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## A retrospective case series study to understand the evolution of *Calcarea carbonica* in clinical situation

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### Abstract

*Calcarea carbonica* in one of the most commonly prescribed polycryst remedies in our day to day practice of Homoeopathy. This Retrospective study on *Calcarea carbonica* attempts to encompass the sphere of action of the remedy. This study also attempts to understand the relationship of remedies of *Calcarea carbonica*. One can reaffirm the source book data through this study. This study was carried out by choosing hundred case samples in which calcarea carb has been prescribed.

**Keywords:** *Calcarea carbonica*, sphere of action, relationship of remedies

### Introduction

Learning comes from clinical practice. Practice of Homoeopathy comprises of diagnosis of disease, diagnosis of person and diagnosis of homoeopathic remedies [1]. In that, I preferred to perform my study as remedial diagnosis. For this study, I have selected *Calcarea carbonica*, which is a most commonly prescribed polycryst remedy in the practice of Homoeopathy.

In the different kinds of studies I preferred to carry out observational studies. our homoeopathy has various provings such as proving of drug, clinical proving etc., Through my retrospective case series study we could appreciate the reaffirmation of the data of source book.

**Chemical symbol:** CaCO<sub>3</sub>

**Molecular weight:** 100.08

**Synonym:** Oyster shell, *Calcarea ostrearum*, Carbonate of Lime, *Ostrea edulis* [2].

This remedy, impure calcium carbonate, is the middle layer trituration of the oyster shell. It was proved by Dr. Hahnemann [3].

### Aim of the study

Retrospective study to understand the evolution of *Calcarea carbonica* in clinical situations.

### Objectives of the study

1. To know about the sphere of action of calcarea carb.
2. To know about the relationship of remedies of calcarea carb.

### Materials and Methods

100 case samples has been collected from the patients coming to the Out Patient Department of Vinayaka Mission's Homoeopathic Medical College and Hospital, Salem

Sample size -minimum hundred case

Sample technique – Random sampling

Selection of samples is based on cases in which calcarea carb. is prescribed and there is improvement of symptoms in the patient.

### Included Criteria

Patients of both sexes.

Patients of various age groups.  
Those cases where calcarea carb. has acted upon well.

### Excluded Criteria

Those cases treated with calcarea carb but has no significant improvement are excluded for this study.

### Discussion

The study is mainly focused on understanding the evolution of *Calcarea carbonica* in clinical situations. Hundred cases were chosen and the observation of those cases was done by categorizing the symptoms on the basis of age group, sex, occupation, diagnosis, physical and mental symptoms, miasm, thermal reactin, potency acted, remedy response, medicinal relation of calcarea carb in chronic and acute conditions.

Based on this study, calcarea carb seems to be most helpful for the age group of 31-40 years which is about 27%, followed by the age group of 41-50 years and 11-20 years which is about 19% each, then 1-10 years which is about 13%, then 11-20 years hich is about 9%, then 51-60 years which is about 7%, then 61-70 years which is about 5%, and 71-80 years which covers 1%.

While considering the gender out of 100 cases 61% of the cases are females and 24% of the cases are males, 7% of the cases female children and 8% of the cases are male children. While considering the disease affection in relation to the occupation, out of 100 cases 23% are found to be students, 30% are found to be house wives, 12% are found to be weavers, 7% are found to be teachers, 6% doing business, 6% were daily wagers, 6% were IT employee, 3% were watchmen, 2% were play school children, and 1% was tailor.

In Boger synoptic key, the sphere of action of Calcarea carb is mentioned as REGION – NUTRITION, glands- cervical, mesenteric. Bones, skin. BLOOD. CHEST – R.Lung. Heart, Children <sup>[4]</sup>.

Considering the diagnosis, Musculo-skeletal system includes 24 patients, Endocrine system includes 12 patients, Respiratory system includes 12 patients, Dermatology includes 6 patients, GIT includes 13 patients, CNS includes 4 patients and other system includes 29 patients.

### Summary

My Study carried out retrospectively in which hundred cases were chosen from the OPD of Vinayaka Mission's Homoeopathic Medical College and Hospital, Salem. Cases which had significant improvement with Calcarea Carb were used for the study of evolution of *Calcarea carbonica* in clinical situations.

The study had reaffirmed that calcarea carb is predominantly Psoria that has more actions on females and for the age group of 31-40 years of age, commonly used for House wives & Students who has major affections over Musculo-Skeletal system, mostly suited for Chilly patient. Obstinate, indolent, confusion, forgetful were most commonly observed.

Through the study, the important inference is that many of the patients has desire for eggs, spicy foods, sweets. Some of the patients were having marked aversion towards meat, fish, milk. Some of them had profuse perspiration, increased appetite and disturbed sleep.

Most commonly used acute remedies were Nux Vomica, Rhus tox and most commonly used chronic remedies were

Silicea, Natrum mur, Pulsatilla, Ars alb.  
Most commonly used intercurrent remedies were Medorrhinum, Tuberculinum and Carcinosisin.

### Conflict of Interest

Not available

### Financial Support

Not available

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