

# Advantages of Knowing the Constitutional Remedy of the Patient

## INTRODUCTION:

Homoeopathic understanding of the patient, his constitution and his disposition assists us in the management of the patient. Homoeopathy has this great advantage in the management of the case.

There are cases from the case files and video shoots of Bhuj, which was visited by some of the ICR faculty on 8/3/2001. They spent 10 days there and treated a num-

ber of cases, with great success. These cases would fill up one whole issue. Here we want to just stress one aspect through one case

## CASE 1:

Master Vijay (name changed) who had been a victim of the Bhuj earthquake had severe crushed injuries to the ligaments to the left hand and left foot. He had received best of the treatments for the management of his injuries. He was put in the plaster for his ligament injury and sling for his hand. He had been admitted in the camp hospital for his injuries. His other family member were scattered in different places. Only his paternal



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uncle and aunt were visiting him in the hospital. His mother and 1 brother had died because of crushed injuries. The child was not informed but told that they had serious injuries so they had been shifted to Mumbai. In the camp there were various cultural and entertainment activities to cheer up the patients and keep the children busy. This child had been aloof, depressed and non-communicative. He was in shock. He was in psychological trauma. Several counsellors tried to help him in coming out of the depression but he had not been cooperative. He was totally indifferent to the physiotherapy sessions. He was in pain-physical as well as emotional. The TISS social worker who was handling him for the past 2 weeks, brought him to the Homoeopathic tent and expressed resignedly, that "in spite of my best efforts the child was not responding and I am going with a sad heart that I could not help this child." He was a very lovable child and everyone did want to help him. During the HOMOEOPATHIC CASE INTERVIEW, we tried to understand the patient. He revealed to the Hom family physician that he was aware of the fact that his mother and brother were dead. He knew the reality, having overheard the conversation one day between his uncle and aunt, while he was supposed to be asleep. When he got to know, the child confessed later, he would cover the sheet over his head and weep silently and bitterly, but did not want his aunt /uncle to know that he knew, as they would feel bad! Slowly and gradually, as the boy slid more into depression, he became unable to make use of his lower limbs and could only move about on crutches, or if he was carried by someone. The face clearly showed his emotional state and gave away his remedy as well. Even cricket coaches tried to lure the boy back to normal activity but they failed.

### How To TELL HIM?

Everyone else thought he was not aware of the deaths, so the problem was how to communicate this to him. Meanwhile other counsellors were more sympathetic and showering affection on him. Understanding from his history that he was constitutionally *Nat-m*, the

Homoeopathic consultant tried to apply this knowledge to the handling of the child. Basic understanding of *Natrum*: *Natrum* patients are aggravated by consolation. They are easy prey to grief and find it very difficult to come out of the grief. They are more vulnerable to trauma of loss of love objects, disappointment and failures. They have problem of communicating with people. Wherever confronted, they go into a shell which is difficult for others to penetrate. Now it became obvious why earlier attempts at counselling had failed. Because sympathy and affection drew him further into his shell and depression. So even before giving the remedy, the Homoeopathic consultant decided a different approach of confrontation and provocation and ridicule. And it clicked! The child was able to take up the challenge thrown to him that he could not walk, felt more comfortable and able to deal with his emotions since no sympathy and consolation was forthcoming, and within 24 hours, he was able to walk almost 20 yards without the help even of the crutches. Earlier even with the crutches he was very reluctant to move. Then we could see the smile for the first time in the child's face. This confirmed the remedy beyond reasonable doubt. He was given the constitutional remedy subsequently. *Nat-m* 200 relieved his pain and discomfort and he was set on the path of speedy recovery. He even gladly went through the physiotherapy sessions. The instinct of survival was once again brought to life, after allowing him to deal with the loss of the family.

Homoeopaths can use Homoeopathy in strange ways to benefit patients. □

**"Silent gratitude  
isn't much use  
to anyone."  
- Gladys Berthe Stern -**