

OBJECTIVES

1. Demonstrating the importance of a Complete Case Record in treatment of Fever Cases in Homoeopathy
2. Value of Clinical Diagnosis in treatment of Fever Cases in Homoeopathy.
3. Understanding the Concepts of Causation and Concomitants and their application in Homoeopathic Management of Fevers.
4. Demonstrating value of knowledge of Repertory in widening our application of Materia Medica.

DIRECTIVES

Exhibit 1 & 2

Study the history and case record. Process the case and give your actions in terms of Constitutional, Acute & Intercurrent Remedies.

Exhibit 3-

Study the Follow ups and state your Clinical Diagnosis & Remedial Actions.

Exhibit 4

1. Study the Follow ups and state your Clinical Diagnosis
2. Represent your Approach to the Case with Reasons.
3. Discuss your Prescribing Totality with Repertorial references, Differential Materia Medica and grounds of final selection
4. Present Planning & Programming.
5. Present your Therapeutic Problem Definition & Resolution.

EXHIBIT 1-History submitted by Patient

Preliminary Information:

Name : R.S.P.
DOB : 14/06/1977
Sex : Male
Status : Married
Religion : Hindu, Sindhi
Veg/non-Veg. : Vegetarian, occasionally non-Veg. (once in month) Eggs-occasional
Smoking : One cigarette only per month never has habit of smoking.
Alcohol : Once per month – hard drink
Education : B.E. (Chemical)
Occupation : Asst. Manager, shift-in-charge in oxygen plant, I Industries Ltd.

Job Responsibilities:

- (1) Oxygen plant production
- (2) 5 other oxygen plants are there in premises. Co-ordination with these plants & main steel plant which takes oxygen, nitrogen & argon.
- (3) Getting work done from people below me.

Job satisfaction: Job is secure since plant is huge & one of major steel producers in India but there is lot of politics in plant due to which job satisfaction goes down. I have always been technically strong. I surpassed my seniors in knowledge about plant. Now I know more about my plant than any of seniors & juniors. So there is envy in plant. I am short tempered, though I cool down very fast.

People in plant use my anger as tool & find ways to make me angry so that I get defamed & hence my value which is high due to knowledge goes down due to my untimely shouting (anger). Also they spread rumours & engage in politics to pull me down. I sometimes have no answers to this politics. Boss is not technically strong & is supporting of such politics people as they fill his ear with all rubbish, also boss himself keeps friends with such people to avoid not making enemy with them as they have power to defame him also by inter-plant politics. All this & people running away from honesty & work makes work place discouraging to work. Still I manage OK, failing at times. When my mood is good I can counter everybody all politics in plant, but my mood (spirit) goes up & down. When I am down people exploit my nature (anger).

Family set up : I am youngest brother with two elder brothers, a mother, father & 2 bhabhi's of respective brothers

Grant father & Grand mother – (Bhopal)

Father (eldest son), 57 yrs., retired engineer

Mother – 55 yrs.

Uncle – died due to cerebral malaria. Aunty

One son – , 26 yrs., MBA Engineer

One daughter – , 23 yrs., MBA Engineer

Aunty, Uncle–3 daughters, 23 yrs., 22 yrs., 14 yrs.

Uncle, Aunty – 2 sons, one 20 yrs., second 14 yrs.

Uncle, Aunty – one son 13 yrs., one daughter 16 yrs.

Uncle, Aunty – one son 13 yrs., one daughter 10 yrs.

All residing in Bhopal.

Close Relation with father & mother –

1. Br– 30 yrs., Electronics Engineer

2. Br – 29 yrs., Civil Engineer

3. (myself) – 27 yrs.

Residing in Boisar

Father : Father is a man who is mentally very strong, very understanding. Previously when we were studying since my childhood, he was very short-tempered & hot headed. He used to shout at us. He was very honest at work. I find myself similar to his youth days. He never came in good books of bosses as he never used to do 'makkhan polish'. He was expert at work, hence loved by people below him. He used to love his grandmother, father & younger brother – uncle very much. After death of his grandmother he softened inside. Later due to cerebral malaria, uncle expired which shattered him. He used to weep at times. Saw him weeping before that through out (I was 17 yrs). His heart became very soft. Then after few months when he overcame this sadness, he became mentally very strong. After retiring from service at 55 yrs now he solves all our family problems by frequently visiting Bhopal once every 2 months. He arranged marriage of my cousin sister lightening uncle's responsibility. Now he has arranged cousin brother's marriage & also cousin sister's marriage (both deceased uncle's children) & looking into every details of their marriage. Also he has brought uncle's second daughter at home and got her a job. He is looking for a suitable match for her too. In short he feels that as he is eldest & grandfather is too old, he will help his brothers. Nature wise he is very intelligent. Hence he suggests immediately about any topic before listening to others' comment. Later he listens but has present thinking about lot of points in life.

Mother : Like dad she also has nature change from her youth days. When we were kids she was very strong natured, very hardworking. She will never tell other person to do work but instead do work herself, in short she is proactive, does

work before some on her to do it. She used to take tuitions. There due to constant shouting, after few years she started having B.P. problem. We stopped her tuitions. Gradually she became softhearted. Now she is so soft that you never know your which word will hurt her & she will start crying. She has Arthritis complaints. Both mom and dad are overweight. I feel myself somewhat like her in a point that I don't like telling others to do work, if they are not doing it even after insisting then I do that. I feel depressed sometimes when I feel situation is out of control & people under me are not committed to company & work & I have to take load. Sometimes I get tense and cry

My eldest brother He suffered from polio attack when he was 1 year old. Later he recovered almost completely from polio. Now since 15 yrs approx he walks perfectly without clutches. Because of this problem at tender age & because he was eldest, he was pampered by parents right since childhood. But he was very brave child. All his requests were feeling filled by parents. He is very strict like my dad of young age. He doesn't get angry normally but when angry he is out of control. He is introvert, loves to be alone, is very knowledgeable, keeps himself updated on computer field by operating PC, internet,, spending lot of money in magazines & CDs. Since he is knowledgeable he thinks only he is right & others are wrong if their point of view is different from his. He is insecure & can't think of living separate family (afraid may be) hence prefer joint family where mom-dad take major load of household activities & help his daughters upbringing (2 yrs old).

Middle Br-: A complete family man. Can, will do from any thing to every thing for any family member in problem or otherwise or any odd hours. This is his best quality. Only problem is his laziness & direction of life. Civil Engineer by profession tried as private contractor for 4 yrs but couldn't manage finances well; work was good but no profit. Has lot of friends & relies or trusts heavily on others. Hence can't supervise well over subordinates. Now doing job but not satisfactory salary. He is always short of money, spend thrift has taken money from every family member at one point of time or other. Rest his heart is of pure gold.

Myself : I will start from beginning. Since childhood I was kept separated by my 2 elder brothers while playing etc. as they didn't want me to spy on what they were doing with friends, hence I used to feel separated. Also I have stayed, I never had my age group children in colony to play, hence I used to feel odd with both children elder than me & smaller than me. Thus I was introvert as a child, I had friends but very close ones nil. Same trend carried in college where since I was Mumbai University, all students were localites & had formed friend circle amongst them. They used to frequent each others house, used to study together, but since I used to stay in hostel, I got a bit sad. I used to mingle in all friend circles & still be alone. Also I was indecisive since childhood & didn't know what was best for me. Academically I have been brilliant throughout & used to come 1st rank always. I never took my parents help in studies & used to enjoy studying as a hobby.

As I joined (I) & got exposure to big bad outside world, I became bold after one year of service. I became extrovert, independent & could take decision on my own. This was first step towards personality change. I could talk, argue fluently with anyone & used to really enjoy life. I used to be happy & dancing singing most of time during 3 yrs of service. Then my marriage occurred & another change in personality came. Now I am still extrovert, take decision independently for my small family & am afraid of no one. But on the other hand I have become sober and never there is that moment when I laugh wholeheartedly like I used to in bachelorhood. My wife is indecisive &

dependent on me for decisions & her cares. Except me she doesn't talk freely to others. If she is late in her clinical session or misses session for some genuine reason, she doesn't have guts to tell the truth to her seniors explaining her stand. Then she always doubts her abilities & I have to raise her spirits. She is slow at work, has less capacity to hear criticism & starts crying or shouting when I argue about any topic to her. All this sometimes pulls my spirits down & negative thinking keeps in my mind. But overall we both manage each other well. Previously I never used to be particular about keeping clothes, things at proper place in home. After marriage I saw that she is one degree higher in laziness than me, and then I have become particular about small things like cleanliness in house etc. like a perfectionist. Since she is more indecisive than me, it has made me stronger. But she distributes house load well with me & we both manage ok except that our timings of work don't match at least 3 times a week & we don't see each other whole day 3 times a week. Sometimes this leads to frustration.

Relationship with parents:

Very sensitive & can't live without them, but am separated due to job. When they don't like my any comments & get hurt, I feel like crying and say sorry.

Relationship with brothers:

We all three feel the strong bonding between each other which now a days is less in other families. We have few expectations with each other & all understand each other. All have capacities to pull their wives down by shouting if individual wives trying to complain about any family member.

Relationship with D' wife:

I feel strong bonding with her since she is eldest bhabhi & we share good rapport. She takes good care of me whenever I go to Boisar & never gets upset even at my harsh community (she is not like that with other family members & replies immediately if somebody comments on her).

Relationship with M's wife:

I feel like she is my sister, there are always short hassles between us which we both enjoy, she too takes good care of me whenever I go to Boisar I am very close to all family members & feel sad to stay away from them.

Daily : Daily routine charges according to my routine shift + requirements since I work in shifts in plant (company) (6 days shift, 2 days off) A shift off, B shift off, C shift off

A shift: Company Duty: from 07.00 to 15.00 hrs

I get up at 04.45 hrs. Don't have a bath early morning as then I can't sleep in company bus. I fresh up and catch company bus. Then bus travel in 1 hr & 15 min. I reach plant at 07.00 hrs. 15.00 hrs duty ends. Duty is not physically straining as plant is PLC based auto controlled plant. All problems is monitoring continuously, making exhaustive reports of 5 other oxygen plants, constant coordinating on phone with other depts. Company bus leaves site 5.30 hrs. 1 hr 15 min. sleep in bus then reaches home at 16.45 hrs. Then I read newspaper, watch IV, do ½ hr stretching exercises, drink tea, and then go to bath. After this watch TV, do household work of any. Then eat dinner, watch TV & go to sleep at 23.00 hrs. to 23.30 hrs.

B shift: Company duty hrs: 15 hrs. to 23 hrs.

I get up at 9 hrs, drink tea & fresh up till 10 hrs. Have snacks till 10.30 hrs. Read newspaper till 11.15 hrs. Do exercise ½ hr. (stretching exercise). Then go for bath, watch TV, have lunch. Then I catch company bus at 13.45 hrs. Then sleep in bus 1 hr. 15 min. Reach Company at 15.00 hrs. Return bus at 13.30 hrs. Sleep in bus till 00.45 hrs. Till I reach home. Then I watch TV for 15 min., fresh up completely with water & go to sleep at 01.30 hrs.

C shift: Company duty hrs.: 23.00 hrs. to 07.00 hrs.

Catch bus from company at 07.30 hrs. Reach home by 08.45 hrs., brush, fresh up with water, then have snacks (heavy break fast). Go to sleep at 10.30 hrs. after watching little TV. Then I skip lunch as if I take lunch I can't sleep later. In C shift I need 7 hrs at least non-stop sleeps. I get up at 17.00 hrs. Drink tea & have breakfast. Do half hr stretching exercise & go to bath, watch TV, have dinner & catch company bus at 21.45 hrs. & reach company at 23.00 hrs. Then I am awake in company 23.00 hrs. to arranging.

Basically I am light sleeper. I can't tolerate any noise in house, if any talk, TV if I am sleeping, my sleep gets broken. Outside the house noise doesn't bother me much if it is constant. Abnormal pulsating noise disturbs my sleep.

Chief Complaint & Other Complaint:

Right now there is no chief complaint although there are minor niggles. My body resistance is very weak. I catch cold if someone close by has cold. I can't tolerate wind through window of company bus which other people enjoy. My stomach is very sensitive now & gets upset if I eat outside hotel food especially if it is chilly, spicy & oily.

I have had fractures during college days once in right leg & once in left wrist. Both were hair-line (minor). But still I have never 100% recovered. I can't bend my left wrist beyond 90°, I feel like fracture. If exert my legs by playing, dancing above 1 hr, right leg, there is still strain in ankle joint.

Also there is itching in scrotum & near by thigh at night, after whole day, may be due to sweating if I don't go to work, if don't do exertion itching goes.

Personal Data :

Physical description of self: I am slightly obese, weight 86 kgs., height 6 ft., eyes weak – left eye (-4.5) & right eye (-2.5), waist 38". Body soft not very muscular.

Emotional nature: Explained previously

Reaction to surrounding:

Food : I like eating tasty, spicy food, sweets. But it doesn't suit my body. Stomach gets upset very easily & my body seems to repel if I eat more than one sweet at a time. I can't digest muesli, spicy food, cheese, fats etc. easily.

I am allergic to mosquitoes & feel itching if mosquito bites. I can't tolerate winds for more than 5 min., especially through window of bus, train. I bath with cold water of shower. Recreation is by reading newspapers, TV. Time is less now hence if possible I spend time with wife. I used to play carom, snooker & doing college days badminton, cricket etc.

Addictions: Need tea in morning, rest no addictions. Alcohol once a month. Non Veg once a month.

Sleep & dreams I have light sleep & wake up at slightest disturbances. Once disturbed in morning after insufficient sleep then dreams start & I have then unsatisfying sleep I have no problems as far a sleep coming at night. Insufficient sleep upsets my stomach & eyes feel tired & pain little throughout day. Generally forget dream after 1 hr in morning.

Previous illness I have had typhoid when 21 yrs age, scabies when 20 yrs. Age, used to have constant sinus problem previously, cough & cold at slighter exposure to cough/cold of other person.

Family history : Details of family mentioned previously.

Health status : Father – 51 yrs., retired engineer, wt above 100 kgs., Obese but no problem so far whatsoever good health, only feels strain in back while getting up. Ht. 6 ft. wears specs.

Mother – High B.P., Arthritis patient, weak knees, cries very easily. Ht 5 ft. Wt. 75 kg., Obese, wears specs.

D, (elder brother) – Ht. 5 ft. 10”, Wt. 90 kgs., Obese, inactive softer person. Had appendix operation done. Had polio attack at age of 1 yr. Now perfectly normal at legs, left leg little weak.

M (Middle brother) – Body builder can bath anytime of day, can eat anything anytime of day & digest it, can wake till many hrs., can go to toilet for freshen up at any time of day. In short body machine good & he exploits it. No health problems.

(Wife): Had lot of problems health concerning in childhood. Taken lot of allopathy in childhood. Since had stains in teeth as side effect got 28 teeth replaced by artificial teeth before marriage? Had accident above left eye but doctor didn't do proper stitching hence has scars above left eyelid. Also she has autoimmune antibody in her blood Hemoglobin less. No tears formation eyes on artificial tears (Genteel eye drops) 4 times a day. Some times when exertion on legs then in evening there are red spots in both & paining in both legs. 8 months ago problem of eye & legs aggravated & had taken steroids under guidance of Rheumatologist. Has constipation problem at new place or if busy in work.

EXHIBIT 2-SCR

PRELIMINARY INFORMATION

Case Registration No: V/229/04 Date Of Case Taking: 27/10/2004
 Name: Mr. R S P
 DOB: 14/1/77 Age: 27 Yrs Sex: M Education: B.E (Chemical)
 Marital Status: Married Religion: Hindu-Sindhi Diet: Mixed
 Occupation: Asst Manager, Oxygen Plant-I
 Spouse: Age: 27 Occupation: Doctor
 Children: Sons----- Daughters: -----
 Father: 57- Retired Engineer Mother: 55-Hw
 Brothers: 30/Electrical Engineer , 29/Civil Engineer Sisters:-----
 Address: -----

CHIEF COMPLAINTS

LOCATION	SENSATION& PATHOLOGY.	MODALITIES A.F.,<,>,	ACCOMPANIMENTS. (Strict time relation.)
1Nose Since childhood Sinuses H/o constant now D= 5-7 days F-5-6 episodes /yr	Colds ++ discharge watery thick pain dry cough	< draft ³	
2. GIT stomach F= Related to aggravation D= 2-3 days	Indigestion gases ++ stools unsatisfactory	<A/F Spicy ³ oily ³ < Cheese ² < Fat ² < Sweets ² < loss of sleep ²	

ASSOCIATED COMPLAINTS:

LOCATION	SENSATION& PATHOLOGY.	MODALITIES A.F.,<,>,	ACCOMPANIMENTS. (Strict time relation.)
1. H/o Bones Lt. Wrist Rt. Leg ankle	Limited bending up to 90 degree # Feels pain	H/O A/F # Hand < Exertion	
2. Skin Groins Scrotum Since 5 yrs H/o Age 20 yrs D= 6months	Itching 2 Diagnosis – Intertrigo Scabies	< Night ² < Perspiration ²	

PATIENT AS A PERSON (ATTRIBUTES & FUNCTIONS).

1. Appearance – Soft body, obese, flabby fair

- Vision- Lt (-4.5), Rt (-2.5)
- Perspiration: Average ,No stains, odors
- Wound Healing: Normal
- Heat/Warmth : NAD
- Perspiration : General: Average, No Odors, No Staining.

2. Digestion:

- Appetite: Good Cravings: Spicy², Sweets²

3. Eliminations:

- **Stool:** Frequency: 1-2/day , Satisfaction: Decreased
- **Urine:** N

4. Sexual Function: Desire- normal. Suppressed due to wife's health

5. Diet & daily routine- Refer History

6.Sleep: Character: Light³ unrefreshing, < Noise³ , Duration-7-8 hrs
Concomitants : Weeping in dreams³

Dreams-Unremembered

B. REACTIONS – PHYSICAL FACTORS:

- Bus: No Aggravation
- Temperature :Enjoys heat Sun: No Aggravation
- Fan :S- Med. W-1,Draft:<3+ leads to URTI
- Covering: All seasons ,Woolens: ++
- Bath :Cold all seasons, Habit Thermal State:C4H
- Fasting : No aggr
- Food & Drinks:<butter, cheese, fat, chilies, sweets (GIT)
- Loss of sleep :< GIT, Pains ++

- **PAST HISTORY** : Refer Associated Complaints

- **FAMILY HISTORY:** Mo – HTN; OA; Fa-MDD;

Pat. Uncle- Psychosis, Cerebral Malaria

PHYSICAL EXAMINATION:

- General Appearance:Fair,Flabby,Obese,Tall
- Temp: N Pulse: 74/m RR: N BP: 130/90
- Weight: 80 kg Height:
- Conjunctiva: N Nails: N Mucous membrane: N
- Skin: Throat: Congestion + Tonsils: NAD
- Nose : Turbinates Hypertrophied Ear : N Tongue: Coated White +
- Lymph nodes: NP
- RS: NAD ,CVS : NAD, P/A: NAD

C. LIFE – SPACE INVESTIGATION (*Read in conjunction with written history*)

Born and brought up in a town, Fa was an Engineer in Public Sector Undertaking. All other paternal relatives were in other state. Father was the head of the family and also helping and guiding controlling his siblings.

Described father as a —hot headed, short-tempered, attachment family³+, understanding, honest³+, capable and responsible person. He feels he has acquired all these qualities from his father.

Mo- self reliant and strong hard working, sensitive to hurt. These qualities he shares with his mother.

Elder brother polio- dependent on family to take care, pampered, but is strict, knowledgeable, and righteous. Patient had a feeling that he received more care than other siblings.

Younger brother – is attached³ to family, poor management of money, earns less spends more, but good at heart.

During childhood he felt left out by brothers as they did not want him spying. Introvert – few friends – no peers

In college- He opened out, bold, extrovert, enjoyed his college life. Felt Independent Intelligent, 1st rank in Engineering college

When he was 17, one of his Pat. Uncle expired due to cerebral Malaria. This was a shock to entire family. Father was closely attached to him. Fa was - depressed³, weepy³. This state lasted for about 2 years. This situation in the family had lot of effect on patient. He used to feel sad, insecure

Paternal uncle in Bhopal- Schizophrenic—3 daughters, a – took responsibility³ of their education, marriage and settlement

He said because he is confident of his knowledge he argues frequently with his colleagues and bosses.

After marriage – responsible,

Wife -sensitive³, shy, introvert, easily hurt, easily feels depressed, indecisive, anxious, dependent, slow. She suffers from Sjogrens Syndrome.

Feels negative thinking, his spirits are pulled down by his wife's issues and has to constantly support her. Pulls her down by shouting if she complains about his family members.

EMOTIONAL STATE

Anger³- Irritable – when criticized³ by boss

Excitable³, Quarrelsome, Abusive- Shouts on colleagues

Vexation³Suppressed anger for boss

Dissatisfied³ with wife's incompetence

Mood- depressed if things & work do not go as per his wish

Attachment family³, cannot live without them

Proud³ of his ability & Knowledge

Arrogant with wife, colleagues, I know more than all

INTELLECTUAL STATE

Confidence excessive, Decision – obstinate³, Censorious³, MWD³

Exhibit 3: Follow Up

Date	Follow up	Action
27/10/04		Hepar Sulph 200 QDS
10/11/04	Fever on 9/11/04 – upto 102 degrees F with leg pains++ and increased hunger ++ Sensation as if gas is trapped. Right chest pain < eating. Headache 2 Today fever range – 99.8 to 101. Nausea yesterday Constipated since yesterday. O/E -NAD	Action ?
	On 21,22,23/11 constitutional treatment given 24/11 – observe	

Exhibit 4: Follow Up

		Action
13/12/04	Since -29/11/04 to 2/12/04 – fever – 100-102 continuous, Rx-Antibiotics > Partial Lot of Weakness and Fever continued but no record of temperature. (Approx 100) Again since 3 days- 10/12/04 gradually increasing Max T= 102 < afternoon, 3pm to 8 pm, 4 th day Fever Continuous with Headache 3 and Weakness 3, gradually increasing Body hot 3, face, head ears, cold 3 Abdomen Pain ² , Nausea, Vomiting ² , empty feeling DRYNESS OF ENTIRE GIT ³ Thirst normal < Reading for whole day < Sleep during 2 nd course of Antibiotics + Anti-malarials taken 5 kg. weight loss, Hair loss Information shared by Wife now: Studying for MBA Exam- Anxiety, Cannot go home → Weepy ++, Homesick ³ , Melancholy, weepy if not able to visit parents on weekends O/E –T-102,P-120/m, Wt-75 kg P/A-Soft, L0,S0., RS – NAD CBC, MP, URINE, WIDAL, CXR – NAD	
14/12/04	No fever. > 3	
14/1/05	Throat and jaw line pain ++ and heaviness < shouting, sadness, anger Trembling with anger ³ , not feeling healthy Sensitive ³ jaw all over, Neck sensitive. O/E – BP – 126/80 mm of hg, Weight – 85 Kgs	
7/2/05	Left jaw pain ++ < anger, Neck suffocation < tight clothes	
12/8/06	No complaints. Wt 102 Kg.	