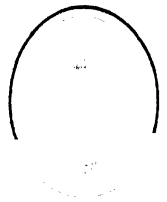




The Sight of a Widow send me into Panic

ABSTRACT: Case of a superstitious woman who is scared of a widow, ie a woman dressed in white, out of no known reason or explanation. it is very well handled by the physician. but some of these cases also requires Counselling along with our medicines.



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Mrs SBS. Approximately 61yrs. Female, Married, Jain, Pure Vegetarian. Retired. No other responsibility other than household work. Life is satisfactory.

DESCRIPTION OF FAMILY LIFE: Good IPR with everyone in the family. Everyone is caring towards me. I have 3 sons, all married. All are healthy. 3 Sisters and 2 brothers, all alive. 2 BIL/SIL and their children. 1 SIL is widow. My father expired in young

age and mother 6yrs back in 2001 at the age of 75 yrs. No financial responsibility and belongs to middle class.

DAILY ROUTINE: Morning religious rituals, work in kitchen. Be with grandchildren. Take simple diet.

CHIEF COMPLAINT: My chief complaint is whenever I see a widow, I feel giddy, tremble and perspire a lot, so I have to walk with a closed eye if I see a widow on the road. This problem is since 35yrs. I

have taken a lot of treatment. If someone tells me to visit some holy place where I will be fine by praying, I have not kept any of such things undone.

If anyone talks to me about death or any dead person, I can't hear. I can't wear new clothes. I can't eat good food. I can't attend any good functions. I have a constant fear of seeing a widow. There is no fear of few particular widow relatives but if I see an unknown widow, I pass through lot of trouble. Then immediately I have to see a married woman. Since the day it has started, till today I am not finding any difference with any treatment.

Long time back I had Diabetes, now it is not there. I am taking medicines for High BP. I have gas and acidity trouble. My thirst is less, stool not clear and I pass urine 5-6 times at night. Snoring at night and lot of bad thoughts.

I crave for sand. No desire to eat and many dreams during sleep. There are white patches on hands and legs with lot of wrinkled skin. Lot of gas and eructations.

CHIEF COMPLAINT

LOCATION	SENSATION	MODALITY
MIND Since 35yrs Now increasing+++	Diagnosis given by 5-6 different Psychiatrists – 1) Obsessive Compulsive Neurosis 2) N. Dep. With Phobic Anxiety 3) Phobic Avoidance+++ 4) Specific Phobia 5) Major Depressive Disorder (Moderate) 6) Major Depression with Panic Disorder C/O – Fear of seeing widow ³ , Can't see widow ³ , Must close eyes, on seeing widow Giddiness++, Trembling++ of hands/ legs, Sensation of falling, Perspiration++, Palpitation+++. Head hot with flushes, Restlessness+++ ³ , ball like sensation in retrosternal region till she sees a married woman.	
Since 13yrs	Fear of seeing herself in mirror ³ , has not done this since so many years. Cannot wear new clothes, Cannot wear new ornaments, Cannot change ornaments, Continuous thought is what if I see a widow after wearing new ornaments and new clothes?	> seeing a married woman with similar, fixed specifications

PHYSICAL DESCRIPTION

NATURE: Calm, no expectations. At present, no responsibilities at all, lives retired life.

EATING HABIT: Eats simple food.

WEATHER: Feels hot. Feels like sitting in A/C whole day. Due to hot feeling, uneasiness in the body and must keep fan and A/C on whole day.

Entertainment: Likes to watch TV serials.

SLEEP/DREAMS: Can sleep with lot of difficulty, lot of restlessness. I get bad dreams which trouble me a lot.

SEXUAL LIFE: Good and loving. No problem of husband. Hysterectomy done. Youngest son is 35 yrs.

FAMILY HISTORY: My youngest sister has problem like me but she has problem only since 7-8 yrs. She also has phobia and bad thoughts.

Attachments: Attaching herewith blood, urine, ECG, Audiogram, Eye report, Sonography, Thyroid, Psychiatrist's reports.

Other Information: Fear of seeing a widow. Is this my illusion or wrong thought? I don't understand anything.

SCR RECORDING: Date of Case Taking: 10/11/06.



	Thoughts+++ on seeing a widow – Why I saw her? Now I want to see a good married woman and that too of same age group, of same community where widow belongs etc. (Other symptoms are described in detail in life space)	
GIT	Eruclatations++, Gas++	
CVS Since 5 yrs	Hypertension	Tab Amlopres 5mg ICM

PATIENT AS A PERSON

APPETITE: OK

THIRST: Decreased³

CRAVING: Pica++/Mud++, Sweets, Nothing specific, eats simple food

STOOL: Hard³, Burnt³, Straining³, Sheep dung³ like

URINE: 5-6 times/night, No/c

PERSPIRATION: Neck²

SLEEP: Snoring³ sleep during. Disturbed³ and restless³.

DREAMS: Full of Thoughts++, death of people, dead relatives, Moil, Mo,

Water, sea, mountain, temple on a very high mountain, won't be able to climb it. How will she climb up? Etc.

THERMAL: Hot

OBSTETRIC HISTORY: 3 FTNDs. During Pregnancy: Vomiting² 5th month

PAST HISTORY: Hysterectomy with Appendicectomy – 20yrs back, Indication – ? Cervical Erosion

FAMILY HISTORY: Mo-Expired in 2001, Diabetes, Br- ? OCN, Sr – Obsessive Compulsive Neurosis with Severe Phobic Disorder, Grand daughter1 – Severely obsessive obstinacy & Br asthma, Grand daughter2 – Obsessive trait of touching objects repeatedly and Grand son – Obsessive trait of smelling perspiration

O/E: Multiple light brown, flat warts on extremities. Unusually wrinkled skin of face and hands.

FUNDAMENTAL MIASM: Sycotic³

DOMINANT MIASM: Sycotic³

LIFE SPACE

Pt is a short, little overweight, wheatish complexioned woman. Her skin is unusually wrinkled³ all over face and hands. She comes from a Digambar Jain middle class family.

Pt's father expired when pt was 16-17 yrs old. She has lived in M.P. in childhood before marriage. She has 2 Brs and 3 Srs. 1Br and 1Sr are elder to her. She is 3rd amongst siblings. Eldest Br is 75yrs old. Both Brs are staying at Ahmedabad. 2 Sis are at Rajasthan and youngest Sis is at Malad, staying nearby patient.

She got married at the age of 17yrs, and after that she came to Bombay. Initially H was doing service at Worli. Then he started his own steel utensils shop. The life was full of hard work. Pt used to finish her household work and then go to Worli to give Tiffin to H from Malad for 17yrs.

She has 3 sons, all married. Initially they all were staying in a small house. Youngest son is an LIC agent and is earning well. Thus, they have taken some loan and have shifted to tower, all in same bldg. Pt's elder 2 sons are financially not well off. Youngest son helps them but mother in a pt worries about them and feels they should settle well.

Pt shares good relations with all of them. Pt is quiet but little dominating than H as H is very docile. She shares good relations with sons and DILs. Everyone consults her for decisions.

It is since last 35yrs that pt's c/o has started.

Fear of seeing a widow³

Fears receiving phone call³

Fears opening door³

Thoughts – Increased³

Talking - Decreased³, remains sad and quiet.

Interest in work – Reduced²

If a widow comes her home – Thinks — Why she came? Why she sat here? I won't drink water in her glass

Eldest son's neighbor is widow, so refuses to go to his house or goes with fear, with eyes closed. And

if sees her, will get down 13 floors and go down to see a married woman. (Son stays on 13th floor.) Regularly she gets down only once a day for temple. Doesn't go alone in lift. Fears closed door of lift. No fear of dark, alone, ghost etc.

Doesn't go anywhere alone. Doesn't go alone to temple, market, downstairs in building ground. H must accompany her. Pt does not work in house at all. Pt does not go to attend any gathering (good or bad) in family, relatives or building with the fear of seeing a widow.

Fears seeing herself in mirror, combing hair, applying bindi, wearing new saree, new ornaments etc. Fears wearing new, dry clothes. Fears taking head bath. Postpones head bath for 15 days. Tells DIL to first wear saree and only after she has worn and its washed, pt will wear, even though its her own saree. There are so many new sarees lying untouched in wardrobe with this fear.

Thoughts+++ if I look in mirror and comb hair or put bindi and if go out and see widow than I won't be able to put bindi again, won't be able to wear new saree again etc. She says - if I see a good woman after that, I'll be able to do those things but as I am thinking whole day about widow, I see more of widows only.

She feels life has slaved, feels tied up. Can't live life freely.

No thoughts of H dying or self dying or self getting widow. Feels better after seeing a married woman.

UNDERSTANDING WITH TOTALITY

Pt's grand daughter was brought for Br Asthma. Seeing good result in not only her Asthma but her obsessive obstinacy, relatives talked about this pt's complaints and asked whether Hom can help her? Pt had already visited many Psychiatrists in last 15-20 yrs but was not relieved with any treatment. Pt consciously is unable to explain why she has specific fear of seeing widow? But her talk revealed that she considered widow as a bad and married as a good woman. Pt has consciously not suppressed thoughts and feelings but something has definitely happened. What we do not know. What we know is pt is a hypersensitive³, anxious³ lady

who suffers from fears and phobias. And we get characteristic expressions in terms of Nervous restlessness³, Ghabrahath³ and palpitation². Sleep is disturbed and these emotions are expressed in her dreams. Thus they were considered as her repressed emotions and other totality was also taken into consideration.

- Hypersensitivity³
- Repressed Feelings³
- Anxiety³
- Fears and Phobias³
- Fixed ideas³
- Nervousness³
- Restlessness³
- Palpitation³ with uneasiness³
- Dreams: Death of people, dead relatives, water, sea, temple, mountain
- Cr Pica²
- Stool: Hard³, burnt³, sheep dung³ like
- Multiple warts
- Hot pt
- Dominant: Sycotic Miasm¹

Considering above totality, *Mag-mur* was thought as a Constitutional remedy. Obsessive trait runs in the famil⁷, not only in Br and Sr also in her grand children. Thus, *Medorrhinum* was thought as the anti-sycotic, although when its need will arise was left on the basis of remedy response with *Mag-mur*.

SUMMARY OF TREATMENT: Treatment started with *Mag-mur* 1M single dose, repeated once in 1-3 weeks from Nov 2006 till April 2007.

RESPONSE: Initially pt started feeling better in Ghabrahath, restlessness, felt fresh. Pt's functioning improved. Pt's fear of taking telephones, opening house door reduced immediately. Within 2 months of treatment and just 5 doses of *Mag-mur* 1M, pt could go out of house without any fear and hesitation. Her thoughts and palpitations improved drastically. Inner fear >². She could go to the market to buy vegetables alone without H, she could get down from building 3-4 times a day. Pt could wear DIL's new saree.

Sometimes there were ups and downs in palpita-

tion, thoughts and fear on seeing widows as pt used to go to temple daily and it was the same time when even other widows used to visit.

APRIL 2007 TO SEPT 2007: In April 2007 F/H of Br and Sr having OCN was obtained and thus *Medo* 1M single infrequent doses were introduced with *Mag-mur* 1M daily HS.

RESPONSE: Goes out alone freely without any complaint. Works >, works more than DIL, talks with others, changed few ornaments, fear >, Thinks even if I see a widow now, feels confident that she will be able to see a good woman, uneasiness >, Ghabhrahat >, Sleep >.

SEPT 2007 TO JAN 2008: *Medo* 1M 1PHS & *Mag-mur* 10M 1P-3HS given.

RESPONSE: Happier than earlier. Could go to ground floor to watch Navratri after so many years. Sat in a corner of crowd, was anxious of widows talking to her but still was not anxious and could enjoy. Wore new sarees on festivals. Can see widows in temple and no insistence to see married woman. No after effects, very fresh and cheerful. Thinks if got to see married woman its ok, if not its ok. But still fear of seeing in mirror+, does not wear new clothes and ornaments easily. Earlier pt used to get very upset when used to meet Elder Br as he would give all the news of village, who is ill and who is passed away etc. Pt used to get lot of un-

easiness hearing all this. But recently when she met Br, spent good time with him. She could keep herself unaffected by all those bad news.

JAN 2008 TO JUNE 2008: Pt had again shifted to a Psychiatrist's treatment. She returned to Homoeopathy on 16/06/08 after stopping Allopathic Rx and gave following report:

Pt was taken to Psychiatrist by sister. There was no positive change in mental state. Infact during that treatment, there was weight gain, uneasiness++, weakness, sleepiness++, headache, giddiness, no desire to work, dullness of mind and body, heaviness of body, most of the day pt was just sitting and not doing anything. Pt confessed whatever improvement she got was only with Hom, which she did not get anywhere and promised that now she won't leave Hom and go anywhere.

Retrospective analysis also says that Deep acting similimum ie *Mag-mur* has made definite positive impressions whereas role of *Medo* in hastening improvement is not so much.

OCN and phobic disorders have its own limitations but due to this complaint, pt's day to day life had become miserable. Hom has helped her to function better. Her freedom is back to normal. She has come back to Hom again after a gap of 6 months. And let us hope Hom will still help her more and more to live happily.

The Dog is the bane of my Perfect Life

ABSTRACT: A case of a patient having a very common stress which any new bride would undergo, but though patient found it insignificant, it was THE causative factor of all her physical complaints. Homoeopathy made her realise this and taught her how to tackle it.

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Mrs 34 years, female, married since 7 months. She came to us in April 2008, after her Husband, also our patient, was cured of his warts.

She originally came with other complaints but her depression emerged while she was interrogated. She had earlier dismissed this as an adjustment to