



The Case of the Uprooted Girl

This young woman of 27 yr, the daughter of a close Muslim patient of ours and my beautician too, was brought for Depression. Her mother, herself a lovely and caring person, was quite worried about her daughter's depression and had asked for help. Knowing that the daughter had come from Delhi and knowing their financial situation, I explained to her, that for Homoeopathy to help, a full history would have to be taken. The mother briefed us a little; ending with "she is crying all the while." We gave *Ign 1M*- single dose. The next week pt came herself to give full history.

THE STORY (FROM BOTH THE MOTHER AND PATIENT): Born in 1974, the eldest of 3 children. Father was a tailor, working on a salary and mother, a small time beautician. The girl completed her SSC at a Bandra school with a 49% and joined a local college. In 1995 they found a good match and got her married in Delhi, but her Husband wished that she complete her graduation. She returned to Mumbai after the honeymoon to finish her graduation and stayed 8 months here, completed her BCom in 1995 and returned to her in-laws in Delhi. Theirs was a joint family, husband being the younger son. Elder son had divorced his first wife, who had one son, the 2nd wife went mad and he now lives with the third wife in the same house. The in-laws, after some years, told the pt and her husband to find their own house. It came as a sudden shock! They took a room on rent, far in the interior. Husband had a job as a salesman in a clothes factory. He would often return home late. Patient would be alone with her 3 yr old son and would be very fearful. It soon

progressed to depression. She was always a fearful person and having to live alone was too traumatic for her. She was afraid of the dark and being alone. Also she was ultra-sensitive to other's pains to the extent that seeing other's pain, she would get the same pain. In the house, whole day she would be under stress- whether husband would come home on time or not. If curtains swayed, she would be scared. If got bad news, about her best friend in Mumbai attempting suicide, she would feel what if I too do it? Her emotional state became increasingly worse, so then she decided to come to Mumbai to live with the parents for a long period. She has now enrolled her son in a Bandra school and wants her husband to find a job here in Mumbai (with its difficult real estate situation, high expenses and recent job crunch!)

When asked her to describe her symptoms: she said she would get fear from any thing, and would get all the symptoms of stress-palpitation, inability to do anything. Then she would think she too would go mad just like her sister-in-law. "**And then I cannot do any work!**"

We put the **DIAGNOSIS** as stress brought on by being thrown out of the house, leading to Anxiety Neurosis.

COMPLAINTS IN DETAIL: It started in 1999, yearly attacks lasting for 10 days. Now since May 02 it is continuous. Attacks triggered by some event- like somebody's death; her friend's attempted suicide; seeing blood. She would feel her pulse going fast, heart beating fast, negative thoughts, feeling she will go insane, with fear of death. Broods continuously, has no appetite, rather gets nausea at sight and smell of food. Poor sleep

In 1999 she had an enlarged lymph gland at the Lt Mandible and was given Anti TB treatment for 9 mths.



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Colds throat irritation 1/6 mths – a severe attack. She has lost 2 kgs of weight in last 1month

PT AS A PERSON:

WEIGHT: loss of 2 kg in 1mth, since the stress level increased. Hot palms

PERSPIRATION: palms, offensive with occasional stains.

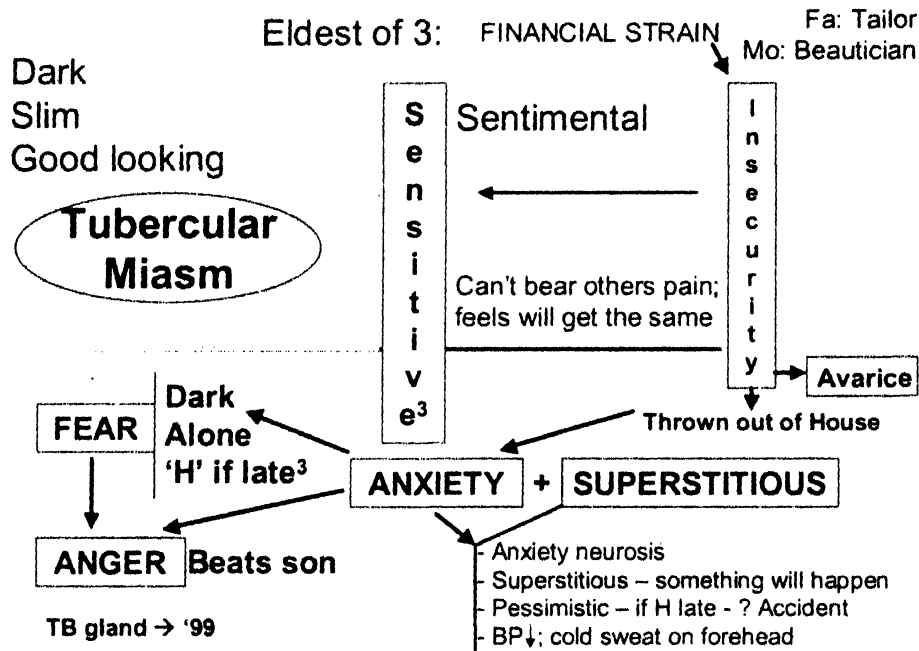
CRAVINGS: salty, spicy³, cold drinks, chicken³.

SKIN: clear, ecchymosed, nails white spots, heat palms, persp dripping, with yellow, odours +.

MENSTRUATION: FMP 12y. LMP 23-5-02 MP 3/35-40, occ clots, dark and stain if not washed immediately
No PMS.

OBSTETRIC HISTORY: 1998: Son of 3.75 kg
1999: MTP 8 wks. Lactation: 1yr

STRUCTURE:



FOLLOW-UP:

20/6/02	Weeping continously	<i>Ign</i> 1M-1
25/6/02	>50% anxiety reduced a lot	Placebo 200 –7P
2/7/02	> periods on 21/6, stains ³ , odour ³	Placebo-3P
9/7/02	> thirst increased , mind tries to divert.	Placebo 200-3P
23/7/02	>70% acidity	Placebo-3P
30/7/02	>3 overall, slight giddiness.	Placebo 200-3P
20/8/02	One week went to Delhi and got sudden bad news that her old school friend had died. Again Palpitation.	<i>Ign</i> 1M
4-9-02	>3	Placebo

No other Remedy was required for this patient in the 3 months she is under our care.

Tub will be given at some point, but only after *Ign* fails to hold.



Ignatia And *Aurum*. Some Points

IGNATIA:

HERING'S GUIDING SYMPTOMS

- Ill effects from hearing bad news.
- Melancholia after great grief and much domestic trouble, complete sleeplessness, suicidal thoughts and desire to escape.
- After fright disturbed, introspective, taciturn, insomnia and great restlessness and anorexia.
- Anxiety as though something terrible had happened, cannot speak because of it; hurry, fearfulness, terror alternating with irresolution & inertness.
- Unusual tendency to be frightened.
- Single jerks of limbs, when falling asleep.

PHATAK MATERIA MEDICA

- Nervous system is affected causing spasmodic effects, often violent with rigidity, twitching and tremors.
- It is adapted to nervous temperament esp women of sensitive, easily excited nature, mild disposition, quick to perceive and rapid in execution.
- Jerks through the whole body.
- Ill effects of grief, fright, worry, disappointed love.
- Oversensitive and nervous, highly emotional, moody.
- Brooding grief with involuntary sighing.
- Inward weeping, enjoys being sad. Angry with herself. Everything irks her.
- Intolerant of contradiction; of reprimands.
- Introspective.

CATHERINE R COULTER

- The classic role of *Ignatia* is however, to counteract "morbid states which are produced by occurrences that cause grief".
- *Ignatia's* emotional state finds physical expression in a feeling of suffocation and restriction. The pt complains of lack of air or inability to breathe and wants to loosen or throw off the clothing that op-

presses him.

RUBRICS: ROBBIN MURPHY

- Pg 1109: Sympathetic *Ignatia*2
- Pg 1052: Ailments from fright () *Ignatia*3
- Pg 1048: Fear of insanity *Ignatia*
- Pg 1002: Anxiety hypochondriacal *Ignatia*
- Pg 997: Anticipatory anxiety *Ignatia*3
- Pg 1086: Ailments from bad news *Ignatia*3

AURUM-MET: A Study of a suicidal remedy, to make the contrast of *Ign* clear.

KENT

- In *Aurum* all the affections, natural to healthy man, are perverted. So great in extent is this that one of the fundamental loves, which is the love of living, self-protection, is perverted, and he loathes life, is weary of life, longs to die and seeks methods to commit suicide.
- Self-condemnation, continual self-reproach, self-criticism, a constant looking into self; she does nothing right, everything is wrong, nothings will succeed, hopelessness.
- He is wrong, is wholly evil, has sinned away his day of grace, is noteworthy of salvation- this is the train of thought that runs constantly through his mind.

HAHNEMANN, ALLEN AND HERING:

- Disgust of life, suicidal tendency
- Despondent melancholy, hopelessness.
- Great anguish increasing into self-destruction.
- Anxious palpitation and desire to commit suicide.
- Peevish and vehement; least contradiction excites wrath. Moroseness, indisposed to talk. Heat and anger, quite forgets himself with quarrelling. Sulky.
- Extreme tightness: difficulty of breathing at night.
- Tightness of chest, also when sitting and not moving: always takes a deep breath and cannot get enough air.
- Great weight on chest: esp. heavy weight on sternum.
- Violent beating of heart.
- Frightful dreams at night.



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Two Rare Remedies To Cope With Stress

An old man of 70 yrs, came to me in Feb 02, with his daughter-in-law, with complaints of weakness, drowsiness and depression. The patient was an advocate, intelligent and with a flourishing practice. He was always full of energy; a workaholic and never felt any mental stress or lethargy. But one year before, his only son, a diabetic since childhood, got kidney failure and was hospitalized twice in Nagpur, twice in Mumbai, but still no improvement. His condition worsened. His son was at home only and his wife did dialysis at home. This old man (patient) was the only male member left and had to rush to all hospitals with his son and because of this, he was mentally depressed and physically exhausted. All this resulted in extreme stress-weakness, drowsiness and dullness.

PATIENT AS A PERSON:

Patient was very good natured person, but now does not want to talk to anyone, does not feel like mix with the world. He is not inclined to do practice, which he was doing successfully for last many years. In office he sleeps while talking to his clients which causes embarrassment; he has started taking liquor to cope with his depression.

PAST HISTORY:

2 years back he had angina but ECG is normal now.

FAMILY HISTORY:

Both father and mother had Asthma.

PRESENT COMPLAINTS:

1. Drowsiness
2. Depression
3. Excessive sleep, tiredness and unrefreshed because of constant dreams.

4. Breathlessness while walking or any exertion.
5. No appetite
6. Weak digestion, has to pass motion after eating anything.
7. Habit of taking liquor, which he wants to leave.
8. Headache in the morning, ? hangover.

LINE OF TREATMENT:

First I gave him *Acid-phos 200*, *Carbo-veg 200*, *Kali-phos 6x* without any result. Thereafter I consulted Dr. Bishamber Das book and referred to "Debility" chapter. I found two specific remedies for him and those were '*Indol*' and '*Sterculia*'. *Indol*: excessive drowsiness, falling asleep while at work, and drowsiness as a result of mental trouble. I confirmed some of the patient's symptoms from Dr Boericke's *Materia Medica*: headache in the morning, sleepiness and continuous dreaming and this confirmed this remedy. When I was going through debility chapter by Dr Bishamber Das book, I found "*Sterculia*" the correct remedy and it gave me the power to endure prolonged physical exertion and on confirming from Boericke M M. I found this is an excellent remedy for giving up liquor habit and promoting appetite and digestion. The final symptom 'weak heart' confirmed this remedy.

TREATMENT:

I started giving *Indol* in 6th potency twice a day and asked him to take '*sterculia*' mother tincture as a specific support and within a week, I got very encouraging result. Patient motivated to leave liquor, appetite improved, no motion after eating, very sound sleep, and now he felt no drowsiness and feeling more energetic to help his son. Now though his son is not still keeping well and our 70 years old patient is doing everything like a young man. He took these medicines for a month and I met him recently and found him with full of energy and having no stress. □



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