

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

Case: 9

Drs. Vivek/Bipin Jain

Objectives:

1. Learning to receive a hypersensitive and lonely lady making desperate attempts to be understood
2. Identifying the conflict of a woman torn between multiple external and internal demands.
3. Learning how a lady negotiates the balance between the poles of dependence / independence, self-esteem and its loss and identity and its diffusion paying a price through developing a psycho-physiological disturbance.
4. Understanding the dynamics in a couple caught in the web of work, family duties and social life.
5. Understanding the manner in which the cascade of conflicting emotions (love, fear, anxiety, anger, violence) serves a purpose with / without the intention of the individual.
6. Understanding the deeper reaches of trauma and loss in shaping the expectations and behaviour of the mother
7. Learning the process of assessing adaptation and its consequences in the evolution of the disease
8. Evaluating the action of an individual through the T-F-C-A-R model to understand the emotions and thinking and deriving Similimum based on the same model
9. Learning to use the T-F-C-A-R model to understand the world of Materia Medica

Directives:

Exhibit-1: Screening and history written by the patient

1. Go through Exhibit-1 and share your feelings state

Exhibit-2: SCR data

1. Go through the complaints of the patient and give your diagnosis.
2. Share your feeling state after going through the case and explain why the patient is suffering
3. Process the case through the life space table and fill up the mental state SCR to understand the mental disposition, state, and symptoms
4. Apply the T-F-C-A-R model to the analysis of the life space table and share your understanding of the patient and why she is suffering
5. Integrate the case in the EET, select a suitable approach and come to a group of remedies
6. Differentiate closely coming remedies and come to the final remedy with posology and repetition
7. Create a T-F-C-A-R model of your Similimum from different source books and commentaries and differentiate from other remedies based on the T-F-C-A-R of the case

Exhibit-3: Follow ups

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1. Analyse the follow ups and give your actions

Send your working to:

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Exhibit 01: Screening and history form

Date: 15-02-16		
Name: Mrs. P. U. S.	Age: 43 years	Sex: Female
education: B. Com.	Married for 17 years	
Address: A	Occupation: currently housewife for 3 years, earlier for 18 years clerical staff in HSBC Bank	
F: Ca spine expired 1994	M: 70 years, OA	Br: 2; 48 years, 38 years
H: 44 years, Merchant Navy; Br. Asthma, absent Vas	Son: 11 years, adopted	Daughter: 6 years, adopted
H/O death of a female adopted child at 7.5 months old in 2004		

Chief complaints:

1	Skin			
	September 2015 Groin D: 1 month	H/O dengue → tinea → ? bacterial infection → vesicles+3, boils+3 Inability to sit due to pain+3	Rx with allopathic Local application.	
	Rt elbow Since Dec' 15 Intensity reduced and again increased since 1 month	Small pea-sized lesion, papules Molluscum Itching +3, dryness+2, Redness		
	Whole Rt hand	Maculopapular rash +3, burning+2 Occ exudation+2		
	Lt elbow Since 4-5 days → Lt side neck	Maculopapular rash → scratching+2 Bleeding+2 → thickening, hyperpigmentation	>Aloe Vera gel+2 >cold water+3 >draft of air+3 <sun+2 <afternoon	

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	Rt palm	Painful corn		
2	GIT Since 2002 F: on and off F: 7-8 / day If reduced 2-3 / day	P / R bleeding Persisted + No pain Increased frequency for stools Consistency: semi formed	Treated as haemorrhoids for 3 years Rx with steroids Then ayurvedic Rx > <anxiety +3	
	Observation: Anxious, Dull, Weepy+3, poor eye contact			

Past history: IVF rx, Pulmonary Koch 12 years back, treatment from Psychiatrist.

Purpose of Visit: Hom Rx

Anxiety+3, fear of unknown, negative thoughts+3, poor confidence

Examination		
Scars on Rt forehead	Weight: 46 kg	P: 80/ min
BP 130/80 mm Hg	Conjunctiva: N, eyes congested	Nails: N
Throat: N	Tongue: coated+	
RS, CNS: N	GIT: mild epigastric tenderness	

	S	W
Fan	Medium	--
AC	--	--
Covering (likes to uncover feet)	Thin	thick
Woollen	--	+
Bathing	Tepid	

Exhibit 02: History form

Dt: 20/02/2016

Name: Mrs **P. U. S**

Address: A, Mumbai

Date of Birth: **March 1973**

Sex: Female, Status: Married, Religion: Hindu, Vegetarian,

No addiction, only 3 cups of tea every day

Educational career and qualification – B.com (passed in 1993)

Occupation:

- Right now, full time home maker (since last 3 years) and give tuitions between 3 to 6 p.m. – class V, VI and VIII
- From 1994 till 2012: Worked with HSBC as a Banking Assistant for 18 years.
- From 1993 till 1994: was working as a faculty in a computer classes for 7-8 months while studying the Diploma course in the same institute.

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Family:

- Mr. U / Relation – Husband / Age 44 yrs. / Working in Merchant Navy. He is out of the home for 6 - 7 months in a year.

Our Both kids are adopted.

- YS / Relation – Son / Age 10 yrs.
- SS / Relation – Daughter / 6 yrs

Daily Routine:

Being a Homemaker my routines revolves round my family.

05:30 to 6:40: Getting our son YS ready for school.

06:40 to 7:00: Morning Brisk walk (only 3 times a week due to domestic responsibilities)

07: 00 to 7: 30: a small nap

07:30 to 12: 15: Food preparation, morning rituals and taking our daughter SS's studies

12:15 to 15:30: Lunch, some relaxation, reading book, chatting with my husband

15:30 to 18: 00: Tutions

18:00 to 19:00: Yoga classes (only 2 to 3 days in a week)

19:00 to 22:00: Taking the Children to various classes, food preparation

22:00 to 23:00: squaring up the things

23:00: Sleep

Financial Responsibilities: - None at the moment. I have fully supported family's finance when I was working.

Chief Complaint:

- Ulcerative colitis, suffering since 2001-2002. There is no pain in the stomach, no unusual sensation, but when it is active, I pass blood with stool. I had major attack in March '04. Colonoscopy has been done 4 times. Presently taking treatment under Dr. S (MD Gastrologist) and Dr M. P. (MD, Homeopathy). Physical exertion and anxiety upsets the IBD.
- Severe skin allergy since Sept 2015. Initially on genital and now on hands.
- Severe anxiety and emotional instability. An unknown fear is always there. Fear of losing someone / something. Can't handle emotional ups / downs.

Other complaints:

- At times feel very weak, lower back, shoulders, legs pain. Don't feel energetic. Anybody can make out that I am unwell (sick look). Can't put on weight. For last 16-17 years my weight is ranging around 42 to 47 kgs. Get tired very fast.
- Eyes have become dry, doc has advised me to put eye drops for lifelong, which does not happen so regularly.
- Last month I was on Vertin tablet, I guess that was for vertigo problem. I used to feel dizzy
- I am losing good amount of hair. Skin doesn't look healthy

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- Allergic to dust. Catch any kind of infection very fast. Very often I've running nose and keep sneezing.

Previous illness:

- Nov 1999 to 2002 / 2010 – little amount of blood through urine whole night and was passing urine every minute. Probably it was due to kidney stone although no stone found.
- 2000 – blood found in stool (initially it was very little, but it continued and gradually increased and subsequently diagnosed as colitis)

Husband is diagnosed with absent vas (azoospermia/ lack of sperms). We have tried IVF (test tube) two times without success

- Aug 00 – first IVF cycle
- Feb 01 – second IVF cycle
- Sep 01 – COX
- Jan 02 – Ulcerative colitis
- Mar 03 – pituitary adenoma – 0.98 cms (size is same since then)
- Mar 04 - ulcerative colitis severe attack

Personal Data:

Although it is lengthy, I request you to read following data carefully to get idea of my thought process.

I was working in a bank for 18 years. I thoroughly enjoyed it, 'coz there is ample scope to learn and develop myself. But it was difficult to balance both personal as well as professional life. My husband stays at Sea (merchant Navy) for 6-7 months in a year.

I quit going to office in Aug 2012 and officially resigned from my job in Sept 2015. It was very difficult to take a decision, but 2 years ago, when SS was in Nursery and U had joined the ship, very frequently SS and YS were not keeping well and I'd to take off and on leave from office, which I did not like. I was not able to give justice to either fronts, hence decided to stay at home may be for 3 months (thinking that this would help take a decision whether to continue or quit). And during those 3 months discovered that I was going to keep myself occupied and getting away from loneliness (during U's absence), but even kids are sailing in the same boat, and they do not even know to express themselves. So made up my mind to be at home. And it was not under any pressure, so no fights between me and U.

But immediately after I quit going to office I was very upset and in those 3 months I lost 5 kgs weight. Later on, I recovered, but it was very stressful, I used to think that its criminal waste of time and I am doing nothing. And I used to nag U whenever he called me from ship that no one is there with me at home. For him he is a free bird, and he can go anywhere anytime he wants, but for me I have to think and manage things. Initially he handled it with patience, but

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then he also started running out of patience. But I made one thing sure that I did not take decision because of him.

It's not that we did not fight after that, in fact I used to take out my anger as I was always busy at home with kids and other things. At office, I had my own time and my friends where I could share so many things but at home during his absence, there was no one with whom I could share or relate myself.

Fortunately, things are ok (may be past 9-10 months – since we started counselling with Dr D.)

But again, it became worst after I gave my resignation in Sept 2015.

U joined the ship end of June 2015. Since then we used to talk to each other very often and similarly he was in contact with his school buddies as well (not very often but yes he was in touch with them).

(That used to make me upset, I used to get furious. My point was he has all the freedom in the world, he can go anywhere be it at home or be on ship. On ship whenever they have shore leave he could make it, if he wished to. But for me, after I left my job I was at home. It's very difficult even to visit the doctor, I have to actually make so many arrangements, while visiting doctors asking for concession as I don't have to wait for long (as kids are at home). I had my own time between 12.30 to 1.00 as my daughter goes to school @12.15 and son comes home @1.00 p.m. and since both are grown up, in the evening when they go down to play I am alone at home. It used to make feel so lonely, I used to get agitated, frustrated, that how could no one understood this. If I take out this topic, I was told that it's your choice, make arrangements or when I take kids for activities I can join gym wherein I can make friends, I can meet people. I was ok with others as they really do not know me, but U, he knows me so well, that I am a talkative person, I like to be surrounded with people or like to be occupied, when these suggestions came from him, I used to get more upset. When he is in town, he could do anything as I was there at home to take care of kids and in absence also I am always there. I used to feel, how can my husband doesn't understand the fact that why I am feeling lonely, why am I getting agitated, what makes me feel so down etc.)

In Sept 2015 I was diagnosed with dengue and had bacterial and fungal infection in groin area. I recovered from dengue (was down for 10 days and the weakness after that). But after that these infections were very bad, more than a month I was on medication for that. Fortunately, U had signed off early to nurse me and to take care of kids.

During Diwali again we had not only arguments but I used to become violent and it was so bad that at times I have banged head on the wall or I have hit myself on head with metal rod as I wanted to die, I wanted to torture myself, I wanted to get rid of it. I couldn't see that me trying to explain my frustration makes U feel that I am nagging him, at times I used to nag him by talking about past. It must have been very often also. I couldn't see that because of me things were going bad and couple of times it was so bad that he would say that we will go for

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divorce. For me it was very bad that I was not even working and with this kind of health complication where would I go, so it's better to die. (We both love each other immensely), for me he is the one who has given real meaning to my life, my life has changed drastically after I met U. But with my anxious nature, the fear of he dumping me would come again and again. I am taking medicines for past 15 years, this thought makes me irritate that why there is no relief why there is no answer to my questions, my health problems. If I talk to U this, he would say that there are so many people taking so many treatments, for so long, what is there to think so much about it. But I still think there should be some reason for me to take medicines for so long. I have made to understand that I think too much hence I am on medicines. I doubt where there is any single person who doesn't have to think, who doesn't have any worries. I am very much normal, yes I have lots of negativity, but I have accepted the fact and that's why I am trying to overcome that. I have done courses like landmark, which has helped me to handle my emotions, I have read books by Napoleon Hill, Dale Carnegie etc. which has helped me from time to time. For others it must be very easy to handle their emotions, for me may be its my weakness, but I am not denying the fact, and I am trying methods for that. So it makes me feel worst if somebody says that I am on medicines as think or worry too much. I have certain fears, I have negativity, but that's the reason I try keep myself occupied, keep reading books, play with kids etc.

May be, I feel, leaving the job has made a vacuum all of a sudden after 18 years, and now when I visit doctors they tell me to work, do a part time job. So basically I have to go back to what I was doing earlier. It makes me think again...

And since September 2015, I have this skin problems, rashes, infections.

I have a strong feeling that may be my anxiety, stress had reached the highest degree, that's why I am getting all these skin problems.

I used to think that I'm emotionally very weak, but I try to stand strong and with full strength for my people.

Get negative very fast, a first thought or reaction to any incident would be negative. Feel very much insecure of losing my strength (my people), I have already lost my father when I was 21 and my daughter when I was 34. Whenever I think of them, I feel what I am doing here without them. I feel I am a big loser, and feel that I couldn't do anything for them. Now days I am learning to manage my emotions, come over it, but fear of losing is always there.

I am very much possessive of my people, kids (whether they are related to me or not) but if anybody tries to play around get disturbed too fast.

And now after going through all this, and visiting a psychiatrist and finally realizing that it's me who is responsible for everything (in a positive way), I have to change my thinking pattern if I want to be healthy again, I am ready to do anything.

Goal: Sincerely I wish to break this pattern as I am just going round and round, finding no solution and running after medical help, I need a permanent cure ASAP. I know I have to

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have lots of patience, and I will surely have. Doctor please help me live and lead a healthy, happy and successful life. I wish to get better, fitter and healthier sooner.

Since Last 15 days I am doing self-affirmations and EFT (emotional freedom technique). And I am already feeling the change. I am more energetic, positive, happy and Healthy. Even my husband is also astonished by this positive change. I know the worse is over and now I think only positive thoughts and am always happy and joyous, no matter what the external conditions are. I want to live like this forever.

Exhibit: 03 SCR data

Mrs. S 43years / F Married since 1999

Husband—Merchant Navy

Children—Adopted: 1son, 1 daughter; 1 adopted daughter, death choking 7-8 months of age.

Patient- Ref by Dr. H. D.

Education –B. Com

Occupation—Previously - HSBC, now H.W

Religion/Caste—Hindu/Vani- Brahmin (inter-caste marriage)

Father—Expired {CA Spine}

Mother-- Alive.

Brother—2; elder by 15 years, younger by 5 years.

Date of CD: 18th February 2016

SCR DATA--

	LOCATION	SENSATION	MODALITIES	CONCOMITTANTS
1	Skin-- since September 2015 Groin, since 1 month Rt Gluteal fossa since Dec. 2015	H/o Dengue Tinea bacterial infected pus filled vesicle painful3+, boils		It looks horrible ppl try to be away from weepy2+
	Again in 1 month whole Rt elbow Dec 15 again increased in 1 month. Whole Rt hand	Small pea size lesion, papules with molluscum Itching3+ Dryness2+ Redness2+ Maculopapular rash burning, occ exudation	>Cold water 3+ >Draft air 3+ <Sun 2+ <after wash	

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	LT Elbow 4-5 Days Lt side neck	Maculopapular rash Scratching bleeding Thickening Hyper pigmented		
	Rt -Palm -	Pain full Corn		
2	GIT Since 2002 Since 2003- 04 F- on/off	P/R bleeding persisted no pain Increased frequency for stool 7-8/ day consistency semiformal	Taken Allopathic medicine <anxiety	

Weight-- Loss 5 Kg in 6 months
 Perspiration – Scanty axilla
 Craving-- Pickle3+, Salt3+, Sour 3+, chicken2+, milk2+ Warm food and drink2+
 Aversion –Bitter2+
 Menses—Before- Low backache and leg pain.
 Cycle 28 days
 Flow – moderate, Bright Red
 Odour – occasionally
 Sleep-- position- on back
 - Unrefreshing, disturbed {in absence of husband}
 Delusion-- insect is crawling on my body, door bell ringing occ.
 Dreams- occ romantic husband and me gone out roaming, Falling from height, ghost killing children
 History of: I see Father in dreams (I still believe, he is there protecting and guiding me)
 Thermals—like winter
 - Fan -S-moderate
 W- ---no
 A/C- S-28
 Can't bear – light+, noise+ and fasting+.
 Past History—Pulmonary Koch's 12 year back
 Aug 2000—First IVF cycle
 Feb 2001 -- Second IVF cycle
 Sep 2001 -- Pulm. Koch's
 Jan 2002-- Ulcerative Colitis
 March 2003 -- Pituitary adenoma
 March 2004 – Ulcerative colitis {Severe attack}
 Family History-- Father-- Cancer spine {1994 died}
 -- Mother --OA

Hair – Grey {7-8years}
 -- Occ odour
 Regular / Irregular occ
 Duration 3-4 day
 Clots – Occasionally
 Stain – No

w - +
 Covering – S- Thin
 W – Thick
 Uncover sole and feet

Life Space

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During screening: Pt dull looking, dry anxious face, standing in the waiting room, started conversation spontaneously, was comfortable in sharing, showed a photograph of the perineal region with an apology and started weeping, pleading to get her out of all health issues.

A middle-aged female of 43 years came alone for the interview, she was on time for the case definition and had sent her history through mail in time. She was dressed in a kurta and kameez, had an anxious expression, and improperly tied hair. Pt. was very communicative and expressive, clumsy was attending phone calls and dialling phone calls every 10- 15 min, and was losing the thread of conversation. She was drinking water from her water bottle quite frequently and forgot what she was saying before attending a call.

Pt. belongs to the Hindu-Maratha community staying at Andheri with their son and daughter and husband who is working in the merchant navy.

Pt. was born and brought into a nuclear family of Father (F), Mother (M), Pt. (Patient), and 2 brothers (Br) at B (Mumbai). The family stayed in a village in the early years. Pt's uncle brought them to Mumbai. F joined as an office boy and then went on to become section manager at MTNL. Because of this Pt was very close and proud of her F and adored him as an idol. Pt shared that she used to always discuss things with F, compared to her Br's, with whom she doesn't remember similar things. F was strict and disciplinarian (e.g. waking up by 7 am) and Pt was okay with that. Also Pt. used to argue with F and he insisted that Pt didn't agree (e.g. bindi, combing hair, etc); Pt would insist on things that she wanted, and sometimes she rebelled as well. Mother was a housewife and Pt. described her nature as emotional, talks openly, and weeps easily. M would be very angry with Pt on things like her dressing style or behaviour, which M insisted to be like a girl, as what would people say. Pt used to back answer M, for which M used to beat her; but M never beat elder Br. So Pt had anger, as Br is older he is excused, and being younger I am only getting beaten. Pt was anxious about losing the parents e.g. if both parents had gone out for some work and if they got late then, she would think why did they not come? She would wait at the end of the chawl and wait for them.

Pt wanted everything including school work to be perfect, so did her studies on her own. Parents never required to look into the same. F was also proud of her and praised her in front of Br and other people. Pt described – “If I do something, I would give it wholeheartedly, and I don't like to misplace things”. Academically, she was average in studies. She was more into playing marbles, sports – kho-kho, kabaddi, etc. Pt has seen her Maternal Aunt's son, who was doing architecture and Pt got fascinated with the models and other things. So she thought to pursue the same. Pt scored well in 12th, and she shared her desire to pursue Architecture but her parents didn't agree due to the financial crunch. Also, F conveyed to her that it's a tedious job where physical exertion is a fair bit. The patient felt bad, but she gave up the desire to pursue architecture. During this time, she got an infection in the chest with a high fever (? Bronchitis) and needed hospitalization. Her thinking was that nobody should get troubled due to her. She isn't OK with that and feels very bad. When things don't go as she wants them, she feels extremely angry. She joined V. K. College in commerce and completed her B.Com. There was difficulty while doing the same, as she was from a vernacular background. She felt she was not up to the mark and her confidence reduced. While the pt did well in her earlier exams, during TYB.com, she didn't study properly due to which she became anxious as to how she would perform in the exams and had thoughts of failing

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accompanied by giddiness, numbness and coldness of palms. F took leave during her exam period for 7 days and accompanied her for the exams. Pt is still in contact with school friends but not with college friends.

After graduation, she thought of pursuing an MBA, but the fees were excessive and somewhere she wanted to support her family though no one asked her to do so, as F and Br were doing the same, but Pt also wanted to do the same. She did some diploma computer course (1993) and simultaneously used to teach computers to the students of the same institute, which helped her to pay her fees. Students used to like her teaching. Her younger brother's friend used to learn computer from pt. and used to acknowledge her teaching skills. She used to ask her br to learn something from her and his friend also advised him to learn from pt. But he never did so finally pt. stopped telling him.

In December 1993, one day F suddenly collapsed and was hospitalized and at that time Pt didn't come to know that her F was having Ca. spine. All other family members were aware of the same but nobody shared with Pt, thinking she would not be able to handle this. (Pt broke into tears while describing this incident of F's illness). Pt felt very helpless and couldn't bear to see the pain of F, so used to pray to God to take her. During that period, she remembered a historical story of Babur and Humayun in which the son hurt himself to make his father's health better. She too felt her father will be alright if she hurts herself and she hurt herself on her wrist through blades. But it didn't help and she felt as if she was removing her frustration through such an act. Suddenly one day F expired (April 1994), Pt couldn't take that and the next 4 months were very bad for her. Pt was constantly thinking about F. Earlier Pt was talkative, but after F's death, she was in her shell and became quieter. Lost interest in everything. Pt got worried about her M and younger Br.

Meanwhile, the elder Brother was already engaged. Pt was happy with it as she felt she got a new friend in her Bhabhi. But things didn't happen as she had thought. There used to be frequent arguments with her SIL. Pt used to also have arguments with M quite frequently and once in that anger, Pt impulsively consumed all the medicines available at home. However, after some time she got severe vomiting, and all things came out and didn't affect her.

In 1994 she got a job in a bank by clearing the required exam. When Pt joined she was the youngest among all, so she received attention from all. Pt opened two bank accounts, one for M and another for younger Br; and would deposit money from her salary; thinking my M shouldn't ask for money from anyone. At work she was helpful, wanted work to be completed as she said "I have to prove myself, I have to create my identity (as trustworthy and asset to the organization)" If any work is done, it has to be proper. If deadlines are not met, Pt would get anxious along with panic and numb and cold palms.

After F's death, everyone wanted her to get married. F's uncle started looking for a match; and if the proposal was rejected because of any reason, Pt used to feel very bad. Then she got engaged to a boy whose M was in MTNL along with Pt's F, so he knew the Pt. The boy was 12th pass and was working as a turner and fitter in a company. Pt was okay with his work & education; as she believed that everybody has to progress in life and so he too will. But after a few days of engagement, the groom's family started insisting the pt to wear bangles and bindi, which she disliked and convinced them not to force her. On another occasion, the boy (with whom she got engaged) wanted her to meet on the weekend, but due to work Pt couldn't reach on time, and they had a very big fight, during which Pt back answered him.

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After 2 days, boy's M came to meet her and that time Pt clarified very frankly that "I don't want to get married into your family and fight. But I don't like being told, if I am not wrong. If I am wrong, I will apologize, even if the opposite person is younger to me. So you decide". After 4 days, the engagement was called off, and the Pt was absolutely fine and didn't feel bad.

However, due to all this, Pt started feeling very negative and lonely and remained dull and depressed. She came to know about some motivational education programs run by a centre named "Pathik", where she enrolled herself to gain confidence and positive motivation. There she got acquainted with a boy named U. During the course session, some task was given for which one had to have a partner to perform and it was to be performed at home. Pt was sure that none of her family members would be interested in joining her in that task and U was also in similar situation. So they decided to do that task together. Through the course they became a good friends and started sharing their issues. At that time there were ups and downs from his side as well. Pt's Br shifted to K (in Mumbai only) and Pt was finding herself lonely because she was not too close to M. She felt a strong need for support. U wasn't available on a constant basis, yet Pt could find strong support in U. Seeing her mental condition U took her to a famous psychiatrist Dr. B and got counselling. Both Pathik and Dr B had a good impact on her mental state and helped her to draw a line. Pt needed demarcation in a relationship in which they were. U wasn't ready to commit to marriage and suggested being only friends. For Pt being friends, there were boundaries like no holding of hands and not meeting otherwise. For U, it was like helping a girl having family problems.

Their courses were over but still they were well connected. He passed his merchant navy exam which he was trying hard and Pt also had a good job but had a broken engagement.

Pt's Grandfather found a match for her when U was on the ship. Pt communicated with him about this and asked whether he wanted to commit to marriage; it should not happen that the marriage is fixed and then U comes back from the ship. U called her the next day and told her that he had asked his M to speak with Pt's family about marriage. Though it was an inter caste marriage (Brahmin family) in-law's family never had any issue with that, and pt stayed with MIL, SIL and BIL; pt shares a good rapport with all; and Pt was working as well. They are well-knit and well-connected. MIL knew about Pt's ongoing treatment with the Psychiatrist. So Pt felt that they (In-law's family) always felt that I have issues with expressing emotions and my reactions are not proper. Pt is very close to MIL and shares her emotions with her more than her M.

After marriage within 40 days, U went to ship and remained away for 8 months; Pt never visited maiden family meanwhile and soon, SIL delivered a baby. So MIL got busy with taking care of them. Pt started feeling lonely in a joint family. Pt thought to leave the job and going with U, but she couldn't accompany him, as he was only 3rd rank officer then and his career had just started, so he couldn't put it in jeopardy. Pt felt "I was refused everywhere"; when the marriage proposals were coming, the comments were – not pretty, very thin etc. and broken engagement. U wasn't so. He was very honest and transparent; he never cheated me or took advantage of me; besides he was the only strong supportive person after F. Pt felt it was her responsibility to be there for his family when he is not there. But at the same time she felt, that no one understood her, and felt as if someone was watching her. Pt felt U and MIL were having a very strong bond. Pt used to cry a lot and write letters 15 pages long and that's when the 1st episode of P/R bleeding occurred.

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In 2000, they got to know the problem of an absent vas in husband and not being able to have a biological child, so they left the thought of the same. They tried the IVF cycle but were told that they would have an abnormal child. They also consulted an astrologer, who also opined the same.

After this, Pt got Koch's, so IVF was withheld and the second cycle didn't work out; because of this Pt developed a fear of the unknown, though she could not explain this further. Before their marriage, they mutually decided that they would have one biological and one adopted child, but now biological child wasn't possible. They waited for a year after her treatment and then adopted a child from an NGO in Pune. Pt used to look after her for the initial few months and then started keeping her in babysitting as MIL and SIL was not ready to look after her and pt. Had already shifted to their new home (which was 10-15 minutes walking distance from their earlier home).

Everything was going well when one day while in the office she got a call from the babysitter that her baby was choking and is unwell. Pt rushed from the office and asked MIL and SIL to go immediately and look into to matter. But when she reached the hospital she saw the baby's dead body being carried by SIL. Pt was shocked and it impacted the Pt a lot, and she cried a lot (even now also cries when remembering that). She felt guilty, because of her, the baby couldn't survive. She lost confidence in handling children. She is very sentimental and anxious regarding children and always feels her children will fall and get hurt. It took time for her to recover from shock. When approached to the same NGO those people were cooperative and counselled her and showed positivity that they had an opportunity to take care of 2 children. So they adopted a boy and a few years later a girl. Pt was still with the job and used to manage the home and kids. Pt was very over-protective of the boy, because of earlier experience. Because of this, Pt had a big fight with MIL, on which H didn't support her, and took MIL's side. Pt felt very bad and felt no one understood her problem or feelings. "I am very upfront, I express whatever is there in my mind, nothing kept in." Pt used to feel bad for fighting with MIL since MIL used to be there whenever pt needed her.

At HSBC, she was working with the regulatory department and her work involved reporting to RBI. There her confidence improved. Though she was overworked, as couldn't say 'no' at the workplace, she was good at the office and everybody including superiors used to acknowledge and appreciate her work.

She didn't opt for promotion, because if she had been promoted then her timing would have been extended and it would not be possible to give time to kids. Later, she got transferred to A branch. Here also she enjoyed the environment and was quite jovial. She thoroughly enjoyed her work and used to feel calm at the office. She had a good friend circle and many people used to communicate and share with her. She used to listen to the problems and share probable solutions. But her kids started falling ill frequently and she had to take frequent leaves from the office to be at home to look after them. In 2014 kids were severely ill and her husband told her that you need to be at home. Pt felt that she was managing everything and when it comes to spending quality time with her, her husband used to spend much time with his mother. Her H said, the house doesn't need her money to run, so she should decide whether to continue or leave her job. Pt always had a guilt in the back of her mind that she had to leave the children alone at babysitting and go to the office. She always felt she was lacking support, she was expecting emotional support from her husband which he didn't give. There used to be arguments between husband and pt, on her over anxiousness about kids.

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Once her son fell while playing. Pt got very panicky, but her husband and MIL were calm, as the injury wasn't much and they tried to pacify the pt, saying that it's a minor injury which is bound to happen while playing. But pt didn't listen and it led to an argument between the three of them. MIL got angry and raised a chipping board (विळी उगारली), H didn't utter a single word about this gesture of MIL. Pt got deeply hurt. Arguments b/w them started increasing, so she finally took a leave for a long period and later felt she should leave the job. However, she wasn't happy with the decision to leave her job and lost nearly 5 kg weight in less than 6 months and her social circle was completely lost.

Now she feels, why she has to adjust and be flexible always; if H has to go anywhere any time, he can go freely, but she can't. The husband has his WhatsApp group of school friends, seeing which Pt gets agitated, as she doesn't have any. She got very frustrated and felt self-pity or goes nagging behind H, whether he was on shore or off shore.

She has to make an effort to keep herself up. Now she has started taking tuitions of 5th -6th std to divert her mind. But feels she can do something more than this as she has the capacity and capabilities to do more and more, but can't go out of this box. So she runs behind her kids and tries to give them the best of the best and thinks how they can be better than the current situation. In that she pressurises them, about which she is aware and feels she can't do justice to her son. The continuous conflict goes in her mind that she could have managed her job and home, but left it.

To engage her mind she keeps on reading motivational books till late midnight and since 10 - 15 days has started the affirmation course. Their 12-13 years of marriage life had been good but now feels she is missing something, though her H is adjusting very well. Her desire to injure herself has again increased and the same hurting herself on the wrist with the blade is going on. Pt feels in the absence of H, she does everything for the kids and H's family, but nobody acknowledges her effort. Her husband had taken her to another (known) psychiatrist Dr. H. There was some misunderstanding between counsellor and pt as she wants someone to help her and not pacify her. She wants someone to respect her feelings. After starting treatment from Dr H, she felt numb and the counsellor without understanding and without taking her in confidence, started advising, which made pt very agitated. She fought with the counsellor saying "I am not mad". She is trying to lead a normal life, with handling stress in her life.

A few days back, her husband agreed and approved her for doing a job if she wanted and she felt relaxed. Earlier she was struggling and fighting inside and felt, 'with this much support, I can grow myself' 'एवढा सपोर्ट मिळाला तरी मी खूप पुढे जाऊ शकते'; shared to husband that "Your one sentence has changed my outlook".

Whenever she gets a call from the NGO it is very painful for her; if they ask for help and she can't do it according to their demand, she gets anxious. She thinks "if I don't fulfil the demand then something bad will happen, to my home and family." Then she links the bad personal issues with it and get carried away with other's emotions.

Pt described herself as "I get attached very easily. I feel I am an emotional fool, I have high expectations. E.g. I want my son to do something, I plan for the same as it's good for him; but if he doesn't follow then I get restless, get angry and very upset and desire to bang my head. I

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expect my H to be with me, though I am okay now. It's not about physical intimacy, but I miss him." "I am a good mother, wife, teacher, DIL, daughter and a good person overall. I feel very low when I have to play so many roles. I feel that I am not being good to my son, although I know I am doing it for him; I still hurt him (son) and he is not happy."

Even in the past patient felt she used to expect from younger Br as well, and when he did not follow her way, she used to feel bad and hurt.

When anxious, she gets palpitation, tingling and coldness of extremities. Anxiety about children's and H's health; sits and prays for the same. Very careful of hurting someone, feels very bad. In anger, she hits herself and hits her husband. Hesitation marks (cuts on the wrist) – whenever I have to express myself but I am unable to, then I cut myself to hurt and not to kill.

Husband's observation –Tearing her clothing, slaps husband, self-hitting, screaming, lunatic talk, angry, abusive, suspicious and sometimes angry on kids, possessive.

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Exhibit 04: Follow up's

Follow-up criteria:

1. Anxiety
2. Aggression
3. Mood
4. Sleep/ Dreams
5. Stools/ bleeding
6. Hand itching – Right/ left
7. Erythema
8. Exudation
9. New lesion
10. Corn (pain)

Date	1	2	3	4	5	6	7	8	9	10		Action
18-02-16												
	Itching >+3, aloe vera application reduced. O/E lesion>, Erythema>, no burning, stools N											
24-02-16												
	Itching increased, and irritation increased. Had been to the dermatologist Had bleeding, scratching > ice+2, yesterday Stools N. Anxiety +2 with restlessness.											

Date	1	2	3	4	5	6	7	8	9	10		Action
27-02-16	I+					I+	I+			+		
	c/o increased since yesterday, scratching++, >ice+2 H/O travelling to Mumbai yesterday. Small papule on the left lip of the labia, not painful, anxiety increased >communication with the Husband.											
07-03-16						I+						
	Lesions and itching increased since yesterday. Stress+3 → arguments+3 with husband. > ice+2											
15-03-16	>	>	>	>	N	>/>	>/>	0	0	+		
	Heat boil in scalp+, painful											
23-03-16	>	>	>	N/	N/	>2	>2	0	0	+		

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				0	0							
30-03-16	>	-	-	N/ 0	0/0	>/>	>	0	0	+		
	Menses within 18 days, LMP 27-03-26, Day 4 today Requirement of moisturizer, hyperpigmentation+											
08-04-16	>	>	??	??/ -	N	>2	>3	0	0	+		
	Had mild giddiness 2 days back. Took Tb. Vertin TDS for 1 day											
02-06-16											Overall improvement	
09-06-16											Ha rd 3	
20-06-16											Overall improvement	
26-06-16												
	Since morning, fever 100.5F with chill+, thirst N, whole bodyache+, active, alertness+2, heaviness in head; > by busy; emotional disturbance after husband went to ship; slap on herself; beating to child; feeling helplessness; loneliness+2, repent+2, weeping, insecure, fear of becoming alone; feeling of being inferior; want to be an ideal person; I don't want to disturb anyone; desire to throw things											
15-07-16											Dry cough	
23-07-16	Overall improvement in complaints.											
04-08-16												
18-08-16	Cold and cough – frequency increased; bleeding PR; thirst+; chilliness											
02-09-16	Skin: increase on R. upper eyelid; hair fall; calf muscle pain											
15-09-16	Mild itching on B/L forearm, occ. Pain in the calf muscle, sole, finger joint, muscular pain, weakness,+ heat feeling external; hair fall; sneezing, coryza, itching in the eye; mood swings occ.											
Till 2020	All the improvement was achieved gradually. Anxiety was under control. Aggression esp. injuring oneself wasn't observed. The mood was improved. Sleep and dreams are normal.											

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	<p>Occ bleeding P/R was observed for which acutes were prescribed.</p> <p>Skin complaints – Itching, erythema, exudation – improved, with no further spread.</p> <p>Corn size was reduced considerably.</p> <p>In between had a few acutes, in GIT, RS sector for which acute medicine was prescribed.</p>		
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