

Remedy selection: inspiration, intuition or hard work?

Mrs PK F/33 came to me in 1992 for Allergic rhinitis, dandruff, insomnia. and through the years had continued the treatment sporadically. Many remedies were used with some benefit. She came back to me again on 25/4/03 for severe rhinitis → sinusitis.

The symptoms were sneezing with tickling sensation in nose. White discharge → yellow → irritation in throat with pain → dry cough → pain in frontal sinuses.

< Humidity < Menses after < Before menses < Getting up < Morning³ < open air > Any climate > Indoor,

< Dust³ > Warm > Steam³ < Lying < 2-3 pm > T. Cetrizine. Puts Ayurvedic nose drop

PERSONAL DATA: Ht: 5'3". Wt: 51k S: Wheat complexioned. Molluscum on face. Keloids: Rt elbow and a big one behind Rt ear. Tongue – Dry ++ coated.

PERSPIRATION: Partial – offensive,

APPETITE – loves food.

CRAVING: Acids³, cheese³, salty things, sweet³,

AVERSION: fruit.

THIRST–1 glass water / day

MENSTRUAL HISTORY: FMP–13 yrs. Regular, flow normal, colour changeable.

BEFORE MENSES: sneezing 10-15 daily-1 wk MB, Faint < 2d MB, Headache 4 days MB >Flow. Stamina low 1 week MB, Moody³–weeps, catch waist 5d MB

M Beginning: Pain breast 1d > Flow.

M After: Palpitation, Tachycardia. < lying.> walking,

SEXUAL FUNCTION: Desire: N, H: more, frequency 3/



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W. Coition A- Pain legs and weak +,
SLEEP: Duration – 6 hours of sound sleep, yet very weak and unrefreshing the next day.

THERMAL: hot.

P/H: 1972 epilepsy. 988-89 Malaria. 1996 I ovary cyst ruptured. 2001 appendicectomy.

LIFE SITUATION AND MENTAL STATE:

1959 Fa Surgeon in Chennai. Mo stage artist, dancer Mo very protective to her and never let her do things on her own? Suppressed

1972 Epilepsy ? Gardinal x 6 y

1979 BA (Fine Arts), classical dance. Got interested in social work? Not allowed. Ran away from home for 3 weeks to her Maternal Aunt.

1985 Took up Painting.

1985-86 Joined Lalit Kala Academy.

1982 Met Husband in a party. Though well educated, an IIT engineer, was more interested in film making. He did Masters in Fine Arts and film making in USA.

1984 Married though objection from H's side.

1987-92 Pt was associated with BABA AMTE was much >³ then health wise >³

Pt is Militant–Angry, negative, irritable, impatient, rebellious naïve, but bargains well. Always wanted to do good social work: like helping the disabled. Proud of whatever she is doing.

Brooding³. Likes Honesty. Agitation +. Obstinate³, Perfectionist? irritable if guests leave a messy home. But she constantly has guests. Likes to be in company > consolation

Speech wandering, no clear answers. conservative, protective and imaginative. Very caring. Loquacity, anger suppressed. Likes to do different kind of things. Interested in sports, car racing .

Very hurried. Optimistic.

ANALYSIS: MIASM: Sycotic

Reasons:

- 1) Mind: stubborn, slow, heavy
- 2) Speech wandering, slow, meandering.
- 3) Hurry in.
- 4) Keloid³
- 5) Warts
- 6) Cyst in ovary/breast.
- 7) Face angular–manly build and walk.
- 8) Interests 3.
- 9) Plays the role of the male-providing.
- 10) Water retention.
- 11) Breast heavy menses before.
- 12) < Menses before- numerous complaints.
- 13) Many aches and pains. Once had pain in the inguinal and abdomen region for months.

Date	Symptoms	Remedy
25/4/03	Case was reviewed. The sycotic Miasm predominance noted. A full study of <i>Medo</i> done. It is given in this issue.	<i>Medo</i> 1M 1 st dose
1/5/03	Breast pain >, sinus pain >. Tickling nose +. T. Cetzine 2/Week	SL
5/5/03	>3. breast pain > 20%. Itching face <AM sneezing L5, Sinus pain L5 *	SL X 3 weeks
21/5/03	>3. Sinus L2. Breast pain L4 <MD. now 0. Face itching SQ	<i>Medo</i> 1M 2 nd dose SL X 3 weeks
4/7/03	Went for holiday to Chennai. >3. Rash on face. Cetzine 2/week	SL
10/7/03	Itching face+. Rash+	SL
14/7/03	Skin itching >, rash+. Cold>. Tickling of nose L8	SL
24/7/03	Cold >. Sinusitis+ Itching face >cetzine 1 st 2 days. then no cetzine	SL
31/7/03	High fever 101 with cold and green yellow expectoration. Thirst less. Needs acute	<i>Pul</i> 200 4 hrly

7/8/03	>3 cold >in 2 days face itch> + rash +L5	<i>Medo</i> IM 3 rd dose
16/8/03	Cold + <Am; Sinus+. Sneezing+. Eyes itching++. Rash.2.thirst less	<i>Pul</i> 200 12 hrly
5/9/03	>3 1 st time in 12 yrs. Sinus L2 . No rash. No itching. Pain cervical region < working on PC	<i>Medo</i> IM 4 th dose
11/9/03	>3	SL X 2 wks
18/9/03	Sinus L2 . Sneezing 15-20 today, white discharge. Breast pain+ since 2 days. Needs acute	<i>Am-c</i> 200 1 dose
25/9/03	Sinus headache, noseblock, sneezing+, throat+	<i>Pul</i> 200 6 hrly.
3/10/03	Watery disch, sinus+, headache+	<i>Pul</i> 200 6 hrly
7/10/03	Not >. Eyes itching. Nose tickling. Sinus+	<i>Kali-m</i> 6x
11/10/03	>20%	Ct all
24/10/03	> 3	SL
10/11/03	> 3	SL
22/11/03	A/F dust. Wheezing <HS. 20/11/03Antibiotics	<i>Medo</i> IM 5 th dose
27/11/03	SI >	<i>Kali-bi</i> 200 4 hrly
3/12/03	Headache++ not with <i>Kali-bi</i> .	<i>Pul</i> 200 4 hrly
24/12/03	Nose block. Took Cetzine	<i>Pul</i> 200 4 hrly
7/1/04	Nose block	
23/1/04	Wheeze + <i>This again brought home to me that only Medo works in her case, and the acutes play a minimal role.</i>	<i>Kali-bi</i> 200 4 hrly
29/1/04	>60%. Breast heaviness++. Nose block. <i>Medo IM has been given for 1yr, approx. once in 2 mths. Higher potency is necessary.</i>	<i>Medh</i> 1M 6 th dose <i>Medo</i> 10M 1 st dose.
17-2	> 3	

* L5 = complains are at Level 5 ie 50% better. In spite of complaints, no remedy was given for long stretches.

CONCLUSION: I call this my fluke *Medo* prescription, because any prescription made after many trials cannot be called a skill. This patient has been coming to me for years and I used to give her some good relief, I suppose, so she continued to come to me. But I always felt something was missing in her case. So, one day I reviewed her case and gave her *Medo* and lo and behold, she is much better in all respects. But I do not think she quite knows the monumental changes in her. She still complains of her allergic colds and most often I treat her with sac-lac and she improves. I suspect I cannot fully cure her, as it has something to do with her life situation. Her husband, a very well qualified engineer,

suddenly opted for a complete 360 degree change in career. His passion was film making. He did the switch and she has supported him throughout. But though he finished his apprenticeship 3 yrs ago and has made a film which is 99% complete since 1yr, he has still not released the film nor made a penny in last 9 yrs. That is how this filmy system works- either you can quote your price in crores or you make zilch. Nothing in between for them!! This girl, our patient comes from a well-off family. Her father is a renowned surgeon in Chennai, yet she has not taken any money from him. She works-paints and they manage. She has never complained but definitely it must be taking its toll in some way. It is never the greatest of feeling not to be settled till age 45y. So full cure is probably not possible. But still we have been able to give her a reasonably good health.