



I need Care too...

ABSTRACT: A case, where the patient landed up for an acute episodes, how that was tackled acutely and later on the constitutional, gave the relief for all the possible chronic complaints, it could relieve of, ie right from PMS, constipation, hemorrhoids, headaches.... an interesting case!



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Ms S, 31 years, Hindu, Single and a PhD in Theatre was working in Prithvi Theatre to organize the Prithvi festival.

She came to us on 3rd Aug 02 for PMS.

Her first visit was for an acute episode, though the pain was since a week, the day she visited she had severe pain. She described it as spasmodic³, colicky associated with burning in the Lt Upper Abdomen. Pt had been to a Gynecologist and an other Homoeopath as well.

Pain was worse breathing, movements, lying on Lt³, ameliorated sitting, pressure, lying on back with bolster.

History further revealed she had been looking after a relative who is admitted in Breach Candy hospital.

On examination I found tenderness over the ribs-on the Lt Side.

CHIEF COMPLAINT

PMS- 2d: Constipation³ → Hemorrhoids, < before menses, > menses during. Pain navel, thigh, nausea, all complaints better with flow.

MA: Urine scanty with frequent urge, mild pain and no burning.

MP: 4/30-37, profuse x 2d

OTHER COMPLAINTS

HEAD- Pain, frontal area and occiput, < sun³, > monsoon, sleep.

RESPIRATORY SYSTEM- Sinusitis, heaviness, soreness at maxillary region, < change of weather

URINARY TRACT- Frequent urge, scanty flow with mild pain

NECK AND SHOULDER- Pain < right, A/F swimming,

6-7 pm, sitting, any work, > lying down

PATIENT AS A PERSON

Tall, 5 feet 5 inches, Weighing 65 kgs.

SKIN: Ecchymosis. Perspiration³ at the nape of neck, trunk.

CRAVING: Salty³, and sour, AVERSION: Onion

STOOLS: 1/d, unsatisfactory, < before menses, > menses during. URINE: 5/day

MENSTRUAL HISTORY: FMP: 13 yrs, regular, with heavy flow on 1st - 2nd day, Clots 2nd day. 4-5/30-37 days, delay due to stress or travel.

BEFORE MENSES: 2d Hemorrhoids, naval pain x 1min

BEGINNING: Pain³ > hot fomentation, sleep

DURING: Pain thighs c nausea³ > vomit¹ > flow³

SLEEP: 7-8 hrs, refreshing, disturbed 10 days due to pain

LIFE STORY

Born in the year 1971 in Calcutta.

1987- Passed SSC with 91%

1989- Passed HSC with 88%

Graduated from MIT, Boston. Completed her Bachelors degree in 1993 in Mathematics with minor in theatres.

1993- 94: Worked in a software firm at Boston and then Masters and PhD in Theatre. Came to India in Aug 2001, then did Freelance work at Delhi, Madras and Calcutta

2002- Moved to Mumbai for the Theatre Festival.

Very close knit family. Fa: Idealistic involved, loyal works with Citizens group HANDS ON Project.



Mo: Quiet, pillar of strength, community involved. Br: Kathak dancer.

PA: Angiosarcoma lived and died in Chennai. Father was devastated

Mo: Stayed 4 mths in Chennai. Pt also helped in terminal care. Homoeopathy helped

PU: Angioplasty. 2001, July 27 after Angina.

MIND

Affectionate, Caring, Weeps easily, Attached to family, Vivacious.

DREAMS: Flying and Dead

Brooding, Fears high altitudes, snakes

RUBRICS

Affectionate

Fears Heights

Anger Trifles at

Weeps easily

Dreams, dead relatives, flying

Chest Pain Intercostal < Breathing deep

Pain chest cold air

Pain chest lying sideways

Headaches Heat in

Pain umbilical region, menses as if would appear

Nausea MB. Nausea > vomiting

Constipation MB

Hemorrhoids Constipation with

Sinusitis. A/F Change of weather

Craving Salt³, Sour³. Aversion onions

REMEDIES

ACUTE: *Ranun-bul, Bryonia*

CONSTITUTIONAL: *Nat-mur*

INTERCURRENT: *Thuja*

FOLLOW-UP

02-08-02: Pain Intercostal, A/F AC draft in hospital and nursing: *Ran-bul* 200 QDS

04-02-02: > 70% Continue *Ran-bul* 200 BD x 4 days

24-08-02: No pain x 2 wks, *Nat-m* 200 1 dose

28-02-03: Since 2 days urine scanty and frequent urge *Puls* 200- followed by *Nat-m* 200 1 dose.

After this she had no PMS symptoms for 6 mths. She has also not complained of headaches, constipation, piles etc.

A Case of Mucus Colitis

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- A 26 yrs old pilot trainee consulted me for his complaints related to mucus colitis. He complained of passing mucus with stools 3-4 times daily. He developed lot of weakness and gets tired easily. He has been under stress during studies. Due to the problem he avoids fruits and ghee. He desires salt and is often thirsty taking one glass of water at one time.
- The case was worked out by BBCR
- *Verat-album, Nit-acid,* and *Causticum* came

up in repertorisation. However because of the higher rank *Verat-album* 0/1 was given and he responded beautifully. He has completed his training and is flying now.

Total Rubrics Families	Verat.	Nit. ac.	Nit. al.	Phos.	Lak.	Caust.	Nit. D.	Opus.	Puls.	Arn.	Lon.	Ph. ac.	Trill.	Sep.	Carb. v.	Graph.	Tham.	Dig.	Trill. n.	Opus. n.
Stom. Mucus of covered with	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Stomach. Desire for, fatty things	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Generalized weakness, exhaustion	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Stomach. Thirsty	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
AGG. Emotions: grief and sorrow, or care	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1