

# Calcarea-carb, Thyroid Dysfunction & Tubercular Miasm

**ABSTRACT:** *Calcarea-carbonicum-ostrearum*, as homoeopaths are well aware, is the potentized carbonate of lime obtained from the middle layer of an oyster shell. It is essentially a remedy in the provings of which prominently the Tubercular (Psorosycotic) Miasmatic state of disposition is seen; It is latent at birth and becomes active due to environmental excitations. The psoric element is in a greater proportion than the sensitized sycosis.



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**PHYSIOGNOMY:** Since birth, a *Calc-carb* child has a fair, light complexion, blonde hair and blue eyes, fat and flabby physical make-up. This flabbiness, corpulency and tendency to obesity, especially in youth (*fluffy-Antim-crud, Graphitis, Kali-carb, Baryta-carb and Capsicum*) is present since birth. It directs towards an active psoro-sycotic miasm in utero. Analogically, a majority of hypothyroid patients are obese because of reduced Basal Metabolic Rate as well as physical inactivity. Deposition of minerals and fat are psoro-sycotic expressions.

**TEMPERAMENT:** Indolence with aversion to work and play, avoidance for taking additional responsibilities is a characteristic temperament of this remedy. For getting his/her work done, he/she may order others but cannot take orders from others. These all are Psoro-sycotic characters. *Calc-carb* has an average intellect, delayed comprehension and is easily magnetized by the influence of others. Both adults and children experience fear from darkness, loneliness, animals and sudden noises. All these are psoro-syphilitic traits. Easy fatigue, Depression, Ennui, Boredom and loss of Enthusiasm towards life are the primary features of hypothyroid patients.

**TENDENCIES AND DIATHESIS:** Tubercular state has a

number of tendencies and diatheses viz obesity, constipation, worms and to catch cold. All of these are in *Calc-carb* and also point towards thyroid malfunction. Whenever a *Calc-carb* person is exposed to cold or partakes cold food or drinks or even works with clay, he/she gets recurrent tonsillar complaints (adenoids affection is common in *Ammonium/ Baryta-carb*; pharynx is the seat of action of *Capsicum* while *Hepar-sulph* chiefly affects the larynx). The inflammatory process brings forth congestion, pain and fever. That is why *Atropa-Belladonna* is its acute cognate. With frequent symptomatic treatments the miasmatic blend is sensitized, rendering the lower respiratory tract viz trachea, bronchi and the alveoli of the upper third of right lung susceptible. It then expresses as paroxysmal distressing cough, painless hoarseness of voice and spasmodic asthma (shortness of breath especially on going upstairs) etc. Fortunately, the affections are more in the open systems, hence it is said to be the expression of the secondary stage of psorosycotic miasmatic state. The above is also the clinical picture of hypothyroid individuals.

**MINERAL METABOLISM:** In *Calcarea* individual there is bone-salt inanition (defective calcium assimilation) since birth. There is a delay in walking due



to weak bones. Disturbances in calcium metabolism lead to soft bones, delayed closure of skull fontanelles and sutures, large head and abdomen, delayed dentition, heightened spinal curvature and even tendency to calculi formation in adults, all Tubercular traits. Unlike the Iron deficient state in *Calcarea-phosphoricum*, this drug has a relative polycythemia reflecting a disturbance in iron metabolism which again is a feature of a psoro-sycotic trait. Thyroid and Parathyroid are responsible for Calcium metabolism. Above mentioned features are seen in Hypothyroid state.

**PHYSICAL GENERALS:** Constipation in a *Calcarea* child is because of poor intestinal movement – a state of sluggishness and retention. Both of these are found in a hypothyroid state. In a psoro-sycotic person, retention is an integral feature and it is exhibited at all the three planes ie spiritual, mental and physical. Let us consider an example of retention at the mental plane in a *Nat-mur* that is also a Psoro-sycotic remedy. It absorbs impressions from the environment, retains the thoughts for long - the classical brooding tendency and crystallizes certain concept – fixity of a thought structure. In a similar fashion, retention is seen on the physical plane in *Calc*. The constipation of *Calc* persists for days together but it has no effect upon the body, rather the person is ameliorated while he/she is constipated.

Profuse perspiration (*Sil, Sanicula*) at night, especially on the forehead or back of the head and neck, chest, axillae, groin, extremities, during sleep is a Tubercular characteristic. Both states of Thyroid dysfunction hypo and hyper, in all ages do predominantly exhibit this feature.

Bedwetting till puberty is a tubercular expression. Likewise bright red profuse bleeding, brought on by the least mental excitement with spasmodic dysmenorrhoea, followed by amenorrhoea and scanty menses, Infertility and foetal wastage are other expressions of the active Tubercular miasm on the constitution, seen in *Calc* individuals and in Hypothyroid patients.

Of the 76 hypothyroid females analyzed by the

Department of Homoeopathic Gynaecology and Obstetrics of The National Academy of Homoeopathy, India, as many as 59% had polymenorrhoea. Only 3.2% patients had oligomenorrhoea or amenorrhoea and consequently had reported for infertility. When hypothyroidism occurs before menarche, the latter is delayed. But in our observations (Department of Homoeopathic Gynecology and Obstetrics), we have a higher number of hypothyroid girls with precocious puberty – a strong sycotic trait that is seen in *Calc-carb* persons as well.

An adult *Calc-carb* individual of either gender has an inherent heightened sexual urge with frequent pollutions in the male and dissatisfaction that remains even after coitus. Stronger the sensitization of the tubercular miasm, greater the sexual urge. Thyrotoxic men have high oestrogenic state as demonstrated by testosterone / free oestradiol ratio. Many develop gynaecomastia. In both the thyroid dysfunctions the sexual urge is more than normal but loss of libido and non-enjoyment of the sexual act is an additional feature, particularly with hypothyroidism.

Sleep especially of *Calc-carb* children is frequently disturbed due to nightmares.

They dream of dead persons and monsters. Due to their indolent nature, they can go to sleep anytime of the day and night with ease. Rest is a basic necessity for all Carbonates. Generally hypothyroids have hyper-somnolence and if not disturbed may sleep for around 18 hours a day. Even in such extreme cases, neurological examination is normal except for delayed deep tendon reflexes. Clinically however insomnia is also met with in hypothyroid patients. The author along with 3 colleagues had conducted a survey of 66 consecutive new hypothyroid (along with hypertension or DM or IHD) patients at the Department of Medicine, The National Academy of Homoeopathy, India between September 2005-2006. We found 31% patients complaining of insomnia and many were already on tranquillizers before opting for homoeopathic management.

**PARTICULARS**

SKIN is another target organ from where the miasms emanate. The expressions are not as severe as in *Sulphur* which is more psoric, but this drug has dry eruptions aggravated during winter accompanied with itching and cold perspiration in single parts. In hypothyroidism, the skin is thick and greasy. Both classical non-pitting and rarely pitting oedema is seen in thyroid dysfunction. Non-pitting oedema is because of deposition of chondroitin sulphate and hyaluronan in the subcutaneous interstitial space. Hypoalbuminemia and co-incident cardiac failure or dysfunction can lead to pitting oedema.

Fever in *Calc-carb* cases is always a short lasting episodic expression. The face during the nadir is congested and even the deglutition is painful - an

out and out psoric expression. With frequent symptomatic treatment, the psoric episodes evolve into a Tubercular state of disposition and the person suffers from recurrent such attacks. Both the thyroid dysfunction crisis may present with high grade fever and congested face along with other paraphernalia of symptoms.

So from the above monogram, one conclusion emerges quite clearly. When we study *Calc-carb* as a drug portrait or in the form of a patient we are at the same time also seeing the clinical expressions of thyroid dysfunction and an active tubercular miasmatic state. The author strongly believes that in patients in whom after proper history and repertorization, if *Calc-carb* emerges as the remedy of choice, then those patients should have their Thyroid profile done.

## Iodum - its Vital Role in Hyperthyroidism

**ABSTRACT:** The element Iodine is obtained by leaching the ashes of burned seaweed, principally. It was first proven by Hahnemann and published in 1828 when he recorded 153 symptoms, as observed by himself. In 1829, Hartlaub and Trinks published a list of 516 symptoms mainly taken from the literature of the day.



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From that modest start of 153 symptoms published in 1828, the remedy has been built up to over 700 recorded symptoms in Hahnemanns Chronic Diseases and Herings Guiding Symptoms has twenty-eight pages filled with symptoms of Iodine. There are 317 heavy barred symptoms, all of which, indicate a grade of symptoms that was brought out in a large percentage of the provers besides having been verified clinically.

Iodine is an important constituent in the manufacturing of Thyroid Hormone and therefore *Iodum*

produces a state similar to clinical hyperthyroidism. The metabolism is accelerated to a remarkable degree.

Dr Hering in his Guiding symptoms gives the pure symptoms of provings of *Iodum* which show how much *Iodum* pathogenesis resembles Hyperthyroidism.

Remarkable and continued increase of appetite. Suffers from hunger, must eat every few hours; gets anxious and worried if he does not eat; feels amel after eating. Eats too often and too much;