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Dr. Schussler's biochemic system of medicine

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Abstract

Schussler's twelve tissue remedy are the minerals that were first introduced in homoeopathy by Dr. Schussler. They're helpful in maintaining the proper cell functioning and provide support to the body's health by regulating cells tissue salt level. These tissue remedy are formulated by adding minimal amount of tissue salt. The biochemic tissue remedies are inorganic tissue salts. There are of total twelve biochemic tissue remedies which has its own individual properties. These biochemic remedy maybe compared to vitamins, just like deficiency of specific vitamins will cause symptoms, similarly deficiency of these tissue salts likely to cause disease pathology or particular symptoms.

Keywords: Homoeopathy, tissue salt, alternative medicine

Introduction

The biochemic medicines is a system of medicine that was proposed by Dr. Schussler in 1873. This theory is based on the fact that a standard amount of organic and inorganic constituents defines the natural activity, structure, and vitality of the cell. These biochemic tissue salts helps in maintaining the equilibrium and balance the molecular activity in the cell.

According to Dr. Schuessler, any fluctuation especially, deficiency in the amount of tissue salts, will cause the disease conditions. This kind of disturbed equilibrium and balance can be rectified by administering the same mineral salt in small quantities. Thus by supplying deficiencies the harmony in cell and vitality in living tissue maintained.

For e.g A child suffering from rickets shows lack of phosphate and calcium in the bones, Same as in iron deficiency anaemia patient, there is lack of ferrum in the circulation, now administering same salt will bring back the condition into normal state and helps in curing rickety child and iron deficiency anaemia patient.

Here are the 12 tissue remedy as per Dr. Schussler

- Calcarea flourica(calc flour)-*elasticity fiber*
- Calcarea Phosphorica(calc phos)-*cell restorer*
- Calcarea Sulphurica(calc sulph)-*blood purifier*
- Ferrum Phosphoricum(ferrum phos)-*oxygen carrier*
- Kalium Muriaticum(kali mur)-*detoxifier*
- Kalium Phosphoricum(kali phos)-*nerve stabiliser*
- Kalium sulphuricum(kali sulph)-*skin conditioner*
- Magnesia Phosphorica(mag phos)-*pain killer*
- Natrum Muriaticum(nat mur)-*water metaboliser*
- Natrum Phosphoricum(nat phos)-*acid neutralizer*
- Natrum sulphuricum(nat sulph)-*liver cleanser*
- Silica(sil)-*skin cleanser*

Indications of Twelve tissue remedies, are as follows

Calc Flour

Indurated glands of stony hardness
Fissure of rectum
Varicose or enlarged veins
Cataract
Restores tissue elasticity

Related Rubrics

[Boenning] Glands; Hard, stony ~calc-f
 [Special] [Bio-chemic] Rectum and anus, fissure ~calc-f
 [Special] [Bio-chemic] Varicose vein ~calc-f
 [kent] Eye, Cataract ~calc-f

Calc Phos

Retarded dentition
 Chronic enlargement of tonsils
 Anaemia and chlorosis
 Rickets

Related Rubrics

[Kent] Teeth; Dentition, slow ~calc-p
 [Phatak] Rickets ~ calc-p

Calc Sulph

Hasten suppuration
 Boils and acne
 Painless abscesses in anus

Related Rubrics

[Special] [Bio-chemic] Abscess ~calc-s
 [Special] [Bio-chemic] Acne ~calc-s
 [Special] [Bio-chemic] Eruption, boils, furuncles ~calc-s

Ferrum Phosphoricum

Fresh wounds by mechanical injuries
 Haemorrhage caused by hyperaemia
 Anaemia & Raynaud's disease

Related Rubrics

[Special] [Bio-chemic] Anaemia ~ ferr-p
 [Phatak] Raynaud's disease ~ ferr-p

Kali Muriaticum

Inflammation- second stage
 Eustachian tube obstruction
 Catarrhal ophthalmia

Related Rubrics

[Boericke] Deafness, hardness of hearing ~kali-m

Kali Phosphoricum

Brain fag, loss of memory
 Muscular and nerve prostration
 Childbed fever
 Alopecia areata

Related rubrics

[Boericke] Mind, Brain fag ~kali-p

Kali Sulphuricum

Violent itching of anus
 Skin diseases
 Heals mucus membranes

Related Rubrics

[Special] [Bio-chemic] Eruption, psoriasis ~kali-s

Magnesia Phosphorica

Great antispasmodic
 Pain relieved by warmth and pressure
 Orbital and supraorbital neuralgias

Membranous dysmenorrhea

Related Rubrics

[Special] [Bio-chemic] Sciatica ~mag-p

Natrum Muriaticum

Anaemic condition with emaciation and malnutrition
 Hammering headache worse morning
 Sunstroke

Related Rubrics

[Kent] Face; cracked, lips ~Nat-m
 [Special] [Bio-chemic] Anaemia ~Nat-m

Natrum Phosphoricum

Acidity
 Jaundice
 Sterility with acidic secretions from vagina

Related Rubrics

[Phatak] Stomach; Sour, Acidity ~Nat-p

Natrum Sulphuricum

Mental troubles arising from fall or head injury
 Humid asthma
 Gall stones

Related Rubrics

[Kent] Generalities; Leukaemia ~ Nat-s
 [Kent] Rectum; Diarrhoea, jaundice, during ~ Nat-s

Silicea

Hasten suppuration
 Nails crippled and brittle
 Abscess
 Fistula

Related Rubrics

[Kent] Mouth; Suppuration, gums ~ sil
 [Kent] Extremities; Crippled, toe nails ~sil
 [Kent] Rectum; Fistula ~sil

How biochemic remedies are prepared?

These twelve biochemic remedies are prepared homoeopathically through trituration or dilution - one part pure mineral salt is added to nine parts lactose. One part of this, then added to nine parts of lactose and it becomes 2x potency. This is further divided so it becomes 6X and this potency is ready to be absorbed directly into the bloodstream through mouth. Tissue salts are available in tablet form.

What is the dosage of biochemic remedies?

In acute case- dose can be repeated every hour or two
 In severe acute case having painful affection- dose can be repeated ten to fifteen minutes
 In chronic cases- one to four dose daily
 In suitable cases the external use of remedies may be used.

How to use biochemic remedies?

Dissolve in mouth
 Dissolve in water (drinking)
 Gels, lotion
 Bath

What are the side effects of biochemic remedies?

There are no side effects of homoeopathically Prepared biochemic remedy as they have minimal dose of tissue salt. They are safe to take.

Conclusion

From above we can easily culminate that these twelve Biochemic tissue remedies can be named as “vital cell foods” as giving the cells the essential nutrients (mineral salts) they lack, causing disease pathology can cure and restore health.

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