

How can I teach my daughters?

Mrs AP, 37yrs Gujarati Housewife residing at Breach Candy – an up-market area of Mumbai, came to me on 15th Jan 03. She brought me a beautiful written history, describing her whole life, hiding nothing.

CHIEF COMPLAINTS

- 1) Throat: Hoarseness. Irritation in the throat. In the morning voice decreased < till 10 am. Then better as the day progresses. While talking suddenly one word disappears. < Bent neck. < Sudden straining. < dust. Advised to keep her volume low and to talk less.
- 2) Headache: Temporal, Supraorbital, Vertex Region. Throbbing pain with dizziness and nausea < Hot weather, < fasting, < sun³.

PATIENT AS A PERSON

Ht: 5' 4"
 Wt: 57.7 kgs
 Sensitive to strong odors
 SKIN: Tans easily
 PERSPIRATION: Scanty on nose and upper lips
 THIRST: Scanty 2-3 glass/day
 APPETITE: Normal
 CRAVING: Sweets³, Sour³
 AVERSION: Bitter
 STOOL: Normal
 URINE: Normal
 SLEEP: Normal
 THERMALS: Hot

PAST HISTORY: Measles, Chicken-pox

MENSTRUAL HISTORY: 4/30. Regular. Breast heaviness and sensitive to touch < Before and During Menses. P/H menses were very irregular. Difficulty in conceiving. Was on heavy fertility treatment for years. Eventually conceived after stopping all treatment.

LIFE SITUATION

15/9/1965: Born
 1968: Very active in academics and in extra curricular studies
 1981: 10th Std 80%
 1983: 12th Std 85%
 Educated in Chennai. Came from a professional business family with a sprawling bungalow. Her grandparents had liveried staff. So they were like British aristocracy.
 In college, she developed a relationship, but then decided not to remain committed so that she could stay free to do an MBA in London.
 Returned from London, much mature and had outgrown boy. So parents chose to do an arranged marriage. Boy: educated, tall, handsome, cultured. Ready for marriage. Match arranged by friends and well-wishers. Perfect except for background. But family was different. His Father doing a job. Gandhian, true values, good people, but no sophistication.
 Patient was convinced, she could cope and adjust and would soon be back in her league. She did, but the 7 years took much toll.
 They lived in a small 2 bedroom house of which the pt was quite ashamed. MIL ran a slipshod house, though wonderful in jewelery and clothes. Husband forgot first post marriage birthday (In their English culture, such a goof-up would be unimaginable!). She cried herself silly. It was the end of the world! To make up, husband arranged a surprise Anniversary party. All her friends



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dropped in: Happy? No. Ashamed of undone house. Never called her friends nor relatives.

Very correct. Follows procedures perfectly. Exact and precise about what she wanted and how she would go about it. Very frustrated at having life-modifying trouble, which refused to respond, in spite of doing everything she was told to do medically. In 2 months, she had been treated, operated and again treated and it was just worse. Now, a switch to an alternative therapy was called for, but with the concurrence of the specialist.

MENTAL STATE

She apparently adjusted and adjusted and adjusted. Waited and waited and waited-7 long years.

MIL taunted. Called her a snob. She kept her corner spotlessly clean in a pig-sty of the house. Daughters-always tidy and washed.

And talked and talked to her daughter to instill all her earlier value-system. And her voice gave up. Stress? Yes and how. Isolated, husband probably guilty, worked to the limit. Today, they have a wonderful 4 bedroom house. But no sex, no voice.

Everything looks perfect. But MIL is a trigger - Sees or hears her and every nerve screams. But no sound comes. Voice has failed. Instead nodules form.

RUBRICS

- Embarrassment
- Tremendous shame
- Guilt
- Anger: MIL for putting her in this position
- Inferiority versus Superiority
- Suppressed anger till chokes
- Sexual suppression
- Voice lost
- Perfectionist
- Efficient
- Intelligent
- Tall, beautiful, wonderful carriage

REPERTORIAL TOTALITY

RM1065 Indignation
 RM1043 Fastidious
 RM1038 Embittered
 RM 992 Affectionate
 RM1038 Embarrassment A/F
 RM1037 Egotism
 RM 546 Desire Sour
 RM 547 Desire Sweet
 RM1204 Perspiration nose
 RM1133 Perspiration upper lips
 RM 356 > Open air
 RM 530 Thirst less
 RM 149 Headache <sun
 KR 760 Voice hoarseness overuse from

REMEDIES ON REPERTORISATION

Sulph 18/8, Puls 15/7, Nat-mur 13/8, Ign 11/8, Lach 10/4, Staph 6/3

THE REMEDY?

The feeling she went through of let the earth open up and swallow me before my friends see me in this condition's of deep hard mortification. *Staph* to remove this layer.

Throat chokes. Throat sensitive. I need my space. I have 2 young daughters. I need to talk to them constantly. I explained this to the specialist too. How can I not talk? Or talk less?

Yes! It is *Lachesis*!

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**Try not to become
 a man of success
 but rather to become
 a man of value....
 -Albert Einstein-**

