

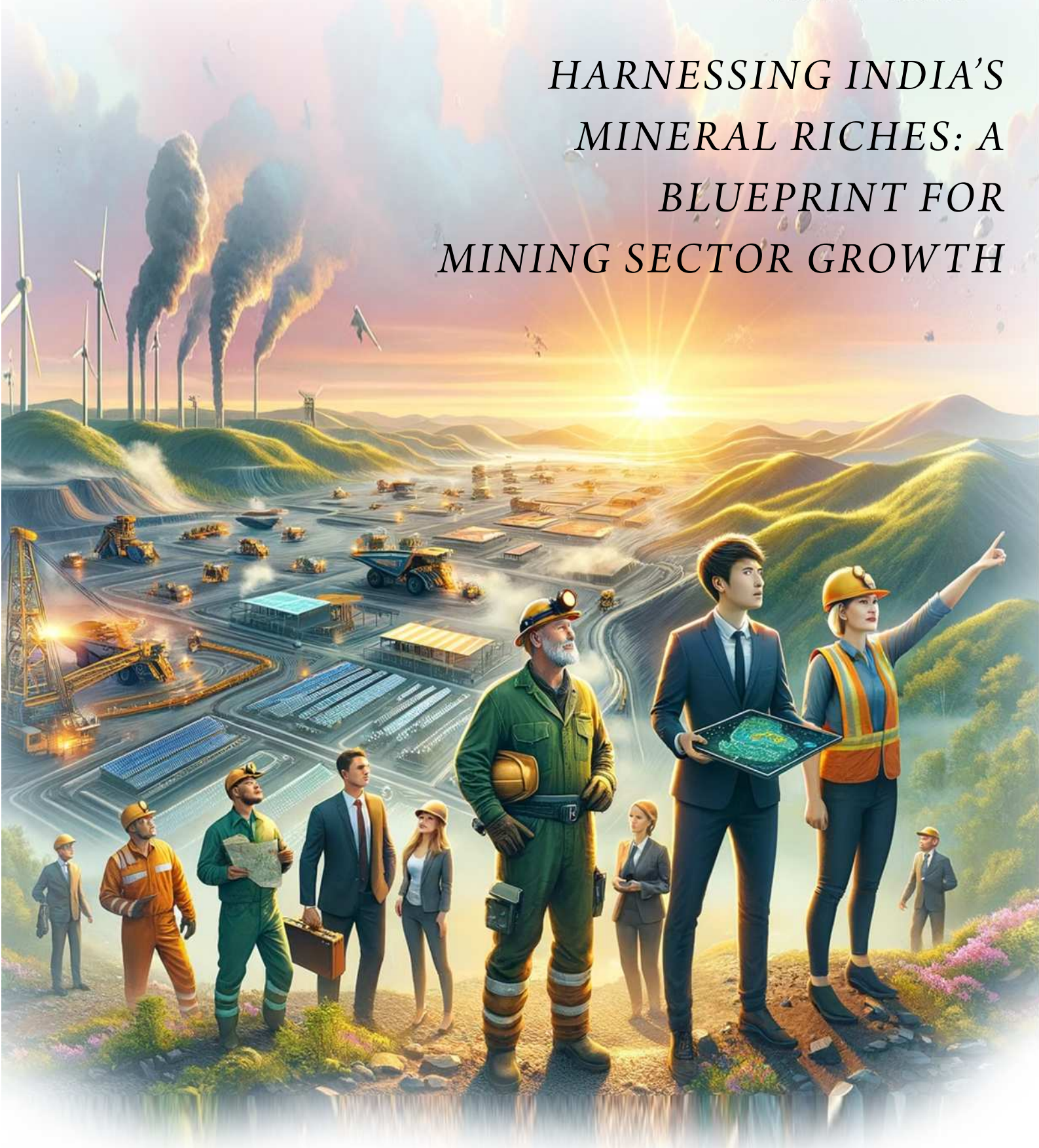


# GEONESIS

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## HARNESSING INDIA'S MINERAL RICHES: A BLUEPRINT FOR MINING SECTOR GROWTH



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# HARNESSING INDIA'S MINERAL RICHES: A BLUEPRINT FOR MINING SECTOR GROWTH

Recent reforms have made mining a legal entity, promoting transparency and attracting foreign direct investment. The government recognizes the strategic importance of certain minerals and is adjusting policies to attract investment. Mining activities can impact local communities positively, offering employment and infrastructure development. Streamlining processes and focusing on sustainable practices are crucial for unlocking the sector's full potential.

India's mining sector is undergoing a significant transformation. With India's abundance of mineral resources, the industry is a critical contributor to the nation's economy and has the potential to position India as one of the world's biggest mining hubs.

## **Rich mineral reserves**

India is home to a diverse world's worth of minerals. The country ranks in the top five globally as a significant producer of bauxite, iron, and zinc ore.

However, despite this abundance, the mining sector's contribution to the GDP hovers between 2.2% to 2.5%.

The industry could dramatically boost India's economic stature with proper sector use of these resources, advanced equipment, and strategic planning.

## **Growth potential and challenges**

Only India (approximately 10%) of India's vast Obvious Geological Potential (OGP) blocks are explored, and less of India's is mined. The Reserve-to-resource ratio in India is significantly lower than the ideal 50%, indicating a gap in mineral exploration and extraction.

## **Policy and regulation**

The Indian government recognizes the importance of the mining

sector. Recent reforms have made mining a legal entity, facilitating the seamless transfer of mining leases. Introducing a new auction mechanism aims to enhance transparency, reduce bureaucracy, and simplify trading mineral rights.

Additionally, the government is actively promoting foreign direct investment (FDI) in this sector. However, the overall FDI inflow in mining remains modest, indicating room for improvement.

## **Strategic importance**

Recognizing the strategic importance of certain minerals, the government has listed 24 as critical. Efforts are underway to auction essential blocks of mine, and policies are being adjusted to attract investment in these areas.

## **Impact on local communities**

Mining activities significantly impact local communities, offering potential for employment, infrastructure development, and overall prosperity. The state governments, which own the minerals within their territories, play a pivotal role.

## **The road ahead**

Despite the sector's potential, it faces challenges, primarily from the regulatory government's current focus on streamlining processes and levelling the government's private and public entities. These reforms are crucial for unlocking the sector's full potential.

## **Final note**

The Indian mining sector is poised for sector's. The right policies, investments, and focus on sustainable practices can contribute significantly to India's economic growth and global standing.

The future looks promising for entities involved in India's mining activities, promising prosperity and development.

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# INDIA SIGNS AGREEMENT WITH ARGENTINA FOR LITHIUM EXPLORATION AND MINING PROJECTS

**T**he Government of India has entered into an agreement with Argentina for the exploration of lithium in the South American nation, as it seeks to delve into the supply of the rare element, which is crucial for the transformation towards an 'environment-friendly' future. The Government of India has entered into an agreement with Argentina for the exploration of lithium in the South American nation, as it seeks to delve into the supply of the rare element, which is crucial for the transformation towards an 'environment-friendly' future.

Along with Chile and Bolivia, Argentina has more than half of the world's lithium reserves. The most important use of lithium is in rechargeable batteries for mobile phones, laptops, digital cameras and electric vehicles.

The agreement was signed between Khanij Bidesh India Limited (KABIL) and the state-owned enterprise of Catamarca Province, Argentina.

The agreement was signed in the presence of the Governor of Catamarca, Lic Raul Jalil; the Vice Governor of Catamarca, Eng Ruben Dusso; the Minister of Mines of Catamarca, Marcelo Murua; and the Ambassador of India to Argentina, Dinesh Bhatia.

The signing ceremony was virtually attended by the Union Minister of Parliamentary Affairs and Coal and Mines, Pralhad Joshi, and Secretary, Ministry of Mines, VL Kantha Rao.

Taking to 'X', Pralhad Joshi wrote, "Under the leadership of PM Shri @narendramodiji, the country achieves a new milestone in securing #CriticalMinerals4India India and Argentina sign an agreement for the exploration and mining of five lithium blocks in Argentina's Catamarca province." "The agreement has been signed

between @MinesMinIndia's Khanij Bidesh India Limited and CAMYEN, the state-owned company of the Catamarca province of Argentina. The project will help India strengthen lithium supplies while developing lithium mining and downstream sectors in both countries. It will also facilitate the diversification of the supply chain for critical materials towards achieving global net zero goals," he added.

According to an official statement from the Ministry of Mines, this is the first ever lithium exploration and mining project by a government company in India. KABIL will start the exploration and development of five lithium brine blocks, viz., 1. Cortadera-I, 2. Cortadera-VII, 3. Cortadera-VIII, 4. Cateo-2022-01810132 and 5. Cortadera-VI, covering an area of about 15,703 hectares, located in the Catamarca province of Argentina.

KABIL is also preparing to set up a branch office in Catamarca, Argentina. The project cost is about Rs. 200 crore.

With this agreement, KABIL has obtained the Exploration and Exclusivity Right for 5 blocks to evaluate, prospect and explore, and subsequent to the existence or discovery of lithium minerals, the exploitation right for commercial production.

This will not only boost India's quest for sourcing lithium but will also help in bringing in technical and operational experience for brine-type lithium exploration, exploitation, and extraction. (ANI)

**Source: Hindustan Times**

# SUCCESSFUL BIDDERS “DISTRESSED” OVER DELAY IN COAL MINISTRY’S NOD ON MINING AREA LIMIT RELAXATION

**V**arious investor organisations declared as successful bidders in the commercial coal block auction find themselves in a fix even after the coal blocks order had been vested to them.

The excessive delay in the start of production from the coal mines allocated through the commercial auctions by the Centre has exceedingly upset the successful bidders. The sixth tranche of such an auction for 32 mines launched in November last year received an overwhelming response as the reforms in the coal sector looked promising. However, the lingering is said to be causing a loss of Rs 40 crore or more per month to the state exchequer in terms of statutory and revenue share payments per coal mines besides lagging behind to meet the nation’s growing power demand from the coal-fired thermal plants.

Various investor organisations declared as successful bidders in the commercial coal block auction find themselves in a fix even after the coal blocks order had been vested to them.

The reason is their area limit for allocated coal blocks. The limit for which, a prospecting license or mining lease may be granted in respect of any mineral, which could be a total area of more than 10 sq km or 25 sq km or 50 sq km, as specified under Section 6 (1) of Mines and Minerals (Development and Regulation) Act, provided the Centre and the state are convinced on relaxing the limit if it remains in the interest of development of any mineral or industry and recorded in writing from the concerned state government.

According to these firms, the government of India as part of the coal block bidding

process should release vesting orders with relaxation in the given limits, as all blocks are being granted on commercial terms for which the bidder paid premiums in addition to royalty and other taxes.

“Any restriction, if applicable, either should have been done before the bidding process and waived or asked the bidder to take approval before participating in the commercial auctions. Such situations are distressing”, one of the presidents awaiting a mining lease for his firm told The New Indian Express.

The Centre claims to work on a vision to secure coal availability to meet the demands of various sectors of the economy giving the highest priority to ease of doing business.

“But firms like Jindal Power Ltd, BALCO, and CG Natural Resources Ltd are worrying as the coal ministry is yet to take initiative on the official minutes submitted to it from Chhattisgarh state,” said a government official.

Both the Centre and the states need to expedite the remedy elucidated on the same cause of the Section 6 (1) with the follow-up action for relaxing the limits for the coal blocks allocated to the organisations, the firms stated. Some firms approached the coal ministry but were asked to proceed via the state government that can submit in writing for consideration on relaxation with justification for the successful bidders. The investors had to repeatedly urge the state government for the needful.

There are bidders with an allocated mine area of over 30 sq km but their mining lease is yet to commence owing to the aforesaid reason

Source: New Indian Express

# UNION MINISTER PRALHAD JOSHI CHAIRS CONSULTATIVE COMMITTEE MEETING OF THE MINISTRY OF COAL

## ***Overall Coal Production Likely to Surpass One Billion Tonne, Informs the Minister***

### ***Ninety One Coal Mines Successfully Auctioned so far Under Commercial Coal Mine Auctions***

Union Minister of Coal, Mines and Parliamentary Affairs, Shri Pralhad Joshi said that since India's per capita electricity consumption is likely to double by 2030, energy security of the nation needs to be further reinforced by focusing on coal production and off take. The Minister was addressing the Consultative Committee Meeting of the Ministry of Coal here yesterday. Shri Joshi informed the members of the Committee that domestic coal production and availability has gone up substantially in the recent years due to a series of innovative measures adopted by the Ministry of Coal.

Overall coal production is likely to surpass one Billion Tonne this year. For transportation, rake availability has also improved considerably recently, thereby ensuring adequate coal to the Thermal Power Plants in the country, the Minister further informed. Shri Joshi said that production from Commercial/Captive mines has improved substantially.

Under totally transparent on-line Commercial Coal Mine Auction launched in 2020, so far 91 mines have been successfully auctioned. The 9th Tranche of Commercial Auction has been launched on 20th December 2023, the Minister said. The Minister informed the members that issues/concerns raised by them during the meeting will be looked into by the Coal Ministry for suitable remedial measures.

Earlier, Secretary, Ministry of Coal Shri Amrit Lal Meena, along with Additional Secretary & Nominated Authority, Shri M. Nagaraju made a detailed presentation before the Committee on "Commercial & Captive Coal Production, Strategies for Enhancing Coal Availability". The recent pathbreaking initiatives undertaken by India's coal mining sector was also highlighted in the presentation.

The senior functionaries first gave a brief detail of overall coal production of India and especially Coal production from captive and commercial mines. It was informed that before 2014, a total of 218 coal blocks were allocated for captive purposes, however, the allocation of 204 mines were turned down by the Supreme Court in 2014. Thereafter, CMSP Ordinance was promulgated in October-2014 and CMSP Act in March 2015. During the period 2014-2020, 100 coal blocks were allocated for captive use through 10 tranche of auction and 9 tranches of allotment to PSUs, however, out of these 100 blocks, 22 have been cancelled.

In June 2020, the first-ever round of commercial coal mines auction process

was launched by the Prime Minister Shri Narendra Modi. A total of 7 tranche of auctions of blocks for commercial use have been completed and eighth and ninth tranche of auction is in process. 98 blocks have been successfully auctioned of which 7 have been terminated. The annual coal production capacity of these 91 coal blocks is about 221 MT. Once fully operational, there will be investment of about Rs 33,136 crores and employment opportunities for around 3 lakh personnels from these 91 mines. Nine commercial blocks have got mine opening permission out of which six are under production and remaining three will shortly start production.

Coal Production from Captive/Commercial mines from Year 2015-16 to 2020-23 has increased from about 28.62 MT to 116.55 MT with a CAGR of 22.21% and it is expected to touch a figure of about 145 MT in FY 23-24. It is expected that by FY 2030 coal production from captive/commercial will reach to the level of about 350 MT and it will be just next to production from CIL. The contribution of captive and commercial mines in the total domestic production in Year FY 22-23 is about 13% and it will enhance to about 25% in FY 2030. Coal Ministry is trying hard to bridge the gap between the demand and supply of coal in India and It is expected that by Year FY 2026, the thermal coal requirement of the country will be fulfilled by domestic coal itself.

Ministry of coal has made several reforms since 2020 such as auction on revenue share basis, incentive for early production and gasification, introduction of national coal and lignite index for pricing, reduction in upfront and BG amount etc. Several strategies have been adopted for coal production such as revamped mining plan approval process, weekly review meetings with stakeholders including state governments, introduction of Project Monitoring Unit and Single window system etc. Ministry of Coal in consultation with Ministry of Railways has improved the coal transportation capacity through rail.

Members of Parliament appreciated the efforts made by the Ministry of Coal for increasing the domestic coal production and made valuable suggestions. Minister Shri Pralhad Joshi complimented CIL/other PSUs and private companies for improvement in coal production and dispatch. He said that still some challenges are there in coal evacuation and with the help of rail ministry, such challenges are resolved regularly. He assured that in the next two to three years import of thermal coal will be fully substituted by domestic thermal coal. The Minister thanked all the members of the Committee and assured that he will look into the suggestions given by the members.

**Source:** coal.nic.in

# NATIONAL MINERAL EXPLORATION TRUST (NMET) COMPLETES 162 PROJECTS; ONGOING EXPLORATION PROJECTS COMES TO 108

The National Mineral Exploration Trust (NMET) was established by the Government of India vide Gazette Notification G.S.R.633(E) of 14th August 2015, in pursuance of subsection (1) of Section 9C of the Mines and Minerals (Development and Regulation) Act, 1957, with the objective to boost the regional and detailed mineral exploration activities.

Since inception NMET has funded 270 mineral exploration projects, out of which 162 projects have been completed and remaining 108 projects are ongoing. The details of completed projects and ongoing projects are placed at Annexure – I and Annexure – II, respectively. Out of 162 completed projects 11 projects have been auctioned by the respective state governments and 06 projects are in pipeline.

The details are as follow:

Successful Auctioned NMET Funded Mineral Blocks					
Sl.No	State	Commodity	No of Block	Total Quantity in MT	Revenue collection in Cr
1	Madhya Pradesh	Limetone	1	209.77	7310
2	Uttar Pradesh	Phosphorite	1	16.52	3193
3	Rajasthan	Limetone	2	321.55	29704
4	Chhattisgarh	Limetone	1	77.84	4180
5	Karnataka	Limetone	1	812.67	2666
6	Maharashtra	Manganese	2	0.283	93
7	Odisha	Iron	3	234.15	122509
<b>TOTAL</b>			<b>11</b>	<b>1672.783</b>	<b>169655</b>
NMET Block under Auction Process					
Sl.No	State	Commodity	No of Block	Total Quantity in MT	
1	Karnataka	Limestone	1	459	
2	Tamil Nadu	Limestone	5	432	
<b>TOTAL</b>			<b>6</b>	<b>891</b>	

NMET receives proposals from Exploration Agencies and the proposals are sanctioned by the Executive Committee, which meets regularly. At present, no proposal is pending.

Location wise details of mineral exploration projects funded by NMET

Annexure- I

Sl.no.	State	No. of Projects Completed	No. of Project Successful	Remarks/Commodities
1	Andhra Pradesh	12	8	Basemetal, Coal, Diamond, Limestone,
2	Assam	1	0	Sillimanite
3	Chhattisgarh	18	11	Nickle, Copper, Gold, Coal, Limestone, Bauxite & Associated minerals
4	Jharkhand	10	2	Bauxite, Copper, Limestone, Iron Ore, Gold & Basemetal, Andalusite, Tin, Lead, Zinc
5	Karnataka	14	4	Basemetal, Kyanite, Limestone, Iron Ore, Gold, Copper, Lead, Zinc, Nickel, Graphite
6	Kerala	2	0	Gold, Bauxite
7	Madhya Pradesh	14	7	Limestone, Basemetals, Gold, Manganese Phosphorite, Graphite, Coal
8	Maharashtra	7	1	Manganese, Iron Ore Nickel Chromium & Gold, PGE Mineralization, Barium Gold Lead Copper & Tungsten
9	Nagaland	2	2	Limestone, Magnetite/Ni-Co-Cr
10	Odisha	30	21	Iron, Copper, Manganese, Limestone, Bauxite, Graphite
11	Rajasthan	23	8	Manganese, Iron, Copper, Basemetal & Silver, Potash, Magnesite, Molybdenum, Emerald, Gold & REE
12	Tamilnadu	11	10	Lignite, Dunite, Nickel, Chromium & PGE, Limestone, Magnesite
13	Telangana	14	11	Limestone, Molybdenum, Manganese, Copper
14	Uttar Pradesh	3	2	Phosphorite, Copper, Lead-Zinc
15	West Bengal	1	1	Coal
<b>Total</b>		<b>162</b>	<b>88</b>	

**Details of ongoing projects**

Annexure- II

Sl.no.	State/UT	No. of ongoing Projects
1	Gujarat	06
2	Assam	03
3	Chhattisgarh	09
4	Jharkhand	12
5	Karnataka	12
6	Jammu & Kashmir	01
7	Madhya Pradesh	22
8	Maharashtra	12
9	Ladakh	01
10	Odisha	21
11	Rajasthan	03
12	Tamilnadu	01
13	Telangana	01
14	Manipur	01
15	Sikkim	01
16	Uttarakhand	02

This information was given by Union Minister of Coal, Mines and Parliamentary Affairs Shri Pralhad Joshi in a written reply in Lok Sabha today.

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## GMDC RESTARTS LIGNITE MINING AT TADKESHWAR IN SOUTH GUJARAT

Tadkeshwar is a very crucial mine for GMDC which has a number of lignite customers in the industrial belt in Bharuch and Surat

A year after landslides brought mining activities to a complete halt at Tadkeshwar lignite mines in south Gujarat, the state PSU Gujarat Mineral Development Corporation Ltd (GMDC) has restarted operations at the mine which is estimated to have a life of seven more years.

“Lignite dispatch is expected to commence from Tadkeshwar from January. The work of earth removal caused by the landslide has been completed and mining operations have begun from November. This will have a positive impact on our lignite production during the last quarter,” Roopwant Singh, Managing Director of GMDC, told businessline.

Largest producers

GMDC is one of the largest producers of lignite in the country. In the first six months of the current financial year, GMDC's lignite production fell 25 per cent to 27.43 lakh tonnes compared to the same period last year.

Tadkeshwar is an open cast lignite mine in Surat district which was commissioned in 2003-04. High water-table in the area have caused landslides, disrupting the mining process. “The mine was struggling for the last two years. There were issues regarding stability (of the soil) and so finally we had to temporarily close it,” Singh added.

Source: Business Line



# NO NEED TO CAP IRON ORE MINING IN ODISHA, CENTRE TELLS TOP COURT

The ministry relied on the recommendation of a special expert appraisal committee (SEAC) made on September 12, 2023, to take its stand. There is no need for a ceiling on mining iron ore in Odisha as more than 70% of its ore areas remain unexplored, the Union environment ministry has told the Supreme Court, which on December 4 wanted to know if a limit, such as the ones imposed in Karnataka and Goa, was warranted, after concerns were raised about fast-depleting reserves in the eastern state in a public interest litigation.

In a reply filed on Monday, the ministry said the area under iron ore exploration in the state was only 28% at present. The affidavit, however, said a detailed environment impact assessment study should be undertaken by the Odisha government to estimate the impact on the natural environment.

The ministry relied on the recommendation of a special expert appraisal committee (SEAC) made on September 12, 2023, to take its stand. The affidavit quoting the minutes of meeting said, "At present, there is no need for capping of iron ore mining in the state of Odisha. Issue of capping the production may be examined when the production reaches near the carrying capacity as assessed by NEERI (National Environmental Engineering Research Institute) as well as detailed information from macro-level study on a landscape level regarding impact on biological environment on a time scale are assessed."

The response came in a PIL filed by NGO Common Cause, which raised similar concerns in Karnataka, where illegal mining on a large scale destroyed forests and caused long-term devastation of natural resources. On December 4, a bench headed by Chief Justice of India Dhananjaya Y Chandrachud had sought the ministry's response as it was not convinced by an affidavit filed by mines ministry opposing any limit.

The latest affidavit echoed the sentiment expressed by the mines ministry but went a step further. "The Odisha government may engage a reputed organisation to conduct a macro-level EIA (environmental impact assessment) study on air, water, landscape, forest, wildlife (specifically on elephants), and

ore transportation to estimate carrying capacity of iron ore producing areas," it said.

The ministry accepted the recommendations made by the SEAC, which provided data in support of its findings.

The report of SEAC showed that the identified iron ore area in Odisha is 3,331 sq km, out of which the area covered under exploration is 948.804 sq km, which was a little over 28% of the geological potential. "As such, 71.52% of iron ore containing area of the state is yet to be geologically explored to estimate the iron ore resource of the state," the affidavit citing the SEAC report said.

There are 58 working mines in the state with total area of over 209 sq km, of which 153 sq km has been undertaken for exploration so far. Odisha accounts for 57% of the country's iron ore production. Production in the state has increased from 3,789 million tonne in 2000 to 9,737 million tonne last year.

The petition said that if mining continues at the current rate, the reserves in the working mining leases would last for only around 20 years. The state government had informed the court that the current per capita consumption of steel in India is 77.2 kg, which is much lower than the global per capita average consumption of 208 kg. By 2030-31, India's consumption is estimated to increase to 150 kg, still lower than the global average.

The mines ministry in its affidavit had said, "If there is a capping on production of iron ore, then it may distort the mineral production and supply in favour of the existing lessees..This may raise the price of minerals thereby raising the input cost for downstream industries and having a cascading impact on overall inflation."

"Putting a cap on production of a mineral in a particular state, which is resource rich in that commodity, will jeopardise the economic development of the nation, mineral availability for the downstream industries and the requirement to subservise the huge population base of the country," it had said.

Source: Hindustan Times



# MINERALS AND BIOCHEMIC SALTS AS HOMEOPATHIC REMEDIES

## Introduction:

This article is for general information only to highlight the importance of minerals in Homeopathic medicines and also Biochemic salts as remedies.

In 1796 the German physician Samuel Hahnemann conceived a new idea that a substance that causes certain symptoms can also help to remove those symptoms. The central principle of The Homeopathic "treatment" is that "like cures like". To prepare Homeopathic medicines substances from Mineral, plant and animal kingdoms are diluted Homeopathically.

**Minerals in Homeopathic medicines:** Some minerals used in Homeopathic medicines are described below.

**Andalusite:** Andalusite ( $Al_2SiO_5$ ) generally occurs in andalusite schist. Homeopathic medicine prepared from it is Alumina silicata which is a deep acting remedy for chronic complaints of the brain, spine and nerves. Weakness, aching and burning in spine. Pain in all limbs.

**Anthracite:** Anthracite is dissolved in boiling caustic soda to prepare Homeopathic medicine Anthrakokali which is useful in treating skin related ailments, scabies, chronic herpes and ulcerations. Also useful in curing rheumatism. This also treats excessive bile formation and distension in the abdomen.

**Arsenolite:** Arsenolite is an arsenic mineral,  $As_4O_6$ . The Homeopathic medicine prepared from this mineral is known as Arsenic Album which is used for the treatment of respiratory problems like throat infections and cough leading to breathing problems. It is also used as an immunity booster against infections and may improve digestive disorders because of acidity and indigestion. Arsenicum album has a potential preventive effect against Covid-19. However more studies are required to establish its use as preventive medicine against covid-19.

**Borax :** Borax, homeopathic medicine is used in all kinds of gastro intestinal troubles. It is an effective medicine for inflammation in intestines and spasms of the urinary bladder. Also helps in healing eczematous eruptions of toes and fingers along with itch.

**Cinnabaris:** cinnabaris is red mercury sulphide-  $HgS$ . Homeopathic Cinnabaris is mainly used for treating neuralgic pains of the eyes, ulcers and insomnia.

**Graphite:** Graphite is a carbon mineral. Homeopathic medicine from mineral is called Graphites. This medicine is used to treat the symptoms of hypothyroidism, burning of ulcers, inflamed tissues. It is given to treat redness of the face, skin disorders-eczema, dry, cracked skin, psoriasis, unhealthy skin. It is good for constipation, bloating, and flatulence.

**Kaolinite:** Homeopathic medicine kaolin is effective for treating itching, burning in the nose, yellow discharge from nose.

Treats bronchitis. It is also helpful in treating soreness of chest, trachea.

**Orpiment:** Orpiment is yellow mineral arsenic sulfide ( $As_2S_3$ ). Arsenicum Sulphuratum Flavum prepared from orpiment is used in rheumatic pain, leucoderma, and sciatica. It is also used for niddle pricks in chest and head right side.

**Saltpetre** ( $KNO_3$ ): Homeopathic medicine from this mineral is Kali Nitri-

cum which is used for the treatment of rheumatic pains, renal colic, diarrhoea, heavy menses, headache and lung infections- Bronchitis, Asthma.

**Petroleum:** Homeopathic medicine Petroleum helps in treatment of cough, chest oppression and in curing serious infection of throat and nose including problem of nose itching, bleeding and ulcers in nostrils. This may treat neck stiffness and weakness or pain in the back. Also prescribed for gastric acidity and in the treatment of diarrhoea.

## Biochemic salts as remedies:

Around 100 years ago German physician, Dr. Wilhelm Heinrich Schuessler discovered Biochemic salts based on analysis of ash content of human cells and identified that there are twelve inorganic tissue salts which are described as Biochemic salts and are essential for proper functioning of body to keep it disease free.

**1. Calcarea Fluorica ( Calcarea Fluor):** Calcarea Fluorica ( Calcarea Fluor) is prepared from mineral Fluorite ( Flour Spar). Fluorite is calcium fluoride - $CaF_2$ , Biochemic salt strengthens tissues, ligaments and tendons. It is powerful remedy for stony glands varicose, enlarged veins and malnutrition of bones. It strengthens tooth enamel, makes bones strong. It may treat hemorrhoids and reduce hernia pain

**2. Calcarea Phosphorica ( Calcarea Phos):** Calcarea Phos is calcium phosphate - $Ca_3(PO_4)_2$ . This salt is a bone tonic and medicine. It strengthens bones and helps in dentition, treatment of osteoporosis, heals fractures and helps the digestive system.

**3. Calcarea Sulphurica ( Calcarea Sulph) :** This salt-Calcium sulfate,  $CaSO_4$  is prepared from mineral Gypsum-  $CaSO_4 \cdot 2H_2O$  This Biochemic salt purifies blood, reduces infection. and colds. This medicine is very useful in the treatment of eczema, torpid glandular swellings, cystic tumors and fibroids.

**4. Ferrum Phosphoricum( Ferrum Phos):** Ferrum Phos is Iron phosphate( $FePO_4$ ). This salt is anti-inflammatory, reduces fever, accelerates healing, reduces bleeding, helps in building healthy blood cells. It helps to provide toughness & strength to the walls of blood vessels & arteries. It is a good remedy for hemorrhages and may help in reducing stiffness and pain in joints. It may cure sore throat, cold and cough

**5. Kali Muriaticum ( Kali Mur):** Kali Mur is KCl. Natural sylvite is KCl which is major mineral in potash deposits occurring in association with salt-halite and gypsum & anhydrite deposits.

Kali Mur mainly acts on the ears, nose and throat ( ENT). It treats tonsillitis. It heals the pain in the ear during change in weather. It also purifies blood, treats infection & reduces swelling. It also treats indigestion and constipation particularly due to rich food.

**6. Kali Phosphoricum( Kali Phos):** Kali Phos is potassium phosphate ( $K_2HPO_4$ ) which is nerve tonic and may help in problems related to the nervous system. It may reduce anxiety, irritability, fatigue and may

help in getting good sleep. It also helps in treating indigestion related to nervous system. It may also help in treatment of hard hearing particularly in old age when nervous system is weak. Also aids memory & relieves headaches.

**7. Kali Sulphuricum** ( Kali Sulph): Kali sulph is potassium sulphate( $K_2SO_4$ ).This salt helps in elimination of toxicity. This remedy heals skin problems like itchy skin during winter. It may treat dandruff due to poor hair hygiene.

**8. Magnesia Phosphoricum** ( Mag Phos): Mag Phos is magnesium phosphate- $Mg_3(PO_4)_2$ . This salt is a muscle tonic and medicine. This salt treats muscular pains and cramps including leg cramps , pain in ears and cramps in stomach. It may reduce spasms. It relieves tension headaches

**9. Natrum Muriaticum**( Natrum Mur): Natrum Mur is sodium chloride ( $NaCl$ ) which is produced from sea water, salt lakes, saline groundwater and occurs as bedded rock salt deposits. Halite ( $NaCl$ ) forms the main part of rock salt.

Natrum Mur balances bodily fluids, reduces water retention. This salt treats anemia, painful constipation, regulates increased blood sugar, relieves headache. It manages a high pulse rate. This salt treats skin problems of oily skin and dry painful eruptions on scalp, ears and limbs, effective in nausea and vomiting with diarrhea

**10. Natrum Phosphoricum**( Natrum Phos):Natrum Phos is sodium phosphate-  $Na_2HPO_4, 12H_2O$  . It treats acidity and associated problems like vomiting etc. Acidity is due to too much sugar. It relieves sea sickness, treats rheumatic arthritis and helps digestion

**11. Natrum Sulphuricum** (Natrum Sulph): Natrum Sulph is sodium sulphate- $Na_2SO_4 10H_2O$ . This salt cleans pancreas , kidneys and liver. It also treats diseases like gout and multiple joint complaints.

**12. Silicea:** This salt is prepared from Mineral Flint ( $SiO_2$ ). Homeopathic silicea treats defective nutrition. It is useful in treatment of abscesses, headaches and epilepsy; useful for brittle nails, hair growth problem; diseases of bones, carries, connective tissue. provides relief from sharp

pain in the back. Cures dryness, itching, cracks and swelling of the skin, strengthens hair and nails

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- 5.3 Willmar-Schwabe-Karlsruhe, 76227 Germany; Willmar Schwabe India Pvt. Ltd. Noida, Uttar Pradesh, India.(Product Information available on websites).

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# JANUARY: A BLANK PAGE FOR ENDLESS STORIES

January is named after the roman god janus.he had two faces so he could see the future and the past.he was also the god of doors or openings, sunrise and sunset, endings and new beginnings. January is about gates and not walls that separates us or keep us out, but gates are an opportunity for us to come and go.

As the clock strikes midnight on december 31st, the world collectively turns a page, stepping into the crisp, clean slate of january:the beginning is a time for fresh starts, resolutions, and boundless opportunities. It stands as a blank canvas, inviting us to paint our aspirations, adventures, and narratives across the infinite.

Whether it's pursuing a long –dreamt career, fostering healthier habits, nurturing relationships, or seeking personal fulfillment there lies remarkable capacity to inspire change and growth, thus acting a catalyst for transforma-

tion.

The new year day festivities to various cultural observances paints the canvas of january with diverse shades, adding richness and depth to the stories woven within the days.

the more memories you record, the better you wil become at accessing those past golden moments.

Along the pages of january's story as we navigate, let us embrace the blankness with courage and creativity filling it's canvas with dreams, aspirations, and the wiliness to pursue them, for within it's thirtyone days lies the potential for endles stories waiting to be written.

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