

# The Aggrieved One!

47 years old female. Muslim. Housewife. Residing at Bandra came with the following:

## CHIEF COMPLAINT

- 1) Low Backache and Pain in all Joints: Over the years all joints are affected, Pain, Numbness, No redness, Stiffness +. Swelling. < cold water, winter<sup>3</sup>, am, > warm water.
- 2) Since 2001 Lt inner Cheek: Aphthae, Burning < spicy, < hot, > cold. Since 04 Rt inner cheek +.
- 3) Rt sided occipital pain radiating to Rt hand since Feb 05.
- 4) GIT since 03 Retrosternal burning, Choking sensation, Eructation sour liquid, Regurgitation. < hot and spicy. Endoscopy: Grade 1 Reflux esophagitis. Flatulence < am, eating after.

## PATIENT AS PERSON

HT: 5'6". WT: 69 kgs. SKIN: Fair.

PERSPIRATION: Less. Non-offensive. Non staining. More on scalp.

HAIR: LOSS++.

TEETH: 2 EXTRACTED.

APPETITE: Normal.

CR: Sweets<sup>2</sup>, chicken<sup>3</sup>, fish, vegetables<sup>3</sup>.

AVERSION: Spicy<sup>3</sup> THIRST: 5-6 glasses/day

STOOL: 2/ day. Hard<sup>3</sup>, straining.

URINE: 1/3 hrs, after delivery has to rush, cannot control.

MENSTRUAL HISTORY: Menopausal since 01.

P/H Regular: 5/30, Flow +++.



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OBSTETRIC HISTORY: G2, P2, L2, A0. 1<sup>st</sup> delivery was a forceps.

DEVELOPMENTAL HISTORY: Normal.

SLEEP: Normal. THERMALS: C3H2.

FAMILY HISTORY: Nothing Significant.

PAST HISTORY: Malaria, Uterine Kochs treated 1 yr.

## DAILY ROUTINE

4.30 am: Wakes up.

4.30 am - 6am: Bath, prayers.

6-9 am: Sleeps.

9am: Wakes up.

9-9.30 am: Breakfast.

9.30-12.30 am: Cooking.

12.30-1.30 pm: Cleaning.

1.30-2.30 pm: Sleeps.

2.30-6 pm: Household Work.

6-8: Prayers.

8-11.30 pm: Watches TV.

11.30 pm: Sleeps.

## LIFE SITUATION AND MENTAL STATE

Anger<sup>3</sup> trifles at. Weeps<sup>3</sup> trifles at. Brooding<sup>3</sup>. < Consolation<sup>3</sup>. Affectionate. Fastidious<sup>3</sup> Plans ++. Obstinate<sup>3</sup>. Anxiety<sup>3</sup> anticipatory. Indecisive. > Company<sup>3</sup>. The patient had only 1 daughter who wanted to study abroad. Patient's husband had always supported the brother-in-law and helped him to settle in US, at the cost of his own family. This BIL had promised that he would look after their daughter's foreign education. Now he has turned turtle and refused to take the responsibility. This aggravated the patient's condition very much. She felt cheated and worried about the daughter's future and very depressed. We took a couple of counselling sessions: finally finding a way out - taking loans for the education which are easily available today. So many children go to US with no

family support. Admission has already been obtained, so why should she not go? A few years of penury will be a small price to secure the future of the daughter. At that time she required a dose of *Ignatia* to set her right. The next week she came back smiling and much relaxed. The remaining part of the treatment is outlined below.

**REPERTORIAL TOTALITY**

- RM 1034 Dominating
- RM 1109 Suspicious
- RM 1086 Obstinate
- RM 1063 Indecisive
- RM 1022 Crying, trifles at
- KR 0010 Brooding
- RM 1043 Fastidious
- RM 0997 Anticipatory anxiety
- RM 0531 Cr chicken
- RM 0542 Cr fish
- RM 0546 Cr sweets
- KR 0482 Av spicy

- KR 1299 Perspiration
- RM 0714 Headache < sun
- RM 697 Headache < afternoon
- RM 1513 Vertigo < headache during

**PLAN**

- ACUTE: *Rhus-tox* (joints) *Hep-s* (throat)
- CONSTITUTION: *Nat-sulph*
- INTERCURRENT: *Thuja*

**FOLLOW UP CRITERIA**

- 1) Aphae OD
- 2) Fingers Pain < am
- 3) Headache 3/mth
- 4) Fungus External Ear
- 5) Stools hard OD
- 6) Eyes Baggy Swelling Lower lids
- 7) Knee Pain OD
- 8) Rt shoulder Pain OD
- 9) Backache OD
- 10) Ears Whistling OD

**FOLLOW UP**

DATE	SYMPTOMS	1	2	3	4	5	6	7	8	9	10	TREATMENT
30/11/04	Irritable with bowels concomitants. (specific given)											<i>Nux-vom</i> 200 1 <sup>st</sup> dose
07/12/04	Backache <sup>1</sup> (not much amelioration)	+	L9	+/3d	+	L5	+	+	+	+	+	<i>Rhus-tox</i> 200 7 doses
14/12/04	Acute not helping chronic	L9	L8	0	+	0	+	+	+	+	+	<i>Nat-sulph</i> 200 1 <sup>st</sup> dose
21/12/04	Throat pain with green expectoration. Chilly <sup>3</sup> . Fever. Cough. Joint pains < Monsoon. (acute)	L8	L8	0	0	L6	+	+	+	+	+	<i>Hep-sulph</i> 200 QDS
28/12/04	Throat > Follow with IC & C											<i>Tub-b</i> 1 M (1) <i>Nat-sulph</i> 200 2 <sup>nd</sup> dose
04/01/05	> marginally. Requires repetition	L7	L7	L2	0	N	L4	+	+	+	+	<i>Nat-sulph</i> 200 3 <sup>rd</sup> dose

15/02/05	Slow Improvement. More repetition required	L5	L5	0	0	N	L6	+	+	+	+	Nat-sulph 200 HS (7)
08/03/05	Was > 70% till took Nat-sulph HS. Right Shoulder Pain radiating to Occipital < turning on sides, < am, < talking. (acute)	L5	L5	+	0	+	L8	+	+	+	+	Cimicifuga 200 QDS
15/03/05	No >. Pain acute (wrong acute)	L5	L5	+	0	+	L8	+	+	+	+	Bry 200 7 doses
22/03/05	Backache < walking. Neck pain >+. No stamina. Acidity <sup>3</sup> . Burps <sup>3</sup> . Flatulence. (Better but +-ct the Rx)											Bry 200 7 doses
25-03-05	Counselling session-Pt came looking very upset.(see life situation)											Ign 1M- 1 dose
29/03/05	> <sup>3</sup> . Ears whistling <sup>3</sup> . Neck pain L5.	L5	L8	L2	0	+	L8	L8	L8	+	+	Thuja 200 2 <sup>nd</sup> Dose Bry 200 6 doses
05/04/05	Neck pain > 80 %. Apthae. Increased < pani puri(spicy).											Thuja 200 2 <sup>nd</sup> Dose
10/05/05	Backache > 40%.											Nat-sulph 200 (1)1 dose
28-6-05	Backache L5											Nat-sulph 200 3 doses
05-7-05	> +	L5	L8	L5	0	L5	L3	L5	0	L5	L4	Thuja 200 3 <sup>rd</sup> Dose Nat-sulph 200 3 doses
02/-8-05	Backache L2 Backache >.	L2	L2	L3	0	N		L3	0	L2	L1	Nat-sulph 200 3 doses
10-8-05	Apthae >.											SL

**CONCLUSION:** A client has to be handled from all fronts-social, emotional and physical. Counseling here played a great role in taking care of her emotional upset and solution for the family. And at that period acute remedies did not help. Then the constitutional remedy after the

phase remedy took care of all the aspects. The only fall out was that she asked the doctor to cut her fees by half! After all the doctor herself had suggested to take a loan on monthly installments!

