

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

CASE: 08

GUIDE: DR. MANOJ PATEL / OBSERVER: DR. SHWETA VIPAT / CO-GUIDE: DR. MANSI SURTI

OBJECTIVES:

- 1) Learning to understand the man behind Inflammatory Bowel Disease.
 - a) His relationship with family members specially Role of mother in shaping & de-shaping the evolution of sensitive mind.
 - b) His Timidity (Suppressed / repressed hostility) & Heroics (performance in adversity)
 - c) His Ambition & deceived ambition at work
- 2) Learning to correlate between human mind & body, through study of stress & it's dynamic influence on sensitive constitution & genesis of Inflammatory bowels.
- 3) Understanding of Miasmatic influence on evolution of disease phenomenon.
- 4) Learning to derive attribute with help of evolutionary & cross-sectional study of life space & integrating same to EET
- 5) Discuss construction of totality, approach to case & differential Materia Medica.
- 6) Exploring the role of the Acute, Intercurrent & constitutional remedy in management of IBD.

DIRECTIVES: EXHIBIT: 1 - WRITTEN HISTORY

- 1) Discuss psychological correlation of Ulcerative colitis. What are the psychological factors influences in evolution of the disease?
- 2) Discuss homeopathic perspectives of Ulcerative colitis. What is scope & limitation of homeopathy in such cases?
- 3) Analyse the document exhibit – 1 (Written History)
 - a. Who is writing? How he is representing his problems?
 - b. What is he suffering from? Why is he suffering?
 - c. What is his analysis of his circumstances (various relationships) & himself?
 - d. Write Strength & Weaknesses of individual
- 4) What & How you would like to inquire in given case.
- 5) Construct totality & discuss in detail your approach to the solution.
- 6) Discuss deferential Materia Medica.

DIRECTIVES: EXHIBIT: 2 – CASE RECORD & LIFE SPACE

- A) Study case on life space table from:
- 1) Evolutionary Relationship under following heading:
 - a) Mother & her influence & quality of relationship
 - b) Impact of father's success & failure
 - c) Brother & his participation in stabilizing his life
 - d) Wife & his love life
 - 2) Study & his performance in disturbed environment
 - 3) Work & his ambitious attitude His achievements betrayal & deceived ambition

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- B) Now analyse each event when he had episodes of IBD
- 1) What are the internal factors responsible for the geneses of IBD his thinking, his feeling and actions?
 - 2) What are the Miasmatic forces responsible for geneses of illness?
- C) Now construct EET with help of finer understanding of case
- D) Now with help of Acute totality, Constitutional totality & Intercurrent totality Prepare TPD & TPR

EXHIBIT: 1 - WRITTEN HISTORY

36 years old married male came to clinic exactly at 9 am and was writing remaining part of his history in waiting room... He was young man with old, delicate & sunken look on his face. Average height, slim body, deep eyes entered inside the cabin with a very slow gate, pale face and an amiable smile on face and greeted physician as well as observer.

Written Submission Given by Mr. MG Prior To Case Definition

Name: M.G., Add: S, DOB / Age: 31st Aug 1972 / 36 yrs, Sex: Male,

Marital status: Married, Children: 1 daughter, Religion: Hindu, Veg / Non-veg: Veg, occasionally have eggs & chicken. Chicken has to be properly cooked else I find it repelling.

Addictions: Beer, have been having it since 16 yrs. Generally, I have 2/3 glasses per weekend, but only if I am feeling fine. I have not had beer for last 4 months since I am unwell. I always stop it when I have recurrence of ulcerative colitis.

- Smoking $\frac{3}{4}$ cigarettes a week when I am feeling fine. I started smoking a couple of years back. I have not had it since 4months since unwell.
- Tea, like to have tea made by my wife every morning. However, have stopped it since 4 months. Now I have it occasionally twice a week.
- Coffee, like to have it when I am in office. Usually I have $\frac{3}{4}$ cups of coffee in office. For last 4 months have stopped coffee as well.
- Liquor, hard liquor never suits me so have always avoided it

Education: Chartered Accountant(may1996)

- B.Com from N(mar 1992)
- SSC from St. L. Highschool (mar 1987)
- I have always been an above average student, but only applied myself when needed meaning that I have known when to put hard work and, in this way, I have been able to enjoy my school/college life while achieve my educational aspirations.

Occupation: CFO at C (IT service provider) handling full financial responsibilities of businesses in US, Europe, Australia. I manage around 50 people with 4 direct report, who are responsible for organizing the team below them. My job is complex for following reasons-

- I have assumed this role since Jan 1,09
- It was managed by another CFO who was not in good terms with me. He portrays as if he still is responsible for the business and I need to involve him in my decision

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making. He is supported by the Deputy CEO who feels comfortable working with this ex CFO.

- My appointment was finalized by an expatriate CFO & CEO who are in favour of me but politically I have to fight my battle.
- This is the largest responsibility I have managed to date, turnover of 1,300 crores & team size of 50 people
- U until last year I was reporting to ex CFO & now I am at par, so it is an ego battle for him. He is 50 yrs of age & has been in company for 10 yrs
- My peers are jealous of me and have expressed this to the management. My peers feel that I have been given good opportunities due to my excellent relations with the CEO. I have been in "C" for 8 yrs and have been successful at all opportunities including a 2yrs of deputation in US living out of Dallas. Hence my peers always try to play me down by resisting their support or showing negative vibes
- Due to the situation I am not fully confident of the support from my direct team hence I am on constant vigil

Last year I was the CFO for US business turnover of 250 crores and team of 8. I had excellent relation with my US CFO & team who always showed full support to me. I was very successful in my role last year, as a result I was nominated for a promotion to VP in Nov 08. At the time I was nominated for VP, I was offered larger role by expatriate CFO (that I am currently responsible for) for which I was excited. I had to seek a buy in from my US CEO & US expatriate CFO (based in NY), my new role was announced before seeking a buy in. These two were extremely supportive of me until this new role was offered, but became anti with me & gave negative feedback for my promotion which I lost. They also did not give good feedback for my performance in 2008 so I lost some amount of my bonus payment. When I discussed the reason with them, they shared that they were largely responsible for my success in 2008 and did not like that I was now moving into a new role, one of them felt cheated & hence made it very difficult for my promotion & ratings. The US expatriate CFO is very influential.

My position in the company is very delicate & I feel cheated & betrayed by my seniors to whom I have shown allegiance for so many years. As a result, I continuously keep brooding about the situation & have considered quitting several times. This situation is largely responsible for my current health concern. I am currently at a very senior position as a director.

Prior to "C", I have worked with E. I have 13 yrs of work experience with reputed companies. I was not very successful in E due to my health & E was a very brief stint.

Family: Wife: N 30 yrs married for 8 yrs from 'K'. Personality: Patient, accommodating, hardworking but lack of focus, requires direction & guidance. However, over the past 1 yr she has changed & she is now becoming more responsible & a go getter.

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Relationship: arranged marriage, we didn't hit off well & had marriage issues for first 3 yrs. However, we agreed to settle our relation & life by giving each other space. For last 2-3 yrs our relation has improved & we have become good friends always trying to see the other's point of view.

Work: paintings & holds exhibitions to sell them. Has worked for 6 months to 1 yr with small companies for fun & satisfaction.

Responsibilities: I always wanted her to do very well professionally since she had mentioned about it in our first meeting. However, after marriage she went into depression & I had to keep motivating her to keep looking at the brighter. She is now very excited about things to come & is planning to open a garment shop with her cousin.

Daughter: A 4yrs. Personality: early to comment but she is patient, understanding, does not throw tantrums & will always hear me & my wife before making conclusions. She is decisive.

Relationship: I adore her & so does my wife. She had changed our lives & we are now a complete family.

Responsibilities: I want to do enough for her so that she has basics in place before she begins her career or life such as flat, enough savings for her education.

Father: T 65yrs, Personality: large hearted & has always helped people whether they are big in stature or small. Does become timid when making big decisions & expects others to make decisions on his behalf. People often take him for granted. He is very hard working.

Relationship: I have always been protective of my father since he is always in a weak position. He is now ill with asthma for last 8 yrs & has now been detected with ulcers in his intestine.

Work: he has a transport business set up in V which has been in place since 40 yrs. He still goes to office & manages his business though he has not been successful all his life & incurred huge losses. This is one reason my family always gets upset with him & blames him at times for poor decisions since we did not have the financial backing at a young age.

Responsibilities: I always dreamt of giving him comforts & relieving him of his troubles (financial). I have never liked the situations he has gotten into several times wherein he takes loans from his friends/peers & has always been in debt including today. I want him to stop his business so that he stops incurring losses & feels motivated & is able to celebrate my success. However, he prefers to work so that he is not faced with boredom. He moved from Agra to Bombay to set up his own business & feels immensely satisfied that he has been able to raise his son on this city.

Mother: U, Personality: determined, once she takes a decision will rarely change it. Protective of her family & has gone to the extent of mortgaging her gold ornaments to help us out of financial troubles when me & my brother were young. Fanatic has taken the religious path for last 15 yrs & is balancing her life between her prayers & domestic chores.

Work: housewife

Relationship: I am protective of her though there is an ill feeling as she is responsible for my marriage fallout with my girlfriend & also my marriage to N since it was at her wish, at

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that time I was unable to make a decision as I was confused & just come out of a broken relationship. I have always blamed her for my marriage. It is same with my brother he also blames her for his marriage since she mixed up emotions with religion & put up a strong front against me & my brother for our marriages. We eventually did not get partners of our choice & somehow settled in our lives. This is one of the main issues of fights & somehow it gets linked up.

Responsibilities: I am caring for my mother & will always take care of her. She is now old & not that aggressive with us, with time she has understood us & tried to adjust. In 1992 her brother expired which left her completely broken & she diverted towards religion, temples, meeting tantriks. She actually went insane & used to pull our hair thinking we had ghost in us. My family did go through a very stressful time between 1992 & 2001 as she would always put a stop to major things such as marriage, renovation & reason herself through religion & fanaticism. My entire family developed sour feelings against her which is there even today though it has tempered down.

Bhabhi: B, 32 yrs married to my brother in 1998 from 'D'. Personality: aggressive, unreasonable, moody, takes the wrong path but sticks to it, unfriendly & wants to get even with everyone. Never participates in social events.

Relationship: my bhabhi was not my brother's first choice & hence their relation did not work well. She is very sour with all family members & maintains an extremely tense relation with us. Sometimes she is abusive & even physical with my mother.

Work: housewife but is very good painter & a very good cook.

Responsibilities: I feel sorry for her & want to do a lot for her but she is very hurting. She is also responsible for my breakup with my girlfriend immediately after her marriage as she has spoken negatively about my family, my girlfriend got scared & left me.

Brother: S, 38yrs, Personality: strong will, has command over people, likes to dominate, protective about family especially me & his elder daughter. His elder daughter is juvenile diabetic at age 6.

Work: transport business, joined my father's business & gave it a new dimension. He got my father out of his financial troubles, but my father made him incur huge losses by his incorrect decisions. He isn't very successful but manages to live a quality life for himself & his family.

Relation: I am close to my brother & always want to help him especially now that his daughter is diabetic. However, he is very strong & has cut off from a lot off unnecessary thoughts to do the best for himself & his family. I have offered him financial help whenever needed.

Responsibilities: I want him to be happy & always have a great life. Things have not been fair to him & he has always struggled off late my bhabhi was persistent he buys a new house as she did not want to live with my parents, so I my parents stay in my house for 2yrs till things calmed down with my bhabhi & my niece's illness. Though he never liked the idea my parents moving out of their own house. My parents moved back to their house with him.

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Daily routine:

Get up at 6am, Exercise gym (now stopped), yoga, neck exercises

Read newspaper from 7 to 7.30 am, have my bath & do puja

Breakfast at 8. paratha curd, thandai, fruits, badam

Leave for office between 8.15 to 8.30am. I drive down to V.

Start work at 9.30am, Small meal at 10.30am vegetable sandwich, banana, apple

Lunch at 1pm 3 rotis, sabji, curd. I carry lunch from home. Small meal at 4.30pm veg sandwich, banana, apple; Leave work at 7-7.30 pm, come home at 8.30pm. watch tv, play with daughter,

Dinner at 9pm, Sleep at 10pm

Financial responsibilities: I feel I have taken care of my big financial responsibilities. I bought my first house in 2004 in J & second in G. now all I need to take care is to maintain my family's standard of living. However, my current illness worries me if I can do it well enough & has put pressure on me & my wife.

Chief complaint: Ulcerative colitis, it begins with increase in no of times I pass stools. Usually I pass stools only in the morning but if I start to pass in the afternoon, I understand it as a symptom of UC relapse. When UC occurs, my stools are not normal, they are semi solid or liquid with mucus & blood. I experience pain & discomfort when passing stools & do not feel relieved at one time. Enema does help me to pass stools easily hence I take one enema (Mesocol) every night. If I don't take it then my stools are not normal or no of times increases. UC relapse always happens when I face a bigger challenge personally / professionally then one I have faced before. If it is calculated then I am prepared if unanticipated then is not good. I am emotional so people matter a lot to me. Deceit, unfriendliness, negative vibes do not gel with me. When, UC occurs I find relief in resting & lying down entire day. However, if I am active at work & physically engaged it is discomforting.

This time UC occurred coz of work stress & office politics. I have been in remission for last 8 yrs with mild recurrences. When UC occurs, I tune off to food & always wonder if some food will harm me or suit me. Hence, I stick to simple home food & fruits & curd. I have stopped milk, spicy, fried & oily.

Other complaints: Cervical spondylitis, right side of neck has been there for 8 yrs. Occurs with prolonged use of laptop, increased stress at work or if I am worried about something. Pain in right side of neck followed by stiffness on the tendon part of my right shoulder. If the pain is a lot, I find it difficult to sleep & have to take hot water bag. I do neck exercises which have helped in subsiding the pain & is bit more in control over last 2 yrs.

Personal data:

- Height: 5'9" Age: 36 yrs Wt 60 kgs.
- Lean structure on thinner side

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- Very focused in my goals
- I always prepare beforehand, but sometimes like to take things on the fly even if they are tough just to prove myself a point about my good reflex ability.
- I am flexible in my approach, like to involve people in my decision making. Once I have decided I stick to it which has also been a reason for my success in my education, career
- Sometimes I can be confused in making decisions & I prolong to which troubles me becoz I do not like to be confused
- I like being confident & being able to put myself forward with absence of dignity & self-respect
- I rarely plead for people mercy & can be a tough opponent
- I can be pushy to my team, family if I can see that a particular step will not lead to expected outcome. Though this behaviour, I always plan ahead & am able to show my point later. I am respected amongst my family & colleagues for this trait.

Reactions to surroundings:

- a) Food: I love to eat but generally do not indulge in spicy. I have never had any reaction to food, milk is not advised during UC attack but I have always liked milk & milk products.
- b) Temperature: hot weather does not suit me. I perspire a lot & feel uncomfortable during summers. My body reacts better to cold weather. If I go to any cold place my appetite digestion improves significantly.
- c) Recreations: I love to travel though I do not end on going on holidays due to my work schedules. During weekends I laze around watching tv or spending time with my family.
- d) Sleep & dreams: I am a sound sleeper, but if I have work/ family related stress then it impacts my sleep. I do not get a lot of dreams but do experience nightmares.
- e) Sex: I have a good sex life & indulge in 2 times a week.

Family health:

- | | |
|-----------|---|
| Father: | a) asthma (for last 5 yrs)
b) slip disc (for last 15yrs lot better now) |
| Mother: | a) slip disc occurred long time ago but now she is fine
b) thyroid (for last 20 yrs) |
| Brother: | No illness |
| Wife: | No illness |
| Daughter: | No illness |

General comments: I tend to frame pictures of workplace, family, marriage based on what an ideal situation should be & then I try hard to mould a situation to the pictures in my mind. If the pictures and reality are not in sync, it upsets me. This behaviour of mine shows prejudice towards people, circumstances.

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EXHIBIT: 2

Preliminaries as per the written history

CHIEF COMPLAINTS

LOCATION	SENSATION & PATHOLOGY	MODALITIES A/F, <, >	CONCOMITANT
GIT (colo-rectal) Since 2nd yr of CA – 1993 Remissions between 1999 & 2008 Onset sudden Progress rapid Duration since 1993 F every 2nd month	Bleeding+++ bright red Increased stool frequency, Tenesmus ++ Occ. constipation, semi solid stools Loss of control over motion Loss of weight (12 kgs) Weakness +++ Appetite Decrease Δ SIS ULCERATIVE COLITIS	A/F stress See life space < Ant. Anxiety > mesacol + recently (steroid sos)	loosing taste of food

ASSOCIATED COMPLAINTS:

Cervical Spondylitis Rt. Side

Neck shoulder → arm pain aching < exertion > lying down > pressure > warmth

PHYSICAL GENERALS:

Craving: Chocolates +++, Sweets ++, Hot & fresh chapatti, Milk Products ++, North Indian food

Sun: < Uneasiness ++ Thermal: Hot

Family History: Mother – schizophrenia?? Father – Lumbar Spondylosis

 Niece – Juvenile diabetes Br. Depression

 MU: committed suicide

LIFE SPACE OF OBSERVER:

36 years old married male came to the clinic exactly at 9 am and was writing remaining part of his history in waiting room. He was a young man with a wizened look; average height, slim body, deep eyes, pale face entered inside the cabin with a very slow gait and a smile on his face-greeted the physician as well as the observer.

Patient is basically born and brought up in Mumbai only. He belongs to a middle-class family. His father had his travel business at Vashi. But he never earned much from it as he was a large-hearted man, who always took decisions from the heart and not the mind. Most of the time he did not take any decisions, someone else had taken it for him. His father always used to help people and had faced many financial losses also.

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While on the other hand, his mother was a practical lady. Her nature was very dominating and as she belonged to an educated family and always wanted her kids to perform well. So, she often used to beat him and his brother regarding studies. He always used to feel scared of her. His mother used to feel that his father never took any responsibilities and many a times she sold her jewellery to get the father from financial losses. This family situation made his childhood very stressful. He was very much attached to his brother who was very aggressive and dominating while patient was more stable than him. He always felt that his father earned lots of pressure and tensions for family than money. Being very serious about his relations, he always knew that he and his brother have to take up family and business responsibilities as early as possible. So, after education his brother started working with father. During those days he was 15-16 yrs old and used to help his father and brother. With family support he started CA along with B.Com.

During those days his mama (maternal uncle) committed suicide. Mama was great support to mother in her stressful period. This was a very big shock for his Mother as well as family. His Mother took the whole blame on her and her behaviour started changing. Slowly she gave up all worldly things and started going to different 'babas' and 'tantriks'. She used to beat patient, his brother and father with the idea that there was some evil in them. Slowly the mother started losing control on herself and refused to go to any psychiatrist and used to run from the house. That was a very crucial period for patient as his father was unwell and the brother used to beat the tantriks to whom their mother used to go, and he was giving his exams. There was tremendous anxiety for performance & outcome, that was the time when he first landed with ULCERATIVE COLITIS. He used to take care of his father, his house, as well as studies, which were totally a chaos and confusion and lots of tension about fa's health. Today when he thinks about those days, he says that he had just come out of a cocoon and wanted to enjoy his life which he could not and feels closed where no one was there to help, comfort or share.

During his CA-INTER, he was anxious about performance & again relapsed with the illness and gave exams while he was bleeding like a tap water. He excelled in exam in spite of illness, that was a time when he realised that his capacities were far more than what he had expected. And he started challenging his own boundaries and developed a dare devil approach to life which he says that he is still following.

After few years, his brother decided to get married to his long-time girlfriend. His mother again started creating fuss about it due to which his brother was very depressed and thought of committing suicide. He never wanted his brother to compromise, but in spite of all this he couldn't help it and had to pull his brother out of it and convinced him to marry another girl for sake of family. After brother settled in his life, patient thought of concentrating on his career as he was working in a good firm XC but there was no growth.

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While working in XC, he was involved with his colleague, after 6 years of courtship he decided to marry his girlfriend against Mother's wishes, his bhabhi conspired & threatened his girlfriend by telling her about the family situation and mother in laws behaviours. Patient failed to convince her & finally; the girl left him. He was very depressed and again took a back. He being much attached with her, landed into another relapse of Ulcerative colitis.

After some period, he got married to a girl which obviously was not his first choice. In the beginning, both couldn't match with each other and as a result the wife landed into depression and he landed into physical complications. He went to US and tried to come out of it, but was unable to adjust to that culture and decided to return to India. Later, they both gave each other some space and started to develop some relationship.

Today, he is working as a CFO in one of the leading MNC. His work demands lots of mental pressure and stress which was expressed by him. Few months back he was hit by office politics because of ego clashes between seniors (CEO of different continents). In spite of being ambitious, hard-working and loyalty, he lost his promotion (Post of CEO) and few lakhs in bonus (He was responsible for bringing turn over 3 to 4 times then past). He tried to clear that misunderstanding but it didn't work due to which he felt cheated and betrayed. Now his current concern is whether to leave this company that gave him maximum growth or not. This dilemma, suppressed anger & anticipatory anxiety of future has again taken toll on his health and caused further deterioration in his health since last four months, to an extent that one surgeon had advised him to cut a part of his intestine which was bleeding. He comes with lots of anxiety & expectation that we can bring him out of this recurrence.