

The Man who Slipped on every Occasion!

Mr SS came to me on 10/11/00. A businessmen aged 42 y. He had come for the treatment of calf pain³ and numbness after slip disc since 1999 L 4-5. Calf pain > hard pressure³, hard hits, < Raw, < Imli, < Evening³. Numbness < Sitting for long. Slip disc was > Accupressure³ in 15 days

OTHER COMPLAINTS:

- 1) Allergic Rhinitis from dust, smell, perfumes and oil which may lead to throat irritation and pustular tonsillitis with splinter pains < sour < supari > taking warm drinks³. spirometry was done on 14/10/00 (Normal) insignificant response to bronchodilator.
- 2) Throbbing Headache Supraorbital twice a week. A/F sleep loss.
- 3) Vertigo from traveling < closing eyes with decreased thirst.
- 4) Pain Lt Lumbar region. Urine incomplete has to go frequently. Allergic to aspirin which gives this complaints. Umbilical Hernia+. Neck warts.
- 5) Cervical Spondylosis since 1998.
C4-5 C 6-7 pain > heat > Light
D12-L1-Stiffness³. Sensation if hard board. < motion, < walking < getting up from lying position. > Lying on sides, standing < sitting.

PATIENT AS A PERSON:

Weight: 63. Height: 5.2. Skin: Texture Ruddy
Bites Nail. **Perspiration**-profuse all over body.
warmth-Palms < HS, soles. < HS but covers.

APPETITE AND THIRST:

7-8 glasses daily. Flatulence ++ with heaviness occasional. Acidity. Burning from spicy food > cold.



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Cravings: Salt³, imli, mango

STOOL: Normal

SLEEP: since three years disturbed by thoughts³
< cool, < Ac

LIFE SITUATION AND MENTAL STATE:

1958: Born youngest of 9 siblings, pampered.

1973: SSC, Palm beach-56%

1977: Bcom 56% Lala Lajpatrai.

Started new shop. Business. Pressure³, tension³.

1981: Married and had to have an emergency appendix operation! (Slipped under stress?)

1982: Honeymoon 1 year later. Wife was pregnant. So had to come back in 10 days.

2002: Planned a tour to USA for 3 months and had to cancel as got severe slip disc (slipped again?).

He is impulsive³. Affectionate. Revengeful will never leave the person. Fears of dog³, cat³. Anxious³. Nervousness. Fastidious about cleanliness, time. Will do his work at any cost. Loquacious. Extravagant³.

INVESTIGATION:

1998: CS C4-5 C6-7

1999 LS L4-5

16/09/2002 X-ray: dorsal spine shows early degenerative changes.

MRI: Mild degenerative changes of D9-D10, D10-11 and O11-12 facet joints.

P right for Lateral disc bulge with peridiscal osteophytes at the D10-11. Mild. Posterior disc bulges at L1-2 and L2-3.

02/03L Chol 24, LDL 161, Chol H01 7.6. Triglycerides: 256. BS-F 87, BS PP 134. VLDL 51.

RUBRICS SELECTED: Desire to arrive on time. Sedentary habits. Fastidious, Extravagant, Fear Dog³, Malicious plans makes many Hypochondriac. Cr Salt, < Sour, < fermented food. Sensitive to Allopathic durgs. Numbness leg < evening. Headache < sleep loss of

head > hard pressure. Calves pain < evening. < strong odours, Pain neck < motion. Pain > warmth. > hard pressure.

Acute: *Nux-vom* 30

Constitutional: *Kali-carb* 200

Intercurrent: *Thuj* 200

PLANNING AND PROGRAMMING:

Date	Symptoms	Treatment
10/11/00	Throat+. Plan3	NV 30 4P 1P=2
29/11/00	Ulcer2. V Impatient	NV 200 1 st dose
01/12/01	> 50% ulcer> Dry cough	Ct all
02/02/01	Ulcer + Backache Cough < Lying and talking. Thirst ↓ Taste Bland. Fever > sleep, sweating cough > left side	1) NV 200 3 rd dose 2) KC 200 1 st dose when better
03/08/01	> 80% cough slight < HS Stool not done sensolid	<i>Nux-vom</i> 200 4 th dose
06/08/01	Vertigo AF Sleep loss Weak3. Pesp3. Anx3.	<i>Coc-ind</i> 200 stat +
08/08/01	>3 No Giddiness	SOS
17/08/01	>3	
27/08/01	> 3	<i>Kali-c</i> 200 2 nd dose
10/09/01	Acidity 1/W > Cold. Colds	1) <i>Thuj</i> 200 1 st dose 2) <i>Kali-c</i> 200 3 rd dose
03/12/01	Sleep ↓3. Headache < am waking. Calf pain+	<i>Kali-c</i> 200 4 th dose
21/01/02	> 80 %	
08/02/02	> 3	
06/03/02	Warts ↑ Rest >3	<i>Thuj</i> 1M 1 st dose
17/09/02	Pain >	<i>Kali-c</i> 200
23/09/02	> 50%	<i>Kali-c</i> 200
30/09/02	> has again physio + USG < leg calf pain +	<i>Kali-c</i> 200 1P
02/10/02	Back Pain > 80%	<i>Kali-c</i> 200 1P
16/10/02	Back > Going out of town	<i>Kali-c</i> 200 1P
01/11/02	Back L3	<i>Thuj</i> 200 1P
11/11/02	>3 Overall	<i>Kali-c</i> 200 1P
24/01/03	Stiffness back S3	<i>Bry</i> 200 4P 1P=4 <i>Mag-ph</i> 6x2/4
31/01/03	>	
28/03/03	> Sleep ↓ Back stiffness < walking	<i>Kali-c</i> 200 1P
05/08/03	Has been well for 5-6 months. 04/08 throat irritation > warm. Sneezing. Headache Frontal Bodyache. Chills+ Perspiration < 8 > <i>Bryo</i> 200 4 hourly. All Rhinitis and sinusitis once in 6 months. Sleep > Kidney pain, CS, Backache Vertigo+0	<i>Tub</i> 1M <i>Kali-c</i> 200

