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BIOCHEMIC MEDICINES IN HOMEOPATHY: COMPOSITION AND THERAPEUTIC ACTION

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Introduction

Biochemic medicines, also referred to as tissue salts or cell salts, constitute a specialized branch within homeopathy that focuses on restoring the mineral balance essential for cellular health. Developed in the late 19th century by Dr. Wilhelm Heinrich Schuessler, the biochemic system identifies twelve essential inorganic mineral salts that are vital constituents of living cells and tissues. Schuessler proposed that deficiencies or imbalances in these salts underlie many pathological states, and that administering these salts in highly diluted homoeopathic preparations could restore cellular equilibrium and promote healing. This article explores the composition of biochemic medicines in homeopathy, their method of preparation, detailed physiological actions of each tissue salt, and therapeutic implications in health and disease.

Biochemical Basis of Biochemic Medicines

The biochemic therapeutic system is grounded in the understanding that organic life depends not only on carbon-based molecules such as sugars, proteins, and fats but also critically on inorganic mineral elements. These minerals—potassium, calcium, sodium, iron, magnesium, silica, and others—are indispensable for normal cellular metabolism, structural integrity, and physiological functions such as secretion, synthesis, transmission of nerve impulses, and enzymatic activity. Each cell contains a fixed quantitative amount of these mineral salts necessary for its vitality and function.

Dr. Schuessler theorized that a deficiency or disequilibrium of these essential mineral salts leads to disturbances at the cellular level, ultimately manifesting as disease symptoms. Therefore, the



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primary therapeutic goal in biochemic medicine is to correct these mineral deficiencies at the cellular level. Rather than supplying minerals as conventional supplements, biochemic medicines use extremely diluted and potentized forms of these salts to stimulate the body's self-regulatory mechanisms, enhancing cellular absorption and utilization of minerals taken in through food and environment.

The Twelve Essential Biochemic Tissue Salts

The core of biochemic medicine consists of twelve tissue salts, each having a specific biochemical and physiological role:

1. **Calcarea Fluorica (Calcium Fluoride)**

Function: Maintains elasticity and integrity of connective tissues, skin, bones, and blood vessels. It supports the resilience of ligaments and tendons.

Therapeutic Actions: Used in conditions involving brittle bones, varicose veins, dental disorders, and skin elasticity problems such as wrinkles or stretch marks.

2. **Calcarea Phosphorica (Calcium Phosphate)**

Function: Essential for bone and tooth formation, nerve conduction, and cellular metabolism.

Therapeutic Actions: Indicated in bone growth issues, delayed healing of fractures, dental caries, and nervous exhaustion.

3. **Calcarea Sulphurica (Calcium Sulphate)**

Function: Plays a role in detoxification and elimination of impurities by promoting pus formation and wound healing.

Therapeutic Actions: Useful in treating skin conditions like eczema, boils, abscesses, and other suppurative processes.

4. **Ferrum Phosphoricum (Iron Phosphate)**

Function: Vital in oxygen transport, immune function, and inflammation control by supporting hemoglobin and blood cells.

Therapeutic Actions: Used in the early stages of infections, inflammations, anemia, and fatigue.



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5. **Kali Muriaticum (Potassium Chloride)**

Function: Maintains fluid balance, respiratory tract mucus membranes, and lymphatic drainage.

Therapeutic Actions: Useful for colds, catarrhs, enlarged glands, and lymphatic congestion.

6. **Kali Phosphoricum (Potassium Phosphate)**

Function: Supports nerve and brain cell function, energy metabolism, and emotional well-being.

Therapeutic Actions: Indicated in nervous exhaustion, mental fatigue, insomnia, and stress-related conditions.

7. **Kali Sulphuricum (Potassium Sulphate)**

Function: Involved in skin metabolism and detoxification processes.

Therapeutic Actions: Recommended for chronic skin conditions, dandruff, and scalp diseases.

8. **Magnesia Phosphorica (Magnesium Phosphate)**

Function: Essential for muscle relaxation, nerve conduction, and energy production.

Therapeutic Actions: Used widely for muscle cramps, spasms, neuralgia, and menstrual pain.

9. **Natrum Muriaticum (Sodium Chloride)**

Function: Regulates fluid balance in the body, blood pressure, and digestive secretions.

Therapeutic Actions: Used for headaches, digestive problems, dehydration-related symptoms, and mood disorders.

10. **Natrum Sulphuricum (Sodium Sulphate)**

Function: Important for liver function, detoxification, and maintaining the acid-base balance.

Therapeutic Actions: Used in liver disorders, jaundice, edema, and digestive disturbances.

11. **Natrum Phosphoricum (Sodium Phosphate)**

Function: Assists in acid-base balance, supports kidney function, and neutralizes



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excess acidity.

Therapeutic Actions: Applied in conditions with acidity, gout, and urinary disorders.

12. **Silicea (Silica)**

Function: Enhances connective tissue strength, assists in elimination of foreign bodies, and promotes healthy skin, hair, and nails.

Therapeutic Actions: Used for slow-healing wounds, abscesses, brittle nails, hair loss, and debility.

Preparation of Biochemic Medicine in Homeopathy

The preparation of biochemic medicines follows the classical homoeopathic method of potentization where mineral salts are triturated with lactose. Initially, the pure inorganic salt is ground finely with lactose powder in a ratio of 1:9 to produce the 1X potency. This process of serial dilution and trituration continues to higher potencies like 2X, 6X, or up to 30X depending on the requirement. These potencies are believed to preserve the therapeutic energy of the mineral salt while minimizing any toxic effects from the raw salts. The final product is available mainly as small tablets, powders, or drops for oral administration.

Mechanism of Action at the Cellular Level

Biochemic tissue salts act primarily on the physiological or cellular level rather than the energetic level targeted by classical homoeopathy. Their action is thought to stimulate cells to correct deficiencies and restore proper metabolism of inorganic salts essential for normal functioning. By supplementing the body with these tissue salts, the cells receive the necessary raw materials to resume their normal activities such as secretion, synthesis, growth, and repair.

While biochemic medicines do not replace the minerals directly, they serve as catalysts to improve cellular uptake and utilization of minerals from nutritional sources. This differentiated mode of action helps in balancing tissue salt levels, normalizing pH and electrolyte balance, and promoting the removal of metabolic waste. Clinical indications often correlate with the symptoms of mineral salt deficiency or imbalance.



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Therapeutic Applications and Clinical Use

Biochemic medicines have diverse applications across various systems of the body due to the universal presence of these mineral salts in all tissues. They are commonly used for:

- Supporting bone and connective tissue health (Calcarea fluor, Calcarea phosphorica, Silicea)
- Enhancing immune response and managing inflammation (Ferrum phosphoricum)
- Alleviating respiratory conditions like cough, cold, bronchitis (Kali muriaticum, Natrum muriaticum)
- Relieving nervous system exhaustion, anxiety, and headaches (Kali phosphoricum, Natrum muriaticum)
- Treating skin ailments including eczema, acne, dandruff (Calcarea sulphuricum, Kali sulphuricum, Silicea)
- Managing digestive disturbances such as acidity, indigestion, liver complaints (Natrum phosphoricum, Natrum sulphuricum)
- Muscle pain and cramps (Magnesia phosphorica)

Because these salts are naturally occurring substances normally present in the human body, biochemic medicines are generally regarded as safe with minimal side effects. They are often used in low potencies and can be combined or used singly, depending on the condition. Various biochemic combinations have been formulated to target complex health issues by addressing multiple tissue salt deficiencies simultaneously.

Conclusion

Biochemic medicines, or tissue salts, represent a unique intersection of mineral biochemistry and homoeopathic principles. They emphasize the essential role of inorganic mineral salts in cellular physiology and disease processes. Through their homeopathic preparation and administration, these medicines aim to stimulate the body's innate ability to rebalance mineral levels at the cellular level, thus promoting health and healing.

By correcting mineral salt deficiencies, biochemic remedies support normal cell function, improve tissue repair, and aid in the restoration of physiological equilibrium. Their broad-



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spectrum applications, safety profile, and compatibility with other treatments make them valuable adjuncts in homeopathic practice and complementary medicine.

This article has provided a detailed overview of the biochemic medicines found in homeopathic dilutions, elucidating the content of these vital tissue salts and their mechanisms of action in the body. Understanding and incorporating biochemic remedies can enhance an integrated approach to holistic health care.

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