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Retrospective case study of natrum muriaticum corelated with its physiological action and expression on musculoskeletal system

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Abstract

Natrum muriaticum is one of the polycrest medicines used in homoeopathy. It belongs to the mineral kingdom and is manufactured from ordinary table salt. It was proved by Dr. Samuel Hahnemann and is also known as common salt, table salt, and sodium chloride. It is a constitutional remedy with deep acting properties. A sample of 100 cases were selected, which were having significant improvement after prescribing Natrum Muriaticum has been taken to the study from the OPD, IPD, Peripheral centers of our institution. The cases were done a cross section and longitudinal study with case concept form a tool developed by Institute of Clinical Research, Mumbai. Out of 100 cases 27 cases had musculoskeletal system involvement. In this study the sphere of action and physiological role of Natrum muriaticum on musculoskeletal system is further correlated with the Natrum muriaticum symptomatology.

Keywords: Natrum muriaticum, sphere of action, musculo skeletal system, case concept form

Introduction

In health salt assists digestion and nutrition, regulates osmosis and holds the fibrin and albumin in solution. Salt within the cell attracts water from the inter cellular fluid keeping it moist and aiding mitosis. It is the great regulator of osmotic pressure in blood vessels, thereby keeping the blood – serum at a uniform specific gravity [and volume]. It thus controls the distribution of utilizable water in the system. Thus, Natrum muriaticum presides over water in arteries. In depletion of salt, water is retained in intercellular spaces and hydremia results, excess in some parts and dryness in other, an unequal distribution of water and serous fluids in the cells and intercellular spaces, resulting in symptoms attributed to Natrum Muriaticum^[1].

Aims and Objectives

To understand the action of Natrum Muriaticum in musculoskeletal system corelated with its physiological action.

Materials and Methods

A sample of 100 cases, which were having significant improvement after prescribing Natrum muriaticum has been taken to the study from the In-Patient Department, Out Patient Department, Peripheral Health Centre of Sarada Krishna Homoeopathic Medical College, Kulasekharam.

Selection of samples

Sample Technique- Non – purposive Random sampling.

Methodology

The case is processed through case -concept form.

Observation and Results

Table 1: Distribution of Cases According To Age

Age in years	No. Of samples
1 yr-10 yrs	2
11 yr-20 yrs	9
21 yr-30 yrs	19
31 yr-40 yrs	32
41 yr-50 yrs	21
51 yr-60 yrs	7
61 yr-70 yrs	100

Table 2: Distribution of Musculoskeletal system affection in related with age and sex

Age group	Gender	No of samples
20 yr-40 yrs	Male	1
	Female	9
40 yr-60 yrs	Male	2
	Female	11
60 yr-80 yrs	Female	4
Grand Total		27

Table 3: Differential in musculoskeletal affecting in relation with age and sex with presenting diagnosis

Age group	Gender	MSK	No of Samples
20 yr-40 yrs	Male	L.S	1
	Female	IVDP	8
41 yr-60 yrs		L.S	4
	Male	IVDP	1
	Female	IVDP	3
		L.S	5
61 yr-80 yrs	Female	CS	1
Grand Total			23

Table 4: Differential in musculoskeletal affection in relation with age and sex with multiple co -morbidity

Age group	Gender	MSK	No of samples
40 yr-60 yrs	Female	C.S, OA	1
60 yr-80 yrs	Female	CS	1
		OA, bronchitis	1
		OA, LS	1
Grand Total			4

In a sample of 100 cases, 27 percentage of cases noted down under Musculo skeletal system affection and majority of cases under the diagnosis of inter vertebral Disc Prolapse the age group of between 20-40 years. After the prescription of Natrum Muriaticum, symptomatically patient feeling better and able to do their daily activities without pain. This made us to explore the action of potentized Natrum Muriaticum in Musculo skeletal System affection corelated with calcium mechanism.

Discussion

Out of 27 cases of musculoskeletal system involvement, 12 cases belong to female gender group, as they bottle up their emotions from their child hood, later they develop muscular spasm, pathophysiological action explained below². According to research, calcium and sodium metabolism are linked.

Sodium – Calcium Exchanger is an antiporter membrane protein that removes calcium from cells while sodium gets absorbing. When intake of salt proportion is high it may increase the calcium excretion in urine leads to lower bone

mineral density [BMD]. Salt induced volume expansion in the renal tubule, while inadequate levels of calcium in the body lead to thin bones and osteoporosis, main reason for osteoporotic fractures. Low salt diet leads to imbalance in calcium and magnesium metabolism results in osteoporosis. High salt diet leads to hypercalciuria. Consuming of more animal protein like fish, dairy products, eggs vanish calcium from bones excretes through urine ^[3].

Conclusion

Homoeopathy is a system of medicine which treats the patients as a whole not a disease ^[4]. The above-mentioned patients were treated by allopathic medicines and by the time, they consulted Homoeopathic physicians, after a detailed case taking and further analyzed with a tool called Case Concept Form to understood the effect and various causation of the complaint and co related with the cravings and thermals to derive the constitutional medicines, which helped patients to get rid of the symptoms ^[5].

Conflict of Interest

Not available

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