



The Sister Act

A 39 yr old Catholic female came for the complains of headache and depression. Her symptoms were categorized as follows:

LOCATION	SENSATION	MODALITIES	CONCOMITANT
HEAD Since 1999 < since 2000 vertex, full head and temples	Pulling pain ³ Giddiness ³	<tension ³ , <sun ³ , <a.m. <getting up from >sleep >hair tied ³ >pressure ³ >trica ³ <AM-PM ³ <MB ³	Sleep reduced Giddy >lime juice Cramps Anxiety what will happen? Jaw pain ³ L shoulder pain Muscle tension ³
Teeth – jaw	Pulling pain Tightness ³	<headache	
DEPRESSION Sept '99	Weeping ³ Palpitation Nervousness with cold hands and feet	A/F husband away < alone at night ³	Severe acidity Tenoric 50mg OD
Sleep 1992	Insomnia	< tension	> Trica 0.5
Stomach	Flatulence Loose motion	< fright < fried fish < potato ³ < dal ³ < milk	
General Since Jan 99	Hypertension		Cramps Giddiness Anxiety Nervous Oedema legs
Hair	Dandruff ³ . Loss ³ Graying, early		



**Dr YOGITA BHANUSHALI &
Dr VISHPALA PARTHASARATHY**
Vinayak Angan, Old Prabhadevi Rd
Mumbai 400054
Tel: 438 2131 / 438 6161

PT AS A PERSON:

Ht: 5' Wt: 56kgs

PERSPIRATION: profuse, slight odor and sticky

CRAVING: for fish³

AVERSION: meat³, sweet¹

MENSTRUAL HISTORY: regular 4-5day/24-26days cycle

MB (1 week): tensed, headache, nervous, lethargic, doesn't feel like working, giddiness³.

OBSTETRIC HISTORY: one Caesarean section done because pain could not be induced.

THERMAL: C³H², Sun causes headache and photophobia

SLEEP: disturbed due to negative thoughts when depressed and anxious.

Family History: Father: TB; Sister - also had nervousness and gets depression

LIFE SPACE:

She was born in 1960, Father was a Driver and Mother housemaid in Kuwait. Father expired in 1978 ; she stayed with her brother. Tough childhood. Completed her SSC in 78 with 50% but always was a nervous fearful child.

Completed her BA in 84 and then took a job of secretary and telephone operator.

In 1990 she had an arranged marriage. Her H was in

civil organization posted in Abu Dhabi. In 1991 she had a child, she had to stay alone and manage alone, so got very nervous and scared. MIL alone and very harsh. Harassed her a lot. When she was pregnant her MIL used to laugh at her because she did not know how to cook, so she got out of the house and stayed with her sister. During her pregnancy she stayed with her brother and later bought a house at Mira road, but she felt very nervous and alone.

1995 her sister bought a house in Borivali. Pt too moved Thane, so now she had no fear

1996 leakage in the house because it was a terrace flat and had to spend a lot of money

1998 leakage spent Rs 2,500 and society never repaid it. She fought, became very sick and depressed and had to be hospitalized.

1999 leakage but husband was there, so didn't feel depressed.

When husband not there she gets scared; goes to sister's house stays overnight and would come home in the morning.

Pt has fear of being alone³, funeral³, heights³, crowd, lift³-feels she is trapped. Has lot of anxiety about her health.

RUBRICS SELECTED WERE:

1. Anxiety alone when
2. Fear of being alone
3. Anxiety health of
4. Insomnia anxiety from
5. Sulky
6. Talk excessive
7. Panic attacks of anxiety
8. Insecurity
9. Fear of crowd, fear of heights, funerals
10. Headache, on waking up
11. Headache<sun
12. Diarrhoea <fright

Arg-nit was highest ranking followed by *Kali*

PLANNING AND PROGRAMMING:

ACUTE: *Arg-nit*. *Cimic* 200 for neck pain.

PHASE MEDICINE: (Fear) *Arg-nit*

CONSTITUTIONAL: *Kali-phos* [Anxiety, coupled with the leaning character, so many dreams, and fears with sleeplessness, lead to the Kali attached to the anion Phos.

INTERCURRENT:

Fixed fears, fixed ideas cannot be alone made me look at the fear as more sycotic: *Thuja*

This was a case where many medicines were given relief, no doubt, but hte boldness to stay alone came only with *Arg-nit*. It being a strong nervous condition,



3/8/00	Headache ³ , nervous ³	<i>Kali-phos 200</i>
10/8/00	Cramps ⁺ , Sleep ^{>} , pains ⁺ , sl nervousness ^{>}	<i>Kali-phos 200</i>
17/8/00	> 80% nervousness	<i>NIH 200 -3</i>
5/10/00	Pulling pain ³ with lot of anger	<i>Staphy 200</i>
12/10/00	Irritable ³ <MB, rainfall leakage. Heaviness of chest	<i>Kali-phos 200-7P</i>
19/10/00	Tensed ³ headache ³ anxious ³ CT scan done -NAD	<i>Tub 1M</i> <i>Nat-phos 200</i>
2/11/00	>2 teeth pulling with slight headache for 3 days	<i>NIH 200- 3P</i>
16/11/01	Headache 1/2W, teeth pain and tightness+ cramps after menses <. Anxious ³ , confused ³ , talks ³ <alone	<i>Kali-c 30 -3 P</i>
30/11/00	> but still pulling pain +	<i>Cimic 200-1P</i>
7/12/00	Overexertion , cramps shivering, vomiting sensation thirst reduced	<i>Cimic 200 -7P</i> <i>SOS for headache later</i> <i>Tub-b 1M-1</i>
21/12/00	>60% no headache for 2 weeks	<i>Tub-b 1M</i> <i>Kali-c 200-1P</i>
4/1/01	> pt came first time saying better, > anxiety	<i>NIH 200</i>
26/2/01	Suddenly frightened at night with dryness of mouth, pain in chest, palpitation and giddiness <11-2AM	<i>Arg-nit 1M</i>
8/3/01	> fear >giddiness	<i>Thuja 200</i> <i>Arg-n 1M</i>
22/3/01	> mentals but slight nervous due to son's illness	<i>Thuja 200</i> <i>Arg-n 1M</i>
5/4/01	>3 nervousness	<i>NIH 200</i>
12/7/01	Palpitation , house leakage wet house. Fear, H no job Jaw lock <MA	<i>Arg-nit 1M</i> <i>Thuja 200</i>
26/7/01	Giddiness >, palpitation >+	<i>Arg-nit 1M</i>
18/10/01	Depression 1/M no giddiness	<i>Arg-nit 1M</i>
31/1/02	Giddiness 1/2W, teeth sensitive sour , worrying	<i>Arg-nit 1M</i>
7/2/02	Teeth pain crying seeing the accident what will happen? Palpitation	<i>Arg-nit 1M</i>

high potency had to be given.

In one visit she said that today while coming in the train there was lot of rush and due to suffocation two female fainted but you know Doc I didn't get nervous instead I went and helped them and I felt so nice—a lady who wouldn't be able to see accident, funeral and today could help! So much my nervousness has reduced.

In the last visit on 05-09-02 she said her Allopath has stopped her BP medicines also as her BP is 120 / 73

and has said to continue only Homoeopathy! (very gratifying).

CASE 2:

40 yr old Catholic lady came for the problem of calca-neal spur and DUB.

Her symptoms were categorized as follows:

Symptom Table on next page



Left Heel Since 1997	Pain ³ , Pricking pain, Swelling ³	A/F walking on marble floor, feet became cold. >walking 2 <standing ³	
Toes	Cramps, Stiffness	<working in water, <morning ³ , <AC >rest ³ , <pressure	
General	Body pain	<working in water, <touch	
Left ear	Pain ³	A/F shouting in argument, <talking loud	
Respiratory system 1999	Breathless ³ Can't take breath	A/F menses before 3days <1-4 <theatre >AM >open air ³ >after menses <deep breath	Tongue dry ³ Thirst less

PT AS A PERSON:

Wt: 74.2 kg

CRAVING: for pungent³, hot drinks³, fish, chicken, sweets², sour.

MENSTRUAL HISTORY: regular 6days flow and 24-30days cycle. Since Jan 00 it has become irregular 15-20days flow and irregular cycle 40days.

THERMAL: C3H2

FAMILY HISTORY: brother has diabetes; Sister has diabetes; Father had TB; Mother Diabetes. Twin Sister has depression.

PAST HISTORY: Mumps, Chicken pox

LIFE SPACE:

Born in 1958, she had two brothers and three sisters one of them being a twin sister. Her father was a driver, alcoholic but of loving nature. Mother went to Kuwait as housemaid for 5 years in 1974, so maternal Grandmother took care of all children in 1980. Brother at the age of 16 went abroad and is still working there. Sister

gave tuitions, and they were given 50% concession at school. Shared same book with her twin sister had a very tough childhood. After she completed her 10th standard, she started working so youngest brother could become engineer.

SIL-1 is very loving and nice, but SIL-2 is a fighter cock, won't let brother come to her house. Shouts: She gets angry and that is the reason why she got ear pain. Pt gets very upset, cries when she hears them fighting. Her husband would then shout at her: 'why spoil our life because of them' and would advice not to worry for her Br2.

In 1985 she got married. Her husband used to work at Dubai and would come once a year for 45days, then he went to Gulf. She felt very lonely she does all the house work and keeps her self occupied. She said she doesn't have any enemies. She loves to talk. When in tension she gets palpitation.

Weeps³, broods a lot when thinks of SIL. to her brother. She is very sympathetic. Fear of traveling alone and



23/3/00	Acute heel pain, thirst less, cried easily	<i>Puls200 2P 1P=2</i>
30/3/00	>3, felt happy to do work, breathing difficulty once<1-3:30	<i>Kali-phos 200</i>
6/4/00	Heel pain >3 although with over work. Sleep >	<i>NIH 200-3P</i>
20/4/00	Heel pain3	I) <i>Puls 200 2P 1P=2</i> II) <i>Kali-phos 200</i>
4/5/00	Pain >	<i>Thuja 200</i> <i>Kali-phos 200</i>
8/6/00	Pain <, swelling heel+, periods after 40 days. Here due to oedema, heel pain and >alone with lot of anxiety the kali group is correct but due to swelling which is still continuing and the medicine not holding so made a change .	I) <i>Puls 200 -2 1p=2</i> II) <i>Thuja 200</i> <i>Kali-carb 200</i>
27/7/01	>70%, slight heel pain but no swelling	<i>Kali-carb 200</i>
31/8/01	>70% work>	<i>Kali-carb 200</i>
24/5/01	Pain in the nape of neck, back pain <sleeping on floor. Anxious , hoarseness <talking3 to servant.	<i>Arg-nit 200</i>
31/5/01	> hoarseness, >swelling	<i>Thuja 200</i> <i>Kali-carb 200</i>
7/6/01	Swelling+, leg pain	<i>Kali-carb 200</i>
14/6/01	>50% , leg pain=0	<i>Kali-carb 200</i>
28/6/01	Knee pain <ascending3, swelling >	<i>Thuja 200</i> <i>Kali-carb 200</i>
30/8/01	Slight pain knee <climbing, sleepless due to daughter's exam	<i>Kali-carb 200</i>
14/2/02	Left heel pain <exertion, no swelling	<i>Kali-carb 200</i>
31/5/02	Slight pain in the heel	<i>Thuja 200</i> <i>Kali-carb 200</i>

also has anticipatory anxiety. < fights3. She is very affectionate, love to be with people, <alone3.

Here, being sisters with very similar complaints and background, it was thought the same remedy would be useful. But for her, the *Kali-carb* proved beneficial and not *Kali-ph*. With *Kali-carb* she has become very relaxed and all her pains and swelling has reduced to such an extent that even with overexertion, it hardly comes. She has responded well to the treatment and she has

not had pain at all since eight months except for a minor attack in May 2002.

DISCUSSIONS:

After doing both these cases, we can see there are sisters who came at different times. These 2 cases demonstrate graphically the importance of love and security in childhood. If we try to make a structure.

Structure on Next page

IN PRISON...they allow your family and friends to visit.

AT WORK... you can't even speak to your family.

IN PRISON... all expenses are paid by the taxpay-

ers with no work required.

AT WORK... you pay all the expenses to go to work and then they deduct taxes from your salary to pay for prisoners.

