



Daily routine from getting up in the morning to retiring at night.

Morning Breakfast - One cup tea, Bread. 8 a.m - jeera + badishooph, coriander seed's potion.

Afternoon - Lunch at 1 p.m (2 chappatis, 2 types of vegetables, salad and handful of rice)

Night - 2 chappatis, vegetables, rice. Sleep: - 11p.m, afternoon 4 p.m- 1 cup tea, snacks.

Financial Responsibilities - No.

Difficulties Experienced - None.

### **Chief Complaints**

Uterus is removed. Ovaries are not removed. Since operation I get sudden perspiration. I have Sunlight allergy. Exposure to sun or working near Gas causes allergy on face. Face becomes black and eruptions appear. Black circles under eyes. I had been to a skin specialist. He only told me that it is Allergy. Elocon ointment (cream base) was advised. Advised to carry umbrella in sun. After application of cream, blackish discoloration disappears and skin becomes normal.

Condition that have brought on the trouble :- Allergy.

Condition that increases the trouble:- Sunlight, working near gas, warm water bath and warm weather.

Other troubles experienced with the main trouble:- perspiration, blackish discoloration of skin.

### **Other Complaints**

Swelling of fingers, sometimes of legs.

Since 1992 there is swelling of fingers. That time shown in Hinduja Hospital and got tested for Arthritis. But reports were negative.

1) Area affected - swelling of fingers, swelling of legs.

4) Condition that increase trouble - High protein food like soyabean, mushroom, dals, any high protein food, Non-veg food like eggs, fish, chicken etc..

Fruits - Banana is not at all tolerable.

Sour items - Sour butter milk, curd, Tomato, Tamarind, Vinegar, etc..

After washing fish there is itching in hands.

Starchy food - Starch, potato, rice, unripe banana, sweet potato.

### **Personal Data**

1) Physical description - 5'2" Weight - 63 kg.

2) Nature - Calm.

### **Aspirations**

Relationship with family member, friends, association - Good.

Responsibilities - Family responsibility- all responsibility of a house wife. Children's upbringing, full responsibility of their education. Satisfied in bringing up children.

3) Food and drinks -

a) Food - Like all varieties of food. Burning during stools after eating pungent food.

Cannot tolerate high protein, starchy, sour food. Cannot tolerate Banana.

Drink - Cannot tolerate Lemon juice, panhe, kokam sharbat.  
 b) Reaction to general environment and liking.- Cannot tolerate Hot temperature.  
 Bath with lukewarm water.  
 Recreations - Drama, T.V.  
 Addictions - Tea 2-3 times in a day.  
 c) Sleep - I sleep at 11 p.m . Morning get up at 5-6a.m.  
 Dreams - I get dreams occasionally.  
 d) Menses have stopped after removal of uterus.  
 Pregnancy - No problem during both pregnancies. Normal deliveries.  
 Sex - Normal  
 Past history - Swelling of fingers  
 Family history-  
 Mother- Arthritis & Diabetes mellitus  
 Father - No illness  
 Siblings - No illness  
 Children's health - Normal  
 Husband's health - Normal

**SCR Data (Cased defined on 26/3/00)**

Name: Mrs S A K    DOB: 21/7/48;    AGE: 52years;    Married – 1971  
 Religion/ caste: Hindu, Goud Saraswat Brahmin Education: BA; Occupation: Housewife  
 Husband – 56years; Occupation: Business (owns a factory)  
 Father – expired, Mother – 75years, Brothers – 2, Sister – None  
 Children – 1 Son – 21years studying in United States, 1 Daughter – 26years – married

**Chief Complaints:**

Location	Sensation	Modality	Concomitant
1) Skin – 95		After	
Face, hands, below eyes	Black pigmentation	hysterectomy A/F Sun 3 A/F working near gas(heat) 3	Perspiration+ +
Forehead Temples, occ checks around lips	Maculopapular eruptions → Pain ++	A/F warm water bath < warm ++ weather	
Occ	Macular eruption	< Pressure ++	
Eyes around	Black circles	>Elocon ointment	
Hands, fingers	Itching ++ Redness ++ Swelling ++	A/F washing fish 3	

**Associated Complaints:**

- |    |   |   |   |                |
|----|---|---|---|----------------|
| 1) | Hands, wrist, toes feet since 91<br>At any time one hand / foot<br>D – 3 – 4 days<br>Increased since 95 | Swelling ++<br>Heat ++ of the part<br>Pain throbbing<br>Redness<br>Restricted movement ++     | A/F high protein food ++<br>A/F eggs ++<br>A/F Fish /non veg ++<br>A/F Chicken ++<br>A/F dry fruits ++<br>A/F sour ++<br>A/F starchy food ++<br>A/F bananas 3<br>A/F Brufen ++<br>A/F fermentable food ++ |                |
| 2) | GIT, many years<br><br>Abdomen  | Flatulence ++<br><br>Fullness   | < hunger ++   | uneasiness     |
| 3) | Gen 95 occ  | Heat →<br>perspiration  |   |                |
| 4) | Back since 2 –3yrs  | Pain  | Exertion  |                |
| 5) | H /O 1991<br>Rt   | Frozen<br>Shoulder  |   |                |
| 6) | H/ O 17 – 18 yrs back   | Maculopapular<br>Eruptions<br>↓<br>Fell unconscious<br>↓<br>Lock jaw                          | A/F Terramycin<br>> Antidoting effect of Rx   |                |
| 7) | H/O 93 – 99<br>3 – 4 occ , D – 15 to 20 mins  | Uneasy feeling<br>↓<br>suffocation<br>↓<br>felt like opening windows,<br>awakening from sleep | < night ++<br>> open air ++   | Perspiration++ |
| 8) | H/O   | Uterine fibroid   | Hysterectomy done   |                |

**Patient as a person:**

Appearance – wheatish → fair complexion, good looking with sharp features, stocky,  
Ht – 5.2 ½

Frequent blinking of eyes while talking

Skin: cracks ++ in winter

Perspiration - ++ < Working near gas3, sun 3 < Exertion ++  
 Aversion – Egg ++, Chicken ++ No extra salt  
 Craving – Fish 3, sweets ++  
 Stool – (N) occ constipation H/o hard stool with passage of blood – A/F Colchicum  
 Urine – (N)  
 Menstrual function – H/o profuse bleeding thrice after 2<sup>nd</sup> pregnancy Clots ++  
 Odor + before marriage color dark red before operation for few months bright red.  
 B menses pain ++ abdomen > pain killer x pain after 2<sup>nd</sup> pregnancy  
 Obs/H – FTND  
 Sexual function – (N)  
 Sleep – Sound, yesterday was talking in sleep  
 Dreams – B marriage → Airplane crash; Occ falling from bed  
 A lizard was seen in the house that night; dreamt lizard was crawling on my body and got up with a start.  
 Meteorological – < sun = headache ++ Fan – s – full  
 w – Requires for sometime – can do without it also Open air likes ++  
 Air conditioning – wants Covering – throughout year Thick chaddar → winter  
 Before used to feel very cold Woolen –needed earlier now x  
 Bath – lukewarm throughout year

#### Physiological functions:

Foods + drinks - < Chilies ++ = Burning during stool  
 < Spices – Burning during stools, others mentioned in C/C & A/C  
 P / H – Typhoid, other complaints mentioned earlier  
 F / H – DM – Mother – Arthritis  
 O / E – Pallor + Tg – coated white dry RS - NAD CVS – S1S2  
 BP - 110/80 per abdomen - NAD  
 Left wrist – Swelling ++ Heat ++ Restricted movement ++ X Redness  
 Left foot ankle region swelling x heat  
 Face – 2 dark papular eruptions on forehead , 2 on the temples

#### Life Space:

Patient is a stocky, wheatish → fair complexioned individual coming from an affluent family. She has had a smooth childhood. The family unit made up of father, mother, and 2 brothers. Patient was the youngest & only daughter. She was academically good and studied up to BA. She did not have much tension before exams, as she used to be well prepared. After completing BA, she got married. The boy's family was also well to do. Since the beginning, she stayed separately with her husband, so the situation of conflicts with in-laws never arose. She also had a smooth life after marriage. She had never been a career minded woman; also both her father and (H) were not keen on her working. She said during interview ' she lacks confidence', she gave an example – her (H) had asked her asked to learn driving, but she refused saying, she will not be able to do it.

She spent all her life after marriage looking after the house & her 2 children. She said, (H) provided with the finance, but rest of the things like taking children's studies, attending their functions, recruiting them in different classes, cooking for everyone,

managing the house has been her responsibility & she had been very happy / contented performing her roles. She used to be tensed before children's exams. She said when her son was in the 12<sup>th</sup> std; she would wake up at 4 am with him for studies. Daughter did her B Com; son graduated in engineering and a few months back (3 months) has gone to States, for pursuing further studies. When she narrated of her son going to the US, she wept. She worries a lot about him. How he must be taking care of himself, what he must be eating and so on, in spite of the fact, they E-mail each other regularly & even though her brothers are there.

Daughter is married for 5 years in well to do family. She resides few blocks away from parent's place. Since she doing her teachers training course her daughter who is 4 years old, stay the whole day with patient. Grand daughter does not eat properly & this worries parents a lot. She keeps running around her granddaughter for 1½ to 2 hours to feed her. (H) tells her to have her meals first but she does not have her meals, till her granddaughter eats hers. Son-in-Law has told her not to worry so much about the child as she quite healthy & active, but patient feels, its just because she feeds her, by going behind her, that she looks fine. She said during interview that to worry is her nature. During 1994, she underwent lot of tension due to their house construction problem. Her (H) along with three people had employed a builder to construct a four storied building, where the respective families would occupy each floor. But the builder's partner cheated him & so the construction of the building was held up. In the meantime for a few years, they were staying on a leave & license basis. They had vacated their earlier flat, as a big theatre & hotel with bar had opened up in its vicinity. Many people had vacated their flats during this period. Later (H) purchased a flat at Jogeshwari. Now a few days back, a positive signal has come from the builder that he would restart the construction, which has relieved patient and her (H).

Patient likes to have people around, talk to them. But she does not like attending parties; instead she would like people coming to her house, visit friends, relative's house. She attends simple functions. During children's exams, she would even skip the functions & attend to their studies. She described her nature as fearful. She fears to stay alone, there is fear of darkness. She is a dependent type of a person, finds difficulty in taking decisions on her own. For everything, she will discuss with her (H) & then take a decision. If the opposite person has one something wrong or something she has not liked, she is unable to speak out. If she speaks out her discontent what will the opposite person will feel this thought prevents her from saying anything. She said 'my mind is not stable, if anyone says anything it hurts, and I keep thinking about it'. She keeps brooding for 2 – 3 days. But does not keep any grudges. She talks nicely with the person & even on her own. She describes her nature as of the calm and cool type.

I was seeing this lady after a gap of 10 to 12 years. She was a very beautiful then, with long hair up to waist, she would tie two plaits. She would come to my school (daughter was in my school) and she would make quite a few heads turn & nod in appreciation. But today, I was a little surprised seeing her. All the charm with this lady exuded then is not there anymore (in comparison). Dark circles below eyes. Few eruptions could be seen on her forehead and temples. Her skin used to be flawless. One thing has not changed & that is her anxiety. It was there then, it is there now.

Patient was very talkative throughout interview. Her speech is hasty.

**Exhibit II Follows ups:**

	1) Black pigmentation	2) Eruptions	3) Swelling	
	4) Pain	5) Flatulence	6) < washing fish	
30/3/00	1 <sup>st</sup> prescription			Action
	1	2	3	4
	5	6		
10/4/00	Had gone to South for tour			Action
	No complaints but gen as patient co in Mumbai on returning ate idli with less salt but no complaints			
10/5/00	0	once	0	0
	not tried with A/F groundnuts/cucumber/itching subsided within 2 days.			Action
29/5/00	Occ +	0	0	0
	not tried While working near heat idli			Action
26/6/00	0	0	0	0
	Ate almost everything that < but no comp. Can work near gas with a slow flame not tried high flame.			Action
9/7/00	+	-	-	-
	Wed A/F exposure to oil fumes Intensity/distress ↓ than before Unable to send a person to collect Rx			
16/7/00	1	2	3	4
	5	6		
	slight + + slight 0 - 2 in no of little finger Had fever 2 metacin A/F ↑ (Allergic to Metacin, Crocin, previously used to get more eruptions, pain ++ D-4-5d. Swelling ++ fingers was told by patient) Is able to eat everything, patient has specifically tried out all types of food with < except fish – she is quite hesitant to try it out. According to her, they have to cut down the intake of fish anyway. Now is able to warm food cook for sometime perspiration ↓↓			Action
27/7/00	0	0	0	0
	Can work near gas with high flame. Apprehensive About frying things.			Action
17/8/00	Slight	0	+	0
	0 Was out fingers after eating sabudana wada In the sun discomfort↓↓ ↓ For long than before subsided next day			Action

2 days back worked near high flame for a long time, even fried bhajias but no complaints. Brother was seeing her after 3 months, he commented that she is looking better. Patient was

very happy to hear it. She told me thrice on the phone. Last few follow-ups, patient always thanks me.

5/9/00 0 once 0 0 0 A/F Metacin Action

'One each on both cheeks was feeling feverish look

17/9/00 + + 0 0 0 Action

A/F frying for 15-20 min on high flame on Aug 9<sup>th</sup>  
Forehead, near lower lip