

# Kali Carbonicum



The uses for the homeopathic remedy Kali Carbonicum are quite diverse and you may find this remedy helpful in a number of situations.

Kali Carbonicum is one of the deepest acting and most fundamental of all remedies. It is one of the most important remedies in the treatment of arthritis, catarrhs of the respiratory tract, asthma, peptic ulcers, and even malignancies.

Kali Carbonicum is used for asthma, backache, bronchitis, colds, coughs, pneumonia, as well as other conditions. It can also be used for build-up of mucous in the chest causing bronchitis or coughs.

Kali Carbonicum relieves lower back pain, including back labor. It has certainly helped many women, intent on natural birth, to

manage persistent lower back pain and maintain their ability to cope in labor.

Is also useful for menopausal or menstrual problems in women.

## **Kali Carb is commonly used for:**

### **Arthritis:**

Kali Carb is good for arthritis with great stiffness and stitching pains, that is worse in the early morning hours and worse from cold and dampness. The joints may be becoming thickened or deformed.

### **Lower Back Pain:**

Kali Carb is the remedy of choice for low back pain that drives the patient out of bed at night, or causes changes of position due to pain. It is best for back pain when the pain is worse on the right side of the lower back and is aggravated by sitting or walking. Another indication for Kali Carb is the fact that pressure on the area brings relief.

### **Asthma, Coughs & Colds:**

Kali Carb is probably one of the main remedies for asthma. The asthma is such that they can't lie down. They have to be propped up on pillows. One must sit up and lean forward in order to breathe more easily. Typically, they wake at 2 or 3 a.m. with a dry cough and wheezing. They must have open air when an attack occurs, but the cough is often brought on by cold weather. Kali Carbonicum is good for coughs and colds, and it can be used for build-up of mucous in the chest.

### **Pneumonia:**

Kali Carb is useful for dealing with pneumonia that is localized at the base of the right lung or left-sided pneumonia.

## **Kali Carb's Personality Profile:**

Kali Carb can be a very helpful homeopathic remedy for those who are possessive and irritable in their personality. They often hate to be touched and are very commonly at odds with others in their lives. They are conservative and proper but yet have a great deal of emotional upsets that can't be easily controlled.

They have a high level of fear and anxiety that often comes across as a defense mechanism rather than anything else.

## **Kali Carb's Materia Medica:**

**Mind:** Despondent. Alternating moods. Very irritable. Full of fear and imaginations. Anxiety felt in stomach. Sensation as if bed were sinking. Never wants to be left alone. Never quiet or contented. Obstinate and hypersensitive to pain, noise, touch.

**Head:** Vertigo on turning. Headache from riding in cold wind. Headache comes on with yawning. Stitches in temples; aching in occiput, one-sided, with nausea, on riding in carriage. Loose feeling in head. Great dryness of hair; falls out (Fluor ac).

**Eyes:** Stitches in eyes. Spots, gauze, and black points before eyes. Lids stick together in morning. Swelling over upper lid, like little bags. Swelling of glabella between brows. Asthenopia. Weak sight from excessive sexual indulgence. On shutting eyes, painful sensation of light penetrating the brain.

**Ears:** Stitches in ears. Itching, cracking, ringing and roaring.

**Nose:** Nose stuffs up in warm room. Thick, fluent, yellow discharge. Post-nasal dropping (Spigel). Sore, scurfy nostrils; bloody nasal mucus. Crusty nasal openings. Nosebleed on washing face in morning. Ulcerated nostrils.

**Mouth:** Gums separate from teeth; pus oozes out. Pyorrhæa. Aphthæ. Tongue white. Much saliva constantly in mouth. Bad, slimy taste.

**Throat:** Dry, parched, rough. Sticking pain, as from a fish-bone. Swallowing difficult; food goes down œsophagus slowly. Mucous accumulation in the morning.

**Stomach:** Flatulence. Desire for sweets. Feeling of lump in pit of stomach. Gagging. Dyspepsia of old people; burning acidity, bloating. Gastric disorders from ice-water. Sour eructations. Nausea; better lying down. Constant feeling as if stomach were full of water. Sour vomiting; throbbing and cutting in stomach. Disgust for food. Anxiety felt in stomach. Epigastrium sensitive externally. Easy choking when eating. Epigastric pain to back.

**Abdomen:** Stitches in region of liver. Old chronic liver troubles,

with soreness. Jaundice and dropsy. Distention and coldness of abdomen. Pain from left hypochondrium through abdomen; must turn on right side before he can rise.

**Rectum:** Large, difficult stools, with stitching pain an hour before. Hæmorrhoids, large, swollen, painful. Itching, ulcerated pimples around anus. Large discharge of blood with natural stool. Pain in hæmorrhoids when coughing. Burning in rectum and anus. Easy prolapsus (Graph; Pod). Itching (Ignat).

**Urine:** Obligated to rise several times at night to urinate. Pressure on bladder long before urine comes. Involuntary urination when coughing, sneezing, etc.

**Male:** Complaints from coition. Deficient sexual instinct. Excessive emissions, followed by weakness.

**Female:** Menses early, profuse (Calc c) or too late, pale and scanty, with soreness about genitals; pains from back pass down through gluteal muscles, with cutting in abdomen. Pain through left labium, extending through abdomen to chest. Delayed menses in young girls, with chest symptoms or ascites. Difficult, first menses. Complaints after parturition. Uterine hæmorrhage; constant oozing after copious flow, with violent backache, relieved by sitting and pressure.

**Respiratory:** Cutting pain in chest; worse lying on right side. Hoarseness and loss of voice. Dry, hard cough about 3 am, with stitching pains and dryness of pharynx. Bronchitis, whole chest is very sensitive. Expectoration scanty and tenacious, but increasing in morning and after eating; aggravated right lower chest and lying on painful side. Hydrothorax. Leaning forward relieves chest symptoms. Expectoration must be swallowed; cheesy taste; copious, offensive, lump. Coldness of chest. Wheezing. Cough with relaxed uvula. Tendency to tuberculosis; constant cold taking; better in warm climate.

**Heart:** Sensation as if heart were suspended. Palpitation and burning in heart region. Weak, rapid pulse; intermits, due to digestive disturbance. Threatened heart failure.

**Back:** Great exhaustion. Stitches in region of kidneys and right

scapula. Small of back feels weak. Stiffness and paralytic feeling in back. Burning in spine (Guaco). Severe backache during pregnancy, and after miscarriage. Hip-disease. Pain in nates and thighs and hip-joint. Lumbago with sudden sharp pains extending up and down back and to thighs.

**Extremities:** Backs and legs give out. Uneasiness heaviness, and tearing in limbs and jerking. Tearing pain in limbs with swelling. Limbs sensitive to pressure. White swelling of knee. Tearing in arms from shoulder to wrist. Lacerating in wrist-joint. Paralysis of old people, and dropsical affections. Limbs go to sleep easily. Tips of toes and fingers painful. Soles very sensitive. Itching of great toe, with pain. Pain from hip to knee. Pain in knees.

**Skin:** Burning as from a mustard plaster.

**Sleep:** Drowsy after eating. Wakes about two o'clock and cannot sleep again.

**Modalities:** Worse, after coition; in cold weather; from soup and coffee; in morning about three o'clock; lying on left and painful side. Better, in warm weather, though moist; during day, while moving about.