

## The Kali's

Potassium, in the form of various salts, is never found free in nature but is found in soil and plants and is an important constituent of colloid material, of the humus of the soil, of the cell-substance of the body. It is essential for plant growth. The Latin name *Kalium* comes from Arabic *qali*, alkali.

It was discovered in 1807 by Davy, who obtained it from caustic potash and is the seventh most abundant mineral making up about 2.5% by weight of the earth's crust.

Potassium is one of the most reactive and electropositive of metals. It reacts vigorously with oxygen, water, acids and halogens. Except for Lithium it is the lightest known metal. It is soft, easily cut with a knife and is silvery in appearance when cut with a knife but soon oxidises in air. As with other metals it decomposes in water with the evolution of hydrogen and yet catches fire on water.

There is a fundamental balance between the two elements, sodium and potassium and this balance maintains the tone of living tissues that results from the co-operation of these elements with anions such as chloride, carbonate, phosphate and sulphate in balancing opposite charges.

While mainly a component of the intracellular colloids, it moves freely and rapidly within the body, adjusting itself to the needs of cells and organs. It rises during muscular activity and falls during rest.

If, for some reason, there is a serious depletion of sodium chloride potassium migrates from the cells into the circulation causing muscle weakness due to potassium deficiency in the muscle cells and resulting in loss of tone.

The radioactive element of potassium emits negative electrons from the atom nucleus and is thought to be significant in the sphere of cell processes especially in relation to functions relating to automatism and rhythmicity. Kali Carb has a definite affinity with heart muscle and with smooth muscle of organ ducts and blood vessels.

Potassium in muscle cells is needed for contractility and yet outside the cells it is the most damaging to the same muscle cells. There is a reciprocal

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relationship between impulses of the vagus and potassium. Potassium stimulates the vagus which in turn activates the flow of potassium ions.

Potassium acts in a parasympathetic way, tending towards depression, decrease in skeletal and cardiac muscle tone and disturbance of rhythm. Excess potassium leads to increased tone and active contractions in plain muscle of intestines, bronchi, uterus and arterioles.

Potassium is also necessary for normal conductivity in sensory nerves. Disorders of potassium flow in peripheral nerves are likely to be manifested as pains, especially the sharp, stabbing, stitching pains associated with Kali Carb. It is no less essential for the normal transmission of impulses in the central nervous system and yet excess may depress or even paralyse the vital centres. Complete absence of potassium results in depression.

Potassium must be present in optimal relation to other ions. The proper balance must be maintained if disturbance of vital processes is to be avoided.

Potassium is a member of group 1 of the periodic table along with Lithium, Sodium, Rubidium, Caesium and Francium.

The Theme's relating to the Kali's are:

- Principles and duty
- Controlled and closed
- Optimism
- Work
- Family

Kali people are very conscientious with strong principles. They have their rules and they stick to them, 'a man of his word'. They are reliable, stable, correct and self-assured. They have a great sense of duty, are serious and responsible. Everything is black or white and they like routine, wanting things at the same time each day, rather than new or unexpected things. They are more pragmatic and down to earth than egotistical.

This control, over the course of time, can go too far and the negative side may appear being rigid, dogmatic, moralistic, conservative and stoical. In

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order to live with their principles they have to control aspects of their life such as emotions.

Physically this control is expressed as constipation or difficult labour. They are closed and reserved and hold onto things. Fears are felt in the form of stomach problems. Unexpected things not in their control can make them jumpy. They cannot be tickled as this would make them laugh and that would mean losing control.

They are not melancholic like the Natrum's but rather optimistic. They achieve what they want through perseverance and hard work. Work is important as it expresses their sense of duty. They are task-conscious, very hard working and able people, the builders of society. Not workaholics but steady, practical and pragmatic. They are found in professions such as managers, policemen, judges, bookkeepers etc

They tend to be very family orientated. The family is very important to them and they work hard to support them.

Generally they tend to be heavily built, stout and robust. The Kali remedies can range from very cold to quite warm but they are sensitive to draught, especially Kali Carb.

The time modalities are strong with an aggravation at around 3am or 2 - 4am and all fall within the range of 1 - 5am. There is a general desire for sweets and an aversion to meat.

There is an aggravation from sex and during menses and also an aggravation from touch and exertion and amelioration from movement and sitting, leaning forwards.