



Can Anxiety Prevent Good Scores?

Abstract: This has been the bane of many parents- the anxiety both child and parent face in exams. This case shows how an anxious child, who, has been throughout his formative years, one who has always been anxious about his exams, also dreamt about the same becomes an Engineer. How Homoeopathy helps him achieve his dreams. Something every parent should know and resort to.

Dr VISHPALA PARTHASARATHY PALGHAR OPD
Dr SAM SOWKANTH MD PART 2

Mast MKS 12yrs/Male, Student, Studying in 4th Standard, residing at Palghar came with the following complaints:

CHIEF COMPLAINTS

LOCATION	SENSATION	MODALITIES	CONCOMITANT
THROAT Since 2 yrs Freq: 5-6 months Duration: 2-3 days	Pain Pricking Sensation as if something stuck up, sticky discharge in the throat	A/F Ice cream < winter > warm drinks < solids	Thirst increased
LIPS SKIN	Cracked Bleeding frank red with dry evulsions of the skin	< warmth	

ASSOCIATED COMPLAINTS:

LOCATION	SENSATION	MODALITIES	CONCOMITANT
SKIN Since 2-3 yrs	Maculopapular eruptions	A/F mosquito bites	

PATIENT AS A PERSON

APPEARANCE- Lean
 SKIN- Wound healing normal. No suppurations.
 PERSPIRATION- Neck, Scalp², Fore head, Palm²
 No odour, no staining
 APPELITE- Good
 HUNGER- <
 THIRST- Increased
 AVERSIONS- Fish³, Meat² Pungent³
 CRAVINGS- Curd², Eggs³, Fried³, Fruits², Milk², Sweets², Vegetables³, Methi³, Lady finger³.
 STOOL- Once a day
 THERMALS- C3H2
 SLEEP- Good
 DREAMS- During exams his pen is not there and he is asking for one but no one is giving.
 - he is alone in the jungle and no one is with him - falling from height

MILESTONES DEVELOPMENT: DENTITION- 9 months. SITTING- 7-8 months. WALKING- 9months. SPEECH- Babbling-7-8months, Sentences-1 ½ yrs CONTROL- Bladder-4yrs. FEEDING-breast-1 ½ yrs, Solid-3-4 months
LIFE SPACE: Patient came for interview with his mother. Patient is the youngest, has 1 elder brother and 1 elder sister. Mother said patient is very stubborn. When not given what he wants, he starts crying and gets angry but when it is given to him he refuses to take it, as, it was not given to him when he asked for it, but outside he is good. He is good in studies and stands 1st in the class. He is very anxious before exams and checks whether his pen, pencils etc are there with him. He is afraid that he might fail. He does his studies on his own and occasionally he takes the help from his brother

with whom he is very much attached. Cries immediately if scolded. He has few friends and he is very fond of cricket and participates in school functions like singing, drama etc. He can never go alone to the stage as he feels little anxious. He has great fear of darkness and of being alone. He has fear of dogs.

MENTALS

- Never goes to "davit" even if nearby and even movies may call all children or even if alone
 - Likes to play with the children or even if he is alone
 - Good at studies makes 45-48/50 always stands 1st
 - One incidence in fight threw stones at a child whose parents came and fought, still scared, argued with them that he didn't want to hurt him
 - Sleeps with paternal grandmother.
 - Does things which he wants to do.
 - Doesn't show any interest in buying toys stationeries etc.
 - Never keen to dress up properly
- He is the Monitor of the class and gets angry if they come one by one to sort out the problems.

INVESTIGATIONS: On 09.02.06

SGOT	282.9
SGPT	786.9
BILIRUBIN	TOTAL 4.6

DIRECT 3.6
INDIRECT 0.8

O/E: TEMP- Afebrile PULSE- 80/min. RR- 18/min.
WT- 24.5 kgs RS -AEBE CVS- S1 S2 heard.
ABDOMEN- Soft

TOTALITY:

- Anxious¹- anticipatory before exams. Does not do well in exams, though bright.
- Obstinate²- Gets angry, throws things when it is given does not takes it
- Fear- dark³ dogs³ alone²
- Attachment- Brother
- Dreams- Falling from height, anxious alone in the jungle
- Lean
- Perspiration- Scalp, forehead, neck
- Hunger <
- Thirst- Increased
- Cravings- Vegetables¹, egg³, fried³, fruit², curd², sweets², milk²
- Aversion- fish³, meat², pungent¹

TREATMENT

Silicea D Rx: Calc-phos 08.03.03 - Sil 200 1P HS
NIH pills x 7 days given

F/U CRITERIA

1. Thirst
2. Throat pain
3. Sensation as if some thing stuck in the throat
4. Sticky discharge
5. Maculopapular eruption

DATE	SYMPTOMS	REMEDY
12.04.03	Fever since 1 day, high grade	Ars-alb 200 QDS 3 days Rii pills 3P HS
16.04.03	Fever with chillness aft Rx low grade Cough since 3 days with thick yellow discharge	Ars-alb 200 QDS 2 days
19.04.03	No fever, no throat pain, no coryza Now give constitutional	Sil 200 1P HS
10.05.03	Loose stools since 1 day stool watery, yellowish	SL x 4 days
15.05.03	N A A A A	Sil 200 1P Pills QDS x 7 days
11.06.03	A + + A	Sil 200 1P HS SL x 7 days
22.06.03	Had injury Lt knee N O O O O	Arnica 200 QDS x 2 days Sil 200 1P HS SL x 5 days



DATE	SYMPTOMS	REMEDY
20.01.04		> with Sil
03.02.04	Discussed with Dr NAVIN	Staph/ Nat-phos/ Ferr-phos/ Verat
03.08.04	Violence reduced 2 controls anger very well	Staph 200 (as Phasic Rx)
28.09.04	1. App- 2. Sleep-G 3. Irritable->2	Staph 200 1P HS
	4. Obstinate->2 5. Fever- 0	Calc-phos 200 1P HS
20.12.06	Pimples on the face blackish discoloration	Tub 1M 1P
		Calc-phos 200 1P
13.06.07	N Lo Lo Lo N Acne +	Tub 1M 1P HS
10.01.09	Mother: Eruption on the cheeks since 2 days single stony hard < to touch, swelling+, stool not passed Review: ? Change in totality: Constipation+, hard swelling+ acne with dark pigmentation ? Sil watch frequency of eruption	Calc-phos 200 1P HS PT 1-1-1 x 4 days Sil 200 3P HS
21.01.09	No new eruptions	Rii x 7 days
04.02.09	Eruptions > intensity > No other complaints	
08.04.09	New 3-4 eruptions on face, Lt cheek, chin, nose C/O eructation < water, eating since 2 months Burning from throat to sternum < meat/ spicy food	Sil 200 3P HS
24.04.09	Eructation unsatisfactory stool since 10 days Eruptions+, overall >50%	Sil 200 3P HS
13.05.09	N 0 + 0 + Cold coryza, feeling of plug in throat Yellow salty expectoration. No fever, Stye on Rt eyelid	Hepa-sulph 200 QDS Sil 200 3P HS
18.05.09	C/O Cold coryza exp yellow scanty A/F oily food itching in the throat no fever	Puls 200 QDS x 3 days
08.07.09	N 0 > G N 0 > > 80% 90% Eructation +	Sil 200 1P HS Tub 200 1P HS
27.07.09	Fever 4 days, weakness coldness of feet nausea+ < Aft food thirst', for large quantity at short interval 30-7 >	Ars-alb 200 QDS Sil 200 1PHS
07.08.09	Fungal infection in feet, in webs, > gentle pressure. Habit of keeping foot wet with water.	Ars-alb 200 QDS x 3 days
07.10.09	Fathercame for FU, as pt now in Engg college.	Ant-tart 200
10.10.09	All complaints >, except cough++, difficulty to exp. To be followed by C and IC.	

Overall patient has done well on all the counts including his mental anxiety and performance in exams. He has scored well and got admission in BL.

Learning: When a remedy is done well, do not change the remedy on wisps

Azoospermia

Dr MADHU SUDAN SHARMA AVR. DHB, PGNAHI(NAGPUR), HMD(LONDON)

Pediatric & Gynoc Physician

2, Vivek Nagar, R radhaganj, Dewas (M.P.) 455001

Mr M called me for his secondary infertility. He was advised to get his semen analysis and his wife's routine analysis of urine (random)

PATIENT AS A PERSON

Mr M, Age 35 year an electric contractor, living in Thane came with chief complaint of pain in abdomen on right side and oedema in scrotum with mild pain on and off. Imperfect erection with premature emission.

TONGUE: Reddish dry

STOOL: Some time constipated semisolid yellow.

URINE: Whitish N 1 D 4-5

APPETITE: Normal, but easy satiety

CRAVING: Salty+ sweet++

SLEEP: Sound late night, dullness at morning

BATH: Seasonal bath

TEMPERAMENT: Outburst frequent but cools down

THERMAL: H3C2

BP: 120/80 mmHg

WEIGHT: 48 kg. **HEIGHT:** 5'8''

HABIT: Tobacco chewing- 4-5/day. Tea 4-6 cups/day

FAMILY HISTORY : Father: Stomach disorder, thin built. Mother: Healthy No history of DM HTN

ON EXAMINATION : Abdomen soft mild pressure pain in RIF, Rolling of flatus and gurgling Sound (when pressed at Abdomen)

Rt. Scrotum oedema + tender ++. Left. Normal.

MENTAL STATE : Under depression, self contempt, lack of self confidence, guilt due to coldness of

genital.

TOTALITY OF SYMPTOMS

Lack of self confidence

Thin built

Guilt due to coldness of genital

Imperfect erection

Premature emission

Rt. Scrotum tenderness, swollen and painful

INVESTIGATION:

Semen Analysis No 1

Azoospermia : Dated 13.09.2008

TREATMENT:

Constitutional medicine: *Lycopodium*

Acute: *Agnus-castus*

On 15.09.2008

Lycopodium 200 OD Once in week.

Agnus-castus 30 OD as acute one month

Follow-up

1 Nov 2008: Pain in R I F less then previous day.

Oedema and tenderness of Rt. Scrotum reduced mild pain persistent when touched. There is a remarkable change in the sperm count.

Lycopodium 200 1/ week.

Agnus-castus 30 for 10 days, Placebo for 20 days.

On 3 Dec 2008 Semen Analysis

Sperm count 120%

Motile sperm 65%

Pain reduced, oedema and tenderness +

Lycopodium 200 1 dose 1/ week.

Placebo for one month.

News For Publication

Dr RAMJEE SING newly elected President of Central Council of Homoeopathy has appointed Principal Dr S M DESARDA of DKMM Homoeopathic Medical College, Aurangabad on executive Committee of Central Council of Homoeopathy, Department of AYUSH. The

administrative skill of Dr DESARDA has brought up the name of DKMM Homoeopathic Medical College. Dr DESARDA in acceptance speech said that he will put full efforts to start a Center of Central Council of Research in Homoeopathy in Marathwada region.