

Does Asthma have to re-surface for cure?

ABSTRACT: A lady with Hypothyroid and colds with a past history of severe asthma, which came back in a muted form ONLY. Today the patient is enjoying good health and even the Hypo-thyroid is beginning to respond. Her weight which refused to budge, except to bulge(!)...is now on the decline....

Dr. VISHALA PARTHASARATHY LOBH

Niles Clinic, Saraswati Road, Santacruz (W), Mumbai-400 054

Tel : 26492762 / 26542749, E-mail: vishpalap@bom3.vsnl.net.in

INTRODUCTION

This was a case which came to me after a high profile commercial Homoeopathic centre, failed to make much headway in the 1.5 yrs patient had been under treatment. It was of special importance for me, as I truly believe that the path to growth of Homoeopathy, the Homoeopath and the patient, is only through cured cases, not where patients are looked at as the "hen who lays the golden egg." Where patient are partially relieved and then kept simmering, so that yearly renewals are the order of the day...can never work in perpetuity.

THE CASE

Mrs S H, 45, a high-flying executive with a large publishing house, is a divorcee with a son 10 yrs old. She came to see me on 17-6-06

CHIEF COMPLAINT

THYROID: Hypothyroid diagnosed in 2005.

Symptoms: Tiredness, Bloating. Increase in weight, from 56 to 61 Kg. Unable to reduce it even after much exercise, which only developed muscles and no wt loss. She stopped for fear of looking masculine. Consulted Dr Sadikot in Mar 06 and was put on Tertroxin 20 mg OD and Eltroxin OD since 1 year.

CHRONIC COLDS since 2002. Cough usually with greenish expectoration. Aggravation 2-3 am. Better by hot tea. Frequency once in 2 months. Slight wheeze at times. On Asthalin inhaler. P/h Bron-

chial Asthma.

ACIDITY: Severe in 2004, now once in 3 months. Starts with burning sensation, crippling pain³, rumbling, gripping. On the first severe attack on a flight to Delhi it began at 2 pm and pt had to be hospitalized in Delhi on landing. A/F chat masala, ie Indian spices, black salt.

Since June 2006: Diarrhoea, watery³, flatulence³. 1/6 mnths for 3-4 days. < Salads with spices, <2-5 pm. Weakness³, Thirst². Tongue 2/3 rd posteriorly coated. Salivation+. Frothy.

Since July 2006:

EYE LIDS: On both eyelids, she has → Dry³ eruptions, itching², burning². < am³, < waking³, <hot washing. >cold. PAST HISTORY similar eruption on neck in April 2006.

Generalized rash in 1970, A/F Unrefined oil, almond oil.

ENDOMETRIOSIS: A/f miscarriage in 1994. 1997-2001 Oral contraceptive. Since 2002 Dec on Mirava injections last 4 years

PATIENT AS A PERSON

Well built, moderate. Height about 5,4"

WEIGHT: 59.2. SKIN: Easy Ecchymosis.

HAIR: Dandruff+ Loss+. TEETH: Yellow. Caries +.

EYES: Normal

PERSPIRATION: On face\hand before taking Anti-hypothyroid treatment.

DIGESTION: Normal. APPETITE: Normal.

THIRST: 6 glasses/day
 CRAVING: Salty Black tea, spicy chat
 AVERSION: Nothing significant.
 STOOL: 1/d. Satisfactory. URINE: Normal.
 DEVELOPMENTAL HISTORY: Talking late.
 SLEEP: Normal. Refreshing. DREAMS: Normal.
 THERMAL: C2H3.
 MENSTRUAL HISTORY: 5d/28days, Normal. 2002 inserted medicated loop as a therapy.
 OBSTETRIC HISTORY: 1994 Miscarriage 8 weeks. 1996 Full term LSCS.
 PAST HISTORY: Bronchial Asthma treated by a reputed Homoeopaths.
 FAMILY HISTORY: DM: Mo, HT: Fa, Mo. Alzheimer Mo. Brain Aneurysm: Fa.

LIFE SITUATION AND MENTAL STATE

1961: Born in Chennai. Father used to work in Tata Company.
 1966: Father was transferred to Mumbai
 1977: SSC
 1982: BSC, 84%
 1984: 1st Grade, MMS
 1985: Started working
 1992: Working in Ad agency, met her husband and later married.
 1994: Found husband to be alcoholic. 1999-Discovered he has relation with many women. He lost his Job, was fired because he harassed women. Managed to keep it hidden from his family.
 Aug 1999: Patient got job in USA. Thought would stay apart and examine how to get it all sorted. Sister and family helped, Underwent counseling.
 Oct 99: All other news of H came out. So she took a job in India and got divorce shifted to Mumbai. MIL tried to rapproach then gave up. Amicable relationship with H when he returned to India in 2000. Comes weekend, Sunday, for 3 hrs; has lunch with them. She does not want son to be alone with him, (as labile person).
 Cautious³. Brooding³. Affectionate³. Sympathetic³. Fears of dark, alone. Claustrophobic.
 Strong willed. Obstinate³.
 Perfectionist³ for time and cleanliness.
 Parents in Chennai. Brother not looking after

them well, so resentment.
 Debating decision whether to re-marry or not?

REPERTORIAL TOTALITY (ROBIN MURPHY)

(AF cheated)
 1043 Perfectionist³
 1295 <Contradiction
 1379 Obstinate
 1045 Fear Dark
 1044 Fear Alone
 1328 Claustrophobia
 1264 Affectionate
 1408 Sympathetic
 1008 Brooding
 0522 Hot
 0742 Craving: Salty things
 0744 Craving: Tea
 0742 Craving: Spicy
 0850 Perspiration: Palms
 0315 Hair fall
 1648 Skin eruptions, dry
 1731 Acidity
 0750 < 2 pm
 0770 < 2-3 am
 0658 Endometriosis
 0823 Thyroid

REMEDIES ON REPERTORIZATION

Phos 37/15, Nux-vom 36/13, Puls 33/16, Calc 33/16, Ars-alb 33/14, Nat-mur 31/15, Lyc 30/15, Sil 22/12, Sepia 22/11, Kali-carb 20/9, Caust 18/12, Ign 18/10, Arg-nit 16/8, Carc 16/8, Stram 13/7

PLAN OF TREATMENT

ACUTE:, *Pulsatilla* OPENING DOSE: *Staphysagria* – to clear deep hidden hurts.

CONSTITUTIONAL: *Nat-mur*.

Nat-mur: For the emotional upheaval, the betrayal, the cheated feeling and then getting over it; able to resolve and take firm decision to move on in life. Spent much time in thinking and planning out her life, and then resolving the issue. Maintains good relation with her mother-in-law in Mumbai who till today, takes her advices. Her

TREATMENT AND FOLLOW-UP

DATE	SYMPTOMS	REMEDY
17/06/06	To deal with the deep seated betrayal sense which, however rationalized, would still remain in some measure.	<i>Staphysagria</i> 200 1 Dose
24/06/06	Day 1 > ³ . Developed Acne which she never had!!! <i>Skin exteriorization, so watch</i>	SL
01/07/06	Work Stress ³ , yet not down and hyper, as would normally be. Acidity 7 days, < irregular timing and travel. No Cold, Flatulence >70%. No Diarrhoea, burning Anus, or Hair fall. <i>Time for Constitutional</i>	<i>Nat-mur</i> 200 1 st Dose
08/07/06	Only Flatulence but >90%.	SL
25/07/06	Eruption on upper eyelid: itching, burning ² , > cold. Yes <i>exteriorization, but the itching was too severe to not help.</i>	<i>Puls</i> 200 BD SOS for eruption
29/07/06	> ³ in 1-2 doses. She is very happy. She SMSed me' Doctor do you have some magic touch!!"	Later <i>Nat-mur</i> 200 2 nd Dose
08/08/06	> ³ . But Asthma returning. ? Hering	SL
12/08/06	Breathlessness A/F Change of weather. < evening, HS, lying. On Asthalin and Budecort inhaler. She did not take any Allopathic internal medication. (Acute needed)	<i>Puls</i> 200 BD SOS <i>Nat-mur</i> 200 3 rd Dose
26/08/06	> ³ . Doctor I cannot believe how well I am! I was traveling abroad and was so fearful that you said that no steroids, but I did carry the medicines and steroids with me, but never needed them. Doctor I have been to homoeopaths before. The last one was for 11/2 yrs, but I did not get well, though there was some improvement in the beginning. So I left that treatment though I had paid for the year. But this treatment I can feel, it is curing me.	SL <i>Still under treatment.</i>

and given to many addictions. So not a stable influence, but she did a balancing act and has not kept him away from the son.. shows an ability to mature and do what is right. This, in my view, is a Natrum trait.

CONCLUSION:

For me this was a huge success. An intelligent patient with so much faith in Homoeopathy yet

not getting well with other Homoeopaths and can see the difference in treatment which responds immediately to the remedy and gives relief in just a few hours, when acute. In 2.5 mths, she can feel that she is on the way to good health. Every step of way Hering's law was being proved. When this happens, you know the cure will be long-lasting.

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