

OBJECTIVES:

1. Understanding Psychosomatic correlations in Thyroid disorders.
2. Learning to manage alternation in Thyroid function in a case of Thyroiditis.

DIRECTIVES:

Exhibit 1 (History and SCR)

1. Discuss your clinical diagnosis.
2. What is the cause of patient's suffering?
3. Erect EET and discuss your correspondence with MM differentiation.
4. Discuss your Planning and programming of treatment.

Exhibit 2 (Follow ups)

1. Give your interpretation and action.

EXHIBIT 1: History submitted by patient

सौ. पू सु पा,

जन्म तारीख : 16/11/1986

स्त्री

विवाहीत (2011 पासून)

हिंदू

मांसाहारी

B.sc. (Chemistry), Diploma in Net Technology)

काम : IT company मध्ये जॉब करत होती. सध्या housewife. एक वर्षाचा मुलगा आहे. घरकाम आणि मुलाला सांभाळण. मुलासोबत छान वेळ जातो.

सध्याच्या कुटुंबाची माहिती

• श्री .या शं पा	68	डों / पा	retired सासरे
• सौ.ज या पा	58	डों	सासू
• श्री.सु या पा	37	डों	Job नवरा
• कृ. ओ सु पा	1	डों	मुलगा

सकाळी 5: 45 ला उठते. 6 ते 7:30 am नव-यासाठी टिफीन, मुलाला खाण भरवण, नाश्ता बनवण, सर्व्ह करण, मुलाची अंघोळ, जेवण बनवण, भांडी साफ करण, जेवण, दुपारी पेपर वाचण whatsapp f b वर Video बघण, मुलाशी खेळण/ चहा बनवण, मुलाची तयारी करून आणि आजोबांसोबत खेळायला पाठवण, रात्रीच जेवण बनवण/ आवरून झोपण.

खाण : दुध, शिरा /पोहे, चपाती, वरण, भात, भाजी, ड्रायफ्रुट्स (कधीतरी), फळ, (कधीतरी), खजूर कधीतरी, Junkfood (Sometimes)

आर्थिक जबाबदा-या :- नाही. नवरा जॉब करतो. income ठीक आहे.

अनुभवलेल्या अडचणी :-कौंटुबिक वाद विवाद I think family members are not satisfied with me हया गोष्टीचा त्रास आहे.

प्रमुख तक्रार:

From 9th November I thought it must be tonsils or cough then I visited to doctor two times, completed dose but it didn't cure. Then visited another doctor. She diagnosed thyroid & confirmed through blood test.

1. Swelling in throat
2. It pains when pressed
3. It might be due to mental tension, & irregular eating & sleeping habits.
4. Hair fall, loose motions, increased appetite, fatigue, fever.

इतर तक्रारी :

कावीळ, मूतखडा, WBC कमी झाल्या होते. These are the past diseases.

व्यक्तीगत माहिती

उंची :- 5 Feet, वजन :- 35 kg

स्वभाव शांत, थोडासा रागीट, पदवीपर्यंत शिक्षण, त्यानंतर Short Courses. पैसे मिळवणे through business or job. Had done job but now housewife. Relation with family members is ok. with friends & Colleagues is good.

No special responsibilities as father & husband are capable (Financial responsibilities)

Now to grow child

अन्न व पेये :- मसालेदार जेवण आवडते Natural drinks आवडतात

हवा : थंड : अंघोळ : कोमट पाण्याने, छंद : वाचन गाणी ऐकण

झोप: गाढ लागते (सध्या लागत नाही नीट) स्वप्न : नॉर्मल

मासिक पाळी : रेग्युलर Normal Pregnancy & delivery. sexual life is normal.

कावीळ ,मूतखडा, WBC कमी होण हे आजार झाले होते. अस वाटत नाही कि त्यांचा आताच्या आजाराशी संबंध आहे.

family members ना विशेष आजार नाही. मुलाची आणि नव-याची प्रकृती नॉर्मल आहे.

EXHIBIT 1: Translation of Marathi Document submitted by Patient

Mrs. P. S. P.

Date of Birth: 16/11/1986

Female

Married (Since 2011)

Hindu

Non Vegetarian

B Sc (Chemistry), (Diploma in Net Technology)

Work: Was working in IT company, Currently Housewife. Having one-year-old son; does house hold work and taking care of son. Spending nice time with son.

Current Family Information

Mr. Y. S. P.	68	D/P	Retired Father-in-law (FIL)
Mrs. J. Y. P.	58	D	Mother in law (MIL)
Mr. S. Y. P.	37	D	Job – Husband
Mst. O. S. P.	1	D	Son

Wake up in morning 5. 45 a.m. 6 to 7:30 a.m. Cook lunch for Husband, feed son, preparing the breakfast, serving the breakfast, bathing son, preparing the lunch, cleaning of utensils, having lunch, in afternoon reading the newspaper, seeing the uploaded videos on Facebook (FB) and Whatsapp, Playing with son / preparing tea, freshen up the son so he can go outside along with his grandfather, cooking the dinner/ sleeping after winding the daily chores.

Food: Milk, Shira / Poha, Chapati (Wheat Roti), Dal, Rice, Cooked Vegetables – Sabzi, Dry-fruits (Sometimes), Fruits (Sometimes), Dates (Sometimes), Junk food (Sometimes)

Financial Responsibilities: None. Husband is doing job and earning (income) well.

Experienced Difficulties: Family Discords. I think Family members are not satisfied with me. This troubles me.

Main Complaints:

From 9th November I thought it must be tonsils or cough then I visited to doctors two times, completed dose but it didn't cure. Then visited another doctor she diagnosed thyroid & confirmed through blood test.

1. Swelling in throat
2. It pains when pressed
3. It might be due to mental tension & irregular eating & sleeping habits
4. Hair fall, loose motions, increased appetite, fatigue, fever

Other Complaints:

Jaundice, Renal Calculi, Low WBC Count these are the past diseases.

Personal Information:

Height: 5 feet, weight: 35 Kgs.,

Nature: Calm, slightly irritable, did education till graduation after that short courses. Could earn the money doing job or business. Had done job but now housewife. Relation with family members ok. With friends and colleagues is good.

No special responsibilities as father & husband are capable (financial responsibilities)

Now to grow child.

Food and cravings: Love Spicy Meals. Like Natural drinks

Air: Cold, **Bathing:** Tepid water. **Hobby:** Reading and listening to songs

Sleep: Deep sleep (Presently cannot sleep properly) **Dreams:** Normal

Menstruation: Regular. Normal Pregnancy and Delivery, Sexual life Normal

Had suffered from Jaundice, Renal Calculi, low WBC count; but I don't think these illnesses are having any relation with the present illness.

No significant illness in the family. Son and Husband's health is normal.

EXHIBIT 1: SCR

Preliminary Information:

Name : Mrs. PP Education : BSc chemistry Case defined on 4/12/18
AGE: 32 Yrs. Occupation: housewife Marital status : married since Nov 2011
H: 38 Yrs. Safety officer, BASF Siblings: 1 brother - younger Son: 1 year

Chief Complaint

Location	Sensation	Modalities	Accompaniments
Thyroid gland. Since November 2018 2-3/day	Swelling+ Pain+ Hair fall+ Loose stools Feverish. 98.7 Appetite increased Fatigue2+	A/F: family stress <pressure+ < reduced sleep+	

Patient as a person:

Weight loss of 3 kg in a period of 2-3 months
Perspiration: nothing specific.
Appetite: reduced
Cravings: Spicy 2+. Salt –normal. No affinity to hot or cold food.
Aversion- nothing specific.
Menses-regular.
Sexual function: normal.
Obstetric history: FTND.
Thermals: Sun <2+ headache. Likes cold+. Fan- likes moderate. AC- average.
Covering- winters only with blanket Woolen – nil. Bath - tepid. Uncovering, only in summers.
C3H2.

Life space:

Patient was born and brought up at J. Father was calm, while mother was strict in nature. Patient was a quiet girl since the beginning. She wouldn't talk much in class. She had few selected friends but close friendships. She was good in studies and participated in elocution and essay competition but not in sports. She likes to read and listen to music.

After marriage she stayed with her in laws for 9 months, after that both husband and wife stayed at Pune for 4 ½ years due to husband's job. Initially the patient did not want early pregnancy but later on she could not conceive. Investigations revealed one tube blocked. After an IVF attempt she conceived naturally. After husband changed the job, patient started living with her in-laws again. Gradually there were differences with the MIL. Patient likes to do everything on time so that she gets time for her hobbies. She doesn't like

chit chatting. But MIL likes to do everything late. So patient feels they are not happy since the patient talks less. Hence she is not happy.

After delivery patient had gone to P, at one of her relative's place. At that time, her husband asked her to come back for MIL's birthday. However, patient felt that it won't be good for the child to be exposed to so much frequent travelling, so she declined. Husband got hurt and they had a quarrel. Husband restrained her from going to her parent's place. Patient talked to her MIL about this, to which her MIL replied that many Indian women do not go to their parents' place. So, she was not able to go for 5 months. After this, there was concern about how to manage the baby since FIL and MIL were going to Kashmir. That time she asked her son as to, why was he not allowing the patient to go to her mother's place. Patient did not like this doublespeak of MIL. She likes people to be straightforward and clear. Patient feels that stress may have contributed to thyroid. Usually she cannot express her anger and thinks on the issues for half a day. Patient plans to start working after 6 months, either work from home or a job.

Past History

H/o Jaundice in childhood

H/o Calculi 2013

H/o Primary infertility, Right tubal block 2013

Physical Examination:

Weight 36.1 Kg. Height 5 Ft Pulse 90

Neck circumference 27 cm

Investigations:

3/11/18 - Antimicrosomal antibodies- 33 [0-60], Antithyroglobin antibodies- 15 [0-60]

Date	T3	T4	TSH
3/11/18	4.08	>24.66	< 0.006

EXHIBIT 2: FOLLOW UPS

Follow up Criteria:

1. Sleep / Appetite
2. Thyroid Swelling
3. Pain
4. Hair Fall
5. Fatigue / Feverish Feeling
6. Pulse (per min)
7. Weight (Kg)
8. Neck Circumference (cm)
9. Palm Dermatitis
10. Additional Information

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

GUIDE:
Dr. Anand Kapse
CASE NAME: ARK - 2

Date	1	2	3	4	5	6	7	8	9	10	Action
04/12/18	Dist+/incr	+	+	+	++/+	90	36.1	27	0		A
11/12/18			>/>	S	Occ./>	88	35.6	27	-		B
17/12/18	Reported at RHH. Details not available										C
05/01/19	G/G		>	0	-	72	37.6		-		D
19/01/19	G					84	37.6	28			E
02/02/19	F/			+	+/-	80	37.4			Stools 2/day, semisolid. T3: 94.8, T4: 4.6, TSH: 16.82	F
16/02/19				>+	-		37.4			Throat irritation+, Stomatitis, Constipation+	G
02/03/19	G/G	SQ	0	>+	-	84				H/o Pain abdomen, LM, 1 vomit	H
16/03/19	F />			+	>+	82	37.7	28		Constipation alt with LM, Sleep refreshing	I
30/03/19	>/>			>	Occ	80	38	28			J
13/04/19	>										K
27/04/19	G	-	-	-	-	-	38	28			L
21/05/19	G/G	SQ	Once				38	28	+		M
08/06/19				+		84	39.6	28			N
29/06/19				>+	Last wk	80	39.5	S		Constipation+	O
20/07/19				++		80	40				P
10/08/19	G	>+	+	+		80	-	28	+	Itching, scaling, Lt middle finger web space	Q
21/09/19				>	+	84	39.1	28	>	LM since 3 days alt with constipation+ Itching finger >, LMP 11/9	R
12/10/19	G/G					82			>3	Stools >3, LMP 12/10.	S
02/11/19											T
09/11/19	G	>+		>+	0	82		28	+	c/o brittle nails of great toe T3-0.86, T4-6.51, TSH- 5.14 Hb 12.3, TC 6200, ESR 3	U
23/11/19				SL						Gasses+	V
30/11/19				>+					>		W
17/12/19											X
28/01/19	/ Decr								+	Dermatitis Rt palm+	Y
04/01/20	G	>+		SL	0		41.3	28	>		Z