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## The Dog is the bane of my Perfect Life

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**ABSTRACT:** *A case of a patient having a very common stress which any new bride would undergo, but though patient found it insignificant, it was THE causative factor of all her physical complaints. Homoeopathy made her realise this and taught her how to tackle it.*



**Dr BHAVINI MEHTA**

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Mrs 34 years, female, married since 7 months. She came to us in April 2008, after her Husband, also our patient, was cured of his warts.

She originally came with other complaints but her depression emerged while she was interrogated. She had earlier dismissed this as an adjustment to

new family and will settle on own.

#### HERE IS THE FULL CASE

##### CHIEF COMPLAINTS

Since March 2008: Breathing Difficult and loud sneezing for the first hour, dripping coryza for next hour. A/F Stress after marriage (of adjustment). Aggravation Air conditioner, draft, dust, lack of sleep and morning. Also all this was associated in general by a sick feeling.

Nov 2007: Developed Bronchitis after which the cold has continued.

K/C/O Hypothyroidism since 1882. On Thyronom 100 micrograms daily.

Since Dec 2007 she has become sensitive<sup>3</sup>, palpitations<sup>3</sup>. Cries easily. Feels stressed out. She imagines she has some dreadful disease. Palpitation associated with buzzing in ears and pain in shoulders. A/F Parents' death and stress after marriage (of adjustment). Aggravation lack of sleep. Detailed life history is mentioned later.

##### PHYSICAL GENERALS

Ht: 4'11", Wt: 56kgs. Obese, gained weight gradually due to hypothyroidism.

APPEARANCE: Fair, plumpish pretty, with multiple moles on face and neck.

HAIRFALL: 50-100/day since Dec 2007.

MOUTH: Tongue clean, wet. 28 teeth. Multiple cavities, RC done.

PALMS: Warm. Offensive in summer.

APPETITE: Normal. Thirst: Less: 2-3 gl/day.

CRAVING: Chocolate<sup>5</sup>, Sweets<sup>3</sup>, Chinese<sup>3</sup>.

STOOL AND URINE: No Complaints.

M/H: FMP: 12 years. LMP: April 2007. On OC pills since Dec 2007. Cycle: 2-3/28-30 days. Moderate flow. Non-offensive and non-staining.

Irritable and weepy 1-2 days MB.

SEXUAL FUNCTION: Took time to adjust after marriage. Now Great. Very intense when out of Mumbai. Pt very tense at home. Frequency: 3-4/wk to 3-4/d.

SLEEP: If has a good sleep then refreshed. If disturbed or loss of sleep then complaint arise.

DREAMS: Unremembered.

THERMAL: Irritable in sun. Cannot tolerate both the extremes of season. Fan: S++ W+.

Does not like AC. Cover: S+ W++. Bath : warm water in all seasons.

##### LIFE SITUATION

6/12/1973: Born in Mumbai. Elder of 2 sisters. Previously Father used to work in mines.

1975: Shifted in Chennai since Fa got a Business Opportunity there. Pt said happy childhood?!? Fun<sup>3</sup>. Studios<sup>1</sup>.

1988: SSC 81%. Maths 99/100.

Took Commerce

1993: B Com 91%. Studied Journalism for 1 year  
1994 -96: Ahmedabad: MICA – Communication and Advertisement.

Met a guy with whom she had an affair but broke off since he was an adopted child and developed an identity crisis when he discovered it.

Got a Campus Job

1996: Got a Job in Star TV, National Geographic Channel and shifted to Mumbai.

Aug 2000: Fa was diagnosed as Ca Prostate. So she took transfer to Chennai to be with the family and take care of the Fa.

May 2002: Fa died. I was the Pillar of the Family. I took up the responsibility at early age. Around this time there was one more Guy in my life. Though mother didn't like him, I was willing to get them married but again things didn't work out.

Q: What was your feeling about the situation around you?

Pt: I one had 1 disappointment that why I didn't get married at the right age...

Nov 2002 got her sister married. There was no one in her life, but a friend got a match for sister. who was working in Citibank. So got her married before her.

March 2006: Mo was misdiagnosed as Pulmonary Koch's which was later confirmed as Ca lungs. Also got 3<sup>rd</sup> MI

In the meantime, found a guy through a matrimonial website and they both liked each other. He was also liked by the Mo and insisted to get married as soon as possible.

June 2006: Mo Hospitalized for the 3<sup>rd</sup> time. She did everything in the hospital and was with mother

all the time.

July 2007: Mo started slurring, formed foam in her mouth and expired due to Brain Haemorrhage. Watching this whole thing has developed a fright in her.

But she did all the last rituals for her Mo. Fiancé was there with her all the time and very supportive.

Dec 2007: She knew it was a blessed marriage. In Laws were very good, forward...but problem was a joint family and the dog.

Feb 2008: H's Routine check up picked up Cholesterol. Pt was very anxious and could not sleep for many nights. Just cried.

#### FEW DETAILS IN PATIENTS OWN WORDS

I always stayed like a Gypsy, alone all the time. So took almost 3 months to be comfortable at home. Now I feel stressed, lethargic and tired<sup>3</sup>. H is frustrated on small things. Also after parents' death I have developed fear of Heart Disease, lung Ca or some fatal side effects of OC Pills.

I feel emotionally fragile. I cry more often now than before.

May 2008: Things are peaceful but they have a dog who is very clinging. The Pt and H are thinking to leave the house since In-laws travel often and leave the dog to them and he cries all night outside their door!

#### EMOTIONAL STATE

ANGER: Irritable in the past but has calmed down after met H

EMOTIONS: Suppressed since never mourned after Fa expired. H didn't allow when she wanted or otherwise was busy with Marriage's preparation. BROODING<sup>3</sup>.

AFFECTIONATE: Makes friends easily but close ones few/ she is the PR of the 2.

FEAR and ANXIETY about picking up a disease.

OBSTINATE in the past but now calmed down.

PERFECTIONIST: With the Job getting done. Room clean but cupboard messy. Over achieved targets.

MWD++. Wants to please everyone so will get up at a 7 am to have tea with family even if she has

slept at 3 am and even though no one insist she do so.

#### RUBRICS

- 1) Responsibility at young age
- 2) Emotions suppressed
- 3) Fear cancer/disease
- 4) Sensitive
- 5) Cries easily
- 6) Vagabond
- 7) Brooding<sup>3</sup>
- 8) Palpitation due to anxiety
- 9) Multiple cavities
- 10) Cr chocolate
- 11) Cr sweets

#### MIASM: SYCOTIC:

- 1) Obese
- 2) Warts
- 3) Hypothyroidism
- 4) Sinusitis
- 5) Palpitation
- 6) Fear disease

#### PLAN

ACUTE: *Puls*

CONSTITUTIONAL: *Sil*

INTERCURRENT: *Carc, Thuj*

#### FOLLOW UP CRITERIA

- 1) Breathless Ct
- 2) Sneezing
- 3) Lt arm pain
- 4) Palpitation
- 5) Sensitive – weepy
- 6) Responsibility over burdened
- 7) Hair fall
- 8) Fear Disease
- 9) Anxiety
- 10) Obesity
- 11) Hypothyroid
- 12) Tired
- 13) Backache

(FU will also reflect the intensity of symptoms on a scale of 1-10 (10 being maximum))



TREATMENT AND FOLLOW UP

DATE	SYMPTOMS	TREATMENT																										
16/4/08		<i>Carc</i> 1M 1D																										
23/4/08	>3. Felt like a new woman. A small fight for 2 days. I went down a little	SL																										
30/4/08	> <table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>+</td><td>L2</td><td>L2</td><td>L2</td><td>+</td><td>+</td><td>0/w</td><td>L2</td><td>L2</td><td>+</td><td>+</td><td>+</td><td>L2</td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	+	L2	L2	L2	+	+	0/w	L2	L2	+	+	+	L2	8 L
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+	L2	L2	L2	+	+	0/w	L2	L2	+	+	+	L2																
15/5/08	Stress → Left arm pain <table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>+</td><td>0/w</td><td>OD</td><td></td><td></td><td>++</td><td>L9</td><td>+</td><td>L2</td><td>+</td><td>+</td><td>+</td><td>L2</td></tr> </table> <p>&lt; Since Heavy work load + MP due and Fa death anniversary approaching.</p>	1	2	3	4	5	6	7	8	9	10	11	12	13	+	0/w	OD			++	L9	+	L2	+	+	+	L2	<i>Sil</i> 200 1D
1	2	3	4	5	6	7	8	9	10	11	12	13																
+	0/w	OD			++	L9	+	L2	+	+	+	L2																
23/5/08	Stress since dog cries as In laws are away and sleep poor. Talking to Husband helps. Crying helps. MP 19/5. <table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>+</td><td>0</td><td>+</td><td>+</td><td></td><td></td><td>L5</td><td>L5</td><td>L5</td><td>+</td><td>+</td><td>+</td><td>L2</td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	+	0	+	+			L5	L5	L5	+	+	+	L2	<i>Cocc-ind</i> 200 3D <i>Sil</i> 200 1D Nt wk: <i>Carc</i> 1M 1D
1	2	3	4	5	6	7	8	9	10	11	12	13																
+	0	+	+			L5	L5	L5	+	+	+	L2																
18/6/08	> Though stress: Si went to Singapore. In laws are back. Friend had a miscarriage. MP 16/6/08 (3/27) Breathless+. Fever < evening + weepy. Thirst: less. Urine: D/N - 10/5. Sneezing <sup>3</sup> but goes out. Pulse 72/min. ( <i>Acute</i> ) <table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>L5</td><td>+</td><td>L3</td><td></td><td>+</td><td>+</td><td>L5</td><td>L5</td><td>L2</td><td>+</td><td>+</td><td>+</td><td>L2</td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	L5	+	L3		+	+	L5	L5	L2	+	+	+	L2	<i>Puls</i> 200 1D
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L5	+	L3		+	+	L5	L5	L2	+	+	+	L2																
03/7/08	Feels very low energy. Lonely Fever < PM. T: 97.5, W: 56.5 But for 2 weeks no sinus <table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>+</td><td>+</td><td>L5</td><td>+</td><td>+</td><td>?</td><td>0/w</td><td>0</td><td>L2</td><td>+</td><td>+</td><td>+</td><td>L2</td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	+	+	L5	+	+	?	0/w	0	L2	+	+	+	L2	<i>Puls</i> 200 1D
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+	+	L5	+	+	?	0/w	0	L2	+	+	+	L2																

Still under treatment...



An elderly gentleman.. had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect. Your family must be really pleased that you can hear again.'

The gentleman replied, 'Oh, I haven't told my family yet.

I just sit around and listen to the conversations. I've changed my will three times!

# Queries and Solutions

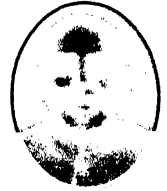
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**Q1.** In Allens Keynotes in the chapter of *Lachesis* it is written, "Epilepsy from Jealousy". Kindly explain by giving examples.

**DR KAILASH PANCHESWAR, BARGHAT, SEONI**

**Ans:** *Lachesis* is the only drug for the above mentioned symptom. As an example I'll quote a recent case that is under my care. The patient is a four years old girl who has grand mal Epilepsy since 1 year. It started a month after the birth of her brother. She has responded well to *Lachesis*. Apart from few other symptoms the selection of the remedy was based taking the rubric ailment from Jealousy (sibling rivalry).

**Q2.** While recording blood pressure of patients does an arm cuff smaller than recommended, give lower blood pressure readings?

**MS SADHWI BARONIA, JABALPUR**

**Ans:** No. In adolescents and adults, an undersized cuff over estimates while an oversized cuff under estimates the true blood pressure readings by as much as 10-30 mm Hg. A loosely applied cuff shall result in falsely high readings. If the brachial artery (position of the arm) is more than 10 cm lower or higher than the heart itself, the true pressure will be over estimated or under estimated respectively.

**Q3.** Sir, I was reading the 2<sup>nd</sup> revised edition of "Lotus Materia Medica" by Robin Murphy. In the chapter of Homoeopathic Medicine and Practice, the author has penned that "There are five major Miasms - Cancer Miasm, Sycosis Miasm, Syphilis Miasm, Tuberculosis Miasm and Psora Miasm" (in that order). Kindly give your comments.

**DR ABHIJEET AWCHAR, PUNE**

**Ans:** According to the Organon there are only three basic chronic Miasms - Psora, Sycotic and Syphilitic Miasms. Tubercular Miasm (and not Tuberculosis which is the nosological term for the disease) is a blended miasm. Several new Miasms like Cancer, Amoebic etc have been coined but the source of the literature of such miasms is not authentic.

**Q4.** In Kents Repertory in the chapter of Stool it is written, "White, milk like, chyle like". In which conditions does the above occur? Have you ever seen such a patient?

**DR DINESH CHAUHAN, PARBHANI**

**Ans:** Yes it is not uncommon to find patients who complain of passing stools that are milky white in color. Several remedies like *Calcarea-carb*, *Chel*, *China*, *Digitalis*, *Merc-sol*, *Podo*, etc are listed for the same. Patients suffering from acute on chronic pancreatitis, carcinoma of the head of pancreas frequently pass white pasty stools.

**Q5.** Sir many patients ask as to what should be the frequency of exercise for cardiovascular benefit. What should be our advice to them?

**DR VINAYAK WILAYATE, PRAVARA - LONI**

**Ans:** The frequency of exercise depends upon the need and the functional capacity of the individual. Unfit individuals shall benefit most from short duration, frequent exercises ie about 2 times a day for about 10 minutes. For average individuals a regular exercise for 4 times a week at 80% of maximum heart rate is optimum for conditioning. For those people who are overweight or obese and trying to lose weight, exercising for 6 times a week for atleast 30 minutes is beneficial.



# Mind Crossword



**Dr SATISH P KANOJIA DHMS**

1. Mangala Wadi, Juhu Tara Road, Santacruz (West), Mumbai - 400 049. Mob.: 9821009605

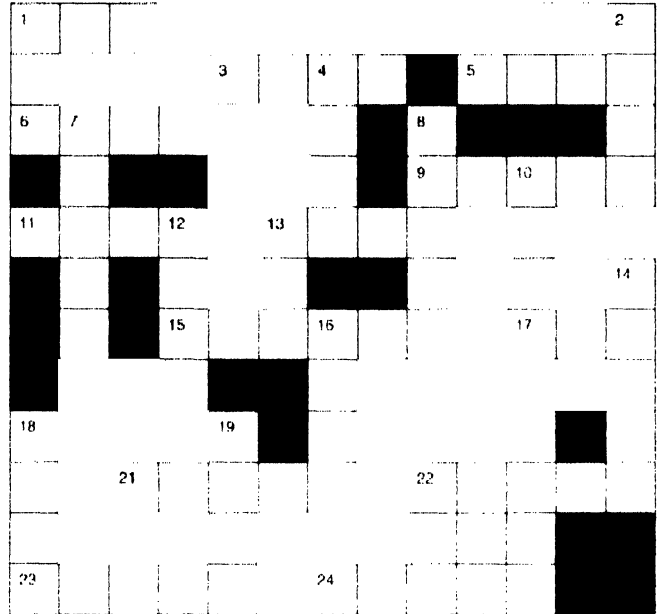
**Across:**

- 1) Forsakes relatives(3)
- 3) Aversion to her own sex (4)
- 5) Every paroxysm of pain excites a nervous laugh (4)
- 6) Loss of personal delicacy, disregard of surrounding objects (4)
- 9) Fear of rain (5)
- 11) Recalls old grievances (4)
- 13) Averse to riding in a carriage (4)
- 15) Cunning (6)
- 17) No longer wishes to act for herself in nervous debility (3)
- 21) Giggling (6)
- 22) Throws thing away when angry (5)
- 23) Believes all she says is a lie (3,2)
- 24) Unless questioned, says nothing of his condition (5)

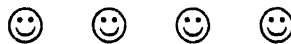
**Down:**

- 1) Aversion to family (3)
- 2) Mental Symptoms from head injury (3,1)

- 4) Counting continually (4)
- 7) Will not receive suggestions (5)
- 8) Cursing all night and complain of stupid feeling (5)
- 10) Tendency to use violent language (4)
- 12) Absorbed as to what would happen of him (3,1)
- 13) Cannot tell whether dreaming while awake or sleep (3)
- 14) Music makes her weep (5)
- 16) Sensation as if whole body were made of jelly (4)
- 18) Imagines he sees ghost, hideous faces and various insects, black animals, dogs,



- wolves (4)
- 19) Abject despair, suicide by drowning (3,1)
- 20) Crawls on the floor (4)
- 22) Fixed ideas, thinks only of pins, fears them, search and count them (3)



Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says: 'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?'

Slim says, 'I feel just like a newborn baby.'

'Really !? Like a new born baby!?', 'Yep. No hair, no teeth, and I think I just wet my pants.'