

# How will I Live Alone?

Mrs MT 47yrs married, Housewife, a vegetarian Gujarati Vaishnav, resident of Walkeshwar, Mumbai, wife of pharmaceutical businessman, came to us with a claw hand and much pain. The next week after our treatment she came back with fingers straight and no swelling. Her troubles began when they started planning to live in a separate flat upstairs, away from the joint family. But we are jumping....let us see the full case first...

## CHIEF COMPLAINT

Fingers pain<sup>3</sup>, Swelling Rt<sup>3</sup>Lt<sup>2</sup>, Stiffness, redness < am<sup>3</sup>, < moving hand on Rt, > As day progresses, > warm, Can work, cannot lift weight. Radiation of pain Rt side upto shoulder Lt side upto wrist.

Knee pain Rt<sup>3</sup>, Lt radiation to Thigh, Feet. Lt<sup>2</sup> radiating to feet. Pain<sup>3</sup> Swelling Stiffness. No redness. But warm<sup>3</sup>. < Am 1<sup>st</sup> motion, < draft, > warm<sup>3</sup>, > continued motion, > light pressure.

Back pain since March 03 till June 04. Now no pain. Pain<sup>3</sup> > Allopathic treatment for time being.

## OTHER COMPLAINTS

Since 2002 OD Perspiration<sup>3</sup>, Cold on the right sided > AC, < HS<sup>3</sup> only, gets up with perspiration.

## PATIENT AS A PERSON

HT: 62". WT: 43 kgs. Lean. Dark circles +.

SKIN: Fair. PERSPIRATION: excessive<sup>3</sup>, non-offensive. Non staining.

HAIR: Dandruff++. LOSS++. TEETH: 2-3 Carries.

APPETITE: Normal. CR: Spicy<sup>3</sup>, juicy<sup>3</sup>, acids<sup>3</sup>, salt<sup>1</sup>

AVERSION: Sweets<sup>2</sup> THIRST: Less- 5-6 glasses/day

STOOL: 1/ day. Unsatisfactory > with Isabgol since 04.

URINE: Normal.



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**MENSTRUAL HISTORY:** FMP 13 yrs of age. Menopausal since 04. P/H Regular, 5/30 Flow +++, Clots +. Increased irritability and abdominal pain 2 days before menses > as the flow starts. H/O Leucorrhoea +++ > with Homoeopathic treatment.

**SEXUAL DESIRE:** Decreased since 1 year.

**OBSTETRIC HISTORY:** G0, P0, L0, A0. Initial years of marriage husband's sperm were low which later became normal. All the investigation were normal, still no issue.

**DEVELOPMENTAL HISTORY:** Normal.

**SLEEP:** 7 Hrs, Disturbed B/f pain, thoughts<sup>3</sup>, unrefreshing<sup>3</sup>.

**THERMALS:** CH4.

**FAMILY HISTORY:** DM: Fa, OA: Fa, Mo.

## DAILY ROUTINE

7 am: Wakes up.

½ glass tea with 2 chapatis.

12 pm: Coconut water.

1.30 pm: Lunch 2 chapati, ½ bowl of vegetables, buttermilk.

5 pm: 1 cup tea. 2-4 glucose / monaco biscuits.

7.30: 1 apple

9 pm: khichdi/ vegetables.

10 pm 1 cup milk with badam powder.

## LIFE SITUATION AND MENTAL STATE

1957: Born in Kutch.

Father had a cotton business. Mother was the second wife with age difference of 20 yrs. 1<sup>st</sup> wife died of some illness. Has one step brother and one step sister. But childhood was good. No hassles with the step siblings, they were like a family.

1975: Arranged marriage. Scared of husband. Owner of a big pharmaceutical company. Short tempered. Busy<sup>3</sup>. No time for the wife. Never accompanies the wife anywhere.

Anger<sup>3</sup> trifles at. Weeps<sup>3</sup> trifles at, but only when alone. Brooding<sup>3</sup>. < Consolation<sup>3</sup>, Fastidious<sup>3</sup> Plans ++.

Fearful<sup>3</sup> of being lonely. Anxiety<sup>3</sup> anticipatory.  
Palpitation, > Company<sup>3</sup>.  
1980-2004: Looked after BIL's son and daughter. Was happy. Problem started when they decided to shift, Feeling lonely, staying by herself. She now cannot continuously go downstairs.

**REPERTORIAL TOTALITY**

KR 0063 Loneliness  
KR 0016 Consolation Agg  
KR 0088 Timidity  
KR 0001 Affectionate  
KR 0010 Brooding  
KR 0094 Crying trifles at  
KR 0059 Irritability < MB  
RM 1043 Fastidious  
KR 1087 Planning  
RM 0997 Anticipatory anxiety  
KR 1412 Hot  
KR 1344 Draft aggravates  
RM 0531 Cr acids  
RM 0542 Cr spicy

RM 0546 Cr juices  
KR 0482 Av sweets  
KR 1299 Perspiration profuse  
KR 1299 Perspiration HS  
KR 1299 Perspiration Cold  
KR 0617 Flatulence < am  
KR 0530 Thirst less  
RM 1352 Sleeplessness < pain  
KR 1254 Sleeplessness < thoughts  
KR 1045 Rheumatism  
KR 1046 Extremities Pain > Warm  
KR 1048 Joint pains > motion

**REMEDIES ON REPERTORISATION**

*Puls* 45/17, *Sulp* 39/18, *Ars* 36/17, *Lyc* 34/16, *Nux-vom* 30/16, *Nat-mur* 30/16, *Phos* 29/15, *Sep* 28/13, *Sil* 26/12, *Kali-c* 25/12, *Calc* 24/12.

**PLAN**

ACUTE: *Rhus-tox*  
CONSTITUTION: *Lyc*  
INTERCURRENT: *Thuja*

**FOLLOW UP**

DATE	SYMPTOMS	TREATMENT
13/9/04		<i>Lyc</i> 200 1 <sup>st</sup> dose
20/9/04	Pain and swelling ankle and knee > 40%. Neck pain SQ. Lt wrist bone ++.	<i>Lyc</i> 200 2 <sup>nd</sup> dose
12/10/04	Was better for 2 weeks, pains increased because of exertion.	<i>Rhus-tox</i> 200 QDS for 2 days. <i>Thuja</i> 200 1 <sup>st</sup> dose <i>Lyc</i> 200 3 <sup>rd</sup> dose
19/11/04	Pains > 80. Morning Aggravation++.	<i>Lyc</i> 200 4 <sup>th</sup> dose
17/12/04	Not Better. Did shopping for 2 hrs. Was constantly standing which increased the pain and swelling. O/E Knees Crepts ++, Warmth++, Redness++.	<i>Rhus-tox</i> 200 QDS for 2 days. <i>Thuja</i> 200 2 <sup>nd</sup> dose <i>Lyc</i> 200 5 <sup>th</sup> dose
03/01/05	Was much better. Again since two days pains increased.	<i>Rhus-tox</i> 200 QDS for 7days.
11/02/05	Was > <sup>3</sup> in Kutch. Inspite of the cold weather. Pain in Lt wrist increased after coming to Mumbai.	<i>Rhus-tox</i> 200 QDS for 7days.
04/03/05	L5 → L7. Took stalk of the situation. Though the pain was better, still I felt as if we were going no where. The aches and pain were not going away fully, would come up each time we	<i>Puls</i> 200 1 dose

	<p>thought she was improving. She looked dull. Depressed. Enquired what was keeping her occupied and not letting her smile. She revealed that her new house is done where she is alone all the time. the husband used to leave home early and come late, did not be even a minute with her. She felt extremely Neglected and she broke down in tears. EMOTIONAL BLOCK we gave her <i>Puls.</i></p>	
18/03/05	<p>She was much better. Pains reduced to 50%. We have been repeating <i>Thuja</i> 1 dose every week. Pains have reduced to 80%. This patient we have followed up exactly, taking the measurement of her clawed hands and photos. Unfortunately they did not come well on scanning. Another time we will print the photos when we give her follow up after 6 mths.</p>	<i>Thuja</i> 200 3 <sup>rd</sup> dose

## Still's Disease with Generalised Cerebral Atrophy

Before I start the case, let me depict the general view of the public regarding Homeopathy. This patient was referred by one of my patients on 17.12.2003, in the charitable dispensary. After taking the case, the indicated remedy was given and fees charged was Rs 30/- only. The patient did not turn up for 1<sup>1/2</sup> months. On enquiring the referring patient, he said that the father of the patient is apprehensive about the treatment. "I have spent thousand of rupees in Hinduja Hospital, Holy Family Hospital, RK Hospital and many others. What can a doctor do if he charges Rs 30/- only?" he questioned.

Nevertheless the patient did turn up on 25.02.2004. The father felt sorry for not coming after the first interview.



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### NOW THE ACTUAL CASE

Name : Ravish Chaurasia  
Age : 10 yrs / Male  
Occupation : Student

### CHIEF COMPLAINTS

Fever since 3 years  
Nausea and Vomiting ++ < Sight of food  
Pain and swelling in both the knee joints.  
< Motion, > rest

### PAST HISTORY: Mumps 3 years back.

Jaundice 2 1/2 years back was admitted in the hospital for 28 days. Blood transfusion. Lymphadenopathy.

### PERSONAL HISTORY

BUILT: Obese, flabby WEIGHT: 32 kgs  
APPETITE: No desire to eat. DESIRE: Apple  
AVERSION: Fats + +, milk cream.  
THIRST: N. STOOL: N. URINE: N  
Likes open air.  
MIND: Calm, looks downwards while talking