

Dear Readers,

As stated by Dr Douglas Gibson the predominant mineral form of calcium in nature is the carbonate. After aluminium and iron, calcium is the most abundant metal in the earth's crust. Also, Calcium is the most important inorganic element in the body and occurs in the highest amount. On a similar plane we see so many Calcareas in our practice. Abundance in the environment reflects in terms of number of Calcareas seen in practice.

Calcium is stored in the skeleton mostly as phosphate and carbonate, the active ions combine as required with bicarbonate, acid phosphates and, to a lesser extent, with chlorides. Role of calcium in various parts of the body from teeth, bones, blood, muscles, and nerves explains its wide role in various ailments.

It is seen that many times in spite of taking enough calcium in diet and in the form of additives and supplements etc still people show signs and symptoms of calcium deficiency. It's a reflection that the deficiency of calcium is not always quantitative but qualitative, that is it's the absorption of calcium being a problem area and depicts that it's the calcium metabolism which is disturbed. In practice, the qualitative deficiency discussed above is seen to be more prevalent as compared to quantitative deficiency. Calcium metabolism is linked with metabolism of other minerals like magnesium, sodium and potassium and a correct proportion of all salts is needed for a correct equilibrium in the body. If any one salt is deficient or excessive, we see the disturbance at different levels of the body.

Gibson has beautifully explained the slowness of Calcareas by the action at the level of physiology by linking how calcium antagonizes with sodium and

potassium and induces cell colloids to imbibe water. This decreases the permeability of cell membranes, thus holding the tone of cell and preventing from becoming water logged. Predominance of calcium makes the exchange between cells and fluids difficult and thus slows down metabolism. The membranes become thick and excretion of water and solutes is cut down. Combustion is reduced and the picture of a person with a tissue blocked calcium imbalance is produced – a sluggish, cold, flabby, pale, pasty, obese, phlegmatic, oyster like individual.

Such individuals when given the homeopathic form of calcium come into a state of homeostasis as the equilibrium gets established and exchange of ions is corrected.

Studying Materia Medica by understanding the features of the group is a wonderful way of learning our remedies. Understanding various groups is a method which helps us recognize many patients at a very initial phase of case taking and then takes us to the path of understanding the exact remedy from the group by delving deeper into the case and finding the same. So understanding a group always makes the work easier and more reliable. This issue has some wonderful collection of articles by Peter Morrell, Jonathan Shore and cases from Dr Dinesh Chauhan, Dr Yogesh and Francis Treuherz. It's a balanced issue with different aspects of calcarea from mind, physiology and pathology all are covered along with illustration of cases. Send your feedback, we always wait for that as it guides us for a better path ahead.

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Unbolt Yourself

Month	Topics	Submission Starts	Last Date of Submission
July 2013	Role of Homeopathy in Psychiatric Disorders	February 7, 2012	May 20, 2013
August 2013	Different Methods of Homeopathic Practice	February 7, 2012	June 20, 2013
September 2013	Importance of Organon in Today's Perspective	February 7, 2012	July 20, 2013
October 2013	Homeopathy and Immunity	February 7, 2012	August 20, 2013
November 2013	Drug Proving in Homeopathy	February 7, 2012	September 20, 2013
December 2013	The Benefits of Repertory Tool in Homeopathy	February 7, 2012	October 20, 2013

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