

I am so tired...all I want is rest !

ABSTRACT: *The case presents well-defined features at the level of disposition, causative modality and expression. The characteristic mods and a/f allow us to see the portrait from various angles and come to common unity. The core revolves around the sensitivity to reprimand and comments; and how they actually throw up various expressions like fear, anxiety, performance. The extra care taken by the person to avoid reprimands seen in anxiety and the pressure build up in the system and its breakdown, allows us to understand Calc-sil. Calc-carb and Silicea are differentiated at the level of sensitivity. Calc-carb- average to poor performance. Avoids confrontation. Silica - related to high standards set and subsequent anxiety. Natrum-mur sensitivity is more related to ego. The quiet and reserved dispositions allows us to think of Calc-sil. A critical study of the childhood evolution allows to see how fear of shouting and reprimand plays a significant ROLE in shaping the personality. Calc-carb and Natrum-mur do not cover staining discharges which is a strong feature of Silica and Silicates.*

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PRELIMINARY DATA

Mrs XYZ. DOB: 3-4-73. Status: Married on 5-5-96. Hindu. Veg and non-Veg diet. Addiction: None. Educational career and qualification: T.T.C, BA. Teacher.

Don Bosco High School, Class teacher of class 1A. Job is tiring but happy to do it.

FAMILY SET UP: Husband. 32 yrs. Works as an Accountant in a private firm

He also does other accountant work at home on the computer of personal clients. I co-operate with him. If he has extra load of work; I don't bother him with anything. Whenever he is free, he gives the family his full time.

Daughter: Age: 3.7 yrs, Goes to a nursery 'Loving Angle'. It is near to our house. She is a clever child. Her teacher is happy with her performance. **Mother In Law:** Age: 67 yrs. Healthy. Does all kinds of work. Diet is less. Complain of waist and joint pains.

Father In Law: 58 yrs. Teacher. Expired on 11-11-87 was ill but mainly of old age

DAILY ROUTINE

I get up 5.45 am. Go to toilet, kneed flour, brush teeth, drink little water, makes rotis and does few other domestic work. Have a bath and get ready to go to job. Have breakfast ie 1 cup of bournvita milk and 1 roti with milk or vegetable.

Job from 8.35 am to 3.45 pm: Tea break at 10.45 am to 11.00 am. That time I take a cup of tea and sometimes something to eat. Lunch at 12.50 pm to 1.25 pm. 2 Rotis and vegetables. Come back home at 4.00 pm. Change and have a wash .By 4:15 pm I eat a roti and vegetable. I play with my daughter till 5:30 pm. Then sweep the house, cook the dinner till 7:30 pm. Then 7:30 to 8:30 pm I watch TV or go to neighbours house. At 8:30 we have dinner = 2 rotis and vegetables, sometimes rice. Sunday = Non-Veg and bajra roti.

FINANCIAL RESPONSIBILITIES AND STRAINS: PAST: I didn't have any financial responsibilities or strains before marriage. PRESENT: little financial responsibilities ie budget for whole month and do saving for further. Strain is more. Sometimes I find difficult

to take care of my daughter, house, family, job, society and my own health. Then I get angry very soon. Difficulties experienced: Sometimes I am tired and want rest but I don't get rest. At home I want (feel) to be more free but I can't be.

At the job there is strain and unhappiness because the supervisor always tries to find fault in my work (even if there isn't any) and wants to boss over me because I am still temporary and I can't back answer her. She doesn't dare to say anything to anyone else as they are permanents and they back answer her. So she always fire me for nothing. In the society I have no problem. I adjust myself very well wherever I go.

CHIEF COMPLAINT

I HAVE GOT THYROID

In 7-2-00	T3	386
	T4	19.02
	TSH	0.02
In 19-7-00	T3	387
	T4	10.01
	TSH	0.07

OTHER COMPLAINTS

1. Sometimes I have headache. First it is mild but by evening it becomes severe. At such times I can't bear any noise or light. I prefer silence and darkness. I don't feel like eating or doing anything. I only feel like sleeping with my head tied tight. When my head pains it is always half right or sometimes left. It pains above the eyes ie the eyebrows and to the side of the eye and the centre of the nose bone and the cheekbone. At the same time I feel my neck is stiff and feel better if I press the medulla.
2. When my head pains I feel as if to bang it on wall or press it so hard that it should burst.
3. Reasons for headache: Overworked – less sleep, Sun's heat, Extreme cold, Unsuitable food, Tension. If I watch movie in theatre
4. Headache increases when there is too much noise, I feel relieved when I get sleep.
5. Sometimes I feel like vomiting and if I vomit its

better.

Other complaint is that I feel very hot always. Its more in evening night and after bath. If I put my palm on the glass table for ½ min. and remove my palm, we can see the vapours given out of my palm, and see the form of palm on the glass table. So with too happens with my feet on the floor.

PERSONAL DATA

1. PERSONAL DESCRIPTION: Slim and tall
2. EMOTIONAL NATURE: To some extent
INTELLECTUAL: Average in studies but think a lot on necessary and unnecessary things.
ASPIRATION: Try to do better things.
RELATIONSHIP: I have a loving relation with the family members, friends and associates.
RESPONSIBILITIES: I must take good care of my family, job and have a good correspondence with everyone. I feel to some extent I have managed to fulfil my responsibilities. But I must still improve a little bit more on it.
3. Reactions to the surrounding:
 - A) Food I like rice and spices food.
I do not like sweet and much of nonveg
Food that doesn't suit me is groundnuts, curds, and pickle tur dal, stale food
 - B) Weather: All is Ok
TEMPERATURE: Earlier I didn't feel anything about heat and hot temperature but I couldn't bear cold but nowadays I prefer cold but not hot.
Bath: I like hot water in the beginning of the bath but later I feel like having Luke warm water
RECREATION: I like to listen to music and be with nature
ADDICTION: None
 - C) SLEEP: I love to sleep. I can sleep anytime you ask me to sleep. I fall off to sleep lying on stomach and then turn up.
DREAMS: I dream a lot. I dream of any topic. It can be funny or serious it has no connection. I remember few dreams, sometimes I remember only a part of it.
 - D) Sex: Limited sex need and it is also timely fulfilled

MENSTRUATION PERIOD: Lasts for 7 days. 1st, 2nd day little flow, 3rd 4th 5th Ok flow, 6th-7th day very little. Alternate months the flow is too much on 3rd-4th-5th day, next month flow is less.

PREVIOUS ILLNESS

- When I was 7 yrs old my nose used to bleed very often. Sometimes it used to bleed even if I bend down. When I was 15 yrs old I have done cautery (done by ENT specialist), with this nose bleeding stopped. When I was 16 yrs old I got high fever and it seems I blew my nose and one nerve in my left ear got pressed. So I can hear a little less with my left ear. Total examination was done and found that I am not completely deaf with my left ear but there is little problem with it. Because of my nose bleeding the doctor said that I could never do tonsils operation. But I have no trouble with it.
- When I was 12 yrs onwards I had headache problem. If my head pained in the school it used to be so severe that I used to come home and go off to sleep immediately even without eating anything. I could not bear any noise or light At such times I used to take crocin tablet and sleep and my head used to stop paining. Sometimes I used to vomit and it used to be better.
- At the age of 17 yrs I went to Dr Mahajan (Homoeopath) in camp. He said I have acidity and gave some medicine. I took it for 1 ½ yr but no effect.
- At the age of 25 yrs I went to Dr Ranade (Homoeopath) in camp. He said I have migraines. He gave homoeopathic medicine and 1 allopathic tablet. Because of this tablet I used to feel very sleepy. My headache stopped only as long as I continued his medicines. I took his medicine for 2 yrs.
- Then on 2nd Feb 2000 I went to Dr Raajiv Raut (eye specialist) in camp. I had spectacles in 1996 -1998 given by Dr Kumbhare but after that I didn't have specs. Since I had specs earlier I thought of going for an eyecheckup. After undergoing all the tests he concluded that I

don't have migraines or specs. As he was examining me, he noticed my thyroid gland. He saw my trembling hand. He advised me to go for thyroid test. In that test I came to know that I have thyroid. He asked me to go to Dr Yagnik (thyroid and diabetes specialist). My brother told me that we get Dr Yagnik's appt after 2 months so I thought of going for second opinion to our family doctor. He said that it is very little and will get all right with one tablet. I took his tablet for 4 months but there was no much difference in it. So I have come to consult you.

In the meanwhile, I started getting constipation. Whatever I ate I used to get motion immediately. I went to MBBS doctor; he told me that I am anaemic. He gave me some kadha; with it my motions stopped.

FAMILY HISTORY

- FA: Has acidity. If he is hungry and does not get sleep his head pains (I have this problem)
- MOTHER: She has difficulty to pass motion (I too have this problem)
- BROTHER: He has Thyroid And Diabetes.
- DAUGHTER: She too has trouble to pass motion- it is hard; she is a top-fed baby.

GENERAL COMMENTS

I get upset very soon if anyone says something (scolds) to me for things that I have not done wrong. I behave very sulky, withdrawn.

LIFE SPACE

Pt comes from a typical Maratha family, financially well off and well to do. Father had started his life in Pune after education in PWD job for few years, but in a short span, left the job and entered business of supplying construction plates, materials on hire, sand supplying, crane etc on hire. Mo is a housewife. The family consists of Fa, Mo, 4 brothers and 1 sister. Patient is youngest of all. Fa was known to be an irritable, strict person. He was a handworker, since beginning and has earned money in plenty by his hardwork. He was also influenced by Osho's preaching and used to visit

the ashram. Fa used to scold brothers for their mistakes or not doing work but patient was not scolded much. Said she wasn't exposed to his anger, primarily due to his busy schedule and partly because of a conscious low profile maintained by patient. There was an element of fear, and I never gave him a chance to shout. If at all anyone scolded, she used to feel bad and used to keep on thinking. If someone teased also, she couldn't tolerate, used to get angry, but never retaliated openly. Reaction was always minimal. She used to do everything properly. She was a very obedient child and very quiet by nature. She used to do everything that was possible in her capacity to keep father happy. Due to all this, never faced any problem. She described her as quiet in the house. She also used to like visiting the Ashram. She was the youngest in the disciples out there and said that she used enjoy company of elders. She was not much interested in other activities. However, in the house, being youngest, she was made to do small chores by all. Eg If there used to be a knock on door, she was told to go and open it. She used to feel, "why should I go?" felt irritated, but used to do it. She described this as disadvantage. Said I was not obstinate and I used to do it whether I like it or not.

Amongst the children, she didn't have excessive bonds with all. Brothers were happy in their worlds outside. Mother was calm, quiet and loving as compared to others but she used to be busy with her activities. Except for younger brother she wasn't much close to anyone. Instead she was close to nature in the Ashram.

In Ashram she likes the peace, voice of birds etc.

In her school-life she was average in studies but tried to follow her elder sister who was good in studies. She described her sister as patient and to some extent a soulmate to her. She never fought with anybody and had no emotional interactions with father, but considered it to be normal seeing his schedule of time.

In school, the first stress came up in the 6th STD,

when she failed in history by 2 ½ marks. It was a shock for her, Her History teacher threw her diary but she said it was right on her part though she was intensely hurt. The whole class except 6 had failed. Further difficulty got compounded when father didn't say a single word or asked for her difficulty, she also didn't tell but her fathers not asking affected her. She decided that such a chance would not come again. She studied hard and decided to do well always. This was a turning point, around the same time, during repeating 6th STD; her father had supplied truckload of sand to school to make a certain plain area of the ground. Her elder brother teased her that she had passed because of supplying this sand to the school. She was angry on this issue but kept anger inside. This has remained the pattern since then, whenever someone comments she feels angry but doesn't express. She continued with her studies well since then. In the 7th STD she had a good class teacher who subsequently became a role model and the idea of becoming a teacher took root in her mind. She said I used to find myself comfortable with old people and children. "They don't trouble you". As all started growing up all siblings were in there own world. During the growing up phase, she used to try and do whatever Fa expected out of children like giving water etc. All this was there right since childhood.

In 10th std, she came to know during one of her exams that she has failed in history. She was very tense and didn't eat food for 2 days. Subsequently when she came to know that she will pass because of combined assessment of H+G, she could relax. Since that time onwards she used to feel the load, used to be anxious before exams, but she used to do things perfectly. After complete 10th, she did T T C and joined as a teacher in primary school. She wanted to teach and be independent though there was no financial difficulty.

She got married in 1996. Her husband is a distant relative of father and actually father had only got him to Pune to work for him and simultaneously

to study. There is a huge financial standard difference between Fa and husband. One of father's Diwanji suggested father to look for this boy as a prospect as he was in the house and they knew him. Father liked the idea. Patient initially differed but she finally zeroed in because of the positive qualities she liked in him, his sense of responsibility, his hardwork etc, though he was not rich. It took her a month to arrive at this decision. After marriage there are no problems between the two. Husband is very quite and supportive, both cooperate well with each other. (My experience with him corobate that.) At times husband gets angry but then patient keeps quiet. Mother in law is *Gavathi* by behaviour. She is strict on certain issues of rituals. One year after marriage there was no difficulty, MIL occasionally dominates/says something which patient doesn't like. In initial days she used to tolerate all these things, she never used to backanswer. Though she used to get angry it wasn't expressed but she usually used to land up with headache. She tried talking this to husband, but husband recommended her to deal on her own.

At the level of her school, she changed job to Don Bosco in June 1998. She was temporary to begin with, as per rules. First years she didn't have much difficulty. Subsequently her supervisor retired in June 1999. The new supervisor started giving her difficulties. He used to unnecessarily harass her, comment or scold her, or find faults in her work. She used to be very angry but couldn't back answer. It was in this phase she underwent a lot of stress. He used to shout without reason. There was lot of vexation. There were lot of thoughts and anger but she didn't express to anyone. Once only she expressed and

the supervisor sent a bad report regarding her to the principle. After this there was lot of anxiety as to whether she will loose her job. Her colleagues said that she has to bear because she is still temporary but after some time other permanent teachers started facing problems and then they all discussed it with the boss. Subsequently he cooled down but still there are infrequent similar episodes though now patient doesn't give much attention. At times she talks it out and tries to forget the matter.

But between June to October there was a period as if boss was constantly scolding her. In those days, she used to feel why is it only with me primarily? because she doesn't express. It was in that time she cam down with Graves disease.

As far as the work is concerned she is perfect. Said even now she refers to six textbooks for teaching; she doesn't want to give anyone a chance to shout at her. She is always anxious to know that the children have understood whatever she taught.

Today her relation with father is good, father is proud of her being a teacher and the way she adjusted in life. When she hears this appreciation, she also feels very happy, especially when her father tells everyone about his daughter.

One incidence she shared of childhood: brother was scared of father and she used to act like a postman between her brother and father. At the time of marriage initially he wasn't ready but patient helped in facilitating and reaching feelings both ways. After marriage she was more occupied with his life and wife. Patient feels sad that how he has been selfish. Relations are fair no deep bonds today.

L	S	M	C
Endocrine System Since Oct 99 D: 3 months	Tremors 2+ diffuse swelling+ perspiration++ Feels hot ++ Wt loss +	A/F Scolding 3+ (anger-anxiety)	



GIT	Weakness+ Freq. motions+	< eating after >Ayurvedic Kadha	
Feb 2000	accidental detection On suspicion Lab diagnosis		
Thyroid gland	swelling+ Size+	>+ NMZ TDS	
July 2000	Wt ++ 44kg Weakness+ Tremors+ Tachycardia P=96/min	>2+ increase in dosage NMZ 2-1-1	
Sept 2000	came for Hom.treatment		
II. Head Since 12 yrs of age	Pain ³⁺ Desire to bang it burst it with pressure	A/F poor sleep A/F comment/scold < sun ³⁺ < draft ³⁺ <tension ³⁺ <stale food ²⁺ <flatulent items ²⁺ <Sour ³⁺ <evening ¹⁺ <light ¹⁺	thirst N app reduced
Frontal (above eyebrows) Root of nose Radiating to temples Side variable	nausea+ bitter vomiting+		
D= 1 day F = 1/Wk to 1/15 days	No dizziness, vertigo	<Noise ¹⁺ < Extreme cold ³⁺ >Tight pressure ¹⁺ >Sleep ³⁺ >Darkness ³⁺ >Vomiting +	neck stiffness >pressure ³⁺ weakness ³⁺ (feels like lying down)

REPORTORIAL SYNDROME TOTALITY

1. A/F Suppressed anger
2. A/F Anxiety
3. A/F Anticipatory anxiety
4. Sensitive to reprimands
5. Dreams: killed of being
6. Discharges offensive
7. < Menses during
8. Av: Sweets
9. Cr: Spicy
10. < Cold in general

11. Perspiration: Palms
12. Perspiration: Soles
13. Cr: Salt
14. Headache < light
15. Headache < noise
16. Headache < evening
17. Headache > tight pressure
18. Heat -soles

POTENTIAL DIFFERENTIAL FIELD

1. Chilly
2. Discharges staining

- 3. Headache < Sun
- 4. Headache < Draft
- 5. Cr: Sour
- 6. Headache < sour

- 7. Headache concomitant weakness
 - 8. Headache < Flatulent items
- FOLLOWED BY:** Dispositional block + Expression + Miasm – Used in remedy differentiation.

TREATMENT AND FOLLOW-UP

No	DATE	T 3	T4	TSH	NMZ	
1	7.2.2000	386	19.07	0.02		
2	2.3.2000	GLAND ENLARGED	AVID			
		UPTAKE OF TRACER		UPTAKE 6.3%		CONCLUSION : GRAVES DISEASE
3	19.7.2000	387	10.01	0.07	4	
4	19.10.2000	FT4	41.13	0.015	4	
5	16.1.2001	147	9.2	0.56	2	
6	6.3.2001	346	16.21	0.01	2	
7	29.5.2001	163	7.98	0.01	2	
8	31.7.2001			0.82	2	
9	28.11.2001	106	6.9		2	28.9.2000
10	18.3.2002	131	8.8	1.63	1	Natrum-mur
11	31.5.2002	180	11.3	1.13	0	
12	31.7.2002	222	16.42	0.01	0	
13	10.8.2002	FT3 2.98	FT4 0.84	0.200		26.12.2001 Nat-mur
				(0.5-4)	0	07.1.2001 Kali-bich
14	19.9.2002	(F) 2.97	(F) 0.69	1.786	0	
15	28.11.2002	(F) 2.67	(F) 0.86	0.839	0	21.3.2002
16	21.1.2003	(F) 3.3	(F) 0.78	0.535	0	REVIEW Calc-sil 200
17	31.7.2003	(T) 130	7.98	2.72	S0	

Have a look.....things you may not know....

- If the horse has a all four legs on the ground, the person died of natural causes.
- What do bullet proof vests, fire escapes, windshield wipers and laser printers all have in common? Answer - All invented by women.
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