

## **Zinc Met 3X**

**Introduction:** - This is a cerebro-spinal remedy, affecting more especially the peripheral extremities of the motor and sentient nerves. The depression of nutrition is sympathetic, and not from its direct action upon the ganglionic nervous system. Through the cerebro-spinal system, "it produces a state of the blood which in qualitative analysis, approaches chlorosis." This is the greatest tonic we have to build up the nervous system. Zinc corresponds to diseases of the nervous system, the same as Iron does to diseases of the blood.

**Synonyms:** Zinc. Zn.

**Source:** It is a metallic element.

**Preparation:** Triturations of the pure metal are prepared with sugar of milk; from which higher potencies are prepared.

**Proved by:** Dr. Hahnemann and his associates.

### **Guiding symptoms/Indications:**

1. Persons suffering from cerebral and nervous exhaustion, defective vitality; brain, or nerve power wanting; too weak to develop exanthemata, or menstrual function, to expectorate to urinate, to comprehend, to memorise.
2. Incessant and violent fidgety feeling in feet lower extremities, must move them constantly.
3. Always feels better every way, as soon as the menses begin to flow, it relieves all her sufferings, but they return again soon after the flow ceases.
4. In the cerebral affections, in impending paralysis of brain, where the vis medicatrix nature is too weak to develop.  
Exanthemata, (Cup. met., Sulph., Tub.); symptoms of effusion into ventricles.
5. Child repeats everything said to him.
6. Child cries out during sleep, whole body jerks during sleep, wakes frightened, rolls the head from side to side, face alternately pale and red.
7. Convulsions : during dentition, with pale face, no heat, except perhaps in the occiput, no increase in temperature (rev. of Bell.), rolling the eyes, gnashing the teeth.

8. Automatic motion of hands and head, or one hand and head (Apoc., Bry. alb., Hell.).
9. Chorea : from suppressed eruptions, fright.
10. Excessive nervous moving of feet in bed for hours after retiring, even when asleep.
11. Feet sweaty and sore about the toes; foetid, suppressed foot sweat, very nervous.
12. Chilblains, painful, agg. from rubbing.
13. Spinal affections : burning along the whole length of spine; backache much agg. from sitting, amel. by walking about (cobalt., Puls., Rhus tox.).
14. Spinal irritation; great prostration of strength.
15. Cannot bear the back touched (Chin., Sulph., Tarent).
16. Can only void urine while sitting and bending backwards.
17. Twitching and jerking of single muscles. (Agar., Ign.).
18. Weakness and trembling of extremities of hands while writing, during menses.
19. During sweat, cannot tolerate any covering.

**Particulars:**

**In Brain troubles :**

In some cases of brain troubles patient goes slowly and gradually into unconsciousness, rolling of head continues for days, eyes are lustreless, body emaciated, involuntary discharge of faeces and urine in bed, tongue is dry and parched.

Sometimes paralysis of one hand, or feet, or whole body is marked mainly of muscular system.

**In Fidgety :**

The patient is nervous, extremely sensitive, excitable, twitching of muscles, tearing pain along the course of nerves, excited on slightest provocation.

The great nervousness and fidgety are manifested in the feet.

There will be numbness of sole, or feet with cutting pain and soreness in the heel when stepping. Limbs are at times paralysed, paresis and finally paralysis of one, or both sides, jerking and trembling associated with prostration.

**Zincum met. child :**

When a girl approaches puberty and it is time for the menstrual cycle to start but does not appear. She begins to manifest chronic symptoms, jerking, twitching and soreness in the region of neck. There will be burning of whole spine; crawling in extremities. The child is feeble having poor memory power. If the child comes down with scarlatina or measles, goes into stuporous condition. The eruptions do not come out. There is a tendency for convulsion during pain in extremities; with suppression of urine, rolling of head from one side to other. From stuporous condition it goes into a complete unconscious state, inability to throw eruptions on the surface.

**In Headache:**

Headache is usually associated with vertigo. There is a sensation of falling to the left while walking. The eyes are drawn in together followed by nausea and vomiting also trembling. Patient complains of automatic motion of hands and head. The forehead of the patient is cool; base of the brain is hot. The complaint may arise due to intake of little quantity of alcohol or wine.

**Dose and administration:** 1 tab 3 to 4 times daily. ½ tab for children.

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

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

**Relationship:**

- Complementary remedies: Calc phos in hydrocephalus.
- Remedies that precede well: Apis, Bell.
- Remedies that follow well: Hep s, Ign, Puls, Sep, Sulph.
- Incompatible: Cham, Nux v, Should not be used before and after Zinc.
- Antidotes: Camph, Hep s.
- Remedy antidotes: Bar c, Cham.

**Presentations:** 50 tabs (20 gm in PET bottle), 450gm powder in container.