

**ICR NATIONAL SYMPOSIUM
MIND & MATERIA MEDICA: PSYCHOLOGICAL DIMENSIONS IN CLINICAL
PRACTICE**

Case: 6

Drs Sayyad/ARK

Objectives:

1. To understand the importance of document analysis.
2. To perceive different roles and responsibilities performed by patients in different areas of life under stressful situations.
3. To learn to make the portrait of a patient through her thinking, feeling, motivation and actions and their effect on the body.
4. To perceive the sensitivity of the patient through qualified expressions of the mind and the body and its value in the selection of the similimum.
5. To learn Living Materia Medica through a case in Homoeopathic practice, and to learn to travel from the known to the unknown world of remedies.

Directives:

Exhibit 1:

1. Read the written history critically, identify the patient's feeling and thinking in different areas of life.
2. State your plan of interview.

Exhibit 2:

1. Go through the SCR and comment on the case taken by the physician.
2. Read the life space and give your understanding of the patient's life in different roles and responsibilities. Discuss her world at present.
3. Fill up the mental state SCR and identify the patient's feelings and thinking pattern, what actions she has taken in her life according to them and the result at the mental and the physical level.
4. Give your Conceptual Image and EET of this patient.
5. Repertorize with suitable repertorial approach. Give your final choice of remedy with reasons.
6. Do planning, programing, and select the appropriate potency and repetition.
7. State the planning / strategies of management with the help of the TPD and the TPR.
8. Evaluate the remedy response with the help of the RREF.

Send your working to:

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History submitted by the patient

Drs Sayyad/ARK

History submitted by the patient

नांव : सौ. ज भ ठा, जन्मतारीख : 1953, विवाहित स्त्री, 74 ला विवाहित,
जात : सुर्यवंशी क्षत्रिय मराठा हिंदु कुणबी,
शाकाहारी-मांसाहारी दोन्ही,
सवयी - खास करुन वाचनाची आवड
षिक्षण - जुनी अकरावी मॅट्रीक पास.
काम - आधी 1969 ते 2007 सालापर्यंत घरकामा व्यतिरिक्त उरलेला सर्व वेळ शिवणकाम केले. तीन्ही मुलांच्या शिक्षणाची पुर्ण जबाबदारी अंगावर असल्याने खूप अंगमेहनत करावी लागली. जीवाचा आटापिटा करुन तीनही मुलांची शिक्षण केली, त्यापैकी दोन, मुलगा व मुलगी सध्या डॉक्टर झालेले आहेत. बऱ्यापैकी प्रॅक्टीस आहे. पण मधली मुलगी जी बी.ए.डि.एड. करित आहे तिला 9 वर्षे नोकरी नाही. त्यामुळे मानसिक ताण वाढतो. काही बारीक सारीक गोष्टीसाठी सध्या तिला माहेरी म्हणजे आमच्याकडे मुलाला (वय वर्षे 5) घेऊन रहावं लागतं.

कुटुंबात एकुण सदस्य - 7 : पुरुष 2, स्त्रिया 3, मुले 2
पती - भ ना ठा, वय वर्षे 61, मु. वाडा, सध्या निवृत्त अजून पेन्शन सुरु झाली नाही. पुर्णवेळ आराम चालू असल्यामुळे अधून मधून मतभेद चालू असतात. जेवणखाणं, औषधपाणी व स्वच्छतेबद्दल मला सजग रहावं लागतं.

मुलगा- आ भ ठा, मुलगा, डॉक्टर, वय 32 वर्षे, मु.पो. वाडा, सध्या 'माऊली क्लिनिक', खा येथे स्वतः डॉक्टर कार्यरत, बऱ्यापैकी प्रॅक्टीस चालू आहे. सर्व कुटुंबाचा पूर्ण भार आज तो पेलत आहे. कुठलीही तक्रार न करता सर्व जबाबदाऱ्या स्विकारतो हयाच्यापेक्षा दुसरं समाधान असेल असं मला नाही वाटत.

सूनबाई-सौ. रे आ ठा - डॉक्टर, वय 29 वर्षे, मु. वाडा, क्लिनिक मलवाडा, ठिक, माझ्या कुवतीप्रमाणे होईल तेवढे जास्तीत जास्त काम मी माझ्याकडे घेते. वातावरण चांगले. समंजस.

मुलगी-सौ. अ रा भो - मुलगी, विवाहित, वय वर्षे 30, मु. वाडा, सध्या डि.एड्. सी.ई.टी. दिली, अजून निवड झाली नाही. संबंध चांगले प्रेमाचे, जबाबदारी मोठी म्हणजे 9 वर्षे डि.एड. करुन झाली, अजून फिक्स काम नाही. त्यामुळे ताण येतो. माझ्या शिवणकामाच्या प्रवासात तिचा मोलाचा वाटा, अर्धा ताण तीच घेई. तिच्यापेक्षा छोटी डॉक्टर आ - लग्न होऊन सासरी.

कुटुंबात माझे सासू-सासरे माझ्यासमोर वारलेत.
सासरे मृत - ना चां ठा, मु. गांधरे, मृत्युसमयीचे वय 81 वर्षे. वृद्धापकाळाने मृत्यु, आजार नव्हता.
सासू मृत - सी ना ठा - हया नेहमीच्या अंथरुणाला खिळलेल्या माझ्या माहिती प्रमाणे 74 पासून मी झोपलेल्याच स्थितीत बघितलं. त्यांना आम्लपित्ताचा त्रास व वातदोष. वय वर्षे 70, शेवटी अंतःकाळी पांढरी धुपणीने गेल्या. खूप औषधोपचाराने, असं त्यावेळी डॉक्टरांचे म्हणणे.

दिनचर्या-सकाळी साडेसहाला उठणे, मुलांचे डबे करणे, चहा नाप्ता देणे, नंतर स्नान, दुपारचे जेवण 1 वाजता, त्यानंतर थोडी वामकुक्षी नंतर निवडणं-टिपणं, घरची सर्व कामे घरच्या घरीच करतो, कामवाली नाही. भांडी, धुणी, लादी पुसणे सर्व जसं जमेल तसं मुलीच्या मदतीने करते.

खाणेपिणे- सकाळी 8.30 वाजतां कपभर दुध व चपाती नंतर दुपारचे जेवण 1-1.30 च्या दरम्यान, चार वाजतां वाटलं तर दुध घेते, कधी नाही. वाटलंच मनात तर हलका नाप्ता व रात्रीचे जेवण मात्र 10 ते 10.30 च्या दरम्यान होते. मध्ये खाणे पचत नाही. ॲसिडीटीचा त्रास खूपच आहे. पेये म्हणून लिंबू सरबत, चुकून कधी कोल्ड्रिक्स, ताक पिणे आवडते, पण सर्वच दमा खोकल्याला पूरक असल्यामुळे पूर्णपणे बंद आहे. कफ नसेल त्या दरम्यान गरम साखर जायफळयुक्त दुध पिते.

आर्थिक-अर्थार्जन करणारा मुलगा मोठा डॉक्टर आहे. हया आधी बेताची परिस्थिती असतांनाचे ऋण फेडणे चालू आहे. आता तेवढे सोडले तर आनंदी आनंद आहे. भूतकाळात डोकावले तर खूपच

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कठीण काळ गेला. माझे मिस्टर सह. संस्था मर्यादित मध्ये काम करत होते. मुलं लहान 4-6 महिन्यांनी एकदा वेतन घरांत येणार तेही तुटपुंजे. त्यामुळे मला रात्रीचा दिवस करून शिवणकाम (लेडीज टेलर) फक्त घरच्या घरी मजूर व कारागीर न ठेवता करावं लागे. हयात स्वतःच्या खाण्या-पिण्याकडे, तब्येतीकडे पुर्ण दुर्लक्ष झाले व त्याचे परीणाम आत्ता दिसू लागलेत. मुलं अभ्यासात तरबेज असल्याने मनात ठाम निष्चय केला की, आपण शिकूनही जे करू शकलो नाही म्हणा किंवा करू दिलं नाही, मुलांच्या रुपाने सर्व करायचेच. 1980 साली घर सोडले, घरांत विचारांना वाव नव्हता म्हणून व दोघंही त्यावेळी 1980 ला 110 रु. पगाराच्या नोकरीवर अवलंबून जोडीला माझे शिवणकाम असा जिवनप्रवास खऱ्या अर्थाने सुरु केला.

प्रमुख तक्रार- मला सध्या कफ आणि दमा हया दोन प्रमुख तक्रारी. प्रथम दमा 5 वर्षांपूर्वी 2002 साली साफसफाई करतांना धुळ नाकांत गेल्याने झाला. तेव्हा मला श्वास एकदम कोंडून जीव गुदमरायला लागला. मुलाने ऑईलचे इंजेक्शन व गोळ्या देऊन थांबवला पण कमरेवर 6 महिनेपर्यंत गाठ राहिली होती. त्यानंतर जेव्हां कधी थोडीशी जरी पुस्तकं झटकली तरी जीव घाबरा होई. सुरुवातीला कळत नसे. आता रोजचं झालं तांदूळ पाखडलं, दळण पाखडलं, दुसऱ्याने केली तरी संपर्क आला की, रात्रभर झोप कधी ती नाहीच. प्रत्येक वेळी रात्रीच जास्त त्रास होतो. तीन वर्षांपूर्वी डॉ. ठा. वाडा यांनी पंप व न्युरोकोर्ट नावाची गोळी दिली व चालू ठेवावयास सांगितली व आजतागायत तेच चालू आता रोजच बहुधा घ्यावी लागते. छातीत कफ सादून जीव घाबरतो, पोटाला तडस लागते. अन्नावर वासना रहात नाही. खाण्यात-पिण्यात कधी थंड वगैरे आंबट पदार्थ आले की रात्र बसून काढावी लागते. कोरडा खोकला, ढांस, छातीत, फासळयात वेदना, पाठीत दुखणे, मानसिक - कधी कधी काही संसारिक अडचणी आल्या तरीही रात्रभर झोप लागत नाही. झोपतांना खोलीत चुकूनजरी लाईट गेला तर जीव त्याक्षणीच गुदमारतो. कोणी जरासं टाकून बोललं की, त्याचा विचार रात्रभर चालूच राहतो. मासिक पाळी 2002 साली गेली तेव्हापासून हा त्रास सुरु आहे. रात्री जाग येऊन खूप घाम येतो व उजेड आला की पुन्हा: पुर्ववत स्थिती. खाणे-विषेण करून डालडायुक्त पदार्थ जास्त त्रासदायक व आंबट पदार्थ.

इतर तक्रारी-लहान असतांना 1 वर्षाची गोवर आला होता. थोडक्यात वाचले. नंतर माझ्या माहितीप्रमाणे आम्ही घरापासून तीन किलोमीटर लांब शाळेत जात असू. त्यावेळी शनिवारच्या सकाळच्या शाळेला उठून फक्त दात घासून आंघोळ करून उपाषी जायचो. येतांना उन्हां वाढली की, माझ्या पोटात कालवल्यासारखं होऊन मळमळ सुरु व्हायची व उलटया व्हायच्या, ती सवय आजतागायत आहेच. जराशी घाण वगैरे प्रवासात दिसली, विडी-सिगारेटचा धूर की मळमळ, उलटी दिवसभर डोकं गरगरणं चालू होतं. उपाषी राहयलं की बरं वाटतं, उपचाराचा उपयोग होत नाही. सतत सर्दीचा त्रास, सर्दीत खूपच षिका येणे, फळं खाल्ली की सर्दी, सिताफळ खाण्यात आल्यावर कफ व दमा सुरु होतो.

शिवणकामामुळे-पाठीचा कणा सतसत दुखे, एक्सरे झाला. तीन मणक्या मध्ये थोडा गॅप, जमिनीवर पाट घेतल्याशिवाय बसवत नाही. लादी पुसवत नाही. ८

शारीरिक वर्णन-उंची 5 फुट दीड इंच, वजन 46.50 किलो.

स्वभाव-शक्यतोवर मिळतं जुळतं घेणारा पण हल्ली कुणी मनाविरुद्ध वागलं की खूप राग येतो. प्रत्येकाने सहानुभूतीने वागावे, प्रेमाने वागावे, ही मनोमन इच्छा पण आपण प्रेमाने राहूनही दुसऱ्याने दगा दिला तर त्या माणसाबद्दल खूप तिरस्कार निर्माण होतो. असं कां वागतात? हा सल बोचत रहातो. आपण कुठे कमी पडतोय याचं कारण शोधत रहाते. माहेरी 9 भावंडं असल्यामुळे कुठेतरी प्रेमात कमतरता भासते, आपल्या वाटयाला कमी आलेलं प्रेम अशी खंत सतत. बौद्धिक सफलता म्हणावी तशी झाली नाही, माहेरीही दुर्लक्ष झालं. 1969 ला लग्नानंतर शेतावर कामाला जावं लागे. त्यामुळे एकप्रकारचा शिक्षणाचा अवमान वाटे. तेव्हा पुष्कळ संधी होत्या पण कुणीही लक्ष दिलं नाही. आपण परस्वाधीन ही बोच सतत खाते. सासरच्यां कडून लक्ष दिलं असतं तर आज कुठल्याकुठे पोचलो असतो. तरीही माझ्याच्याने होतील तेवढे कष्ट करून मुलांना तरी शिकवीनच ही आकांक्षा मनांत ठेऊन फार थोड्या प्रमाणात कां होईना पण शिकवलं. तालुक्याच्या ठिकाणी

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मुलं मोठया हायस्कूलमध्ये 1-2-3 नंबर मध्ये यायची तेव्हा कृतकृत्य झाल्यासारखे वाटे. उददीष्टे मोठी होती पण आर्थिक पेचामुळे थोडयावर समाधान मानावे लागले. मोठया मुलाला एम.डी. करावं ही इच्छा पण... मुलीही खूप हूषार होत्या पण मीच कमी पडले. तरीही हेही नसे थोडके असं मी मानते. त्याही बाजू असती तर एम.डी. एम.एस. झाल्या असत्या. मला खात्री होती. पण प्रयत्नात मीच कमी पडले. यजमानांनी म्हणावी तेवढी साथ दिली असती तर सहज शक्य झालं असतं.

कौटुंबिक-सर्व दिर, जावा, पुतणे, पुतण्या, सुना, नातवंडे सर्वांशी माझे तरी कुठल्याही प्रकारचे वाद नाहीत. सर्वजण (चुलतही) माझ्याबरोबर प्रेमाने सलोख्याने वागतात, मान देतात, घरातही कुटुंब प्रमुख म्हणून माझी ओळख आहे. यजमान हात झटकून बाजूला होतात अगदी मुलांच्या शिक्षणापासून ते लग्नापर्यंतचे निर्णय मुलांसोबत बसून आम्ही घेतलेत. मुलांच्या मोठया शिक्षणापासून त्यांची हीच प्रतिक्रिया, 'तुमच्यामध्ये कुवत असेल तर पुढच्या शिक्षणासाठी विचार करा.' त्यामुळे प्रत्येक वेळेस मी कोलमडून जायचे मग मुलं मला धीर द्यायचीत. अशाप्रकारे मुष्कीलीने एकतर्फीच निर्णय घेत आल्याने एकाकी वाटते. कुणाचीच साथ नाही मुलं सोडून.

आवडी-खाण्याच्या सवयी सर्वसाधारण भात मुख्यत्वेकरून पोळी, तांदळाची भाकरी, विशेषकरून दुधाचे पदार्थांची आवड, पण कफाचा त्रास असल्यामुळे मुरड घालावी लागते. फळांमध्ये सफरचंद आवडत नाही. बाकी सर्व आवडतात पण आत्ता बंद जवळ जवळ बंदच आहेच. लस्सी, ताक, लिंबुसरबत विशेष आवडते पण आत्ता बंद दम्यामुळे, चहा नाही, दुधाने मळमळते. पोटभर जेवण केले की गुदमरल्या सारखे होते. हवेत उष्णता वाढली की दमा कमी होतो पण जीवाची लाही-आर्द्रता वाढली की दमा जोर धरतो. अपचनाचे विकार, आंबट ढेकर, घषात जळजळ, कधी मळमळून उलटी, झोप कमी मिळाली की दुसरा दिवस पुर्णपणे मळमळ, अंग जड होणे, डोके जड होणे, सकाळी गरम पाण्याची आंघोळ, जास्त गरम पाणी घेतले शकण्यासाठी की उमासा, घाम खूप येतो.

छंद - वाचन, टि.व्ही. मालिका

झोप - झोप रात्री 12च्या पुढे. पडल्या पडल्या झोप लागत नाही. दिवसभर अनुभवलेले सर्व विषय स्वप्नरूपाने डोळ्यापुढे येतात व उलट सुलट होऊन स्वप्न दिसतात. कधी झोपेत लाईट गेल्यावर जीव गुदमरतो.

मसिक पाळी - 2002 साली गेली. गरोदरपणात पाहीजे तषी एकही गोष्ट घडली नाही. साधं खाणंही मनासारखं मिळालं नाही. त्यामुळं चिडचिड व्हायची. आपलं ऐकणारं माणुस कुणीही नाही ही भावना मनात घर केलेली असायची.

इतर आजार - वारंवार सर्दीचा त्रास. पाठदुखी कमरदुखी, जीना चढतांना धाप लागणे, अपचन, मळमळ, ॲसिडीटी, कामात उत्साह नसणे. पती-पत्नी संबंध 4 वर्षे पूर्णपणे बंद आहेत. मानसिक तयारी नाही.

पुर्वीचा आजार - लहानपणी मळमळ उपाषी राहिल्याने व्हायची व उन्हातून फिरलं की उलटी व्हायची. आताही तंतोतंत तेच होतेय.

माझ्या कोपरावर नायटयासारखे डाग 5 वर्षांपासून पडलेत. सतत घसा दुखी व (घसा) आवाज बसतो.

आई - आई प्रकृतीने धडधाकट होती. आतापर्यंत, हल्ली रक्तदाब वाढू लागलाय. पायांचे सांधे दुखतात. तळपाय सुजतात, आहार-पचनषक्ती व्यवस्थीत.

वडील - वडीलांना मळमळीचा त्रास, झोप न लागणे, वैचारीक दडपणामुळे झोप रात्री येत नाही. दिवसा झोपतात त्यामुळे पायावर दोन्ही इसब झाले. खूप उपचार करुनही थांबत नाही.

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PRACTICE**

Case: 6

Drs Sayyad/ARK

English Rendering of the Original History

- Name : Mrs. J.B.T. D. O. B. 1953 Married since 1974
Community: Suryavanshi Kshatriya Maratha, Hindu Kunabi.
Diet : Veg / Non-veg both
Habits : Especially fond of reading
Education : Old eleventh matric pass.
Work : 1969-2007 did full-time tailoring other than household work. Had to do a lot of physical hard work due to full responsibility of educating three children. Educated all three kids with tremendous efforts. Out of them, one son & one daughter are now doctors. They have a reasonably good practice. However, the middle daughter, who is B.A., D.Ed., does not have a job for the last 9 years. Hence mental stress increases. Due to some small issues, she is currently staying at our place with her 5-year-old son.
- Total family members: 7 – Gents 2, ladies 3, kids 2
- Husband : B. N. T., Age – 61 yrs.
Staying at Wada, currently retired but the pension has not started yet. Occasional tiffs due to his being totally unoccupied. I have to be alert for his food, medicines & hygiene.
- Son : A. B. T., Doctor, Age 32 yrs.
Stays at Wada, currently practicing at ‘M Clinic’. Has a good practice. Today he is looking after the whole family. Discharges all the responsibilities without any grumbling. I do not think there can be anything more satisfying than this.
- DIL : Mrs. R.A.T., Doctor, Age 29 yrs.
Stays at Wada. Clinic at M. OK. I take up as much work responsibility as possible as per my capacity. Atmosphere good. Understanding nature.
- Daughter : Mrs. A.R.B., Married, Age 30 yrs.
Stays at Wada. Has given C.E.T. for D.Ed. But not selected yet.
Relations → good, loving.
Responsibility → major. It is 9 yrs. since she did her D.Ed. but does not have a fixed job. Hence, there is stress. Her help in my tailoring job was invaluable. She used to take half the load.
- Younger to her another daughter – A., Doctor, married & stays with her in-laws.
In family → my in-laws have expired in front of me.
- FIL (dead) : N. C. T., staying at G. Age at death 81 yrs. No illness. Died of old age.
- MIL (dead): S. N. T., Always bed-ridden. According to my knowledge, I have always seen her in lying down position since '74. She had acidity & ‘wat’ dosha. Age 70 yrs. Ultimately died due to leucorrhoea. According to the doctor due to over dosage /over treatment.
- Daily Routine: Get up at 6.30 a.m. Make Tiffin for the kids. Give tea breakfast. Later bathe. Lunch at 1 p.m. After a short nap again work. Do the entire household work at home. No maidservant. With daughter’s help somehow manage everything like, cleaning, washing, dusting, mopping the floor.
- Diet : 8.30 a.m. 1 cup of milk & chapatti
Lunch – 1 to 1.30 pm
4 pm occasionally milk, not always. Sometimes take light snacks.
Dinner at 10 – 10.30 pm

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Cannot tolerate any snacks in between. Acidity troubles a lot.

Drinks → Nimbu sherbet, rarely cold drinks like buttermilk. However, all this is conducive for asthma; hence, all this is totally shunned. When I do not have cough then drink warm milk with sugar & nutmeg.

Financial : Elder son is the breadwinner, who has good practice. Now we are paying the debts incurred during earlier hard times. Apart from that, all is very well at present. If I look back, many hardships in the past. My husband was working in a private co-operative society on a meager salary. The kids were young. He would get his salary maybe every 4 to 6 months, that too was meager. Hence, I used to do stitching (at home only) day & night without hiring any help. Neglected my own health and food needs totally, the effects of which are visible now. Kids were very good at studies. Whatever I could not achieve or was not allowed to achieve I decided to let them achieve. Left home in 1980 as the atmosphere at home was very restrictive. We were dependent on a salary of Rs.110/- plus my tailoring. Life's journey began actually at that time.

c/c : Currently I suffer from cough & asthma. Asthma started in 2002 due to ingesting dust through the nose, while doing cleaning, dusting. Suddenly I was choking & suffocating. Son gave – oil injection & tablets to settle it. However, the swelling remained on the waist for 6 months. After that even dusting the books a little bit troubles me. Initially could not understand this. Now it is a daily affair cleaning the rice or grains (pakhadale), even done by somebody else, if get in contact then absolutely no sleep at night, whatsoever. Every time the trouble increases during the night. Three years back Dr. T, W gave me a pump & T Aerocort & asked me to continue it - it is still going on. Nowadays have to take it daily. Cough accumulates in the chest & I choke up, heaviness in the abdomen, no appetite. If I eat anything cold or sour then have to sit for the whole night. Bouts of dry cough, pain in the chest, ribs, back.

Mental → Occasionally loss of sleep due to problems in the family. Get a suffocating feeling immediately if power failure during sleep. Even if somebody insults slightly keep on brooding over it for the whole night. This complaint is since the menopause in 2002. Sleep disturbed at night with lot of perspiration, back to normal with daylight.

Food → especially cooked in Dalda & sour food aggravate.

Other complaints →

I had measles at the age of 1 year, just survived. As per my knowledge, we used to attend the school 3 km away from home. During those days used to attend the school empty stomach (brushing the teeth & taking bath) on Saturday mornings. While returning home during afternoon, I used to experience uneasiness in the stomach with nausea leading to vomiting. That habit persists till date. If I see even slight filth while travelling, somebody smoking, it leads to nausea, vomiting, dizziness for whole day. Feel better by fasting. No relief from any treatment.

c/o cold always. During cold, suffer from severe sneezing. Fruits lead to cold, especially custard apple gives rise to cough & asthma.

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Due to tailoring always used to have pain in the spine. Got x-ray done. There is gap between three vertebrae. Cannot sit on the ground without a seat (paat), cannot mop the floor.

Description of body → Height 5 feet 1 ½ inch, weight 46.5 kgs.

Nature : As far as possible adjustable. However, nowadays get angry very much if contradicted. Everybody should behave lovingly & sympathetically is my heartfelt wish. However, in spite of behaving lovingly when others betray then I feel tremendous hatred towards that person. Why such behaviour - this hurt keeps on nagging me. Keep on trying to find where I fall short.

At mother's place we were 9 siblings, this gives rise to a feeling of inadequate love & affection. Always feel bad about receiving less love. Intellectual success not much as such, it was neglected. Did my matriculation in 1969, (Line missed in Marathi typing) but father did not let me study further neither my in-laws. After marriage had to work on the fields, used to find it insulting to my education. There were many opportunities, but nobody paid any attention, always feel bad about being dependent. If my in-laws had taken care, I would have attained great heights. However, I was determined to give good education to my children & willing to work hard as much as possible for it, and was able to educate them to some extent at least. When in high school the kids used to come 1st / 2nd / 3rd at taluka level, I used to feel happy, satisfied. Aspirations were high but due to financial difficulties had to do with less, smaller achievements. Elder son wanted to do M.D. The daughters were also very clever but I fell short. Still I think this too is no less. Under favorable circumstances, they too would have been M.D., M.S. etc. However, I only fell short of efforts. If my husband had supported me properly, it would have been easily possible.

Family : With all my BILs, SILs, nephews, nieces, DILs, grandchildren I (at least) do not have any problems, all behave lovingly & amicably with me; give me respect. At home, too I am known as the head of the family. Husband shies away from responsibilities. Right from the higher education of the children to their marriages, have taken all decisions discussing them with the children alone. Right from the children's higher studies, he would always say, "If you have the capacity then only think about further studies." Every time, I used to collapse with such a reaction. However, each time the kids used to comfort me & give courage. In this manner always had to take the decisions with great difficulty single handedly; hence feel lonely. Except my children, I do not have anybody's support.

Likes : Eating habits mainly rice, chapatti, rice bhakari, like especially milk products but have to suppress it due to problem of cough. Dislike apple. Like all other fruits, but now do not eat any of them. Like lassi, buttermilk, limbu sherbet especially more but avoid due to asthma. No tea, nausea due to milk. Feel suffocated if have a full meal. Asthma is better in warm climate but then c/o heat of body. With humidity, asthma aggravates. c/o indigestion, sour eructation, burning throat, retrosternal, sometimes nausea leading to vomiting. Loss of sleep results into nausea, body heaviness, and head heaviness for the whole day. If have a rather hot bath for relief of body ache then uneasiness / breathless / nausea etc. with a lot of perspiration.

Hobbies : Reading, T.V. serials.

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- Sleep : after midnight (12'o clock). Take time to get sleep. All incidences in the day appear in the form of dreams; get distorted. If there, is power failure during sleep then feel suffocated.
- Menses : stopped since 2002. During pregnancy, not a single thing took place as per my wishes; not even desired food, so used to get irritated. The feeling that there is nobody who will listen to me; who cares for me, was constantly with me.
- Other complaints →
Recurrent cold. Backache, pain in lower back, breathlessness while climbing stairs, indigestion, nausea, acidity, lack of interest. No Husband-wife relations since 4 years. Not ready mentally.
- P/H : Nausea in childhood < fasting
Vomiting < going in sun
Same happens even now. I have psoriatic patches near my elbow since the last 5 years. Have constant sore throat and hoarseness of voice.
- Mo / F : Till now mother was healthy. Nowadays hypertension, lower extremities joint pains, swelling feet. Diet and digestion good.
Father has c/o nausea, sleeplessness due to thoughts during night. Hence sleeps during day. Hence has developed eczema on both legs. Not better by any treatment.

The S. C. R.

Preliminary Information

Name of the patient: Mrs. J.B.T Age: 55 yrs. . Date of case taking : 24/10/08
Female Education: 11th Std. Religion/Caste : Kunabi Maratha Married 1974
Mother: 71 yrs. Father: 86 yrs.
Spouse: 61 yrs, retired. Was working in a district co-op. bank.
Brother: 3 – 1 died 3 yrs. Back Sister: 5
Son : 1 – 33 yrs. Doctor Daughters: 2 (30 yrs., 28 yrs.)
Address : Wada

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Chief Complaint(S)

| Location | Sensation | Modalities | Accompaniments |
|---|--|--|---|
| R.S. (Bronchi) Since 5 years Onset sudden P → ↑ gradually F – daily D – continuous in halation | Breathlessness ² Suffocative Feeling ² Palpitation ² Cough with white Sticky expectation Expectoration – has to remove forcefully | < ² Dark > ² Light < ² Dust < ² Banana < ² cold food/drink < ² cow < ² Sleeping position Lying on back > ² Sitting < ² Night > ² Warm water > ² After vomiting < ² damp weather > Bronchodilator Inhaler < ² Sour < ² Oily > ² Hot weather < ² Fruit < ² Over eating | Sleep ↓ ⁽⁺⁺⁾ App ↓ ⁽⁺⁾ Chest pain ⁺ Backache ⁺ |
| Nose → | Coryza, watery Discharge ² Sneezing ² ↓ Breathlessness & cough Suffocation | | |

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Associated complaint:

| Location | Sensation | Modalities | Accompaniments |
|--|---|--|---|
| M.S.S. Cx vertebra ® side → ↓ ® hand Since 20 yrs. Onset – progress Gradually F – not fix ® Sacral → region | Aching pain H/O With T & N Weakness Stiffness Not able to turn back Pain | A/F physical Exertion < ² Lifting weight > ² Massage < ² Pressure | |
| GIT Stomach ↓ Throat → | Sour eructations ² Nausea ² Burning ² | < ² Loss of sleep | Body ache – heaviness ² Headache-heaviness ² |
| Skin both elbows Since 5 yrs. Scalp Since 5 yrs. | Macular eruption ⁺ Itching ⁺⁺ No burning Hyper-pigmentation ⁺ Hair fall ⁺⁺⁺ Dandruff ⁺ Itching ⁺⁺ | < ² winter | |

Patient as a person: Physical Characteristics

Appearance: Average build, wheatish complexion

Skin: Wounds Healing normal Perspiration: General – Profuse², partial – Axilla⁺⁺ Odors⁺

Digestion: Appetite: Decreased Hunger⁺⁺ < Giddiness

Aversions (A): Apples² Cravings (c): Milk², Sour + sweets²

Eliminations: Stool: Once in a day – semisolid Urine: 5-6 / D-N

Menstrual Function: Menopause – 6 yrs. Back. Menses: Regular Duration: 28-30 / 5 days

Quantity: Moderate Colour: Red Odour⁺⁺

Leucorrhoea: 1979 – 1990 H/O offensive, yellow, white thick

With Debility⁺ Itching⁺⁺ - After Burning – No eruption Pain – Back⁺⁺

Sexual function: Stopped since 4 yrs. Desire ↓

Obst. History: Pregnancies: 3 Gravida: 3 Para: 3

Morning sickness - all 3 pregnancies for first 4-5 months - vomiting – smell of food

Delivery: F.T.N.D. – 2 Home & 1 Hospital

Diet and Daily Routine

Wake up at 6.30 a.m. → Cooking for children → bath

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1 p.m. – lunch → sleep → housework
8.30 am – 1 cup milk + 1 chapati 1 pm – lunch
4 pm – 1 cup milk 10.30 – dinner
Sleep: Disturbed, Anxiety –daughter, Dreams, Screams – when light off
Dreams: Recent²⁺, of daily events,
Motion & Position: Bus <² nausea, vomiting
Meteorological: Sun <² Burning eye, nausea, vomiting, Damp <² depression
Fan: S – medium, R - X, W – X, if window open does not require
Covering: S – Thick chadder, R – Thick chadder, Winter – 2 ghodhadi
Bath: S – Tepid, W & R - Hot Patient: chilly
Sensory inputs: Odours <²⁺ Nausea, vomiting, headache – smoking
Digestion: Fasting < Nausea²⁺
Cold: Drinks <² dyspnea Fruits: Custard apple (Sitaphal) / Banana <² breathlessness
Milk <² Nausea, Sour <² dyspnea

Past History:

Measles: P / 4 childhood,
Mother: Hypertension Rheumatism Father: Hyper acidity, Allergic dermatitis
Grandmother: Asthma Sisters: Hypertension Brother: Hyperacidity

Physical Examination

T - 98° F P – 80/m R – 20/m Conjunctiva: Normal Nails: Normal B. P.: 110/70
Respiratory: NAD Air entry: BE Per abdomen: NAD, soft CVS: NAD
Heart sounds: S₁S₁ Normal CNS: NAD

INVESTIGATIONS:

Radiological: Cx spine 16/10/08 – Cx spondylosis with reduced disc space at
C4-C5, C5-C6, & C6-C7

Life- Space

55 years old woman with an average built, wheatish complexion stays at Wada with husband, son, daughter-in-law & grandson. Her son is a doctor, general practitioner, 2 daughters – one has done D. Ed. no service, 2nd is Doctor, both married.

She was born & brought up in a small village near Wada Taluka in the Hindu Kunabi Maratha Kshatriya Surywanshi community. Her father was a farmer with 40-50 acres of land with a good financial condition. She has three brothers; one of whom committed suicide 3 years back (He was a Talathi). She has five sisters. She is the second eldest amongst all siblings. All of them educated.

She is educated up to the 11th std. (Matric). From the third std. onwards, she had to stay with a relative for 5 years, when she felt homesick. She says that she used to remember her mother a lot, and weep. Still she studied up to the eighth std. there. Then she studied at Wada from 8 – 11 std. There also she felt the absence of the mother. She still remembers those days (weeping during interview) she says 'I never got mother's & father's love because I studied by staying with relatives & because of our big family'. She left school after 11th std. because her uncle got separated & the financial condition deteriorated. Now feels bad about that, whenever she sees her old school fellows (how they are in good posts) she feels bad. She completed her matriculation in 1969 and then she started household work. She got married in 1974. After marriage, she had to do housework as well as work on the farm and this made her feel bad. She used to wonder what was the use of her education. She did not like farming but still she had to do it. Then she determined to educate her children even if she could not study adequately, and worked very hard to that end, doing tailoring day and night, along with all her housework. She got cervical spondylosis & backache due to tailoring work, but still she has earned enough to

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educate her children. There is an acute sense of a lack of support from the in-laws & the husband, as she feels that with their support the children could have taken even higher education, as their intelligence deserved.

She would be happy when the children passed with high ranks. She is very attached to the children. Now both her in-laws have died. Her one son & one daughter are doctors & doing well in general practice (qualification not known). She is worried about the elder daughter, who has failed to secure a steady job for 9 years. She is married but stays in her mother's (the patient's) place most of the time due to some family problem, so the patient's anxiety is more, leading to disturbed sleep, insecurity about the daughter's future in her marriage. Along with that is the worry whether her son will leave her & start staying separately. Due to these thoughts, her sleep gets disturbed. Now her husband has retired, so there are always quarrels between herself & her husband. She gets angry when things happen against her wish, or due to false allegations, but she does not express it. She broods when anybody contradicts her or taunts her. Her sleep gets disturbed.

She has fear of dark³ when alone. If lights go off suddenly, she feels suffocated and is not able to sleep until lights come on. She said that even a spark of light (from a matchbox) also makes comfort and relief suffocation. She has fear of dark³, alone³, Ghost², Cats², Snake², high places², water (drowning) ². She desires company & is afraid when alone in the dark.

She likes neatness & cleanliness, everything in its proper place. If not, she gets irritable & she herself keeps all things in their place. She says that she is a very sentimental woman who easily gets emotional, and supports other people. Weeps while watching emotional scenes on T.V.

Husband retired in 2007, he worked in a district co-operative bank in loan recovery department for 8-10 years. Initially he was a calm person but now he is irritable & short-tempered, and uses abusive language etc. The reason behind irritability may be the ↑ workload in the bank. He started drinking; drinking more whenever there was a financial difficulty, tension about daughter & her divorce. He has extra marital affair so he now beats the patient, so she feels that he never gave attention towards her and family. Feels lack of love from husband. She is experiencing weakness of Memory since 2 yrs.

Additional information obtained from patient while prescribing for husband's case on the same day

The couple separated from the joint family in 1980 due to differences. It was difficult to make both ends meet. His salary would be delayed by months. Patient started tailoring work to support the family finances. The husband used to cooperate with her in managing the house. He was neat, clean & punctual in his work. People used to appreciate his calm temperament. He would go to the children's school every month to enquire about their progress. During this period, lasting about 8 years, on her persuasion he had even stopped his habit of tobacco & occasional taadi (a local alcohol). However, gradually his nature changed. He started having non-veg & drinks regularly. Patient attributed this to the stress involved in recovering money, the customers trying to bribe him with non-veg & alcohol to avoid recovery. His original calm nature changed to irritability. He would have clashes with his bosses & colleagues & was possibly not supported in a face-off with villagers. He became indifferent to family members & would often go out of the house without any intimation; once did not come back for 3-4 days. To top it all he developed an extra-marital affair. The clashes between the husband & wife increased when she questioned him about the affair. The stress of his daughter's marital problems increased his drinking further. "I am still tolerating his behaviour because of the

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memories of those eight years when he cooperated with me in running the family despite poverty. We never took loans & managed frugally with what we had” She said.

