

Natrium Remedies: Case Reports

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Abstract: The following are the two case studies in which the patients have been prescribed homeopathic remedies from the natrium group. The patients have been followed up extensively in which it is demonstrated that the dosage and potency of the similimum is of significance as well.

Keywords: Natrium muriaticum, Trigeminal Neuralgia, Anorexia, Allergic Rhinitis, Natrium Phosphoricum.

Case 1: From Dependency to Concurrence

Introduction

This is a case of an adolescent girl who presented with trigeminal neuralgia and frequent vomiting. She was diagnosed with anorexia nervosa by a psychiatrist of a well reputed hospital. There was a history of grief after the sudden demise of the patient's mother, after which she got dependent on her elder sister excessively; this was assessed as the significant thing in this case. After the administration of the similimum, there was a drastic change in her symptoms as well as her approach towards life as a whole. Such cases in which marked physical and mental symptoms are obtained after a thorough and methodical case taking are well managed by homeopathic treatment. This case demonstrates how wonderfully the Natrium remedy acted for this girl whose life had come to stand still after a major depressing life-event.

Case History

The patient was a 17 year old girl studying in twelfth standard. Physically she was very lean girl. All her complaints started after the sudden demise of her mother four years back. She had been under the treatment of psychiatrist who has prescribed her antidepressants. This shocking incident had made her a reserved natured girl unlike what she used to be earlier. She had become dependent on her sister to such an extent, that she had started to experience symptoms of vomiting or attacks of anxiety and palpitations when her sister was not present around her. If she returned from her school only to find her sister not present at her home, there was an episode of severe vomiting and anxiety. She was an average performer academically and aspired to study

engineering. Her elder sister had to leave her job and stay at home due to these incidences. Their father had decided that the elder sister shall not be married unless this patient settles though the elder one was of marriageable age.

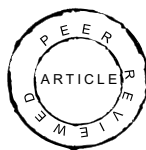
Presenting Complaints

The patient had presented with the following complaints:

- Frequent attacks of sudden pain on right side of face along with swelling since one and a half year.
- Past history of severe vomiting; this had settled since few months but started again.
- Nasal blockage (right side) since few days

Location	Sensation	Modality	Concomitant
Right side of face. Extended from the nose towards behind the ear	Severe pain. Sensation of something moving	Since 1 and a half year. Ailments from- being alone, stress at school, fight with sister, sometimes with no cause. > pressure and lying down	Swelling of face

Four years back, her mother died which was a sudden shock for her. Her death was quite sudden as she was admitted to hospital for a brief illness but died in the hospital while the patient was at home preparing for her exams. After that she used to



have mild breathlessness and bouts of sneezing which was diagnosed as acute asthma by the treating physician at that time. During one such episode, she had to be hospitalised, there was trembling of hands with stiffness, the feet were also stiff. She reported that her face would get stuck at one place. She also complained of nasal blockage that was more prominently experienced in the right nostril. There was no history of epistaxis. She used to breathe from mouth and experienced occasional right sided otalgia.

Since one month, she was also experiencing a sensation of sudden emptiness in the abdomen with episodes of sudden vomiting. She had a sensation as if something was stuck and had a desire to vomit it out. Such episodes had been occurring two to three times a week; since eight months vomiting was quite severe.

Physical Generals

Thermal reaction: Chilly. Wanted her ears covered in winters.

Appetite: Doesn't feel like having solid foods, wanted to have liquid diet only.

Thirst: Decreased

Craving: Juice, Salt³⁺, Rice³⁺, non vegetarian food particularly chicken³⁺, boiled eggs³⁺

Aversion: Sweets, milk (She had a sensation as if these were not digested properly)

Stool: 3-4 times a day. Since 6-8 months, she had to pass stool every time after eating. The stools were well formed, with no pain or straining.

Urine: No significant finding

Perspiration: Decreased, Offensive¹⁺, palm were moist and cold, feet were dry and cold.

Sleep: 6-8 hrs unrefreshing sleep, felt tired and sleepy the whole day. Slept on back and preferred to keep a pillow on abdomen while sleeping.

Dreams: Of daily routine, enjoyment, family, of sharing her problems with her mother who tells that everything will be well.

Mental Generals

She was immensely affected by her mother's death. She had disturbed sleep for a long time after this. She said that, "I remember my mother on several

occasions and I have become so much attached to my elder sister so that I don't miss her much. I get mentally disturbed, I feel irritable when I miss her too much. I am emotionally attached to my sister, if there is a fight with her, I stop talking with everybody. If I don't maintain discipline, I get hurt if she scolds me for this and miss my mother, if she fights with me, I feel lonely." Her sister mentioned that if she talked with someone for some time, her sister feels ignored. The patient's family had a major concern as to how would she adjust if her elder sister got married and also her declining academic performance and health status was a concern. She wanted to be with her sister all the time. She had a stubborn nature and got angered when her sister scolded her.

She got angry and used to cry a lot "I cry alone, if I cry in front of my friends, they will become tensed as well". She had few close friends at school, "I don't share my household problems with any of my friends. I feel it is my stress and I should keep it to myself. I like to go out with the family only." She liked to do everything as per the fixed routine only, if anything got delayed, she got stressed.

Diagnosis

Trigeminal Neuralgia with Anorexia Nervosa

Case Analysis

The following symptoms formed the totality for this case-

1. Ailments after grief
2. Forsaken feeling
3. Irritability
4. Weeping when alone
5. Reserved nature
6. Desire for salt, eggs, chicken
7. Chilly patient
8. Hands moist and cold
9. Thirstless
10. Stools after eating
11. Pain on right side of face, trigeminal neuralgia

Repertorisation

From the above symptoms, the case was worked out using synthesis repertory.

	phos.	nat-m	sulph.	puls.	caust.	nux-v	ign.	h.c.	calc.	con.	merc.	app.	nit-ac.	nat-sul	ur
13	12	12	11	11	11	11	11	10	10	10	10	10	10	10	10
25	23	18	21	19	19	18	17	16	16	16	16	15	14	14	14
4. Clipboard 4															
1. MIND - GRIEF (149) 1	1	3	2	3	3	2	2	1	1	2	2	1	1	1	1
2. FACE - PAIN - right (90) 1	1	2	3	2	1		2		2	2	2	1	1	1	1
3. STOMACH - THIRSTLESS (220) 1	1	1	1	3	1	1	1	2	1	2	1	2	1	1	1
4. GENERALS - FOOD and ... (161) 1	1	1	1	1	2	1		2	2	1	1	2	1	1	1
5. GENERALS - FOOD and ... (32) 1	2	1	1	1	1	1							1		
6. GENERALS - FOOD and ... (86) 1	2	1	2	1	2	1	1	2	1		2		1	1	
7. STOOL - EATING - afte... (53) 1	1	1	1		1	2	1	1	1	1			1		2
8. EXTREMITIES - PERSPI... (109) 1	2	1	3		1	3	3	1	2	2	2	3	1	1	
9. MIND - FORSAKEN feeling (191) 1	2	2	1	3			2	1	1		2	1		3	1
10. MIND - IRRITABILITY - ... (132) 1	2	2	1	1	2	3	1	2	2	1		1	3	2	1
11. MIND - WEeping - alo... (14) 1		2		1			1	1		2					
12. MIND - RESERVED (135) 1	3	3	1	2	1	1	2	1	2	1	1	1	1	1	1
13. FACE - PAIN - Nerves ... (56) 1	1			1		1					1	1		1	
14. GENERALS - HEAT - la... (292) 1	3	2	2	2	3	3	1	2	3	2	2	2	3	2	1

between she was also given *hypericum* 30 and *mag-p* 6X during acute severe episode of facial pain.

Conclusion

After treatment with *nat-m* for about 14 months, the patient was relieved of her symptoms completely. Her performance in studies had improved and she successfully went for admission in an engineering college. She was no more clingy with her sister, who got married. She also took up her old hobby of dancing and went for professional training and aspired to do well in this field as well.

Case 2: Allergic Rhinitis: A Case Report

Introduction

This is a case of a young male who presented with symptoms of recurrent sneezing and congestive headaches since 2-3 years. The patient was a reserved, gentle personality. However on thorough case taking, he revealed and elaborate symptomatology at physical and mental level and the similimum was worked out which provided him relief from his sufferings.

Case History

The patient was a 30 year old businessman who lived in a joint family. Physically he was tall and thin.

Presenting Complaints

The patient had presented with the following complaints:

- Recurrent cold and sneezing
- Pain in legs
- Baldness

Location	Sensation	Modality	Concomitant
Upper Respiratory tract-Nose	Congestion, fullness	Sneezing 15-20 times Ailments from: Exposure to dust, paper dust, pollen, sudden change of temperature, stress Time: 1-2 days	Congestive Headache Fever

Repertorial Result

Phos: 25/13

Nat-m: 23/12

Sulph: 18/12

Puls: 21/11

Caust: 19/11

Nux-v 19/11

Remedy Selection

From the repertorial result, *nat-m* was selected as the 'grief' which was the most significant aspect in this case pointed towards a natrium remedy.

She was prescribed *Natrium muriauticum* 1M/single dose with SL.

Follow up

She reported after two weeks and felt better on a whole. She said that all her symptoms were much better. There had been no episode of vomiting and neuralgic facial pain. She was prescribed SL.

She again reported after 5 days complaining of sudden severe pain since one day. A dose of *nat-m* 1M was given.

After 2 weeks: There was episode of neuralgic pain once every 3 days. The pain lasted for 15-20 seconds and subsided spontaneously. The sleep had been disturbed for about a week. There was no nasal blockage or episode of vomiting since then. SL was given again.

After few weeks, she also experienced that she could concentrate better in studies now. The case was followed up for a year, the patient was irregular with the medications and was hence informed regarding the importance of regular treatment. *Nat-m* 1M was repeated when the recovery came to a standstill. In



Location	Sensation	Modality	Concomitant
Head-vertex, temples	Congestion, fullness	1-2 times a week < cold food, light, noise > lying down in dark and pressure	Nausea (occasionally)
Legs		Morning after getting up > pressure	

He also complained of frequent symptoms of indigestion, burning in epigastrium, eructations etc.

Past History

The patient had suffered from Jaundice at the age of 18 years.

Family History

Father- GERD; Mother- Lichen Planus; Brother- Hypertension

Physical Generals

Thermal reaction: Chilly

Appetite: Increased since 1 year. Even after meals there is no satiety, wants to eat more. Wanted to have snacks often between meals.

Thirst: Normal

Craving: Spicy³⁺, Oily³⁺, Sweets³⁺, Chicken³⁺, Eggs²⁺, Chocolates²⁺, Cold Drinks²⁺

Aversion: Pulses

Stool: Occasionally hard stools.

Urine: No significant finding

Perspiration: Offensive¹⁺

Sleep and Dreams: Unrefreshing sleep; can't sleep without covering the head even in summers. Vivid dreams, usually struggling in dreams, wakes up tired after 2 hours of sleep and difficult to sleep again.

Patient as a Person: Lifespace Investigation

The patient lived long with his parents, a younger brother, wife and son. He is a reserved person by nature. During childhood he was fond of playing

and not very good in studies. Since he was a child he didn't like to talk to people or make several friends and preferred to stay alone. Most of his friends' fathers were businessmen, so he himself got interested in becoming a businessman on growing up. He pursued studies in chartered accountancy on being told to do so by his father, not by his own choice and used to feel that he would not be able to do the same. He finally got into business of carton making with help from his father initially and never asked for it later on as he progressed. His initial days with the work were quite stressful and he felt it had been better if had pursued a job even if was for a meager salary. He didn't ask for any monetary help during his days of struggle as he felt that his father had done enough for him and considered his problems his own.

He was emotional and reserved natured person. He didn't like talking to anyone, his relatives etc and felt that everybody is so busy in their own lives, nobody has time for anyone. If some calls him, he doesn't know what to talk about. He never fought with anyone. If someone does something bad with him, he desires to take revenge but cannot do that, and never forgets also. Since one year he got interested in astrology.

His current routine included coming back from work, going to his own room, watching TV, reads papers, has dinner in his room only and retires to sleep. He talks only with his wife and son and not other members of his family. Since his childhood, he didn't like to talk to his father much as he was quite strict. At present also, he did not engage in any discussion with him. He said that his thinking doesn't match with his father's that is why he doesn't interact much with him. He communicated better with his mother but did not share everything with her as well. He doesn't talk with his younger brother as well. His wife is the only person with whom he shares his concerns. Initially it was difficult for him to open up with her. He liked being in the company of his wife and son. Among the things that he enjoyed were driving, means of earning wealth and listening to fast music.

The last two years had been quite stressful for him because of his work which handled everything on his own.

Diagnosis

Allergic Rhinitis

Repertorisation

	sulfon	phos-	phos-	nark- d.	dalk-	sel-	chm-	wes-	canc-	pyc-	nark-	nark-m-		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14
17	8	8	8	8	8	7	7	7	7	7	7	7	7	7
18	9	9	17	12	11	11	15	14	14	14	13	13	13	13

Clipboard 1	X
1 MIND - INDIFFERENCE	(347) 1
2 MIND - INDIFFERENCE - family, to his	(34) 1
3 MIND - RESERVED	(128) 1
4 HEAD - PAIN - light, horn-, egg-	(89) 1
5 NOSE - SNEEZING	(385) 1
6 EXTREMITIES - PAIN - Legs - morning	(14) 1
7 GENERALS - FOOD AND DRINKS - chocolate - desire	(94) 1
8 GENERALS - FOOD AND DRINKS - cold drink, cold water - desire	(232) 1
9 GENERALS - FOOD AND DRINKS - sweets - desire	(232) 1

Remedy Selection

On 19th Nov, 2006 *Natrium phosphoricum* 200, six doses were given.

Follow up

Date	Follow up	Prescription
29-11-06	Sneezing not there now. Burning in epigastrium since 2-3 days. Sensation of blockage in abdomen. Had meals at irregular timings. Flatulence.	<i>Carb-v</i> 200/ qid/ 2 days
20-12-06	Appetite decreased. Salty and spicy food caused burning in epigastrium. Sour eructations. Sneezing absent. Fullness in head better. Pain in legs better	<i>Nat-p</i> 200/ bd/ 10 days
14-1-07	Sleep disturbed, heaviness of head. Sneezing absent. Constant headache > pressure. Post nasal discharge. Burning in epigastrium better.	SL
1-2-07	Sleep unrefreshing	<i>Nat-p</i> 1M/ 1 dose
26-2-07	Better	<i>Nat-p</i> 1M/ 1 dose
20-3-07	Had outside food. Burning in epigastrium <eating. Heaviness in stomach	<i>Nux-v</i> 200/6 doses, <i>Hep-s</i> 200
7-4-07	Cough. Salt causes burning in chest, Burning in epigastrium. Sour eructations	<i>Nat-p</i> 200/ bd/ 2 weeks
20-4-07	Better. Stools with bleeding and pain. Hard stools. pain in legs in morning	<i>Nat-p</i> 200/ bd/ 1 week

Date	Follow up	Prescription
25-5-07	Sneezing since 1 day. Apthous ulcers since 1 week. 1 episode of bleeding P/R.	<i>Hep-s</i> 200/ tds/ 2 weeks; <i>Nat-p</i> 1 M/ 1 dose
30-6-07	Burning since 4-5 days. Eructations <spicy food. Sleep refreshing	<i>Nux-v</i> 200 <i>Nat-p</i> 1 M/ 1 dose
2-8-07	Better	<i>Nat-p</i> 1M/ 3 doses

The patient reported after 4 years with acute symptoms.

April 2011	New episode of acute rhinitis.	<i>Hep-s</i> 1M
June 2011	Sneezing, pain in the legs	<i>Hep-s</i> 1M/ 3 doses

The patient reported again in 2013.

23-7-13	Burning in epigastrium	<i>Nat-p</i> 1 M/ hs/ 2 weeks
17-9-13	Slight relief but complaints started again	<i>Nat-p</i> 10M/ 1 dose
12-10-13	Marked relief in all symptoms for 1 week then started again.	<i>Nat-p</i> 10M/ 3 doses

Conclusion

With a single constitutional remedy, the tendency of GERD and Allergic Rhinitis has gone away in this case. It comes back when there is repeated exposure to triggering factors for a long time, but with few doses of constitutional the person is symptom free and without any medication for months together. Acute remedies given during the course of his treatment also controlled the symptoms within few hours and proved to be better than antihistamines which the patient dreaded to take as that used to induce sleep and he was unable to work. High potency has been used here as the sensitivity of patient was high.

About the Authors

Dr Geeta Rani Arora, MD (Hom) is a classical homeopathic practitioner with a clinical experience of more than 10 years. She is Editor of journal 'The Homoeopathic Heritage'. She has experience of working in Homeopathic research for more than 7 years. She has presently heads the Research and Development Unit at B.Jain Pharmaceuticals.