

VADODARA SYMPOSIUM 2026

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OBJECTIVES:

1. Receiving and experiencing the pain and the resultant disability of a sensitive, lonely and reserved female.
2. Understanding the role of disposition, psychological stressors as causative and maintaining factors in genesis, expressions of autoimmune illnesses.
3. Understanding the importance of levels of similarity and dissimilarity of indicated remedies and its implications on decision making.
4. Importance of Remedy Response evaluation and role of IR and CR in management of autoimmune disorders.
5. To apply principles of posology, including potency selection, repetition and modification in long-term management.

DIRECTIVES:

1. Read the History and Case Record-Comment of the Patients state of mind and body and Physicians case Receiving
2. Process the Case to arrive at Disease Diagnosis; Person Diagnosis-Mental State-Disposition; Causative and Maintaining Factors.
3. Select suitable approach with reasons and present your Totalities- Chronic; Intercurrent with Levels of Similarity and Dissimilarity and final Choice.
4. Share your TPD-TPR and Criteria
5. Study the Follow ups and share the remedy Response Evaluation

WRITTEN HISTORY -TRANSLATED IN ENGLISH FROM MARATHI

Preliminary Data

Full Name-NPR DOB-21 st April 1991Sex-Female; Single

Religion-Hindu; Rajput; Open Category Diet- Non VegHabits-Tea-2/ week

Education-B.com Occupation-Accountant in Private Company

Responsibilities at Work- Accounting and taxation related work, Day to day entries, Petty Cash, Preparing GST bills, TDS billing, Income tax work

Work Satisfaction-As this is a new job, I have not yet settled in work, hence not satisfied yet.

Address- X Phone Number- 123

Family Information

Father: P K R Age: 59 years; we stay together, Retired, Relationship is generally good but sometimes disagreements occur.

Mother: A P R Age: 55 years Housewife, We stay together, Relationship is good though sometimes disagreements occur.

Sister: NPR Age: 31 years; we Stay together, Relationship is good.* Works in IT

Daily Routine

Wakes up around 6:30 AM (Sunday around 8:30 AM)

Does exercise

After that bath and prayers

Leaves for office around 8 AM

Breakfast: Milk, dry fruits, poha, upma, sheera, or dosa.

Reaches office around 9:30 AM

After working for some time eats fruit at about 10:30 AM

Lunch around 1 PM (2 chapatis, vegetables, rice)

Continues working till 6:30 PM

Returns home and rests

Evening snack: fruit or dry fruits

Dinner: Dal, rice, vegetables, sometimes chapati or fish.

After household work sleeps around 11–11:30 PM

Financial responsibility:

Since my father supports family finances, I never had any difficulties.

Difficulties Experienced-At Workplace: Work causes some stress, I neglect my health, which increases my tension and feel irritated.

In Family: No major problems at home, But because of my health I cannot help much with household work, which sometimes leads to irritation and arguments. But family members generally understand me

Chief Complaint:

Severe pain in both hips extending to the thigh and knee, pain is shooting, throbbing, sometimes like electric current sensation hence cannot walk, sit, stand, or turn in bed, due to which sleep is disturbed

This Problem started around 2018. I slipped and fell on the stairs and injured my hip and buttock region. Took treatment and pain reduced for a few months following which pain started in right hip in 2019. Would intermittently experience throbbing and shooting pain following which pain gradually increased. Now, I experience pain even during sleep. Earlier pain was once or twice in a month for a few hours and now it is daily or alternate day. Later it started paining in upper back too, along with heaviness. Gradually developed swelling over hands and legs, unable to do any work in morning, on waking up, with severe stiffness in fingers. Swelling would gradually reduce after 1 1/2 hours and I would feel better. I don't have any pain when on medications, but pain recurs within a week of stopping them. I have taken all types of Medicines (Allopathy, Homoeopathy & Ayurveda) with only temporary relief.

Since 2020, the complaints have severely increased, I experience pain for the entire day, cannot sit nor sleep and my pace at work has significantly slowed down. Currently, I have similar pain in left hip as well, which is of intermittent nature. I lose balance while walking and need to take support, and hence avoid walking. It is difficult to sit even for a few hours. I wake up within 2-3 hours of falling asleep and have to keep on turning sides, due to which sleep is incomplete. The shooting pain experienced in the hip increases on bending, lifting

and on attempting to move things. Due to this, my mobility has been restricted and I can't go out alone. I can't concentrate on work and have lost confidence. I feel better with warm application and worsens with AC and cold air.

Other Complaints

1. Acidity- Previously severe. Burning in chest and stomach, started experiencing abdominal pain and developed Hiatus Hernia and have indigestion. I was better with medicines for 2 months, but now the problem persists.
2. Had constipation earlier, now it is occasional. I have difficulty in passing stools and unsatisfactory bowels/
3. Dust allergy: I get recurrent cold, cough, which was better with homoeopathic treatment/
4. Weakness: Constant feeling of tiredness, Lack of enthusiasm to work.

Personal Details-Height: 5 ft. 2 in; Weight: 45 kg

Nature: I have an otherwise calm nature, but tend to get irritated if things are not as per my wish/ will. Don't like to be forced to do any work. I don't do anything which is against my wish. I do not like lies. I mix with limited number of people. I don't trust people easily. I share good relations with family members but have occasional disagreements. I have good relations with friends and colleagues but avoid talking to those whom I don't get along with. Parents take care of the family and hence there are no major responsibilities.

Food and thirst: Like to eat spicy, but avoid due to acidity. Also used to like tea, but because acidity has aggravated, I take it once 1-2/ wk.

Effect of weather: I like warm weather, cold weather affects me, pains increase.

I use warm water for bathing.

Hobbies: Listening to songs, drawing, mehendi and rangoli.

Addictions: None.

Sleep and dreams-Sleep disturbed, wakes within 2-3 hours of falling asleep. Get a lot of dreams and headaches on waking up.

Menstrual history-Menstrual cycle is regular. Sometimes the periods are delayed. First two days very little flow, then for 3 days heavy bleeding. Complaints during periods: Body ache, nausea and weakness.

Past illness-No major illness in the past

Family history-No major diseases in the family. Mother had kidney stone surgery 1 year ago. Currently, she experiences, bone pain, backache and vertigo on exertion.

Other information-Allergic to Mushroom, Nachani and Saunf.

SCR RECORDING

PRELIMINARY INFORMATION:

Case Registration No: N/88/24	Date of Case Taking: 16/11/24	Name: Ms. NPR
DOB: 21-4-1994	Age: 33 Yrs.	Sex: Female
Education: B.Com	Marital Status: Single	Religion: Hindu /Rajput
Diet: Non Veg	Occupation: Accountant-Pvt Firm	Mother: 55/Home Maker
Father: 59/Retired Pharmacist BMC Hospital		Sisters: 31/ IT
Address: XYZ		Professional /Married

CHIEF COMPLAINTS:

LOCATION	SENSATION & PATHOLOGY.	MODALITIES A.F.,<,>	ACCOMPANIMENTS
MSS- Lumbar Region- B/L Hip- Thighs- PIP Joints O- Sudden D- 2019	Shooting pain 2+ radiating to the B/L Hips to thighs Stiffness 2+ Unable to walk, rise and sleep on back 2+	Af- Fall on Buttocks 2+(2018) And Disappointment in Love (2019) < Long sitting 2+ (8-9 hours) < Lying on back 3+ < Cold Air 2	
R Hip- R Leg- Upper Extremities D- 2019 F- Initially, once or twice a month- Daily for hours	Throbbing pain 3+ intermittent shooting(current like sensation) now persistent since 2020 The right leg used to get blocked.	< Lying on back 3+ < Morning 2+ < Walking 2+ < Rising from sitting 2+ < Sleeping in same position for 3 hours 3+	Concentration decreased Confidence to go outside alone decreased Enthusiasm Low 2+ Easily Fatigued 2+
Whole Body	Pain with stiffness 2+ Swelling 2+ Stiffness 2+	> Hot water bathing 2+	Sleep disturbed 3+ Headache on rising 2+

ASSOCIATED COMPLAINTS:

LOCATION	SENSATION & PATHOLOGY	MODALITIES A.F.,<,>	ACCOMPANIMENTS.
GIT- Oesophagus- Hiatus O- Sudden D- Since July 2024 to September 2024	Acid Reflux 2+ Pain in the abdomen Constipation- occasionally	< eating after 2+ < Mushroom 2+ < Nachani 2+ < Saunf 2+ > Rx after	
Respiratory System- URT	Sneezing 2+ with slimy coryza 2+ Dry cough 2+	< Dust 2+ > Homoeopathic Rx	

PATIENT AS A PERSON (ATTRIBUTES & FUNCTIONS).

- **APPEARANCE-** Lean. Thin and fair
- Wound Healing: Normal
- Perspiration : General: Scanty, Odors: Nil, Staining: Nil
- Appetite : Normal
- Thirst : Normal
- Cravings : Spices 2+
- Aversion : NS
- Food : < Spices 2+ and Tea 2+- GIT= acidity
- Stool : Constipated occasionally, Frequency: 1-2/day, Urging: Inconsistent
Satisfaction: Poor
- Urine :Frequency: N Urging : N Control: N
- Menstrual History:
Regular, 7/30 days, Flow: First 2 days is scanty followed by profuse for 2 days and again scanty for 3 days. MB: Nausea 2+, bodyache2+ and weakness 2+
- Sleep: Character: Disturbed due to C/C Duration 8 hrs
Concomitants: After Sleep =Headaches often due to incomplete Sleep
- Dreams: of being murdered2+, Kidnapped 2+, Fights 2+
- Diet & Daily: Refer Written History

REACTIONS – PHYSICAL FACTORS:

- Physical exertion : < CC 3+
- Temperature : Likes warm climate, Winter < CC 3+
- Sun : < Headache 2+
- Cold : < CC 3+
- Seasons : Winter: < CC 3+
- Fan : Slow in all seasons
- Covering : All seasons
- Woollens : Winters
- Bath : Warm water- All Seasons
- Thermal State : C3H2

PAST HISTORY : Nil

FAMILY HISTORY: Mo-Migraine; Nephrolithiasis; BPPV; Lumbar Spondylosis;
OA Knees Grade 3

LIFE SPACE:

The patient is a 33-year-old single female from a middle-class Hindu Rajput family residing in N. She is a commerce graduate and works as an accountant in a private firm. Her father was a pharmacist at a BMC hospital and has recently retired. Her mother is a homemaker, and her younger sister is an IT professional who was recently married.

She was average in her studies and has a quiet disposition, especially when left alone. She dislikes being dominated and, if forced to do things against her wishes, becomes irritable and fretful, though she seldom expresses it.

She recalls an incident from Standard V when school was dismissed early for some reason. Her father arrived late to pick her up, and while she was waiting alone at the gate after all the other children had left, a stranger approached her and asked her name. She felt extremely frightened, and since then she has developed an intense fear of strangers. She is reserved by nature and has no close friends. She usually avoids confrontation by distancing herself from people with whom she does not get along. She prefers to stay alone.

Another shocking incident occurred when her paternal grandmother was murdered during a theft at their village residence while the patient was in Standard VII. She was very attached to her grandmother, and the emotional impact lasted for more than two years. Even today, recalling the incident affects her deeply.

Her father shoulders most of the responsibilities of the family but is irritable by nature. Whenever he does not receive food on time, he creates a scene, and this aspect of his behavior upsets her. Her mother is a homemaker who suffers from migraine, lumbar spondylosis, and Grade II osteoarthritis of the knees. She is irritable and fastidious by temperament, which often leads to friction between mother and daughter over domestic chores. Her father is very kind by nature and frequently helps his elder and younger siblings, which displeases her mother. The relationship between her mother and paternal aunt is also strained. Her mother feels that because of her husband's good nature, others take advantage of him, and she has consequently earned a bad reputation. This aspect of the parental relationship also bothers the patient.

Currently, because of her illness (pain), she is unable to perform household work, for which her mother scolds her. Her mother herself is suffering from Grade III osteoarthritis, and combined with her fastidious nature, this creates additional tension. The patient feels guilty that her mother is suffering and that she is unable to help her.

Her younger sister got married last year, and now the parents are worried about the patient's marriage, as she is avoiding it. There are two reasons for this. She had a relationship with a man from her office that lasted for two years. However, in 2019 he moved to another job and ended the relationship. She was emotionally involved, and the breakup left her extremely disappointed. Around this time her lumbar pain worsened, although she had experienced a fall in 2018 and had no complaints for six months afterward (refer to chief complaints). Her symptoms have persisted since then. She is unable to forget him and now feels that, because of her physical disability, she does not want to get married.

Her previous job was in the automobile industry in the sales and service spare parts department. She left that job due to dissatisfaction and frustration, as there was considerable office politics and she was not receiving any increments. Her current workplace is in the food industry, which is a new field for her. She feels stressed due to the workload and is unable to concentrate because of her pain. She finds it difficult to cope and feels internally irritated. Her relationships with colleagues are becoming strained, as they comment on her slowness and her frequent leave due to her chief complaints.

PHYSICAL EXAMINATION:

Ht-5. Feet 2 inches Wt-45.10 Kg

LOCAL EXAMINATION:

- SIST: + ve both sides
- LS Spine and SI joints: Tender ++
- SLR- 50 Degrees bilaterally
- Schobers Test: + ve

INVESTIGATIONS:

DATE	06-01-2021	20-11-2024
Hb	11.2	11.8
WBC	WNL	WNL
Platelets	WNL	WNL
CRP	2.16	6.8
RA Factor	Negative	-
S. Creatinine	0.66	-
ESR	66	84
HLAB 27	Negative	-
MRI Lumbar Spine (2021)	L5 sacralisation with enlarged bilateral processes. Craniocordal dimension: Rt side- 21.2mm and Lt side- 18mm. L4-15 mild disc bulge. Cord diameter: 10.2mm D12: Atypical Haemangioma	
MRI-SI Joints (2021)	B/L active sacroiliitis. L > R	

FOLLOW UP CRITERIA:

1. Mood (Anxiety/ Dissatisfaction)
2. Fatigue
3. Sleep Disturbances
4. Body ache/ Stiffness (Time/ Intensity)
5. Pain Hips (R/L)
6. Pain in the Legs
7. Menstrual Aggravations
8. Headaches
9. Acidity
10. URT
11. O/E

Date	1	2	3	4	5	6	7	8	9	10	11		Action
16/11/24												Screening done	A for 5 days
20/11/24	SQ	SQ	SQ	> 25%	SQ	SQ	0	0	0	0	SQ		A for 9 days
30/11/24	> 25%	> 25%	N	> 25%	> 25%	> 25%	0	0	0	0	> 25%		B for 14 days
17/12/24	SQ	SQ	SQ	< +	< +	< +	0	0	0	0			A for 7 days (PP 2)
18/01/25	< +	< +	< +	< 2+ (90 mins)	< 2+	< 2+	0	0	0	< 3 days			C for 1 week
25/01/25	>+	>+	>+	>+ (30 mins)	>+	>+	0	0	0	>+	SLR- R- 80 degree L- 60 degree SIST +ve		C for 1 week
01/02/25	>2+	>2+	>2+	>2+	>2+	>2+	0	0	0	>2+	SLR- Neg	All c/o gradually better	C for 12 weeks

15/03/25	N	< 2+	N	< +	< +	< +	Flow Heavy	0	0	0	Since 6 days all complaints increased and Since 3 days heavy menstrual flow	D 1PHS	
22/03/25	N	SQ	N	SQ	SQ	SQ	0	0	0	0		D for 6 days	
01/04/25	< +	< +	< +	< +	< +	< +	0	0	0	0	SI Joint tenderness SIST- Positive Scobber's Test- Positive SLR- 50 degrees in both legs	Short Amelioration for a day followed by aggravation in all complaints	E for 3 PHS
05/04/25 to 27/05/25	>+	>+	>+	>+	>+	>+	0	0	0	0			E 3PHS weekly
31/05/25	>+	<+	>+	<+	<+	<+	0	0	0	0		Since change of weather	F 1PHS + E 3PHS
14/06/25	<+	<+	>+	<+	<+	<+	0	0	0	0	Was better for 12 days but complaints aggravated since 3 days		F 1PHS + E 6PHS
28/06/25	> 2+	> 2+	> 2+	> 2+	> 2+	> 2+	0	0	0	0	Went to Gastroenterologist for acute gastritis. Endoscopy done- Moderate gastritis with LES		F 1PHS + E 6PHS
12/07/25 to 16/08/25	> 2+	> 2+	Distur - bed	< + (60 mins)	SQ	SQ	0	0	0	0			G 3PHS
30/08/25	> 2+	> 2+	>+	>+	>+	>+	0	0	0	0	Ligament injury due to fall		H 3PHS
30/08/25 to 21/02/26	0	0	0	0	0	0	0	0	0	0			I 3PHS

