



How Can You Know That She Is “Nat. Mur.”?

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(Editor of the Month)

NAT.MUR comes from a mineral element-salt, which is circulating in the human body and maintains the equilibrium. It is disturbed when a lady (as Nat.Mur. is basically a female remedy) is insulted and worse when she is rejected. **“REJECTION”** is unbearable for the Nat.Mur. So they develop *“Fear of rejection”* in any relation they are in. After disappointment in a relation, like love failure or death of loved one, the fear of rejection will be seen upto such an extent that the person will say that I will never get in to such a relation again, it leads to a state of grief. Most of the Nat.Mur. cases will start developing their problems after such experience, where they went in to such a relation innocently, they have given everything in to it and then they become hurt deeply by the others, leading to a state of **“grief”**. *“Rejection in the relationship”* is the main idea for Nat.Mur.

Nat.Mur is a **“reserved”** personality. They will never express their grief; they will not talk about it with their husband or any of the closest members of the family. They feel that if they will tell their complaints to others, they will ridicule her and they will have pity on her. This feeling will stop them from doing anything. e.g. if they want to cry because of the problem, they will never cry in front of anybody; they will go in a room,

close the doors, boar the head in pillow and then cry. So that nobody can hear it. That is the reason book says **“silent grief or suffering silently”**.

Nat.Mur. is a remedy for the person who has strong flow of emotions but their **emotions are weak**. They are weak emotionally; they do not have much resistance on the emotional level as you can hurt them very easily. e.g. A boss is Nat.Mur. where employee had forgotten to wish him *“Good Morning”* – then Nat.Mur. boss will think for two days that why he didn't wish me? Have I done anything wrong? What happened in our last talk etc. So the idea is that **“the impact of the little thing is exaggerated”** which brings out complaints like headache, stomach problems etc. With such hyper emotions, they develop severe

anxieties and hypochondriasis.

Nat.Mur is a highly emotional and sensitive individual. Sometimes, her reaction may look like **“hysteria”**. They may show hysterical reactions. Whenever Nat.Mur will breakout – she will not express her emotions in a normal way. She expresses it so much, so intense that it resembles hysterical reaction where she cannot control herself anymore. This may look ridiculous to others.

It is the same with **Ignatia**. **Ignatia and Nat.Mur. are complementary to each other on mental plane** especially in the conditions where an acute shock of grief has produced sighing, hysterical reactions which eventually lead to its chronic effect - then to start with Ignatia, Nat.Mur is needed to solve the chronic effect and to bring the cure.

Nat.Mur is very **shy** and **timid**. They have strong flow of emotions but when they do a romantic scene – they will be frightened, they feel they have done something wrong and she won't be able to forgive herself for the act. On the other end, Nat.Mur usually gets open to one person only whom she loves. During the sexual intercourse – they became very open & they talk shamelessly to excite the opposite partner. Nat.Mur is the only remedy under the rubric *“Shameless bed in”*.

They are the people who **cannot**

Rejection
Reserved
Silent grief
Weak emotionally
Hysteria

urinate in front of others because they are shy and timid.

Headache usually starts in the sleep which is usually worse in the morning when they wake up – they have a continuous headache which remains till afternoon. Usually headache starts around 9-10 a.m. and continues until 2-3 p.m. The characteristic symptom of the headache is “*hammering sensation*”. It is most commonly aggravated on “*exposure to sun*”. Sun usually bring headache for them. If they stand under the sun for 10 – 15 minutes, they develop headache.

They also have **photophobia & aversion to sun**.

They have a very strong **desire for salt**. Lets understand this craving in comparison to other remedies which have craving for salt. If they put little salt on food – then it is Carbo.Veg; if they put more – then it is Ver. Alb; if they put much more – then it is Nat. Mur. They have an **aversion to fat**. If a patient has a desire for fat – then you should think twice before giving Nat.Mur. Unless the other symptoms are strong. Desire for farinaceous food is quiet strong. **They cannot eat chicken**.

Nat. Mur is a popular remedy for “**Hypertension**” as salt is known to increase the blood pressure, which they crave. Generally, there is a kind

of disappointment like love failure or death of loved one for the development of hypertensive state in Nat. Mur. Unusual reserved attitude, which gives them no emotional outlet and excess of taking salt becomes an aggravating factor for the development of hypertension.

Due to their reserved nature, usually Nat.Mur people will never speak but when they drink alcohol; they became “**loquacious**”.

They can easily develop “**herpetic eruptions of the lips**”. They are so anxious for such trifles. it is a beginning of cancer. ■■