

ICR NATIONAL SYMPOSIUM

MIND & MATERIA MEDICA: PSYCHOLOGICAL DIMENSIONS IN CLINICAL PRACTICE

Case: 3

Drs. Vivek/Bhavik

Objectives:

1. Understanding the role of 'FEAR' in the life of an individual
2. Understanding the actions taken by such an individual in adapting to internal insecurities
3. Understanding the dynamics of husband-wife relationship and feelings of rejection by husband
4. Perceiving the totality by developing a balanced perception by integrating potentially conflicting information received from the patient and the husband.
5. Understanding the genesis of thoughts - feelings and actions resulting in a state of balance / imbalance.
6. Understanding differential materia medica from the point of the T-F-C-A-R model

Directives:

Exhibit 1: SCR data

1. Go through the case and come to the clinical diagnosis.
2. Study the information given by the patient and husband and share your feeling state. What differences do you find in wife's narration and husband's information?
3. Analyse the information received from the patient and the husband. Process the case through the Life-Space Table and mental state SCR and come to a balanced understanding of the patient by integrating the entire data.
4. Refine the understanding of the patient derived from the Life-Space Table by processing it through the T-F-C-A-R model. Define the state of balance / imbalance and the probable reasons for the same.
5. Integrate the case in the EET and select a suitable approach to come to a group of remedies.
6. Differentiate the closely coming remedies and come to final remedy with posology and repetition.

Exhibit 2: Follow ups

1. Do the RREF and take actions at every follow-up.

Send your working to:

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PRELIMINARY DATA:

NAME: Mrs. NSS	AGE/SEX: 25 years/female
OCCUPATION: Housewife	DATE: 3/6/2019
ADDRESS: B	HIMS/SCR: 262/112711
EDUCATION: 10 th std.	MARITAL STATUS: Married for 8 years
Husband: Worker in iron production company	
2 sisters and 2 Brothers	1 son-6 years 1 daughter- 8 months

CHIEF COMPLAINT:

LOCATION	SENSATION	MODALITY	CONCOMITANT
HEAD Radiating from occiput to Vertex then spreads all over head Right & Left alternating Since 4 years Frequency: 6-7/month Intensity-Moderate to severe D- Aura phase – 15-20 mins Headache phase (after 30 mins of aura)- 24 to 48 hours	<u>AURA:</u> - Shimmering lights & stars before eyes +2 <u>FOLLOWED BY:</u> - Pulsating Pain +3 - As if water is boiling inside+2 - Nausea +2 - Restlessness +2 due to pain - Can't do any work - Has to take pain killers	< Light +3 < Noise+3 < Sun+3 < Travelling+2 < Before & During menses+2 >Quiet & Dark Room+3 > Keeping ice on head+3 > Cold water hair wash +3 > Rest +1	Irritability +3 Avoids talking +3 Desires solitude +2 Dryness of mouth +2

PHYSICAL GENERALS:

Appetite / Thirst: Normal / Normal	Thermal State: chilly Patient
Cravings: spicy +2, Tea +2, Sweets +1	Stool / Urine: Normal / Normal

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Sun < Headache 2	Sleep: Disturbed due to thoughts+3 about husband's behavior, startling in sleep
Perspiration: Scanty, on forehead, sole & palm +2	Dreams: Snakes+2, Ghosts+1
Menstrual history: Cycles – Regular, 30 days, duration – 5 days Dark red, non- offensive, non - staining	Obstetric history: - G2 P2 A0 FTND Morning sickness for 9 months <immediately on drinking water
Sexual Function: - desire – diminished+2	Nausea & vomiting +3 – Travelling in Bus or Car

LIFE-SPACE:

Pt. was born & brought up in a rural background in MP. Her childhood was good and there were no IPR issues with anyone. Father and mother were mild by nature and very loving. It was a very happy childhood. She would travel and play with friends. There wasn't a single time that the parents had shouted on her. Whatever patient demanded, father would provide. She was afraid of the dark+3 and used to get startled by any loud noise+3. She was afraid of her uncle because of his loud voice. In school her performance was average. She used to fear her teachers and therefore was not able to give answers properly when asked. She used to fear that they will beat her or scold her in a loud voice, although this never happened. She used to develop palpitation and her limbs used to become numb due to fear. After 10th she left studies and started helping her mother in household work. She also started to learn stitching from her paternal aunt but didn't learn it completely.

She got married at the age of 21 years. Initial 3-4 years there were not many issues with in-laws or husband. Husband used to stay at B for work and used to visit her 1-2 times in a year for 10-15 days. She fears her husband also because of his aggressive nature and loud voice and hence she follows whatever husband tells her to do. She is unhappy with married life as she feels that husband is having an extramarital affair as he visits home very infrequently and when at home he is continuously talking on phone. Whenever she asks him, he says that the phone call is from company. She feels husband listens to everyone else except her and hardly pays any attention to her. During her first delivery, she was at her mother's place. Husband hardly came to meet her and when he came, he left soon without even informing her. She thinks husband doesn't like her because she has dark complexion and once he had said that in front of everyone. She was weeping while narrating this. Father-in-law (FIL) is good by nature. Her IPR is not so good with mother-in-law (MIL). MIL also doesn't behave well with her. She feels that MIL knows

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everything about husband's affair but doesn't tell him anything. Due to all this she feels angry but has never shared with anyone. She just cries when alone and feels better after that. She displaces her anger on children by beating them and throwing things in anger. She gets disturbed due to all this and there are constant thoughts disturbing her sleep. Due to fear of husband, she does what he says. Initially she was reluctant to share the details of the issues in the family with the physician and said that everything is good. Later she also said that she used to share all the issues with her mother and sister.

Data from husband:

Husband seemed to be frustrated with the wife's behaviour. He said that patient does fear him, but he doesn't know why. He said that she is always in an irritable mood and if anything is told to her, she gets offended. She doesn't say anything but displaces anger on children or by throwing things. She doesn't forget things easily, keeps thinking over it and avoids eating. She says that he is having an affair whereas because of her illness he has taken leave from work to be with her and take care of children. In spite of this she accuses him even when there is nothing like that. He was angry with patient for sharing all the issues with her parents. Due to this husband had fought with in-laws and stopped talking to them. All this has impacted their sexual life as well and she is less interested in it. There was an incident around two years after marriage where in anger MIL had torn the patient's saree. This had angered the patient so much that she tried to beat MIL with a stick but was prevented by brother-in-law who intervened. Due to financial difficulty, he is not able to shift the family to B, but she fails to understand it. If she wants anything and doesn't get, then she gets angry and throws things

PAST HISTORY: Nil	FAMILY HISTORY: Nil
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O/E: NAD

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Exhibit 2: Follow ups

FOLLOW UP CRITERIA:

1. Anger & Irritability
2. Sleep- disturbed
3. Headache – Frequency
4. Headache - Intensity
5. Use of painkillers

Date	1	2	3	4	5	Action
10/6/19	>+	SQ	Once/week	SQ	Once	Action
25/6/19	>++	Improved	Once/Week	>50%	Not used	Action
15/7/19	>++	Improved	0	0	Not used	Action
16/12/19	FU after 3 months (>3 in between) Increased	Good	Increase	Increase	Used SOS	Action
3/3/21	FU after a year (>3 in between) occ	Good	2-3/month	>+	Occ	Action
4/10/21	FU after 5 months (>3 in between) occ	Good	+	>+	+	Action
13/10/21	Much better	Good	>++	>++	occ	Action