

Mag phos

Magnesium phosphoricum - Phosphate of magnesia

Remedy picture as described in traditional homoeopathic texts.

Magnesium is an important mineral in the human body required by the nervous system and for healthy muscles, especially during times of stress, after exertion or during menses. A deficiency of Magnesium can lead to cramping, as it is required for muscle fibres to relax. Therefore, Mag phos can be helpful whenever there is cramping, colic and spasm, such as menstrual pain or abdominal colic in babies. It may also ease neuralgic pain, such as sciatica or headache.

Mental/Emotional symptoms

Listless and lazy, with aversion to mental activity. Forgetful and can't think clearly. Feels anxious and depressed, tense and nervous. Appears tired and exhausted.

Physical symptoms

Pains are characteristically spasmodic, such as cramps, spasm and twitches. Nerve pain that may be shooting, darting or stabbing. The pain can rapidly change location and is generally better for warmth and gentle pressure. Yawning and stammering in speech. Dread of cold air, dislike of washing with cold water, or uncovering/touching the affected part with cold hands.

Head and Face: Headache. Sharp face pain from washing in cold water, or when opening mouth. Strong sharp ear pain, worse behind the right ear, worse for going out into the cold air or washing the face and neck in cold water. Twitching eyelids. Hot, tired aching eyes, photophobia. Toothache that feels better for hot liquids.

Chest: Bouts of spasmodic coughing that eases with hot drinks.

Stomach and Abdomen: Cramps or colic with flatulence and rumbling, better for warmth and massage. No relief from burping. Feels better from bringing the knees up or applying pressure. A bloated full sensation in the abdomen which feels better for loosening the clothing, walking about and passing wind. Constipation in infants.

Back and Limbs: Cramping pain and muscular spasm that is better for warmth and massage. Sciatica, possibly worse in the right leg. Growing pains or aching, radiating pain.

Female: Menstrual cramps which feel better for warmth and pressure, or bending over. Painful periods. Menses flow may be dark, stringy or thick. Swelling and pain of external parts. May help ease labour pain.

Sleep: Sleepless on account of pain. Sleepy when studying. Sleep interrupted by troubling dreams. Drowsy on waking in the morning.

Food: Craves sugar, averse to coffee. May have a thirst for cold drinks.

Temperature: Chilliness, especially in the evening, with chills running up the back.

Keywords

- Spasms, muscular and menstrual cramps, abdominal colic

Exciting causes

- Teething; menstruation; standing in cold water; rapid growth; exertion

Modalities

Better: Warmth; bending over; doubling up; gentle pressure and massage

Worse: Cold air or water; right side; night-time; washing

Desires: Sugar; very cold drinks

Aversions: Coffee