

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

GUIDE:
Dr. Hitesh Purohit/
Interns: Khyati & Rucha
CASE NAME: HGP - 2

Smt. Malini Kishore Sanghvi Homoeopathic Medical college KARJAN: Thyroid OPD .

OBJECTIVES -

1. Demonstrating importance of Aphorism 3 for formulating comprehensive Clinical Diagnosis.
2. Importance of role of Parents in nurturing & upbringing of Sensitive Child.
3. Importance of early perception and how it will produce an impact on shaping up of life
4. To Understand the impact of Acceptance ↔ Rejection as a dynamic process and it's impact on Case-Taking.
5. Importance of posology in case Of Thyroid disorder.
6. Learning to manage a Case of Thyroid In Hospital Practice.

DIRECTIVES -

EXHIBIT - 1 (SCREENING FORM & WRITE-UP)

1. Give your critique on screening form.
2. Present your Clinical Diagnosis with Reasons.
3. Present you understanding of sensitivity of this Patient.
4. Which area you would plan to concentrate in the Interview?

EXHIBIT - 2 (LIFE-SPACE, SCR)

1. Share your feeling state after studying the Life-Space.
2. Comment on location of PP.
3. Focus On her Relationship with Father, Maternal Grand-Parents And Maternal Uncle-Aunty.
4. How She has Perceived Each Relationship And It's Impact On Individual.
5. Process the case in SCR and suggest suitable approach with totalities
6. Present your differential Materia Medica and suggest your Final Remedy With Reasons.
7. Discuss Your Planning & Programming.

EXHIBIT - 3 (FOLLOW-UPS)

1. Go Through Follow- Ups, Take Your Action.
2. Compare It With Physician's Action And Fill Up The RREF Form.

EXHIBIT - 1 (SCREENING FORM & WRITE-UP)

SCREENING FORM:

Screening :Dr. V

Date of screening: 22/08/15

Name :K J P_ Age: 45years/ Female Caste/Religion: Leuva patel/Hindu

Status : Married Diet: Veg. Education - MSc (Organic) Occupation: Housewife

Spouse - J - 51 years - Father - Expired - Farmer , Mother - 65 years - Housewife

Brothers - 2 (1)47 years - GSE job (2)42 years - Farmer Daughters - (1) in 12th std

Address- B (50 km away from Karjan)

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CHIEF C/O :

1. Right Shoulder& cervical region pain since 2008 A/F weight lifting
2. Sudden nausea/vomiting & vertigo <sudden shake of head upward+2
Recurrent attack 2 times – reports on doctor’s advice.
HYPOTHYROIDISM since Jan 2014

Now,

Location	Sensation & Pathology	Modalities	Accompaniments
Head Vertex ↓ Both paritals since Aug, 2014 Duration:Continuous F – Not specific I - +++	Pain+3 Pulling type (Waves like) Intolerable without medication No nausea & vomiting No aura No vertigo/blackouts	< night+2 <: cold weather+2 >Allo Rx	Uneasy feeling
Nape of neck, Occiput Eye	Heaviness+		

Rx taken – Patient is on THYRONORM 50 1 tab/day

Hom. Rx from Dr. S. (Tab & drops)

F/H – Father – Asthma, Mother – NIL, GFa – DM MGFa – HTN at age of 95 years

Purpose of visit – for complaint of Headache

Physical Examination:

Pulse: 66/Min BP : 130/80 Mm Hg Weight: 43 Kg

Conjunctiva: Pink+Nail: Pink+ Tongue: Pink+, Clear Moist. P/A- NAD Rs/ CVS-NAD

Provisional Diagnosis: Hypothyroidism & Anxiety Disorder

Prescription – Rii 1P Hs & SL Pills 3 * 3days

Next Appointment – 27/08/15 – Thyroid/Psych. OPD Under Dr Hitesh Purohit

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Write up (Translated from Gujarati)

Name- MRS.K J P DOB- 16/8/71 Caste- Leva Patel

Religion- Hindu Sex- Female Married Diet- Vegetarian

Addiction- 1-2 cups of tea since childhood Education- Msc Organic

Work- Housewife Family Life- Husband J. 50 yrs, Daughter- P 17 yrs old, Mother in law, Elder BIL and SIL live in the village. Mummy stays with my brother. I have good relationship with everyone. My father, at the age of 75 years suffered from Pneumonia and Asthma and died due to it during December 2012.

Daily Routine - Wake up at 5.30am, have to pack 2 tiffin, then prepare vegetables, then 8.30 to 9.15 prayers (diva batti). Then yoga, pranayam till 10.30 am. Then I come back home and finish up household chores, if required I go out to get vegetables, sometimes I go out for shopping. I have my lunch between 11.30 to 12.15 pm. I watch TV or read books by Dada Bhagwan for 1 to 1 and 1/2 hours daily. After that I go to sleep but cannot because my daughter comes home and If she wants to eat then I prepare food for her or I take rest. From 3 to 3.30 pm I get up and do the necessary work at home or read a book. I start preparation for dinner from 5.30 pm and finish cooking by 7.30 pm. Then prayers (diva batti), then watch satsang from 9pm, watch a serial sometimes from 10 pm, go to sleep at 10.45 pm. I watch satsang on Sunday and Wednesday for 2 hours.

I eat food at regular intervals

At 5.30 am I take thyroid tablets, after 10 minutes take black raisins, after 1 hour I take any one fruit, after 2 hours a glass of lemon juice, then I take 2 soaked almonds.

After pranayam at 10.30 am I have one banana and dates (khajur). Have lunch by 11.30 to 12 . Afternoon I take tea followed by a garlic juice. At 5pm I take lemon juice. Evening regular dinner, during monsoon due to fasting I take cucumber, apple, tomato or any fruit or tea and wafer without salt, sometimes milk and groundnuts. For lunch I have daal, rice, veg, roti and buttermilk. When I am not fasting I have milk, roti/rotla and vegetables..

Financial responsibilities- I have one daughter to take care of, we help our relatives when required. We give money to my MIL when she visits us.

Chief complaints

It was very difficult for me to accept when I was 1st diagnosed as having problems in my thyroid.. I felt (ghabraman) during my visits to the doctor. My BP also would be 150/99, Doctor had asked me to stop taking salt within 10 days, I just could not manage without salt after 4 days. I visited an ayurvedic doctor. He started Ayurvedic medicines and assured that I can discontinue the medicine after sometime. Took the medicine for 7-8 months and then discontinued one tablets of night. I used to suffer from headache every day from 5am, during those days I had stopped taking the night dose of tablet. I used to perspire on my scalp, forehead and neck. I suffered a lot so I took a 2 tablet but after that I felt as if there

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were huge waves in my head, my heartbeats became very fast, I felt pulling sensation in my legs, I was very afraid even to fall asleep, I used to feel sudden pains (jhatka) in my hands also.

I started homoeopathic medicine, and gradually after withdrawal of ayurvedic medicine I used to feel sudden pains (jhatka) in my heart, during that time I would also be restless, I didn't know what to do? I continued homoeopathic medicine from February to August and when I stopped it again I would feel the above sensations which would sometimes be better when I went out.

Associated complaints: Mild pain in the head and shoulder

Personal Data

Medium built, height- 4.8" , weight- 43 kg, complexion- whitish,

Emotional nature- I like to live according to my wishes, I do not prefer to mix up with everyone, I do not prefer to go to social functions. I like to go out, I wanted to study well and have a job, but this dream remains unfulfilled and I feel slightly sad about this. I share very good relations with everyone though I do have arguments with my daughter sometimes. I take up responsibilities of outside also. When my father was sick, I was also suffering from headache and shoulder pain, I was wondering whether my brother would admit my father or not, and I was unable to care for him during those days, and my father had died immediately after getting admitted in the hospital, since then I am feeling guilty, how could I be so selfish, always it happens like this, how much my father must have suffered, when I keep thinking of these things I feel very sad and I weep and miss my father. I like sweets and curd ,I like summer season

I don't get good sleep and when I fall asleep, it is time to wake up. Once I have dreamt of snake.

Menses regular and lasts for 3 days. After delivery I had severe bleeding and had to be given IV fluids, and then I also developed Malaria

Past history- I had backache after delivery, I also used to suffer from severe cold and frequent acidity. Family history- Mother- acidity and back pain

Father- used to smoke bidi, so his lungs were weak and he used to have asthma like symptoms. Brothers- elder brother had TB and younger brother had his appendix removed, both have stomach complaints. Husband – has polyp in his nose and skin complaints

Daughter- no problems

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EXHIBIT - 2: SCR

DEFINE NO. – D-7326DOC:27/08/15

PP Interns : Khyati /Observer: Rucha

Name: **K.J.P.** Age: 45years / Female

Status: Married Diet: Veg.

Occupation: Housewife

Father – Expired – Farmer Mother – 65 years – Housewife

Brothers – 2 (1)47 years - GSE job (2)42 years – Farmer

Daughters – (1) in 12th STD

Paper Consultant: Dr. HITESH PUROHIT

Caste/Religion: Leuva Patel/Hindu,

Education – MSc organic

Spouse – Jayendrabhai – 51 years -

Address- Bharuch

CHIEF COMPLAINT(S):

LOCATION	SENSATION & PATHALOGY	MODALITIES A.F, <, >	ACCOMPANIMENTS
1) Endocrine:Thyroid Onset – Jan, 14 Throat Mind Rectum general	Difficulty in swallowing, Sleepiness, Constipation++ Weight gain (2-3 kgs)	Thyronorm 50 mg Now, taking 75 mg	
2) CVS O – JAN, 14 Head, Chest : MSS Heart region Mind Onset – Aug, 14	Bp – 150/100 mm Hg Asymptomatic Headache+++ Pulsating pain++ Becheni++	>3 Ayu Tab BD A/f – Ayu. Tab one only. Now > Hom ax (started since feb, 15At B	Perspiration+ Restlessness+

ASSOCIATED COMPLAINTS:-

1.	Neck → Cervical → Shoulder Radiates from neck to occiput. Onset – 2011/12 D – Not specific F – on & off	PAIN++ PULSATING PAIN++	A/F – Weight Lifting < night+2 < on seeing downward+2 < winter+2 >warmth+2	Palpitation+3 Fear+2
2.	H/general CVS Head, Calf muscles, Hands Onset – Aug, 2014 (5 am)	Palpitation++ Waves like pain++ Pain++ Pulsating pain++	A/F – taking 2 tablets of Ayurvedic medicine for BP	Fearful++ Even for sleep

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Since then left Ayurvedic medicines for BP and started Homoeopathic medicines from local Homoeopath.

A. PHYSICAL CHARACTERISTIC:

APPEARANCE: Moderate built, Whitish complexion

PERSPIRATION: Scanty Partial: Back, Chest, Neck, Odors+, Staining – white

DIGESTION: Appetite: Good, Acidity+, CRAVINGS – Curd+2, Sweets+2

AVERSIONS – Sour+2, Spicy+2

Menstrual function: FMP – 13 to 14 years LMP – 22/08/15

- Menses regular Cycle – 35-40 days ,Duration – 4 day, Flow 2 pads per day
- Color – dark red, Clots present ,Odor present
- Stains dark brown ,
- Before menses – Back pain++, Abdominal pain+, Cramps in leg
- Beginning - Leg pain+,During menses - Leg pain+
- After menses - Leg pain+

Patient's obstetric history:

Pregnancies - 2, G1 P1, A1 - Induced because it was with copper-T

- SLEEP: Position: not specific
- Disturbed by noise and light
- Dreams- Snakes come to patient to bite her.

▪ REACTIONS - PHYSICAL FACTORS:

METROLOGICAL: Thermal: C2H3

▪ PHYSICAL EXAMINATION:

PULSE: 72/min,

WEIGHT: 42 kg

BP – 130/80 mm Hg,

TONGUE: Pink, moist

P/A- NAD, RS/CVS-NAD

MSS: Tenderness + Movement: N

▪ INVESTIGATIONS:

LIPID PROFILE

CHOLESTROL – 151, LDL – 89, HDL -50, VLDL-21, RATIO-3, TRIGLYCERIDES- 105

TSH- 1.1045. Patient is on Thyronorm 75 mg & Anti Lipids 10 mg /daily

LIFE – SPACE –

44 YEAR old lady enter the OPD with her write up. She looked very anxious about the complaints she was suffering. She is suffering from the cervical pain and severe headache.

Childhood: patient was born in village near Karjan. Family consists of Parents & one younger and elder brother. Father was a famer and the financial condition of the home was

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medium. Mother has been described as a very rigid and obstinate. It was very tough to adjust with her. Her father had a 13 vigha of land.

Since early childhood she was sent at maternal grandparents' home in town because of financial strain & poor facility for education. Pt did not felt comfortable at all. She felt herself to be burden on MGP " BOJ JEVU LAGE"

Later on for higher education she was sent to her Mama's home. There her mama used to say sometimes to her to go to her father's home and study. While narrating these she started crying and said that "How parents can separate their child from them and made them to stay at relatives home". Further patient said that she has been separated from parents from early childhood hence there is not much of the attachments with them.

Education: according to patient she was very good in studies and her memory was also sharp. She also participated in ECA and likes to hear soft music and do exercise and yoga and reading. She had 4 friends during school as she doesn't like many people. As she feels gabhraman. She took admission BSC and did MSC in organic. During her college she used books of her friends and cleared all examinations. She does not like to share her difficulties to anyone. After completing studies she wanted to do industrial work as a job type but her elder brother refused and she didn't share very good IPR with her elder brother.

Married life: patient got married in the year 1997. In-laws family consists of FIL- MIL and SIL with BIL and SIL. Due to some family issue her jeth and jethani used to stay away from their home and not with them. Father in law was very good by nature but her MIL was very strong by nature. She wanted her all work complete and on time. Patient does not share good IPR with jethani due to her gossiping nature as well as she used to back bite about everyone. She didn't complain about SIL to MIL anytime. She feels very bad when her SIL (Nanand) puts her child at their house; she feels how her SIL can do that to her child and not allow him to stay with her. When her SIL used to come at their home all family members used to pamper her more on seeing this she felt jealous and she finds her SIL very lucky to have such kind parents.

Patient's husband is very co-operative and gives her every amount of freedom to do what she wants to do and even motivates her and push up her ideas and herself more. Patient is very much conscious about her. And she is anxious about her result. Her behavior what kind of friends she has and what time she goes out and comes in.

Patients father died in 2012 due to respiratory diseases and patient have constantly guilt about that she didn't much concentrated on him at that time , she believed that if she would have gave her attention may be her father would live more.

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EXHIBIT - 3: FOLLOW-UPS

27/08/15: TSH – 1.105 with 75 mcg Tab Eltroxin, 10 mg Anti-cholesterol & Isabgul daily one spoon

03/9/2015: ACTION A Taken

- | | | | |
|-----------------------|-------------------------|--------------------|-------------------------|
| 1. Energy / Freshness | 2. Sleep / Mood General | 3. Headache | 4. Body ache |
| 5. Constipation | 6. Neck Pain | 7. Menses | 8. Pulse Rate (per min) |
| 9. BP (mmHg) | 10. Weight (Kg) | 11. Investigations | |

DATE	1	2	3	4	5	6	7	8	9	10	ACTION
16-09-15	>2	>2	1 Episode Headache For a Wk.	>2	Decreased quantity of isabgul	0	10-10-15: N	80	120/80	46	Action : B
19-11-15	>2	>2	Mild	>+	Normal	-	15/11/15: 4 days, Normal	80	126/80	44.3	Action: C
17-12-15	G	N	-	>2	>2	-	N	72	140/94	44	Action: D
01-09-16	G	G		0	Normal	++		66	120/80	43	Action: E
	Since few days Rt shoulder pain >2 ice application <movement A/F over lifting, O/E: ROM :Free; TSH INCREASED, Lipid N										
13-10-16	G	G	0	0	N	>2		72	110/80	43	Action: F
01-12-16	G	G	Occ	0	Normal	>	Menses : regular & Normal	64	130/90	43	Action: G
	T3 - 0.76, T4 - 5.79, TSH - 3.75										
02-03-17	<	G	0	0	OK	On & Off	N	65	110/80	45	Action: H
	Sleep disturbed due to anxiety about daughter and feeling lonely in home. T3:1.5 , T4: 6.21, TSH 5.1, TC: 218, HDL:68, TGL:97, LDL:145, VLDL: 19 (on 28/02/17)										

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DATE	1	2	3	4	5	6	7	8	9	10	ACTION
06-04-17	N	N	0	0	OK	Occ	N	68	120/90	44	Action: I
01-06-17	NO COMPLAINTS							66	120/70	44	Action: J
	30/05/17: T3:0.92, T4:5.43, TSH:3.9, TC:180, HDL:69, TGL:100, LDL:120, VLDL: 25										
29-06-17	NO COMPLAINTS							68	110/70	44	Action: K
27-07-17	No complaints. Menses " late 1 st time . Hair growth + at chin							-	--	--	Action: L
31-08-17	OK	OK	0	+Since 3 wks	OK	Occ	MENSES +	58	130/90	43	Action: M
	SKIN Papular eruptions since 25 days :itching > rubbing< warm, 30/08/17: T3:0.68, T4:5.43, TSH 14.21, TC:237, HDL:61, TGL:136, LDL:154, VLDL:27										
26-10-17	Cough & Cold since one wk. with yellowish sputum <Night & Lying down O/E: Chest: NAD									Action: N	
	Skin > 3 in next week					Last 2 Cycles: Normal	73	130/82	45	Action: O	
16-11-17	OVER ALL BETTER							80	110/82	44	Action: P
	T3 : 0.85 (0.75 -2) T4 8.03 (4-11.50), TSH : 12										
08-02-18	TSH : 3.96, CHOESTEROL: 214, LDL: 126							78	120/90	46	Action: Q
19-04-18	NO COMPLAINTS IN TWO MONTH; Occ Headache							88	136/90	45	Action: R
17-05-18	PAIN + OF SHOULDER					Regular	88	120/80	45	Action: S	
	14/05/18: T3:1.0 (0.75 -2.0), T4: 6.90 (4.0 -11.50), TSH : 7.88										
23-08-18	SLEEP DISTURB UNREFRESH SLEEP BC OFNOSE BLOCK CERVICAL PAIN+ 14/05/2018: T3: 0.7 (0.75 -2.0) T4: 7.10 (4.0-11.50) TSH: 6.4									Action: T	
20-09-18	PT WAS NORMAL all the times pulse/BP & weight remain Normal; TSH 5.4									Action: U	
21-11-19	Majority of the time she occ complaints of shoulder pain or vague pain TSH 4.88									Action: V	
09-01-20								68	124/80	46*	Action: W