

## MAGNESIA PHOSPHORICA.



**Synonyms:** Magnesium Phosphoricum.

**Common Name:** Phosphate of Magnesia.

**Chemical Properties:** Formula,  $Mg HPO_4, 7H_2O$ . It is made by mixing phosphate of soda with sulphate of magnesia. The crystals resulting are six-sided, needle-like. They have a cooling, sweetish taste. They are sparingly soluble in water; 322 parts dissolving one part after standing a long time. Boiling decomposes it. It exists in the grains of cereals, and can be detected in considerable quantity in beer.

**Preparation:** The salt is triturated according to Class VII, American Homoeopathic Pharmacopoeia.

**Physiologico-chemical Data:** It is an earthy constituent of muscle, nerves, bone, brain, teeth and blood corpuscles. A disturbance of its molecular motion causes cramps, pains and paralysis. Schiessler says that the action of Magnes. phos. is the reverse of that of iron. By functional disturbance of the molecules of the latter the muscular fibres relax; through the functional disturbances of the magnesium molecules they contract; hence it is the remedy for cramps, convulsions and other nervous phenomena.

**General Action:** Diseases having their seat in the nerve-fibre cells or in the terminal bulbs of the nerves, in the muscles or in the muscular tissue itself, are cured by this remedy. Pains which are darting, spasmodic in character, boring, lightning-like, accompanied by a constrictive feeling. They are often changing in locality, and are relieved by warmth and pressure. It is purely antispasmodic, and hence is curative in cramps, spasms of the glottis, tetanus, epilepsy, spasmodic retention of the urine, paralysis agitans, etc. It is best adapted to lean, thin, emaciated persons of a highly nervous organization, and prefers light complexion and the right side of the body. Cold in general favors its action exceedingly, whereas heat and pressure interfere with it. Hence the patient is relieved by these. Attacks are often attended with great prostration and sometimes with profuse sweat. The Magnes. phos. patient is languid, tired, exhausted, unable to sit up, whether he is suffering from acute or chronic affections.

### Guiding Symptoms /Indications:

**Mental Symptoms:** Illusions of the senses, forgetful, dulness and inability to think clearly, indisposition to mental effort. Sobbing with lamenting. Laments all the time about the pain, with hiccoughing. Talking to herself constantly or sitting still in moody silence. Carries things from place to place.

**Head and Scalp:** Brain troubles of children, with unconsciousness and convulsive symptoms. Headache, pains shooting, darting, stabbing, shifting, intermittent, spasmodic, paroxysmal and neuralgic, always relieved by the application of warmth. Nervous headaches with sparks before the eyes. Very acute pains in the head, more in young and strong persons, constant while attending school or after mental labor, or from any injurious stimulus. Pain on top and back of head extending down the spine, most severe between the shoulders. Headache from occiput, spreading over whole head with nausea and chilliness. Scalp feels rough ; much dandruff; pustules.

**Eyes:** Vision affected, sees colors before the eyes (chromatopsia), sparks, eyes sensitive to light, photophobia, diplopia, pupils contracted, dullness of vision from involvement of the optic nerve or retina. Dark spots float before the eyes. Nystagmus, spasmodic squinting, ptosis or drooping of the eyelids. Twitching of eyelids. Orbital and supraorbital neuralgias, worse on the right side and relieved by warmth applied externally, and exquisitely sensitive to touch. Increased lachrymation with the pain. Itching of lids. " Retinitis Pigmentosa " (R. S. C).

**Ears:** Weakness of the auditory nerve-fibres causing deafness. Otalgia purely nervous in character, better from heat. Neuralgic pain worse behind right ear, made worse by going into cold air and washing face and neck in cold water. "A remedy to be thought of in all forms of internal ear disease." (Copeland).

**Nose:** Loss or perversion of the sense of smell, even without catarrhal troubles. Alternate stoppage and profuse gushing discharge. Smarting and rawness, worse left side. Cold in head, alternately dry and loose.

**Face:** Neuralgia, supra- and infra-orbital. Prosopalgia, lightning-like pains, intermittent, always better from warmth; worse on touch, pressure, cold and on right side, at 2 p. m. and in bed. Neuralgic pains of right side, from infra-orbital foramen to incisor tooth, gradually radiating over the entire right side of face, worse by touch, opening the mouth, cold air and when body gets cold. From washing or standing in cold water. From exposure to a strong north wind.

**Mouth:** Convulsive twitchings of the angles of mouth. Sensation of painful contraction at articulation of lower jaw, with backward jerking. Spasmodic stammering. Trismus; lock-jaw.

**Tongue:** Generally clean with pain in stomach; coated white with diarrhoea; bright red, with rawness in mouth, left side sore, smarting like canker-sore, making eating painful as if scalded.

**Teeth:** Very sensitive to touch or cold air. Cannot brush teeth with cold water. Toothache worse after going to bed, changes place rapidly; worse from cold things, cold washing; better by heat and hot liquids (if cold, Ferr. phos., Bry., Coff.). Severe pains in decayed or filled teeth. Ulceration of teeth with swelling of glands of face, throat and neck and swelling of tongue. Complaints of teething: children. Spasms without febrile symptoms.

**Throat:** Soreness and stiffness, especially right side; parts seem puffy, with chilliness and aching all over; swallowing painful with pain in back of head. Must swallow. Dropping from

posterior nares, with sneezing and rough throat. Spasm of the glottis. Spasmodic constriction of the throat on attempting to swallow liquids, with choking sensation.

**Gastric Symptoms:** Sensitive to acids and averse to coffee. Craves sugar. Hiccough with retching day and night. Obstinate singultus, causing long lasting soreness. Regurgitation of food. Burning, tasteless eructations, better drinking hot water. Heartburn. Gastralgia, with clean tongue, relieved by warmth and bending double. Pain worse from touch at epigastrium and renewed by drinking cold water. Spasms or cramps in the stomach, pain as if a band were tightly laced around the body. Flatulent distension of stomach with constrictive pain. Flatulent dyspepsia. Nausea and vomiting.

**Abdomen:** Enteralgia. Flatulent colic forcing patient to bend double, relieved by rubbing, warmth, pressure, accompanied with belching of gas which gives no relief. Incarcerated flatulence; rumbling and belching. Flatulent colic of children and the newborn. Abdominal pains cause great restlessness, radiate from navel, often accompanied by a watery diarrhoea. Cannot lie on back stretched out, has to lie bent over. Bloating, full sensation in abdomen; must loosen clothing, walk about and constantly pass flatus.

**Stool:** Diarrhoea, watery, with vomiting and cramps in calves; with chilliness and pain in stomach. Stools expelled with force. Dysentery, with cramp-like pains, spasmodic retention of urine; cutting, lightning-like pains in hemorrhoids, so severe as to cause fainting ; most severe in rectum and abdomen. Pain in rectum with every stool. Pain with prolonged spasm of abdominal muscles. Constipation of infants, with spasmodic pain at every attempt at stool, indicated by sharp, shrill cry; much gas and rumbling and flatulent colic.

**Urinary and Sexual Organs:** Constant urging to urinate when standing or walking. Spasm of the bladder; child passes large quantities of urine; spasmodic urinary complaints; spasmodic retention; spasm of the neck of the bladder; painful urging. Nocturnal enuresis from nervous irritation. Vesical neuralgia after use of catheter. Deficiency or excess of phosphates. Gravel. Sexual desire increased.

**Female:** Menstrual Colic; pain precedes flow; intermittent, worse on right side, great relief from heat. Ovarian neuralgia, worse on right side. Vaginismus. Ovaritis. Membranous dysmenorrhoea. (Has cured a number of cases.) Menses too early, with dark, fibrinous, stringy flow. Swelling of external parts.

**Pregnancy:** Spasmodic labor pains, with cramps in the legs, crampy pains, excessive expulsive efforts. Puerperal convulsions (intercurrent). Relaxes contracted uterus. Retained placenta.

**Respiratory System:** Asthma when flatulence is troublesome. Spasmodic closure of the windpipe, with sudden, shrill voice, constriction of the chest. Persistent semi-chronic cough of a pseudo-catarrhal, nervous character. True spasmodic cough, coming on in paroxysms without expectoration ; convulsive fits of nervous cough ending in a whoop; whooping cough; spasmodic cough at night, with difficulty in lying down. Darting pains in the chest, more on right side, which radiate from pain in bowels. Oppression of chest, shortness of breath. Constriction of chest and throat, with spasmodic, dry, tickling cough.

**Circulatory Organs:** Angina pectoris, neuralgic spasms (better given in hot water); nervous palpitation of the heart when spasmodic.

**Neck and Back:** Sore pain in lower part of back, in neck and small of back. Acute, boring, darting, neuralgic pains in any part of the back. Shifting pains; intercostal neuralgia. Dorsal spine very painful and sensitive to touch.

**Extremities:** Darting pains in shoulders and arms, worse in right. Joints painful. Involuntary shaking of the hands. Paralysis agitans. Tingling sensations. Neuralgia in lower limbs, at night, mostly with spasmodic muscular contractions; legs ache after getting in bed. Sensation in limbs like a shock of electricity, followed by muscular soreness. Cramps in calves. Sciatica with excruciating, spasmodic pains. Violent pains in acute rheumatism of the joints (as intercurrent during rheumatic fever). Deficiency in locomotive power. Feet very tender. Pains are aggravated by the slightest touch.

**Nervous Symptoms:** Nutrition and function remedy for the nerve tissues. Languid, tired exhausted, unable to sit up. Alcoholism. Nightly neuralgias, with spasmodic muscular contractions. Spasms from idiopathic affections of motor nervous tissues. Twitchings all over body during waking hours. Lightning-like pains. Convulsions with stiffness of the limbs or of the body, fingers clenched, thumbs drawn in. Singultus. Chorea, involuntary movements and contortions of the limbs. Epilepsy resulting from vicious habits, spasms, stiffness of limbs, clenched fists and teeth. Paralysis agitans, trembling of hands, limbs, or shaking of head. Paralysis of nerve fibres. Writer's cramp. Piano or violin player's cramp. Tetanic spasms, lock-jaw (rub it into the gums). Convulsive sobbing.

**Sleep:** Spasmodic yawning. Insomnia from exhaustion or lack of brain nutrition. Drowsiness. Sleep disturbed by troublesome dreams, by pain in occiput and back of neck.

**Febrile Symptoms:** Intermittent fever with cramps in the calves. Chilliness after dinner, in evening, about 7 p. m. Chills run up and down the back with shivering: are followed by a suffocating sensation. Severe chills about 9 A. M. Bilious fever. Profuse sweat.

**Skin:** Burning and stinging pain in bunions and corns. Barber's itch; herpetic eruption with white scales. Boils. Rash like insect bites; worse about knees, ankles and elbows.

**Tissues:** Spasms and neuralgias. Nervous asthma. Spasm of glottis. Chorea. Tetanus. Bad effects from injurious stimulants.

**Modalities:** All the pains of this remedy are characteristically worse on the right side, from cold, cold air, draught of air, cold washing and from touch. They are always relieved by warmth, heat, pressure, bending: double, and friction.

**Homoeopathic Data:** Since its introduction by Schussler this magnificent remedy has been proved by Drs. W. P. Wesselhoeft, J. A. Gann and other members of the I. H. A., by which the

main indications of Schussler were verified and others added, thus giving us a polychrest of the highest order. 'All the provings have been arranged systematically by Dr. H. C. Allen, and published in the Medical Advance, December, 1889. The foregoing symptomatology contains all that seemed to us reliable and worthy of preservation. A resume of its symptoms is also given in Hering's Guiding Symptoms, vol. vii.

**Dose & Administration:** Schussler recommends the 6x trituration, and adds that it acts best when given in hot water. Many practitioners have verified this valuable hint, and found also that in case of failure with this preparation, the lower potencies, such as the first and second, would cure. In colic, Dr. J.C. Morgan advises the 30X in water, and frequent doses. But in view of the really surprising and apparently wholly trustworthy results obtained by the provers with the high and highest potencies, we would recommend these should the lower fail.

**Relationship:** Magnes. phos. has won its greatest laurels in the treatment of nervous affections, neuralgias especially. Here, in a general way, it finds another tissue remedy with which it shares the honors. This is Kaliphos., which is more truly the nutritive brain remedy, and clinically corresponds more to paretic affections, while Magnes. phos. does more to spasmodic affections. The general modality differs, too, Kali phos. having amelioration by cold applications. In studying the action of this drug, we find the most striking resemblance in the colic and other neuralgic symptoms with Colocynth. and it certainly is a suggestive and interesting fact that Colocynth. contains 3 per cent, of Magnes. phos. The flatulent colic reminds also of Dioscorea. Another near relative is Gelsem. The provings of both show a close correspondence in the mixture of spasmodic and paretic symptoms, hence their successful employment in hysteria, hypochondriasis and spinal irritation. The chill up and down the back are common to both. Naturally enough come into this physiological group Ignat. and Nux mosch., which compare especially in the flatulent symptoms of both and the spasmodic of Ignat. In spasms Magnes. phos. is like Bellad., and follows it frequently, should it fail and the patient present the dilated pupils, staring eyes and starting at slightest noise. In strabismus, if caused by worms, compare Natrum phos.; in watery secretions, diarrhoea, etc., Natrum mur.; in epilepsy, Kali mur., Calc. phos., and Silicea; affections of the right side of the body, Bellad., Bryon., Chelid., Kali carb., Lycop., Podoph. The violent pains remind of Bellad., Stramon.; the shifting, rapidly changing of Puis., Kali sulph., Lac can.; the squeezing, constricting sensation of Cactus, Calc, Iod. and Sulph. The menstrual and labor-pains resemble Viburn., also Pulsat, but, unlike this, are better by heat. Cimicif. has much similarity here, but its pains are more steady, those of Magnes. phos. more spasmodic. Again, the pains of Magnes. phos. seem to be more in the deeper structures—ovaries, fundus; those of Cimicif. more in the ligamentous (A. P. Davis.) In membranous dysmenorrhea remember Borax and Acetic acid and Viburn. op. Among plants containing Magnes. phos. may be mentioned Lobelia, Symphytum, Stramon. and Viburn., which probably explains the presence of similar symptoms. In the nightly neuralgic pains relieved by heat compare also Ars.; and its action on the nervous system generally compare Zinc.  
Antidotes: Bellad., Gelsem., Lachesis.

**Side Effects:** No significant side effect has been observed in proper dosage.

**Contraindication:** There is no known contradiction.

**Use in Pregnancy:** The safety of Magnesium Phosphoricum in pregnancy has not been studied. Therefore it should be used with caution during pregnancy. Use as per Physician Advice.

**Storage:** Keep out of reach of children. Keep away from direct sunlight. Store in a cool and dry place.

**Presentation:**

Power: 3x, 6x, 12x, 30x, 60x, 200x.

Pack Size: 30 gm in PET bottle, 100 gm & 450 gm in Container.

**References:**

- 1. The Twelve Tissue Remedy of Dr. Wilhelm Heinrich Schuessler.**
- 2. Homeopathic Materia Medica by Dr. William Boericke**
- 3. Systemic Materia Medica by K.N. Mathur**