

## Kali mur

### **Kali Muriaticum – Potassium chloride**

#### *Remedy picture as described in traditional homoeopathic texts*

This salt according to Schuessler, is present in brain cells, blood corpuscles, muscles, nerves and inter-cellular fluids. It is found in the blood in greater quantity than any other inorganic salt, with Nat mur being the next closest. Symptoms that produce congestion such as glandular swellings, nasal discharge or catarrh with whitish discharge suggest use of Kali mur.

#### **Mental/Emotional symptoms**

Irritability and anger in the evening; anxiety about trifles. Dullness of mind or mental excitement. Sadness. Inclination to sit in complete silence. Stuck in old mental and emotional patterns which are difficult to let go.

#### **Physical symptoms**

**Eyes:** Discharge of white, yellow or greenish mucus; superficial flat ulcer of the eye arising from a vesicle; feeling of sand in the eyes, useful for cataract after Calc Fluor.

**Ears:** Chronic catarrhal condition of the middle ear; hearing loss or earache from congestion and swelling of middle ear or eustachian tube. Glands about the ear swollen, noises and crackling in the ear especially on swallowing or blowing nose.

**Mouth:** White eruptions in the mouth, swollen glands around jaw and neck. Swollen, inflamed tongue; whitish coating on tongue, mapped tongue.

**Throat:** Pain on swallowing, second remedy in complaints related to the tonsils as soon as swelling appears; whitish deposits. Loss of voice, hoarseness from cold, wheezing or rattling sounds from respiration with mucous difficult to cough up. Hard cough.

**Stomach:** Little appetite, dyspepsia and indigestion, pain and heavy feeling on right side under shoulder. Fatty or rich food causes indigestion. Pain in stomach with constipation. Flatulence.

**Pains:** Rheumatic, gouty pains worse for motion and at night when slowing down and attempting to rest. The heat of the bed aggravates the pains.

**Urination:** Useful in acute and chronic cases of inflammation of the bladder and cystitis with dark coloured urine.

**Reproductive:** Menstruation can be late or suppressed with excessive discharge, dark clotted blood. Periods maybe too frequent.

**Skin:** The second stage of all skin eruptions, burns of all degrees especially when there is swelling and the characteristic thick, white discharge.

**Temperature:** Second stage of inflammatory conditions. Heightened temperature, great chilliness, the least cold air chills them through, has to sit close to the fire to keep warm and is chilly. Better covered up in bed.

#### **Keywords**

- Thick, white nasal discharge and catarrh.
- Earache
- Stuffy head colds
- Glandular swellings
- Tonsils
- Glue Ear
- Deafness with crackling in ears
- Tongue coated white

#### **Exciting causes**

- Taking cold
- Teething
- Fatty food
- Vaccination
- Sprains, burns, blows, cuts

**Modalities**

Better: Cold drinks; rubbing; letting hair down

Worse: Fatty foods; rich foods; open air; night; menses; motion; warmth of bed

Desires: Cold drinks; vinegar

**Compare to:** Belladonna, Bryonia, Mercurius, Pulsatilla, Sulphur, Rhus Tox

**Follows after:** Calc Phos, Calc Fluor, Ferrum Phos, Belladonna

© *Owen Homoeopathics*