

Symposium Case

Objectives:

1. UNDERSTANDING the role of the History form in helping to initiate insights into the 'life and living' of a person.
2. EXPLORING the impact of the Psyche on the Soma and the evolution of the disease in that process.
3. UNDERSTANDING the Kentian concept of the "Subconscious" and correlating it with the Freudian.
4. UNDERSTANDING the concept of dream interpretation and its relevance in clinical practice.
5. CO-RELATING the concepts of psychodynamics, psychosomatics and dream interpretation to develop a Living Materia Medica portrait.

Directives:

Exhibit 1: History form written by the patient.

1. Communicate the insights you get into the life of this person from a study of her written history as well as the manner of expressing herself.
2. Formulate an interview plan and enumerate the areas you would like to focus on and why?

Exhibit 2: SCR of the patient

1. Formulate the diagnosis of the case.
2. Fill up the mental state.
3. Focus on the type of dreams and the content while relating these to the life space and the stage of life the patient is in. Derive the meanings that her subconscious through the dreams is throwing up.
4. Correlate the disease diagnosis with the understanding derived from Dream interpretation and the Mental state.
5. Erect the Psychodynamic and Psychosomatic understanding of the case.
6. Construct a Repertorial totality with RS and PDF.
7. Discuss the differential Materia Medica and give the final remedy with reasons.

Exhibit 1:

Name: RMC

DOB: 19.11.1940 Sex: Female Status: Single

Religion: Roman Catholic Veg. Fish/Eggs (since Dec)

Religious Sister

Educational Qualifications: 2 Year Diploma course in Personnel Management and Human Resources Dev. Course in French and Hindi Courses in Counselling, etc.

Occupation: Current-Provincial Superior of the Religious Community

Responsibilities: In charge of all the Sisters in India. Final responsibility of all the works of the congregation in India. My work requires constant travel both in India and abroad, constant dealing with others, a lot of stress and strain but also fulfillment. I am happy in my job in spite of the difficulties.

Past-Lecturing at S College-Mumbai. Administration and teaching at the Polytechnique in Mumbai. Principal of a school for 7 years. I was happy in my work.

Current Family: One sister aged 70. always asthmatic with bronchial problems. Had a heart attack on Dec 29, 1989

1 Brother age 58. Has hypothyroid since 1989 and some sort of heart problem. Suffers from asthma.

Father died at 65 in 1955 of cardiac failure

Mother died at 73 in 1973. Was always asthmatic and towards the end of her life was diabetic

Eldest brother-dies at 55 in 1972 of heart attack

One sister dies at 53 due to lung cancer

Brother – died at 62 in 1988 of heart attack

Daily routine: I get around 4.30-5.00 am. Pray about 2 ½ hours a day. Breakfast at 7.30 am Lunch 1230 pm Supper 730 pm

In between I do my work-write letters to people (as work), plan, organize, have meetings, pray, listen to music, see people.. I usually sleep by 1030pm

Dietary schedule: For breakfast: a boiled egg, 2 slices of toast, 1 banana, sugarless tea or milk. Lunch: Rice (around 4-5 spoons) fish, vegetables, curds, fruit. Supper-Fish or vegetable side dish-2 chappatis, fruits. Usually I have nothing between meals-but sometimes I do.

Financial responsibilities and strains: I have financial responsibilities because of my job but no strains

Chief Complaints: Hypothyroid; Fibroids

Hypothyroid: I have had treatment for it since Feb 1984. I swelled up a lot, felt tired, put on weight. I have been taking eltroxin since then in different doses.

Fibroid: I discovered these accidentally in May 1988 when I visited a gynecologist for a mastitis complaint. I had no indication of it (too much bleeding, pain, constipation, etc.) I happened to mention to the doctors there that I get clots in my menstrual flow and the examination and sonography revealed a big fibroid on the right side and a small cyst in the ovary. I was to be operated in Nov 89 but chose to go in for Homoeopathy instead. I have been taking homoeopathy for both fibroid and cyst since Nov 20, 1989. These are the drugs that I am taking:

1. Aurum muriaticum natronatum 3x (1 x 4)
2. Calc fluoricum 200x (4 x 4)
3. Thyroidinum 3x (4 gr. x 4)
4. Fraxinus Americana ø (10 x 2)
5. Lapis albus 30 (5 x 3)

My pressure and pulse rate shot up so from Dec 4 I have taken

6. Diacard 30 drops x 4 till Dec 21 when I reduced to 20 x 3
7. Rauwolfia 20 x 4 till Dec 21 when I reduced it to 10 x 3 and then I drink about 16 glasses of water a day

Till mid Dec, my chief complaint after beginning of the drugs was high blood pressure and a fast pulse rate. Also felt giddy and tired when I saw Fr. B on Dec 21. I mentioned to him my feet swell sometimes and he suggested I drink jeera water from time to time to take off the edema. When I began this, I lost 2 Kg in the week. By Dec 7, I put back 1 Kg and since then I have put on both the Kgs. I had lost. Dec 21-Heart throbbing after lunch. I had difficulty in breathing. I felt depressed and afraid.

Dec 22 around 4.30 pm – my right foot swelled up a lot. Pain in the right side of abdomen. Bitter mouth.

The swelling on both feet has continued with intermissions right up today. It is sometimes better and sometimes worse. The energy levels also go up and down. On Jan 8-9 I was very very low and tired-very low pulse. I was yellow and pale, I had absolutely no energy. I went to a cardiologist and on Jan 9 my ECG was normal but pulse was 60. It must have been lower on Jan 8 because I felt much worse.

Dec 28-a violent stomach upset with vomiting. Nausea continued for a few days.

Dec 29- I passed a big blob of mucus (like the white of an egg) in the stools and felt very uncomfortable afterwards.

All these days I felt very tired. Had Glonoine.

Jan 1-very tired. Heavy head. Heart throbbing in the afternoon. Difficulty in breathing when I lay down. I took an extra dose of Diacard.

Jan 2-Sharp pin point pains in right breast and nipples all through the day. The wswelling continued on Jan 3 whole day.

Jan 4-Squeamish sensation also after 6 pm dose of mredicines. Throbbing of heart after lunch. Slight pain in left side of chest. I took diacard. I often get throbbing of the heart after lunch and I take diacard sometimes twice in the same afternoon.

Jan 6-7- Pain in the chest continued. I was worried

Jan 8-9- I felt very very low as described earlier. I stopped taking diacard and Rauwolfia on Jan 10 but pulse was low for a few days after this.

Jan 11-felt better but sudden headaches followed by a feeling of weakness. Tiredness off and again also continues.

Jan 13- tired most of the day. Also giddy. Also on the 14th

Jan 15- for 3 hours from 7-10 pm I felt very low, no energy at all. I was afraid.

Jan 16- Low feeling in the morning. Heart throbbing from 2.30-3.30 pm. I started on diacard again. Better in the evening.

Jan 17-Felt good when I got up. Slight headache after breakfast right upto lunch. But besides swollen feet puffiness on face on Jan 17 and 18.

Jan 18 and 19-Right foot more swollen today than left. Sharp, shooting pains in the body, especially beginning in the chest and going up to the jaw. Heart throbbing whole afternoon on the 18th. I feel depressed and anxious.

Other complaints

I have bad mastitits but it seems it is under control.

Personal data

1. I am 5'6" tall. Heavy built 72 Kg
2. I am friendly and outward going by nature, on the whole cheerful but tend to worry and be depressed regarding my health these days.I have had an excellent academic record. I have satisfying relationships with most people. I have no problem taking responsibilities and carrying it out.
3. Reactions to surroundings:
 - a. Food-I prefer pungent food. I like it to be tasty
 - b. I like hot bath even in the hot season
 - c. I sleep well. My dreams are nourishing often giving me positive messages from my unconscious.
 - d. I have had no menstrual problems except clotting upto now. I had my last period on Dec 4. Bleeding on Dec 17. I had not any periods since. For a little while some years ago, I used to get terrible pain on the right especially before menstruation

Previous illness

TB in 1964. Completely cured.

	Palpitation, pain in chest (L) to jaw	< afternoon ⁺²	mood, Anxious.
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2.2 Associated complaint

LOCATION	SENSATION	MODALITIES	CONCOMITANTS
Eyes Since 8 days	Blinking, watering		
NECK to hand twice	Pain	< washing head, < bending down, > ⁺³ at present	

3.0 Patient as a Person

PHYSICAL APPEARANCE: Tall (5' 6"), stout (72Kgs), sharp features.

Skin: cracks in winter⁺², Hair: Gray, Nails: Bluish, vertical Ridged,

Perspiration: Partial: Nose⁺², axilla⁺², back⁺²,

Appetite: Normal; No acidity, No flatulence;

Cr.: Chocolates⁺², Pungent⁺², Salads,

Menstrual Function: L.M.P. Dec. 4. '89; D; 4 days, Cycles4/21 days; Clots: recent few cycles;
Quantity: ↑on I 2 days; Concomitant: Pain ® side, abdomen Before menses.

Leucorrhoea: Occasionally, white and thick.

3.1 Sleep

Deep, Duration: 10.30P.M. to 4.30A.M.

DREAMS:

Dead bodies, Drowning, Religious, Water.

1. Nourishing, giving positive messages from sub conscious;
2. A sister whom she knew, kept in a closed cell with grill, to prevent her commit suicide, but she comes out to find everything around her happy.
3. They are going through a dark green sea, a police jeep comes there, and then she thinks they are going to help them anyway.
4. Dark black men digging out bodies from the grave.

3.2 Physical Reactions

Summer: Likes; Fan: Summer-3 to4, causes back pain⁺³; winter-2.

Covering, in general: yes except head, thick in winter.

Woolen: in winter; Bath; always hot; Thermal: Chilly

3.3 *Past History*

Family History: Cancer: Sister (X), D.M.: Mo(X) of Renal failure; Asthma: Mo,

Hypothyroid: Brother, IHD: Fa,(X). 2Brs,(X)

Past history: Tuberculosis

3.3 *Physical Examination*

B.P.: 120/90 mms/Hg; Pulse: 84/ mins, regular;

Nails: Vertical ridges, bluish,

Tongue: Bluish discoloration at the margins.

R.S.;P/A,; C.N.S. C.V.S.: N.A.D.

Pitting pedal edema-Mild; Caries teeth filling done.

Investigation:

Date	Results					
25.07.89	Hb: 13.3 Gms%, RBC: 4.75mil.cmm; WBC: 11100/cmm; N60,E-1, L-38,M-1%; FBS: 89 mg%, Urine Routine: Calcium Oxalate crystals					
DATE	15.05 '89	25.07 '89, X-RAY	Date	T-3	T-4	T.S.H.
U.S.G.	Ut.: 10.7x9.6x9.4 cms., Enlarged size.(L) Ovarian cyst, 2 cm.	Cervical spine: IVS narrowing C 5-6, C 6-7, With osteophytes, X le disc degeneration	25.7.89	3.7	2.0	0.5
			14.11.89	3.0	1.6	2.7
S.Cholesterol	212 mg %		6.2.90	1.2	7.2	3.2
			29.3.90	90	9.0	3.5

Life Space Investigation

Patient is a female aged 50 yrs, heavily built having sharp features, and polished manners. She is a provincial Superior of a congregation in India. She is on this post since 2 years.

Her family comes from Goa, Roman Catholic. Father was a Purser in Navy; he expired at 37 yrs of age. That time patient was 7 yrs old. She could not recollect much memories regarding Father, said she remembers him being ill for long period. He was a short-tempered person but cooled down quickly. Her Mother was a housewife; she expired in 1972 of kidney failure. She described her mother as an optimistic, practical and a wise person, who was disciplined in her own way. Mo has influenced her to a great extent. She like her Mo doesn't like untidiness; a full desk used to bother her a lot in the

past, but has learnt to accept it since not keeping well, and insisting on that would shorten her life, and decided one cannot fight against everything.

She had 3 brothers, eldest one was chief Officer in N Municipality, (B.A. Economics), he expired in '72; second was a Purser in Navy, he expired in '88, 3rd one is a Physician practicing in M. Relations with him are cordial; she visits him whenever she is in Bombay.

She completed primary education in Bombay from Bandra, staying in a hostel. Later on she completed her B.A., B.Ed.; from a very reputed college in Bombay.

When questioned regarding her decision to become a nun, she smiled and said she wanted to spend her life dedicated to the service of God. Further she added, she finds it difficult to explain, as the feeling is similar to how one might feel when they fall in love.

After her B.Ed; she joined a convent in Bangalore, where she received her training programme, for 9 to 10 years. Then she took up a teaching post in a College at Bombay. During this period she did her Diploma course in Personal management and Human resources development. She also did a course on counseling in French/ and Hindi. Later she took up administration and teaching in a Polytechnique, she was also working as the principal in a convent school for 7 yrs.

The congregation in India has a base in Rome. This society is functioning primarily in the field of education. They have 11 institutions in Indian province, which includes schools, colleges, Polytechnique; schools for handicapped, and ashrams. It has a 6 member advisory committee, and 3 members constitute the decision making committee. She is nominated as head of Indian province, for 2 years, as it's a rotatory post. Decisions are carried out at the HO in Rome. As head of province she deals with welfare of 500 to 600 nuns, their problems regarding education. Main activities are centered in Maharashtra, Bihar and U.P.

As a responsible person she has to take decisions. Her duty is to point anything to others and its an unpleasant situation, and finds it difficult to deal with oversensitive people. She likes to be straightforward in her dealings. She is a perfectionist who insists on punctuality and tidiness. It took her 2 years to deal with a nun who was messy and very sensitive.

Since 2 years she has changed a lot and become tough in dealing with people. She was diagnosed of having uterine fibroid in '87 and was scheduled for surgery, but before that some one told her of the disadvantages of surgery and beneficial effect from homoeopathy. Then she across Fr.B who practices homoeopathy who assured her of results in 6 to 8 months, as she also had Hypothyroidism. Since last few months she has lost contact with him probably he has met with some accident or at B.

Her health has deteriorated, about which she is concerned. She was smiling, confident throughout the interview; she enjoyed a good sense of humor, and appeared to be a genuine person committed to her goal set for her life. Since last few months she has been dissatisfied with her job. She at times wonders did she do the right thing by becoming a nun; has she been able to achieve the purpose for what she started off? She has been grappling to get answers to these questions.