male patient had an ulcer of right leg with swelling of ankle waking at 2 AM. *Kali-carb* 30 cured him but he developed a new symptom "great weakness of right thigh, as if it would give out when walking", which is also a characteristic of this remedy. This also went away.

Mike Bridger wrote a comprehensive article on *Kali-carb*. (The Homeopath, Spring 2000 -No 77) Additional points he made are:

1. *Kali-carb* are people who put up with complaints and incompetence, but cannot rectify it- such as a railway ticket official or a person working under an incompetent boss.
2. Their resignation is evident from their difficulty in recovering from acute illness- too weak and exhausted to throw off the acute ailment. Hopeless and depressed—often seen after flue, bronchitis and pneumonias. Resigned to their fate, sticks to a hateful job because of family responsibilities.
3. *Kali-carb* persons are notoriously possessive even of things they do not like-Hang on to their husbands even when they positively loathe them.
4. They worry about money, poverty and future.
5. Stoicism in face of difficult circumstances. *Kali-carb* is controlled and even rigid in their aversion to changing things, however unpleasant things may be.
6. Indifference, either real or affected. If the latter, they pretend to be unconcerned by work, family and health, though internally extremely anxious.
7. They do not think that anyone can make them well.



They cannot explain what is wrong with them and even if they could, they do not bother, because what is the point?

8. *Kali-carb* is a dutiful remedy and their sense of duty is not quite the same as other remedies like *Carcinosin*. It is more in doing what has to be done, especially related to family matters.

DIFFERENTIATION:

Kali-carb runs very close to *Nat-mur* in many of its old, long-standing bladder troubles and in old cases of gleet and long-standing cases of urinary troubles that follow gonorrhoea. These two medicines are useful, for the scanty, white, gleety discharge that remains. There is a lot of fluid retention and oedema in both. Both have characteristic backache, heavy protracted periods or amenorrhoea. DD: In *Nat-mur* the burning is after urination and the patient is nervous and fidgety. If burning is during and after urination and the patient has a broken down constitution (looks withered, has much breathlessness upon going up the hill or even when walking) the remedy may be *Kali-carb*. (Kent). All symptoms are likely to be worse after coition in *Kali-carb*.

Vithoulkas says one patient described a sensation of being struck in the solar plexus every time she would lie down for sleep. *Mezereum* also has a similar sensation and feels powerful anxiety in the stomach, but in *Mezereum* the anxiety arises from the stomach then overwhelms the whole organism, causing the person to feel as if he is dying.

Nux-vom is highly ambitious while *Kali-carb* is content to remain in his routine, only becomes irritable because of his sense of correctness and not because of frustrated ambition as *Nux-v*. It is nevertheless common to see a patient, after responding nicely to *Kali-carb*, progress into a *Nux-vomica* state. (Vithoulkas) Both *Kali-carb* and *Lyc* are possessive, overly mentalised and miserly. While *Lyc* likes to establish his innate superiority and would try to control the interview, *Kali-carb* tries to control himself. Like *Lyc*, *Kali-carb* is a liver remedy; both are flatulent, feel distended after eating a little. The time of aggravation

is, of course, very different.

Both share a great desire for sweet things; *Kali-carb* additionally for sour things, like *Sepia* and *Hepar-sulph*. Both have aversion to bread and to meat; both remedies can be full after a small quantity of food though it is more pronounced in *Lyc*. Both have a sensation of heaviness in stomach after eating- both have stomach ulcers; both patients suffer if they go without food for long; for gall stones and liver pains.

TIP: Whether it is an apparently *Arsenicum* case of asthma, an apparently colic case of *Colocynthis*, an apparent *Bryonia* case of pleurisy, when you find that these remedies do nothing, *Kali-carb* can save the day. It can be confused with *Natrum-mur*. Mike Bridger says that he used this remedy in arthritis, with pain in the small of the back as a concomitant. Many a time he says it prevented hip replacements or at least prolonged the inevitable, with the characteristic symptom of sharp pain extending down the leg, especially the right leg. There is over sensitivity to noise (easily startled) touch, drafts of air and to pain. Hypersensitivity in soles of the feet. One patient in reply to a query of Dr Watson as to what will happen if he tickled her soles, replied that she would kill him. Kent also confirms that when accidentally. He brushed at the feet of a patient the patient experienced pain and exclaimed "Ouch". Patients needing *Kali-carb*, have a pronounced weakness in the liver and or gall bladder will very often benefit from a course of *Chelidonium* in tincture or low potency at some stage during the treatment. (Dr Watson)

SOURCES:

1. Kent's Lectures on Materia Medica
2. *Kali-carbonicum*- Dr Ian Watson, reproduced in Quarterly Homoeopathic Digest, Sept 1992
3. Essence of Materia Medica - George Vithoulkas
4. Up the Swanee with *Kali-carb*- Mike Bridger, The Homoeopath-Spring 2000
5. Leaders in Homoeo Therapeutics- Dr E B Nash
6. Clinical Materia Medica- Dr Farrington
7. Clinical Therapeutics- Dr TS Hoyne