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Dr. Naemath
Intern BHMS, BVVS
Homoeopathic Medical College
and Hospital, Bagalkot,
Karnataka, India

Dr. Vijayalaxmi Pujar
HOD Department of
Pathology, BVVS
Homoeopathic Medical College
and Hospital, Bagalkot,
Karnataka, India

Corresponding Author:
Dr. Naemath
Intern BHMS, BVVS
Homoeopathic Medical College
and Hospital, Bagalkot,
Karnataka, India

Cellular harmony: A comprehensive exploration of biochemic remedies in homoeopathic healing

Naemath and Vijayalaxmi Pujar

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Abstract

Biochemic medicine, also known as tissue salt therapy, is a unique branch of Homoeopathy founded by Dr. Wilhelm Schuessler. It focuses on correcting the deficiency of essential mineral salts at the cellular level to promote health and healing. This article provides a complete overview of biochemic remedies including their history, mechanism of action, uses in different diseases, benefits, and limitations. These remedies are known for their safety, simplicity, and suitability for all age groups, especially in treating minor and functional complaints. Their low-potency, non-toxic nature makes them an important tool for Homoeopaths, especially in pediatric, geriatric, and chronic care.

Keywords: Biochemic remedies, tissue salts, homoeopathy, Schuessler salts, mineral deficiency, low potency

Introduction

Biochemic medicine, also known as tissue salt therapy or cell salt therapy, is a distinct therapeutic system aimed at correcting mineral imbalances at the cellular level to restore health and normal physiological function. Its origins trace back to Dr. Samuel Hahnemann, the founder of homeopathy, who was the first to systematically explore the therapeutic actions of mineral substances such as calcium carbonate, sodium chloride, potassium carbonate, and silica. Building upon these foundational insights, Dr. Wilhelm Heinrich Schuessler introduced the formal biochemic system in 1873 through his publication *Abridged Homoeopathic Therapeutics*. Schuessler proposed that twelve essential mineral salts are critical for maintaining cellular integrity, and that any deficiency in these salts leads to disease. By administering these same salts in homeopathically prepared potencies—such as 3X, 6X, or 12X—the cellular environment can be normalized, facilitating healing from within. Unlike classical homeopathy, which is based on the law of similars, Schuessler's biochemic system is grounded in biochemical and physiological principles. Clinically, tissue salts are used to treat a wide range of conditions such as rickets, iron-deficiency anemia, digestive disturbances, fatigue, menstrual cramps, neuralgias, respiratory infections, and skin problems. Each salt plays a distinct physiological role: for example, *Calcarea fluorica* enhances tissue elasticity, *Ferrum phosphoricum* supports oxygen transport and inflammation control, *Kali phosphoricum* acts as a nerve tonic, and *Silicea* helps eliminate pus and foreign bodies. Although the preparations are highly diluted, recent nanoscience studies have detected the presence of nanoparticles, which may help explain their continued physiological activity. Despite ongoing skepticism from conventional medicine, the global recognition of biochemic therapy—including acknowledgment by the World Health Organization (WHO)—and high patient satisfaction highlight its enduring clinical relevance as a safe, simple, and holistic system of natural healing^[6, 7].

History

Biochemic medicine traces its roots to Dr. Samuel Hahnemann, the founder of Homoeopathy, who explored the healing power of mineral substances by potentizing them and observing their effects on the human body. His work laid the foundation for using inorganic elements as therapeutic agents. In 1832, "Stapf's Archiv für die homöopathische Heilkunst" recognized the role of these substances, noting their action on specific organs where they naturally occur in the body. This idea was reinforced in 1846, highlighting that each tissue salt works best on the organ it supports physiologically.

Building on this, Dr. Wilhelm Heinrich Schuessler, a German physician, identified twelve essential inorganic salts present in human tissues. With over fifteen years of clinical experience, he introduced the biochemic system in 1873. Unlike classical homoeopathy, which works on the law of similars, Schuessler's method focused on replenishing mineral deficiencies in cells using microdoses. This system bridged Hahnemann's philosophy with modern cellular physiology, giving rise to biochemic or tissue salt therapy—an approach still valued in holistic healing today [2, 3].

Methods of Administration of Biochemic Remedies

Biochemic remedies are administered orally, allowing direct absorption through the buccal mucosa. They are kept under the tongue (sublingual route) for optimal assimilation. In some cases, especially for infants or unconscious patients, the remedies can be dissolved in water and administered in small sips. Administered in low potencies such as 1X, 2X, 6X, 12X, or 30X, these remedies aid in promoting recovery and restoring physiological equilibrium. Biochemic remedies are prescribed in minimal doses, typically in the 5X, 6X, 7X, or 8X decimal triturations, with the 6X potency

being the most commonly utilized. Occasionally, 3X or 12X potencies are employed based on the intensity of deficiency or the chronicity of the condition [1, 5].

3X: For severe tissue depletion or rapid physiological support.

6X: Standard and most effective for most clinical conditions.

12X: Used where deeper penetration is needed (e.g., nerve or bone conditions) [1].

Dose and frequency [8]

Age group	Dose (dry tablets)	Frequency
Infants	1 tablet	3-4 times daily
Children	2 tablets	3-4 times daily
Adults	3-4 tablets	3-4 times daily/ as needed

- 1) Acute cases: a dose every hour or two
- 2) Chronic affections: a one to four doses daily
- 3) Severe painful affections: a dose every ten to fifteen minutes

Indication of Biochemic Remedies [1, 3, 4]

Remedy	Key Indications	Clinical Expressions	Modalities
Calcarea fluorica	Varicose veins, dental caries, cracked skin	Hard, stony glands; enlarged veins; cracks in palms and soles	Worse from rest, damp cold weather. Better from warmth and continued motion.
Calcarea phosphorica	Anemia, slow growth, fracture healing	Delayed dentition; craving smoked meat; coldness in bones	Worse from cold, wet weather, during dentition, in spring. Better in summer and from rest
Calcarea sulphurica	Acne, boils, discharging abscesses	Yellow pus discharge; pimples that do not heal; slow healing ulcers	Worse in damp weather and from cold air. Better in warm, dry weather
Ferrum phosphoricum	First stage of fever, inflammation, anemia	Sudden congestion; bright red bleeding; flushing with heat	Worse from motion, touch, night. Better from rest and cold applications
Kali muriaticum	Glandular swellings, white discharge, indigestion	White or grayish tongue coating; chronic catarrh; thick white discharge	Worse from fatty foods and cold. Better with warmth and rest.
Kali phosphoricum	Depression, mental fatigue, exam stress	Nervous exhaustion; weak memory; dull headache from study	Worse from mental exertion and noise. Better from rest, fresh air, and sleep
Kali sulphuricum	Chronic catarrh, skin eruptions, dandruff	Yellow mucus; shifting complaints; worse in evening	Worse in warm room and evening. Better in cool, open air.
Magnesia phosphorica	Colic, spasms, neuralgia, menstrual cramps	Cramping pains better by heat; neuralgic pains; twitching muscles	Worse from cold, touch, uncovering. Better from heat and pressure
Natrum muriaticum	Headaches, water retention, emotional suppression	Averse to consolation; headaches like hammers; dryness of mouth	Worse Morning. Cold air. Open air. Better Evening. Warmth. Pressure
Natrum phosphoricum	Acidity, gout, uric acid disorders	Sour eructations; creamy coating on tongue; rheumatic pains	Worse Stormy weather, afternoons, evenings, fresh air, post-meal discomfort, night-time itching, and morning headaches. Better Heat, heated environment, and applied pressure.
Natrum sulphuricum	Liver complaints, asthma, biliousness	Asthma worse in damp weather; greenish stool; suicidal thoughts after head injury	Worse in damp weather, lying on left side. Better in dry weather
Silicea	Suppuration, expulsion of foreign bodies, brittle nails	Chilliness; offensive sweat of feet; tendency to form abscesses	Worse Night. Full moon phase. Fresh air. Cold air. Winter season. Better Warmth, heated room, in Summer

Biochemic Remedies: Role in Correcting Mineral Deficiencies

1. **Restore Mineral Balance** - Supply the exact inorganic salts lacking in body tissues [1, 2].
2. **Stimulate Vital Force** - Activate the body's innate healing energy gently and naturally [1, 2].
3. **Normalize Cellular Metabolism** - Help correct disrupted biochemical functions within cells [1, 2].
4. **Enhance Mineral Absorption** - Improve the uptake and utilization of dietary nutrients at the cellular level [1, 2].
5. **Work in Potentized Form** - Given in safe, microdoses (6X, 12X) to act energetically without toxicity [5].
6. **Support Tissue Repair** - Aid in regeneration of damaged tissues like bones, nerves, and skin [1, 2].
7. **Safe for All Ages** - Non-toxic and gentle, suitable for infants, pregnant women, and the elderly [5].

8. **Address Functional Disorders** - Effective in treating early-stage, non-structural health issues [5].

9. **Assist Detoxification** - Help eliminate waste products and support liver, kidney, and skin function [1, 2].

10. **Complement Other Therapies** - Can be used alongside classical homeopathy or allopathic treatments [6, 7].

Conclusion

Biochemic medicine, as established by Dr. Schuessler and rooted in the foundational insights of Dr. Hahnemann, offers a scientifically grounded yet holistic approach to healing by restoring essential mineral balances at the cellular level. Its gentle, non-toxic, and cost-effective nature makes it especially suitable for all age groups, from infants to the elderly. Through the use of twelve essential tissue salts, biochemic remedies provide effective support for a wide array of functional disorders, complementing both

homoeopathic and conventional treatments. As current research in nanoscience continues to validate the biological activity of potentized mineral salts, biochemic therapy remains a vital pillar of integrative and individualized patient care. With growing awareness and clinical acceptance, it holds great promise in contributing to the future of natural and preventive medicine.

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Author's Contribution

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Conflict of Interest

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