

# I will go Bald... How can I live?

**ABSTRACT:** IBS is a fairly challenging condition to treat, as we all know. This case with a lengthy follow-up and PMS chart which evaluates the symptoms pre and post treatment, makes it an interesting cured case and also teaches us how to keep our records!

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Mrs MJ aged 41yrs came to us with Premenstrual complaints, hair fall and IBS on 16<sup>th</sup> Sept 2008. She is a Hindu, Brahmin and works as a corporate trainer and lives in Powai.

Ref: S/110/08. dt 16.9.08.

## CHIEF COMPLAINTS

LOCATION	SENSATION	MODALITY	CONCOMITANT
HEAD Since 2006, <2007	Hairfall <sup>3</sup> 70-400/d, Falls in bunches on washing 400, drying 400, combing 400 Normal days too 2-400/day	< wash <sup>3</sup> < combing	On Hom Rx for 1yr and not better
ABDOMEN Since 2003, 1-2/AM  Upper Abdomen Since 2008 Sept	Inflammatory Bowel Syndrome IBS- Gas <sup>3</sup> , unformed motions Burning	< before menses <sup>3</sup> x 4 d < morning, waking. < evening < HS, before sleep < milk, evening, < becr <sup>3</sup> , rajma, < chana, brinjal, <dahi wada, dal	
LT OVARY Since 2001 Upper abdomen LT since 2008	Cyst- removed surgically, Lower abdomen pain <sup>3</sup> , fever with spots.	< menses during <sup>3</sup> , < ovulation, walking < tight jeans	Anovular cycle.

## ASSOCIATED COMPLAINTS

LOCATION	SENSATION	MODALITY	CONCOMITANT
HEAD 1/mth X 4d	Migraine	< before menses <sup>3</sup> , sun <sup>3</sup> , c of w > lying on opp side, > warm, > vomit < early eve <sup>3</sup> , < draft of air <sup>3</sup>	Slurred speech, Dryness in mouth <sup>3</sup> Thirst 10-12gl/d
SKIN Nose, Mouth 15 Lasting for 2-3 mths	Acne, cyst hard, Just below skin, Painful red	< menses before <sup>3</sup>	

## PERSONAL HISTORY

APPEARANCE: Lean, tall, elegant. During treat-

ment, she stopped dyeing her hair. After a bad phase for a month, the hair became an elegant



salt and pepper

Wt: 67, Ht: 5'8"

WEIGHT GAIN: 5 kg over 6mths > 4 yrs

SKIN: Acne- nose, mouth. BRUISE: Leg

HAIR: P/H thick unmanageable hair, now scanty, lusterless after hair loss

PALMS: Cold or normal

PERSPIRATION: Normal, non-staining

APPETITE: Normal, but 0 if anxious

THIRST: 10-12gl/day, increased

CRAVINGS: Sweets<sup>3</sup>, vegetables<sup>3</sup>, warm food, fish

STOOLS: 1-2/AM, unformed motions

URINE: 4-5/d, no complaints

SLEEP: Disturbed < 4 am, thoughts

THERMALS: Sun, < migraine, Summer ><sup>2</sup>, Fan- cannot tolerate -gets migraine, She is also worse from tight clothes.

#### MENSTRUAL FUNCTION

FMP-13yrs, LMP-15/09/08. Regular, 15-16 d/25d. Flow 4d, Spotting-11d, dark brown clots

BEFORE MENSES: Migraine 5d before when on OC pills, depression<sup>3</sup>, gas<sup>3</sup>.

During MENSES: ><sup>3</sup>. Feels as if a cloud has lifted

Changes In Menstrual Function

AFTER PREGNANCY: 2004, heavy flow. 2d, mod 3-4d, spotting 15d

LEUCORRHOEA: Absent

SEXUAL FUNCTION: 2/wk normal, occ pain abdomen

OBSTETRIC HISTORY: G2 P2 A0 L2

PAST HISTORY: Salivary tumour Rt in 1992 operated, Bartholin's Cyst Lt- 1994, Sebaceous cyst-Back.

#### LIFE-SPACE INVESTIGATION

BORN: 15-03-67. Her father worked in a pharmaceutical company. He was very fit, walked 10km /day. In 1993 he went through bypass, after 2 wks developed diabetes and died. Pt was in shock as he was very fit, also followed a good diet.

Fa had started working at 21, supported his family, but got no credit.

He was a very responsible, well liked man with high integrity. He was caring and generous. But stressed internally, when his promotion got by-

passed, he became an alcoholic, bitter and nasty. Their very well off family now lost all. But they had to keep up pretences and still entertained guests lavishly, while the children ate "potatoes" Mo- School teacher, sold jewellery to support family, strong, confident. Pt said she is a, 'Drama Queen', sulks for 3 wks, bangs doors.

Both of them worked in CitiBank, where she met husband.

Husband is a Maharashtra Brahmin, and pt is a UP Brahmin, but there were no objections from the families and they got married.

In 2002: Pt became a corporate trainer and took leadership programmes. For 10 d/mth she was out of Delhi. In May 2002 came to Mumbai. Pt is more like her father. She is very anxious, stressed, worries out of proportion. In the past she never worried. Went to work once with a Rt Paralyzed face and people stared at her. She is extrovert, likes people, is generous and kind. Now Pt is anxious, feels hair fall may get worse, but how much more worse?

She is not herself, has become very moody, doesn't feel like participating in anything, does not want to interact with people. Says she wants to control her feelings. Usually is a lot more cheerful. Anxious to take up new projects. Now she is scared of anything new. She is scared to wash her hair as it falls in bunches. She does not like it as the hair falls and is there all over the pillows and floor. It makes her feel helpless and hopeless.

#### MENTALS

Brooding<sup>3</sup>, weepy<sup>3</sup>, affectionate, spend thrift → impulsive spender.

Fears of getting separated from family, anxious health, undertaking new task Also fears failure<sup>3</sup>. Depressed before menses.

STRUCTURE: Here I want to present the evolution of the patient in a structural form. Follow the → and understand. (see page 29)

#### REPERTORIAL TOTALITY

- > Anxiety
- > Anxiety about health
- > Secretive

- Depression menses before
- Affectionate
- Fear failure of
- Brooding
- Menses > during
- Migraine before menses
- Disordered stomach; menses during and before
- Disordered stomach < milk
- Pain ovaries < walking

REMEDIES

HOT	H-C	CHILLY
<i>Lyc</i> 9/18		<i>Lach</i> 7/11
<i>Sepia</i> 7/13		<i>Phos</i> 7/13
<i>Nat-m</i> 7/13		<i>Ars</i> 6/12
<i>Ign</i> 7/13		<i>Nux-v</i> 6/10
<i>Sulph</i> 7/10		<i>Calc</i> 6/11
<i>Puls</i> 6/14		<i>Verat</i> 5/10
<i>Nit-a</i> 6/13		<i>Kali-c</i> 5/10
<i>Arg-nit</i> 5/9		

FOLLOW UP (NEXT PAGE)

The PMS monitoring follow up chart with gradations are given pre and post treatment, to prove and monitor the efficacy of the treatment-

homoeopathic in this case. The results here prove how efficacious homoeopathy is in Menstrual Disorders. (Grade: L<sub>10</sub> - severe, L<sub>1</sub> - mild)

Symptoms	Before Treatment						After Treatment					
	27/7	21/8	25/9	4	6	10/10	3/11	30/11	4	5	6	
Anxiety	L10	L10				L5	L5	0-L2				
Depression	L10	L10				L5	L3	0				
Decreased self-esteem	L10	L10				L5	L3	0				
Impulsive behavior												
Irritability												
Lethargy	L10	L10				L6	L3	0				
Malaise	L10	L10				L6	L3	0				
Mood swings												
Sleep disturbances	4am	5am				L6	L3	0				
Fatigue	L10	L10				L6	L3	0				
Food cravings								Increased				
G. I. Complaints	L5	2-3/d				2/d, semi	2/d, semi	1/d, semi				
Headache	L10	L8				L2	L1	L/2d				
Joint and/or back pain	-	-										
Low energy	L5	L5					L3	0				
Muscle Pain												
Overeating	L10	L10				L6	L6	L5				
Weakness												
Weight gain	1kg						0.5kg	0.5kg				
Lt ovarian cyst < walk	L10	L10				2/wk	L6	0				
Bloating	L7					L6	0	0				
Breast swelling	L1					L1	L1	L1				
Oedema	L10					L6	0	0				

TREATMENT: *Lycopodium* 200 - highest in the working, Mind + < evening. Bach flowers to support FOLLOW UP

DATE	SYMPTOMS	TREATMENT
16-09-08	I took the case and the Leadership qualities with severe anxiety now and evening < made me to conclude <i>Lyco</i>	<i>Lyco</i> 200 1 dose stat Nih 1 dose HS X 6d <i>Mimulus+ Larch+ Walnut</i> 4 pills TDS
23-09-08	Hair fall increased, migraine x12hrs > vomit, Anxiety<, gas < No >, give a sure shot remedy (physician in panic)	<i>Phos</i> 200 7p, 1p=3 <i>Sac Lac</i> pills 3-3/7d <i>Kali-carb</i> 200 7p, 1p=3 as SOS
24-09-08	Stomach >, emotionally >. Hair fall++,	<i>Ct Phos</i> 200
29-09-08	Shampooing >, hair fall++, Gas <sup>2</sup> , (now took stock, saw the anxiety was out of proportion, so finally selected Rt Rx but so low in Rep working.)	<i>Kali-carb</i> 200 4p, 1p=2 <i>Sac Lac</i> pills 3-3/7d <i>Mimulus+ Larch+ Walnut</i> 4pills TDS
08-10-08	Hair fall better, 35/day, gas(), anxiety >, migraine>, Felt like going out. Once Anxiety < 5am about hair loss.	<i>Kali-carb</i> 1M Stat Nih HSX 6d <i>Sac Lac</i> pills 3-3/7d
15-10-08	> Shampoo, scalp itching <sup>2</sup> > warm, gas(), anxiety >	<i>Saclac</i> HS (1) <i>Sac Lac</i> Pills 3-3/7d
23-10-08	Hair fall less, pain in abdomen, gas twice/day	<i>Kali-carb</i> 1M 1 dose Nih Hsx6d <i>Sac lac</i> pills 3-3/7d
31-10-08	Stomach > in 4d, Hair fall++	<i>Kali-carb</i> 1M 1 dose Nih HSX6p <i>Sac Lac</i> pills 3-3/7d
3-11-08	Loose motions, vomiting<, fever, < before menses	<i>Puls</i> 200 3p
5-11-08	>, Stomach >, hair fall > 20/day, gas> MP3-11-08	<i>Tub-b</i> 1M 1 dose Nih HSX6 <i>SOS- Ars-alb</i> 200 3p
14-11-08	Hair fall 30-40/d, wash 250/d, stomach > SOS in 3d, Scalp itching> 60%, semi formed motions, red pimples on face, painful.	<i>Kali-carb</i> 1M 1 dose Nih HSX 6p <i>Sac lac</i> pills 3-3/7d <i>SOS Boils- Gunpowder</i> 30 7p
17-11-08	Hair fall same, pain in abdomen since 1 d, 14 <sup>th</sup> day of cycle	<i>Ct All</i>
24-11-08	Migraine <sup>3</sup> < draft, rest all better	Nih HS X 2wks <i>Sac Lac</i> pills 3-3/7d
11-12-08	Hair fall >, washing only 100> <sup>2</sup> Stomach pain occ> SOS in 2d MP30-11-08 Flow 5 days, Nil 4 days, Spot on 9 <sup>th</sup> and 12 <sup>th</sup> day only	<i>Tub-b</i> 1M HS <i>Sac lac</i> pills 3-3/7d
17-12-08	Hair fall > 20-30/day, stools semi formed (Now repeat <i>Kali-carb</i> after 1 month)	<i>Kali-carb</i> 1M HS Nih HS X 6d <i>Sac Lac</i> pills 3-3/7d
24-12-08	>, Stomach >, hair 100/wash, 15-20/d	<i>Tub-b</i> 1M HS Nih HS X 6d <i>Sac lac</i> pills 3-3/d
30-12-08	Hair fall > <sup>3</sup> .10/day No beer agg, had rajma, dal without any troubles.	Nih HS X 2wks <i>Sac lac</i> pills 3-3/7d
09-02-08	Continues to do well	--

41, Ms MJ S /110/08; 16.9.08

# I will go bald... How can I live?

Does not feel it internally

A corporate trainer - own business

Attachment<sup>3</sup>  
-People  
-Impulsive spender

YET  
SECRETIVE

Hides Hurt

I  
M  
A  
G  
E

- CONFIDENT, CAPABLE  
- FRIENDLY  
- OUTGOING  
- TALKATIVE

Behind screen

Big problem

Despairs of solution

TREMENDOUSLY<sup>3</sup>  
ANXIOUS

C  
H  
A  
N  
G  
E

-New<sup>3</sup>  
-Has to work hard to  
\*\*\*\*\*

S  
H  
O  
C  
K  
+  
A  
R

Hair fall<sup>3</sup>  
400/d

WORRY

STOMACH

Depression

Av - Work  
Av - People talking to  
How much worse will get? Moody<sup>3</sup> not me  
can't control

-Fears - failure  
-Del - kidnapped,  
separated from family

## Remedy

Based on physicals -  
Lyc  
Based on Mentals -  
Phos  
Reworked repertorial  
totality  
Anxiety  
Anticipation <  
New ? Change <  
Die - wanted to  
Secretive

Abdo  
\*\*\*\*

Erratic Menstrual cycle

F - - - S  
5 - - - 11  
24

MB: 50 Migraine  
\*\*\*  
\*\*\*

MD ><sup>3</sup> as if cloud lifted

MIGRAINE

< MB  
< Sun  
< \*\*\*  
< Fan / draft

Lt Ovarian cyst  
Pain severe 2/20

< MD  
< Ovulation  
< Walking  
< Tight jeans

Hair fall<sup>3</sup>  
400/day

Genesis of Anxiety

Outside world  
=====  
All good

S  
C  
R  
E  
E  
N

Fa: Responsible<sup>3</sup>,  
Loved<sup>3</sup>  
High integrity

Transferred  
Felt Cheated  
Hid stress

Mo: School  
teacher; Drama  
Queen

Alcohol  
Turned bitter, nasty  
↓  
Poor → died

- MB
- Migraine
- Depression
- Gas
- MD ><sup>3</sup> cloud lifted
- < Sun
- < Draft
- Chilly

Guests "BANQUET"

Family - Potatoes 1

Shock ; Insecurity