

## VADODARA SYMPOSIUM 2026

DR.HITESH PUROHIT

### **OBJECTIVES:**

1. Learning to understand the knowledge of disease helps in sizing up the complaints.
2. To understand the evolution of “Child” & role of Mother /environment by understanding the internal/external environment in the growth of an individual.
3. To demonstrate the importance of write up in understanding the disease & Patient.
4. Learning to manage patient from a distance
5. Importance of posology in handling the case.

### **DIRECTIVES:**

#### **Exhibit -1 Write-up.**

1. Give your understanding of
  - Stage of disease
  - Pt= Mo relations
  - Remedy diagnosis
2. As a physician, what are the areas you would like to explore? Give the reasons for it.

#### **Exhibit -2 SCR**

3. Give your understanding of the clinical state with the help of SFFT.
4. Focus on the evolution of Pt by understanding the internal & external environment & role of family.
5. Give your Materia Medica Images with reasons
6. Give your planning & programming.

#### **Exhibit – 3 Follow-ups**

7. Go through follow-up & take action with reasons.

## WRITE UP

Full Name : K B T DOB : 08/08/1988 sex Male marital Status: Married Caste : Hindu Lohana food : Pure Vegetarian alcohol: Tried 2-3 times beer, normally Non-alcoholic, yearly 2-3 time Educational details: ME (CAD/CAM) 2015 from B, BE (Mechanical) 2010 from , Vidhya nagar Gujarat, 12th science from B, 10th from B.

Job details: started in 2010 - December as Graduate engineer trainee in Electeotherm India Ltd, V i l l a g e S and left in 2012 as have good opportunity with jindal saw limited with the designation Sr. Production Engineer. worked for 7 months, then joined HJD institute kera kutch, and worked as Assistant Professor for 5 years ( completed ME parallaly), in 2018 October joined again Electeotherm India limited and changed profile as learning and development professionals in HR.

General details: As I was belonging from middle clasd family, struggle for money was from beginning my father is youngest in family among 5 siblings, so due to force of his elder brother he preferred to start the business though other siblings got gov jobs at that time but as for my father his elder brother was like his father ( As my grandfather expired early) he obey all instructions from his brother. it was a business but there was not any sharing percentages, he got monthly salary which was not enough for one family specially after his marriage at around in 1987. when my mother came, she noticed these things but initially she was unable to initiate anything. But specially after my birth, she started facing issues special financial issues. my grandmother was living with us and initially all 3 brothers (My father and his brothers) were living in joint family, but once they got government houses, they shifted with their family and we along with my grandmother were living in rented house. once my mom realise that money which my father was earning was not enough, she thought to start the job despite of strong negative reaction of my grandmother. she started the job in around 1991, when I was only 3 years old and just started my preschool. We were struggling and hardly manages our expenses. my father was like simple and sober living person he could not put more efforts to resolve our issues. he was knowing everything but was not enough courage to talk enough against his big brother.

gradually my mom started tution classes also to manage our expenses. when was around 7, my grandmother expired. in 1999 we purchased our own house by savings. my mother usually talk about all these things as I was the only hope for our family (I was the only child in my family). At that time, I was not having that much machurity but all these things touched my mind deeply, I have seen my mother's struggles and listened her stories and somewhere in mind it was fixed that I need to do something for family and study is the only way which inspires as well as mentally pressurised me for doing better always. it always comes to my mind when I was in 8 or 9 standard that anyhow I need to do best with the studies and it is the only solution for my family as well as for my future.

in 2001 there was earthquake in bhuj, luckily none of family faced any issue and all were safe. we lived around 2-3 months in joint family again and supported each other very well.

in 10th board examination, I got 74 percentages , which was less compare to my

expectations.. though I performed very well and knowing most of the things, due to writing or presentation may be score was less. all family members suggested my parents commerce stream can be taken. Don't chose science, but I was pretty sure that only science could be good for me and I selected the same.

I tried hard and put my best, in 12th I got 72 percentages and decided to be an Engineer. I got admission in vidhyanagar and this is the first time when I was leaving my home. initially, I faced many issues in hostel, food issue was missing home badly, but gradually all things got set. outside people were very new for me and it was feeling very insecured. most of the time I was very much conseus all things will go well or not. things were settled slowly and that fear or pressure was always there that inned to perform and need to give efforts for good results. this is the only solution.

Main Disease and complain : In around 2008 the problem has strated. specially in both leg, hip joint, and lower back side. initially it was light pain but by the end of my 5th semester, it was extreme, I got the medicine from local orthopaedic but no improvement, only some pain relief was there but pain was that much exterme in both hip joints, that cannot able to walk for toilet. even if someone touch my feet while sleeping, I just scream. local doctor suggested to consult spine specialist in Ahmedabad. we went Ahmedabad and got the appointment from Dr. B D( Famous spine specialist in Ahmedabad) . done MRI reports and other tests and he diagnosed bone TB. There was pus in both hip joints, he suggested 6 month treatment and prescribed AKT medicines, and 80 injections daily one. approx 11 tabs per day. that was the toughest time in my life. slowly i recovered. luckily attended my exams because when this strated my semester also started in same time. I passed the exams and strated my normal routine. but due to this my hip joints were little damaged as diagnosed in reports, but in 2010, approx in May - june the pain again started. i completed my studies and luckily got the job nearby to my hometown as GET, but could attend only one month and due to pain not able to rejoin then. we consulted dr Deepak Dave ( Famous orthopedic surgeon) in Ahmedabad, he diagnosed something is there like rhumetoied arthritis or spondilitis. we did many blood tests and found HLAB27 positive.

he told at that time when diagnosed bone TB all symptoms were like that, but actually it was ankalosing spondilitis. he told this cannot be cured in only can be controlled. he prescribed medicine for pain control and recommended exercises. exercises are the only solution what he suggested to live painfree.

we consulted dr sapan pandya (Rhumetologist) from Ahmedabad. he told the same. this can be managed only not cured. he prescribed nucoxia 90 & Steroids and suggested exercises. always he was measuring some length of spine, leg, waste etc. every 6 month I need to consult and there was pain but was not that much extream. once I take medicine it was managable. gradually strated job in suzlon, then upgraded in Electeotherm 2010 dec. meanwhile I was broken from mind that do I live with this lifetime. i strated search multiple options to cure this. found Aayurved can cure this. Did all treatments of baba ramdev and others, also nucoxia was there but was not taking regularly but twice a day depends on pain. at that time I lived in bhachau alone which was very small town. many things

managed alone, food was not that much good, industry was very much hazardous, high temperatures were there around 1400 °C. specially during early morning was facing pain at lower back and when hectic day the same pain was there. after bath it was feeling somewhat good. with the day passing, it went good and specially in winter, heavy rain the pain increased. i noticed multiple time that cloud impacts it largely. when pain increased, there was cloudy atmosphere.

ayurvedic couldn't help much, meanwhile in around 2018, one friend of my father who was homeopathy

doctor Dr H.bhuj, recommended me Dr hitesh purohit sir. i thought let's try homeopathy as in allopathy there was no cure for sure.

personal information:

my height: 5 feet 6 inches weight: 65 kgs

nature : I am very emotional in nature also I am very introvert. before saying something many times I thought weather I speak this or not. i cannot my feelings that much easily. i always lived in joint family so when my family siblings uncle etc all around I feel very comfortable and easy going. when I faced unknown people tough for me. also I loved my hometown. while during engineering i usually come to my hometown when got chanced. in schooling I was centric person. I don't know but I like when people appraise me, I got inspired. I like to be the centre of the story. in college it was opposite. I was close to my friends, but was very shy. second I feel very concerned about my parents and family.

in 2013 I got engaged. it was arranged. me and my fiance had an accident in November 2013. it was bike accident. don't know why but what my mother usually say to me for me it became first priority and continue to be in mind till I complete her instruction or feeling. just like she is operating me. though she never know what she is doing but gradually it became like that.

during my teenage it was very difficult for me, as my thought process was changing and her thought process was different. many time we fought and she hit me also, and I also could not control my anger and start hitting myself because I can't hit her obviously.

I am very happy living and peaceful person. generally avoid conflict but once it happen then can't control. and such incidents play huge impact on mind like for days these would stayed in my mind. Hardly i can forget after many other events happen in my life.

in 2014 I got married but the same time I started my ME as I had three years of industrial experience but I was in steel industry and in shift works. shifts were very tough for me to manage my sleep cycle and food cycle. so I changed my profile as profesor in 2013 mid and started ME as for salary growth it was must. In same time due to marriage little fear was there for financial struggle but it was managed. wife supported me and in 2015 it completed. salary growth was there.

spend 5 years in academics but was not that much salary growth

in 2018, I got opportunity to work with Electeotherm in learning and development hr. this was good

opportunity as I can utilise my technical expertise and growth was good as it was corporate. also no shift issue. as it was far from my hometown we shifted adipur. parents were in bhuj.

food style: I like punjabi and Indian food. specially full thali style. weather : I like generally hot weather and rainy.

dream: I has fear from height. when I got kind of accidental or horror dream, I can't sleep then. when my mother or wife or father any closed one keep hand on me while sleeping I felt calm and all goes well. Close ones touch make me comfortable and I can sleep deep.

sexual information: I am straight. liking my friends during college and school time.but not had any girlfriend during the journey. was hoping about that but not happened. haha. my sexual life is very normal. we are happy loving each other my wife supported me in every phase of my life.

## SCR RECORDING:

**DOC 2/7/2019.**

Mr.KT, 31 yrs, Hindu Lohana, Married, B.E (Mech) M.E (CAD), Vegetarian.

Spouse: Mrs. K CS 29, yrs H/O manager in an accounting company.

FA: 59 10<sup>th</sup>, MO 54, Graduate. City: B.

### Chief complaints:

Location	Sensation	Modalities	Accompaniment
MSS, Locomotor 2009, Rt Hip2/Lt Hip3 Both knee after 4 months >3 in 2010.	Sudden pulsating3 Weight decrease20 kg Fever: low grade Moderate. Could not stand. walk because of pain.	<3 Movement <2 lying on lt >warm & Cold appl. >3 6 months RX Injections & AKT.	
12/7/2010 Lt hip Rt Hip	Pulsating pain3 Limping++ Could not bend	<3walk <Bending <3could not sit with sitting cross-legged <2 wakes up	
Lower Back On & off	Pain ++ Stifness2 HLA 27: positive CRP High Rheumatologist Diag: Ankylopondylitis	<2 damp wet <2 lying back >3 Nicoxia daily + other tablets	
Lt Hip to Knee since 10 days Post lateral	Sudden Pulling Pulsating 3  See X-ray: Report (3/7/2019)	<2 beginning of walk <3 cross leg >gradual walk <2 cloudy/damp <2 evening <2 exertion >2 exercise	

### Physical characteristic

Lean, Perspiration +, Face2, forehead2, Cr Pungent2, Sweet,

Sleep: Good, dreams: Falling from Height2, Frightful2

Fan slow, Cover: blanket, Wollen ++, Bath: Tepid to Hot. C3H2.

Fasting<3 Trembling & Weakness2

**O/E:** Wt: 66.4, BP 130/80, Limping++ Cervical Spine: Flexion & extension OK

SI Joint: Pain Posture: little stoop, Chest shape: Normal

Hip: ROM difficult ++ Internal rotation, Flexion & abduction – Limited

Patrick's (Faber) test: positive (written by a rheumatologist)

## LIFE SPACE

Mr. K is the only child of his parents. His father is described as calm, simple, and non-assertive, often depending on his elder brother for major decisions. He managed a grocery store based on his elder brother's advice and rarely exercised independent authority within the family.

His mother is described as hardworking and emotionally expressive. Mother is irritable ++ and gets hurt ++ on wrong. She financially supported the family by conducting tuition, as she disagreed with her husband's career decisions. She remained occupied from early morning until late at night.

### Childhood and Upbringing

Mr. K's needs were limited and adequately fulfilled by his parents and grandmother. He shared a close emotional bond with his mother. His upbringing was protective, with restrictions on playing late or staying away from home during vacations. He expresses a strong desire to "do something" for his mother once he is fully settled. As he grew, often rift occurred with his mother on small matters. He received a beating from his mother, but jokingly he said Mother had the right to beat him. It was more of MO- SON relations." **Ma no mar pan mitho lage"**

**Educational:** Mr. K performed well academically, securing around 90% up to the 9th standard. His performance declined in higher secondary classes (72–74% in 10<sup>th</sup> & 12<sup>th</sup> respectively), which led to dissatisfaction from his mother.

He joined an engineering college near Anand. During this period, he experienced insecurity<sup>3</sup> and Ant. anxiety<sup>3</sup>. He reported intense pre-examination anxiety<sup>3</sup> accompanied by nausea<sup>3</sup> & GIT disturbances.. The more anxiety he developed more nausea. As the year completed in engineering, he always used to think about Job & future.

He had difficulty staying alone in the hostel, missed his parents—particularly his mother—and cried almost daily for six to seven months. He frequently visited home even with a 2 – 3day leave.

In the third year, He had a friendly relationship with a girl who was from the same town & caste. Both family was known to each other. They used to talk & spend time. He proposed to a girl. The proposal was declined. The girl said she had never thought about affairs with him. They mutually decided that no one would come to know about it. The next day matter became known among peers. He felt ashamed++ and anxious++, especially about the possibility of family members learning about it. The impact lasted for about three to four weeks. He realised it was an attraction. Friends & cousins made him understand.

Around 2008–2009, the complaints started that required bed rest.

Despite emotional difficulties, he maintained cordial relationships in the hostel and valued social connections.

**JOB:**After completing his graduation in 2010, he joined a private company as a Jr Eng, located 90 km from his hometown. He found it difficult to stay away from home and reported missing his family. He was dissatisfied with work pressure and lack of stability versus salary, and his complaints reportedly increased during this time.

In 2012, he changed jobs to work closer to home. He decided to change the field. according to him college job is known as a white-collar job. From 2013 to 2018, he worked as an Assistant Professor in a private engineering college in his hometown. He completed his M.E. (CAD) in 2015 for career advancement. However, declining engineering admissions across Gujarat led to feelings of insecurity.

He later joined a public limited company as an Assistant Manager with better financial prospects. His current workplace is about 50 km from his hometown.

Marriage: Mr. K married in 2014. She lost her mother during early childhood. She is described as mature ++ and capable of making decisions, but emotionally sensitive<sup>3</sup> and possessive<sup>3</sup>. The relationship between his wife and mother is cordial, but conflicts arise regarding his time and attention to both. Mr. K prefers visiting his parents every weekend, whereas his wife prefers spending that time together. These differences have led to conflicts++. The wife will thro tantrums ++, Pt felt irritation within. Mr. K is particularly sensitive+++ to negative remarks about his parents, especially his mother. Currently, his wife is pregnant, and his visits to his hometown have reduced.

Observation: he was limping because of pain. He shared LS without provocation. He was in tears while describing his illness and urge physician to help him.

### **INVESTIGATIONS REPORT:**

#### **21/07/ 2009: MRI OF BOTH HIP AND SI JOINTS:**

MR morphology of altered marrow signal intensity lesions involving left Acetabular roof, Right ischium and Right SI joint. Moderate synovial effusion on left side. These findings are suggested of infective Etiology Most likely. Right hip and left SI joints are unremarkable.

**21/07/ 2010: RA-C P TEST (ACCP): 2.3 U/ml ANTI NEUCLEAR ANTI BODY (A.N.A): 0.61**

A.N.A INDEX (AI): NEGATIVE HLA B 27: **POSITIVE**

CBC: Hb: 13.80 gm %, RBC: 5.38 mill/ cmm, WBC: 10800 / cmm, Platelet count: 245000/ cmm, Polymorphs: 65%, Lymphocytes: 27%, Eosinophils: 03%

ESR : 20 MM/HR S. Creatinine: 0.80 mg% S. Uric acid: 6.46 mg % Rheumatoid factor: 2.3 IU / ml

**MRI OF BOTH HIP AND S.I. JOINTS:** F/u case of tuberculosis, Present scan shows altered marrow signal intensity lesions involving right Acetabular roof, head and neck of right femur, right ischium and left inferior S- I joint. Mild to moderate synovial effusion on right side. Early Degenerative changes involving hip joint

**21/07/2010 TAB NICOXIA 90MG ONCE/DAY AFTER MEAL X 3 MONTHS**

**22/ 07/ 2010 X ray Lumbosacral spine (Ap & LT):** Bilateral sacroiliitis is seen? Dur to Ankylosing Spondylitis? Koch?

**X ray pelvis with both hip (Ap):** Bilateral sacroiliitis is seen? Due to Ankylosing Spondylitis? Koch? Decreased joint space of both hip joint is seen.

**04 / 08/2013 X ray Dorso lumbar spine (Ap & LT):** Bilateral sacroiliitis is seen.

**X ray pelvis with Both hip (Ap):** Decreased joint space of both hip joint is seen

## Exhibit – 3 follow ups MR K

### Criteria:

1.	Energy	5.	Pulsating pain Hip
2.	Anxiety/Stress	6.	Limping
3.	Sleep/Dreams	7.	Back: Stiffness I/F/D
4.	Hip – Pulling pain Rt/lt	8.	Lower back Pain I/F/D
		9.	Knee I/F/D

PT IS TAKING: NICOXIA DAILY OD + SOS ACCORDING TO PAIN

**Treatment started: 2/7/2019 pt is going back to B (450 kms away)**

### ACTION – A

**3/7/19:** HB: 14.1, WBC; 9400, 62,32,02,04, ESR: 26, HLAB27: Positive ++. CRP: High -20 ( up to 4); Interferon Gamma Release: 0.01 (negative)

**X-ray:** Pelvis with both Hip & Lt.Hip Lateral: The head of the femur shows multiple cystic & sclerotic areas in the subchondral region, mild contour deformity, marginal osteophyte lipping, and reduced space, suggestive of OA changes.

### ALL THE FOLLOW UPS ON PHONE

DATE	1	2	3	4	5	6	7	8	9	ACTION	
17/7/19	G	>	G	>20 TO 30 %							
26/7/19	G	>2	G	0	0	+	>	0			
	Stifness ++ , 2 hours in am , Mild pain persisted Necoxia once/2 days									ACTION B	
21/8/19	Rainy days Pain ++ Lt hip as Stop Nicoxia										
1/9/19	Same required Nicoxia sos									ACTION C	
3/10/19	G	G	G	+	0	+	0	0	0		
	WORK LOAD ++, Audit ++ No complaints, Playing T.T+ cloudy hence pain related to playing & weather. No difficulty in walking. Occ take Nicoxia. CRP 11. , ADV HLAB27									ACTION D 2 WEEKS	
10/10/19	NO pains , HLAB27 : NEGATIVE									ACTION E: 5WEEKS	
7/12/19	No complaints occ take nicoxia for pain									ACTION : F 4 WEEKS	
19/2/20	Was >3. Morning stifness+ bcz of winter. No medicines for 4 weeks Exertion ++, tt daily occ nicoxia Crp: 2. Cbc : n									ACTION : G	
17/4/2020	Covid time . Doing up down work load ++, mild pain									ACTION H:	
22/5/2020 TO 5/8/2020	No major complaints. Irregular in report Take nicoxia in may once in 4 to 8 days . Later on no nicoxia no complaints									ACTION I 4 WEEKS (TWICE SENT)	
6/8/20 TO 7/5/21	Pt was stabilised. Had covid . Settled with c r Wife delivered baby girl. Stress ++ as mother == wife difference which increased pain . Medicines sent for 4 weeks usually phone comes after 6 to 7 weeks.									ACTION : J (4/9/2020)	

22/6/21	Pain for 1 min specially while driving car & changing gear . Stresses ++ at home pt ==wife	ACTION ;K COVID TIME
10/11/21	3 times medicines sent At home front stress++ wife developed post partum psychosis. Conflict ++ wife & mo Wife could not go at parents home bcz of step mo , expected mil will take care but difference in expectation of both . Pt complaints ++	ACTION:L
2021 -2024	Overall pt stable. Irregular reports 2022 : went to ortho <b>Metaliik implant in situ for left thr.</b>	4 WEEKS
9/9/24	Shifted to baroda Met 1 <sup>st</sup> time after case defination joined pvt ltd as manager, very good perks. Shifted from b because triple rise in salary & growth	
2025-2026	Pt is continue Wife & daughter case defined Wife diag: mdd initially took the help of psych rx, now gradually stabilised with hom treatment. Stress ++ of wife = mother /pt Pains occ increased Regular reports done as executive check-up : normal	FROM 31/7/25

**06/07/ 2019 Quantiferon TB Gold:** Interferon gamma release assays: 0.01 (negative)

#### **FOLLOW UPS Investigation report**

**07 / 11/2019 Xray pelvis with both hip joints (AP) & left Hip LAT.:** Head of left femur shows few lytic- cystic and sclerotic areas in subchondral regions with minimal altered contour of left femur head with Marginal Osteophyte with reduction in joint Space Suggestive Osteoarthritic changes.

**12 / 11/ 2021 Xray pelvis with both hip joints (AP) & left Hip LAT.:** Know case of Ankylosing Spondylitis. Subchondral sclerosis is left femoral head noted. Left hip joint space is significantly reduced. Femoral Osteophyte noted.