

ICR SYMPOSIUM – VADODARA, SEPTEMBER 2019
HOMOEOPATHIC MANAGEMENT OF COLONIC DISORDERS

CASE: 07

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CONSULTANT / GUIDE - DR. SUNIL BHALINGE

OBJECTIVES:

1. Perceiving a sensitive, sympathetic man's career and financial struggles and its impact on his psyche and soma.
2. Understanding the Patient as a person (Constitution); Causes (Fundamental, Exciting, Maintaining) in the genesis of Colonic pathology.
3. Experiencing the Role of Similimum in management of colonic disorders with strong fundamental load in relieving patients and physician's anxiety.
4. Importance of proper Planning & Programming and establishing TPD & TPR in management of Colonic Disorders.

DIRECTIVES:

1. Discuss your feelings after studying the History and Case record and what are his struggles and his suffering?
2. Present your Structure, Form, Function Time to understand the Clinical diagnosis / State; derive the Susceptibility and Miasmatic diagnosis
3. Study the history and SCR and derive Person diagnosis (Constitution), the fundamental, exciting and maintaining factors for his disease.
4. Process the case in processing section and suggest suitable approach to Totality with reasons.
5. Present your Totalities – Chronic – Intercurrent - Acute
6. Reasons for choosing a final Prescription
7. Planning & Programming; TPD & TPR; Criteria
8. Do Follow up Evaluation

DATE OF CASE SCREENING: 9/4/2015

PRELIMINARY INFORMATION:

Name: Mr S.B. T	Marital Status: Married	Education: Diploma. Automobile
Age: 38 yrs. Sex: male	Diet: Non-Veg	Occupation: H/o - Job + Teaching
Religion: Hindu	Father: 46 yrs. died 1992	Mother: 48 yrs died, 2005
Brothers: 35 yrs., working with collection fund		Spouse: 32 yrs,
Daughter: 5 yrs	Address: K	

Chief complaints: GIT - loose motion since 1 yr.; F – 3 - 4 / day, Mucus present², unformed loose stools, with mild pain < eating after 2, spicy food, > stool after, <2 eating after, <2 anxiety. Now INCREASED since 3-4 days, B/L abdominal Pain

Duodenal Ulcer – ulcerative colitis Rx Tab. Rabaprezole, Tab. Moza, Tab. Becosule

Associated C/o: MSS - MCP, wrist, B/L ankle, Pain, stiffness < morning 2, Shoulder heaviness

Past History: Tonsillectomy in 1984

Family History: Fa - died Brain haemorrhage; Mo - Crohn's disease at age 48 yrs.

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Patient as a person:

Perspiration: Face², Axillae² Thirst: normal Appetite: N Urine: N
Craving: Chatpata³, Chatni² Fasting < weakness¹ Sleep: G
Dream - Irrelevant², Frightful², someone choking, Dreams of Mo/Fa

Reactions: Fan – S - mild, R - slow, W - 0, Covering - + all season, Bath: tepid all season
Sun: not agg. Cold air / Draft < Body heaviness Thermal: C3 H2

Examination: Weight: 68 kg; P- 88/min; BP: 130/90 mmhg; tongue: white coated

Investigation:

Oct 14- CRP- 0.5 mg/dl

26 sep. 14 - Stool - mucus +

Colonoscopy: Ulcerative colitis; Rectum/ descending colon reveal hyperaemic mucosa

Upper GI scopy: lax incompetent, Reflux Oesophagitis Grade 2 with Duodenal Ulcer.

Asking whether to resume Mesacol?

ACTION: 1 _____

FU: 18/4/ 2015: Patient has not written history form so appointment rescheduled.

Stool 2-3 / days; pain burning, no bleeding, no mucus no allopathic Rx.

ACTION: 2 _____

CASE DEFINED ON 23-4-2015 - HISTORY FORM:

Name: SBT Address: K DOB: 18/ 6/ 1976 sex: male Status: married,

Religion: Hindu- Rajput; Diet: Non- veg Addiction: no as such (3-4 cups tea/ day)

Education: 12 Th Science + NCTVT (automobile)

Career & qualification: NCTVT (3 yrs. course after 10th STD)

Occupation: at present teaching maths till 10th STD to state ICSE & CBSE board in A classes & give home tuition to few students. I travel to 3 different branches of A. Sorry forgot to mention the one more class that is S.T.E.P, it is in Vashi. I travel from Pannel to Vashi as per class schedule. I am happy with my present role as a teacher.

Occupation: I have changed my jobs frequently within a span of say 3-4 yr. duration (completing 3-4 yrs.). I started my career from technical field and then I joined call centres (2 call centres), switched to HR (Human Resources consultancy) then joined an NGO (Kotak Education Foundation). It was into teaching & the previous jobs which I mentioned (I used to give tuitions along with the mentioned jobs) but was never happy / satisfied with one job for more than 3 yrs., it became monotonous & I always search for new thing in life not able to make my mind, most of the time I am not able to take decisions in my life.

Family members: I stay with my wife & have a daughter of 5 yrs. Wife's age is 32 yrs. she works with Maruti dealer. She never changed her job field. I have healthy relationship with my family.

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I have a younger brother of age 35 yrs. He is also married; we don't stay together. He got separated after 1 yr of marriage, we are in good terms with each other in need of financial & other crisis, we help each other. He works for a collection (money) firm.

Father's History: my father died at the age of 40 yrs. (30th Mar. 1992) due to brain haemorrhage.

Mother's History: mother died of ulcerative colitis. She was around 48 yrs (22 Sep 2005).at that time she underwent 2 surgeries in three months. I admitted her in KEM as she bled excessively, initially doctors told she had ulcerative colitis but after 1 operation when it did not heal, they said it is Crohn's disease (she was operated twice). After the 2nd operation she did not recovered & died in the hospital on 22nd Sept. 2005.

Daily Routine: I get up at around 7:30 am & in breakfast have 2-3 chapattis with some vegetable / tea. Sometime I don't have breakfast just have a tea & leave house. (This happens when I have early morning lectures in the classes / tuitions). Then I have lunch at around 2/ 1 pm. If my wife does not prepare on some particular day then I go to some hotel to feed myself. I think I don't have good eating habit. I like outside food but take care to eat only veg outside. I can eat 3-4 chapattis (medium size) with 1-2 vegetables & little rice dal in the lunch.

Evening I reach home usually at 10-10.30 pm & have heavy dinner (if the food is of my choice/ liking). Then sometimes I go for a walk after dinner but don't go to sleep immediately after dinner. I pass my time watching television or chatting with my daughter or wife & sleep after 12 am.

After lunch I go to my classes at 2 pm (leave my house at 2 pm) & reach home at 10 – 10:30 pm. I have tea in my classes (1-2 cups). In non-veg I used to eat chicken but as of now I have stopped eating non-veg (including egg), previously I used to eat non-veg rarely that was 1-2 per weeks or 2 weeks. I don't drink water while having lunch or dinner. I drink it in the end of it. I likes all fruits except apple (because after eating it, I feel emptiness in stomach).

Lunch specification: 3-4 chapattis with vegetable. 1 Katori sometimes rice-dal.

Dinner specification: rice-dal with sometimes roti subji.

Evening snacks: tea with some bread slices.

Financial responsibilities: At present there is a loan of around 3 lakhs taken on credit card and around 2.5 lakhs taken on gold. I have to pay monthly interest on credit card and for gold it is at the end of the year. Other financial commitments are daughter's school fees, grocery and other house hold chores. In the past that is in the year 2005, I had borrowed money from friends and relatives for my mother's illness which I repaid, after that when I got married (at the time of marriage also) I took a loan of around 1 lakh which I repaid, and borrowed some 75 K for buying house as other amount I was able to manage. These loans are repaid. At present wife also works so some financial burden is lessened, but the payment of EMI's worries me at the mid of the month and in the beginning of the next month.

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Chief complaint: Loose motions in the past and not passage of proper stools an urge to go to pass stools very frequently, in the morning at least 2-3 times and sometimes in the evening. Area affected: Endoscopy test revealed ulcer in the duodenum (grade 2) and colonoscopy test revealed (biopsy done) ulcerative colitis. This was done in June and Sep. 2014 respectively.

2) Sensation experienced: At present burning sensation in the stomach and near the mid of the lower point of rib cage.

3) Eating spicy and outside food led to loose motions the next day or the same night took medicines from the doctors that cured for few days but again this persisted, I thought this was due to outside food, so avoided for few days.

Also, anxiety and sudden feeling of nervousness lead to a feeling or urge to go to the toilet for passing stools.

4) Spicy and oily food increases the trouble passing of stools gave relief and still sometimes feeling of going frequently and passage of stools not being passed properly is there.

5) No other pain but the urge to go the bathroom and sometimes burning sensation while passing urine and mucus in the stools, the feeling of vomiting came when I overeat food but when I removed (vomited) food by inserting fingers in the throat it gave relief but sour taste and burning sensation remained in the oesophagus.

Other complaints: Pain in the left side of the chest, underwent 2 D Echo, sometime back in Dec 2005 and other test for chest pain. One doctor in Mumbai. I don't remember his name, he said that the terminal ends of my body are little oversized. (like the size of my head, my palms feet) and also the valves of my heart are oversized and they take little extra time for closing and opening but he told not to worry, at the time of pain just apply some ointment it is not serious but in the present sometime there is pain.

When I get up in the morning, on some days I feel stiffness in the fingers of my hands and also heaviness in the left forearm of my hand.

Also, there is pain in the lower part of the right foot below the knee joint of the right leg. Got operated for tonsils in the year 1989. Before this every summer season in the month of May - April used to get fever.

Personal Data:

- 1) Physical stature is weak, height is 5'6" weight is 68 kgs.
- 2) Emotionally not very strong, sensitive to issues related to others, like financial status of others (poor people) environmental issues, easily get carried away (on what others say) believe in the stories of strangers also.

I was good in studies I stood first in my school in 10th STD. In 12th I didn't do well as per expectations wanted to join merchant Navy but didn't got admission in the free seat, so started blaming the students who got admissions on the basis of caste but overcome those emotions but still sometimes the feeling of not achieving the goal or the future I dreamt for myself haunts me. I tried every influence to get the job in merchant Navy but

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failed. I went to some of my relatives for this but wasn't successful so I cut – off my visits to their homes and so some extent my vexations also.

I am jovial with my colleagues and my students at present, I treat my students as my friends but sometimes it leads to chaos or classroom control problems.

I have stopped socializing (otherwise) with other relatives and friends as time doesn't permit.

My family includes myself, wife and daughter. I want to give them the best I can. I want to be a good father and may not be a good husband. I want to be spent on my daughter's hobbies and education that is my goal in life. My daughter's future is my first priority; wife takes care of herself and also helps me in achieving my other objectives. Sometimes there are differences at opinion between me and my wife because her aspirations and mine don't match (desires not match).

3) Reaction to surroundings:

a) Food – I like to eat all foods, there is no choice as such, but have bad habit of eating outside junk food. (Now I try to avoid as much as possible). If I feel hungry then I go to a good hotel.

Apple: some times after eating apple I get a feeling of emptiness in my stomach, don't know why? But I like to eat all fruits.

b) Don't like rainy season, and also the month of April and May when it is very hot, don't feel like going out, every day, I bath with cold water, in summer seasons it can be twice or thrice also. I like to watch television, especially news channels. (Need to keep updated). Like to go out on outings with friends. No addictions, except for outside food.

c) If I am very tired and don't sleep in the afternoon, then I get proper sleep and no dreams but otherwise I get dreams and they about whatever I had thought about in last 2/3 days.

d) Sex: I have a sex 2-3 days in a week but not frequently.

Previous Illness: I have mentioned in other complaints I don't think they have any bearings on me at present except for the complaints mentioned in the previous pages.

Family History: Father died of brain haemorrhage on 30th march 1992. He was 40 yrs old at that time. He had no health issues, but once he was operated for hernia but later on it was fine and he didn't have blood pressure problem or diabetes.

Mother died because of ulcerative colitis at the age of around 48 yrs on 22nd Sep 2005. Even she didn't have diabetes/ blood pressure.

I have one brother he got operated for Hernia twice in the KEM hospital but now he is fine and he has got married living a healthy life. He drinks sometimes.

Wife underwent treatment of TB. She took medicines of TB for 6 months. She had issues of bleeding, she underwent colonoscopy and other tests of TB, but I didn't find doctors mentioning whether it was actually TB but now she is OK (this was in the year 2012 June).

From this Jan2015 she has irregular menstrual cycles

Daughter sometimes complains of stomach-ache.

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SCR DATA: PRELIMINARY INFORMATION:

Case Registration No: V/96/15		Date of Case Taking: 23/4/2015	
Name: Mr. S.B.T	DOB-18-6-1976 Age: 38 yrs	Sex: Male	
Marital Status: Married Dec 2007	Diet: Non-Veg	Religion: Hindu Rajput	
Education: Dip. Automobile	Occupation: H/o-Job + Teaching		
Father: 40 yrs, died 1992	Mother: 48 yrs died,2005	Spouse: 32 yrs,	
Brothers: 35 yrs, Chit fund	Address: K	Daughter: 5 yrs	

CHIEF COMPLAINT:

Location	Sensation	Modalities	Accompaniments
GIT since 1 yr 2 wks now again 3-4 days	Urge frequently Loose motions 3-4/ day Mucus2/ semisolid Mild pain	< Anxiety 2 < Morning 2 < Eating after2 > Stool after2 > Rx Rabeprazole Moza Becoscules <Spicy food2	
epigastrium- midpoint of rib cage daily	Burning sensation2 Unsatisfactory feeling		
Oral mucosa On & off Tongue lateral edges	Ulcers Pain+		
Esophagus	Occ nausea2 Has to induce vomiting Sour taste	< Over eating	
Mouth	Burning remains	< Oily food	

ASSOCIATED COMPLAINTS:

Location	Sensation	Modalities	Accompaniments
1) MSS: MCP Joints wrist / left forearm RT foot / ankle shoulder since 1yr started... since IBD earlier Mild	Pain 2 Stiffness 2 Heaviness	< Moving2 daytime ok	
2) H/o – Mind 2005: D - 1 ½ yrs. Lt chest	Depression Pain1 Anxiety Underwent 2 D echo	A/F grief (death of Mo)	

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3) H/o- tonsils 1989 H/o every year Marc- April	fever with tonsillitis	tonsillectomy >>	
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PATIENT AS A PERSON (ATTRIBUTES AND FUNCTIONS):

Appearance: lean, fair, anxious look; vertex baldness, Perspiration: face, axilla, odors 2
 Tongue: white coated Appetite: decreased Hunger < weakness
 Cravings: Chatpata 2, Sandwich 2 Urine: normal Stool- unsatisfactory C/C
 Sexual History: Desire: N; Erection: N, Coition - Frequency – 2 – 3 / week, Orgasm: N

Sleep: disturbed - thoughts and dreams

Dreams: something is choking his neck; somebody catching him; frightful, of thoughts of day, imagines himself in TV advertisement; about parents - dead.

Reactions – Physical Factors:

Bus: No < Sun: < heavy – headache
 Summer & Monsoon: does not like Fan: S & R: medium, W- 0 AC: in summer recently
 Coverings-All seasons + Bath: cold all season-habit Thermal State: C3H2

Past History: Tonsillectomy

Family History: Fa- cerebral Haemorrhage- died, Mo- ulcerative colitis → Crohn’s disease

Investigation: Refer Screening Sheets

General and systematic examination: P- 88/ min; BP: 130/90 mmhg;

P/A: soft, LO, SO. KO Lump 0, Bowel sounds – N

Life space:

A 38 yrs old male patient with specks and vertex baldness, he was looking anxious but became free and relaxed as interview progressed.

He was born brought up in Panvel in a middle-class family. Now living at K. They are 2 siblings; patient is elder of them.

Father was working in Private Company. Nature wise he was calm & used to occasionally drink alcohol. Pt. had good IPR with Fa but less interaction. In 1989, he resigned from the job as company was about to close, but after 3 months of his resignation company restarted. He was badly affected by this incidence and died in 1992 at age of 40 yrs with cerebral haemorrhage. There were financial strains after demise of father and patient had to take tuitions to earn. Mo was also calm person. He was attached with Mo. She used to smoke (cigarette).

He was good in academics and used to be topper in his school, but there was anxiety before exams every time, but once he started, he used to perform well. He used to have profuse perspiration before exams / interview. He was not satisfied with the caste-based reservation policies of government, as though he scored good, seats were given to reserved quota. He was crying while narrating this. He said he feels bad, that they got good

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engineering college even though they scored less. He got admission in R in Diploma Automobile. In 1992, when his Fa died with cerebral Haemorrhage, it was very difficult period for him to manage the financial responsibilities.

In 1995, he got his first job in BEST. He was taking tuitions also. 1st job was in franchise Machine Company. In 2001, given exam for BEST achieved 71%. He was managing house expenses and studies but was not satisfied with whatever he is doing. He tried in Dubai for merchant navy, but they demanded money. His uncle is in merchant navy so, he used to follow him. He wanted to become like him. He tried all means and also seek help from relatives to get navy job. This failure still haunts him and he has cut off relations with those relatives who did not help him then.

He joined HR job in HDFC, ICICI. During this period, pressure of completing the target was there. Recession period was faced when in HDFC and he had to lose the job. He was taking tuitions as a part time income. During this period, he used to skip his meals, sometimes no food for a day and spends a day on snacks only. He was anxious and indecisive during all this period about the job security and deciding about full time teaching as a career.

Mo was admitted for ulcerative colitis in 2005 and was operated. During this period, he was taking her care, he became very close to her. He was cleaning her stool also. Brother was also helping him, but he feels ill with malaria, that time, Mo was operated 2 times, subsequently diagnosed as Crohn's disease and was informed that she would not survive long. One injection from abroad which very costly, was not possible for him as he left the job for 2½ months. He felt very guilty that he can't do that. He said Mo never disclosed about her complaint. He was crying while narrating. Mo died after 3 months in hospital. He was depressed for about 1½ yrs after this.

In 2007, he got arranged marriage at the age of 30 yrs. Wife is working with Maruti Suzuki. Never changed her job by patient. Her nature little irritable, and their views on desires aspirations do not match and leads to tiffs but he is caring about her. He was tensed when she suffered from Koch's. He feels that he is not so good husband and wants to become best father. With relatives, if any issue occurs, he stops interacting with them. With his brother also when clashes occur, he stops interacting.

He is having hobbies like cricket, watching news. He used to shout on students earlier but not frequently now. Sometimes cracks joke to make situation lighter. He is sensitive to social issues and plight of poor people, gets carried away and help them.

His current illness being similar to his mothers, he is anxious about it as he knows limitations of modern medicine and its outcome so is seeking help from homoeopathy. Also, he is worried about his loans and future anticipated expenses for his daughter's education.

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FOLLOW UP CRITERIA

1. Anxiety – health / financial
 2. Sleep / Dreams

3. Appetite
 4. Stool – Urge / Freq / Mucus

5. Abdomen pain / Burning
 6. Joints Pain / Stiffness

7. Weight

Date	1	2	3	4	5	6	7	Action
23/4/2015	+	Disturbed	Reduced	3-4/d-Mucus +	+	+ all joints		Case Defined A
30/4/2015	-	G	N	2/d	+	Back -10 min	66 kg	B
6/6/2015	Was Asymptomatic so did not visit C							
18/6/15	+	Disturbed	Reduced	2-3/d; Mucus	+	0		D
4/7/2015	>	G	G	3/d; No Mucus			65 kg	Sore throat after-Bhajiya since 2 days E
4/8/2015	>	G	G	N	occ	+	66 kg	F
3/9/2015		-	-	--	-	-	-	G
1/10/2019				Mucus since 2 days			67 kg	Attended Pranic Healing course H
1/12/2015	No Complaints Wt=66 kg Energy Normal I							
14/1/2017	Increased Asking should he start allopathy again?	Disturbed	Reduced	Flatulence, Anus Pain < stool	++, 1 month daily	Popliteal pain ++ Knee Pain ++ Swelling+ Crepitus +	70 kg	Was better 1 year –Work stress increased, Late night tuitions Wt gained up to 74 kg, Joined Gym + swimming J
28/1/2017	>	>	>	>2	>2>	>3		K
30/3/2017	-	-	-	Anus burning since 3 days relapsed	--		70 kg	L
10/6/2017	-	-	-	-	2-3/d No mucus	Knee pain < rising from squat < climbing since 15 days	70 kg	M
15/7/2017	-	-	--	Pain burning abdomen +	3/d with mucus			Since 2 days N
14/3/2019				+ mild	Mucus +			O