

## The Timid One

An obese acquaintance, 37yrs old, came to me with ovarian cysts and uterine fibroid. K/c/o migraine since 20yrs-changes sides < before menses, fasting, sun and exercise, accompanied by chilly extremities, head sweat and nausea. No food preference but likes warm food and is thirsty. Very chilly with hot palms and soles yet dislikes warm weather. Always takes a long time to fall asleep.

H/o measles, recurring ear infections with sticky, sour discharge, recurring throat infections.

F/H F -DM M- thyrotoxicosis, 6 heart attacks, Ca thyroid, MA- Hypothyroid.

Menarche-13yrs, 3/23 scanty since 2 yr, irregular, late sometimes, spotting 3 days after menses. 2 pregnancies both LSCS.

She cries easily, is sensitive to order, neatness and has tremendous anticipatory anxiety about any forthcoming event, however trivial or ordinary. She enjoys cooking, stitching, painting and is an excellent hostess. She has had a lot of disappointments in life, is sad easily, but rarely angry. Deeply religious and is silently involved with regular voluntary work for an orphanage and destitute home. She was the youngest in a large, well-to-do joint family with lots of cousins. She loves plants and nature, as father had a thriving nursery and enjoyed childhood, especially on the farm. Her elder sister who lives close by, has always overshadowed her in all ways, furthering her timidity.

She lost her father while at college. She gave up a good job after her first child, as she was particular about bringing up the child well. Her husband lost a lot of their savings during the stock exchange scam, then lost his job a few year later and has not had a steady income

since. Her mother died of cancer just before the second child's birth.

I perceived a silent, deep, overwhelming grief, despite everything. She was warm, affectionate and yielding yet there was some element of self-pity and sluggishness. She never exercised and said a short walk to the grocer was enough. Chilly yet desires cool, scanty menses, takes long to fall asleep, fastidious, likes company, timid, enjoys being a homemaker and silent grief all pointed to *Pulsatilla*.

Yet as the F/H of thyroid and cancer was strong, as also too many disappointments in life, suppressed grief, and frequent headaches, I decided to address this issue first even though it was not the remedy of the totality. I selected *Nat-m* to remove this layer 29/7/94: *Nat-m* 1M 1P, *Spigelia* 30 SOS for headache

30/8/94: Only 4 headaches with the one before menses being the worst. As she was responsive and headaches had lessened, it was time to give the constitutional-*Puls* 10M 1P. The Sycotic mode (ovarian cyst) intercurrent *Thuja* dictated. *Lapis-Alb* was chosen to address the pathology with a F/H of cancer and thyroid disorders. 15 days later *Thuj* 1M 1P *Lapis-alb* Q BD.

If we want to understand how the treatment progressed, let us put down all the remedies which came up in the follow-up:

ACUTE: *Spigelia* for headache. *Chionanthus. Lapis-alba*.

CONSTITUTIONAL: *Pulsatilla*

Deep-acitng Phase remedy for the deep-seated Grief: *Nat-m*

ANTI-MAISMATIC: *Thuj-* for Sycotic belt. And *Carcinosin*: for FH of Cancer.

3/12/94: Headaches same, pelvic pathology same. As headaches were the predominant symptom, Repeated *Thuj* 1M 1P. *Chionanthus* • bd.

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