

A Case from my Diary.

DR. N. GHATAK, B. A., CALCUTTA.

Srimati Hem Barani Dasi, wife of Dr.....Das, M. B., aged 31 or 32 years, mother of three children, had been suffering off and on since her last delivery which took place in 1926, June. The delivery was natural, though the pains were intense and continuous for four days together. However, the lying-in-period was not much eventful, but it was found that, unlike after other previous two deliveries, she could not recoup her health, the appetite less than usual, and specially her mind got remarkably dejected, ostensibly for nothing. She was the sole mistress of the house, responsible to none, the income of her husband was also quite enough and to spare, but still her mind was gloomy,—she would not speak with anybody, even she was found to shed tears whenever alone. This sudden change gave an alarm to the Doctor and he sought advice from some eminent Allopathic Physician of the town who kindly recommended my name, as, he said, it having been principally a mental disease, Allopathy would do no good, and true Homœopathic treatment must have to be resorted to. I took the patient and made the following records.

Patient's Number, Name,—age, residential address &c &c, date 19.2.31. Mind extremely dejected, weeping mood (I marked her weeping when stating her symptoms). Asked as to what were her ailments, she said—"Headache comes in terrific shocks, esp. at about 10 or 11 in the morning, stupefying and blinding the eye-sight, aggravated by movements and light, ameliorated by applying cold water over the head and lying still in a dark room. Intermittent pains in the abdomen, cramping, stitching, drawing,—making me shriek and shudder, aggravated when constipated. Always constipated. No appetite, intense thirst,

4 to 5 seers of water I have to drink daily over and above the quantity I drink with my meals. Occasional palpitation, aggravated after eating and moving fast. (Then says, not really aggravated by fast moving, but just when the fast movement is finished and for some time after). I can weep for days together, if I am let alone and allowed to do so. I do not like my husband and children who were so dear to me. My husband so much loves me that he gets nervous at my present condition."

The patient finished her statement and then I elicited the following constitutional group of symptoms by questioning and cross-examining. "I must have to take daily two or three dips in cold water, I cannot avoid bath for a single day, as it would turn me mad and would intensify my present condition of ill health. Really, Doctor Babu, I have been living upon cold bath and drinking of cold water. Those two things are my only relief at present. I can avoid meals and I am much better if I keep fasting, as food upsets me for some time. I lie to the right more comfortably,—sometimes on my back, esp. when I feel aching in the small of the back. I catch frequent cold and my nose and eyes run watery secretions for a few days, then the coryza slacks up only to renew after a few days. Tastefully I take salty and bitter things. I am badly constipated. I have no liking for bread, meat or milk. I want juicy things to eat, warm dishes are more liked."

Upon an enquiry regarding her monthly courses, she said—"Nothing abnormal, the flow is as usual regarding quantum, consistency and colour. All my pains and aches and specially my mental condition awfully aggravate during the flow and that is all that I can say. Moreover, I feel a shivering during the first 3 or 4 days

of my menses and I take my usual cold baths only sparingly."

The above case unmistakably pointed to *Natrum Muriaticum*, and it was given in 1000th potency at 8 p. m. on 16th February, 1931. A serious aggravation followed on and from the 22nd, though a single dose, only a few globules dry on the tongue was administered. I waited to see that my patient was able to ward off the Homœopathic aggravation within 5 or 6 days, and she commenced to feel an inward calm by and by. The improvement was continual up to 15th or 16th of April, when the old symptoms appeared to come back with exactly the same totality.

On 19.4.31, another dose of the remedy was given in 5m. No aggravation came up, but a sweet and continued amelioration followed for about three months together, and the patient was almost all right, save and except a cluster of thick pustules like scabies which appeared on her two rumps, between the fingers and elbows. They appeared and remained to stay and so I had to give in one course a few graduated doses of *Sepia 1m*, and that completed the cure. The Doctor said—"I shall ever be thankful to you and to your Homœopathy that can work so fine etc."

It should be remembered, that in the greater prominence given to some symptoms by the inflammatory action, we may obtain a clue to the true homœopathic remedy for the whole case—at least for the remedy most completely indicated at that time; and which, being given, must be waited upon until its action is nearly exhausted, before another prescription is made.—H. N. GUERNSEY, M. D., 1866.