

# What Lies Beneath?

Sometimes we totally miss the point or in our case the PQRS. When giving an acute prescription sometimes the presenting complaint may have a hidden cause as we see in these cases that eluded me, in the first prescription. We had to look again at what appeared to be a simple clear-cut case was actually not that clear cut and had to do a little more digging to find what truly lied beneath that BACKACHE.

## CASE 1

Mr K, 37 years

### CHIEF COMPLAINT

Low Back pain since 4 months, right lumbar, must change position to left side and an hour later pain also shifts, then he needs to sit up. He is usually woken by the pain towards early morning around 3- 4 am. Dull type of pain. < Lying >Sitting

Accompanying symptoms- tongue large and flabby, salivation<sup>2</sup>.

THIRST: low. SWEAT<sup>3</sup>, Desires warm food. Ambithermal.

MENTALS- Desires Company, Anxious about work as runs his own business.

PAST HISTORY- Fatty Liver, Allergic Rhinitis

TREATMENT: *Kali-carb 200 3p bd*

### FOLLOW-UP

Day 7: Slight improvement, time of pain shifted to 5am. No other change. Rx SL

Day 14: Called to say pain constant and now wakes up at 4 am. So I looked at the repertory Sch 1103 Back pain Morning 4am – *Staph* (only remedy)

Sch 1114 Back Lumbar Night 4 hrs Wakes at – *Ptel, Staph*

I suddenly recalled his wife mentioning that they were



**Dr RAMA HARIHARAN**  
7, Aakar, Brindavan Nagar, Madhakoil,  
1st Cross Street, Neelangiri, Chennai-28.  
Tel: 044-24492409.  
Email: hanjali@giasm.vsnl.net.in

both undergoing a series of clinical tests for infertility, much against their wishes, due to family pressure  
Rx *Staph 10M 1 dose*

Day 21: No mention of pain just occasional sneezing for which he is continuing constitutional treatment.

## CASE 2

Mr B, 61 yrs

### CHIEF COMPLAINT

Recurrent Low Back pain since 2yrs, started after a long bus ride.

< Getting in and out of car, Ascending, descending

> Heat, Movement

Accompanying symptoms- DM since 7yrs

MENTALS- As Manager he was proud of his work ethics, popularity and respect he commanded.

He would never miss his daily walk or cheat on his strict diet regimen.

Rx *Rhus-tox 200 9P tds*

### FOLLOW UP

No improvement. Despite trying ascending potencies, there was no relief. I casually asked him about any problems at home or work.... that's when he talked about how his married daughter continued to be at home with some ailment or the other and postponing going to in-laws house. In his words "I can handle 18,000 workers easily on a daily basis, but how does one handle this one girl?". He seemed exasperated, and I asked if he was able to voice his concerns. He said he could not do so as his wife was under tension due to son's upcoming 12<sup>th</sup> class exams.

Rx *Staph 10M 1 dose.*

### FOLLOW UP

He called me the next day and thanked me profusely!

## CASE 3

Mr T, 63 yrs

### CHIEF COMPLAINT

Low Back pain since 30yrs, started after pulling heavy

equipment in the factory after being very angry with a worker for not doing the job. L5-S1 disc prolapse 4yrs ago. Periodical flare up of pain. Excruciating type of pain at first now is dull-pain. Sacrum extending to coccyx < Sitting, > After exercising

Accompanying symptoms- Desires hot food –irritable if not hot. Memory- tends to forget recent things post bypass surgery 3 yrs ago, High BP since 5 yrs, Smoking occasional since 30 yrs.

Workaholic cannot relax, fastidious about work quality. Impatient, irritable easily.

**PAST HISTORY-** Cervical spondylosis, Obstructed Jaundice 35 yrs ago for the 3<sup>rd</sup> time. Typhoid and malaria. Inguinal hernia-surgical correction 28yrs ago.

Rx *Hypericum* 1M 6P bd

**DAY 7**

Coccyx pain > sacral pain still present. Waking up unrefreshed. Was traveling abroad and was impatient to get well soon.

I asked him what was currently bothering him the most and he said it was his unrefreshing sleep! Not the back pain! This was a businessman, with all his fancy tastes and inability to relax despite walking an hour everyday.

So.. Rx *Nux-vomica* 1M 2P BD

**FOLLOW-UP**

1 month later, when he returned, he laughed on the phone and said he never felt better in his life.



## Emergency Acutes that Worked like Magic

**CASE 1**

My friend came to a party looking hassled. When asked what happened, he replied that he had fallen of his bike and hurt himself. The part most painful was his back, which was preventing any motion of any type. He was irritated about it yet when the food was served he ate with relish and gulped down at least 5 glasses of juice and I heard him ask for more! As he knew I was a doctor, albeit a new one, he asked if I could give him something for the pain. As he was in a hurry I could not too many details except that he was ok until he had to move. I remembered his thirst and on that basis I gave him *Bry* 200 (which was what I had at home, wish I had a higher potency!) 1 dose every 3 hrs, 4 pkts. He called me the next morning feeling completely fine and wanted to consult now on a regular basis!!



**Dr ANJALI HARIHARAN BHMS**  
7, Aakar, Brindavan Nagar, Madhakoil,  
1st Cross Street, Neelangiri, Chennai-28.  
Tel: 044-24492409.  
Email: hanjali@giasm.vsnl.net.in

**CASE 2**

This is one case where physician had to heal thyself as no one else was around! I happened to stretch myself a little extra during a yoga session and my upper back and neck started paining. It was mild at first so I ignored it. But slowly it built up and by evening I could not turn my head or lean back in a chair or move on lying down. The pain was shooting and terrible and my brain refused to work. My husband helped by putting a hot water bottle to the spine, which gave some relief, but not enough. I took *Rhus-tox* 200 but got no respite. It was the weekend and the clinic was closed as my mom (also a doc, was out of town!!). I somehow managed to sleep that night and woke up in as much pain as ever. Then I realized that if I did not look beyond the pain I was not going to get better. Going only on the modality I took *Bry* 200 2 doses. It worked like magic. That evening I went out for a movie to celebrate!

[*EDITOR: Acute cases are always such fun to experience and to narrate.*]

