

# Unfolding of the Constitution Under Stress

**ABSTRACT:** Environmental factors play a very important role in an individual's life and his or her reaction to a given environmental factor reveals the basic nature of an individual. Keeping this in mind and giving importance to a patient's reaction to a given environment helps or assists a homoeopath to find a constitutional remedy. This also reduces our time of case taking and arrive to the constitutional remedy faster. This case is a classical example of one such case-taking and constitutional prescription based on the reaction of the patient under stress.



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Mr V, 35 years old, Married, CA running his own firm, Jain, Spouse: housewife, 1 son and 1 daughter, Hyderabad.

## CHIEF COMPLAINT

Since 1 and 1/2 months History of acidity<sup>2</sup> and indigestion<sup>2</sup> worse after taking food<sup>2</sup>. Sensation of fullness with lot of eructations<sup>2</sup> < after lunch and persists till night and is afraid to have his dinner. He is better after eructations<sup>1</sup> otherwise he is extremely restless

15 days back patient developed severe pain in the abdomen and suffocated feeling at 2 am and came out of the house and started walking on the road, as if the air in the house was not sufficient. After some time with the fresh air he started feeling better and then he could sleep. With all these complaints his appetite has tremendously decreased.

**ASSOCIATED COMPLAINTS:** History of recurrent colds, running nose and coughs with headaches from slightest change in weather.

## PATIENT AS A PERSON

**APPEARANCE:** lean and thin

**APPETITE:** Poor eater, prefers eating simple food.

**CRAVINGS:** Not very specific, but likes to have sweets daily.

**FOOD <:** slightest spicy food, oily food or masalas < GI complaints.

**STOOLS:** When complaints started, frequency was increased, this has improved after allopathic treat-

ment. Now it is normal.

**URINE:** Normal

**PERSPIRATION<sup>2</sup>:** Palms and soles when tense. Otherwise no perspiration.

**SEXUAL FUNCTIONS:** Since last 1 year, complaint of early ejaculation [history given by wife].

**GENERAL REACTION:** Patient is chilly and change of weather to winter affects him.

## LIFE SPACE AND MENTALS

Patient is from a Jain family. He is the only son with 2 sisters. Well settled family. No financial tensions. Patient could not trace any precipitating factor related to the onset of GIT complaints.

As a child, he was very timid and was an average student in school, never competitive nor took any extra curricular activities. He was from a very average school. It was routine without any tensions or anxiety regarding exams. After passing college he got into CA and everything was cool.

Nature wise soft spoken and never gets angry on any one. If employees don't do the work, just tells them once but never shouts or scolds them.

Relations with father, mother and wife are good. No complaints regarding any body.

Never answers back to anybody.

When asked about any fears, patient gave an incidence that once he got stuck in a lift due to current failure and he got frightened and started perspiring all over, even in the palms and soles and since then he becomes anxious to go in a lift.

Another fear is travelling in local trains in Mumbai, just avoids going to Mumbai. He starts getting anxious and perspiring due to over crowding.

Being an accountant he says he has to tackle both good and bad cases. He gets tense when he has to present a bad case and literally feels his hands shaking. Though it is common in his profession but still he gets tense, worse when he has to bribe some body.

**Wife's side of history-** patient is very cool, never gets angry or tells anything and always ready to help. Never says no to anybody. He is very caring towards children. She also added that if the children even move a little in the bed, he is the one who gets up and check on them. Even in the morning while going to school, he gets restless if the child does not wake up on time. She feels that since last 6 months her elder daughter has not been keeping well and falling sick often, probably he is tensed for her.

**DISCUSSION**

Here we have a **conscientious patient, of mild disposition getting anxious under stress.** The stress factors being-

- Health of elder daughter [which could be in the sub conscious state of mind]
- Child getting up from sleep at night
- Children's getting late to school
- Presentation of bad cases
- Bribing the officers
- Experience with closed lift
- Travelling in a crowded train

All these above factors giving rise to internal turmoil and expressing at physical level as- profuse perspiration and perspiration of palms and soles, Acidity and fullness-> eructation<sup>3</sup> and > open air<sup>3</sup>.

- Repertorial totality
- Anxiety conscience
- Anxiety anticipatory

- Mild
- Fear of narrow places
- Fear of crowd
- Cold weather < in general

	Ars	Lyc	Puls	Arg-n	Sulph	Nat-m	Rhus-t
Weighted							
Rubrics covered							
Rubric grades							
ANXIETY conscience, of			2			2	2
ANXIETY anticipating	1	1		1		1	
MILDNESS		2			2		
FEAR crowd in a	1	2		2	1	2	1
FEAR narrow place, in, claustrophobia	1			2	1	1	
WEATHER cold, wet agg.		2	2	2	2	1	
AIR open amel		2			2	2	
FOOD and drinks sweets desires			2			1	2
ERUCTATIONS amel.	1				2	1	

Desires sweets

General- Open air >

Stomach- Eructation >

Though *Arsenic* covers the totality with maximum grades, the core of *Arsenic* that is the feeling of insecurity, the fear of disease, and restlessness is lacking in this patient. *Lycopodium* was again ruled out, as there is a lack of the spirit of competitiveness and a lack of dictatorial nature, and the greediness of reaching the top. Though *Lycopodium* is mild but still they are dictatorial in their domain. *Pulsatilla* is ruled out because though this patient is mild, he is not yielding or dependant on anybody. He is quiet but independent and running his own firm.

In this patient there is a fear and feeling of getting trapped in that particular situation. The trap being a closed lift, crowd, and a bad case and the reaction to these situations is profuse perspiration and trembling of the hands. Associated with this is also anticipation regarding children. The remedy is then very clear to us and it is nothing but *Argentum-nitricum*.

**FOLLOW-UP**

1 dose of *Arg-nit* 200 was given on 13 December 08 with SL for 15 days.

Within 2-3 days the patient started feeling better. 13 January 08: Much better, no abdominal pain or fullness and his appetite has improved.