

Review Article

Mental Themes of Kalium Carbonicum with Special Emphasis on Its Delusion

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ABSTRACT

The kali – carb patients’ express emotions in metallized way i.e. predominated by intellect. When one reads the proving of Hahnemann and Allen, Kali – carb patient has lots of fears and delusions. Hence, the article focuses in depth study of delusion of kali carb; which will bring different shades of Kali – carb patients and will be helpful in prescribing to patients at early stage of illnesses.

Keywords: Diagnostic and statistical manual of mental disorders, delusion, belief



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INTRODUCTION

Countless psychological experiments have shown that for humans and animals, helplessness in the face of danger is very stressful. And hence we, humans start believing that we have power over our destiny which helps to relieve negative experience. Hence, the belief that one’s thoughts, by themselves can influence the surrounding world. As we spend our lives, we form all sorts of belief about the world. Initially it is not harming but once the person starts relying on emotionally – motivated beliefs to make decision with real consequences, the dangerous zone begin. The real problem with delusion is that one doesn’t want to escape from its clutches. Homoeopathic physicians give lots of importance to “Delusions” in not only in understanding the patient’s conflicts but also prescribing similimum. The article is focusing on basic concept of delusion, different viewpoints generated in understanding of delusion by Psychiatrist and Homoeopathic Physician.

Meaning of Delusion

Delusion was defined as “A false belief based on incorrect inference about external reality that is firmly sustained despite what almost everyone else believes and despite what constitutes incontrovertible and the proof or evidence to the contrary.”

When a false belief involves a value judgment is so extreme as to defy credibility. In DSM V, the definition has been modified as “Delusions are fixed beliefs that are not amenable to change in light of conflicting evidence. Delusions are deemed bizarre if they are clearly implausible and not understandable to same – culture peers and do not derive from ordinary life experiences. The distinction between a delusion add a strongly held idea is sometimes difficult to make and depends in part on the degree of conviction with which the belief is held despite clear or reasonable contradictory evidence regarding its veracity.

The commonest factors mainly concerned in the germination of delusions are:

1. Disorders of brain functioning
2. Background influences of temperament and personality.

Cultural factors have a definite influence in shaping the delusions; delusions of guilt and punishments are frequent in Western, Christian countries like Australia, where as in Pakistan more likely persecution.

Explaining the causes of delusions continues to be challenging and several theories have been developed, as follows:

1. Genetic theory: It states that close relatives of people with delusional disorder are at increased risk of delusional traits
2. Dysfunctional cognitive processing: It states that delusions may arise from distorted ways people have of explaining life to themselves.
3. Motivated or defensive delusions: This one states that some of those persons who are predisposed might suffer the onset of delusional disorder in those moments when coping with life and maintaining high self-esteem becomes a significant challenge. In this case, the person views others as the cause of their personal difficulties in order to preserve a positive self-view.

The modern psychiatric text books state various themes; here commonest themes are enlisted.

Homoeopathic part

Kali carb is a remedy from the mineral kingdom & belongs to the sycotic miasm. The main theme of Kali Carb is the vital fear & reactivity that is seen when a person lacks the support of a family or group. In synthesis repertory, Delusion of Kali Carb is constituted in 50 rubrics. Vithoukas say that kali-carb has a distinctive personality; committed dogmatically to a strong sense of duty to an inflexible, rigid degree. His mind maintains tight control over experience, behavior & emotions; he sees the worlds in terms of black and white, right and wrong, proper and improper. To such a person, life seems solid, clear & immutable. They are conservative, loyal, moral, proper, rigid, unable to break even a trivial rule; dogmatic and dislikes the change in life. This fixity towards life situations and tendency to

maintain tight control over the experience makes patient to perceive the situation as it may not be. The fixity and disliking change doesn't allow the patient to overcome this false beliefs resulting in delusions. Hence, we can see Kali – Carb covering the general rubric '**MIND – DELUSIONS**' and MIND – '**DELUSIONS – vivid**'. It is being marked among 4 grades remedies. Other rubrics are, '**MIND - DELUSIONS - thoughts - vanish - had vanished; thoughts**' and '**MIND - DELUSIONS - thoughts - vanish - would suddenly vanish; as if thoughts**'.

Considering the above types, one can derive the following themes:

1. Delusion related to Modality

The delusions haunt day & night and are equally strange. The provers record the symptom 'antagonism against him' which might produce the stress in the individual. There is constant fighting with right & wrong. The outer environment seems to be wrong & inner environment is influenced by superego. Hence, the patient is constantly buried in thoughts & anxieties resulting in the delusions day and night. The repertory grades kali carb in this rubric '**MIND - DELUSIONS - day and night**' with one marking in day & night; with the special emphasis on '**MIND - DELUSIONS – night**' rubric. The general aggravations are 3 – 4 am hence, at night the patients are haunted by these delusions. The Kali - carb patient has strong overt & covert anxieties – when the patients travel from Rapid eye movement to Non – Rapid eye movement sleep; the subconscious mind takes the charge resulting in lots of thoughts on disagreeable past events, false beliefs are represented either in dreams around 3 – 4 am resulting unrefreshing sleep or waking in sleep.

Kali Carb patients known to have over anxieties of health, hence in diseased conditions the delusions are seen. The synthetic repertory grades the kali carb in rubric '**MIND - DELUSIONS - chill; during**'.

2. Persecutory delusions: Relationships, Discontent & Loneliness:

Group I A has cations Potassium & Sodium, is concerned with forming of relationships.

Provers quote the single symptom of kali carb is, 'desires for company yet treats them outrageously'. This shows that for forming the relationship, kali carb patients desire company. Another theme of "Dependency" and "Need for Support" makes the patient strong craving for company of loved ones. The second component is 'treats them outrageously', which means that he is discontented & irritable with the person on whom he is dependent.

In other words, the patient very dependent on people & there are lots of anxieties about those he is dependent on, like family members. This anxieties & constant thought something is going to happen with the loved ones creating the delusion that someone is going to sink – failure or be in troubles & hence we see the one-mark coverage in rubric,

- **MIND - DELUSIONS - bed - sinking - bed is sinking'**
- **MIND - DELUSIONS - emptiness; of**
- **MIND - DELUSIONS - emptiness; of - behind one on turning around; emptiness**
- **MIND - DELUSIONS - faint; he would**
- **MIND - DELUSIONS - hollow - body is hollow; whole**
- **MIND - DELUSIONS - lying - down; as if she could lie**

This describes the situation where Kali Carb patient is not in control of what could happen to her, because she is not standing on solid ground – empty & hence she will sink or faint. Kali carb patient will compensates for this feeling by being rigid and logical, so it will make her feel less vulnerable.

Another theme is discontented with loved ones; so the Kali carb patient perceives neglected from the family members. To some extent it may be justify as the patient's behavior of constant nagging for trivial matters out of anxieties. Thus the patient becomes more anxious for all matters: especially relationships & health. The patient gets dependent on loved one as want the support but the anxiety creates the fears of being alone (sensation of loneliness). Beliefs later become so fixed due to predominant sycoptic miasm; the patient loathes the life.

Once upon a time mania for work now there is having aversion for work and results in apathy and indifference for loved one. At this stage the loneliness feeling make patient to dwell on past experiences of self & others makes him predispose to various delusions and anxieties. The fears of diseases & misfortune create the fear of injuries from others among the Kali – carb patient & hence, the patient has delusions related that someone is harming her by either giving poisons, drugs or killing the person. Hence, there is fixed belief that a difficult situation which can bring trouble or destruction is behind him. The patient is surrounded in violence & lawlessness.

- **MIND - DELUSIONS - abyss - behind him**
- **MIND - DELUSIONS - intoxicated - been; he had**
- **MIND - DELUSIONS - intoxicated - is; he**
- **MIND - DELUSIONS - murdered - will be murdered; he**
- **MIND - DELUSIONS - poisoned - he - has been**

3. Cotard Delusion / Nihilistic Delusion: Nervous Excitement and Death:

The Kali Carb covers the rubric MIND; Excitement, excitable; general; Nervous & MIND Excitement, Emotional; agg. In former rubric the Kali carb is graded three marks whereas later one it is four marks. This shows that nervous excitability is equal important component of Kali carb. The kali carb patients can't take anything easy; everything excites him. It is the sudden burst of excitement, fear or anxiety with persistent & tormenting thoughts in day and night; more in night. He doesn't know where to go or what to do; his mind is ruled over by tremendous fear & anxieties; which represents with the rubrics of MIND; fear, death, of; MIND fear, death, of; alone being; MIND, fear of disease, of, incurable, of being; MIND, fear, disease, of; termination, fatal. These fears aggravated with the constant sensation of loneliness and discontent from family members. Hence, there are Nihilistic Delusion which shows

the theme she is no more alive or she is sinking out of incurable diseases. The level of anxieties & fears is deeper; it is not the insecurity or anxiety of health but it something severe – the sudden panic attacks (MIND; fear, panic attacks; overpowering) immensely feels – the end, death!

- **MIND - DELUSIONS - die - about to die; one was**
- **MIND - DELUSIONS - die - about to die; one was - lie down and die; she must**
- **MIND - DELUSIONS - neck - too large; is**
- **MIND - DELUSIONS - sick - being**
- **MIND - DELUSIONS - sinking; to be**
- **MIND - DELUSIONS - dead - persons, sees**

4. Somatic Delusions:

The nervous excitement represents the Sensitivities in all matters; Emotional level, Touch, Can't bear the music – loud sounds, etc. Her sensitivities increase when anxieties & fears increases. She overpowers herself with panic attacks on seeing or hearing bad news! Moment she hears bad news she believes that the misfortune will happen to her and she or her loved ones might suffer; thoughts represents in somatic expressions of anxieties i.e. gooseflesh on skin to which she feels that insects are crawling on her body & vertigo.

- **MIND - DELUSIONS - vermin - seeing vermin crawl about**
- **MIND - DELUSIONS - worms - creeping of**
- **MIND - DELUSIONS - vertigo - beginning - stomach; from**

If we correlate the another one of the important component of Kali Carb with “Fear disease is impending” or “Fear of Disease” she starts believing she will be suffering from parasitic infestations.

Another theme of Kali Carb is indifference, apathy to all; relationships, money, company. she doesn't want anyone to observe her so she moves slowly like worms in order to avoids being in noticed.

5. Visual Hallucinations: Sees what mind wants to:

Kalium Carb seems to perceive the reality as

if she expects a similar situation to happen to her again. Kali also have fear of poverty, which can indicate that someone took her money in reality. She compensates for this fear by accumulating wealth, so she can create physical security for herself. This further raises her anxieties that someone will steal her money and make her poor. We can understand this aspect with the help of rubrics; **MIND - DELUSIONS - thieves – seeing, MIND - DELUSIONS - mask – seeing and MIND - DELUSIONS - calls - someone calls.**

Kali carb loves being around the people; she has strong aversion for solitude as the thoughts drives her anxieties & fear when alone. The patient gets easily disturb in sleeps by what she sees. She may feel like to shout from her disturbed vision, or she may have nightmares. There are vivid delusions when she's alone. Kali has predominant fears of ghost & evil as it may harm her or her near and dear ones; which increases her anxiety results in screaming when sees the evil or trouble.

- **MIND - DELUSIONS - devil – sees**
- **MIND - DELUSIONS - faces, sees**
- **MIND - DELUSIONS - faces, sees - noises; because of slight**
- **MIND - DELUSIONS - faces, sees – ugly**
- **MIND - DELUSIONS - fancy, illusions of**
- **MIND - DELUSIONS - fancy, illusions of - chill, during**
- **MIND - DELUSIONS - figures - seeing figures**
- **MIND - DELUSIONS - figures - seeing figures - old repulsive persons**
- **MIND - DELUSIONS - figures - seeing figures - sleep; during**
- **MIND - DELUSIONS - images, phantoms; sees**
- **MIND - DELUSIONS - images, phantoms; sees – night**
- **MIND - DELUSIONS - images, phantoms; sees – frightful**
- **MIND - DELUSIONS - people - seeing people**
- **MIND - DELUSIONS - pigeons flying in room which he tries to catch**

- **MIND - DELUSIONS - specters, ghosts, spirits**
- **MIND - DELUSIONS - specters, ghosts, spirits – seeing**
- **MIND - DELUSIONS - visions, has**
- **MIND - DELUSIONS - water - of**

These fears she compensates by being around the people as much as possible.

6. Delusions Vs Reality:

The Kali Carb covers 1-mark rubric ‘**MIND - SHRIEKING - delusions – from**’, the delusions are so real that she is obliged to scream, to strike out at imaginary objects. The emotions are driven from the external situation that patient feels irritability through & through with slightest change! The shrieking is expressed on the family members to whom kali carb patient is attached to; it may be brother, sister, parents or to some extent physician. Delusion brings anxieties in the patient as a posture the kalium carbs gets irritated when anxious.

Conclusion:

We can conclude that The Delusion themes are main centric around the dependency, irritability, fears & anxieties in Kali Carb patients. The irritability is seen through posture where as others represents the core of remedy.

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