

A Case of *Stramonium*

Dr Wadhvani writes Mr SA of 65 years consulted us first on 13/2/2000 with the complaint of varicose veins since 15 years. He is a businessman and his work involves standing throughout the day. He is of medium height, average built, fair complexion, very neat & tidy in his dress & appearance.

PRESENTING COMPLAINTS

Varicose veins in right lower limb since 15 years. Painful since last few days > hot fomentation. While showing his varicose veins he kept on rubbing it slowly.

TREATMENT TAKEN

He has taken much homoeopathic treatment for many years (*Lycopodium*, *Calc-fluor*, *Pulsatilla* etc in many potencies). Has been advised surgery but wants to avoid it.

PAST ILLNESSES

Typhoid when in class V

Right-sided inguinal hernia operated 7-8 years back. Operated for BHP 7-8 years back (urine was coming slowly for a few days & then stopped suddenly)

FAMILY HISTORY

2 sons - Both alcoholics since a young age.

One son & one daughter have had Pulmonary Koch's.

One daughter operated for ovarian cysts.

PERSONAL HISTORY

Married for 46 years; no history of addictions; has left non-vegetarian food since few years.

GENERALS

Appetite: Takes meals on time; cannot wait - if meal delayed flatulence.

Thirst: More in summers, less in winters; wants cold water.

Desires: Sweets+++ , Milk+, Curd+, and Butter+.

Aversion: —

Bowels: Regular & normal

Urine: Normal

Sleep: Sleeps only for 4-5 hours; on sides; snoring; IN LIGHT (at least one bulb has to be switched on while sleeping)

Dreams: Nothing significant.

Perspiration: Normal

Thermal reaction: Ambithermal

LIFE AND CIRCUMSTANCES

HE has worked very hard from a young age and started his own business which is now running successfully. His elder son has separated amicably and both the daughters are married and settled happily. His younger son stays with him and assists him in his business. Both his sons have been alcoholics since a very young age in direct contrast to him (he has never touched cigarettes or alcohol throughout his life). He is all the time worried about them, especially his younger son.

MENTALS

Anxiety prone personality; gets scared very easily. Wife reports that he is very fearful and gets tense very easily. CANNOT STAY ALONE. INTENSE FEAR OF DARK.

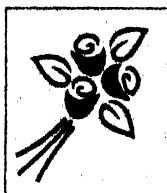
ON EXAMINATION

Blood pressure- 132/ 94 mm Hg

Weight - 65 kg. **Pulse -** 72/ min

Oedema - Present (right ankle)

Varicose-veins - On right lower limb, long saphenous



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http://www.spiritindia.com/homeopathy_health_care_article_193.html
(Taken from internet with permission)

vein is affected. Veins are prominent, pigmentation is present and the veins are hard on palpation. On lying down and raising the lower limb, swelling diminishes. Eyes-Pupils widely dilated, responding to light.

ANALYSIS OF THE CASE

While going through the case, the fear & anxiety in the person were very apparent. It was further confirmed when the pupils were found widely dilated. Further, having two sons both addicted to alcohol, seems to add to his otherwise anxious nature.

REPERTORISATION

The case was repertorised from the Kent's Repertory, & the following rubrics were taken:

1. Mind - Anxiety
2. Mind - Alone, when
3. Mind - Dark, in
4. Mind - Fear
5. Mind - Fear; alone, of being
6. Mind - Fear; dark
7. Mind - Company; desires
8. Eye - Pupils; dilated
9. Stomach - Desires; sweets
10. Generalities - Uncovering; aggravates

RESULT OF REPERTORISATION: *Phos-22/9; Lyco-21/8; Ars-19/8; Stram-18/8; Puls-16/8; Arg-nit-20/7.*

PRESCRIPTION

The remedies at the end of Repertorisation were studied in Allen's Key Notes & Boger's Synoptic Key and out of the above only *Stramonium* was found to cover the essence of the case. As learned from our Guru Prof L M Khan, *Stramonium* is basically a **Remedy of Terrors** and it is only here that we find foremost (in such marked intensity as in the patient) the fear of dark, fear of being alone, pupils widely dilated, as well as the modalities better in light, company and warmth.

50 Millesimal (LM) potency was selected because of

the continued anxieties in his life as well as due to structural changes present.

13/2/2000 - Rx *Stramonium* LM1 TDS.

Advised to restrict the daily salt intake, avoid prolonged standing & to raise the leg while sleeping.

FOLLOW UP

25-2-2000: Pain has decreased. No oedema present. BP 130/90 mmHg.

Stramonium LM1 TDS.

21-3-2000 No pain at all. Veins appear much less prominent. Hardness of the veins has decreased. No edema present. BP 128/88 mmHg. Rx *Stramonium* LM1 TDS.

21-4-2000

No edema present. No pain at all. Veins are even less prominent. Hardness of the veins much decreased. BP 124/84 mmHg. *Stramonium* LM1 TDS.

27-5-2000

The prominence of veins has decreased. Prominence almost decreased.

B.P.- 124/82 mmHg.

Stramonium LM1 TDS.

The case is still under observation.

Case taken from:

e-Materia Medica Varicose Veins

http://www.mycustompak.com/healthNotes/Homeo/Varicose_Veins_hm.htm

SOME REMEDIES:

Arnica-montana: When this remedy is indicated, the legs look bruised, or black and blue, and the swollen veins are very sore to touch. The legs feel deeply sore all over and are also worse from motion. Lying down may bring relief.

Calcarea-carbonica: Varicose veins that hurt while

the person is standing or walking may respond to this remedy. People who need this remedy often have poor circulation, with clammy hands and feet, and a general feeling of chilliness. They may have weak or flabby muscles, and be easily tired by exertion. Weight problems, cravings for sweets and eggs, and a tendency to feel anxious or overwhelmed when overworked are other indications for this remedy.

Carbo-vegetabilis: Poor circulation with icy coldness of the extremities, and mottled skin with distended veins and a bruised or "marbled" look, may indicate a need for this remedy. The person's legs feel weak and heavy, and often itch and burn. Poor digestion, a feeling of faintness, and a craving for fresh or moving air are strong indications for *Carbo vegetabilis*. This remedy is often indicated for older people, or those who are slow to recover from an illness.

Hamamelis: This remedy can help when varicose veins are large and sore, and very weak and easily damaged, with a tendency to bleed. Pain is sore and bruiselike, and the legs look bruised and purple. A stinging feeling may be felt in the irritated veins. The muscles of the legs feel tired and are often cold. People who need this remedy may also develop varicose veins in the genital area or have a tendency toward bleeding hemorrhoids.

Lycopodium: When this remedy is indicated, drawing or tearing pains are felt in the legs, sometimes with a numb sensation. Symptoms are worse when the person is keeping still, and the legs may cramp at night in bed. People who need this remedy may have a worried facial expression along with digestive problems, sluggish liver function and poor circulation.

Pulsatilla: Swollen veins in the legs, and sometimes even in the arms and hands, suggest a need for this remedy. Varicose veins in the legs feel hot and painful at night, with heaviness and weariness. Symptoms are

worse when the legs are hanging down without support, and worse from warmth. Cold applications, motion, and cool fresh air may help. *Pulsatilla* is often helpful for varicose veins that develop during pregnancy.

Zincum-metallicum: When this remedy is needed, the legs are fidgety and restless, with weakness in the muscles, crawling sensations, and a tendency to twitch. Large varicose veins may develop, with pain and soreness that are worse from touch. The person may feel worse from alcohol, especially wine.

KEYNOTES – VARICOSE VEINS

- *Aesculus* helps painful purple veins that feel worse from walking or standing, especially in the morning.
- *Calc-fluor* is the cell salt crucial to maintaining and restoring elasticity to veins and other tissues.
- *Ferrum-phos* helps relieve inflammation and bring healing blood to stressed areas.
- *Fluoric-acid* influences weak, distended blood vessels and varicosities that are worse with warmth and improve with walking.
- *Hamamelis*-veins feel sore and bruised and may have a burning pain that is worse with warmth.

Given enough time and pampering, you and your veins should be getting along well.

**Spectacular achievements
are always preceded
by unspectacular
preparation....
Roger Attaubach.**