

Calc carb

Calcarea carbonica – oyster shell

Remedy picture as described in traditional homoeopathic texts.

Calc carb is a great remedy for children as it supports growth and calcium metabolism. Improper assimilation of calcium can lead to problems of the glands, bones and skin. Calc carb kids tend to be pale, chubby and clumsy. Babies who need this remedy tend to be chubby, slow to crawl or walk, and their heads are often sweaty after sleep. It is especially indicated when teething is slow and distressing. Calc carb has a resonance with adults who tend to be fair, overweight, with a cold, soft handshake, and curly hair that tends to be damp with sweat after sleeping. They tend to suffer mental and physical complaints due to overwork, worry, fright, poor nutrition, ageing, alcohol or strains. Calc carb types suffer frequent coughs, colds and swollen glands, especially at times of sudden growth.

Mental/Emotional symptoms

Well-organised and methodical when feeling well, but when sick feeling dull, uninterested and easily tired. Overwhelmed by overwork and worries about all their responsibilities and duties. Can become easily discouraged and depressed, despondent ever getting well again. Poor memory, many fears, with apprehension increasing towards nightfall, and overly concerned about others. Anxiety worsens around twilight. Stubborn, whinging tantrums in young children, who may suffer nightmares, especially of monsters.

Physical symptoms

Often overweight with soft, pale complexion and lethargic manner. Hands often feel lifeless and lacks grip. There may be a sour odour to the body. Large head, large features, chalky pale skin. Babies may be slow in teething and learning to walk. Teething causes complaints such as sour diarrhoea. Children may look emaciated, with a large head and abdomen.

Head: Pressing pains or heavy aching in various parts of the head, made worse by reading or stooping. The pressure pain is felt from inside radiating outwards. The pain seems to be restricted to one part of the head at a time. In a child, the head is often sweaty after sleep. In an infant, the fontanelles are often slow to close. Cradle cap of infants.

Eyes: Disturbed vision with spots, shadows etc. making vision unclear. Vision affected by straining the body, mind, reading or after dinner. Aching pains in the eyes or feeling of grains of sand in eyes.

Nose, Mouth and Throat: Easily catches cold. Chronic mucous conditions. Enlarged tonsils and adenoids. Nose sometimes very dry, sore and ulcerated or plugged full of yellow mucus. Frequent sneezing with dry nasal catarrh. Swollen, bleeding gums, tongue usually white coated, a feeling of a lump in the throat not associated with tonsillitis. Disturbed dentition where teeth blacken as they appear from the gums and teething complaints in children.

Chest: Susceptible to catching cold, especially colds going to the chest.

Stomach and Abdomen: Large hard abdomen, with a dislike of tight clothing. Sensitive to pressure. Swollen glands. Twisting or cramping pain around umbilical area. Frequent sour belchings or sour vomiting of curdled milk. Often constipated.

Skin: Small warts on arms and hands. Nettle rashes which disappear in cold air. Itching and various eruptions of the skin.

Female: Menses too soon, profuse or lasts longer than usual.

Extremities: Cramps in calves at night.

Food: Weak digestion. Craves eggs, ice cream and sweets. Milk disagrees, but may be desired anyway. Cravings for earth, chalk, sand and uncooked food in children and pregnant women. Poor diet and nutrition. Loss of appetite when overworked, thirsty for cold drinks.

Temperature: Excessively chilly, and sensitive to the cold. Head is often sweating, especially during sleep. Feet sweaty and offensive.

Keywords

- Cold; sluggish; fair; faint; fearful

Modalities

Better: for warm, dry weather; when constipated

Worse: from cold; draughts; cold damp wind; wet weather; 2-3am; after exertion

Desires: eggs, ice cream and sweets

Aversions: Meat

Complementary remedies: Rhus tox, Belladonna, Lycopodium, Phosphorus, Silica.

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