

I am Jammed

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CHIEF COMPLAINT

Mrs S aged 32 years came on March 2007 with C/C of Recurrent Coryza and Cough since 3 months, sneezing and nose-block, pain in auricular region, cough with wheeze and thick, greenish expectoration.

A/F: Dust, weather changes, rainy weather, sour food.

Modalities: < Evening, Traveling long distance, Rainy weather.

>Morning, Warm water, Steam inhalation

PAST HISTORY: Not significant

FAMILY HISTORY: Father- HT

PERSONAL HISTORY

DESIRES: Fish

AVERSION: Sweets

THERMALS: Ambithermal

Excerpts Of The Interview

Doctor (D): Tell me about your problem.

Patient (P): Nose block, breathlessness. It feels as if closed.

D: As if closed, in the sense?

P: Block "kelyasarkha hota". On left side, it's more.

D: Describe that a little bit more?

Pt: I feel I can't breathe after that, it irritates me.

Doctor: Describe that irritation?

Patient: Irritation means: can't describe it exactly in words but feels... I don't know.... but what I have said that only choked.

D: Describe, what is choked.

Pt: Choked means can't...*bahernahi padat*.

Choked up feeling (gesture) blocked.

D: When you said choked, you did like this (gesture), just describe me this gesture. Describe the movement of your hand.

P: Jammed.

D: What is jammed? Explain me jammed without relation to you. How you will explain it?

P: Can't express myself. I would keep to myself.

D: When it becomes too much, how's the experience like?

P: Then I start feeling sick. Like how this choked up comes, it's like that only.

D: Describe that experience. How it feels to you?

P: That's not myself.

D: How it feels to you to be in that situation?

P: Helpless. I want to help myself, am trying to.

D: What helplessness means to you? How will you explain to somebody who doesn't understand helplessness?

D: When does the person become helpless?

P: When things are not in our hands.

D: How does it feel to you to be yourself when the things are not in your hand?

P: Helpless.

D: How will one person feel when he is helpless, when the things are not in his hands? How's that helplessness like?

P: As if you are blamed for some situation when you are not responsible for that.

D: How's the experience at that moment when you are blamed?

P: No one understands how to react.

D: So how's the state like?

P: Again it comes to helplessness. I don't know which way to go ahead.

D: How's the situation when you don't know which way to go, generally without being personal about yourself?

P: Wait and watch.

D: What's the feeling or the experience?

P: Again jammed.

D: What's the exact opposite of jammed?
 P: To "open up".
 D: Describe "to open up"?
 P: To be myself. Be what you are.
 D: When you said open up, you did this hand gesture. Show me this movement (hand gesture) again. What is to open up for you?
 P: To be what we ourselves are.
 D: Describe this movement. What's this movement? If you want to describe this movement to a child, how will you describe it?
 P: I feel with myself. I feel freeness and free.
 D: Why do you experience freeness? What's freeness for you?
 P: I can be what I am. I feel confident about myself and that's the way how I am usually.
 D: How's the experience?
 P: I feel very healthy. Energetic.
 D: When are you energetic the most?
 P: When I am myself.
 D: Tell me the most happiest and enthusiastic moment in your life?
 P: Cannot mention it specifically. It's not only myself but anybody is happy, I am happy.
 D: So how does it feel in your body at that time?
 P: *Sphoorti aata hai na*, it's perfectly normal situation.
 D: How's the opposite experience of being in that situation?
 P: I am not ready to let go off things.
 D: How it feels to you when you can't let go off those things/ emotions?
 P: **Jammed**.
 D: Tell me your fears in life?
 P: No one should get hurt because of me. Usually I take long time to react when the things... parents should not get hurt because of me.
 D: Describe me you dreams.
 P: Lots of dreams. Falling often.
 D: Describe me that falling?
 P: First my exams are there and I am not reaching to my exams. Will I reach on time? Then I experience fear.
 D: Being in that situation makes you feel like

what?
 P: I can't do something to help out myself.
 D: How does this problem affect you?
 P: Drastically. Something unexpected like.
 D: Tell me about something unexpected.
 P: Something which I had never expected in my life history.
 D: So, how it feels to you to be in that situation which is drastic or which you have never expected in your life history?
 P: What I feel is I want some permanent solution for all these things.
 D: Because being in that situation makes you feel like what?
 P: **Choked up**.
 D: What is choked up?
 P: Like a gas chamber choking up inside.
 D: How it feels to be in gas chamber and choked up?
 P: **Suffocated**.
 D: Can you describe me this a little bit more. How's the experience of being suffocated?
 P: Being enforced on me.
 D: Describe me enforced. What is enforced?
 P: (Hand gesture)
 D: Just show me this hand. What is this movement (gesture)?
 P: This is what I feel again- **jammed**.
 D: What's the experience of jam and what happens when you are jammed?
 P: Like this (hand gesture) *ataklya sarkha*.
 D: And its opposite?
 P: **Free**.
 D: When you say free, how do you experience it in your body?
 P: Relaxed
 D: Mention all your words that you can describe when you experience free.
 P: Free myself and cool, comfortable. Feels good.
TREATMENT
Cannabis-sativum
 Follow Up
 1st Follow up: in April 2007
 D: How are you?
 P: No problem. Breathing is free, there is no

restlessness and feeling very fresh. I can breathe very easily which I was not able to get. Always my left nostril was blocked which is not there now. I am feeling free and more fresh.

D: Describe this a little bit more- feeling fresh.

P: Feeling fresh, its because of breathlessness. I used to feel very tired which I don't feel now. Breathing is free. There is no restlessness or blocked feeling.

D: Describe me that a little bit more,"blocked feeling is not there".

P: Feeling free. There is no ...choked up feeling is not there. That's why I am feeling more fresh. Very healthy feeling. Every 15 days, I used to feel sick, because of breathlessness I used to feel very tired which I don't have. So I am feeling better. I feel very healthy and more confident. I used to feel very dull that's not there. .

D: Describe me lighter.

P: That choked up feeling is not there. So I feel very fresh and I can breathe easily, feel very nice.

D: From last so many days?

P: I used to get it but now a days I am having peaceful sleep.

2nd Follow Up: June 07

Patient was better. No complaints

3rd Follow Up: August 07

Patient was symptom free. Breathing was free and the blocked sensation was reduced. Dullness was reduced and she was feeling much more confident now. She feels lighter now.

4th Follow Up: October 07

She is better now and complains of slight coryza occasionally. Patient is completely off treatment and till date follow up shows no recurrence of the complaint, except occasional coryza.

Understanding Of The Case

On being asked how it starts, she says, 'it is as if it is being closed' this is directly at the level 4 (delusions). She explains closed as blocked: can't breath. Further when explaining can't breath she says, irritation (with the hand gesture) that is (energy) level 6. On being asked about the hand gesture she says choked. She describes it as jammed. Experience of being jammed is helpless. The experience of helplessness is jammed. And the opposite of it is opened up, free.

On describing open up...Comes up the hand gesture. On being asked about the hand gesture she says, it is as if going ahead and the experience of going ahead for her is being free. The experience of being free is lightness. On asked about the fear, she says it is about exams and the experience is like choked up, suffocated; something enforced (hand gesture) On being asked about the hand gesture she says it is jammed, the exact opposite is opened up balance.

MIASM: Sycotic (accepting the limitations)

Quotes from 'Insight into Plants' Rajan Sankaran

"*Cannabis* patient lives in the box which provides security, sense of identity associated with, example: nationality, tradition & profession. The box limits the freedom & patient wishes to become free & open, but this would entail the loss of identity & security. The box is the closed, shut-up space. *Cannabis* is the window. From within the safety of his box, he can look out at the vast space & absorb the colour & sound."

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