

## Editorial for the month of March 2010

### KALI GROUP

Kali group is one of my most favorite groups to teach and write about, hence I will first of all mention most identifying feature of Kalis from my 32 years of practice later I will discuss Kali-bich and Kali carb. All the symptoms and observation mentioned below have been confirmed in my practice.

#### Constitution:

- Dark complexion.
- Dirty unwashed look.
- Tired and worn out.

#### Emotional:

- Annoyed or Irritability at trifles.
- Anxiety that affects organ and tissues.
- Closed.
- Compulsive.
- Conservative.
- Despondent.

- Duty minded.
- Groundless anxieties (carbons).
- Pessimist.
- Pragmatic down to earth.
- Proper.
- Rigid.
- Rule abiding.
- Self-centered nature where maximum attachment is towards self.
- Strong sentimental attachment to fulfill his emotional insecurity.
- Strongly follows traditional values.
- Very moral.

### Physical:

- Chilly patients are generally sensitive to cold and dry weather.
- Easy sprains of joints.
- Expectoration is raised with difficulty.

- General agg. in early morning.
- Low Immune states.
- Never well since flu, Infections, Parasites, especially injuries.
- Recurrent enlargement of glands.
- Signs of poor eliminations or assimilations.
- Skin lacks tone.
- Swelling of eyelids.
- Tend to catch cold easily.
- Tendency to develop asthma, heart disease or rheumatism.
- Tendency to produce sinus trouble is a legendary phenomenon.
- Tends to be fat.
- Uric-acid diathesis (Caust, Kali-bich).
- Usually have aversion to eggs.

### Kali Bichromicum

- Compare the materia medica of chromic acid.

## Mind:

- Conscientious and develops a guilt feeling easily. (Rubric – delusions, crime, committed a crime; he had).
- Easily vexed; vexation in any form leads to anginal pains, migraine, rheumatism and gastric ulcers. (Refer the rubric - Indifference, apathy after the least vexation, with distress or pain in stomach; Sadness after vexation).
- Family oriented person, who prefers to spend most of the time at home.
- Frequently gets late for everything because of the compulsions.
- Keeps covering his mouth with hands when talking (Rubrics – Gestures, makes - hands; involuntary motions of the - covering - mouth with hands).
- Endogenous depression due to anxiety out-of-proportion from minor disputes or vexations.

Depression is characterized by:

- Anxiety, waking on.
- Business, aversion to.
- Business, incapacity for.
- Indifference to external things.
- Laziness.
- Loathing for life.

The depression is temporarily better after meals.

- Man of details wants details from others and explains everything in great details to others.

- Reserved, quiet individual; avoids any form of socialization.
  - Fear of open space.
  - Misanthropy.

### Physicals:

- Fat person and chubby children.
- Alternating symptoms - rheumatism with gastric symptom or rheumatism with amoebic dysentery or rheumatism with sinusitis or rheumatism with catarrhal headache.
- Lack of vital heat, sensitive to cold climate, cold air.
- Neuralgic pain in small spots that can be covered with the tip of the finger.
- Pains appear and disappear suddenly.
- Quick wandering pains that finally affect the stomach.
- Tough, lumpy and stringy discharge that adheres to the part and can be drawn out in the strings.
- Yellowness - yellowish discharges, yellow tongue, yellow vision and yellow discoloration of the eyes.

Modalities:

Agg: 2am-3 am, Beer, meat, cold damp weather, after eating, touch, sitting and stooping.

Amel: Warmth of bed, in open air.

### Kali Carbonicum

#### Constitution:

- Dark haired with strong tendency towards obesity (like Ammonium carb and Graphites).

#### Mind:

- Dogmatic, will not compromise easily.
- Dresses in an orthodox way.
- Family oriented.
- God fearing.
- Loyal
- Music aggravates especially from piano and violin.
- Optimistic, weakness inspite of.
- Organized

- Proper too.
- Responsible and duty bond
- Straightforward
- Structured
- Issues of morality are very strong. (Education following strict religious and moral principles) Hence a lot of feelings are suppressed, which latter comes out in the form of dreams, like amorous dreams.
- Discontented with everything and himself, due to overwhelming mental and physical weakness.
- Materialistic holding on to everything (a sort of clinging) will not let go things easily due to insecurity and hence strong anxiety of losing them. E.g. holding on to relationships or material things.
- Need for support is quite substantial at emotional as well as physical level
- Insecurity is exhibited in the form of anxiety, fear, excitability, hurriedness, and restlessness. The above feelings are aggravated
  - After a chill.
  - From flatulence
  - Lying on the right side.

- Waking at night.
  - Waking up in the morning.
  - When hungry.
- Anxiety, excitement and fear are usually felt in the chest, stomach and abdomen.
  - Hurried and impatient mentally and physically, this behavior is also the offshoot of his anxiety.e.g.
    - Hurry eating
    - Hurry movements
    - Hurry occupation
  - Excitability is a manifestation of nervousness that arises from feeling of helplessness and inability to cope with the situation for E.g.
    - Startled easily,
    - Startled at trifles,
    - Excitement from bad news,
    - Excitement from hunger.
  - Fear is the external manifestation of his inner anxiety. The fear of solitude over- rides almost all other fears, he fear that he will die if he is left alone, fears that when he is sleeping alone in the bed he is going to die, he is terrified of a sudden death that can come from being alone e.g.
    - Fear of death at night
    - Fear of death in evening

-Fear of death while lying in bed.

- Other fears like fear of ghost or evil, disease also indirectly represents death.
- Anger and irritability stems from incapability on his part to free himself from dependency on others especially his family.
- Constant antagonism with himself to free him from being dependent on others at the same time fears that people around him will forsaken or desert him and he will be all alone.

('Money' is a vulnerable spot in the Kali-c psyche. Antagonism can also manifest in other ways. One will is moral, righteous, and proper, not allowing any compromise on morality, but there is another will that is immoral and antagonistic to the first one. Hence a Kali-c will have problems doing business. On one hand he does not want to compromise on his principles, righteousness, but he has to submit to a bigger will because material gains are also very 'enticing', Fear of poverty is an important symptom of Kali-c, So these 2 wills can produce a break in the unity of the psyche of kali-c and make him a neurotic.)

- He feels angry on waking because he is easily distressed of having to leave the protection of his bed (bed is symbolic representation of mother) and in the evening from exhaustion

E.g.:

-Abusive

-Anger absent person when think of the

-Anger alternates with mildness

-Anger morning

-Anger morning waking on

-Anger violent

-Quarrelsome

-Striking at imaginary objects

-Shrieking at trifles

- Many of the sub rubrics of irritability and anxiety are almost similar like

-Aggravation on waking up in the morning.

-Aggravation before menses.

-Aggravation in the evening.

-Aggravation after coitus.

-Aggravation consolation from (because their ego is hurt)

- He is capricious, quarrelsome and bad-tempered frequently having fights either at his place of work or with his family members.

- Various delusions represented in the repertory are nothing but the distorted image of his perceptions of reality. These delusions are loaded with symbols of important significance.

-Delusion bed is sinking directly connects with fear of solitude. Here the bed is the symbol of maternal protection. (Mother can be represented in many symbolic ways. Authentic symbols of the mother are bowl, cave, cavity, chalice, church (Mother church) or city (Jerusalem), cupboard, furrow, house, ocean, sea, vessel, water, vase, ocean, or anything that is horizontal.

Sinking could refer to the descent into the unconscious in this case.

-Delusion that someone is calling him again expresses his feeling of dependency and forsaken.

- Delusions of birds (Lac can, Belladonna) express great desire for freedom from his suffering and his dependency.

- Delusion neck is too large; the meaning is that his head, which is loaded with anxieties and helplessness, is joined with the body, which is weak and fragile, by a strong and large neck.

- In dreams also we find this reflection, which expresses both the fear and the anger.

-Dreams of ghosts

- Dreams of specters
- Dreams of death approaching,
- Dreams frightful
- Dreams stone lying on him

(Interpretations of stone lying on him could be burden of his poor state of health, which he has to carry, or the burden of his dependency)

- Dream as if he is calling out for help

(This is another expression of helplessness and support.)

- Dreams of snakes

(Could be an attempt to come to terms with his or herself; this has to do with the recognition and harnessing of energies which have been suppressed and thwarted.)

Psychologically the snake has meanings, which are protean. Theriomorphic symbols are common manifestations of dreams and fantasies of the unconscious. Further snakes are the commonest manifestation of the collective psychic substratum. It points to the content in question, i.e. this content is as far from human consciousness as the psyche of the animal. It points to the degree of unconsciousness. Jung says warm and cold-blooded animals represent this degree of unconsciousness. In some cases it can represent the 'shadow' or it can also be a 'fear or anxiety' symbol.)

-Dreams of robber

(Could be interpreted as a symbol of the loss of an emotional support.)

- His perpetual state of anxiety makes his responses hyper reactive to external stimulus e.g. startled easily with every trifles, on falling asleep, during sleep. The stimulus could be fright, noise or unexpectedly touch.
- The infant Kali carb clings, whines and moans because he needs lot of attention. His whining is an indirect way of attracting attention.
- Ill humor and depression is always worse in open air and when alone.
- Tears are release mechanism to express the discontentment and grief, he will cry if comforted. He may cry with his old disappointment in love, or about the neglected feeling he receives from his family. He weeps when telling his sickness or he weeps causeless without knowing why or he weeps when he is remonstrated.
- He is tormented by unpleasant memories when lying alone in the bed at night.

- Eventually depression overtakes and he loses all interest in life even those things which he use to enjoy

### Physicals:

- Early morning aggravation is characteristic.
- Indicated after the loss of fluid, or where the vitality is affected after any acute or chronic disease (Ph-ac, China, Phos. Psor.)
- Extreme weakness felt all over the body – in the heart, back, joints, and even at the level of intellect.
- Weakness characterized by relaxations giving rise to prolapse, dislocation and degeneration, which compels the patient to either lie down, or to lean on something which is hard for support.
- Chilly patient; sensitive to slightest change of temperature or draft of cold air.
- Giving out sensation is one of the common symptoms for e.g. giving out sensation in the back, knees etc.
- Never well since

-Acute or chronic debilitating illness.

-After closing any sinuses in the body.

- After applications steroid ointments.
- After operation for fistula in ano.
- Labor, after.
- Miscarriages
- Suppressed skin eruptions
- Old people with tendency towards dropsy and paralysis.
- Pains are very sharp, stitching and throbbing and are better by motion and lying on affected side
- Tubercular diathesis.
- T. F. Allen says Kali-carb or any salt of Kali should not be used in fever, but I have repeatedly used it with great success, with the following totality
  - Chilliness extreme
  - Chill comes in the evening between 5 p.m. to 6 p.m.
  - Chill immediately after eating
  - Chill without thirst
  - Chill followed by nausea, vomiting and pains all over.
  - Chills compels the person to lying down
  - During fever the face is red and hot to touch but feet are cold

- Shortness of breath with fever
- Fever with external chilliness
- Fever without thirst
- Fever with tongue coated white
- Perspiration on upper part of the body
- Perspiration does not give any relief

- T. F. Allen says that it is one of the best remedies, following the labor or any complications after the labor, or in cases of debilitated states arising after the miscarriage.
- Throbbing pains, which leads to numbness or coldness of the single parts?
- Trio of perspiration, lumbago and prostration.
- Very ticklish cannot bear to be touched; startles even when touched even lightly on the feet.
- Diabetes mellitus associated with
  - Cardiac failure
  - Constipation
  - Dropsy
  - Dyspepsia
  - Hepatic dysfunction
  - Impotency
  - Prostration