

I Felt Like a Prostitute

Abstract: Mrs P J, 31 yrs came to me on July 31, 2008 with complaints of neck and shoulder pain along with irregular menses. It took us just 1 week to set the neck right but a 6 mths struggle to set her life in order. To get the whole feel of the case we are presenting this in it's entirely- right from the interview and the handling. This case was taken for NJH mthly CME- called Weep and Dance, where we take up cases with emotional dimension and life in chaos and use them for training our own sensitivity- physician heal thyself. This has been one of our most successful cases on both scores- patient and group healing. Go to the NJH website www.njonline.com. The particular section is called Weep and Dance.

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CHIEF COMPLAINTS

LOCATION	SENSATION	MODALITIES	CONCOMITANT
MIND	stress, <i>Ghabaharat</i>		weakness Low, dull, depressed
EXTREMITIES, LEGS Since 25yrs	Pain	< Evening, after work > Combiflam	
SKIN Since 15 yrs Frequency: 4/week	Acne, painful, leaves scar	> during pregnancy > during pregnancy > Cold water	
FEMALE GENITALIA Since 15 yrs Frequency: 1/3-4 mths Duration: 1 month	Menses dark-red, blackish discharge for first few days and last few days passes clots, offensive odour		pimples increases 1-2 days MB Pain in calf
NECK Since 10-11 yrs Severe since 1 mths	Spondylitis Pain radiating from Right arm, cannot carry or hold anything	< Motion, working on computer, stress > Physiotherapy	

PATIENT AS A PERSON

BUILT: Stocky

HEIGHT: 61inches

WEIGHT: 61kgs

HAIR: Gray

PALMS: Warm

APPETITE: Normal

THIRST: 1 lit/day

CRAVING: Chocolate, highly seasoned, potatoes, spicy, lemonade, pica, rice, sour, smoking

AVERSION: Sweets

STOOLS: Satisfactory

URINE: 1-2/day, 1/night

MENSTRUATION: Once/3-4 months and stays for a month, blackish-brownish discharge, stains blackish. 1 week before, pain in calf, right arm.

LEUCORRHOEA: < Before menses, stains black

THERMAL RELATION: CH4

PERSPIRATION: Scanty

SUN: Skin burns

BATH: Warm water

LIFE SPACE AND INVESTIGATION- obtained from interview.



Dr VISHPALA PARTHASARATHY (VP): How severe is the pain you have in your shoulder?

Patient (PT): About 3-4 yrs back it was really bad, so much so that I had to be on bed rest for almost a week. Now it is bad too. Pt had come in looking washed out and dull and drab. I sensed there were major issues in her life.

VP: Ok first tell me everything about yourself. Start from your childhood.

PT: (No reply)

VP: Where and when were you born?

PT: I was born in Mumbai on 15/09/77

VP: How would you describe your childhood?

PT: I would describe my childhood - I was absolutely lost. I have one elder sister.

VP: Tell me about your family. Start with your father.

PT: My father was of a very adjustable nature.

VP: What was he working as?

PT: He never had a permanent job. He used to do something on and off. He was also in Muscat for two years.

VP: What about your mother?

PT: My mother was a teacher. She lives in Goregoan. She shifted from earlier house.

VP: And your elder sister?

PT: She studied in Dhapoli.

VP: Which year she passed out?

PT: She passed out in '89-'90. That time I was in school. I was about 12 yrs old. We used to live with our grandmother before I was born, and then we separated after I was born.

VP: What was your dad's nature like?

PT: He was the quiet type. Mom used to get angry but she could never fight for herself. That used to make her more stressed. In short, I don't think I want my childhood back. I don't have any happy feelings or any happy memories. I never experienced any family bonding.

VP: How were you in school?

PT: In school I was absolutely introverted and very self conscious. My sister used to always be better than me.

VP: In what way?

PT: In studies, she used to even wake up everyday before me while I used to always be the lazy one. I didn't have any discipline.

VP: What did she do?

PT: She did her PhD in Microbiology.

VP: And what have you done?

PT: I've done interior designing from SNDDT College.

VP: When did you complete it?

PT: In '97. Then I worked for about 1 -1½ year with a private firm.

VP: So how did you meet your husband?

PT: We met over the net. We started chatting, got interested in each other. Then we began dating. We got married after about a year and half, ie in May 2001.

VP: What are the things that you liked about him before?

PT: See, I never had any friends before, and when I met this person I found out that I could finally make a friend. I felt confident of myself. He was very caring and sensitive.

VP: And what did he like about you?

PT: He found me very simple and basic, very honest and naïve. He used to say that he liked the innocent kid in me.

VP: Are you both of the same caste?

PT: I am a Hindu Gujerati, while they were Jains from Delhi. His family had this preconceived idea *ke gujerati bahu aayegi, ghar tod degi* and all.

VP: But did they oppose the marriage?

PT: Nobody opposed the marriage.

VP: So tell me about your in-laws. Who all lived with you?

PT: When we got married, my brother in law who is younger than my husband, left for studies abroad.

VP: What about your F-I-L's nature?

PT: He is a very dominating, very out-spoken and very short tempered. He uses very rough language. But then his anger also melts very soon and he becomes normal.

VP: And what about your M-I-L?



PT: She was ruling the house in reality. Everybody listened to her. I wanted to continue working but my husband said to give it a break for sometime. He wanted everybody to first get used to me and settle down with my presence. But then when I went there I found my M-I-L ordering me around. She interfered in almost everything I did. She never gave me my space. I was literally working like an unpaid servant there. She would never leave me on my own for anything. She would poke her nose in the cooking I did. I would get so engrossed in the house work and I and my husband hardly got anytime to spend with each other. When he had a holiday there would always be relatives visiting home and so I would get busy cooking for them and serving them. So it was that whenever I had time, he would be busy and when he was free I would be loaded with work. My MIL did not let us go out when we wanted to. She would say to go out only on week-ends not on week-days.

VP: And what about this other woman whom you mentioned earlier?

PT: She was my friend in college. I had introduced them both to each other and then they became good friends. Even at that time I used to be very insecure about the way they got along and their rapport. But when I mentioned it to him he accused me of not trusting him enough and that made me feel guilty. But then this became a joke between them and just to trouble and irritate me they used to meet up without telling me and then later tell me and tease me. And then it became a regular practice for them. They would meet without telling me, they would talk over the phone and later on I would come to know. I even spoke to my friend and asked her why she was doing this to me, and she would feel bad and say why you are feeling this way. She was actually also going through a bad patch. Her parents were abusive and she had a break up with her boyfriend. So she would confide

in my husband and they had become emotionally close. I would feel that if she was my friend, why she couldn't share her problems with me? This friend of mine was working with me in that first job and so whenever my fiancé would come to pick me up and meet me or anything she used to be around. This continued even after marriage. She would call him more than she would call me. Once we were to go out at 9 in the night for dinner and I was dressed up and waiting for him but he did not turn up. I kept calling him and his phone was switched off and finally he came home at 11 pm and then took me out. But later on he told me that he was actually with her. It seems she wanted to meet him because she had some problem. But what I couldn't understand was why did she want to meet him alone and not with me. A few days later I saw a message on his phone saying "hi honey what are you doing?" I finally stopped talking to her and I asked him also to stop talking to her. On one occasion I overheard a whole conversation between them, and realized that they were talking so badly about me. My M-I-L used to go for kitty-parties and never shared house responsibility with me. My F-I-L was not well. He had to undergo dialysis from the time I got married.

VP: How was your sex life?

PT: For the first 2 yrs it was good but later on he started avoiding me and we hardly had sex after that. He would come home late at night and go to sleep and I would think that may be he is too tired. At that time I did not realize that he was actually avoiding me. Also my M-I-L would stay in our bedroom talking till late night with him and when I couldn't wait anymore, I would fall asleep. Only now I'm realizing that around that time he used to often go on long trips saying it was business trips, but now I think they used to meet each other. Even when I was not able to conceive, I had to go through infertility treatment, he never supported me. He never bothered to



even make sure whether the treatment I was taking was safe for me or not. At the last stage of the treatment when he was required to come he backed out and refused to come. I had gone through so much pain. Then when we did it the second time, he agreed to come. During my pregnancy also he never even supported me. By then my B-I-L had returned from the US and had started working. I used to make everybody's Tiffin and in their office I was even doing their interior work. My husband never cared for me. Even when I had to go for my doctor's visits he used to never come along with me and even if he did, he had the attitude of as if he was doing me a favor. From the doctor's, he would make me go back alone by rickshaw. In my whole pregnancy not even once do I remember him driving me in his car. He always made excuses when I asked him for a lift in the car. In the 8th month I went to stay with my mother. Even there he never visited me. Then my baby was born, it hardly brought any change in his behavior. Then in 2006 when my baby was 3 months old, we shifted our house to Powai. At first my M-I-L very smartly sent me with my sick F-I-L and my baby. And I had to manage both my baby and also look after him. But my husband never bothered to see how much I was doing for his family, the amount of sacrifices I was making. After I shifted to Powai there was no communication at all between me and my husband. My M-I-L would come and visit, she would fight with her husband and leave the house and not come back for days together. I don't remember even one time that my husband took me and my daughter out. With all that stress I was going through, lactation stopped. I have seen so many messages on his cell phone from a strange number. I knew it was the same woman but when I questioned him he gave me a story of some girl in the bank that is mad after him and is troubling him. I told him that it was the last time I will trust him. Then I

also told him that if he was really in love with that other woman, then just leave me and go to her and give me my life back. Then he would just not speak to me for weeks together. At this point of time I had hired an investigator to find out for sure if my husband was having an affair. I knew it but I needed proof.

Then I found out they used to go to Cuffe Parade and different places. They used to go pubbing. Everyday he would first pick her up and drop her to her home first and then come home. I also found out that they had gone to Goa together for about 3-4 days. When I asked if we could separate from his parents and live in another place, his parents started crying and made such a big scene that my husband said no. I told my husband that I don't think this marriage is working out. But he said that we will make it work. I left my in-laws place and went to live with my mother. My husband came to meet me once and I tried talking to him about everything and then he said that he had to leave and he was in a hurry. I pleaded him to stay back and at least play with our daughter, but he refused. Later I found out through my investigator that that night he left me and went to meet that same other woman. About a year and half ago I told my in-laws about his affair and that time they really supported me and were angry with him. Then my FIL expired and I had to go to their place to help them out with things and to fulfill my responsibilities. Nobody else among our relatives realized that I and my husband were having problems with each other. That's when my husband saw how much I was doing for his family; he told me that he realized how much I loved him and his family. He confessed to me that he even went to Germany with that girl for 15 days. He was also under lot of financial pressure from his brother and his mother and I felt sorry for him and agreed to get back together with him. At this time I

was staying in my mother's house and I had started working. But even then he did not agree to move out and separate from his mother's house. He wanted me to come back there and I refused. I didn't get any commitment from his side. Now I realize that only I was doing all the talking and planning and he was just nodding to everything I said. About 20 days back my M-I-L had called me there because some relatives had come from abroad and wanted to meet my daughter. But I was busy at that time with some office work and I couldn't take my daughter there and she was also not comfortable enough with her father to be sent there alone, without me. I couldn't leave my work and go because to me my job was important as I had to support myself financially. My husband was very angry about the fact that I did not go and he stopped talking to me and stopped sending me messages. Then the next week-end to make up for that I went over to my in-laws place and stayed over. I went on a Friday and the next day he was leaving on a trip. He played a little with our daughter but just did not talk to me. I tried my best to get him to talk to me and he said that this is my normal behavior, why do you feel my behavior is not normal. He refused to talk to me at all yet that night he had sex with me as if to prove something to me. I felt like a prostitute. (Patient cried)

VP: How long back did this happen?

PT: About 15 days back.

VP: And now?

PT: I never want to go back. .. She wept.

After this we have had a number of interviews and counseling sessions- almost 1/week, focusing on giving confidence to pt to withdraw from the husband, to let him make the moves. So far she had been continuously chasing him and he was enjoying the chase and making her suffer, while he had fun. There was no movement from his side. We had to keep her on a very tight rein - NOT to call him, message him, requesting him to visit. She

was very dependent on him and not able to resist herself. She had made herself a doormat on which he wiped his feet.

Gradually pt has felt stronger, more able to cope, more able to smile. Wants to focus on bringing up the daughter. We have reached the stage where she does want to talk to the husband but she wants a concrete step before she decides what to do with her life.

One more interesting development I want to share.

2nd interview she told me she had hired a private detective to ascertain Husband's activities. The detective and she had followed the H and GF to Pune, where they had spent much time together, eating bhel and having fun. Pt had been very disturbed. Detective was particularly caring and there had been sex between them. Later he had even given her a job in his office, to help her, with no strings attached. After a few months pt had left that job. But she continued to feel guilt -this guilt more made her vulnerable and wanted to share this with me. - As if by telling me, her sins would wash away. (How would you handle this? Do write in)

Another point: She now has a good job and wants to make good life for the parents. But mother wants to give in to the demands of elder daughter, to buy material things for them- in Aug a scooter was bought and given to elder daughter's husband. Pt asked how can she demand, knowing Father has no money. She wept. .. She was boxed in from all sides

The Moral: WE ourselves make our bed or doormat as in this case. *Aa bael muje mar*—COME BULL, BEAT ME -YOU INVITE!! So it has to be up to us, to give ourselves the importance we deserve then only the world will give it to us. Most of us first want the world to give us importance and then only we feel our self -worth. The physician's job is to show the path and walk the patient on the path a little while, so that he /she can ct on their own.

Treatment

Phos-ac 200 1 dose

Sac-lac pills 3-3 for 7 days



FOLLOW UP

DATE	SYMPTOM	REMEDY
31/07/08	Dead look; pain in legs, neck	<i>Phos-acid</i> 200 (2) PLA pills 3-3/7
01/08/08	Pain >, Feels better	<i>Phos-acid</i> 200 (3) PLA pills 3-3/7 <i>WHIW</i> + <i>Hornbeam</i> (Bach Flower Rx) 4 pills 3-3-3/7
08/08/08	Fever with body ache since 2 days, headache-throbbing pain, stools not clear. O/E: Temp-96.6, pulse rate- 72/min. MP: 02/08/08 after 4 months.	<i>Bry</i> 200 (3) 1P=3 <i>Kali-mur</i> 6X 2/2 <i>Phos-acid</i> 200 (1) PLA pills 3-3/7
14/08/08	Pain >75%, flow >.	<i>Phos-acid</i> 200 (7) PLA pills 3-3/7
22/8/08	Pain >, not fresh+ drowsy, acne- painful	<i>Phos-acid</i> 1M (1) <i>Nih</i> 200 (6) PLA pills 3-3/7
04/09/08	Pt came to clinic well dressed. Looks good, leg pain >	<i>Tub-b</i> 1M (1) PLA pills 3-3/7
18/09/08	Pain >, stress+, skin < exercise> now was the time to introduce the Constitutional Rs	<i>Mag-sulp</i> 200 (1) PLA pills 3-3/7
26/09/08	Skin dryness>, acne painful, pain in abdomen- cyst like pain. Advised for USG.	<i>Puls</i> 200 (1) PLA pills 3-3/7
6/10/08	Calmer now; goes out.	<i>NIH</i> 200 (1) PLA pills 3-3/7
17/10/08	Menses 12/10-after 70 days. USG Report: PCOD=0.	<i>Mag-sulp</i> 200 (1) PLA pills 3-3/7
25/10/08	Acne >, menses > feels better.	<i>Tub-b</i> 1M (1) PLA pills 3-3/7
13/11/08	Acne much > feels energetic.	<i>Phos-acid</i> 1M(1) PLA pills 3-3/7

Patient started feeling better. Gradually the husband came to his senses. And the case took a dramatic turn. Today they are back together having taken a house, with her parents in a flat next to them so that the child can be taken care

of. Meanwhile his brother got married and in comparison to the new bahu, the In-laws learnt to value her. Even her mother stopped acceding to her sister's demands. All in all the entire conclusion was very satisfying.

I cannot believe that the purpose of life is to be happy. I think the purpose of life is to be useful, to be responsible, to be compassionate. It is, above all to matter, to count, to stand for something, to have made some difference that you lived at all.



-Leo Rosten

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