

“I consider myself the center around which my patients move in their orbits, the inner circle of which are very near to me indeed. These are the most intelligent, the most appreciative, the most teachable of our great truths, and the dearest of all with whom I have to deal. I am their trusted friend; they love me and I love them. We enjoy each other. Outside of this is another circle, still a little farther removed, a little less intelligent, for whom I can do a little less. Back still farther is another and another and still another; until the outer circle, that of ignorance is reached, for whom I can do less than for all the rest; but even now, more than the old school, better than any other method.”

.....Kent's lesser writings

OBJECTIVES:

1. Exploring the role of Homoeopathy in Thyroid disorders with structural changes.
2. Experiencing the value of well written history in perceiving the Portrait.
3. Exploring the world of a sensitive, educated, middle class, working woman.
4. Study of differential Materia Medica in a well-rounded case.

DIRECTIVES:

EXHIBIT - 1 (History and SCR)

1. Read both the documents together. Discuss your disease diagnosis with acceptance/non-acceptance for Homoeopathic treatment. How will you deal with the anxiety of the patient?
2. Discuss your understanding about patient as a person and her roles, relationships and responsibilities.
3. Erect EET. State your correspondence with remedy differentiation.
4. State Planning & Programming. Give your follow up criteria.

EXHIBIT - 2: (Follow ups)

1. Study the follow-up and give your interpretations and actions

EXHIBIT - 1: English translation of History submitted by patient.

Name: Mrs. M. DOB: 3/10/57 Date of Marriage: 24/2/80 Religion - Hindu

Caste: Brahmin

Vegetarian, but like to eat non-veg occasionally. Like tea and coffee. Usually once or twice a day.

Education: M.A. (Psychology) B.Ed. First class all through.

Occupation: Lecturer, like to teach. Lack of initiative, do not take upon my own responsibility for extracurricular activities, On the whole satisfied with profession. Of course, occasionally feel sad & hopeless due to lack of talent in the students, because it is challenging to teach bright students. Despite this, it cannot be said that I have no job satisfaction.

Right now family consists of three at D. We two Husband & wife and 5 yr. old daughter. A daughter studies in sr. kg & Mr. M is a Sr. officer at NUC. (He is 30 yr. old) F-in-law & M-in-law are at P. One married sister-in-law. Both in-laws are around 53 yr. old and S-in-law is around 25 yr. There is no responsibility towards them right now. Relations are generally strained. Attempts to understand each other and reconcile are going on. But as a result of certain grudges, it is difficult for both the sides. Of course open quarrels are less, but whenever I am with in-laws, there is constant tension and slight fear in mind. Earlier I was afraid³, but after getting a job my confidence has improved & as a result fear has reduced. The three of us (H, W, & D) share very close affectionate & totally secure relationships. Also my parents supported us a lot, during the earlier period of tensions & strains & accommodated us. Relation between my in-laws & parents are very formal and only when necessary. We also wish that their contacts should be avoided as far as possible, because my parents have been insulted, on a number of occasions in the past. Our daughter is quite attached to grandparents on the sides, paternal aunt, maternal uncle etc. We take care that, the tensions within us do not reach her.

Daily Routine - Get up at 5.30 a.m. Some household chores and get ready to leave for college at 6-50 a.m. Usually return house by 12.30 p.m., reach home at 2 p.m. twice a week due to practicals. On these two days, carry a tiffin. Otherwise, have lunch after returning home. Tea once in the morning at home & once at college. If I have to work till late then have coffee in the college. Lunch consists of chapati & vegetable. Rarely eat rice, if left over from earlier evening. In the morning have milk and a Banana, throughout this winter ate raw egg with milk, as I was experiencing a lot of weakness. Now do not feel weak. I have stopped eggs now. In the afternoon, eat 2-3 chapatis. In the evening, take milk or some snacks, if feel hungry. Dinner at 9 p.m. Dal, Rice, 1½ - 2 chapatis, vegetable, curry etc. Like salads more. Like milk. Do not like fried items, like bhaji etc. Like boiled, less spicy dishes. Like Brinjals, Ladies fingers, Tomato, South Indian dishes. Like salty dishes more than sweets. Go to bed at 10.30 p.m. Minimum 7 hours sleep in necessary. Siesta very rarely. Siesta does not lead to freshness, in fact feel a little dull after siesta. In the afternoon, after returning from college, look after daughter's homework or do self-studies or some extra reading. Like reading too much. So much so, that I have to control my desire to read very firmly, for doing other work like cooking, study etc. & I find it extremely difficult. I would not be able to spend a single day without reading something.

No major financial responsibilities now. We are repaying the loan for Block, some saving for the future. For 2-3 years after marriage, there were slight financial worries. But not too troublesome.

In the first year of service, head of the dept. was a cause for irritation. There was a gap of 2-3 yr. between my finishing education and getting the service. Due to change in university, the portions were also quite different. I had to teach new papers. There was also tension about

directly teaching in a senior college, Head of the department put more responsibilities on me (Like more lectures to get his work done) & at the same time encouraged the students against me. That troubled me a lot. Now nothing of that remains. His behavior has changed. Now he has full confidence in me. So now, there is no problem.

Complaints from the beginning of this year (around June 86) I am troubled by cold & cough on & off. First the cold starts & later cough. Feel temporarily better after taking some allopathic medicines like expectorants & tablets, according to doctor's advice. But the attack recurs after a month. There is pain in the throat. Doctor feels that I might be allergic to dust & chalk dust. He has given treatment from this angle. There is constant sputum from throat too. I never had such complaints earlier. But I don't think that that there is any mental cause for this illness. The cough does not improve without treatment. I also vomit in the morning during attacks. It consists of mucus & bile. With constant cough, I get pain in occiput. I get irritation in throat even when cough is absent. Feel better by warm drinks. There is always some sputum from throat, through out the year. It has never totally disappeared. Attack of cold to start with & afterwards cough. Feel feverish with cold.

There are no other major complaints. For 2 days during menses and 3-4 days before menses, I get pain in back lower abdomen, thighs, get chilly sensation, feel depressed. Feel am sweating more, even though, it is not so. Feel sleepy. Also become irritable. Do not feel like doing daily house hold chores. Do not feel like talking to anybody or doing any work. Feel that nobody should touch me. & I should lie down all the time. All these complaints start 3-4 days before menses. Is most intense for 2 days during menses & then is relieved quickly. Also during this year, I was feeling quite weak from May to September. After waking during the day, I used to get so much exhausted by evening, that I would not feel like having dinner would feel like sleeping all the time. After taking raw eggs regularly from October to December, now there is no weakness.

I had come down with severe jaundice in 1980. I used to have vomiting and had lost appetite, so we consulted the Doctor. He diagnosed it as jaundice & advised complete bed rest. We did not realize the seriousness of the illness and despite medicines the jaundice increased rapidly. There used to be itching all over the body, sleeplessness, even the cloth used for cleaning the body used to turn yellow. I could not even sit up. I took allopathic as well as Ayurvedic medicines. Was cured after 3 months. Do not remember any other major illness. There would be occasional fever due to change of weather. During childhood, I have suffered from jaundice, measles, and typhoid.

PERSONAL INFORMATION

Ht. 5 '1" approximately. Weight about 45 - 46 kg. Have not weighed recently.

Emotional Nature: High anxiety. If something does not occur according to expectations, then the pinch remains in mind for a long time. Also if I realize that My behaviour was wrong then

it continues to trouble me for a long period. I cannot forget such things easily. Habit of analyzing the behavior of self and others. Especially analysis of my own behavior, whether right or wrong? Due to this never at peace. Tendency to constantly worry over something. Now I think that I was having inferiority complex in the past. (Especially about colour, looks etc.) Now it is not much. My parents, husband, and service helped to reduce it & to gain confidence. Still do not like public functions, meeting, gatherings etc. I develop some sort of consciousness. I find the atmosphere artificial formal. I dislike artificial, superficial talks & relationships. There is slight irritability in temperament. But that affects only my family members. I cannot ignore the behaviour of others. Therefore, feel bothered by things like lies, deliberately pulling somebody's legs, becoming envious, jealous, competition, comparison with others & talking dramatically. If somebody does those things to me then it hurts a lot. Like to argue. If somebody airs his views & if it is possible to present the other side or a different aspect, then I cannot keep myself without presenting it. Nowadays I am trying to control this tendency as I realized that others get hurt unintentionally. Cannot become friendly with every body. Can develop friendship only with certain type of people. But it becomes a very close friendship. I have stage fright, cannot assert myself in a large gathering. Discussions, arguments in small group only. I cannot chitchat with everybody. So I may be thought of as very talkative or very reserved.

I was always in the 1st five ranks throughout my schooldays. But I scored only 70% in S.S.C. This pinches me a bit. I suffered from typhoid & mumps during 10th std. Hence studies were affected. My optional subjects were physics, chemistry, maths & I had no interest in them at all. For B.A. I had opted for English & Marathi literature & Psychology. I scored 1st class & stood 1st in psychology in University.

I scored 1st class with merit in M.A. & B.Ed. as well. I like literature from the bottom of my heart & also like to read about my subject. But I get bored while writing, have a bad handwriting & am lazy and hence have not done much writing except for college magazines. On the whole I lack ambition. From the beginning I wanted to lead an average happy life & to do something to the extent possible for the people less fortunate than me. Out of this I have succeeded in doing a job & leading a life with moderate financial position. I would like to earn a little more but do not expect a lot. Current situation is comfortable. After 2-3 years I plan to do something constructive (as the job will become a monotonous routine) but have no clear direction yet. Since I lack leadership qualities, I would join activities started by somebody else. I am doubt full if I would be able to create some thing on my own. Keep thinking over this issue. I am also interested in philosophy & religion to the extent of reading "*DNYANESHWARI*". I feel that the desire to do something for others has its genesis from this but it is still unexpressed.

As narrated earlier, the relations with Father, Mother and 3 brothers are affectionate. With parents the relations are not only affectionate but also very free from the beginning. Parents

have been friendly with me since the age of 15-16 yrs. Therefore, I had no shyness or fear while talking about anything. I am the eldest, therefore relations with brothers were affectionate as well as the role of a guide, advisor. At in-law's place had to bear a lot of insults & condescending behaviour. But my husband has compensated for all this with his love and protection. Now the relations are O.K. I have a deep friendship with some colleagues, while with others I have cordial relationship. No negative relationships. In short, on the whole life is happy and satisfying.

If I have to say something about my likes and dislikes for foods, then I eat everything & tolerate everything. But, I do not like fried things like farsan, Bhajis or Sweets dishes like Laddu, Karanji etc. (But can eat & do it.) Like sour & boiled food. (e.g. Kadhi, Salads, Dhokalas etc.) Cannot eat anything in excess even if somebody coaxes me for it. Even the dishes for which I have a liking can be eaten in small quantities. If I am coaxed to eat more, I get nausea & fear of vomiting (Of course, I do not vomit & do not talk about it.)

Cold weather troubles more, cannot tolerate. Warm weather does not trouble me. I don't sweat. I could tolerate cold weather better during this winter for the 1st time. I take hot water bath except for 2 months during summer. (even luke warm water will not do) No other habit. Recently, I have developed habit of drinking tea. (Since 1 yr.) Apart from reading no other hobbies. Reading and thinking. I like to day dream a bit. Also like to prepare new recipes. (Get bored of day to day cooking) Sleep is deep but light too. (means can get up easily if called by somebody) Not many dreams, but during college days used to get a lot of anxiety dreams for sometime. Got similar dreams during 1st year of service. Now don't see them.

Periods are regular (every 28 days) Apart from the physical complaints narrated earlier no other problem. During pregnancy had a lot of vomiting for 2-3 months. Apart from milk and fruits, I was not able to eat even the dishes that I like. I even could not see other people eating. This lead to weakness. I was hospitalized for 3 days and was given 6 bottles saline. After 3 months, there were no complaints. B.P. was normal & I was active till end. There was mild swelling on feet during 8th month. But it was due to weight, according to doctor.

I delivered immediately in the beginning of 9th month. Doctor had also thought it possible from the beginning & therefore he had prescribed some medicines to prevent the delivery earlier than 8th to 9th month. Delivery was normal. No complaints. Sex relations are normal. No dissatisfaction or complaints.

I do not think that there is any relation between past illness and present illness. Only it can be said that, even in the past whenever once in a year, I would get attack of cold or cough, it would be severe.

Mother has pain in knees. & Calcium deficiency. She takes medicines for the same. MU has diabetes. No other illness in the family.

**NATIONAL ICR SYMPOSIUM ON HOMOEOPATHIC APPROACH
IN THYROID DISORDERS, FEBRUARY 2020**

GUIDE:
Dr. Anand Kapse
CASE NAME: ARK - 1

SCR:

PRELIMINARY INFORMATION:

Name Mrs A M	Date 01/02/87
Physician A.R. Kapse	Date Of Birth 03/10/57 Age 29.4
Sex: Female	Education MA B.Ed.
Occupation Lecturer, Psychology	Status Married Since Feb' 80
Religion Hindu Brahmin	Diet Vegetarian; Occ. Non-Veg
Spouse Age 30	Occupation E.D.P. In-Charge N.T.C.
Father 60 Rtd Div. Deputy Registrar	Mother 54 yrs.
Brothers 25/Purchase Officer,	Universal Luggage, 20/B.Com, 18/F.Y. B.Com.
Sister L	Daughter 5 Yrs.

CHIEF COMPLAINTS

Location	Sensation	Modalities	Accompaniments
R.S Nose Throat Since June 86 Recurrent Once / month Headache	Coryza DRY COUGH PAROXYSMS OF TWO Pain hoarseness	<CHALK < DUST <Morning On Waking Up >warm drinks >Warm Gurgles	Nausea Vomit white mucus Un-refreshed Feeling
THYROID Symptoms Evolved Since 15/6/87 To 25/8/87	Bleeding Per Rectum Burning In Anus Giddiness Sleepiness WEAKNESS Depressed Mood ANXIETY perspiration appetite & thirst increased Palpitation feels more hot than previously. frequency of stools 2 -3/day	<Stool After <Standing <Speaking >Lying Down <During Menses <Eating after	

ASSOCIATED COMPLAINTS:

Location	Sensation	Modalities	Accompaniments
General H/O Since May 86 Till Sept 86	Weakness	<evening >EGGS DAILY	

PATIENT AS A PERSON

HEIGHT: 5.0, WEIGHT: 47.5

LEAN++, WT. LOSS H/o in M.A. due to tension about would be MIL's behaviour.

COLDNESS: PARTIAL FEET <WINTER

PERSPIRATION: GENERAL scanty PARTIAL palms <anxiety

NAUSEA Easy

CRAVING: SOUR Fats & Rich Food Salad & Vegetables

MENSTRUAL FUNCTION:

F.M.P. 14 Yrs. L.M.P. MENSES DURATION 4 Days REGULAR +

CYCLE 28 Days Early By 2-3 Days After Emotional tension or physical exertion

FLOW: scanty COLOUR: Dark Red

CLOTS 1st day CONSISTENCY ODOUR

BEFORE 2-3 Days Before Back, Lower Abd., Thighs Pain >hot Fomentation > bending double

BEGINNING 2d chill <=====> heat feeling, dullness, drowsiness

Irritability, Breast Nodules, Tender Doesn't Want To Be TOUCHED.

MORNING SICKNESS 2-3 months

LIFE SPACE INVESTIGATION

F had a transferable job. Good relations with parents. Bright student. Took part in many extracurricular activities like debating etc. In 8th Std she became ANXIOUS before speech for the 1st time & forgo.t the speech totally. Teacher advised her to calm down & attempt again after sometime. Pt could deliver the speech on the 2nd attempt. But since then she has never appeared on any platform.

She became friendly with Mr. M while studying in Final B.A. In M.A part I. There was a proposal for marriage from a distant relative. When Mr. M came to know about it, he revealed his heart to her. She consented, parents on both side were informed. MIL didn't like this decision as she thought that both were too young to take such decision. Besides she didn't find patient good-looking enough, nor matching other expectations about her DIL. She insulted pt. as well as patient's F. Patient & F told Mr. M that it is inadvisable to go ahead with marriage in view of MIL's opposition. Mr. M wrote letter to his F. FIL came to see patient's father without knowledge of MIL. He apologized with folded hands, for the conduct of his wife. Marriage took place after both completed their studies with first class.

After marriage both got jobs in Bombay & hence came to stay in D. Patient came down with severe jaundice & was on death bed. Parents took her to their house for treatment. MIL got ANNOYED as according to her a girl no more belongs to her parents after marriage. Hence she should not have gone to stay with them for treatment. MIL wrote letter to Mr. M, asking him not to take leave for meeting his ill wife at parent's place. He should spare leave for coming to their place for pt's "MANGALAGAUR". Mr. M obliged not understanding the seriousness of illness. (MIL & others possibly wrote letters to Mr. M to go in for divorce if Mrs.

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M does not mend her ways.) Patient gradually recovered from jaundice & was advised strict bed rest during convalescence. But MIL insisted that pt. must come for "MANGALAGAU". Husband persuaded pt. & her F to comply with his Mo's wishes. Immediately after entering the house, pt. was severely abused by MIL. Pt. was rendered speechless for hours, as a result of this outrage. She could not tolerate the journey & developed fever; but still had to perform pooja.

Her relationship with her H is quite close. He is understanding and perfectionist person (Lycopodium). The relationship with FIL (Mag Mur) & SIL (Kali carb) is ambivalent as both are directly under the influence of her hysterical, possessive, domineering MIL (Sepia).

DREAMS:

ANXIETY(INSECURITY) H/O DEATH OF PARENTS.

H/O CHILDHOOD PERSUADED BY A PERSON Trying To Run Away But Legs Heavy.

Sitting In Train Full Of Eunuchs

Kidnapped Taken To Brothel

REACTIONS PHYSICAL FACTORS

BUS < Vomit SWING < Giddiness SUN < SKIN PAPULAR LESIONS

WINTER Cannot Tolerate This Year Tolerated Better.

FAN DISLIKES – HEADACHE COVERING Thick Winter X Head WOOLEN winter

BATH COLD summer 2 months HOT ... Usually C4H

FASTING < PAIN HEAD MILK Products (Basundi etc.) <Frequency of Stools

SLEEP LOSS OF Cannot Tolerate

FAMILY / PAST HISTORY:

FAMILY HISTORY	PAST HISTORY
Maternal Uncle: Diabetes Mellitus Mother: Osteoarthritis	Measles, Mumps, Jaundice Severe, Typhoid

PHYSICAL EXAMINATION

PULSE 72/Min BLOOD PRESSURE: 104/70 mm of Hg THROAT: congested

SUMMARY OF FOLLOW UP FROM 15/6/87 TO 29/8/87

Originally patient was treated for her URT complaints. On 15/6/87 Patient reported with Bleeding PR, Giddiness, Severe Weakness & Anxiety. Over 2 months the complaints fluctuated. She received Constitutional 1M, Intercurrent 1M and various sector remedies like Puls, China & Phos 30 4 hrly. 18/7/87 Hb 12, WBC 5800, N 48 L 42 E 2 M 8

Opinion of surgeon **on 29/7/87** showed small internal hemorrhoids with small fissure-in-ano. He opined that the symptoms were out of proportion to magnitude of bleeding and suggested Rx for amoebiasis.

On 22/8/87 during reassessment of complaints she shared Increased Appetite, Increased Frequency of stool after eating, Increased thirst and feeling more hot than earlier. Pulse was 120 and weight was 47. She was advised Thyroid function tests and later thyroid scan. These tests were not available in Kalyan - Dombivli region. She complained of burning anus lasting for 2 hours after stool for which Nit Acid 30 4hrly was given.

On 29/8/87 Patient came with all reports from Bombay Hospital. She was very frightened as Brigadier Dr XYZ, the HOD of Pathology had revealed the diagnosis of Hyperthyroidism and strongly scolded her for taking Homoeopathic Rx for such a serious ailment. "I trust you because you cured our daughter's jaundice so quickly. But can Homoeopathy cure me or I should take allopathy? She asked. Her burning anus was >3.

24/08/87:

Diabetes Profile	Thyroid Function Test
FBS 88 PPBS 124	T3 - 370 NG/100 ML (88-193 NG/100 ML), T4 - 15.6 MCG/100 ML (5.4-13.85) TSH - 0.9 NIU/ML (1-6.5 micro IU/ML) Thyroid Scan: Hot area in right lobe suppressing rest of the thyroid. Hot Nodular Goitre Right side.

EXHIBIT 2: Follow up Criteria:

1. Weakness	2. Appetite
3. Anxiety / Irritability	4. Stool Frequency
5. Palpitations	6. Giddiness
7. Bleeding PR / Burning	8. Pulse
9. Weight	10. LMP

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Date	1	2	3	4	5	6	7	8	9	10	INTERPRETATION	ACTION
29-08-1987												A
01-09-1987	<3	+++	Inc				</>3					B
05-09-1987	>Sl	S		2	S	S	F/-	120	47.5	4/9		C
12-09-1987	S	>		2	S	S	1/1	108	48			D
19-09-1987	>10%	<	>	1	>	>	-/-	108	48.5		>10%	E
26-09-1987	<	<		2	-	<	-	100	50		<Washing Clothes	F
03-10-1987	>	>		1		>	-	96	50			G
10-10-1987	S	<		1		S	-	98	50.5			H
17-10-1987	>	>		1		>		101	51		>20%	I
25-10-1987	>>	<		2		+	-/1	92	52		Complaints Relapsing Every week	J
31-10-1987	S	N	>	2	once	+	1/1	100	52	29/10	Pulse 100 <: Excitement	K
07-11-1987	<	<		1		+	-	92	52.5		T3 80, T4 5.5, TSH 1.4	L
14-11-1987								90	53		<2, >on stopping Rx	M
24-11-1987	>	<		1			-/Sl	90			T3 0.73 (.65-2 ng/ml), T4 63.5 (55-145 ng/ml, TSH 6.73 (0-8)	N
28-Nov	>	>		1	Occ	+	-	90	54	27/11		O
05-12-1987		+		1	Occ	+		84	54		Can speak longer	P
12-12-1987	>					+		80			Joined College	Q
19-12-1987	>	N	-	-		0		86	54		16 lectures /Wk	R
26-12-1987		Sl<		-		0		100	55	25/12	Allop Rx for dysmenorrhoea. Headache+	S
09-01-1988		>3			>	0		80	55.5			T
16-01-1988		<			<	Sl		100	55		<Exertion on 14/1	U
23-01-1988	>3				Occ			78	55			V
28-Jan	-	N			>2	<p m		72	55			W
06-Feb	<				+	+		82	55		<Exertion	X
16-07-1988	-	-			-	-		76	54.5		Dysmenorrhoea>50% with stock	Y
25-07-1988											Thyroid Scan: NAD	Z