

Case 1: Lichen Planus

Abstract: This case of Lichen planus. is compared with the next case of Diabetes. Both the cases give a beautiful insight of our Materia Medica which is so similar and yet so diverse. The subtle differences in the cases are brought out well thus differentiating two great remedies and thus providing what is truly called beautiful learning.

DR DELNA TARAPORE

Patient Mrs S K living in Bangalore, Hindu, Married, has 2 daughters, came to me with complaints of extensive skin rash.

CHIEF COMPLAINTS

LOCATION	SENSATION	MODALITIES	CONCOMITANT
SKIN: Abdomen, Trunk, Legs, Forearms Since June 2008 Forehead since 6 weeks	Small pea sized brown eruptions, maculo-papular, single, scattered. Itching ² , dry up and becomes red, leave a scar. Very dry skin. Diag: Lichen Planus	A/F stress > when occupied > when asleep > by applying body lotion	

ASSOCIATED COMPLAINTS

LOCATION	SENSATION	MODALITIES	CONCOMITANT
MOUTH: Gums Since few years LARGE INTESTINE ANUS Since 2 nd delivery	Bleeding Piles		

FAMILY HISTORY: Elder Br: 47yr, Triglyceride levels increased, HTN. Fa: Died at 77 yrs in 2000, in sleep with H/o of heart attacks, hemiplegic stroke in 1992. Allergic to sea food, H/o skin problem.

Mo: 70 yrs, healthy, H/o TB in 1997. PGF: Died of heart attack, in 1962. PGM: Died of cardiac arrest. Maternal grandparents died before her birth.

PAST HISTORY: Measles 4 yrs, Chicken Pox 5-6 yrs, Mumps 12 -13yrs, German measles 20 yrs, Herpez Zoster 25 yrs in 1989, Surgery for ectopic pregnancy and H/O miscarriage.

PATIENT AS A PERSON

BUILD: 5'3", petite, very active.

APPETITE: Good, Non veg, wine drinker only socially and not more than 2 glasses.

CRAVINGS: Sweets³ (esp before periods), only dark chocolates³

AVERSIONS: Spicy food³, sour³ (as in sour fruits), ice creams², milk³, paneer³ (No dairy products as < swollen up face)

THIRST: 2 lit/day

BOWELS: Regular 1/day

URINE: 5-6 /day

PERSPIRATION: Profuse in axillae³, Nose², non-staining, non offensive

THERMALS: C3H2

SLEEP: Refreshing, very light, awakened easily since childhood even without alarm, but peaceful sleep.

DREAMS: Not scary. Of famous people eg Oprah Winfrey

MENSTRUAL and OBSTETRIC HISTORY: H/o FMP at 13yrs, regular 28-30/5days, heavy only 3 days.

PMS ++ before 1 week, short tempered and Cr for sweets². LMP: 11/8/08

Life Space Investigation

A 44 yr old lean, fair, lady with short very grey hair from Coorg came alone for consultation. Short and was wearing a clean grey trouser and dark green sleeveless kurthi. She looked a very bold lady, spoke clearly and confidently through the



interview. Looked very embarrassed when she broke down and wept bitterly.

This narration is in the first person, done by the patient herself.

Pt: At the moment what bothers me most is this rash that I have on my skin. Have been to a couple of dermatologists who have prescribed ointment and they have put it down to is stress being the main cause. But I do not think that I am very stressed, I have the usual problems of a wife, mother and being a woman....

Other minor health problems that I suffer from time to time are bleeding gums and piles/fissure.

LIFE STORY:

I am the second child. Have an older brother (47 yrs). Was born and brought up in Pondicherry. Moved to New Delhi for further studies and then to USA. Travelled widely in US and Europe. Returned to India and got married, lived in New Delhi. Moved with husband to the Gulf and spent the next 17 years there. Relocated to Bangalore in June with the 2 girls due to the elder girl's final year at school (12th). Husband still in the Gulf. I am a qualified French professor and started off by teaching French while in India. During my stay in Abu Dhabi, I worked in a French Defence Company for 10 years, in HR. It is a highly stressful and demanding job but I enjoyed every minute of it. Quit when I had my second child.

FAMILY MEMBERS: Youngest of 2 children, 1 boy and 1 girl. Husband was 17 years when I met him. Not from the same community. Met while in New Delhi. A highly successful man and presently the General Manager for a firm in the Gulf. He is an extrovert, very social, generous and helpful person. On the down side, very lazy, a big drinker and overweight. Hates to be alone. Very possessive and jealous when it comes to me. Not very involved in his children's lives. I am the one who makes all the decisions and take care of all their studies and activities. But loves his kids. I am the one who is strict about their upbringing and their needs.

1st Daughter, 16 yrs. Born and brought up in the Gulf. Sent her to boarding school in Bangalore when she was 13. Presently going into her final

year. Very social, helpful and a loving girl. Adjusted very well to boarding school. Did not perform very well academically in the first couple of years but has improved since then. Very distracted by other activities and friends. But a very well brought up girl (if I should say so myself). As I have moved to Bangalore, she will stay with me and attend school as a day scholar.

2nd Daughter, 4 yrs. Not planned and was born 12 years later. Born in Gulf. Youngest among the family as well as friends kids, so pampered. A very entertaining girl like her sister and adores her too. No problems between the siblings. They love each others and have a great time together. Voluntarily gave up my job to look after her and have no regrets about it.

I now only have my mother -70 yrs old. She lives alone in Coorg. A very active and fit person. My father passed away in 2000 of a heart attack in his sleep. My only other sibling is my brother who also lives in the Gulf with his family. We get along great and he is a good friend of my husband too. He has 2 sons and the cousins get along great too.

MENTALS

Practise Yoga regularly and would like to pursue other physical activities but due to the younger daughter can't attend anything.

Practical person, can deal with all situations without panicking. Very honest and truthful and hence very forthright about feelings for people and situations. Not a demonstrative person. But care about loved ones and spend time with them. Have achieved all that I wanted to and traveled to US, Europe and other countries as a student before marriage. Then had kids so now focus is on kids, their studies and activities. Like to socialize. Relations with husband are strained for a long time but now concentrate on the kids. Have no enemies. Love being by myself (though do get much chance to do that). Love to read, watch good movies, listen to music all by myself. Enjoy the company of friends and would rather go out and travel with friends than as couples.

Independent person, educated herself and is financially independent. Does not like to be

controlled by anyone and does only what she thinks is right. She is quite a disciplinarian and will tick off other people if it affects her directly. Very discrete and confident. She finds strangers confiding in her, is a good listener, very polite and respects all and not biased to caste or religion. She suppresses her feelings. She can be happy in any situation. She is very optimistic and is cheerful. She has seen so many people suffer that she feels her suffering is just not worth even thinking about. Is happy and satisfied. She has been accused of being a fatalist but I think it is our Indian way of thinking that "*Que sera sera*" - what will be will be. She hates sex and avoids it at all costs. This is a major issue in their marriage. She realizes that men are interested in her but does not encourage nor flirt with them. She does enjoy their company at parties and enjoys a good conversation with interesting persons be it a man or a woman. She gets bored very easily by a situation or a person. She has noticed that when she is interested in something or someone, she will show a lot of interest and once the novelty wears off, she is no longer interested.

She married a Malayalee (who was a divorcee) but there was no objection from the families, Even though he was a divorcee with 2 children, who lived with their mother and they were not in touch at all. She said since the children were not there with him it did not affect her much. Just had to convince her parents about it, then it was ok. After marriage pt went along with her Husband to Gulf. There after living there for sometime pt realized that there is nothing in common between them. She is very active, liked to travel, read books, likes movies (comedies) etc. H liked to sit and watch TV and did no reading etc. So there were clashes. He never offers any help to manage the house. She did it on her own. But he is very good in other ways, like very successful person at work and gets lot of gifts for her. Pt appreciated his generosity to her and to others also. He loves their two daughters (born to her) but doesn't do things like taking them out for family outings, etc. Pt has to manage them and to take them out alone even for

holidays. He likes to sit and watch TV instead of taking the children out and spending time with them. Pt feels terrible about it and wept³ while narrating all these. She has lot of friends but, earlier H used to get inquisitive and ask about them in a suspicious manner it used to irritate her so she kept a distance from them and in the process she has lost many good friends. As she kept narrating she kept weeping / sobbing, so had to give pauses in the interview. Now she often regrets it, has decided that she had enough and managed to shift from Gulf to Bangalore, under the pretext of the daughter's studies and now for past 2 months stays in Bangalore alone with her 2 daughters. Moreover, she had totally lost interest in sex, so it hardly happened. As H has a snoring problem and for pt her sleep was very light and would need to sleep well, as she had very hectic work ahead, so patient moved into the children's room in Gulf. And finally all this put together pt decided to shift to Bangalore, as she knows she's capable of doing everything with out anybody's help.

Her Father was also very laid back, not very social, did not like gatherings and remained in the same job till his factory closed down; then left for Coorg. Mo was a very strict disciplinarian, but very caring and patient owes a lot to her. She was strict for timing when she had to be back home etc which she resented in those days. The only unhappy part of her life is relationship with husband. Does not have anything in common. Does not have the same attitude in life. She stuck on not so much for the kids sake but because she knew that it will destroy him if she walked out with the kids. He is obsessed with her, wants to control her and in short he suffocates her and she feels she is his entertainment as he has no hobbies that he pursues although he is extremely talented painter and has an eye for decorating. But he's just too lazy to do it himself. Loves to delegate which upsets her. He is now full of anger and feels that friends and family take advantage of him. A very unhappy person, so he drinks more. As far as society goes (not that she cares) she has temporarily move to India for the kids education. He is obviously miserable as he



hates to be by himself and wants to be constantly surrounded by people. He loves to have an audience and is a good, 'raconteur'. Can talk for hours together which put her off at parties. He loves to boast. She blushes and wants to disappear when people talk about me or praise what I have done..
 "Thank you, doc. This has been like therapy as I would never have said all these things to anyone. I do not keep a diary as would never want anyone

reading about my personal thoughts"
Pp/OBS COMMENTS: *She was always very prompt for her appointments and looked every bit of the super efficient woman she strived to be. During the interview she was initially very guarded about personal info and opened up only after there were assurances from the PP. Patient wept bitterly while talking of her personal life.*
 Remedy prescribed was *Sepia*.
 She did very well under it.

Case 2: How could I have ben so blind?

A 40 yr old female, Dr AS came to me on She lives in Bangalore. Divorced since 2006. Religion- Born Hindu - Brahmin, Married to a Muslim, Reverted to Hinduism.

CHIEF COMPLAINTS

LOCATION	SENSATION	MODALITIES	CONCOMITANT
GENERAL Since the age of 16	Obesity		Treatment: Medicines, gym, yoga, swimming, fasting. Operated for : Stomach banding. Report enclosed
Pancreas Since a month	Sugar??		
LOWER EXTREMITIES Since 15 days	Knee pain < travelling		
GIT Since few days	Hiccups		

PAST HISTORY

Earlier had acidity but not after Stomach banding (done in 2007), itching around genitals.

FAMILY HISTORY

Father: Diabetes, died after third Myocardial Infarct.
 Mother: Operated for Hernia, oophorectomy done and a recent heart circuit related operation, Hyperetensive.
 Brother: DVT 2 years back

PATIENT AS A PERSON

APETITE: Vegetarian- Consumes eggs occ.
ADDICTIONS: Tea- 2/day, Coffee- 2/day, Beer, Wine, vodka - quite often
CRAVING: Salty³, bitter taste³, bitter gourd³, ice cream³, fried food², milk and milk products
AVERSION: Sour², lemon and vinegar
FOOD: These days (after knowing about sugar) nothing is enjoyable
 No special aversion towards any food
THIRST: 6-7 glass/day

BOWELS: Reg, 1/day (Since a yr alternate loose and hard motion)

URINATION: 4-5 times/day

PERSPIRATION: Excessive³ in Delhi, whole body, face, hair line³, axilla and back; In Bangalore on face².

THERMALS: Hot patient

SLEEP: Good, refreshing, 10 pm – 6.30 am

DREAMS: Lot of snakes³, lot of shit², scary dreams

MENSES: Regular, 3 days of normal flow

LIFE SPACE INVESTIGATION

A fair and fat but cute lady, came with her colleague-working with her. Waited very calmly and was very friendly even with the observer.

Pt was born and brought up in Delhi. Father was a Gynaecologist and mother was a Gazetted officer. She is the elder of 2 children and only has a younger brother. Pt was not very studious and hence did not take up science, so could not become a doctor which her parents wanted her to be. However she wanted to do her MA, M Phil and Ph D. While she was doing

her MA she became very friendly with a Jordanian national who was a Muslim. Initially it was a competition in studies with him. So they used to study hard and she would help him as he was not so good in English initially. While pt was doing MA her father passed away and pt was emotionally upset. After her father's death, they did their M Phil, in 1995, by then they knew each other for 7 yrs, as he had come to India in 1988. As he was doing his Ph D with the help of pt and 1995 pt's brother was planning to move to Australia, so before he left, pt decided to get married to her Jordanian friend. They got married with the help of her family and friends and she converted to Islam for the sake of easy migration and to make him happy. After marriage she stayed in her mother's place till they left for Jordan.

After reaching there, pt realized that whatever husband had said about his background was not true. He was not very well off, his family was staying in village and they were not of good culture. Pt had to tolerate everything for the sake of her husband as he was of a dominating nature and if she refused, he started torturing her eg being a Brahmin she was a vegetarian but forced her to eat meat and sprinkled the blood of the animal on her to get her to eat non-veg. It was a shocking situation and since he did not have a job, they stayed in his sister's place and so she lived on their mercy. Pt tolerated all these difficulties as he kept giving her false hopes that they would be moving into their own house soon. Initially, she did not know the language but soon learnt Arabic, then discovered and understood a lot more clearly what was the reality. He used to insult her, esp about her looks as she was always fat but now was even more, and would blame her for her fatness. He made her take up a job and she was working hard and by then she was pregnant.

Then he said he was not getting good job as he needed to do his PhD. As he had submitted his Ph D thesis but the University in India did not accept that, so he came down to India and as pt also was pregnant they both came to India. Here he was better with her as she worked with him for his Ph D and he wanted to finish it in minimum time so made her

work like crazy, yet supported her in front of her mother. So they stayed here for 2 yrs, and they studied together so pt was literally working whole day for both the thesis, but as he was very polite with others at home, all liked him a lot, so nobody believed that he can be such a person. He even made her change the tyre of the car, when she was 8 months pregnant.

But again after the child birth she had to go back, as husband pressurized by then he had got a job and built a house, and apparently fulfilled all her conditions. But after reaching Jordan she realized the house was just 4 walls and nothing in that, in a village and he was not providing her anything and was again treating her very badly. He was very bad tempered and would torture their son also. At this she was very upset and decided to leave him and the country. But he wanted a second child as he wanted more children but would not plan about the future or how he would provide for them. He accused her of not being polite to his family and when all her requests to him to change failed and he would not let her walk out of the marriage. So finally when it reached her threshold and physical violence started, she decided to leave and confided in some Indian friends there. With the help of her friends and the Indian Embassy, one day while he was at work, she packed few things, took a flight and reached India in 2005, along with her son. She had given a police complaint on arrival here as she was worried he would kidnap their son just to trouble her and so put the son in a boarding school. She got support from her family and friends once here and then she filed for her expartate divorce and got it as in due course, as there was no communication from his side ever since her return here. And now she is fighting for the custody of the son again fighting expartate, as her son is most precious to her now.

She took up a job in Delhi University. Here, being known that she is a divorcee, she faced sexual harassment from one of her seniors. On this issue she decided not to keep quiet, so with the help of media and friends, she fought for her rights as a citizen. In due course, she got justice, did her Ph D and then left Delhi for work in other cities. She first



started as a lecturer to make her living and to make her son's life better. Now her main aim is to bring up the child in a better way, make him a good human being, but feels she is drained both emotionally and, physically and her diagnosis of Diabetes was like a shock / deterrent in fulfilling her dream. She wept bitterly at different points in the session - eg when recounting the hardships inflicted by her husband on her and at the news of her disease. She feels she was not so worried about the breakup of her marriage, but for being stupid enough to have trusted him so much. She felt so let down and cheated by the one man she loved. Typically, when she is upset she goes into a shell, and tries to solve the problem by herself and others will have no idea what she is dealing with. She weeps, always alone, more due to anger and frustration but other wise is a socially active person and likes to dance and party.

PHYSICAL DESCRIPTION:

An obese but beautiful woman
Emotional nature and intellectual attainments- Very positive, effervescent and mature
Enjoy my responsibilities towards my son, brother, mother and friends Addicted to laugh and smile, generally do not carry tensions

REACTIONS:

Mostly handles situations very positively, present medical condition has scared me.

TREATMENT:

Nat-mur 200 - 1 dose

The patient responded with the first dose of *Nat-mur* 200; her blood sugar levels came from FBS=194 mg% to 158mg % and PPBS =235 to 200 mg% and subsequently FBS came down to 133, 128 and 115 mg% in 3 months.

Comparative Study Of The Psyche of these 2 Women and their Psychological Expression:

These 2 cases provide an interesting comparative Materia Medica study of the 2 remedies as both present clear drug pictures as described in our Homoeopathic Marteria Medica .. Both came from an upper middle class of similar background of educated,,broad minded parents,who gave their children a sound education and good "middle class" moral values,,encouraging the women (in

other words the girl child) to study right upto their Masters /PhD levels, marry the man of their choice even if he was from a different community / religion, allowed their daughters' foreign travel before /after marriage. Both women are very devoted to their children's education and growth; both have unhappy marriages. But the second one was so much in love with her Jordanian friend, that in her eyes, he could do no harm,and bent over backwards helping /supporting him in his studies and was loyal to him for 11 yrs going through all that he meted out to her, hoping things would improve one day,but she took time to see through him and finally when saw his real "face", love turned and she left him forever, cutting off all ties, taking along his son which he would otherwise never have given her ! And nurturing a vengeance inside her to show her 'H' someday, what a fine lad she'd made him into without a *naya paisa* from him. The son also has never shown any curiosity or desire to go to his Father — Now isn't that a drug picture of *Nat-mur*?

Where as given *Sepia's* powerful intuition warned her of the incompatible nature of her to be H, which she ignored and married him. Being the free spirited Cuttle fish who rebels angrily if suppressed by an affectionate, over- possessive, dominating H, she escapes to India,where her suppressed emotions surface as Lichen planus and gets localized on the trunk which is usually specific to female apparel!! She is a super efficient, career- oriented woman, loving and caringly responsible to her children, without stifling them. She does not need a man hovering around her. Now that she has completed her biological need and responsibility of procreation, she feels indifferent to him and restless to move on. That is the *Sepia* we know — independent, capable, responsible, intelligent, shrewd, agile, always active (in physical activity, dancing, swimming etc),must move to feel better, loves her freedom,and will grant others theirs and will fiercely guard any intrusion into her space!. So both these women with apparently very similar stories, but a very different evolution make for an fascinating study to understand the psyche.