

Alumina 3X

Introduction: Now a days Aluminium is used as cooking utensil in almost all the families. Continuous use of these utensils brings a chronic aluminium poisoning state. For this state potentised Aluminium is the remedy. Aluminium is present in many vegetables, fruits, milk, eggs, sea foods and probably in the tissues of the human and animal bodies. In this dose, it is regarded quite harmless. Poisoning symptoms are burning pain in mouth, throat and stomach, vomiting mixed with blood, dyspnoea, frequent pulse, subnormal temperature, loss of co-ordination and convulsion etc.

Synonym: Pure Clay, Aluminium Oxide- Al_2O_3 .

Source: Chemically prepared Aluminium Oxide from pure muriate of lime.

Preparation: Chemically prepared and triturated with sugar of milk like other insoluble substances.

Proved by: Hahnemann. It was chemically prepared in pure form by Hahnemann who gives the method of preparation of Alumina in *Materia Medica Pura* with the provings of the remedy.

Guiding symptoms/Indications:

1. Inactivity of rectum even soft stool requires great straining (Anac. or., Nux. m., Plat., Psor., Sil.).
2. **Constipation:** No desire for and no ability to pass stool until there is a large accumulation. Great straining, must grasp the seat of closet tightly; stool hard, knotty, covered with mucous, or soft, clay like, adhering to parts (Plat.).
3. Constipation: Of nursing children from artificial food in bottle fed babies; of old people (Lyc., Op.); of pregnancy (Dol., Nat. s., Nux. v., Plumb., Plat., Sep.), from inactive rectum (Sep.). Diarrhoea when she urinates (Aloe. s., Hyos.). Has to strain at stool in order to urinate.
4. **Leucorrhoea:** Acrid and profuse, running down to the heels (Syph.) worse during the day time; amel. by cold bathing.
5. After menses : exhausted physically and mentally (Ipecac., Carb. an., Chin., Cimic., Phos., Verat. alb., Nat. m., Sulph.). Scarcely able to speak (Carb. an., Coc.). Talking fatigues, faints and gets tired, must sit down.
6. Chronic eructations for years; worse in evening.

7. Dry, tettery, itching, eruption, worse in winter (Petr.), intolerable itching of whole body when getting warm in bed (Sulph.), scratches until bleeds, then becomes painful.

8. Inability to walk, except with the eyes open, and in the day time; tottering and falling when closing eyes (Arg. n., Gels.).

9. All irritating things like salt, wine, vinegar, pepper immediately produce cough.

Particulars:

In Female disorders: Usually the lady patient comes with too early and too scanty flow during her menstrual period. The colour of the blood is pale. She is miserable during menstrual period. The menstrual flow makes the lady prostrated, so the patient is exhausted both mentally and physically after menstruation. She is scarcely able to speak after menses. Very often it is prescribed for leucorrhoea where the flow is only during the day time and flow is profuse and copious which runs down the heels. The nature of leucorrhoea is acrid, excoriating and yellow in colour. It may be albuminous and stringy and is ameliorated by cold bathing. With above complaints she possesses following generalities such as chilly patient, constipated, perverted appetite, dislike for potatoes, loss of memory, time passes very slowly etc.

In gastro-intestinal disorders

Patient has desire for starch, charcoal, cloves, coffee, or tea grounds, acid and indigestible things, but peculiar thing here is potatoes disagree. The patient has aversion to meat. Whenever patient takes any irritating thing it will cause cough.

Patient is a chronic sufferer of eructations which is aggravated in evening. As it produces paralytic condition of the gastrointestinal system, which produces no peristaltic movement, the patient thus has no desire or ability to pass stool, until there is a large accumulation. So, while defaecating the patient has to strain a lot to pass stool. It is so paralysed that even soft stool requires great straining. While defaecating patient must grasp the seat of closet tightly. The stool is dry, hard, knotty, covered with mucous. Soft stool adheres to the parts. After stool the rectum feels sore and sometimes bleeding also occurs. It may be given in constipation of children who are taking artificial foods or babies who are taking bottle feeding. Constipation is also associated with paralytic condition of urinary system, so the patient has to strain at stool in order to urinate. Alumina can be given in diarrhoea which occurs after eating potatoes. In diarrhoea also, the inactive condition of rectum is well marked. The patient passes stool during urination. It is also seen that soft stool requires great straining.

Dose and administration: 1 tab 3 to 4 times daily for adult. ½ tab for 3 to 4 times daily children.

Side effects: No significant side effect has been observed in proper dosage

Contraindication: There is no known contraindication.

Relationship: Compare: Aluminum chloridum (Pains of loco-motor ataxia. Lower trits in water). Slag Silico-Sulphocalcite of Alumina 3x (anal itching, piles, constipation, flatulent distention); Secale; Lathyr; Plumb. Aluminum acetate solution. Externally a lotion for putrid wounds and skin infections. Arrests hæmorrhage from inertia of uterus. Parenchymatous hæmorrhage from various organs-23 % solution. Hæmorrhage following tonsillectomy is controlled by rinsing out nasopharynx with a 10 % sol.

Complementary remedies: Bryonia.

Presentations: 50 tabs (20 gm in PET bottle), 450gm powder in container.