

Case of IBS in A Rural setting

INTRODUCTION: The Stress and effect of stress is seen in all populations, be it Rural or urban, be it work-related or family-related. This case graphically doemnstrates this.

Mrs MS, 48, came to me in Palghar Hospital in Oct '03.

She complained of passing stools 3/day since 8 yrs. Current attack was for 10 days. Stools were semisolid, reddish and offensive with occasional mucus. Urgency ++ → has to rush to toilet after food. Associated with abdominal pain before stools, with rumbling and gurgling in stomach. No fever or vomiting. The problem started with the separation of joint family in 1996. Later already existing loose motions were much worse after 7 inj following dog bite in 1999. Today no attacks come anymore. < eating vegetables < change of weather. Appetite is reduced and weakness ++. She has currently been treated with Homeopathy with which she is better. The stools have reduced from 5/d → 2-/d. Since 1996 the stools have never been quite normal- in type, quality or quantity.

PATIENT AS A PERSON:

Lean and short. 15-20 kgs wt loss in 3 months. Confused and anxious look? fearful

Warts on nose.

PERSPIRATION: Scanty, more on palms, non offensive, non staining.

APPETITE: Normal. Thirst Scanty. Craving: Hot food and drink², Sweets². Aversion: Spicy.

STOOLS were usually 1/d, satisfactory. Urine: no com-

plaints.

SLEEP: normal.

THERMAL: C4H

MENSTRUAL HISTORY: Menopausal since 2 yrs. Past cycle: regular 4-5/30, dark red flow, moderate quantity, non offensive, non staining.

O/H: has 3 living children; h/o 1 abortion

LIFE SITUATION AND MENTAL STATE:

Pt comes from a poor family and even till today cannot spend money freely.

After marriage stayed in joint family for 18 years. Patient did all the work in the house while SIL did not do anything. Her husband worked for 20 years. Shared everything in house but was not appreciated.

1996: they separated with compromise and left brother with the money in mother's name so no insecure feeling for the brother. (*This history too was told with much prompting and with few details given. Neither the Husband nor the patient complained on not getting their share.*)

Now husband does farming separately. There are little ups and downs, some times there are savings and sometimes not.

Pt worries much but husband says just enjoy the life as it comes.

Patient is very anxious by nature and superstitious. She is quiet and suppressed while husband is dominating and irritable.

Brooding³, never spends money due to worry about future and insecurity. Anticipatory anxiety. Talks very less. Everything was explained by her husband. Her case, mostly, was given by her husband.

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Cases

TREATMENT AND FOLLOW UP

Date	Symptoms	Treatment
29/10/03	Since already better with Homoeopathy therefore just give IC	Med 200 1 st dose
4/11/03	Was given bed rest. >3. stool 1/d. weakness+ App >	SL
12/11/03	Stool N, weakness>. H says does not work. Wt: 37 kgs	SL
19/11/03	>3. Stool 1/D. weakness L _c . wt: 37kgs	SL
3/12/03	No gain in wt – H anxious. Wt: 37kgs	Med 200 1/wk
17/12/03	Weakness+. Adv: nutritious food. Wt 37kgs	SL
31/12/03	Weakness>. Wt 36 kgs	Med 200 1/wk
14/1/04	>3. No c/o since 2 wks. wt 37 kgs	SL
28/1/04	No complaints. Wt 37.5 kgs	SL
11/2/04	No complaints. wt 40 kgs	SL
25/2/04	No complaints. wt 40.5 kgs	SL
10/3/04	No complaints. wt 40.5 kgs	Med 200 6 th dose in 6 mths.
24/3/04	>3. Mental irritability > as reported by H. Wt 41 kgs	SL
7/4/04	>. Mentally >. Looks happy. Even smiles occasionally. The constant tension on her face has gone. Wt: 43 kgs. Has gained 2 kgs in 1 month.	SL

The Efficacy of Homoeopathy in IBS

Mrs XYZ, 51 yr old housewife, came for consultation at YMT HMC, PG Institute, Kharghar on 8/1/03 with the following complaints:

CHIEF COMPLAINTS:

Loose stools since 6 months

ODP - Patient was apparently alright till 6 mths back, when she started getting loose stools, 5/ day, which were of concern.

Watery, painless stools with urgency to evacuate from fear, fright, bad news, worrying, anxiety (esp anticipatory type) and oily food.

PAST HISTORY:

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H/o Diabetes Mellitus since 10 yrs. Rx Allopathy 1999-2000 Malaria 2 times

FAMILY HISTORY:

Mother: Diabetic, High BP, Asthma

Father: Expired due to IHD

Sister: High BP

PERSONAL HISTORY:

APPETITE - Normal. THIRST-Poor, but for cold water.

CRAVING - Sweets + + +, Sour + + +, Hot food.

AVERSION- Milk. URINE- Normal. STOOL- Ref C/C

PERSPIRATION- Marked on forehead but scanty

MENSTRUAL HISTORY:

FMP: 13 yr, Menopause: 48 yrs

Regular with black clotted discharge

THERMAL- Chilly. SLEEP- Disturbed

DREAMS- Not remembered

MENTALS- Marked anxiety + + +

Likes to be appreciated by others
 Takes tension very easily, is worried about trifles.
 Great anxiety about her health.
 Worried about future of children.
 < contradiction, does not express anger
 Fear of dogs and of descending stairs - Fear will fall
OE: GC-good; Pulse 76/min; BP 110/70 mm of Hg
 Pallor + + +; Nails flat. Wt: 73 kg

INVESTIGATIONS:

Repeated stool analysis over last 6 mths: Normal.

ACUTE REMEDY: NON-REPERTORIAL APPROACH:

Gelsemium based on Fear & Anxiety giving rise to loose stools .

CONSTITUTIONAL REMEDY: *Argentum-nitricum* based on following totality

- 1) Great anxiety. 2) Worried about trifles
- 3) Anticipation giving rise to loose motions
- 4) Fear Dogs & descending stairs
- 5) Cr-sweets + + +
- 6) Loose motions < anxiety < fear < fright .

INTERCURRENT REMEDY: *Tub-b* based on the family & past history of the patient. Anxious nature with GI complaints.

FOLLOW UP:

8\1\03 acute remedy viz. *Gelsemium* QDS.

The response was good. Frequency of loose stools reduced to a considerable extent. However it was observed that whenever SL was given due to good response, pt relapsed again.

1) Constitutional medicine—*Arg-nit* was introduced with single doses stimulation, which showed favourable result but yet relapses kept occurring. Hence *Arg-nit* 1M was repeated frequently 4 times a day with good result

2) In spite of the favourable result with the constitutional remedy, loose motions continued but of less intensity. Now Intercurrent remedy *Tub-b* 1M was given in a single dose. The result was not very favourable. During this period, the pt was under tremendous tension which triggered off loose stools. Hence it was difficult to conclude whether 1M potency actually helped the pt as

there was a strong exciting cause under action.

3) Hence it was again decided to repeat *Arg-nit* in 1M potency repeatedly. The response observed was favourable within a period of 6 mths.

4) The patient's chief complaint was totally ameliorated. Now she came up with a new symptom complex → Fits of anger-becomes violent, shouts, curses and throws things. This behaviour was really alarming to other family members and they were very anxious about this change in her. For this new symptom complex—*Stramonium* 1M given repeatedly for a period of 15 days. The patient was totally relieved.

5) Now she once again complained of loose stools with the same totality, hence *Arg-nit* 1M was repeated frequently for a period of 15 days. After this patient was completely well. The time taken to achieve this stage was a period of 1 year.

CONCLUSION:

From the follow up, if one has a good understanding about the philosophy written in Organon, the Homoeopathic Physician would be in a better way to understand the sequence of events occurring thereby making his understanding and actions as rational as possible.

Hence it was observed in the follow up that when 2 dissimilar diseases are present in an organism, the stronger one suspends the weaker and it runs its course. It is only after the stronger disease has completed its action, that the weaker disease manifests itself (Org. aph-26). This was observed in the case during the course of treatment wherein the stronger disease of anger suspended the C/C. Hence if one fails to perceive this, the prescription would be faulty and detrimental to the health of the patient.

In this case, no doubt the cure was not complete as exciting causes still used to upset the pt causing loose stools, but it was to a much lesser degrees.

Thus the quality of living improved and her fears also reduced, making her more comfortable to handle such situations. □