

The Lonely One!

Mrs S W, 36 yr, Housewife

C/o: Right sided nasal polyp.

Recurrent respiratory complaints since childhood; coryza.

Nose blockage → mostly right sided, has to breath from mouth.

Respiration difficult < lying down, > open air.

Eyes – itching, burning with sneezing; < dust, < change of weather. Loss of smell.

OTHER COMPLAINTS

Headache: Heaviness especially supra orbital region associated with pain in maxillary sinuses.

Right sided → ear obstruction with above complaints.

Pain → from neck to shoulder → Right side < lying down.

Stiffness – right shoulder.

Constipation since childhood ? hard stools; has to strain a lot. Passes after 2 or 3 days

[Took lots of treatment for constipation but no relief]

P/H: Chicken pox in childhood.

FAMILY HISTORY

Mother – Hypertensive. Rest - not contributory.

MENSTRUAL HISTORY

Menarche – 13 yrs. Regular 4 days/30 days

Flow – Scanty for 4 days

Before menses → Pain in extremities.

OBSTETRIC HISTORY

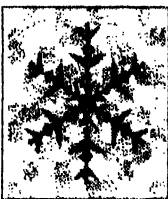
2 Children: 14 yrs and 11 yrs. No Abortions.

PERSONAL HISTORY

ALLERGY- Dust, fumes

DESIRE- Sour, fruits, sweet

THIRST- 10-12 glasses/day



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APPETITE- Normal

STOOL- Constipation; hard stools

URINE- Normal

SLEEP- Sleepy at daytime, restless at night on account of nose block, wakes up due to slight noise

DREAMS- Flowing water

PERSPIRATION- Profuse → face, chest → some times at night also

THERMALS- Chilly

MENTALS- Since childhood she is very quiet and reserved. Takes long to mix with others. Does not express her emotions, whatever she is told, she just listens quietly. Sometimes if gets angry on children then only expresses her anger by shouting on them. After some time becomes normal. Likes to be alone, does not like crowds. Avoids going to crowded places such as theatres, or any function, marriages etc.

Generally feels much better in open air especially when tense or depressed.

She is very sensitive by nature. Weeps easily but only when alone. Desires consolation which relieves her much.

Gets angry if anything happens against her wish, or if children don't listen to her.

If anything happens, remembers that for a long time.

Her sister had expired due to some illness. It took almost two years to come out of the grief.

LIFE SITUATION

She is the third amongst 5 children. Always used to feel that being the 3rd daughter, she was neglected by her parents. So, she developed a strong desire for attention, care and love which was not fulfilled even after her marriage, as her husband works in another city and she stays alone with children. He comes home for only short periods. She feels lonely.

Anxiety for husband and children. Because of this, becomes sleepless and gets different thoughts especially worries about husband misses him.

Very caring for family.

Fear → quarrels. Cannot bear quarrels, even cannot fight with anyone.

ANALYSIS

MENTAL GENERAL

Timid

Sensitive

Consolation ameliorates

Brooding

Forsaken feeling

Anxiety family for his

Cases, full of

Reserved

Fear – quarrels

PHYSICAL GENERAL

Desire: Fruits, Sweet

Thirsty

Perspiration: Profuse, face, chest

Thermals: Chilly

Side: Right

PARTICULARS

Nasal polyp: right sided

Loss of smell

Constipation – hard stools

Headache < morning

Shoulder – stiffness – right side

EVALUATION

Timid

Forsaken feeling

Quarrel, aversion to

General, Food and drinks – fruits, desire

Chilly

General side - Right

Stool, hard

Nose, Smell, lost

After Repertorisation *Mag-carb*, *Pulsatilla* came up.

Rx: 30/03/04

1 dose *Mag-carb* 1M

EXPLANATION

Mag-carb covers the main feelings of the patient ie forsaken feeling. Also she is very reserved. Physically also it covers all the complaints like right sidedness, nasal complaints and constipation.

Pulsatilla was ruled out on the following basis.

Pulsatilla desires sympathy, she feels forsaken whereas *Mag-carb* has deep seated lonely feeling

1ST FOLLOW UP 3/05/04

Nasal pain - better. Respiration improved

Head - heaviness. Generally feeling better

Rx: *Sac-lac*

2ND FOLLOW UP 20/7/04

Nasal complaints better. Constipation much better

Shoulder pain and stiffness much better than before.

Rx: *Sac-lac*



A Case of *Falciparum* Malaria

CASE HISTORY

Miss B, age 15 yrs, was referred to me from a nearby village by a local RMP. before that, patient was seen by a physician; he did all investigations and advised hospitalization. No antimalarials were started. Since 1 week, she was suffering from alternate days fever. She had high fever for 4-5 hours; there was no specific chill or heat stage. She was complaining of severe weakness, headache, vomiting with stitching pain in abdomen.



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Vomiting 4-5 times in a day, < eating after, travelling by bus.

Headache- dull aching type

Weakness³. Patient slept throughout the examination.

PHYSICAL GENERALS

THERMALS- Hot³

APPETITE- Reduced during illness, vomits everything.

DESIRES- Chilly things. AVERSIONS- Nil

PERSPIRATION- Head, scanty, non-staining, non-offensive

SLEEP- Normal. DREAMS- Rare

STOOL- Once in 3-4 days since last week.

THIRST- Less

MENSTRUAL HISTORY: FMP= 1st menstrual period 2 years back, followed by regular normal menses, delible, no accompanying dysmenorrhea.