

*This time I thought of giving a case instead of a discussion to give a look into the practical part of our application of principles.*

**History obtained from history form given to the patient:** Male—aged 27 years comes with a complaint of severe constipation and eruption on both the legs. In the history form given to the patient he gives following information in his language: Single, hindu, no addictions, higher secondary from XXX school, graduation B. Com (pass). Pursuing MBA from distance learning, working with an Insurance Company as Associate Manager. His work was to visit different corporates and sell the schemes to the employees. 80% job satisfaction. He says he has no responsibility towards family as his father was working.

**Routine:** Gets up at 8 am in the morning. Does some yoga and then gets ready for work. Takes bread and milk for the breakfast. Reaches office at 9.30 am. lunch at 1.30 pm which includes 3 chapatis and vegetable, takes a pepsi in a day, tea 3-4 times in the office, comes home at around 7 pm, takes tea or soup, then dinner at 10:30 pm, either rice or chapatti with vegetable. He says his chief complaints are constipation and his overweight, says he started putting on weight since class 10<sup>th</sup>. Earlier he was an average weight boy. He told that there was a history of dropsy for which he took some ayurvedic medication and after which there was a weight gain which never came back. Eruption on the both the legs since 10 months which is itchy. It would be important to mention here that he has not given this information on his own but this is all in answers to the questions which are there in the questionnaire form I used for the history of the patient.

**Case Taking:**

**Chief Complaint:** Constipation—Stools, takes lot of time to evacuate the bowels, spends atleast 25-30 minutes in the washroom every morning. Hard has to strain 2+, & still unsatisfactory.

**Skin complaint:** Eruption on the

Legs—Left Leg. Near foot on medial side—red patch with itching 2+, aggravated in summer. On right leg on the medial side over the shin bone a big patch measuring 4x4 inches with slight white crust over it and itching +, no scaling. Eruption there since 10 months. On examination: No scaling, Redness 3+ Probabale diagnosis: Lichen Planus.

**Personal history:** Appetite—3+ even after 3 chapatis in lunch is still hungry, keeps munching thereafter.

**Thirst:** 1-3 glasses per day

**Craving:** Sweets 3+, gajar ka halwa 3+ Ice cream 3+ Chicken with gravy 2+, Eggs 3+ like omlette, oily food 2+, Punjabi food 2+

**Aversion:** Bittergourd, Bottlegourd.

**Urine:** 3 times approximately in a day, yellowish

**Stools:** Takes lot of time to evacuate the bowels, spends atleast 25-30 minutes in the washroom every morning. Hard has to strain 2+, and still unsatisfactory.

**Perspiration:** 3+, offensive 3+, footwear slips, Axilla ++, Back ++, Neck ++, Head++

**Sleep:** Sound, Very good. Sleeps as soon as he lies down, sleeps on belly most of the times.

**Dream:** Fearful, scared of sleeping alone since there was a death in the family. Dreams of daily work, reaching my goals. Ghosts, dead people. Is still hesitant to sleep in a room alone.

**Thermal:** Bath: Tap water, Clothing: Novermber onwards ½ sleeves sweater. Later: Inner, gloves, cap + jacket, when going on a bike. **Covering:** November onwards: Thick blanket

**Season:** Finds summer better. In comparison to others is more sensitive to cold.

**Family History:** Mother having Lichen Planus had been treated by me. Father—no health problem. Grandmother—hypertensive.

**Patient as a person:** When asked to

explain or talk about himself he goes in length explaining why he is so fat, whatever he eats he feels it makes him fat day by day.

Says he dreams a lot, wanted to become a singer, like Alka Yagnik or Sonu Nigam, singing relieves his tension. He started singing when he was just 5 years of age. His maternal uncle used to appreciate his singing a lot and used to give a prize of Rs. 50/- to him everytime he would sing. He took part in school singing competition but never got a prize, also went for Indian Idol but was not selected, there says he had become nervous and had become breathless in front of the judges, certainly wants to try again later. He has not taken any training in singing as their was no family support. "In those times when I was young and this kind of thing was not considered very well at that time and I didn't speak against my parents. It was my mistake as well, I took it lightly and my parents didn't take me seriously. I played Tabla very well in school. Father refused to buy me a tabla but mother bought it for me." On questioning if he had ever told his father that he wants to pursue singing, he says no as my father has done every possible thing for me so I didn't want to trouble him, and then shifts topic and says father was transferred to Meerut, patient was not interested in studies much, was not very good in studies, once father was called in school and teacher told about his bad performance, Father cried a lot that day and said patient will become a rickshaw puller if he continues to be like this. "Then I felt and realized I have to do something." Brother promised my father that he would teach me and I also started studying properly, I got 75% in tenth, then did my 12<sup>th</sup> and joined graduation. Also joined a job in call centre during same period but left after 15 days only. I had changed my job many times before I joined this

## FROM THE EDITOR'S DESK

company, then I joined sales, one of my cousin was earning very well, he had good reputation in the family and had good money, I saw him and was inspired he was also in sales. Now I feel my decision was wrong, I feel I could have done something better, sometimes people don't even offer water to salespeople. Earlier I used to take lot of tension of work but now I don't. Because I know I have to sell a product. I'm a very aggressive in work, because if I'm not I will be thrown out of job. I target 15 people on every project atleast one will buy the product. Sometimes people do ask stupid queries which we have to tolerate. Earlier I have shifted many jobs now I'm confirmed in this job, I don't want to change it for a certain time, I have to be here as I have to show that I'm stable". Job stress—Tension because you can't do things on your own, I want to be independent, I'm ok under somebody if the boss is good, now my present boss is good, he guides me very well. I want to live a comfortable life after marriage, I want to have a house and a dream car that is a black Esteem. Earlier I was very repulsive, now since 2-3 years I feel I should think before I speak, I many times feel my behavior is being noticed and also I want to stick to this job. At home my father is the ultimate boss, I don't do whatever he says no to. He appreciates me whenever I do some good work. He doesn't express his feelings so becomes emotional, he do fear his father. In my job I want recognition of my work and appreciation from my employer. I want to get married in some time from now, I want my wife to be a talented teacher, my son would be a cricketer and my daughter would be a doctor because these are good reputed jobs. Earlier I used to spend too much now I have started saving money for future.

**Key Features:** Ambitious with lot of desires, emotional attachment to father, Money, want of. Lack of confidence. Fears. Slowness in comprehension. Constipation. Craving for sweets.

**Perspiration:** Excessive, offensive especially on head, feet, face and axilla. Chilly.

**Rubrics:** Desires multiple/caprious

**Materialistic:** Reputation

**Delusion:** Watched she is being.

Unrefined

Conscious about others opinions about him

Lack of confidence

Impatient

Chaotic

Fearful

**Food:** Craving for sweets

**Dreams:** Ghosts

**Rectum:** Constipation

**Stools:** Hard

On repertorization, from Synthesis Repertory, the remedies coming were in the lead were Ars. Kali-c, Lach, Nat-c, Graph but Calcarea was selected even if remedy was coming at a later in the chart as it was matching the picture totality as a whole. Remedy given was Calcarea carb on seeing the overall picture of the case. Patient was started with Calcarea Carbonica 30 B.D. for 2 weeks seeing the low susceptibility & very old chronic constipation. Patient was given this for two consecutive visits. Slight change in the skin eruption but skin not better at all. Then after one month patient was given Calcarea carb. 200 3 does H.S with placebo. Some change in constipation in terms of hardness of stool, time required same. Same dose was repeated for few visits as change was not marked in constipation eruption kept on going better day by day. One thing worth mentioning here is this patient would never come back on time for follow ups would always have a 3 weeks gap, and everytime would ask how much is the fees and would have to be told how to take the medicine 2-3 times inspite of clear instructions on the packet, he will ask 2 times atleast. Here we see the slowness of comprehension of Calcarea. With time the dose was increases to Calcarea carb 7 doses H.S. with placebo for 2 weeks but he would usually return after 3 weeks or one month and would say now he would take the medicine properly so please

start again. Skin eruption was inbetween absolutely fine and then patient stopped coming. Many times his mother would come and take the medicines but compliance was lacking which I have seen in many Calcarea patients. Then after a gap of 4 months he returns again, and insists to cure his skin eruption which has flaired up again and the severe constipation for now he is getting married. Calcarea carb 200 shows no change, so IM is started 3 doses H.S with Thuja 200 one dose on 4<sup>th</sup> day to intervene. Thuja was given seeing the nature of constipation which was just not going inspite of repetition of the indicated medicine. Now after 2 months of regular treatment skin eruptions on let leg completely disappeared, right leg has a small patch of 1 inch left, constipation much better but still says that time taken is more. The patient has got married in between and has gone for a better job as well where he says he is much more satisfied and settled. Still comes irregularly for the medication.

In skin cases I have seen in my experience that you need more repetition than in other cases and it usually takes more time to completely go. This case was also a learning for me as inbetween when patient was so irregular in medicine he was saying that the effect is temporary and I should maybe change the medicine, at this time I was giving 3 doses of Calcarea on every visit of his in one month, so I restudied the case but still came on the same medicine. I kept him on the same medicine, increased the dose as Kent says change the dose and potency when one dose and potency gets exhausted so what I learnt was the nature of remedy is being confirmed, you see less compliance in calcarea's, and the slowness of action and more repetition required in skin cases.

**Dr. Geeta Rani Arora**  
Editor-in-Chief