

Irritable Bowel Syndrome: A Case Study

A female patient aged 35 years, came with following complaints, present for last 3 years.

- 1) Painless watery motions 8-10 times daily, having no specific time modality.
- 2) Palpitation, nervousness, with perspiration of palms and soles.
- 3) Tingling and numbness of extremities.
- 4) Abdominal cramps with flatulent distention.

History: Relatives gave the history that whenever patient is anxious, angry, or mentally depressed due to a quarrel, problems of children or any socio-economical problems, she gets painless diarrhoea.

Patient had already taken extensive treatment in modern medicine without any positive result. Finally, went to Apollo Hospital at Hyderabad only to get her disease labelled as "Irritable Bowel Syndrome". Anti depressants given without any result. Ultimately, she decided to try Homoeopathy.

No history of amoebic colitis, no past history of major illness. Menstrual History - NAD. No history of PID. Obstetric history - 4 FTND.

Clinical Examination: General condition good, Pulse 80/min, BP 130/90 mm of Hg. Respiration 20/min, Anaemia (+), Tongue- Clear. No significant lymphadenopathy.

Mentally the patient is fearful and nervous. Fear of serious disease.

CNS—Normal

CVS—Normal

RS—Normal

Appetite—Good

Desires—pungent food but it aggravates complaints. She is a total vegetarian.

Abdominal Examination : Soft and distended. Liver, spleen not palpable. USG, Colonoscopy, sigmoidoscopy reports normal. Stool report normal except mucus++ fat globules (+++).

Homoeopathic view:

Considering the totality of symptoms : loose motions



associated with the mental state of patient, the drug of choice was *Argentum-nitricum*. **Rectum, diarrhoea, excitement KR** pg 612 only *Arg-nit* is in 3 marks.

After comparing with similar drugs like *Gels*, *Phos-acid* and *Thuja*, (2 marks each) I decided on *Argentum-nit* by using the eliminating symptoms.

Treatment :

Arg-nit 200 BD for 3 days and SL for 10 days.

15 days later: Better (3+). SL for 15 days.

After one month — *Arg-nit* 1M 1 dose.

Now patient is totally free of symptoms and only on SL.

With the Homoeopathic treatment I also gave Psychotherapy. This helped her to regain confidence and she was also trained to control her bowel habits.

Conclusion: Irritable bowel syndrome can be defined as a motility disorder that is modified by psychosocial factors. This syndrome has a variety of names i.e. irritable colon, spastic colitis, mucus colitis, nervous diarrhoea etc. Irritable bowel syndrome is a common disorder. Generally 50% of the patients who come to doctor with gastrointestinal complaints can be classified in this category. Female : Male ratio in Western countries is 2 : 1 and in India it is 1:2.

Psycho-physiological correlation: Although motility pattern of increase and decrease has been observed in normal persons as well as in irritable bowel syndrome patients, very little work has been done to correlate the psychological status with the physiological status. For eg for some people, sudden fright or shocking news leads to loose motion and other symptoms of irritable bowel syndrome.

These patients are generally nervous, hysterical, neurotic, neurasthenic, anxious or depressed. Case history reveals stressful situations in life, for such patients. Hence they get great relief by psychotherapy. So you must :

- 1) Identify the current stress that precipitated the symptoms.
- 2) Advise change of environment—if possible.
- 3) Give intensive psychoanalysis aimed at alteration and modification of life style of patient. ◉

A Case of *Cuprum - ars*

This case was held over from Cancer issue as it was received late.

In Feb' 1990 one of my old patients requested me to prescribe for her 79 years old father. He lived in Goa; and refused to come to Bombay. He had Cancer of the stomach.

Complaints: 1) Loss of appetite for 3 months. Barium meal showed cancer antrum of the stomach. Confirmed by gastroscopy.

2) Choking with dry food, liquids no trouble. Easy satiety and constipation. No pain. Losing weight and very weak.

Aversion—Veg (3+), Shell fish.

Craving—Fatty food, meat, sweets, well salted food. Very thirsty (3+)

3) Calculus in the Right Kidney with hydronephrotic changes and diabetes.

Physical Generals—Desires open air +++. Aversion to sun. Wanted the fan. Prefers cold weather. Bath warm. Does not like wearing too many clothes. Most of the time he wears only a vest and shorts.

He has lived all his life in Goa with his wife and 2 daughters. He worked in the navy as an engineer for 33 years, mainly in the engine room. Had been vaccinated for small-pox several times.

Constitution—He was tall, well built and always enjoyed good health. He was proud of his good health. After retirement he had 2 heart attacks and diabetes. He smoked and drank alcohol daily.

Mentals—Hot tempered. Hated visiting doctors. Very restless. He couldn't sit still at all. He liked to work with his hands all the time. He liked to help his wife with household chores like chopping vegetables, grind-

ing masala, polishing brass etc; liked to have every thing in place. No one could touch his things. Very tidy and fastidious.

He was unable to take any stress, he would just sit and cry +++, like a baby and his greatest fear is that if something happened to his wife, what would happen to him.

He was very suspicious and wary of strangers. He only talked to people whom he knew. If any stranger came to the house he would not talk to them. He had strong likes and dislikes, but didn't trust doctors or dentists mainly.

When he heard he had cancer, he just cried like a baby. Can't take any illness, always cries like a baby.

He was superstitious, and had a fear of black magic.

Fear of medical tests. Fear of flying (3+). Fear of being alone

At first *Thuja* 30 / 3 doses and SL.

2 weeks later *Ars-iod* 30 / 3 doses and SL.

Since there was no change, the case was restudied.

Repertorization:

- 1) Weeping after slight emotion *CUPR*
- 2) Weeping from despair *CUPR-AC*
- 3) Weeping like a child *CUPR-AC, ARS-ALB*
- 4) Suspicious *CUPR, ARS*
- 5) Fear of strangers *CUPR*
- 6) Restlessness *CUPR-ARS, CUPR-AC, CUPR, ARS*
- 7) Fastidious *ARS*
- 8) Fear of being alone *ARS*

Cuprum-ars was selected from the above analysis.

Cuprum-ars 30 / BD 2 days and SL.

2 weeks later *Cuprum-ars* 200 BD 2 days and SL.

4 weeks later: Appetite better. Emotionally better.

Cuprum-ars 1M BD for 2 days.

8 weeks later: Active; blood sugar normal. Gen better.

Cuprum-ars 1M—1 dose.

10 weeks later: Good stool. Can walk, climb up. Eats well. He has gained weight—emotionally better.

7 months later: Joint pains. Keeps well.

Kept well for 3 years with occasional doses of *Cuprum-ars* 1M. Then diabetes got very bad. Cancer recurred and he died 6 months later at the age of 82 without much suffering. ©



Psoriasis Repertory

The following repertories have been consulted for this compilation, of which Kunzli (1) has been used marginally then, Knerr Rep (2). Boericke (3), Phatak (4).

Psoriasis

alum, ambr, ant-t, amm-c, Ars, ARS-I, aster (3), aur-m, berb, bor, bry, bufo, Calc, cal-s, Canth, carb-ac, Chin, Chrysar (3), Cinch, Clem, cor-r, cupr, dulc, graph, hep, hydro, iod, Iris, Kali-ar, kali-br, kali-c, kali-p, Kali-s, led, lob, LYCO, mag-c, Mang, mar-v, Merc, merc-c, merc-i-r, merc-sul, Mez, mur-ac (3), naph (3), Nit-ac, nuph, Petr, ph-ac, Phos, PHYT, Psor, Puls, radm (4), ran-b, Rhus-t, Sarr, Sars, SEP, Sil, strych (3), Sulph, tell, teucr, thuja, tub (3), ustill, (3).

Diffusa — *ars, ars-i, calc, cic, clem, dulc, Graph, lyco, merc-i-r, Mez, mur-ac, rhus-t, sulph, thuja.*

Discolouration of skin after — (2) *kali-ars.*

Furfuraceous, sometimes fissured and bleeding (2) — *Lyc*

Guttata (2) — *Ars, Flouric-ac.*

Inflamed in children (2) *Ars-i.*

Inveterata — *Calc, carb-ac, clem, Kali-ar, Mang, merc, petr, puls, rhus-t, Sep, Sil, sulph.*

Inveterate, itching arm, after scratching relief, followed by burning and at times bleeding — (2) *sulph*

Itching (2) — *Naph*

Itching without (4) — *cup-ac*

Palmaris (2) — *crotal, Kali-s, petrol.*

Patches irregular with shining scales, edges slightly raised (2) *Iris.*

Patches numerous, with itching patches scale off and are replaced by smaller, leave beneath them a red skin (2) — *kali-ars*

Relieved in (2) — *Iris.*

Red spots after abuse of mercury — *sars.*

Scales shining, white adhesive, looking like stearine (2) — *Sep.*

Scaly, itching causing him to scratch, till ichorous fluid discharges forming a hard cake (2) — *kali-ars.*

Syphilitic — *ars, ARS-I, aur, Cor-r, kali-br, MERC, Nit-ac, PHYT, Psor (2), Sars, thuja.*

Secondary syphilis (2) — *Merc.*

with ulcers on legs (2) — *kali-ars.*

Head:

Eruption, Psoriasis, head covered with inflammatory scaly eruption (child) 2 — *Ars-i.*

Eye:

Supraorbital eruption, psoriasis, in eyebrows — *Phos.*

Face:

Eruption, Herpes, rough, partly reddish, partly whitish lettery spots on left cheek bone (psoriasis) 2 — *Merc.*

Eruption on chin, circular spots 2 — *Sep.*

Mouth:

Eruption, psoriasis of tongue (3):- *Cast-equi, graph, kali-bich, mur-ac, Sep.*

Male Genitalia:

SYPHILIDES, psoriasis (3) — *asaf, Graph, Kali-bich, nit-ac, phos.*

Respiration:

Asthma alternates with psoriasis (2) — *Sulph.*

Neck and Back:

Eruption, neck, psoriasis on nape, in secondary syphilis (2) — *Merc.*

Eruption, black patches, size of a crown, and indolent (2) *kali-ars.*

Extremities:

Upper limb:- *Iris, kali-ar, Kali-s, rhus-t, sil.*

Blepharites (2) — *Sil.*

Chronic psoriasis especially left exterior surface, itching (2) — *Rhus-t.*

Patches of size of a crown piece and indolent (2) — *kali-ars.*

Patches on:

Elbow — *Iris, kali-ars, kali-s, Phos.*



Forearm — *Rhus-t.*

Wrist — Eruption red, round scaly spots, one inch in diameter (2) — *Merc.*

Hand

Chronic psoriasis on dorsal (2) — *Rhus-t.*

Psoriasis diffuse — *Ars, calc, Clem, Graph, Kali-bi, Lyco, Mez, PETR, Rhus-t, Sulph.*

Psoriasis diffuse, degenerating into impetigo (2) — *kali-br*

Back of Hand: Psoriasis, chronic — *Ars, aur, bar-c, GRAPH, hep, Lyco, Maland, PETRO, Phos, Phyt, Rhus-t sars, Sulph.*

Psoriasis inveterate, on dorsa, dry scaly, intense itching when warm, relieved after scratching, followed by burning, at times bleeding (2) — *Sulph.*

Palm—*Aur, calc, Clem, coral (3) crot-h, graph, hep, kali-s, Lyco, med (3) merc, Mur-ac, Nat-s, Petr, PHOS, Psor, sars, Sel, sil, Sulph, sul-ac, X-ray.*

Psoriasis palmaris, affecting whole palm (2) — *petroit*ching making it impossible to do work (2) — *petr*

Syphilitic psoriasis (2) — *Phos.*

Fingers — *Lyco, teucr.*

Right index, eruption covering a surface about 2 inches long and one inch wide, hard, hypertrophied and

covered with thick, whitish scales (2) — *Mar-v.*

Lower Limbs

Knee — *Iris, Phos.*

Leg — *kali-ar, PHOS.*

Foot and on soles, syphilitic — *Phos.*

Nails (3) — *graph, Sep.*

Skin:

Discolouration — after psoriasis (2) — *KALI-ARS.* yellow and dirty (2) *Merc.*

Dry (2) — *Merc.*

Eruption, rash irritating from contact with coarse shirt, patches like lichen in some parts, in others, a linear appearance (2) — *Sulph.*

Irritation — in relieve (2) *Iris*

Rhagades — in relieve (2) — *Iris*

Rough — (2) *Merc.*

The reference number with rubric means that the main rubric is from that source while reference number in front of a drug means that particular drug is from that source.

Grading:

ARS = 1st grade

Ars = 2nd grade

ars = 3rd grade