

# Biochemic Medicine: Bridging Nutritional Balance and Homoeopathy

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## **Abstract:**

Schussler's twelve tissue remedy are the minerals, also known as Biochemic salts that were first introduced in homoeopathy by Dr. Schussler in 19<sup>th</sup> century. They are helpful in maintaining the proper cell functioning and provide support to the body's health by regulating cells tissue salt level. These tissue remedies are formulated by adding minimal amount of tissue salt. The biochemic tissue remedies are inorganic tissue salts. There are of total twelve biochemic tissue remedies which has its own individual properties. These biochemic remedy maybe compared to vitamins, just like deficiency of specific vitamins will cause symptoms, similarly deficiency of these tissue salts likely to cause disease pathology or particular symptoms. These remedies are based on the principle that deficiencies in essential cellular minerals lead to disease, and restoring balance can promote healing. Unlike classical homeopathy, which relies on the "like cures like" principle, tissue salts function by replenishing specific minerals in micro-doses to optimize cellular function.

**Keywords:** Homoeopathy, tissue salt, alternative medicine.

## **INTRODUCTION:**

The biochemic medicines is a system of medicine that was proposed by Dr. Schussler in 1873. This theory is based on the fact that a standard amount of organic and inorganic constituents defines the natural activity, structure, and vitality of the cell. These biochemic tissue salts helps in maintaining the equilibrium and balance the molecular activity in the cell. According to Dr. Schuessler, any fluctuation especially, deficiency in the amount of tissue salts, will cause the disease conditions. This kind of disturbed equilibrium and balance can be rectified by administering the same mineral salt in small quantities. Thus, by supplying deficiencies the harmony in cell and vitality in living tissue maintained. For e.g. A child suffering from rickets shows lack of phosphate and calcium in the bones, Same as in iron deficiency anaemia patient, there is lack of ferrum in the circulation, now administering same salt will bring back the condition into normal state and helps in curing rickety child and iron deficiency anaemia patient. In this article, we review the 12 primary tissue salts and the benefits they may provide for your body.

Biochemistry is the study of chemical reactions and pathways essential for maintaining healthy life. The system of treatment with inorganic cell salts is approved by World Health Organization and are recognized by several Medical Councils worldwide. According to this system of treatment there are only 12 major natural inorganic components that can prevent and heal almost all types of diseases totally based on the natural laws of cure.

Among all the types of inorganic salts, the 12 most abundant and fundamental inorganic salts are mainly used as medicines in this system. There are no side effects of these medicines because the twelve inorganic salts are actually the natural chemical components that makes up the body and are available in nature.

According to Dr. Schuessler, when a cell gets all the nutrients and salts that are necessary for performing their regular biochemical activities, the cell stays healthy and no disease can take over the cell, but if

somehow there occurs deficiency of the required amount of nutrients or inorganic salts, the cells fail to perform their normal biochemical processes and functions, thus becoming weak and the disease takes over.

The term Nutraceutical also known as Functional Foods, may be new to the world but the underlying concept of treatment using natural products as medicines are very old practice in the history of medical sciences. The term Nutraceutical is composed of two fundamental words,

1. The first one being Nutrition
2. The second one being Pharmaceutical.

### **HERE ARE THE 12 TISSUE REMEDY AS PER DR. SCHUSSLER**

- Calcarea flourica(calc flour)-elasticity fiber
- Calcarea Phosphorica(calc phos)-cell restorer
- Calcarea Sulphurica(calc sulph)-blood purifier
- Ferrum Phosphoricum(ferrum phos)-oxygen carrier
- Kalium Muriaticum(kali mur)-detoxifier
- Kalium Phosphoricum(kali phos)-nerve stabiliser
- Kalium sulphuricum(kali sulph)-skin conditioner
- Magnesia Phosphorica(mag phos)-pain killer
- Natrum Muriaticum(nat mur)-water metaboliser
- Natrum Phosphoricum(nat phos)-acid neutralizer
- Natrum sulphuricum(nat sulph)-liver cleanser
- Silica(sil)-skin cleanser

### **INDICATIONS OF TWELVE TISSUE REMEDIES, ARE AS FOLLOWS**

1. Calc Flour: Indurated glands of stony hardness Fissure of rectum Varicose or enlarged veins Cataract Restores tissue elasticity.
2. Calc Phos: Retarded dentition Chronic enlargement of tonsils Anaemia and chlorosis Rickets.
3. Calc Sulph: Hasten suppuration Boils and acne Painless abscesses in anus.
4. Ferrum Phosphoricum: Fresh wounds by mechanical injuries Haemorrhage caused by hyperaemia Anaemia & Raynaud's disease.
5. Kali Muriaticum: Inflammation- second stage Eustachian tube obstruction Catarrhal ophthalmia.
6. Kali Phosphoricum: Brain fog, loss of memory Muscular and nerve prostration Childbed fever Alopecia areata.
7. Kali Sulphuricum: Violent itching of anus Skin diseases Heals mucus membranes.
8. Magnesia Phosphorica: Great antispasmodic Pain relieved by warmth and pressure Orbital and supraorbital neuralgias, Membranous dysmenorrhea.
9. Natrum Muriaticum: Anaemic condition with emaciation and malnutrition Hammering headache worse morning Sunstroke.
10. Natrum Phosphoricum: Acidity, Jaundice, Sterility with acidic secretions from vagina.
11. Natrum Sulphuricum: Mental troubles arising from fall or head injury Humid asthma Gall stones.
12. Silicea: Hasten suppuration Nails crippled and brittle Abscess Fistula.

## HOW BIOCHEMIC REMEDIES ARE PREPARED?

These twelve biochemic remedies are prepared homoeopathically through trituration or dilution –

- one-part pure mineral salt is added to nine parts lactose.
- One part of this, then added to nine parts of lactose and it becomes 2x potency.
- This is further divided so it becomes 6X and this potency is ready to be absorbed directly into the bloodstream through mouth.
- Tissue salts are available in tablet form.

## WHAT IS THE DOSAGE OF BIOCHEMIC REMEDIES?

- In acute case- dose can be repeated every hour or two In severe acute case having painful affection- dose can be repeated ten to fifteen minutes
- In chronic cases- one to four dose daily In suitable cases the external use of remedies may be used.

## HOW TO USE BIOCHEMIC REMEDIES?

- Dissolve in mouth
- Dissolve in water (drinking) Gels, lotion Bath

## WHAT ARE THE SIDE EFFECTS OF BIOCHEMIC REMEDIES?

There are no side effects of homoeopathically Prepared biochemic remedy as they have minimal dose of tissue salt. They are safe to take.

## CONCLUSION

From above we can easily culminate that these twelve Biochemic tissue remedies can be named as “vital cell foods” as giving the cells the essential nutrients (mineral salts) they lack, causing disease pathology can cure and restore health.

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