

# Case of Nasal Polyp

Mrs SS, 45 yrs, works in a Bank  
C/o: Nasal Polyp Right sided: 4-5 yrs  
Right nostril is always blocked; cannot breathe.  
3 yrs ago polypectomy was done but the polyp reappeared with worse problems.  
→ Nasal discharge – sometimes watery, sometimes thick, yellowish and hard.  
→ Slight expectoration – occasionally red in colour.  
→ Sneezing < night  
All complaints are < night, < lying on left side, < rainy weather, < draft of air, < steam inhalation, < dust.  
Face swelling on right side  
Swelling under eyes, cheeks, upper eyelid < morning.

## HISTORY OF PRESENTING COMPLAINTS

She used to get frequent cold and coryza 4-5 years ago but ignored it. Later it was diagnosed as Polyp and surgically removed.

**PAST HISTORY:** Typhoid in childhood, Left axilla: pus boil, Fistula-in-ano-operated

**FAMILY HISTORY:** Father - Allergic rhinitis

**MENSTRUAL HISTORY:** Menarche – 14 yrs, Regular, Flow Normal

**OBSTETRIC HISTORY:** G3P2A1L2 - 1 Da - 23 yrs, 1 Son 21 yrs

## PERSONAL HISTORY

**DESIRE:** Sour → Pickles **THIRST:** 6-7 glasses/day.

**APPETITE:** Good **STOOL:** N **URINE:** N

**SLEEP:** Restless due to nose obstruction

**DREAMS:** Doesn't remember

**PERSPIRATION:** Axilla, Non offensive and non staining

**THERMALS:** Ambithermal, more towards chilly

## MENTALS

Talkative and cheerful.

Loves to work, cannot sit idle. Whatever work she does, gets completely involved in that.

Loves company and mixes easily with others.

Does not get angry often, expresses anger when very angry. < Contradiction.

Makes friends very easily and shares her feelings with them. Religious

Loves to talk and be in friendly atmosphere. Fears: ghost, cannot watch horror movies/ serials.

Loves to read books, news papers.

She is very anxious<sup>2</sup>. If her children or husband are late in returning home, she becomes restless and gets negative thoughts. If anyone is not well at home, she does not get sleep. Sometimes feels anxiety in abdomen. Very caring for family.

She is very emotional, weeps very easily, can not see anybody in pain, weeps in front of everyone.

Fastidious: used to do everything on her own. Now, her daughter helps her in work, so she is relaxed.

Loves music especially old songs. Sensitive to music, sometimes weeps listening to it.

## LIFE SITUATION

Hails from a middle class family. Father was a teacher. Second of 4 siblings, has 2 brothers and 1 sister. They had few financial problems, but no major problems. Completed B.Com, was very fond of sports, and had played volley ball at state level. She used to participate in all games.

She completed her graduation after marriage, had problems adjusting with in-laws. There were also some financial problems, so had started working. Very hectic schedule. Used to do house work and then go to office. But she managed to do that and is satisfied with whatever she has.

Who wrote this case? Anonymous  
Please write in. We will publish the  
name in the next issue.

**ANALYSIS**

**MENTAL GENERAL**  
 Cheerful, Exhilarated  
 Industrious  
 Contradiction,  
 intolerance of  
 Anxiety, restlessness  
 with Cares, full of  
 Sensitive  
 Fastidious  
 Weeping from music  
 Too much sense of duty

**PHYSICAL GENERALS**  
 Desire: Sour  
 Thirst: Ambithermal  
 towards chilly  
 General: Side - right

**PARTICULARS**  
 Nose—obstruction – right side  
 Nose – discharge – hard  
 Face – smelling < morning

**EVALUATION**

Mind - Exhilaration  
 Mind – Cares full of  
 Mind – weeping – music, from  
 Mind – Duty sense of too much  
 Gen – side - right  
 Nose – obstruction, right side

Following medicines came up after repertorization:

*Thuja, Kali-nitricum*

*Thuja*

*Thuja* people are more reserved and do not open easily. Hides themselves and are very cautious and secretive.

It affects mostly left side where as in the case organ affection is right side and she is more expressive and lively. So, *Thuja* is ruled out.

The medicine selected was *Kali-nitricum*

**REASON FOR KALI-NITRICUM**

*Kali-nitricum* is very anxious, restless and vivacious. Family oriented hence full of cares and worries. Mostly affects right side. Had affection of respiratory tract.

1<sup>st</sup> FOLLOW UP - 9/10/04

Nose discharge –better  
 Nose obstruction slightly better  
 Generals – Sleep – better  
 Appetite – Good

Rx *Sac-lac*

2<sup>nd</sup> FOLLOW UP - 21/10/04

Fever, Body ache –more in extremities  
 Nose discharge – watery but less than before

Rx *Sac-lac*

3<sup>rd</sup> Follow up - 26/10/04

Fever and Body ache reduced  
 Nose discharge –better  
 Nose obstruction better

Rx *Sac-lac*

4<sup>th</sup> Follow up – 17/11/04

Coryza much better  
 Nose obstruction much better  
 Sleep: sound.

Rx *Sac-lac*

**Author name not available**

This case was sent to NJH and the author's name is not available. Since case is good, we have published it and hope author will identify it and write back to NJH and we will publish his name in the next issue.

**TREATMENT**

1 dose *Kali-nitricum* 200 on 28/09/04.



**LAW OF COFFEE**

**As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.**