

# Study of Calcarea Group with Special Emphasis on Mental Picture of Calcarea Carbonica

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**Abstract:** *In Homoeopathy the group study is the easiest way to understand the drugs and differentiate to one another. The group study is important to study the drugs and it is the easiest way to study the vast Materia Medica. No two individuals are the same. Each of us is different from the other and our physical structure and general characteristics contribute towards the difference*

**Keywords:** Calcarea Group, Calcarea Carbonica

## 1. Introduction

Calcarea group is also known as calcium group. Calcium is a mineral found mainly in the hard part of bones, where it is stored. Calcium is essential for healthy bones. It is also important for muscle contraction, heart action, nervous system maintenance, and normal blood clotting.

### Common Features of Calcarea Group Of Medicines

Constitution - suited to lymphatic, scrofulous and tuberculous person. fatty person with lax fiber. Fat children who are slow in movement, of irregular growth with enlarged and hard lymphatic glands.

Calc ars: suited to lymphatic, scrofulous and tuberculous person. Fat women approaching climacteric. Fat person (mentally depressed and anxious

Calc carb: Leucophlegmatic constitution. Large head and large features with pale skin and chalky look and in infants – open fontanelles. Tendency to obesity in youth.

Calc flour: Scrofulous - indurated glands of stony hardness

(Calc phos—is an exception to the common fatty, flabby constitution of calcarea which is scrofulous emaciated children who are slow in learning to walk, with sunken flabby abdomen)

**Mentally** they are sad, depressed and melancholic with great anxiety.

- Calc ars: Mentally depressed and anxious
- Calc brom: Nervous and irritable
- Calc carb: Melancholic sad. Disposition to weep even about trifles
- Calc flour: Depressed, anxious and indecisive
- (Anxiety of calcarea usually about the future or about the health)

**All most all calcarea group medicines** have a general weakness, aggravation from motion or aversion to motion, amelioration from lying down and ailments from either mental or physical exertion. All these features contributing to indolent, sluggish nature of the calcarea.

- Aggravation from mental and physical exertion – Calc carb, Calc ars, Calc caust, Calc fl, Calc iod, Calc pho, Calc sil.
- Aggravation from physical exertion – Calc carb, Calc ars, Calc fl, Calc iod, Calc pho, Calc sil, Calc sulph.
- Lying down amelioration — Calc carb, Calc iod, Calc pho, Calc sul.
- Aggravation from motion — Calc carb, Calc ars, Calc pho, Calc sul and Calc sil.

**Thermal reaction** – Most of them are chilly patient.

**CALCAREA GROUP OF MEDICINES:** Calcarea acetica, Calcarea ars, Calcarea bro, Calcarea carb, Calcarea caust, Calcarea phos, Calcarea picrica, Calcarea flour, Calcarea renalis, Calcarea sulph, Calcarea silicate, Calcarea iodata, Calcarea sulphurica

### Calcarea Carbonica

**SOURCE:** Middle layer of oyster shell. This soft white layer is secreted by oyster as fine

Crystals Calcium carbonate with traces of other minerals, such as Magnesium carbonate. In this sense, Calcarea carbonica could be classified not as a mineral but of Animal origin. It is also therefore known as calcareum ostrearum.

### Doctrine of Signature:

Oyster has hard shell to protect the soft body. The patient of calc carb is also soft and need protection. So to understand Calcarea carbonica, we have to get to know the oyster.

Oyster is Pale, Damp Blob. It is Clammy, Shapeless, Soft. It does not do anything but eat. It does not go anywhere. Its shell is anchored to a rock. So we can summarise a Calcarea personality based on this - He is sluggish, sweaty, cold and clammy, lethargic, worse from motion, from exercise, get out of breathe easily, slow to finish anything, slow to start anything, perfectly happy to just be in one place in familiar surrounding.

**Sphere of Action:** Main seat of action of Calcarea carbonica are bones, glands, blood, skin, mind and female genital organs.

## 2. Constitution

Make up –

- a) Leucophlegmatic constitution, blond hair, anaemic face, light complexion, blue eyes, fair skin.
- b) Suited to fair, fatty and flabby patients who become easily fatigued and tired on walking, with much sweating.
- c) Large head and large abdomen, fontanelles and sutures open.
  - Thermal – Chilly patient, disposed to catch cold very easily.
  - Miasm – Anti - psoric and antisycotic remedy.
  - Diathesis – Scrofulous, Rachitic.

### Mind

All Mind symptoms represent Calcarea carbonica as in state of great weakness; inability to prolong mental operation. Full of anxiety. He is tired mentally, tired physically, from mental work and breaks down in a sweat. Great disturbance of Emotion. Complaints lasting for days and weeks for Excitement of emotions, from worrying, from vexation. He thinks in his mind that he is going insane and other people are observing his state of mind. He thinks of it daytimes; he think of it nights, and it keeps him awake. He lies awake late at night thinking. Calcarea leads to little idea, that it compels the mind to littleness, to little idea, or to dwell on little thing. He form conclusions out of his emotion rather than from his intelligence. Even he closes his eyes to sleep, but he cannot keep his mind clear. So he cannot go to sleep because his thoughts trouble him. Least mental excitement causes profuse mental exertion. Sleep is restless one.

Fear – He is full of fear. Fear that something sad or terrible will happen. Fear she will lose her reason, or that people will observe her confusion of mind. Fear of death, of misfortune, of being alone. Fear of insanity. Fear of darkness. Apprehensive, worse toward evening. Great anguish with palpitation. When he cannot manage to get the protection he needs, he develop intense fear and talk nothing but murder, fire and rat

Dr. Kent says, ‘Calc has a wonderful record for curing night terrors Child is afraid of everything he sees. Nightmares and poor sleep. Imagine someone is in their room. Fear of monster. Great desire to be magnetised.

MODALITIES - Aggravation: Cold air; wet weather; cold water; from washing; morning; during full moon, from exertion, mental or physical; during full moon.

Amelioration: Dry weather; lying on painful side

### Relations

Complimentary: Belladonna, which is the acute of calcarea carbonica, Ip., Nit - ac., Nux - v

Calcarea acts best: before, Lyc, Nux., Phos., Sil.

It follows: Nit. ac., Puls., Sulph. {especially if pupils are dilated}

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