

# Poor Anxious me

## CASE 1

Mr N, 41, VP of a bank, IIT graduate, complained of Allergic Sinus problems, since childhood, giving rise to headaches in frontal region. Dull pain < exertion of eyes, stress.

Complaints became severe in Sept 01. When in London, he developed fever along with a cold, with thick yellowish green nasal discharge, accompanied by bodyache and heaviness. All this started after a week of hectic work, lack of sleep and erratic diet.

### FAMILY HISTORY

Mother died of brain hemorrhage, Father of asthma

**MIND:** Anxiety about daughter's health. Keeps calling home from work, even from abroad, to check up on her. Anxiety about trifles, very much attached to daughter, with fear ++ of losing her and wife, as his own parents are dead. Likes Company, organizing events, feels he has to do everything perfect to the last detail. Angry when unable to fulfill commitments at work. Happy when with family, when has achieved something, when work is recognized.

Perfectionist, fastidious.

**PAST HISTORY:** 3-4 surgeries on both ears for infection, 1990-hearing aid in Lt ear. No other problems.

### PHYSICAL GENERALS

**APPETITE:** Good.

**DESIRES:** Hot food, spicy, and non-veg. Likes to be served by others. He is a social ethanol.

**THIRST:** Good. **URINE:** Normal. **STOOL:** Normal.

**SWEAT**<sup>3</sup> all over. **WEATHER:** prefers cool

**SLEEP:** Normal. 4-5 hrs. **DREAMS:** Of dead parents.

**O/E:** Nose block both nostrils,

Ear: wax + both ears; Chest/Throat-clear

### RUBRICS

Anxiety, health relatives of; children his

**DREAMS:** dead relatives

24-01-02 *Ars-alb* 200 6p OD. *Thuja* IM 1 dose

26-02-02 Anxiety better, allergic reaction better. Able to drive 2-wheeler, eat ice-cream. *Ars-alb* 200 4p OD

14-03-02 Sinus headaches often. *Ars-alb* IM 6p SOS

27-03-02 Better. *Ars-alb* 200 2p weekly once

16-04-02 Headache +++ *Bell* 10 M 1 dose

26-04-02 Better *Tub* 10M 1 dose *Ars-alb* 200 3p SOS

13-06-02-Sinus attack. SOS helped.

Now indigestion due to travel with painful stools, distended abdomen, flatus < 3-4 hrs after eating. Rx *Chel* 200 6p tds *Ars-alb* 200 SOS

01-08-02 Good trip to US. Digestion OK, SOS helped sinus *Tub* 10 M 1 dose

12-08-02 Sore throat *Ars-alb* IM in water doses.

25-12-02 Traveling AF fever, throat pain < swallowing, body pain, chilly, stress<sup>3</sup>

*Strept* IM 1 dose *Ars-alb* IM 6p TDS

Pt was fine for one year after this, except some SOS for cold. Now only needs SOS for acute complaints – *Ars-alb* IM bd/tds as needed. His attitude has changed. Does not get so upset by trifles and not so fastidious.

## CASE 2

Mr S, 34, lab technician, complained of sinus problems since childhood.

Attacks used to be bi-annual, now once a month. Starts with sneezing, running nose, then nose block, postnasal drip [PND], throat pain and mild cough. Then thick nasal discharge with pain in frontal and maxillary sinuses < dust.

Swab test-pseudomonas + E.coli +, gram negative bacilli +, gram-positive cocci +.

Hb, ESR, Eosinophils – N. DNS since 10 yrs.

Throat infection < cold drinks, sinusitis < dust, smell of



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## Cases

spicy food, cold drinks, winter.

Severe nose block.

Acidity due to erratic food habits < spicy food < hot food, mutton, meat and masalas.

**PAST HISTORY:** Chicken pox 10 yrs ago, Recurrent cold, Acidity

**FAMILY HISTORY:** Not contributory

**MIND:** Anger when people are unreasonable. She is generally patient and adjusting, shy, reserved and a workaholic.

Duty conscious<sup>3</sup> and perfectionist. Belongs to a large joint family with lots of financial problems but never complains. No emotional upheavals

### PHYSICAL GENERALS

**DESIRES:** Spice, salty, fried snacks, hot tea/coffee, non-veg. Pepper and cold drinks **AGG.**

**PERSPIRATION:** Sweats easy

**WEATHER:** < summer → prickly heat. Winter → sinus  
Obs-kept talking about work and fulfilling his duties.

O/E PND < Rt.

### RUBRICS

Sinusitis—frontal catarrh chronic. Acidity chronic

As no major mental disturbance, the remedy was selected only on Physical Generals.

2-3-02 *Hydrastis* 200 6p tds *Thuja* IM I dose

18-3-02 Better. No sneezing, mild PND. Acidity better, sinus mild. *Hydrs* 200 7p OD *Thuja* IM

8-4-02 Mild running nose *Strepto* IM, *Hydrs* 200 7p OD

6-6-02 Much better, occ nose block on/15 days. Occ acidity, due to tension and erratic food. *B Coli* 200 I dose *Hydrs* 200 10p weekly twice

29-7-02 PND with cough at night since 10 days, lachrymation +, no acidity *Hydrs* 200 8p bd *Thuja* IM

23-8-02 Throat pain mild cough < night. No PND. Overall feels energetic, had one episode of loose stools and recovered in 1 day. *Carcinosin* 10M 1 dose 15 days later-*Hydrs* 200 I dose

No complaints for a whole year.

**EXPLANATION:** B Coli in my experience helps to make the indicated remedy to act better in this kind of a case with multiple pathogen in upper respiratory system along with acidity.

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ADVT

# A Case of External Haemorrhoids

Mrs S Gupta 24 years, housewife, 5 months pregnant came on 25.12.2002.

**CHIEF COMPLAINT:** Pricking pain and swelling at the anus. Pain < Sitting, < Stool, > Lying down. Constipation +. She was treated at Bhabha Hospital, which did not help; advised surgery - post delivery.

**PAST HISTORY:** She had the same problem during first conception.

**LOCAL EXAMINATION:** Huge swelling at the anus. No bleeding PR.

## TREATMENT

25-12-02 *Aesculus-hipp* 200 TDS for 2 days with *SL*



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30 4 pills tds x 7 days.

**DIET REGIMEN:** Avoid oily and spicy food. Drink 1 and a 1/2 litres of water.

## FOLLOW-UP

**After one week:** The pain was relieved on the same day. The swelling had reduced in size.

**After 20 days:** No swelling! The pain never recurred.

*Dr C H Asrani adds: Piles are a very common occurrence in pregnancy secondary to the pressure of gravid uterus on the veins, constipation during pregnancy and the pressure exerted during labour. Most women develop piles during last trimester or during labour. This lady manifested early since she already had them before. All pregnant women should be counseled to have a high roughage diet, drink plenty of water and avoid straining at stools.* □

# Spot Prescriptions

A fair, tiny, 4 months old baby, pale, undernourished and from a poor family came on 14<sup>th</sup> March 1994. She was crying continuously for the last 5-6 days. Allopathic medicines gave no relief. The mother said that the baby cries suddenly and continuously for just a few minutes or few hours, then suddenly may stop crying and start laughing and playing. She also had 2-3 loose, greenish-yellow stools since 2 nights. While she was in the clinic, I saw that while crying, the baby was trying to bend forward. Did it help the pain? An abdominal examination revealed nothing. Investigations carried out



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by a pediatrician were normal.

## MY THOUGHT PROCESS

The first remedies thought of were *Cina*, *Chanomilla* but the peculiarities

- Type of stool
- Night aggravation
- Changeability, and
- Bending double ameliorates - all made me think of *Pulsatilla*.

So *Pulsatilla* 200 was given. Another dose given after 2 hours, after which, to the surprise of all, including the pediatrician, the child was completely alright.

**Note -** *Pulsatilla* is graded three marks in Kent's repertory in the rubric-pain in abdomen better by bending double. This was the bonus rubric, which I did not know earlier, and which clinched the remedy. □