

NATRUM MURIATICUM

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Salt works Historically, salt was of great economic value in trade. To produce salt, brine was collected and evaporated in large boiling pans.

Rock salt The mineral rock salt, or halite, is formed by the evaporation of saline waters, usually lakes. A thick salt crust is left behind. Rock salt, the source of common table salt, is used to make the homeopathic remedy.

Salt, or sodium chloride, has long been a highly prized mineral resource. The word "salary" comes from the Latin *salarium*, which refers to the payment of salt to soldiers.

Sodium and chlorine are essential trace elements; most people get more than enough from the salt in their diet. In orthodox medicine salt is used only in saline solution, but in homeopathy, the *Natrum mur.* remedy has a wide range of uses.

KEY USES

- Emotional problems caused by suppressed feelings, especially grief
- Ailments accompanied by discharges that look like the white of a raw egg
- Complaints that are generally worse for heat.

SELF-HELP

Colds – see pp. 172–3
Cold sores – see pp. 164–5
Eyestrain – see pp. 166–7
Gingivitis – see pp. 162–3
Phlegm – see pp. 170–1.



REMEDY PROFILE

Common names Sodium chloride, rock salt.

Source Rock salt, which is found in the Dead Sea and in parts of the US, Europe, and India.

Parts used Sodium chloride.

AILMENTS TREATED

Homeopaths give this remedy for emotional problems, such as anxiety and depression, that are caused by suppressed grief and other emotions.

Natrum mur. is also used to treat conditions with a watery discharge, such as colds, and phlegm or profuse, clear mucus. Complaints that are generally worse with heat and that are often brought on by stuffy heat

or exposure to hot sun are helped by this remedy. These include: migraines with zigzag lines in front of the eyes; eyestrain with aching eyes; headaches that come on after menstruation; and cold sores.

It is also good for mouth problems, for example, gingivitis (inflamed gums), dry, cracked lips, mouth ulcers, and bad breath (halitosis).

Skin complaints, for example, warts, dry cuticles, hangnails, boils, and painful acne are helped by *Natrum mur.* It is also effective for goiter; anemia; indigestion; constipation with dry, hard stools; bleeding anal fissures, backache, and delayed urine flow.

In women, *Natrum mur.* is given for absent menstruation induced by shock or grief; irregular menstruation; and a general feeling of being unwell both before and after menstruation. It is also good for a dry or sore vagina, vaginal discharge, and vaginismus (vaginal pain during sexual intercourse).

When ill, people who need this remedy are chilly but dislike heat.

Symptoms better From fresh air; from cold compresses; in a firm bed; from sweating; from fasting.

Symptoms worse In cold, thundery weather, hot sun, and sea air; in stuffy heat; from overexertion; from sympathy; between 9 a.m. and 11 a.m.