

Magnesium Carbonicum: A Gentle Yet Powerful Homoeopathic Remedy

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Abstract: Magnesium Carbonicum is a homeopathic remedy derived from magnesium carbonate. It is primarily used to address conditions related to muscle weakness, nervous system disorders, and digestive issues. Symptoms treated include fatigue, anxiety, irritability, digestive disturbances, and cramps, often with a tendency towards depression and emotional sensitivity. It is commonly indicated for individuals who experience physical exhaustion, restlessness, and a need for constant movement or change. The remedy is believed to act on both the physical and emotional states, promoting balance and restoring vitality.

Keywords: Magnesium carbonicum, Fatigue, Muscle weakness, Anxiety, Restlessness, Digestive issues, Cramps, Emotional Sensitivity

INTRODUCTION

The Magnesium:

Of the magnesiums mag-m are the most well known. Mag-p also has a relatively well known picture. Mag-s, mag-f, mag-i and mag-br are less well known. We probably know the mental picture of mag-m best of all. But what are the themes of the magnesiums ?

Pacifism

The magnesiums hate aggression. They cannot stand rows and violence. But we can find this aversion to quarrels and violence in all the magnesiums. This is expressed in different ways. Firstly, because they find it very difficult to get angry themselves. But also, because they get extremely disturbed by all sorts of violence. They will start to avoid violent people, or violent television programmes. Some of them cannot even watch a western.

Aggression

On the other hand they can be very aggressive. This side does not get emphasised in the literature very much, although we do know Mag-c to have this. The comparison with Cham in this aspect is quite appropriate. But Mag-m can also be very aggressive. Withmont (1982, page 126) describes the magnesiums: "Magnesium way well be called the most violent, ill-tempered, erratic, but also fearful and depressed remedy of materia medica."

Fear of loss

An additional theme of the magnesiums is the fear of loss of friends, family, etc. Mag-c expresses this as 'Delusion forsaken by family and friends' and Mag-m as 'Delusion he has no friend.' Kent describes Mag-c as a remedy for orphans. It is most important remedy for children of divorced or quarrelling parents. Quarrels can lead to a break-up, hence the very strong reaction. and this reaction can go two ways: either trying to sooth or avoid the quarrel, or starting a row themselves, as a diversion.

Pain

The fear of aggression also express itself in a great sensitivity to pain: 'Shrieking from pain.' There is fear of the dentist, not entirely unjustified because of the many dental problems. The pains of the Magnesiums are really very strong and terrible. Their fear of pain is therefore understandable.

General Characteristics

Location : Right sided, Bitter and old looking.

Temperature : Cold, < cold, > warm applications+++.

Time : < 7 h++, Periodic complaints.

Desires : Meat, Vegetables, Refreshing things.
 Aversion : Meat, Vegetable, Cooked food++, < Sweet, Fat.
 Physical : > Pressure++, Bending double++, < Touch

Complaints

Spasms, cramps, colic.
 Neuralgias.
 Toothache.
 Colds and allergies.
 Hyperthyroidism.
 Vascular spasms, Raynaud's disease
 Liver and gallbladder+++
 Prostate

The Carbonicum

The carbonicums all contains carbon. All organic materials are built up around carbon chains. Carbon is a very important element in life.

Giving meaning and stating values

When we are looking at the common characteristics of these remedies, it will be useful to start with graphites, as this is made purely out of carbon. There are two graphites types. The first one is stiff, hardworking person who knows what he wants and just gets on with it. The other type is very unstable, someone who gets upset by every little incident. The common theme in both types is the meaning and the values they give to life.

The first type has a fixed set of values, the second type has nothing fixed, he lets himself be tossed surround like a leaf in the wind.

They have problems with the meaning of their existence, their life. They are looking for a meaning in everything and placing values is most important to them.

Self worth

We find the theme of meaning and values in all carbonicums. One of the most important things to find the meaning of is yourself, your own life. That is why the second theme is self worth. Patients often cannot name this meaning because it is so general, filling their whole life, they usually say: 'i just do it.'

Dignity

A third theme is the theme of dignity. It is logical that people who are so preoccupied with their self worth, can also be very dignified, even a little aristocratic. This is well known about Kali-c and Nat-c, but the other carbonicums, in their own way, can slo carry themselves with dignity.

Shyness

One expression of the theme of self worth is shyness. Their self-worth can be undermined quite easily. 'Timidity' is the rubric in which the carbonicums are most strongly represented. Carbon and silica are chemically closely related. The shyness and the dignity are two sided of the same coin. The underlying theme is self worth and giving meaning to life.

Workers

The next theme of carbonicums can be found in the area of work and profession. They are har workers. This has partly to do with social standing. But for other part, they area also quite unselfish. The problem is not who they are and what they possess, it isn't selfishness or materialism. It is rather that they find in their work a meaning for their existence.

Father

The final theme is that of the father figure. All previous themes can be brought back of this: meaning, dignity, work, social position. In practice, these remedies often prove to have had problems with father figures or authorities. In mag-c there can be a power struggle with the father or with the authorities.

General characteristics

Physique : overweight
 Temperature : Cold, > heat, < cold, < damp
 Time : < 19 h
 Desires : Sweet
 General : < Exertion, climbing stairs

Magnesium Carbonicum

Magnesium carbonicum is a relatively well known remedy. Particularly the difficult, aggressive child is familiar magnesium carbonicum picture. They are the sour- faced and perpetually awkward children. But where does this pattern come from? And why does this not happen in adults, or why don't we recognise it in them?

Concepts

Magnesium	Carbonicum
Pacifism	Giving meaning
Aggression	Stating values
Fear of loss	Self worth
Pain	Dignity
Shyness	Workers, Father

Group analysis

- If we look at the group analysis, we get as the theme for Mag-c : The idea that aggression is either necessary for a felling of self worth, or on the other hand that it is very detrimental to self worth. This makes it easy to understand why Mag-c children are so aggressive. They have a need to be recognised and accepted, and if way: They will force you to respect them.
- Kent (1983a, page 656) describes Mag-c as his first choice of remedy for orphans. He meant orphans in an orphanage. One can easily imagine that there was no room for respect for the child in the orphanages of the last century. If necessary, stubbornness would be beaten out of them. So the children would either become rebellious, or they would swallow their aggression.
- In Mag-c much more a matter of respect. It has the feeling that he is not appreciated. He might think that his parents are quarrelling about him, because he is so troublesome and aggressive. Or he might feel that his parents don't think he is worth anything, so they could easily leave him.
- In Mag-c we also have the theme of the father. The father could be too aggressive, or the opposite too weak. In one case the theme of the father was as follows: The patient felt very angry when she was sent away from home for a few weeks when her father was dying. She had not been allowed to say good bye to him.
- Mag-c is a Sycotic remedy. The Magnesium feeling is that the person doesn't get the care, protection and nourishment that he needs. It is the state of an infant dependent on the mother for nourishment, care, security and support but who has been abandoned by his parents.
- In adult, this feeling seems so out of place that it is not expressed at all a conscious level; it is repressed so that the patient is unaware of what he actually feels. These repressed emotions can be manifest in the form of a tremendous causeless

anxiety, especially anxiety or fear that something will happen to the people the patient is closed to. This anxiety usually involves the person on whom he is dependent for care and nourishment, and can be so great as to cause sleeplessness.

- In most Mag-c patients there is a total repression - They feel that they should not make any demands on anyone, should not ask anyone for help. In this way, they may seem to be independent. They seem not to need any care from others, and in fact can be quite caring. But they are generally only superficially friendly and don't make emotional contact.
- In such patients to have low emotional experience and to be placid. They speak in a plain, impersonal manner - sometimes almost like a newsreader.
- Another aspect is that they can become reserved, indisposed to talk, and develop a very repulsive mood when they avoid people. They usually deny any sort of anxiety or tension but they may have many physical symptoms, or pathology that comes up for no obvious reason.
- For example, they may have psychosomatic conditions like ulcerative colitis or lichen planus though there seems to be no major tension in the patient's life. Their repressed emotions can also expressed in the form of dreams and these usually give the strongest confirmation of Magnesium.
- Magnesium patients have plenty of dreams -often these are symbolic - the real meaning of dream is not clear. Some of the dreams that recur in Magnesium patients are those of falling, of water, of dead relatives and of the death of relatives.
- Another theme is that of being left behind. Among the pleasant dreams that Magnesium patients get are those of being with people, of going on a picnic with relatives, of meeting friends and relatives, and of being with relatives who are actually dead.
- Mag-carb has dreams of being lost in his own house. Situation is such that despite being in his own house he is homeless and no effort is going to help. This contributes to the placid feeling one gets with a Mag-carb patient.
- Some patients will say that they do not dream at all. This is strong indication of Magnesium. A total absence of dreams indicates that there is a strong barrier between the conscious and the subconscious parts of the mind - a very severe

repression. Patients who do not have any dreams usually have the most severe pathology.

- In such patients you may see two other indications, The first is a sleeplessness without apparent cause, The second is an exhausted, unrefreshed feeling on waking in the morning, as if the mind had been active all night. This latter phenomenon, may also be seen in patients who do remember their dreams. They will say to you: "I dream so much that I am completely exhausted in the morning." This is an almost clear confirmation of Magnesium.

Physical symptoms:

- Chilly patients, though their feet may get warm, they have to be uncovered.
- Desires: fruits, meat and vegetables; also Aversion to vegetables.
- Unrefreshing sleep, more tired on waking than on going to sleep.
- Perspiration sour smelling, leaves indelible yellow stains on clothes.
- Menses: Black as pitch, indelible stains.
- Children have a tendency to develop boils recurrently and in rapid succession.

Rubrics:

- Fear, happen, something will.
- Besides oneself, being, anxiety from.
- Sleeplessness; causeless.
- Forsaken: beloved by his parents, wife, friends, feels is not being.
- Dream: Bathing in boiling water, child is.
- Dream: Graves, being thrown into.
- Dream: Lost, home, at.
- Dream: Embarrassment.

Kent:

- Desires meat.
- Desires fruits.
- Desires bread and butter.

Phatak:

- Sleep, unrefreshing, awakes tired.
- Children disposition to boils.
- Constipation, mental shock, nervous strain, from.

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