

Only you could live with him....

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Mrs Sudha Kamdar, aged 65 yrs, a graduate in hindi literature, resides at Navi Mumbai, married with two children (a son and a daughter) who are both married and well settled.

CHIEF COMPLAINT

LOCATION	SENSATION	MODALITY	CONCOMITANT
GENERAL Since 1988 :	Diabetes Mellitus FBS: 400 PPBS: 450		Polyuria Obesity (weight gain since Jan '07)
SLEEP SINCE 1997	Insomnia until 2 am: unrefreshed sleep		Bodyache on waking

ASSOCIATED COMPLAINT

JOINTS- KNEES	Pain ³ , with swelling ³ and numbness,	< standing < walking < ascending and descending stairs. > warm < morning, on waking	
LEFT PALM- BELOW MIDDLE FINGER	Pain ³	< folding fist	

PATIENT AS A PERSON

APPEARANCE: Obese, Height- 5.2; Weight- 86 kgs

HAIR: Greying. NAILS: bitten. TEETH: 4 carries, removed, tobacco stains +

HEAT: Palms

PERSPIRATION: Profuse

APPETITE: Normal

THIRST: Less, but drinks forcefully

CRAVING: Sweets³, spicy³, ice - creams³ chocolates³

STOOL: normal, once a day

URINE: 10/day, 4/HS

Speech: Voice hoarse

Skin: Warts on neck and hands

SLEEP: Disturbed, unrefreshing

DREAMS: Friends and relatives

THERMAL MODALITY: CH4, wants fan throughout the year, tepid water bath, likes winter season,

light covering in summer and winter, cannot tolerate summer

LIFE SPACE

This is the unusual story of a 65 year old woman. She has 8 siblings - 4 brothers and 4 sisters. Patient was born and brought up in Ahmedabad and later Calcutta. She was an above average student and very hardworking. She was involved in many extra curricular activities like sports; did stage programmes, singing, etc. In 1962 she completed her BA with honors in Hindi literature. She got married in 1968 into a very huge joint family in Chennai. It was an arranged marriage. She didn't really have a very happy married life as her husband was very dominating. Within 4 and half yrs of her marriage she had 3 children. Her relationship with her MIL was very good. Her MIL treated her as her own daughter; so did

the rest of the family but her husband tortured her. Her husband was very stubborn and always wanted things his way. The patient never had a say in any matter. He used to be very demanding and on occasions he even hit her. He would always want the best food. In 1976, her brother died in a bike accident. In 1985, she lost her son. Yet he did not support her even in these periods. In 1992, her daughter got married and in 1994 her son also got married. They both had love marriages and through the whole affair, she supported them. In 1995, she even helped in her daughter's delivery.

After this she felt she had fulfilled all her duties and she needed to be away from her husband. So she took a bold decision: In 1996, she separated from her husband and went to live with her son who had taken up a job in New Mumbai. After a year or 2, all her relatives pressurized her and asked her to return to her husband as it was not socially acceptable. So in 1999 she returned, though remained quite depressed- he had not changed a bit. Though he said that with communication things could be sorted out. In 2005, her son went to the United States, so she grabbed this opportunity and went along with him and lived there for 4 months. She returned to India as she did not like USA and it's social life was very poor. Her children are both very

close to her due to their father's ill nature. She knows all the affairs of both her children. Her husband wants her back, says we just need mutual understanding and we just need to talk. Her relatives claim that it's only she who could have tolerated and live with her husband. Patient says that she would have left him much earlier but that she stayed because of her children. Generally she is a very affectionate person and likes to have lot of friends. She is quite fearful about robbers. She never told anyone about her ordeal with her husband, she never even shared with her relatives the trouble she was having with her marriage. She used to just suppress everything within her and move on. By nature she is a very fastidious woman and would cry only when alone. All her illnesses date to this stress.

TOTALITY

Affectionate
Weeps easily, when alone
fastidious. A/f emotions, suppressed
Abusive marriage- yet tolerated
Cheerful

DREAMS: Friends, SKIN ERUPTIONS: Warts

REMEDIES:

Carcinosin as intercurrent

Mag-mur as constitutional *Rhus-tox* as acute.

DIAGNOSIS: Diabetes mellitus/RA/HT/Insomnia

TREATMENT AND FOLLOW UP

DATE	SYMPTOMS	REMEDY
06-7-07		<i>Carc IM- 1 dose</i>
13-7-07	Sleep > on 9/7 & 11/7 joint pains , fingers locked sensation ++	<i>Rhus- tox 200 3 doses</i>
8-8-07	Arthritis > 20% FBS 127 PPBS 220 insomnia>	<i>Carcinosin 1M -2nd dose</i> <i>Rhus tox 200 3 doses</i>
10-9-07	>2 sleeps better FBS 160 PPBS 200	<i>Mag mur 30 - 1 dose</i>
14-9-07	Pains at level 0. sleep better FBS 137 PPBS 203	<i>Thuja 200 and Mag mur 30, 2nd dose</i>
16-10-07	Finger joints > 80%	<i>Rpt Mag mur 30</i>
30-1-08	FBS 97 PPBS 157	<i>Mag mur 30, every night with Tub-b 1M intercurrently 1/month.</i>
8-9-08	>3PPBS 171 , BP-normal. Sleep >4- 6hrs/night	<i>Mag-mur 3 HS /wk</i>

Now the patient is better so we can reduce *Mag mur* from 7/w to 3/w