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## Biochemic bliss: Unlocking the potential of homoeopathic remedies

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### Abstract

Schussler's twelve tissue remedies, introduced in homeopathy by Dr. Schussler, are essential minerals that play a vital role in maintaining proper cellular function. They support the body's health by regulating the tissue salt levels within cells. These remedies are prepared with minimal amounts of tissue salts and are classified as inorganic. There are twelve distinct biochemic tissue remedies, each with its unique properties. Similar to how a deficiency in specific vitamins can lead to symptoms, a deficiency in these tissue salts may result in disease pathology or specific symptoms.

**Keywords:** Schussler, biochemic, nutrition, salt, remedy

### Introduction

The foundation of Biochemistry was established over a century ago when Rudolph Virchow, a leading scientist of his time, discovered that the human body is composed of countless tiny, living cells. Each cell consists of a precise and balanced combination of three types of materials: water, organic substances, and inorganic substances.

Water and organic matter, such as sugars, albuminous substances, and fats, form the majority of the body. However, the inorganic elements, though present in much smaller amounts, are crucial and serve as active participants that utilize organic substances to construct the millions of cells making up the body.

The lifespan of these cells is short; millions of cells continuously break down while new ones are rapidly formed. The materials required for this constant regeneration are provided by the bloodstream. If the bloodstream lacks adequate quantities of these vital inorganic elements, the regeneration process cannot proceed normally, leading to disruptions in the body's rhythm and resulting in what is known as "disease" in its various forms. The solution lies in restoring the balance of molecular motion by administering minimal doses of the deficient inorganic substance, allowing these molecules to fill the gaps in the chain of molecules within the affected cell or tissue salt [2, 3, 4, 5].

### Biochemic Bliss: [6, 7, 8, 9, 10]

Since Dr. Schussler introduced his groundbreaking system of Biochemistry in 1873, many distinguished physicians have adopted this method exclusively. It has been definitively proven that the biochemic system of medicine is highly effective and beneficial. Unlike Homoeopathy, which employs a wide range of medicines, Biochemistry relies on just twelve remedies, significantly simplifying the selection process. While identifying the single remedy in Homoeopathy (the similimum) to address all symptoms in the diseased body can be challenging, selecting the appropriate tissue salt in Biochemistry is relatively straightforward and more reliable.

Careful observation of the tongue and taste, discharges, modalities, mental symptoms, and causative factors plays a crucial role in selecting the appropriate biochemic remedy. The distinctive symptoms associated with the twelve tissue remedies are outlined here.

**Tongue and Taste:** The coating of the tongue does not always determine the choice of a remedy for all tissue-related ailments. For instance, if someone suffering from stomach catarrh also has another acute illness, the tongue's coating may not exhibit the specific appearance needed to identify the remedy for the acute condition. However, in cases of chronic diseases that lack clear or definitive symptoms, the tongue's coating often provides

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valuable guidance for selecting the appropriate remedy.

- **Calcarea Sulph:** Yellow coating at the base of the tongue, clay-colored and flabby; sour taste, soapy, and acrid.
- **Calcarea Fluor:** Tongue appears cracked, with or without pain.
- **Calcarea Phos:** Tongue swollen, stiff, and numb; associated with cancer.
- **Ferrum Phos:** Dark red swelling of the tongue with inflammation and cancer.
- **Kali Phos:** Brown tongue with red and sore edges.
- **Kali Mur:** White or greyish-white, slimy coating on the tongue.
- **Kali Sulph:** Yellow, slimy coating on the tongue with an insipid taste.
- **Magnesia Phos:** Yellow, slimy coating on the tongue, often accompanied by pain in the bowels and pressure in the stomach.
- **Natrum Mur:** Slimy, clean, and watery coating on the tongue, with small bubbles of frothy saliva covering the sides and tips.
- **Natrum Phos:** Creamy or golden-yellow coating at the base of the tongue, sour taste.
- **Natrum Sulph:** Dirty brownish-green or grayish-green coating on the tongue, bitter taste.
- **Silicea:** Induration of the tongue with inflammation that leads to suppuration.

**Discharges:** The color and consistency of the secretion play a crucial role in determining the appropriate remedy.

- Albuminous Calcarea phos.
- Censing chapping and soreness Natrum mur. And Natrum phos.

Clean, watery and transparent	Natrum mur.
Fibrinous, greyish white	Kali mur.
Golden coloured	Natrum Phos. And Natrum sulph.
Lumpy, yellowish	Calcarea fluor
Greenish	Kali sulph.
Offensive	Kali phos
Purulent	Calcarea sulph and Silicea
Slimy yellow	Kali sulph.

### Modalities

- **Calcarea Fluor:** Symptoms worsen in damp weather and during rest. Improvement comes with cold applications, fomentation, rubbing, and heat.
- **Calcarea Phos:** Conditions worsen at night, in damp and cold weather, with changes in weather, or when getting wet. Improvement occurs in warm weather and warm rooms.
- **Calcarea Sulph:** Symptoms are aggravated by getting wet, washing, and working in water. A warm, dry atmosphere provides relief.
- **Ferrum Phos.:** Improvement is seen with cold air and cold applications, while heat, hot drinks, motion, stooping, and head shaking aggravate the condition.
- **Kali Mur:** Worsened by eating pastry, fatty and rich foods, and with motion.
- **Kali Phos:** Improvement is noted during cheerful excitement, gentle motion, rest, and heat. Symptoms worsen with noise, solitude, violent exertion, fatigue,

and cold air.

- **Kali Sulph:** Conditions are aggravated in the evening, with high temperatures until
- midnight, and in warm, heated rooms. Relief is found in cool, open air and with a desire for fresh air; pains are shifting in nature.
- **Magnesium Phos:** Improvement occurs in warm rooms, with warmth, hot drinks, light pressure, friction, and bending double. Symptoms worsen in open air, cold air, with uncovering, or with cold drinks; right-sided affections are noted.
- **Natrum Mur:** Symptoms are worse in the morning, in cold weather, in open air, and
- in salty environments. They improve in the evening; backache is relieved by something hard, and pains are periodic.
- **Natrum Phos.:** Conditions worsen during thunderstorms, in the afternoon and evening, with an aversion to open air, dyspepsia from fatty foods, or after eating. Itching is aggravated after going to bed.
- **Natrum Sulph.:** Symptoms are worse in cold, wet weather and dampness but improve
- in dry, warm weather. Diarrhoea is worse in the morning, and coughing worsens around 5 a.m.
- **Silicea:** Symptoms worsen at night, during a full moon, in the open air, in cold air, and
- during winter. Conditions are aggravated by suppressed foot sweat or chilling of the feet. Relief comes with heat, warm rooms, and during summer.

### Mental Symptoms

- **Calcarea Fluor:** Deep depression with unfounded fears of financial ruin and indecision.
- **Calcarea Phos:** Mental anxiety accompanies all troubles. Symptoms arise after grief,
- vexation, and disappointment.
- **Ferrum Phos:** Results from anger. Displays indifference to everyday matters, along with a loss of courage and hope.
- **Kali Phos:** Mental exhaustion from overwork. Extremely nervous, startled by the
- slightest sound, experiences hallucinations, homesickness, hypochondriasis, and melancholy caused by nervous exhaustion. Shows fear and fretfulness in children, despondency about business, and memory loss. Exhibits after-effects of grief, worry, distress, timidity, and lack of energy. Symptoms may include madness, impaired reasoning, shyness, and excessive blushing. Highly valuable during the recovery stages of all forms of mental illness.
- **Magnesium Phos:** Experiences sensory illusions, significant forgetfulness, and an aversion to mental effort.
- **Natrum Sulph:** Suicidal tendencies and mental issues stemming from falls or head injuries. Finds music intolerable.
- **Natrum Mur:** Suffers from intense sadness, fear for the future, and a tendency to dwell on negative events. Consolation worsens the situation, accompanied by sadness and palpitations.
- **Natrum Phos:** Anxious and apprehensive.
- **Silicea:** Exhibits obstinacy, irritability, nervous exhaustion, and prostration.

Accompanied by restless and vivid dreams. Symptoms worsen during a full moon, weather changes, or storms. Experiences mental fatigue.

### Ailments

- Anger Natrum mur.
- Cold Air Silicea and Calcarea phos.
- Disappointment Calcarea phos.
- Eating fish Natrum sulph.
- Fall blow Ferrum phos.
- Fear, fright Kali phos.
- Home sickness Kali phos.
- Joy Kali phos.
- Suppressed foot sweat Silicea
- Vaccination Kali mur. And Silicea

### Conclusion

Although there are only twelve biochemic remedies, selecting the appropriate remedy is not always straightforward. It is essential to consider the characteristic symptoms related to the tongue, taste, discharges, mental state, and causative factors for each of the twelve tissue remedies. This careful evaluation helps streamline the selection process for the correct biochemic remedy. From the above, it is clear that these twelve biochemic tissue remedies can aptly be referred to as "vital cell foods," as they supply the cells with the essential nutrients (mineral salts) they are deficient in, thereby addressing disease pathology and aiding in the restoration of health.

### Conflict of Interest

Not available.

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