

Spondylitis, Dyspepsia & Tension Headache

Mrs AYS 36 yr., consulted me on 31/07/02 with complaints of spondylitis since one year, borderline hypertension, gastric upset and tension headaches. She is BCom and BEd and teaches in a college. with a lot of responsibilities and pressures at work. She was very neat and tidy in her dress and appearance.

PRESENTING COMPLAINTS

NECK Pain ""AF: lifting weight
 Lt shoulder muscle pull < paper correction
 Lt hand numbness ++ < standing for long time
 Since Aug 2001 < writing for long time.
 ↓ > massage
 Intrascapular pain++
 Region
HEAD pain ++ < cold things++
 Scalp
 Face < steaming++
 around eyes
 since 16 yrs age
 RT > LT
CIRCULATORY BP ↑↑ < tension head pain ++
SYSTEM 140/ 96 vertex
GIT Gases ++
 Stomach Constipation ++
 Since 3-4 yrs Acidity ++
GENERAL stamina ↓↓
 Since 3-4 yrs Hb -10 gm %

FAMILY HISTORY: Father-Diabetes Mellitus

GENERAL

APPETITE-Normal

CRAVINGS-non veg (chicken) ++; sweets +++; boiled



Dr N L TIWARI LCBH (Bom),
 Consulting Homoeopath
 Director, Rural Health Service,
 Dr M L Dhawale Memorial Trust
 Palghar
 Tel: 23853479

eggs +++; ice cream +++

MICTURITION-N

STOOLS-occ constipation > Isabgul

SLEEP-now fine; h/o sleep disturbance, Rx Restil

DREAMS-people beating her and driving her out of home. (see life story)

PERSPIRATION ++ general.

REACTIONS: < sun-perspiration. **THERMALS-C2H3**

LIFE SPACE

Pt was never loved and cared for by mother. The only support structure was father. After father's fight with uncle they were driven out of the house. Pt was anxious about their livelihood → dreams of insecurity. Mother never shared with her and she has no support to pt as such even after marriage. Mother sides patient's MIL and proves pt wrong. Since beginning pt is sentimental and weepy but outspoken too. Earlier confident but after marriage, confidence is shaken. Always anxious to face any situations. Easily gets scared, even to face his FIL.

Very dis-satisfied with MIL, who is fault-finding, lies and interfees in pts work. Pt lost most of her time to fulfill demands of MIL, SIL and husband and worries about her own expectations as age is progressing. She is highly anxious about her own health (fear of death), husband's health and about future: what will happen to her daughter after her or what will she do after husband's death etc. She has lot of anticipatory anxiety, about own performance, her own appearance: Does this dress suit me? What will people say? All this makes her restless.

A little tension gives her palpitations which in turn make her restless. She feels that nobody cares for her, she is alone and has no support at all. Pt cares for everybody but nobody cares for her. Very insecure about financial condition, future and health etc.

She wants to keep good relations with all, but sometimes due to her outspoken nature, others think her

arrogant. She is not talking with her brother, as he never visits her home though he comes to her building to meet his in-laws and she feels insulted, so whenever she sees even his car near her building, her BP rises with palpitation.

ON EXAMINATION: BP = 140 /96 mm of hg

ANALYSIS OF THE CASE:

In the case, Insecurity, anxiety and fear are the prominent features which are reflected also in dreams.

Sentimentality and weeping is predominant.

Confidence is lost .

BP ↑ when gets scared or insulted.

Cravings – sweets³, ice –cream³, chicken³.

CONSTITUTIONAL REMEDY *Medorrhinum*

DD–*Nat-mur*, *Kali-bich*,

ACUTE REMEDIES

Pulsatilla / *Rhus-tox* / *Aconite*

Note: *Medorrhinum* is usually used in practice as a Nosode or Intercurrent remedy in Homoeopathic practice. In this case *Medorrhinum* is used as a constitutional remedy. Whent it was first given, it was given as a phase remedy but the follow up proved it to be the constitutional remedy. It was given in infrequent doses. In all 7 doses till now, last dose on 16/1/04.

THE TOTALITY was as follows:

Disposition: Sentimental, Anxious Nervous, Worrying type. Talkative during interview, weeping while narrating symptoms. Fears: of death, disease. Anticipatory anxiety. forsaken feeling. Dissatisfied. Self pity. Affectionate and Sympathetic nature

HOT patient.

Dreams: “Being beating and driven out of the house”.

< Sun

Craving Salt³, ice cream³, chicken³.

Remedies that came for differentiation: *Nat-mur*, *Lachesis*, *Lyc*, *Ferr-met*, *Ferr-iod*.

For panic attacks: *Acon*

Swings of mood: *Puls*

Patient is under treatment since 31/07/02, last follow up was in Feb 2004

FOLLOW-UP CRITERIA:

- | | |
|-------------------|------------|
| 1. fear | 6. stamina |
| 2. anxiety | 7. BP |
| 3. swings of mood | 8. weight |
| 4. sleep | 9. gases |
| 5. dream | |

The acute were managed by *Rhus-tox* and *Puls* for short while.

Her fears are much relieved, the anxiety less, good sleep, and improved stamina. BP: 120/80

CASE 2: PHOBIA / NEUROSIS

Miss SBK 38 yr; SSC, teacher in BMC School

CHIEF COMPLAINT: Fear of going out, high places, crossing road, vertigo since 18 yrs

Concomitants-Otorrhoea-on and off-Lt ear

MENSTRUAL HISTORY:Menses scanty-3 d/ 22-30 d

Patient anaemic.

H/o Headaches-left supra orbital

H/o Jerking-tremors on getting up early

CRAVING: Sweets. THIRST³. Bath Warm. H/o Draft <.

H/o Heat in soles and palms, AGG fasting.

LIFE SITUATION: Patient lives with widowed sister. Sudden shock of death of sister’s husband 6 months after marriage. Shortly after that her Fa died. As a result of this she became a recluse. Cannot bear good things – clothes esp. colored, ornaments, flowers all leading to the illness.

She used to give free tuitions to the children in her chawl and they used to pass with credit. People used to call her ‘mad’ because she was a recluse.

F/H Father died of ascitis at 69yrs, in 1951.

Mo 67yrs died 2 yrs back – asthma.

Sister fits, mental defect – died typhoid

Medorrhinum was given which helped relieve the fears and improved the mood to a great extent.

