

Visa to good Sleep

One of the least glamorous systems of the human body is also a big advertiser for the efficacy of the Hahnemannian doctrine of Similars...yes I am referring to ENT, that bane of mainstream medicine that usually advocates surgery whereas even a neophyte in Homoeopathy will show miraculous cures by diligently following the Master.

A good night's sleep is as important for the student or the harried housewife, as it is for the high profile businessman. Snoring, blocked nose, sneezing, constant mucus in the throat are some of the mundane problems that affect the quality of that all-important daily journey to snooze land. I wish to share with you a few efforts to remove some of the roadblocks homeopathically-swiftly and gently.

Mr S, a stocky, 55 yr old entrepreneur came with a nose-block since 4 mths, that affected his sleep. Missed sleep meant a bad day at the factory, which for this small-scale industrialist, was disastrous. This ambitious engineer had set up the factory against all odds and he was not going to throw it all away to a nose block and sleeplessness. He tried various means of solving the problem, but to no avail.

The nose block was present all the time < during sleep especially if under the fan. Also ears blocked with a constant buzzing sound, sometimes his own voice reverberated. The painless block would come and go by itself. There was no mucus present anywhere.

Sleep was disturbed by "snoring" ...his attempt to clear the nose block and he could not sleep again. He was scared of going insane due to lack of sleep. By evening, the tension would build up and the fear would set



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in... "Will I get sleep tonight?" So tranquilizers became a habit.

On the PHYSICAL FRONTIER: Urge to go to stool immediately after eating with no discomfort; urination frequent at night especially with inadequate sleep; loves pickle, but very careful with diet since IHD 10 yrs ago; no alcohol/tobacco; thirst normal; bath according to weather. Sweat, non-odorous/staining was excessive all over especially scalp, provoked by the least exertion, irrespective of the weather. He repeatedly said that he felt good after sweating so would use the A/C very sparingly. He always liked the breeze, but his nose would close up with the draft at night! Medium cool climate was his preference and he loved the rains. He walks daily

PAST HISTORY: Smallpox as a child, tumour in liver surgically removed during childhood, mumps in 1971, HT since 1984, periodic dry cough/colds for past 4 yrs.

FAMILY HISTORY: M- Ca skin of face, surgically treated and survived for 30 yrs subsequently. She had NIDM at the end of her life.

Si: died at age 34 of chronic Schizophrenia.

P/E NAD. Echo-cardiogram of last week-thickening of septum and hypertrophic cardiomyopathy with mid-ventricular obstruction out of proportion to systemic hypertension.

BLOOD CHEMISTRY: Mildly elevated LDL

AS A PERSON: Very positive in life. Since childhood dreamt of having a factory. After working for several years in a MNC, started from scratch and is now reputed in his field. Now, with one attack, he feels he is unfit for business. "Today honesty has no value." Likes company, but will not go out of his way to cultivate friends. Used to be very jolly, but has become very serious now. Was short tempered earlier. He does not get irritated for trifles, but on larger issues: Can express his opinion easily. Can be a patient listener and has a

loyal band of workmen. Principles in life are important for him.

He is close to his siblings, has a happy family life and is always ready to help the needy. He does a lot of charity quietly. Prays daily and believes innately that the power of the divine will never let anybody down. He attributes his success, after an initial turbulent period, to his favourite God. His favourite mythological characters are *Karna* for his largesse and surprisingly *Ravana*. He admires *Ravana's* "Bhakti", his ability to concentrate, meditate and get all his vast powers through his prayers.

Fear of a totally closed dark room, surgery, not getting sleep at night and so going insane. His sister's illness started with sleeplessness and he vividly recalls her last stages of struggling with her mental illness.

ANALYSIS

This stockily built man had good eye contact, expressed himself easily, sat comfortably and exuded a quiet sense of power. The disproportionate fear of sleeplessness resulting in insanity, profuse sweat that did not bother his determination and boldness to venture on his own despite a well paid job and that too in middle age, were the key to his case. As the nose block was the presenting symptom, the big 3 of nose obstruction at night somehow did not seem to fit. He had too much energy for *Am-carb*, too bold for *Lyco* and no lifestyle abuse for *Nux-v*. A small remedy that covered the nose block and the profuse sweat not bothering him was *Sambucus*. I was also thinking of *Opium* "fear of fright remains" and *Merc-sol* that also seemed to cover the rest of the case. A quick reference to the *Materia Medica* made my choice clear as the discomfort for which the patient came was of primary importance.

7/5/02 *Sambucus* 200 7p OD

20/5/02 Nose block >, ear block > Sweat > even on scalp, fear, urination frequency same-*Sambucus* 200 7p OD

15/6/02 Noseblock > not constant now. Sweat >. Fear less yet still on sleeping tabs-*Sambucus* 200 15p OD

24/6/02 Sweat on scalp minimal. Now sweat on face

++ so daily cold with blocked nose. Fear still same. So now I decided to do something about the fear-*Opium* IM 1p SL 14p OD *Sambucus* 200 in bottle as SOS.

12/7/02 Fear >. Has halved the sleeping tab dosage and is confident of giving it up. No cold. Noseblock still present. Sweat all over not so profuse. *Opium* IM-1p SL 20p OD

12/8/02 Was fine till the medicines were on. No noseblock!! Able to sleep better and took sleeping tabs on alternate days. Gradually since last week, all symptoms returned-no sleep at all last night, fear of insanity again, nose block returned: *Opium* IM 1p od *Sambucus* 30 6p bd SL 6p OD *Sambucus* 200 3p OD

29/8/02 Cardiologist happy with progress. Now only on antihypertensive OD. Nose block improved considerably, frequency less and also lasts for shorter periods. Some nights nose completely open!! Sweat >. Since 3 days old symptom of ear block and noises disturbing sleep < left, night, lying on either side. His old fear was slowly returning.

Though, according to Herring's Law, he was probably getting better overall yet if I did not intervene then his overpowering fear would spoil the progress. It was a tough call. Schroyen's Repertory was consulted pg1438 Sleeplessness, frightened easily *Chin*, *Rhus-t*. The rest of the rubrics for the local problem did not seem to indicate any related remedy. *Chin* 200 6p OD. At this stage, I selected *Chin* as I felt that the action of *Sambucus* was over. He still kept harping about ear-block and noises. *Chin* covered this and also sleeplessness and fright.

16/9/02 He telephoned to say last medicine very good. Nose block 95% >, only returns if sleep directly under the fan. But ear block and noises still present. Sweat >. *Chin* 200 4p weekly twice.

5/11/02 Nose block >. No discomfort due to it. Ear block and noises > Sweat >. Now sleepless due to excessively gassy abdomen. Abdomen feels full, appetite lessened especially dinner gas accumulates < night. No extra tension at home/factory Schroyen's Rep pg

726 abdomen flatulence, preventing sleep has only *Kali-mur*. *Chin* 200 6p BD *Kali-mur* 6x BD

3/12/02 Report: Last medicine no difference. Though sweat OK, nose block gone, but ear block/noises back. Abdomen still distended often and sleep erratic so back to the sleeping tabs. Overall fear >. On closer questioning the hurried, fast eating seemed to result in the gassy abdomen.

I looked again at the case: draft <, cool >, night <, rectum urge, eating after; sweat, profuse; sleeplessness,

fear of it; desire spice. Bold, natural leader. Stocky; natural discharges > the totality was unmistakably *Sulph*. Murphy Rep pg 487 Ear stopped sensation, pg 422 ear noises had *Chin*, *Merc-s*, *Sil*, *Sulph* prominently.

Rx *Sulph* IM SL 20p OD

6/01/03 Report No Fears, No Ear Noises, nose block occ but not bothering him, SLEEPING WELL.

So this demonstrates how even a small remedy does wonders. But the cure is lasting only when finally followed up by the constitutional anti-psoric.

Polyp Magic

Mr M M, 25, an engineer, complained of stuffy nose, which was blocked all the time, requiring to breathe through the mouth. He had a spongy white growth in the left nostril and a smaller one in the right. Also suffered from constant colds, with watery discharge, which usually progresses to cough with sore throat and wheeze.

He was allergic to fumes, during Diwali by firecrackers and bonfires.

APPETITE: Good. DESIRES/AVERSIONS: Nothing specific.

STOOLS/URINE: No complaints. SLEEP: Good.

MIND: Idealistic, helping tendency, loves music careful with money.

Takes mothers opinion about what clothes to wear, but makes his own decisions regarding his education.

PAST HISTORY: Measles

FAMILY HISTORY: GM-BP, DM, dead
GM-DM, died of gangrene.

TREATMENT:

3-11-99: *Kali-bich* 1M 3 doses one/day

20-11-99: Reasonable improvement, pt feels much

better. *Kali-bich* 10M 1 dose (Repeat due to polyp pathology)

24-12-99: Left polyp marginally shrinking in anterior portion. Still spongy white. Sneezing better. Has cold and cough, but this time without throat involvement.

Hippoz 1M 1 dose; *Kali-bich* 10M after 15 days.

31-1-00: Slight improvement. Shrinking slowly; *Calc-sil* 10M [The acute has done its job, now time to give constitutional]

Calc-sil according to Kent's constitutionally tough, openly never defies but still pursues his own interest.

22-3-00: Running nose with watery discharge, polyp shrinking, breathing difficult now only on some nights, overall improved; *Calc-sil* 10M 1 dose

9-6-00: "Definitely much better". Feels good for 6 hrs at a stretch. Able to breathe through nose at night. No more mouth breathing. *Calc-sil* 10M

1-8-00: Left nose: mucous discharge stringy, but no block. Rt nose normal. Leaving for USA with *Calc-sil* 10M 4p one dose/week.

18-5-01: Comes back from USA for few weeks. So far no complaints. Left nose NO POLYP. Rt nostril-Upper inside small polyp remains. *Calc-sil* 10M 1 dose

9-6-01: Leaving for USA. Wants medicine for 3 mths: *Calc-sil* 10M 3p 1 dose /month.

Till date he has had no return of the problem.



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