

# I can't Stay with my Husband

**Abstract:** The following case of DM with HTN, Sleeplessness and OA by the Editor, proposes how perseverance helps to tackle Life-style Diseases with the help of Homoeopathic Medicine and regulated Diet.

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Mrs SPK 65 yrs married Housewife, living separately from Husband, came on 6<sup>th</sup> July 07 with the following complaints

## CHIEF COMPLAINT

LOCATION	SENSATION	MODALITIES	CONCOMITANT
<b>GENERALS</b> Since 1988 < Jan '07	Diabetes Mellitus F=400 PP= 450 Polyuria; D/N→10/4 Obesity, weight gain		Insulin 1992 x 4 yrs Tab Gimmer TDS BF Tab Glyciphage SP BID Before Dinner
<b>CVS</b> Since 1999 <b>SLEEP</b> , since 1997	Hypertension Insomnia: cannot sleep till 2 am, unrefreshing		Tab. Ativan 2mg HS Body ache on waking
<b>JOINTS, KNEES</b> L → R 1998 2004 <b>PALM LEFT,</b> <b>MIDDLE FINGER</b>	Arthritis, Pain <sup>3</sup> Swelling, Numbness  Pain <sup>3</sup>	< standing for ½ hr < walking < ascending < descending < sitting crossed legged < morning on waking > warm < Folding palm	Tab. Glucosamine Walks x 45 minutes am and pm Flat Feet Dr AN Adv: Walk with Sticks
<b>MIND</b> Jan 07	Memory, decreased for name and place. Remembers old things, pictures and serials. Had very sharp memory		

## PHYSICAL GENERALS

HEIGHT: 5'2"

WEIGHT: 86 kg. Gained 6 kg in 6 months

APPETITE: Normal

DESIRES: Chocolate<sup>3</sup>, Spicy<sup>3</sup>, Ice-cream<sup>3</sup>, Sweets<sup>3</sup>  
but avoids

THIRST: Decreased, but drinks forcefully

TONGUE: Clean except faint coating at base

PERSPIRATION: Excessive<sup>3</sup>

SKIN: Blackish patch on either side of face, Warts<sup>3</sup>

HAIR: Grey hair

SEASON: Cannot tolerate summer, does not like  
Sun. Winter likes<sup>3</sup>

FAN: Likes

THERMAL: CH4

CLOTHING: Cannot wear tight clothes

SLEEP: Unrefreshing<sup>3</sup>, Poor<sup>3</sup>, Disturbed<sup>3</sup>

DREAMS: Friends and relatives

MIND: Suppressed emotions, Brooding<sup>3</sup>,

Affectionate, Fear of robbery, Memory weak,

Perfectionist<sup>3</sup>

o/e: BP 140/86 mm of Hg

## LIFE SPACE AND INVESTIGATION

The patient was born on 02/07/1942 in Ahmedabad and brought up in Kolkata, the third among six siblings. She was always an average student, but was very studious. She was an NCC cadet and was interested in singing and



outdoor games and took part in games and stage programmes. She completed her BA in 1962 in Hindi Literature, then had an arranged marriage in 1968 at Chennai, and moved to a joint family set-up at the husband's place, with 12 inhabitants. From the beginning she was not very happy with the husband who had a violent and abusive temper. Within 4 ½ yrs of marriage she had 3 children: 2 sons and a daughter and was firmly stuck in the marriage. Mother-in-law was good; "kept her like a daughter". Her 1 brother died in an accident in 1976; a son died in 1985 by drowning. She was devastated. Gradually the children got married. The children were very close to her. She helped their affairs to come to fruition to marriage. But after they left home there was no ballast and it became impossible to stay with her husband. She thought that it won't be socially acceptable living away from the husband but she convinced herself. Finally after much agonizing, she left and moved to her son's home in Mumbai. The relatives convinced her to go back which she did thrice but finally came back in 1999. She was depressed. The son went to USA in 2005. She also went there for 4 months but did not like

the country because of poor social life. From then on she lived alone in Mumbai. She did meditation and Art of Living. She read religious books for 4-5 hrs per day. She liked cooking. Husband wants her back. He says we need mutual understanding and we can sort it out. Relatives praised: only she could stay with him; anyone else would have left on day one. But she stayed because of kids and also because her sisters were unmarried and this could pose a problem in getting suitable match. She never expressed her feelings to anyone and always suppressed her emotions. She is adjustable in nature and wants to maintain relationships and will do anything for it. She is very attached to grandson; and openly shows her affection to him with hugs and kisses. She also has many friends. She is happy now.

**INVESTIGATION**

Mammogram: Left breast Fibro-adenoma

PAP Smear: NAD

ECG: WNL

**DIAGNOSIS**

Diabetes Mellitus with Hypertension with CAD

**HOMOEOPATHIC TREATMENT**

**FOLLOW UP**

DATE	SYMPTOMS/CHANGES	REMEDY
06/07/07	So much suppression made me start the case with Carc.	Carc 1M Stat 1 <sup>st</sup> dose Sac-lac pills 3-3/7 days
13/07/07	Sleep > on 9/7 and 11/7, knee pain+, Memory L8. BP 140/80 mm of Hg.	Rhus-t 30, 3P 1HS Sac-lac pills 3-3/7 days
03/08/07	Did not take Tab Ativan or 7 days. Insomnia L10 in 1 <sup>st</sup> wk. 2 <sup>nd</sup> week slept 2.30-5 am and 5.30 - 6.00 am. Knee pain L8 (Level 8 which is 20% better), FBS→ 185; PP→250	Adv: Diet
10/08/07	> <sup>3</sup> . Since 3 days insomnia> Wakes 5.30 am x ½ hr, Arthritis > 20%, DM >, Knee pain L8, Finger pain L8, Tab Ativan 0/3 wk. FBS→ 127, PLBS→ 220	Carc 1M -1 dose HS Rhus-t 30 3P 1HS Kali-p 6X 2HS /SOS
31/08/07	Left side pain; took Ativan 2/wk, FBS→160, PLBS→200; BP 130/86mmHg. Wt. 89.5Adv: Diet→Veg. (Now since better release the constitutional.)	Mag-m 30 -3P -1HS
14/09/07	Palms pain >, Sleep 4-6am, FBS→137; PLBS→ 203	Thuja 200- 1 dose Mag-m 30 3P; 1HS Passiflora Q5 drops 8 hrly SOS

DATE	SYMPTOMS CHANGES	REMEDY
16/10/07	Pain hand > 80%, legs pain 3+, Ativan 2-3/wk Sleep > 3+ drops	Thuja 200 1 dose Mag-m 30 3P; 1HS Sac-lac pills 1-1/7days
02/11/07	Pain hand 0, FBS → 167, PLBS → 245 BP 150/86mmHg Adv: Diet and Walk for 40mins daily.	Carc 1M Mag-m 30 7P; 1HS Sac-lac pills 1-1/7days
16/11/07	Arthritis >, can work, Sleep > 12.30am-5.30am FBS → 185, PLBS → 220 Comment: Carc not giving desired result. Give Tub-b and repeated Mag-m	Mag-m 30 7P; 1HS With monthly dose of Tub-b 1M and daily Mag-m she did well
28/12/07	Patient went to Baroda and enjoyed with family. Urine output increased 1hrly and 3 times HS FBS → 180, PLBS → 260, BP 134/80 mmHg Pt sent me a SMS about cut on heel with glass Ledum 30 5P; 1P=4 was couriered	Tub-b 200 1P Mag-m 200 -every night till sugar down and then 1/wk
30/01/08	Injury >, FBS → 97, PLBS → 157 BP 130/86 mm of Hg DM >, insomnia >, Finger L0, Dreams L0/3mth Treatment continued the same way adjusted according to BS levels.	Tub-b 3 <sup>rd</sup> dose 1M 1P Mag-m 200 7P; 1HS Repetition reqd to bring BS to normal.
01/03/08	Family returned. Happy. FBS → 95, PLBS → 157	Ct same schedule
07/04/08	Can walk better, Backache < sleeping, > walking Pain knees L0. Memory decreased L0, Sleeps 11pm-6am, Finger L0, afternoon sleep ½ hrs PLBS → 145, BP 130/86 mmHg	For RA, Calc-f 6X 2-tab BD were added
27/06/08	>3+, Knee pain L0/3mth, Insomnia L0/3mth, CAD L0/3mth, Finger pain L0/3mth, DM > <sup>3</sup>	Placebo
04/08/08	>3+, Sleep decreased, 1.30 am-3.50 am, FBS → 135, PLBS → 184	Tub-b 1M Mag-m 30 3P; 1HS
08/09/08	>. Heart >, Sleep >. PLBS → 161	Tub-b 1M 10 <sup>th</sup> dose i.e. 1/m Mag-m 30 3P; 1HS
05/01/09	Stool 35-40/day since 4 days. Urine Pus 3+, weakness, Sleep > <sup>3</sup> , Arthritis > <sup>3</sup>	SOS Puls 200 4P 1P=2

## CONCLUSION

The patient was not well on the indicated remedy and it vindicates our opinion that Life-style diseases like Diabetes mellitus and Hypertension can be controlled only with Homoeopathic medicine, with proper follow-up and controlled repetition of the Anti-miasmatic and constitutional

remedies. Eventually she may be able to stop the Homoeopathy. But even if not, we do have to continue the Homeopathic medicines, they replace the allopathic life-time schedule, which too should be an acceptable alternative. That is the reason for giving this long, detailed 18 month follow-up. ☺

1. A small dot can stop a big sentence. but few more dots can give a continuity. Amazing but true. Every ending can be a new beginning. ☺
2. Whenever you want to know how rich you are? Never count your currency, just try to Drop a Tear & count how many hands reach out to WIPE that. That is true richness.