

Hiatus Hernia with Reflux Esophagitis

Mrs S P, AGE: 36 years.

CHIEF COMPLAINT: Pain in epigastrium, with fullness and suffocation. Eructations and pain after eating, patient could not take solids, even liquids were painful to swallow. Fullness and pressure on the chest after eating, Vomiting after eating. Patient diagnosed as having **Hiatus Hernia** by gastroentologist. Reports are enclosed. He was not tolerating any allopathic medicines.

PAST HISTORY: Migraine, Spondylosis (cervical and lumbar)

FAMILY HISTORY: Father: Expired, IHD.

Mother: Hypertensive and arthritis

PERSONAL HISTORY

CRAVING: Sweets², Spicy, Ice Cream,

THIRST: Normal. **SWEAT:** Scanty

THERMAL: Chilly. Open air likes

SUN: Headache. **SLEEP:** Sound sleep

INVESTIGATIONS AND DIAGNOSIS: OGD Scopy done - Hiatus hernia with reflux esophagitis.

EXCERPTS OF THE INTERVIEW

D: Tell me how this started?

P: It started long back, when I was eating, I was eating with difficulty. Later my problem got worse. I was not able to breathe while eating. Then from 9-12 pm I suffered a lot... I was feeling suffocated. I had pain in middle of my chest, with breathlessness and this is my main problem..... that was the time when I felt- now every thing is finished. (*atta sagale sampla*). ... The sort of feeling I had... I am not going to live, everything is just impossible. It was so bad; I have never experi-

enced the problem that badly before... During breathlessness, I was not able to do anything... what I should do to take breath?

D: Tell me how did it start?

P: That problem started when I was forcibly eating my food, and than it became worst. I was feeling very hungry and I had to eat so I was forcing myself to eat. I was not able to eat and breathing was also very difficult... dyspnoea and breathless feeling

D: Describe me that breathless feeling?

P: ... I was feeling breathless

D: Describe me that difficulty. What was that difficulty?

P: Like everything is choked up.

D: Describe me that choking?

P: Choking along with pain.... As if every thing is closed, and I am not able to take breathes, and so I was taking breaths rapidly.

D: Just tell me experience of that thing?

P: It was very painful and distressing for me. After that the problem got worse. I thought now everything is over.

D: Describe me that 'now everything is over'?

P: I had a feeling that now I am not going to live.

D: When did you feel that you are not going to live.

P: After two hours of suffering I felt that.

D: Tell me about those two hours of suffering? What was the feeling?

P: It was very painful experience. I was only crying. And because of weeping my problem got worse. I than controlled myself and tried and explained myself that this is not heart pain. So I drank lots of water. I took whatever that can control my pain or regurgitation... like soda water, lime juice. Then it reduced slowly.

D: Tell me more about that painful experience?

P: I felt at that time like breathing is so difficult.

D: Describe me the pain that you had?

P: Pain in the chest as if some pressure on chest, some heaviness.... (jabardast pressure) as if some weight has being kept on my chest.



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D: Describe me that feeling of weight. Go back to that same situation where you felt pressure on the chest, that heaviness and some thing kept on your chest. Give me that experience, what was happening to you, with that pressure and heaviness and weight.

P: That time I wanted to get rid of this. It was beyond my limits. The pain was so much it just had to reduce.

D: What was that pain doing to you?

P: I was just crying and crying. I was grasping for life, that kind of pain I had.

D: Describe me that 'gasping for life'?

P: I am not able to breath, but I have to take breath. It should go smoothly.

D: Explain me that pressure sensation, heaviness, and this gasping for life, put all this together and tell me your experience?

P: I had a feeling that life is stopped, and I was ready for that. But somehow the pain must stop.

D: Now tell me the experience of being in that kind of pain?

P: It was very painful.

D: Give me an example of such kind of thing.

P: I remember it doctor. it was very painful. It was out of my limit. I was very helpless.

D: Describe me that helplessness?

P: I was not able to do anything, I was not able to breath.

D: Tell me that breathlessness, severe pain, pressure like sensation, you cannot breath, imagine that situation and tell me what that pain was doing to you.

P: A kind of suffocation, something choking in my throat.

D: Tell me about the experience of suffocation?

P: I am concentrated more about that pain, rather than sensation.

D: Okay tell me about that pain.

P: Like I was trying my level best to become normal and I was not coming back to normal. I was feeling helpless.

D: Describe me that visual feeling of helplessness.

P: It was really a horrible feeling.

D: What does horrible mean?

P: A type of choking feeling, suffocative feeling... trying to take breath, and not able to come back to normal position. For a moment I felt I am not going to live (Death)

D: Tell me the sensation of death. What kind of death did you sense at that time.

P: I had accepted that I am going to fall for it.

D: Tell me that horrible feeling, you had to take breath forcibly. What was that causing to you? What was that helplessness doing to you, that pressure doing to you.

P: I was prepared for it. I accepted it. I was constantly telling myself it is going to reduce. That was the highest peak. I felt it is all over. I was trying my level best but it was not reducing... a kind of helplessness, nothing more.

D: What was your physical feeling of a helpless person? Sensation of a person who is helpless.

P: Like he is trying to come out of something but he can't... Like he is tied to something, trying to come out but not able to come.

D: Can you give me visual picture of helpless person.

P: Like tied to something, his hands and legs are also tied, and he is trying to come out but is not able to do so. Can't do anything.

D: Tell me exact opposite of being tied.

P: 'Free' to do what ever is possible. Do whatever you want to do. Do anything of your own choice.

D: Tell me your idea of freeness. Describe me in detail.

P: Go wherever you want to go. Speak whatever you want to, live life as you want.

D: What type of life do you want to live. Forget everything around you and tell me just imagination.

P: Just to be calm. I feel very light

D: Tell me your idea of calmness. Your definition of being calm and being free.

P: I am not able to tell.

D: Describe me when you feel calm in your life, happy in your life, tell me the situation.

P: At time of meditation. I really feel peace of mind. That kind of calmness, like we experience during sudarshan kriya. (A pranayam taught in course of Art of Living) I don't want to get up from the meditation.

D: Tell me about your childhood.

P: I was a very pampered child. I had a very happy childhood. I used to play a lot. I did not have any restrictions. I used to enjoy a lot. My college life was also very good. I used to participate in all competitions. Among all my friends I was very social and popular. I used to get along well with everyone. I love reading, listening to music, reading short stories.

My mother and father shared a very loving relationship with me. But my MIL and FIL did not get well along with each other. Because of their nature I am always afraid of talking to them, so that they don't take me in wrong sense.

At my parents place I used to live my life carefree. But here at my in laws place, I have to take care because I feel they will like it or not. Sometimes I get angry and frustrated. Sometimes I start crying. I like to go out. I want change in my life but because of the family restrictions, I have restricted myself. Its like I want to go out but the doors are closed. I express my anger by shouting. I cannot tolerate anyone's sorrow. I start crying immediately. I feel very sad about it.

UNDERSTANDING OF THE CASE

Patient complains of difficulty in swallowing in which she feels suffocated, breathless, *kondlya sarkha*. She feels everything is choked up, closed, with severe pain. She has severe pain in the chest, with pressure, heaviness and as if some weight has being kept on chest. She just wanted to get rid off all this pain.

She was gasping for breath for life during the pain. She says that the pain is beyond my limit so she feels helpless. She says that she was trying her level best for becoming normal but it was not coming to normal.

She said helplessness means trying to come out but not able to come out, ie. tied to something and not able to come out. His hands and legs are tied and he is not able to come out, cant do anything.

When asked about opposite of been tied she said "free". Do whatever you want to, live life as you want.

Then she told about her childhood - pampered. Carefree at her parents place. But now her in laws, she has to take care of everything.

She likes to travel and go out. She likes changes in life, but there are family restrictions. She says "I want to go out but the doors are closed."

In her chief complaint she feels helpless- as if tied. She feels oppressed, weighed and pressured. She wants to get rid of all these pains. She wants to come out of these sensations but can't. Being free is exact opposite of all the above.

In her life she wants to live free, wants to do things her own way, but cannot.

So the main sensation is "I feel like a person being tied to something and who wants to free himself"

The main theme is being tied, or bound, trapped, weighed, and desire to free herself means Expansion, which belongs to the family Cacteacea. The theme of constriction of the Family is exhibited by the pathology in the disease, hiatus hernia, where due to the hernia there is constriction of the oesophagus.

MIASM: She perceives it to be a repeated, intermittent attacks of suffocation while eating, which makes her feel breathless and if being tied and wants to free herself.

This feeling restricted suggests Malarial miasm.

(Editor: This is as per classification of Miasms by Rajan Sankaran, based on characteristics expression of the disease and not the disease perse. eg Malana Miasm: means something which any condition which is intermittent, severe producing panic.)

She recieved the remedy *Cactus-grandiflorus* 200 with good results. The reflux improved drastically, burning and fullness of abdomen improved gradually, along with eructations. Thus the motility disorder has improved and the patient is symptom free and off treatment. within four months and has followed up till date and is asymptomatic.

REFERENCES: REV CLARKE'S

- Stricture, esophagus.
- Swallowing, difficult.
- Swallowing, difficult, drink, must in order to.
- Swallowing, difficult, impeded.
- Swallowing, impeded.
- Swallowing, impossible, esophagus, constricted.
- Constriction, (in general).
- Eructations, acrid.
- Eructations, empty, dinner, after
- Eructations, sour.
- Heaviness, (weight, oppression).
- Heaviness, eating, after.
- Nausea.
- Pain, burning.
- Pain, eating, after.
- Pain, pressing, weight as from.

REFERENCE MURPHY

- Produces characteristic constriction sensation and it is found in various places
- Oesophagus, bladder
- Constriction, periodicity, spasmodic pain
- Stomach- Burning, pulsation, heaviness
- After eating heavy weight and distress in stomach
- Nausea in morning last all day

Acrid, sour fluid in stomach which rises in the throat and mouth,

Periodic attack of suffocation (she used to feel breathless in the attack)

Cactus affects the circular muscles thereby producing constricting pains. Circulation becomes irregular causing violent congestion or localized pulsations behind the stomach

CONCORDANCES

Constriction of the Oesophagus.

> Open Air. (She feels relieved when out)

MANAGEMENT AND FOLLOW UP

This part forms the most important feature, in managing a case like this. The patient is on the verge for admission for invasive procedure. It is the patient's and the physicians trust in the system that yields good results. The case came to us with an acute presentation. General management as in case of acute abdomen was followed. Frequent follow up nil by mouth for first week, liquids only for first few days, very soft diet for next week with only fruit juices and clear soups. It took us nearly a month to get her to normal non spicy, non oily diet. She was carefully monitored for her calorie requirement, intake and other parameters. And that was the key to success in this case along with the Homoeopathic *Cactus-grandiflora*.

DATE	COMPLAINT	REMEDY PRESCRIBED
22 Feb 03	Burning sensation, pain epigastrium	<i>Cactus-grandiflora</i> 200 one dose
10 March 03	Eructations**, burning reduced heaviness in the chest occasionally	<i>Cactus-grandiflora</i> 200 one dose
25 March 03	Heaviness* burning*, no pain in abdomen gases reduced, burning throat reduced.	SL given
24 April 03	Patient better, no pain-, eructations absent occasional burning and pain.	SL given
12 July 03	Patient better, occasional burning, eructations off and on	SL given
11 Sep 03	Patient had history of two episodes of severe burning and eructations in two months, due to dietetic errors	<i>Cactus-grandiflora</i> 200 one dose.
2 Feb 04	Patient better 90 % better	SL given