

A Rapid Return to Work!

Mr ASB 67 yrs, having a sedentary job as NJH Manager, residing at Naigaon, had C/o Duodenitis with P/H of duodenal ulcer when he first consulted us. On 12/4/05 he came to us half bent over and with a cloth tied tightly around his waist. He had sudden severe backache in the morning. A/F lifting heavy wt when out of town 2 days back. The pain was in lumbosacral area and Rt iliac fossa < sitting, > tying the back tightly with a cloth. When examined by another Doctor, he was advised to do MRI and suggested that he may have to go for surgery.

15/4/05: When we examined him, SLR R and L = 45. He was almost weeping with pain. Based on presenting totality, *Rhus-t* 200, 4 hourly in water was started. Having come all the way, he wanted to continue to attend office, but not to sit and work, he should remain standing or frequently go and lie down in the evening. We also consulted our in-house expert, Dr Asrani, SLR R= 50, L=40. He diagnosed as bilateral Sciatica. He said it to be dangerous. He was advised to take rest, avoid sitting,

could stand or sleep but not sit. To wear belt and to take homeopathic medicine.

That first day he could work till his son came to pick him up in the afternoon.

21/4/05: Pt did not feel much of relief. Naturally, because he had worked that first day. But there was no deterioration, which was a good sign.

He was told to be at home and take complete rest for some days. MRI to be done. *Rhus-t* 200 in water doses, be taken 4 hourly after giving 10 strokes to the bottle. He was also given *Calc-fl* 6x 1 pill every 4 hours as a supportive biochemic medicine.

23/4/05: He was 80% better. There was just a residual spotty pain > pressure. He could walk, bend and lie on back without any discomfort.

O/E: SLR R=75, L= 60. He was so much better that he started coming to work only after 2 days of rest. He was given *Lyc* 200 which is his constitutional remedy.

2/5/05. He was >³. SLR R= 90, L=75. And there would be pain only on lifting weights. By May 15, no pain at all. And his MRI was never done! This is the bane of Homeopathic practice. Sometimes expensive investigations cannot be enforced, especially as improvement with Homoeopathy is so rapid.



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