



My Learning Curve

Mr UK 20 studying in engineering came to me on 14/7/01 with following complaints:

LOCATION	SENSATION	MODALITIES	CONCOMITANTS
Frontal head since 1984 <since 1999 Occurs 2/month	Pain Heaviness Sensation as if pulling inside As if some swelling is inside Associated if something is flowing down	A/F exertion < change in schedule/weather < exposure to sun 3 < empty stomach 3 < offensive smell 3 < cold 3. > vomiting after 3 > sleep 3 > gentle rubbing on temples > not thinking about it	Head feels hot. Drinks cold milk which is vomited. Bangs his head so that all will come out Drenching sweat over head. Tense. Loss of app Weakness next day.
Upper RT Since childhood 1/3months	Sneezing, watery discharge Choking in nose	< winter	

APPEARANCE: Ht 5'6" Wt 68kgs. Well built.

PHYSICALS: App normal. Thirst++ Cr: Spicy3 Sweets3 Fish3

Stool N. Urine 4-5/0 D/N

PERSPIRATION: Scanty, offensive, non-staining.

SLEEP: 8 hrs - refreshing.

THERMALS: Likes winter. Wants fan always. Thin covering in winter. Bath: tepid water. CH4

P/H: Chicken pox and Herpes Zoster

F/H: MO leukemia- died when pt was 3 yrs old

LIFE SITUATION AND MENTAL STATE:

28/08/1980 Born in Mumbai. 1983 mom died of leukemia. Stayed with MGP as Father remarried.

1996 SSC 86%. 1997 Shifted to father's place with step-mother and step-sister.

1998 HSC 78%. Took admission in computer engg

1999 had an affair with a girl. But the girl ditched him.

Depression. Took a drop from studies for 1 yr. Now has got over it. He has a good relationship with father, but

not with step mother.

He is an introvert and takes time to mix. But once he knows the person he talks a lot. He is lively and jolly and always likes to be in company. He says he always trusts a wrong person. He has a sense of insecurity. Short tempered. Anger violent.

Weeps when done something wrong and weeps only when alone. > after weeping.

RUBRICS:

A/F disappointment.

Anger violent

Cries when alone

Talks excessive

< thinking about complaints.

< Sun

Head heavy. Head hot. Headache >sleep after.

REMEDY: *Nat-mur* 200 On 14-7-01 he was given 1dose, then weekly for 3 months, followed it up with SL for next 6 months, after which the treatment was discontinued. In this 1 and ½ yrs span he got only 3 attacks which was due to over exertion.

CONCLUSION: This case was treated by me when I was a student and we were not taught or maybe not emphasized the value of single doses, and we imitated what we saw in the OPD! So such frequent repetition was used. Today I have seen results with minimum doses and know better. [Ed: we can only be grateful that an aggravation did not ensue with such mal-handling!]



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