

# A Family Quartet

**ABSTRACT:** Homoeopaths believes in Family practice and with good reason. When you treat the whole family, you know the interplay amongst each of them, you get inputs about each of them from various viewpoints and are not left holding the elephant, knowing only the trunk or the stump of a leg and viewing it as the whole. Then you truly have holistic practice. And truly Constitutional practice. These 4 cases fulfill every criteria of good constitutional prescribing and therefore, have been included here in spite of the length.



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## INTRODUCTION

We have always had families coming to us, but normally they come singly or one-after another, or with long breaks in-between each one. This was a unique family in a sense, rather in many senses. The couple met me at a party. We hit it off well. I admired the two of them who were so compatible and enjoyed each other. I was interested as I was to launch my *Great marriages.in* site. They went off on their Spain holiday and came to me after a month.

They came to us- 3 of them on the first day and the mother after a month.

The mother gave all the histories- she was bright, engaging, and definitely the bonding force of a close knit family- always a delight to meet.

So what did the 4 cases convey and how were they connected?

**SON:** Very bright, intelligent, but in a great hurry and a big foodie. He is fat and gets teased as the fat-boy of the school. Mother was a fat-girl once and understands the suffering, so is constantly able to counsel him. They have a good rapport.

He cannot eat *Kurkure* and *stuff for the love of Mike or money!*. Mostly is obedient and eats only home food, but when temptation gets the better of him, he will unfailingly break out in a rash! His remedy? The fat *Calc-* with the *Sulphur* element of the skin. *Calc-sulph*. It not only stopped him fighting with

the sister in the first week which he reported to me himself, saying he feels calmer and more able to tackle the teasing in school!!

Mother has to make very stringent rules. And train servants well to do the same, being a working mother. Definitely very efficient. A *Natrum-mur*.

**DAUGHTER:** Is serene, calm, tall, very lean- a natural opposite to her brother, so they are prone to many sibling fights. She is engrossed in reading, carries a book with her at all times. Her pitted nails cleared in a week under *Calc-phos!*

The **FATHER** is stubby, careless, sloppy, dis-organized, psoriasis which cleared in 2 weeks (again *Calc-sulph*) as opposed to an super-efficient, fastidious and slim, attractive mother. And all this had to be woven together by the Homoeopathic thread. The *Nat-mur* mother, talking care of her *Calcarea* brood of 3?

**MOTHER** who I failed to relieve for 3 weeks. Firstly because I could not take her full case the first time, and so did the short-cut prescribing- dry cough- *Spongia* and so on till finally hit the right remedy. But yet got her ready to sing at her concert.

Now if you so desire, you can read each case in detail, with the working and the full follow-up.

## CASE 1: 'MY SERENE HIGHNESS'

12 years old girl, elder daughter of family, talked as if much older than her age though looked very petit-very thin and gangly. She came to us on 12/6/07

**CHIEF COMPLAINTS**

- 1) Dryness of the skin over knee since 2003 and now she has developed it on toes. It is rough on touch. There is also hypo-pigmentation around the knee which occasionally itch. A/F Dry weather > moisturizing cream.
- 2) Forehead has small papular rash since Nov 2006. Occasional slight pain on touch. A/F Puberty. Also C/o leg pain as
- 3) Pitted Nails. White spots on the nails. A Spanish Homoeopath she was taken to by her Maternal aunt, when on holiday in Spain, prescribed her *Hyos*, *Ustilago* plus *Fl-ac* for the same! The prescription was shown to us by the mother. Fortunately, the family had already met me about a month earlier and so were clear they wanted treatment in Mumbai only with proper interaction.
- 4) She has Hypermetropia of 11 in 1997 which is now come down to 6. Inherited from her paternal genes.

**PATIENT AS A PERSON**

**APPEARANCE:** Lean, always in a short skirt, always accompanied by book, which she reads continuously except while talking directly with me. Short hair.

**HT:** 4'9', **WT:** 35kg. Has had a spurt of growth last 2 months.

**NAILS:** Bites. **PERSPIRATION:** Head<sup>3</sup>, axilla<sup>3</sup>.

**TEETH:** Wears braces with 4 removed. Cold palms.

**APPETITE:** Not big eater. Very fussy. Troubles mo.

**CR:** Chocolate<sup>3</sup>, fruits<sup>3</sup>, fish<sup>3</sup>. **AV:** Spicy<sup>3</sup>.

**THIRST:** Less.

**STOOL:** 1/d **URINE:** D/N: 4/0

**SLEEP:** N. **CONCOMITANTS IN SLEEP:** Teeth grinding, talks in sleep 5/wk

**DREAMS:** She is a celebrity and lives in a big palace.

**THERMAL:** Chilly. Sun loves. Likes monsoon. AC < feels Chilly.

**MENSTRUAL HISTORY:** FMP: 11/7/07

**MOTHER'S HEALTH DURING PREGNANCY:** Morning Sickness for 4 months. Aversion to milk for 9 months. BP low. Placenta previa and umbilical cord around neck à LSCS. After Delivery pt didn't breath for 2 -3 min. Lactation for 1 year.

**DEVELOPMENTAL LANDMARKS**

**DENTITION:** Very early. Full set of teeth at 1 year. Permanent teeth at 9 years.

**LIFE SITUATION**

20/7/95 born in Mumbai. Elder of 2.

Above average at school. Very calm. Mo calls her 'my serene Highness'. Very patient and sensitive. Br bullies her. No Sibling rivalry when Br was born. Intellectual<sup>3</sup>. Gets bored very easily. Has to constantly keep on reading or doing something. Likes movies, music celebrity. Likes traveling. Likes her dance class. Avid reader.

**MENTAL STATE**

Short tempered < trifles

Sadness if fights with friends. Brooding +. Affectionate<sup>3</sup>. Fastidious.

Fear: birds<sup>3</sup>, feather<sup>3</sup>. > Company. Weeps at trifles  
Cool, laid back, no ambition.

**P/H:** 1996 Diarrhoea at 9 months of age. Lost wt and then never regained it. Still very skinny.

**REPERTORIAL TOTALITY**

- 1) Pg 0239 A/F puberty
- 2) Pg 0236 Spurts of growth
- 3) Pg 0992 Affectionate
- 4) Pg 1071 Irritable trifles at
- 5) Pg 1115 Desires travel
- 6) Pg 1044 Fear birds
- 7) Pg 1057 Heedless
- 8) Pg 1114 Timid
- 9) Pg 1075 Laziness
- 10)Pg 0236 Growing pain
- 11)Pg 0656 Nails rough
- 12)Pg 1326 Skin rough
- 13)Pg 0536 Cr chocolate
- 14)Pg 0546 Av Spicy
- 15)Pg 0357 Chilly

**REMEDIES ON REPERTORISATION:** *Calc* 18/9, *Phos* 17/9, *Sil* 17/9, *Carc* 9/6.

**PLAN**

**CONSTITUTIONAL:** *Calc-ph*

**INTERCURRENT:** *Tub-b*

**FOLLOW UP CRITERIA:** These will be marked on a scale of 1-10: where L5 means level 5. Supposing the complaint began at first, at L10, then subsequent visits

will show what is balance. Eg L2 = 20% left. Check on 19-6-07 nails pitted were at L2 ie 80% better.

- |                             |                          |
|-----------------------------|--------------------------|
| 1) Rash forehead            | 6) Calves pain 1/m       |
| 2) Nails pitted             | 7) Oily face             |
| 3) Eyes No 6                | 8) Grinds teeth in sleep |
| 4) Dry pigmented patch knee | 9) Talks in sleep        |
| 5) Toes dry                 | 10) Anger easy           |
|                             | 11) Weeps trifles        |

TREATMENT AND FOLLOW UP		
DATE	SYMPTOMS	TREATMENT
12/6/07		Calc-ph 200 1 dose
19/6/07	Mind >. Mother was ecstatic. No fights at home! Please note that in 1 week the pitting was down by 80%! WE wanted to consolidate this rapid > by the now even more indicated Tub-b. 1 2 3 4 5 6 7 8 9 10 11 + L2 + + 0 + + 0 0 0	Tub-b 1M 1 dose +SL
26/6/07	1 2 3 4 5 6 7 8 9 10 11 + L2 L2 L5 0 + + + 0 L2 Please note the change in the pigmented patch and dryness, and the < of talking in sleep-action of Tub-b	SL
3/7/07	Cough < HS. Sore throat3. A/F getting wet. Tongue: tip red. (A definite acute phase with a causative factor. Too soon for strong immunity to be built up)	Kali M 6x BD
10/7/07	Tickling throat 15%>. Dry +. Cough < HS. > warm water. Wt 36 kgs.	Hep-s 200 tds X 3 days Kali-m 6X
17/7/07	Got menstrual period 11/7. 1 2 3 4 5 6 7 8 9 10 11 + L2 L2 L5 0 + + + 0 +	Calc-ph 200 1 dose
24/7/07	New eruptions on forehead 1 2 3 4 5 6 7 8 9 10 11 + L2 L2 0 L2 + L5 L5 L2 0	SL
7/8/07	Itching throat since 4 pm. NB, Sneezing. A/F getting wet, cold water. Bodyache.	Rhus-t 200 TDS X 4D
14/8/07	Mo reported: cough > 60%. The acute phase has to be followed by the Intercurrent and the constitutional -1 <sup>st</sup> and 2 <sup>nd</sup> night. The susceptibility to colds is high, and needs to be addressed.	Tub-b 1M 1 dose Calc-ph 200 1 dose
21/8/07	> <sup>3</sup> . Nails >. Has become more responsible. 1 2 3 4 5 6 7 8 9 10 11 1/M L2 0 0 0 > 0 L2 L2 0 Wt: 36 kgs.	SL

**CASE 2: THE FAT-BOY**

10 yr-old son of the family came with

**CHIEF COMPLAINT** of severe allergic Dermatitis.

Since 8 months of age, he gets eruptions à Pus+ à Big boils à Painful. < Fish<sup>3</sup>, < eggs<sup>3</sup>, < Gram flour. > Cold application. He is just not able to eat Kurkure and such stuff. Mother is very careful to give home -food, but sometimes he cannot resist the temptation of sharing from his friends and sure enough suffers the next day with the rash.

**OTHER COMPLAINTS**

- 1) Vitiligo on abdomen and back since 2004. Hom treatment taken from other Doctor; boomeranged and even his hair started turning grey.
- 2) Psoriasis eruption on the scalp since 2007 Jan. ?A/F stress due to over weight
- 3) Tendency to form styte 1/15d. > hot.
- 4) Also C/o obesity. Skin dimples due to fat. Cannot run. This makes him feels embarrassed since he is been teased by friends. Cannot loose wt even after making much effort.
- 5) ? Under-developed Gonads

**PATIENT AS A PERSON**

HT: 4'8". WT: 50 kgs. Stocky.

PERSPIRATION: Profuse. < head<sup>3</sup> palms/ soles<sup>3</sup>. Non-offensive

NAILS: Pitted<sup>3</sup>.

VISION: Hypermetropia with squint

APPETITE: Normal

CR: Meat<sup>3</sup>, Fish<sup>3</sup>, Spicy<sup>3</sup>, Eggs<sup>3</sup>, Sour<sup>3</sup>

THIRST: 2 Liters/day

STOOLS: 2/d, < After meals.

URINE: D/N: 5/0. Occasional burning.

SLEEP: Normal

THERMAL: Hot. Likes winter. Bath with cold water.

DELIVERY: Breach presentation, LSCS

DENTITION: Early. 1<sup>st</sup> tooth at 5.mths. By 10 yrs: Permanent

**LIFE SITUATION**

21/9/97 Born. Younger of 2. Born in Mumbai.

**EMOTIONAL STATE**

Sensitive<sup>3</sup>. Cannot tolerate pain.

Intelligent. Grasps fast, and so gets bored easily.

Bored to write in exams! Very logical. Loves to con-

struct. Talented – sings / acts. Bullies sister.

Anger<sup>3</sup> - short tempered – Sulks<sup>3</sup>. < contradiction. Affectionate<sup>3</sup>. Fastidious. Perfection. Fear Ghosts<sup>3</sup>, Dark<sup>3</sup>, Alone<sup>3</sup>.

Obstinate<sup>2</sup>. > Company<sup>3</sup>. Embarrassed<sup>3</sup> à when teased about his over weight.

**REPERTORIAL TOTALITY (RM 2<sup>nd</sup> EDITION)**

- 1) Pg 1360 Irritable trifles at
- 2) Pg 1326 Fastidious
- 3) Pg 1331 fear ghosts
- 4) Pg 1328 fear dark
- 5) Pg 1288 < Alone
- 6) Pg 1379 Obstinate
- 7) Pg 1320 Embarrassment feeling
- 8) Pg 1313 Disappointment
- 9) Pg 321 Obesity
- 10) Pg 1642 Allergic Dermatitis
- 11) Pg 1650 Pustular eruptions
- 12) Pg 739 < Fish
- 13) Pg 738 < Egg
- 14) Pg 743 Cr Spicy
- 15) Pg 742 Cr Sour
- 16) Hot

**REMEDIES ON REPETORISATION**

*Calc-c* 25/13, *Puls* 27/12, *Ars-a* 25/12, *Phos* 23/12, *Lyc* 21/12, *Sul* 23/11, *Nat-m* 22/11.

**PLAN AND PROGRAMMING**

ACUTE: *Puls*

CONSTITUTIONAL: *Calc-s- Calc* clear, *Sul* anion chosen because of the major location of skin.

INTERCURRENT: *Tub-b*

**FOLLOW UP CRITERIA**

- 1) Allergic skin < fish
- 2) Vitiligo
- 3) Styes 1/15d
- 4) Pitted nails
- 5) Red < sun
- 6) Cough3 1/m X 5D
- 7) Cries easily
- 8) Fear dark, alone
- 9) Anger fights OD
- 10) Obesity



**TREATMENT AND FOLLOW UP**

DATE	SYMPTOMS	TREATMENT
12/6/07		SL
19/6/07	> . Eruptions >since 17/6. 1 2 3 4 5 6 7 8 9 10 > + 0 + + 0 1/w + 2/w + Pt says, "Hom is working". Says he has stopped getting angry and crying for small things. Mother said whole week there has been peace in the house. Children have not fought!	
26/6/07	Mo was shell-shocked! Says he is calm <sup>3</sup> . No fights 23/6 rashes < eggs - L7. Nut today L1. 1 2 3 4 5 6 7 8 9 10 L2 + 0 + + 0 0 + L1 +	SL
3/7/07	Skin Allergy L2. C/o Diarrhoea. 3/d. watery, eyes itching -> green discharge. Croupy cough. Weakness.	<i>Merc-cor</i> 30 TDS x 3 Days
10/7/07	Diarrhoea > 7/7 and then < milk. Thirst +	<i>Pul</i> 200 /SOS after every Loose stool <i>Tub-b</i> 1M 1 dose, when better
17/7/07	> <sup>3</sup> . Give Constitutional.	<i>Calc-s</i> 200- 1 dose
24/7/07	Skin + then >. ? Hom < 1 2 3 4 5 6 7 8 9 10 > >+ 0 > + 0 0 0 L2 +	SL
7/8/07	Few outbursts on 3/8. Now >. Av bath. Hot palms. Wt 52 1 2 3 4 5 6 7 8 9 10 1/w > 0 0 0 0 >+ + L4 +	<i>Sul</i> 30 1 Dose
14/8	12/8 Allergy on skin < egg. 14/8 pm big Bump, painful. Itching <sup>3</sup> , red <sup>3</sup> , > cold, > touch. Prickly heat - neck, abd.	<i>Puls</i> 200 TDS X 3 days
21/8/07	> swelling Arm > but small rash. Wt 51. (1 kg less) 1 2 3 4 5 6 7 8 9 10 L3 >+ 0 0 L1 0 0 + L2 +	<i>Tub-b</i> 1M 1 dose SL

**CASE 3: THE SLOPPY MAN**

Father 45 years of age came on the same day for current COMPLAINT of folliculitis since Jan 2006 started from leg → thigh → waist → neck. At present it was on neck. It is a pustular eruption grows bigger, > hot. He is a known case of Psoriasis since 1982; started from sole which is not there now. Now it is on

dorsum of palms and elbow.

**OTHER COMPLAINTS**

Since 2001 peeling of soles and in between webs → itching > scratching > moisturizer. P/H 1969 Bronchial asthma < Dust, < Fur cats, > pump, < cold winter, < night<sup>3</sup>, < 7-8pm. now 1/yr Hiatus hernia < over eating, > controlled diet.

**PATIENT AS A PERSON**

HT: 5'10". WT: 90kgs. Wt gain in 5 years

HAIR: early male pattern baldness.

VISION: Hypermetropia since June 2007

TONGUE: Dry coated. THIRST: Very less

CRAVING: Fries<sup>3</sup>, Spicy<sup>3</sup>

STOOL: Normal. BOWELS: Normal

SLEEP: Normal

THERMAL: Fan: + in all seasons. Prefers AC. Covering: S-, W+. Bath: Hot all seasons.

**LIFE SITUATION**

21/9/1961: 2<sup>nd</sup> of 4 siblings, the only son with 3 sisters. Born in Mumbai. Fa in Bharat Petroleum, transferable job. So traveled and studied at various places. Happy childhood. Average student. 1989: MBA in USA.

1990: Came to Mumbai.

Jan 1993: Love Marriage. Told wife to accept his family unconditionally who are all huge. Father is sick with back and heart problem (and marry!)

1990: Fa returned to Bangalore after retirement. Now his job is to be nagged by wife and continuously worry<sup>3</sup> especially about his grandson who lives with them and wants to be pilot...

2001: After doing many different jobs, patient started his own investment firm.

**EMOTIONAL STATE**

Irritable → shouts easily.

Jovial<sup>3</sup>. Makes friends easily. Has lots of friends<sup>3</sup>. Affectionate.

Fear dark<sup>3</sup> in childhood.

Very disorganized. But plans<sup>3</sup> → has to materialize → hassles if not.

Teaches religion to kids in church.

**TREATMENT FOLLOW UP**

DATE	SYMPTOMS	TREATMENT																
11/6/07		Calc-s 200 1 dose																
19/6/07	<table border="0"> <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> </tr> <tr> <td>0</td><td>+</td><td>0</td><td>+</td><td>2/W</td><td>0</td><td>+</td><td>+</td> </tr> </table>	1	2	3	4	5	6	7	8	0	+	0	+	2/W	0	+	+	Tub-b 1M 1 dose
1	2	3	4	5	6	7	8											
0	+	0	+	2/W	0	+	+											
26/6/07	<p>Soles peeling &gt;</p> <table border="0"> <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> </tr> <tr> <td>0</td><td>&gt;</td><td>0</td><td>+</td><td>2/W</td><td>0</td><td>&gt;</td><td>&gt;</td> </tr> </table>	1	2	3	4	5	6	7	8	0	>	0	+	2/W	0	>	>	SL
1	2	3	4	5	6	7	8											
0	>	0	+	2/W	0	>	>											
3/7/07	Boil + but soles >.	SL																

Loves company<sup>3</sup>.

F/H: Fa IHD, HT. Mo and Si: Psoriasis, DM.

**REPERTORIAL TOTALITY**

- 1) Pg 0992 Affectionate
- 2) Pg 1071 Joking
- 3) Pg 1087 Plans makes many
- 4) Pg 1045 fear dark
- 5) Pg 1012 > company
- 6) Pg 1110 Talk excessive
- 7) Pg 1058 Hurried
- 8) Pg 1097 Secretive
- 9) Pg 1057 Heedless
- 10) Pg 0573 Hair loss
- 11) Pg 1314 Pustular eruptions
- 12) Pg 1325 Psoriasis

**REMEDIES ON REPERTORISATION**

Phos 22/11, Sul 17/8, Nat-m 14/8, Ars 19/10, Lyc 18/11, Puls 14/8, Calc 12/7

**PLANNING AND PROGRAMMING**

ACUTE: No need

CONSTITUTIONAL: Calc-s 200

INTERCURRENT: Tub-b

**FOLLOW UP CRITERIA**

- 1) Folliculitis 1/m x 5D
- 2) Psoriasis ct
- 3) Bronchial Asthma 1/y
- 4) Bald-Hair loss
- 5) Walk 0-never exercises
- 6) Hiatus Hernia
- 7) Thirst very less
- 8) Soles peel daily

	1	2	3	4	5	6	7	8	
	0	L2	0	+	3/W	0	>	>	
10/7/07	Feverish feeling with bodyache plus Monsoon season								<i>Rhus-t</i> 200 tds X 3D
17/7/07	Fever >. Psoriasis – hands >3. Toes peel								<i>Calc-s</i> 200 1 Dose
	1	2	3	4	5	6	7	8	
	0	L2	0	+	2/W	0	+	L7	
24/7/07	Hands > except slight roughness. Soles some exfoliations,								S1
7/8/07	> peeling. Wants to loose weight. Stopped Snacks								SL
21/8/07	1	2	3	4	5	6	7	8	SL
	0	L2	0	+	2/W	0	>	L4	

**CASE 4: SHORT-CUTS DON'T PAY**

Mother 42 years, of age.

**CHIEF COMPLAINTS**

1. Sinusitis in July 2007 for the first time. Thick yellow discharge, cough with difficulty to expectorate. < Draft, < Air Flight, > lying down, > Night<sup>3</sup>. She feels Dull, thirst reduced.

2. Osteoarthritis since 1977. Pricking pain<sup>3</sup> is in Rt medial Aspect of knee. < Humid, < sour things, < getting up, < walking fast, < wine, < Sitting Cross legged, < kneel down. > Dry weather, > initial motion. Athlete, Played Hockey, did long distant running.

Severe pain: R lat leg, thighs and ankle. A/F pregnancy

**OTHER COMPLAINTS**

Gases<sup>3</sup> < Before meal.

Vaginal itching started after Marriage. > Cold. AF 2<sup>nd</sup> pregnancy.

**PATIENT AS A PERSON**

HT: 5'3". WT: 58 kgs Slightly Stocky. Has a period of anorexia followed by wt gain.

SKIN: Tendency to ecchymosis. Wart on nose.

HAIR: Thinned out. VISION: Myopia.

Anemia since Childhood.

APPETITE: Normal. Thirst: Very less

CR: Spicy, Fried, Curd<sup>3</sup>, Milk<sup>3</sup>

STOOL: P/H: Hemorrhoids in 1<sup>st</sup> pregnancy. Now 1/d Satisfactory

SLEEP: Normal. DREAMS: Falling from Height.

THERMAL: Likes all seasons. > Open air. < AC, Covering: S+, W++. Bath: Hot always.

M/H: FM 1977. LMP: June 2007

CYCLE: Alternate cycle is heavy to scanty. Clots + MENSES BEFORE: Bloating, breast swelling, Irritability, Cr Chocolate

DURING: feels exhausted, sleepy. AFTER: ><sup>3</sup>

OBSTETRIC HISTORY: G2P2L2A0

Morning Sickness for 4 months. Averse to milk for 9 months. BP low in 1<sup>st</sup> pregnancy: Moody and insecure about H. Placenta previa and umbilical cord around neck. LSCS. 2<sup>nd</sup> pregnancy: breech à LSCS.

PAST HISTORY: Tonsillitis, Pneumonia, Bronchitis, Scalp abscess, Jaundice.

**LIFE SITUATION**

Fa was in army and so he never lived with the family. Workaholic, short tempered. Mo very Docile, dominated by her Mo. So both girls including pt never contradicted. Mo: lack of love of H so clung to both daughters. Pt says her Mo and Si are conservative while she is frank and has an independent opinion.

15/9/1965: 2<sup>nd</sup> of 2 sisters Born in Mumbai during war. Playful – did not take studies too seriously. But perfectionist, so always topped exams. Lots of extra curricular activities. Mo didn't have much expectations from her. Thought, would never do anything great in Life. **Pt had to prove herself.**

1986: St Xavier's college – B. Sc. Did 1 year DMLT course. Lost interest in studies in college. Environment not motivating.

1987: USA for MS. But passed in 5 years instead of 7 years. Shock and surprise to pt and family.

Was very fat at that time. Always teased by family in childhood. Hence developed anorexia – skipped lunch, exercised like a mad person – played<sup>3</sup>, swam<sup>3</sup>, walked a lot. Lost 20 kgs in 6 months. At the same time there was a heart break. First love, very good friends but frequent arguments over different viewpoints. Depressed - thought would never fall in love again! Pt was committed to values. Never got into 1-night stands. Didn't want her partner to be foreigner so if got attracted, controlled herself.

She doesn't like changes

1989: Met a boy in sister's marriage. Most eligible bachelor. Had talked hardly then. Thought would never meet. But he liked me, proposed me. I went to USA again, met him there.

1993: Came back to India and got married..

Wants to do something all the time; as an Incharge of house, she is the last one to sleeps at home. Very cautious about what she and her kids eat.

**EMOTIONAL STATE**

Irritable<sup>3</sup> < PMS, < trifles, < confrontation

Affectionate. Now makes many friends but was timid in the childhood.

Anxiety to be perfect.

Perfectionist<sup>3</sup> – Children must study perfectly, things must be perfect.

Artistic – Craft, carpentry, designing, plastering, drawing, needle work, dancing, music, singing, playing piano etc.

Weeps easily – Even on watching movies.

**TREATMENT AND FOLLOW UP**

DATE	SYMPTOMS	TREATMENT
10/7/07	Pt came to me in emergency with this cough which started after her holiday, 1 mth ago. Not better with Allopathy. Had a singing competition in 1 mth. Cough ++. Croupy. Dry. Cannot expectorate. < talking, < singing. O/E: Throat ++. Chest clear.	Spongia 30 BD X 3 days
17/7/07	Drowsy, yellow expectoration, irritation in throat, running nose, thirst less, tongue dry	Gels 200 TDS X 3 D
19/7/07	Not >. PND, < AC, was > slightly but < Chennai – Dinner. O/E Maxillary sinus tender ++. This was the time when her interview was taken.	Kali-bi 200 tds X 5 DKali-s 6X BD X 5D.

Cannot stay alone. Talks excessive

**REPERTORIAL TOTALITY**

- 1) Pg 1034 Domination by others.
- 2) Pg 1043 Fastidious
- 3) Pg 1038 Embarrassment feelings of
- 4) Pg 1114 Timid
- 5) Pg 0992 Affectionate
- 6) Pg 1012 Company desire for
- 7) Pg 1017 < Contradiction
- 8) Pg 1020 Cries easily
- 9) Pg 1110 Talks excessive
- 10) Pg 1014 Confidence lack of
- 11) Pg 0304 Dreams, Falling from Ht
- 12) Pg 0847 Knee pain
- 13) Pg 0546 Cr Spicy
- 14) Pg 0541 Cr Fried
- 15) Pg 0536 Cr Chocolate
- 16) Pg 0551 < Wine
- 17) Pg 0549 Thirst less
- 18) Pg 0363 < Monsoon

**REMEDIES ON REPERTORISATION**

Phos 27/14, Nat-m 25/14, Lyc 32/13, Puls 29/13, Nux-v 20/13, Sep 20/11, Staph 19/11, Calc 22/11, Carc 19/9

**PLAN**

ACUTE: Puls

CONSTITUTIONAL: Nat-m

INTERCURRENT: Carc, Tub-b

23/7/07	Not >. > Night, > lying Down, < draft <sup>3</sup> , Hot. Tongue dry. Thirst less. Difficult to expectorate. <i>Carc</i> yet not taken	<i>Pul</i> 200 QDS X 4D
24/7/07	> 80%. Can expectorate. Give intercurrent to break cycle.	<i>Carc</i> 1M - 1 dose tonight
7/8/07	> But PND +. Nervous since going to sing. Vaginal itching > cold.	<i>Puls</i> 200 1dose HS X 2D
14/8/07	Throat > 90%	<i>Nat-m</i> 200 1dose
21/8/07	> 95%. Knee pain >. Vaginal itching >. Gas 0.	<i>Tub-b</i> 1M 1 dose

## The Lost Childhood

**ABSTRACT:** A case which states how much stress parents create on a child making her to believe sternly that 1st rank is the only important thing in the world. Thanks to Homoeopathy that child would be able to cope better in life!

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Miss B, 20 yrs, BA. The history first came on 16/2/05

### CHIEF COMPLAINTS

LOCATION	SENSATION	MODALITIES	ACCOMPANIMENTS
Mind 12 <sup>th</sup> standard Lower extremities, legs, calf 4months later Legs, chest, back Daily	Pulling <sup>3</sup> , pain Stiness <sup>2</sup> /trembling <sup>3</sup> , hard as if pulling Clinical Diagnosis: <b>Somatoform Conversion</b> (Ref: DSM - 4)	<Night >Drinking water >Warm application >Severe pressure <sup>2</sup> >Hospitalisation <sup>3</sup> and anxiolytic	

### ASSOCIATED COMPLAINTS

Head Frontal to temporal Once/week	Pulsating pain <sup>3</sup>	< Tension, worries <sup>3</sup> < Sun, weeping <sup>3</sup> < Fan, < Light,music, noise >Tight pressure.	
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### PATIENT AS A PERSON

APPEARANCE: Wheatish, lean

WARMTH: Sole

PERSPIRATION: Moderate, <face<sup>2</sup>, chest<sup>2</sup>, back<sup>2</sup>

CRAVING: Sweets

STOOL: NAD, URINE: NAD

## MENSTRUAL FUNCTION

FMP: 14 yrs, LMP: 23/3. Irregular cycle 2 to 3 months, flow heavy dark red blood.

Before menses: dysmenorrhoea<sup>3</sup>, backache<sup>2</sup>

SLEEP: Disturbed due to anxiety.

DREAMS: Examination and Falling

REACTION PHYSICAL FACTORS: Sun < head

THERMAL ASSESSMENT: Ambithermal.

FAMILY HISTORY: Mother Spondylosis

O/E MSS: NAD, Weight: 45 kg. Tongue: Yellow.

## EXHIBIT - 1: INTRODUCTION

Patient's uncle was under my treatment for anxiety neurosis. He narrated that his niece has been hospitalized (May 1996) because of severe pain of extremities, diagnosed as examination tension. Response to allopathic drugs was poor. The Psychiatrist has diagnosed it as an examination anxiety.

Uncle asked for a Homoeopathic remedy, but he was explained about necessity to visit her at the hospital. Uncle said he would ask his brother and inform me, but he did not.

June 1996, father came with all the reports and said patient was admitted to the hospital two days back because of severe extremities pain, stiffness, trembling. Pt felt better only if 3 - 4 persons pressed the legs. There is no change in her temperament.

## FOLLOWING REPORTS WERE AVAILABLE

11/1: X-ray L.S. Spine: NAD. 10/1: CPK: 1572 (Neurologist opinion injection for pain has lead to muscular injuries.

Neurological examination: NAD.

11/1: CPK: 885. 15/1: CPK: 35, Creatinine: 1.1, NA: 136. K: 427 (all parameters within limit) 15/1 Antinuclear antibody test: 0.74 1.0 negative 15/1: Haemogram: Normal. ESR: 50, CPK: 48.

CURRENT TREATMENT: Depnon 10, Odlonapepo.5: ½ OD, Relinaco 25: OD. Trika.5: BD. On admission Inj Phenargan and Serenace given - discharge card mentioned.

DIAGNOSIS IS MANIC DEPRESSIVE PSYCHOSIS.

## LIFE SPACE

Patient is 20 years old, well dressed, mature-looking (no sign of depression on face) appeared con-

fidant. She narrated her problems without agitation.

Patient is the elder of two sisters. Father is an engineer, employed as a manager in a public limited company. Mother is a housewife. Father is calm, sensitive, sincere, religious person. Mother is generous, happy-go-lucky. At times differences in opinion occur but it does not last for long.

Patient was a calm, shy, reserved child. Being eldest parents pampered her. She described herself as a sincere<sup>3</sup>, hardworking<sup>3</sup>, obedient<sup>3</sup> and neat and clean at work.

EDUCATION: Patient procured 1<sup>st</sup> rank in school from 1<sup>st</sup> to 12<sup>th</sup> std. She secured 84 and 74 % in 10<sup>th</sup> and 12<sup>th</sup>. She attributed her success to hard work and her nature: "Best" is the sole criterion. Even in 10<sup>th</sup> and 12<sup>th</sup> she did not prefer coaching, as she was confident to get success. She is meticulous in her preparation. If she is not aware anything of that subject she did not like it.

She was the head girl up to 9<sup>th</sup> std. Relations with other girls remain cordial. She did not like to take strong actions against girls, as it was not her style. She stood 1<sup>st</sup> in all other extra-curricular activities, like painting, debates, music etc.

All had much expectations from her in 12<sup>th</sup>. She could not get admission in Medicine but in physiotherapy. She went to the general hospital and found that she had to give exercise to the patient, who gets fracture, and thought she might not be able to see their suffering. So she joined B,Sc for a year. She could not remember the formulae well. So she left it. Finally she joined BA and stood first in university. She has read so many books between periods of chemistry and arts.

During the month of March-April, Mo fell sick and was advised bed rest. Younger sister was studying in 12<sup>th</sup> Science. She was worried as her exams were approaching and found herself uncomfortable to manage everything. She had her exam from 13/5, and pain started since 8/5. Before this episode one of her friends (from science) came and discussed future of BA students. She felt I have taken a wrong decision.

**ABOUT FAMILY**

She gets worried when someone is not well at home or even when sister has exams, as she is fun-loving, playful and extrovert girl. Patient remains mentor for her. She is fastidious and punctual in house-hold chore. She prefers same from others. She has ambition to stand first in university exam in TYBA. In neighbours if anybody is suffering she is first one to help. Guilt is evident on her face due to her complaints as her parents are suffering.

**INTERVIEW OF PARENTS**

They have described patient as calm<sup>3</sup>, sincere<sup>3</sup>, who hates quarrels. She is busy with her activity/work and because of that, she is choosy in selecting friends.

Since beginning she prefers to be the "BEST" either at school or at work and because of this nature she always secured 1<sup>st</sup> rank in school. She does not like to remain 2<sup>nd</sup>. 100% is her criteria for success. She prepared herself always with perfection. For her preparations she would consult the concerned person, refers to books and other materials. She is of caring and helpful nature. She can't see suffering of others. If somebody hurts her feelings than she gets upset easily and tears roll down.

**PHYSICIAN:** Can you tell me in detail about her performance, expectations since 12<sup>th</sup> standard? All had high expectation from her. She was ambitious too. Because of her 100% temperament she had to work hard for 15 to 16 hours. She used to remain in tension and calf pain started. She did not like the result and got disturbed for a month. Family members and all took her performance positively.

**FOLLOW UPS**

DATE	SYMPTOM CHANGES	ACTION
16.2.051		<i>Carcinosin</i> 1M -(1)
25.2.05	Pains > 50 % Mind better > 40%	SL
3.4.05	SQ	SL
10.4.05	Pains and pulling< due to pressure	<i>Carcinosin</i> 1M -(1)
20.4.05	> <sup>3</sup>	SL
25.6.05	No complaints faced exam without any difficulties.	SL and OBS
18.7.05	Stress ++ of performance in competitive exams all complaints appeared again with Mood changes	<i>Carcinosin</i> 10 M -(1)
28.8.05	Gradually settled. After 6 months we discontinued treatment.	SL

She came out of that, as she is a staunch follower of GEETAJI - Theory of karma.

She is mature than her age. Family has a fastidious trait, her grand father is a retired SP from police. He possesses qualities like sincerity<sup>3</sup>, disciplinarian<sup>3</sup>, punctuality<sup>3</sup>, etc.

**REPERTORIAL TOTALITY**

1. A/F Anticipation
2. Fastidious
3. Conscientious trifles
4. Sympathetic
5. Sensitivity to hurt
6. Industrious
7. Artistic
8. Craving for sweet
9. Pains> hard pressure
10. Hot

**LIFE SPACE SUMMARY**

Basic roots: Sincerity fastidious and hard working. For patient, grandfather and father both are role models. Patient perceives basic pressure for performance and developed qualities of sincerity/fastidiousness/sympathetic and anxious. In formative years; she identified herself with the males but possesses sensitivity of mother. She evolved an obsession for the best; in this quest she lost her childhood and REPRESSION started. This obsession with high standard generated tremendous internal pressure. External and internal communication of not a type where persons can ventilate their feelings. All this resulted in to DENIAL of emotions. Considering evolution and her action give us fair idea about *Carcinosin*.

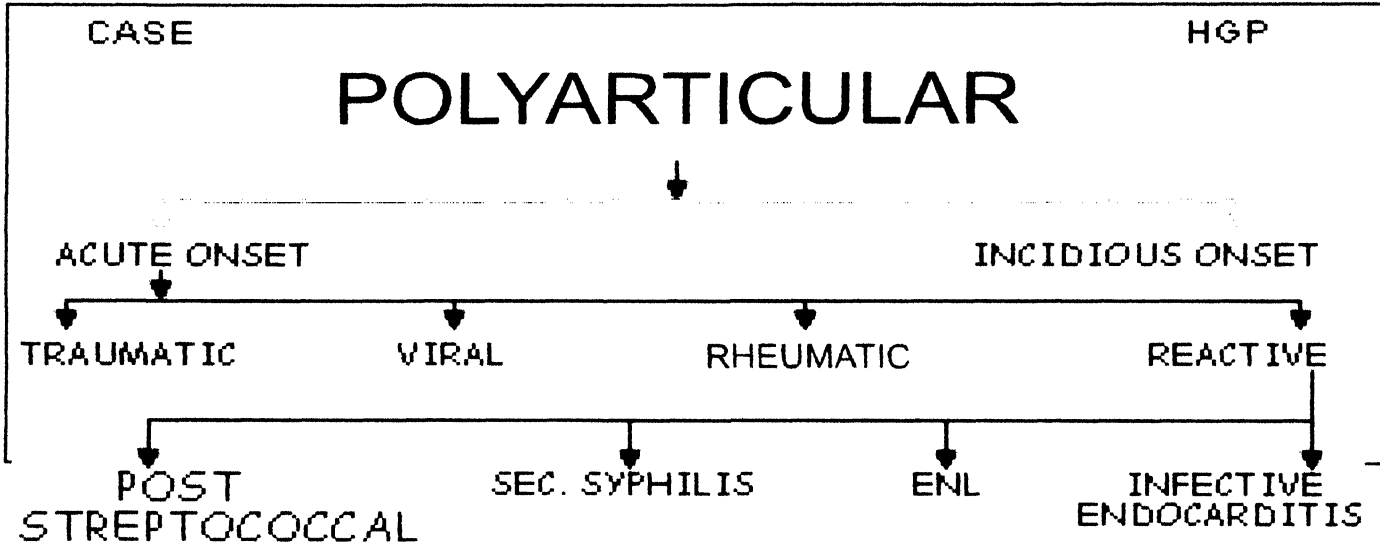
# Boger to the Rescue

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### EVOLUTION OF DISEASE

URTI



KNEE JOINTS



KIDNEY

DISEASE AFFECTING INWARD SYSTEM

CONTINUED PROCESS

PACE-FAST  
TEMP: 102.6 F  
PULSE: 140/MIN

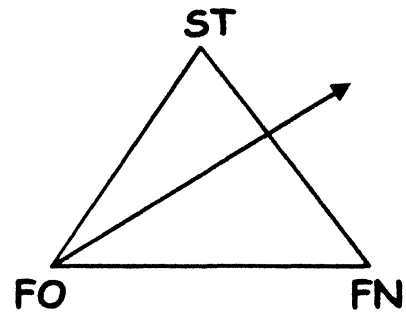
PROSTRATION  
STIFFNESS

INVESTIGATION:

CRP- 241	ESR- 90	WBC- 27,600 N-88	Albumin- +++++	Pus Cells- 15-20
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**FINAL DIAGNOSIS: POST STREPTOCOCCAL REACTIVE ARTHRITIS – AUTO IMMUNE**

STRUCTURE-FORM-FUNCTION-TIME  
 AUTO IMMUNE SYSTEM: ANTIGEN-ANTIBODY REACTION  
 EXTREMITIES: KNEE,HIP,ELBOW  
 SYNOVIAL TISSUE-INFLAMMED  
 GUT- KIDNEY:NEPHRONES-INFLAMMED



PAIN<sup>3</sup>, STIFFNESS  
 SWELLING, TENDERNESS  
 WEAKNESS  
 BURNING MICTURATION  
 THROAT PAIN  
 WBC-27,600  
 CRP-241  
 ESR-90  
 ALBUMIN-++++  
 PUS CELLS-15-20  
 ALL MODALITIES

↑VASCULAR PERMIABILITY  
 DILATATION OF CAPILLARY  
 EXCESSIVE FLUID SECRETION  
 DISTENSION OF CAPSULE

↑PERMIABILITY OF FILTRATION MEMBRANE  
 INTENSE NEUTROPHILIC EXUDATE  
 LYMPHOCYTE & MACROPHAGES  
 MIASM-TUB  
 DIAGNOSIS:  
 REACTIVE ARTHRITIS  
 POST STREPTOCOCCAL

TOTALITY: PERCEIVING ON 1ST DAY

1. Weakness<sup>3</sup>
2. During Fever – Bitter Taste
3. During Fever – Frontal Headache
4. During Fever – Dryness of Mouth
5. During Fever - Thirst ? for warm water
6. Joint Pain - During & After Fever
7. Joint Pain – Pulling
8. Joint Pain > Motion

ACTION A: CHINA 200 4 HOURLY

### **ARS-ALB**

SA- BLOOD, SPLEEN, LYMPHATICS PERIOSTEUM, RS, CVS  
 SEPSIS: EXANTHAMATA, ECCHYMOSES, PETECHIAL HEMO  
 ATROCIOUS BURNING > HEAT  
 MARKED PROSTRATION  
 MENTAL RESTLESSNESS  
 THIRST INCREASED WITH FEVER

### **ANTHRACINUM**

SA- CONNECTIVE TISSUE  
 INFLAMMATORY COND  
 TENDENCY TO MALIGNANCY & GANGRENE  
 ATROCIOUS BURNING  
 MARKED PROSTRATION  
 SINKING PULSE IN FEVER  
 AFFECTED PARTS TURNS BLACK & BLUE  
 ICHOROUS & OFFENSIVE DISCHARGE

**BAPTISIA**

S A - BLOOD, MM  
 ESP USED IN SEPTIC COND  
 SORE, HEAVY, ACHING MUSCLES WITH  
 RAPID PROSTRATION  
 MORE PAINLESS REMEDY  
 ASSOCIATED WITH MENTAL INVOLVEMENT  
 - MARKED DELIRIUM

**PYROGENUM**

S A - BLOOD, IMMUNE SYS, MUSCLES  
 GREAT REMEDY FOR SEPTIC STATE WITH  
 GREAT DEBILITY  
 ACHING PAIN IN LIMBS & BONES > CONT,  
 MOTION, HEAT  
 CAPACITY TO ABORT SEPTIC PROCESS &  
 REMOVE RELAPSES  
 PULSE-QUICK, OUT OF PROPORTION WITH  
 TEMPERATURE

05/02/05: Patient came with further worsening of the conditions. Almost carried to the clinic. *China* didn't help.

Laboratory Reports available & Diagnosis confirmed.

REVISED TOTALITY:-

**BOGER'S APPROCH**

1. LOCATION: IMMUNE SYSTEM, BLOOD, MSS, KIDNEY, THROAT
2. PACE: FAST
3. PROSTRATION
4. SEPTICEMIA
5. JOINT PAIN- > CONTINUED MOTION

**ACTION B:**

PYROGENUM 200 4 HOURLY

06/02/05: Action C: C T All

09/02/05: Action D : *Pyrogenum* 200 ds

Later on Patient remained well. Case needs to be defined for constitutional remedy.



*I was in the express lane at the store quietly fuming.*

*Completely ignoring the sign, the woman ahead of me had slipped into the check-out line pushing a cart piled high with groceries.*

*Imagine my delight when the cashier beckoned the woman to come forward looked into the cart and asked sweetly, "So which six items would you like to buy?"*

*Wouldn't it be great if that happened more often?*

LOGISTICS MANAGEMENT

**ON TIME. EVERYTIME. ANYWHERE**



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