

The Angry Young Girl

ABSTRACT: A case of an angry young girl who always wanted her way. The Homoeopathic treatment ameliorated her not only at the physical level of anorexia & PMS but there was a great transformation from the angry, anxious person to a calmer active one.



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CHIEF COMPLAINT:

Patient named Ms APS aged 18 yrs, came to us with the complaints of various symptoms and mood changes before menses. She also complains of sinusitis and headaches which are quite frequent. Ref: Reg No- S/49/08 Dt 12.04.08

No	Location	Sensation	Modality	Concomitant
1	FGT Since 1 yr	Pain abdomen	< during menses > after vomiting > hot ³ > sleep ³ < morning > black grapes	Vomiting Headache
2	MIND Since 1 yr	Mood changes Anger & irritability Desires to be lonely, Doesn't feel like talking to anybody	A/F approach of menses. < 4 days MB	Weakness Cr: chocolates ³ Lethargy
3	NOSE Since childhood Initially 1/m Now 1/2m, lasts for 10 d	Nose block Watery discharge	< cold ³ < sleep ³ > day > sneezing	Mouth breathing
4	HEAD Since 10 months 1/w lasts for 2d	Pain Pulling sensation Giddiness, nausea, feels hot	< noise ³ < sun ³ < cold > lying on r side > pressure > holding the head < MB	Nausea Feels suffocated
5	GIT Rectum 1/2d	Bloating of abdomen constipation	< MB > open air	

PHYSICAL GENERALS

APPEARANCE: Lean

WEIGHT: 42.6 kg

HEIGHT: 5.1

APPETITE: Normal, hunger < 2-4 pm

THIRST: Decreased 2-3 glasses/d

CRAVINGS: Chinese³, chaats, pizza, spicy
AVERSION: Bitter gourd
STOOL: 1/d
URINE: 2-3/d
PERSPIRATION: Profuse, only in extreme heat
THERMAL STATE: C₃H₂
HAIR: Falling, < washing < combing
TONGUE: Dry, white coated
MOUTH: Gums bleeding while brushing

MENSTRUAL HISTORY:

FMP 10 yrs 4-5d/28-35d

Normal flow, dark red bleeding, regular, with few clots.

PAST HISTORY: Measles at age 9

Malaria in '07 at age 77

FAMILY HISTORY: Mo- headache, Fa- renal stone

LIFE SPACE INVESTIGATION

Patient is the only child of her parents, and comes from a relatively happy family. She is and has always been a very obstinate child and always wanted to have her way. As a child she was very active. By nature she is very anxious

and gets tensed very quickly. She gets angry very easily and cannot tolerate her parents, esp contradicting her. She screams and shouts when she is angry.

She has a marked fear of insects³, dark. She feels comfortable in company and when she is upset, she likes to be consoled.

STRUCTURE: (See next page)

GROUP OF REMEDIES: Acute- *Mag Phos*, *Bry*
 Constitutional- *Nat-m*, *Sil*
 Intercurrent- *Tub-b*

FOLLOW UP CRITERIA:

- | | |
|---------------------|---------------------|
| 1) Headache | 2) Giddy |
| 3) Colds | 4) Bloating abdomen |
| 5) Menstrual period | 6) Pain MB |
| 7) Constipation | 8) Hair fall |
| 9) Perspiration | 10) MB Cr- Choc |

First prescription: on 12-4-08

Nat-m 200 - Based on the independent, angry nature, < sun or snacks.

Sac lac pills BD

Mag-ph 6x to use as SOS for pain

FOLLOW UPS

Date	Symptom changes	Remedy
19-4-08	No headache and constipation last week, Felt giddy once, perspiration is > 50%. Other symptoms SQ	<i>Tub-b</i> 1M - 1 dose
10-5-08	No headaches, giddiness > 50%, no colds or bloated abdomen in last month, mild hair fall persists. No constipation, mood changes MB > 50%	<i>Nat-m</i> 200 - 1 dose
9-8-08	Got menses today. Feels chilly, severe abdominal pain, nausea ³ & weakness. Pt came with severe pain & had to lie down in the clinic, weak ³ , as if no strength Had headache once in the last month.	<i>Bry</i> 200 4 hourly Followed by <i>Nat-m</i> 200 when > 80% Followed by <i>Tub-b</i> 1M in the next week
5-9-08	No headaches last 2 w, no giddiness, cold 1/2w No constipation, Cr choc, < MB reduced	<i>Tub-b</i> 1M followed by <i>Nat-m</i> 200 next week
6-10-08	All symptoms > 60-70%	Rpt SOS
28-11-08	No headaches no colds no constipation in the last month. All menstrual symptoms >90%	Rpt when needed
2-1-09	All symptoms better 90% Patient looks good, more active & calmer. Mother is quite happy	Rpt when needed. But keep under observation for 3 mths, before announcing the case as cured, I would like to FU with PMS/MD chart which is an impartial judge of the improvement afforded and at what level (L) on a scale of 1 - 10, 10 being severe.

Angry young girl

S 1/4/08; 12.4.08

APS, H, 18, FY Int designer

Preg Mo Jaundice - fearful pregnancy

Child restless³ - never sat in 1 place

Obstinate³ - will do by hook or crook

Insects - F
E
A
Dark - R

Screams

Anger³

< Contradiction

Brooding X 1 wk

Anxiety

Sticking in abdomen

< Trifles
> Consolation
> Company

A N T I C I P A T I O N

< Bad news

< Friends insult

Eg
Medical
interview

Lean³, Wt 42.6, Ht 61"
Sweat³, chilly³, Persp cold; hair fall 2000
Bleeding gums
Cr Pizza, spicy
Thirst less, 3 glv day

Patient has a Hysterical side

Dysmenorrhoea
MB 2 d Pain³ Cr Choc
MP 42l 28-35; clots 4 day; < HS
Pain < mom, < alone
> heat, Sleep³
> Vomit
Vomiting Nausea
+ fainting
As work to

Chronic colds
Blocked nose
< sleep
< sour
< winter

Headache OD
Giddiness
Nausea
< MD
< Noise
< Sun³
< Sour³
< Cold
< 3.30 - 4 pm

GIT
Bloating
< bhehpuri

Constipation

- Miasmatic cleavage
- Ph Measles, malaria.
- Fh - Fa: Jaundice, malaria,
- Typhoid, Renal stones
- Syc³
- Fh - Asthma, PGM- Arthritis
- Syc
- FM Syc³ Tub³ DM Tub³

Symptoms	Before Treatment						After Treatment					
	9/2	14/3	3	4	5	6	1	10/5	3	9/8	6/10	2/1/09
Anger	L10	L10						L7		L5	L5	L5
Anxiety	L9	L9						L5		L4	L4	L2
Depression	L9	L9						L7		L5	L5	0
Decreased self-esteem	L9	L9						L7		L5	L4	L2
Impulsive behavior	L10	L10						L7		L5	L4	
Irritability	L10	L10						L5		L5	L5	
Lethargy	L10	L10						L7		L5	L5	
Malaise	L9	L9						L7		L5	L5	L2
Mood swings	L9	L9						L7		L7	L7	L2
Sleep disturbances	L9	L9						L5		L5	L4	0/3M
Psychosomatic												
Fatigue	L10	L10						L8		L7	L7	
Food cravings	L9	L9						L8		L5	L5	0/3M
Giddiness	-	-										0/2M
Headache	L9	L9						L5		L5	L4	
Joint and/or back pain	L7	L7						L5		L5	L4	
Low energy	L10	L10						L5		L5	L5	
Muscle Pain	L7	L7						L5		L5	L5	L2
Overeating	-	-										
Weakness	L10	L10						L7		L7	L7	1/4M
Weight gain	-	-										
Colds												1/3m
Bloating	L9	L9						L7		L5	L5	0/3m
Breast swelling	-	-										
Oedema	-	-										