

NATRUM CARBONICUM

The theme running through Nat Carb is SEPARATION & DIVISION

SEPARATION = CRACKS - Natrum Carb is the alkaline constituent of soap which dries and cracks the skin - a cake of soap left to dry always cracks open - there are also ulcers.

Separation of the emotions - either profound sadness, joyful talkativeness or spiteful - not alternately as in some other remedies, although << alternate days is a modality, but it is an either/or situation. You might see the joyful loquacity during consultation especially if they or you manage to relate and fill the cracks.

Separation from society, family and friends.

Separation from their own body, i.e. has no control over many aspects - eating is always a problem so many things <<< or irritate - can't conceive, can't comprehend, makes lots of mistakes, can't control body so stumbles easily - there is DELUSION DOES NOTHING RIGHT. Clarke calls it "infirmity of purpose".

There is much denial in a Nat Carb but you will also witness a desire to hold on, to stop the cracks from forming. They feel they have no value and cannot bear to be rejected or ignored so they choose to live isolated so this rejection cannot happen. This isolation is preferable but of course this isn't what they really want - this is their disease.

Like all Natrums they are dutiful, kind, sympathetic, dedicated, often closed, sensitive, there will be grief somewhere (they feel abandoned and ignored and often have been or are by a parent, partner or friend. Abandoned = separation).

They are very sensitive to many things especially music, atmosphere, people - all things which require involvement with, adapting or relating to. Natrum Carb are scared to do this, they can't make the joins come together so they isolate and drift away, when all they really want is a solid, dependable relationship. All anxieties are centred around involvement. <<< from the least effort is a strong keynote.

Emotionally sensitive but physically everything irritates. Think about the dry chapped skin that soap can cause - this irritation is felt on the skin, the mucous membranes of eyes and nose and the alimentary tract.

The strongest physical complaints I have encountered are:-

DIGESTION - very weak, cramping gastric pains >> eating, there is often extreme hunger and can be greedy, <<< milk, there is lots of acidity, distention and flatulence, they are very thirsty, chronic liver ailments (discharges are usually yellow), stool like sheep's dung, or diarrhoea which is sudden and gushing.

Catarrh and coughs - continual, << change of temperatures, expectoration is yellow/green, lots of mucous rattling.

Rheumatics <<< any exertion, feels rigid, great weakness, contraction of muscles and tendons, dislocations (more separation!)

Skin - rough, dry and chapped and cracked - anywhere but especially on feet and between toes, ulcers, very sweaty, itching all over (secretion of bile??)

Sleep - vivid dreams, dreams of floods, robbers, of being pursued, death, travelling.

Usually chilly but << sun