

The Upwardly Mobile Man

Mr R P. 54 years, CEO of an advertising company residing at upmarket Pali Hill, came on 17/2/05 with lower back, pin-point pain with continuous ache since 10 years. It had started after driving a car with a lower steering-wheel as compared to the previous car he owned. Pain < bending, < movement, < turning, > lying down. The MRI showed L5 protrusion.

OTHER COMPLAINTS

1. Rt knee pain since 2-3 months. Sharp pain A/F fall on knee in 2004. < running³, < golf. The orthopedic surgeon-diagnosed it as a ligament tear. injected hydrocortisone locally and advised physiotherapy.
2. Periodic cough since 1 yr with yellow expectoration. < monsoon, < winter³, < change of weather, < 4pm, < lying, > sitting up, > open air, < 1st part of night.
3. Hypertensive since 2001, diagnosed on a routine check up. On Tab Tenormin 1 OD.
4. In 1980 Psoriasis for 2 months, A/F gold or any metal, allergic to detergent. Then it would recur once in 2 years. Oozing lesions in which, occasionally small globules would form. Last on 16/6/05, peeling of skin after dish washing.

PATIENT AS A PERSON

HEIGHT: 5'7". WEIGHT: 84.7 kgs.

HAIR: Grayish black. EYES: Myopia.

TEETH: Caries in molars. Root canal done

TONGUE: Moist. PERSPIRATION: Increased.

APPETITE: Normal. THIRST: Normal. Acidity².

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Flatulence+. CRAVING: Spicy

HABITS: Alcohol 2 pegs/day; Cigar 4/d

STOOLS: 1-2/d. Isabgol daily since 20yrs.

URINE: D/N: 4-5/2

SEXUAL FUNCTION: Normal

SLEEP: 6 hrs, refreshing.

THERMALS: Sun no < Likes winter and summer. Covers out of habit. Bath with cold or tepid water never warm.

CH4.

LIFE SITUATION AND MENTAL STATE

Nov 1950, born at Allahabad. Father was in Army - tough and disciplinarian. Till 6th studied at Lucknow while staying at home. Then shifted to hostel.

1969 SSC.

1974 Failed in BSc final yr.

1975 Joined Brite Brothers as a salesman. Sold plastic buckets and mugs.

1977 Worked as a medical representative.

1978 Did MBA. Took job related to management.

At present he is a chief executive officer in an advertising company.

1981 Got married. Love marriage. That time his wife worked in same company. Now she is an artist, does pottery work.

His daughters are studying well.

He gets irritable easily, a perfectionist, always well-groomed and reserved. He is happy and satisfied with his job. Moderate stress.

RUBRICS FOR REPERTORISATION

- 1) RM 1043 Fastidious
- 2) RM 1091 Reserved
- 3) RM 1068 Irritability
- 4) RM 0992 Affectionate
- 5) RM 0115 Lumbar back pain < stooping
- 6) RM 0113 Backache > lying
- 7) RM 0847 Pain knees < descending
- 8) RM 0849 Sharp pain knee
- 9) RM 0278 Cough < change of weather

- 10) RM 0250 Cough < lying
- 11) RM 1383 Stomach, burning pain
- 12) RM 0546 Craving spicy
- 13) RM 0361 Hot

REMEDIES ON REPERTORISATION

Puls 18/8, Nat-m 17/8, Phos 16/8, Lyc 10/8, Ars-a 14/7, Bry 10/6

PLANNING AND PROGRAMMING

ACUTE: *Bry 200*

CHRONIC: *Lyc 200* (see below for reasons)

INTERCURRENT: *Thuja, Sulph*

FOLLOW-UP

DATE	SYMPTOMS	REMEDY
7/2/05	O/E SLR- Normal	<i>Bry 200 7P, 1P=2</i>
14/2/05	> ³ . No Backache. Knee pain L2	SL
21/2/05	Cold since 1 day. Backache L1. Knee pain+. Acidity 0/ 2weeks. <i>Bry not holding, so start Bry then immediately follow it up with intercurrent</i>	1) <i>Bry 200 3P, 1P=2</i> 2) <i>Thuja 200 1P</i> (after 3 days)
8/3/05	Knee pain A/F injury in 2004. <i>Knee showed no improvement. When a specific cause known it is best to give remedy based on that.</i>	<i>Arn 30 - 7P HS</i>
14/3/05	Knee > ³	SL
17/6/05	Was > all these days. But c/o peeling of finger < washing dishes. <i>Miasmatic intercurrent for the recurrent periodic complaint.</i>	<i>Sul 30 1P</i> 2 wks of SL
4/7/05	Skin is better. Cold: sneezing, lachrymation, watery discharge, bodyache. Throat > warm. Chilly patient	1) <i>Hep-s 200 3P, 1P=3</i> 2) <i>Tub-b 1M 1P</i> with SL pills after cold is better.
14/7/05	> ³ . Cough 0. Fever 0. Knee 0. Backache 0.	SL

Lyc was decided on basis of life situation- the ambitious, hard-working man, moving up in life, fastidiousness, flatulence etc. It came very high in the Repertorisation too. But as yet it has not been required. Till now he has done extremely well on acutes like *Bryo* etc and *Sul*, so we will wait for a clear picture before introducing *Lyc*.



**Should you grieve the passing of another weekend,
Think of the woman in dire straits,
Working twelve hours a day, seven days a week,
For Rs15 a day, just to feed her family.**