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REVIEW ARTICLE

A REVIEW ARTICLE ON USEFULNESS OF 6 DECIMAL SCALE POTENCY WITH SPECIAL REFERENCE TO NATRUM MURIATICUM

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Abstract

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Natrum muriaticum has a sphere of action on the physiological plane of human body. Single blind placebo controlled study design has been adopted to know the efficacy of homoeopathic medicine Natrum muriaticum in 6X potency in treatment of cases of headache. A total number of 30 individuals, showing features of headache were selected fulfilling the inclusion and exclusion criteria. After the analysis of data we found that the Homoeopathic treatment with Natrum muriaticum in 6X potency, by considering the reportorial approach, was more efficacious than placebo in cases of headache.

INTRODUCTION

The "mathematics" of potentisation or drug dynamization are the scales under which the drug substances in their crude, original form or state are reduced or

quantitatively decreased in a definite ratio. This reduction is followed by the mechanical part of potentisation.

In the preparation of potencies of liquid drug substances three scales are used

- Centesimal
- Decimal
- 50 Millesimal

In the preparation of potencies from solid drug substances, decimal and centesimal scales are used. When the trituration attains 6X potency; then only it is fit to be converted into liquid potency and subsequently treated.

Introduced by Dr. Constantine Hering, the decimal scale of potentisation is based on the principle that the first potency should contain one-tenth part of the original drug and each succeeding potency should contain one-tenth part of the potency preceding it. The decimal potency is denoted by suffixing the letter 'X' or 'D' to the number indicating the potency, i.e. the first potency is 1X or 1D in the decimal scale, followed by 2X or 2D and so on.

Natrum Mur is one of the most common constitutional types in homeopathy. Natrum Mur is termed a polycryst remedy, meaning this remedy works on many areas of the body-both physical and emotional symptoms. Natrum Mur, is the Cell Salt that regulates water balance and water distribution in the body. Natrum Mur is useful in ailments involving water imbalance such as sinus, hayfever, edema, puffy eyes, water retention, and perspiration problems. Kali

Phos/potassium and Natrum Mur/sodium comprise the minerals that run our cells' "batteries". They are the body's electrolytes. Fatigue is a deficiency symptom of these 2 cell salts. Natrum Mur is one of the 12 Homeopathic cell salts, also termed Tissue Salts or Biochemic Salts.

REVIEW OF LITERATURE

What Is Salt?

Common salt, or sodium chloride, is the chemical compound NaCl. Salt occurs naturally in many parts of the world as the mineral halite and as mixed evaporites in salt lakes. What is one of the best sources of this natural nutrient? Seawater. Containing lots of salt, it has an average of 2.6% NaCl (by weight), or 26 million metric tons per cubic kilometer. That's 120 million short tons per cubic mile, an inexhaustible supply (Note: Seawater also contains other dissolved solids; salt represents about 77% of the Total Dissolved Solids).

How the salt's affects the Human body

Salt provides two elements that are essential for life and for good health - sodium and chloride ions. They are both elements that the body cannot manufacture itself so it must be supplied by food. Although salt is the most common dietary source for these essential elements, sodium also available from various foods that contain sodium naturally. Sodium is a

mineral element that plays a critical role in body physiology. It controls the volume of fluid in the body and helps maintain the acid-base level and other functions like-

- Blood pressure
- Nervous System
- Metabolism (digestive system)
- Endocrine system

CENTESIMAL SCALE

This scale was introduced by Hahnemann in 5th edition of Organon of Medicine, aphorism 270 and is more commonly used. The first scale that Hahnemann developed during the early years of Homeopathy is the centesimal scale. As its name would suggest, it has a 1:100 dilution ratio.

DECIMAL SCALE

The decimal scale was the second potency scale to be produced in the development of Homeopathy. It has a dilution factor of 1:10 meaning that one part of the mother tincture or potency is diluted in 9 parts of a water alcohol mixture. Like the centesimal scale, the decimal scale still has 10 succussions between each dilution phase. Once again, the remedy's name is followed by a number to show how many stages of dilution and succussion it has been through and the Roman numeral "X" to indicate its 1:10 dilution ratio. A 3X potency, for example, indicates three stages of dilution

and succussion according to the decimal scale while a 12X indicates that the process has occurred 12 times.

Natrium Mur.

Natrum Muriaticum is a polychrest remedy. Nat. mur is one of the 12 tissue remedies of the Schussler. If Natrum carb is the typical salt of the Natrum group, Nat-mur is the most important. Nat-mur is one of Dr. Hahnemann's topmost constitutional deep-acting remedies which ranks in the first order for its power.

Preparation

One part by weight of pure chloride of sodium is dissolved in 9 parts by weight of distilled water.

Clinicals-

- Anaemia, Marasmus, Rickets
- Catarrhal and glandular affections- goiter, hyperthyroidism, Addison's disease
- Intermittent fever
- Heart affection
- GIT troubles- constipation
- Respiratory troubles
- Urinary affection, Diabetes
- Skin troubles etc.

CONCLUSION

On the basis of the results obtained in the study 30 cases of usefulness of 6 Decimal scale of potency particularly with Nat Mur, it has been found to be very useful in prescribing for the case for the

necessary treatment. To summarize, the clinical approach that one should have for potency selection is not to limit the practice with very limited range of potencies. There should not be any hesitation in using low potencies. In this condition often when a correctly chosen remedy does not give the desired result and instead of changing the potency, the homeopath often changes the remedy.

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