EFFICACY OF INDIVIDUALISED CONSTITUTIONAL HOMOEOPATHIC MEDICINE

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ABSTRACT:

In homoeopathy, the choice of remedy is based on a consideration of the totality of an individual's symptoms and conditions, including personality, behaviors, mind-set up, responses to the environment both physically and mentally, food liking and so on. Here is an attempt to simplify the concept of constitutional medicine by representing a case with multiple complaints and the way how single individualized constitutional medicine has cured all the symptoms of the case ideally.

KEYWORD:

Individualization, Constitution, Homoeopathic medicine, Lachesis
INTRODUCTION:

A person inherits a definite organizational plan, tendencies, attributes and the miasm which decide his pattern of reactions or susceptibility to the environment. He constantly reacts and tries to achieve a state of balance to enjoy the environment without giving rise to any discomfort. The imbalance cause sickness which gives rise to discomfort, disharmony, disruption of the equilibrium in the functioning of the individual. The imbalance is expressed through the signs and symptoms, the reaction to his unfavorable environment. The pattern of this reaction is determined not only by the factors which have caused the influence but also by the constitution of the person.

Constitution plays an important role in treatment and achieving a cure. The Knowledge of constitution of a medicine and constitution of a person on the part of a physician helps to arrive at a greater level of similarity between the person and the medicine. To understand the constitution of a person, a physician must know the person’s physical make up, namely, his build, desires, aversions, and disagreement with foods, characteristics of his discharges and eliminations, and his thermal reactions. Also, mental attributes, namely, emotional and intellectual reactions and performances. Various concomitants expressed in relation to the stressful situations like dentition in a child, menstruation, pregnancy and menopause in a female are important expressions which reveal the quality of a constitution. It helps the individual to have a quick and uneventful convalescence, also effectively checks the tendency to relapse.[1,2,3]

CASE REPORT:

Patient information:

An Indian female aged 25 years reported in Outpatient department with the complaints of headache and vertigo from 6 months. Pain is in temporal region left sided mostly but some time whole head, during headache she feels like head is going to burst. she cannot bear clothes around neck, clothes around the neck cause pain in head and vertigo, pain is so severe she even cannot stand. There is no relief after sleeping, sleep is unrefreshing and wakes with pain, pain is worse after sleep, waking on, motion and standing. There is no relief in headache from anything except painkillers. She also worried about her dark
discoloration on face (nose, chin, cheeks). She has complaint of nose bleeding after drinking tea. Her menstrual cycle is regular but painful, very restless during menstruation.

**H/O of Presenting Complaints:**
Patient was apparently well 6 months back. Then she started suffering from on and off episodes of vertigo and headache, for which she took many painkillers and she got temporary relief but complaints were recurring again and again. She also complained of dark brownish pigmentation on face, which were increasing day by day. She was very frustrated and irritated from her complaints and came to us

**Past History:**
H/o Fracture of both legs after falling from terrace 2 years back

**Family history**
M/H- Dengue October 2019

**Physical Generals:**
- Appetite was satisfactory.
- Thirstless, drinks 2-3 glasses of water per day without thirst.
- Desire for spicy and hot food.
- Sleep unrefreshing, wakes with pain in head.
- Dreams of ghosts.
- Perspiration was profuse on palm, staining yellow on linen.
- Thermally patient is Hot

**Menstrual History:**
- LMP-16/11/2019,
- Cycle: 28-35 days (Regular)
- Duration of cycle: 3-4 days, painful, severe pain in lower back, knee joint and very restless during menstruation.
- Bleeding: profuse, blackish and clotted.

**Mental Generals:**
She gets violent anger at slight trifles, in anger she shouts and throws things whatever in her hands, after that brooding and regrets. She doesn’t like interruption in anything of her doing. she have fear of thieves in darkness at night.
General Physical examination:

Nails- hangnails
Tongue- trembling
Face- dark brownish pigmentation
Cannot bear tight clothes on the body.

Totality of symptoms:

Anger violent
Thirstless
Sweat staining yellow on linen
Dreams of ghosts
Tongue trembling
Intolerance of tight clothes on body
Painful menses, bleeding blackish,

Reportorial sheet:
Follow-up:

First prescription: Dated- 06/12/019: *Lachesis mutus* [4,5,6,7]/ 200/1 dose/ stat, Rubrum metallicum 30/tds for 14 days

Follow-up is given in table

<table>
<thead>
<tr>
<th>Date</th>
<th>Symptoms</th>
<th>Prescriptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>27/12/2019</td>
<td>Headache decreased in intensity. LMP:19/12/2019, Dysmenorrhea, backache and restlessness better than before.</td>
<td><em>Lachesis mutus</em>/200/1D/ stat</td>
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<td></td>
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<td>Rubrum metallicum/30/TDS for 14 days</td>
</tr>
<tr>
<td>10/01/2020</td>
<td>Headache &amp; Vertigo- relief</td>
<td>Phytum/200/1D/ stat</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rubrum metallicum/30/TDS for 14 days</td>
</tr>
<tr>
<td>24/01/2020</td>
<td>Headache persisting from last 4 days LMP:21/01/2020, dysmenorrhea, backache and restlessness decreased in intensity.</td>
<td><em>Lachesis mutus</em>/200/1D/stat</td>
</tr>
<tr>
<td></td>
<td>She feels changes in her nature; she did not get that violence in her anger after trifles.</td>
<td>Rubrum metallicum/30/TDS for 14 days</td>
</tr>
<tr>
<td>14/02/2020</td>
<td>Headache &amp; Vertigo better but from last 4-5 days it came back but decreased in intensity of pain. Hyperpigmentation on face seems light Changes in her nature, now she doesn't angry that much. She noticed Sweat on palm decrease. No aversion to tight clothes, now she is tolerating</td>
<td><em>Lachesis mutus</em>/200/2 dose (D1-stat, D2 for sos purpose) Rubrum metallicum/30/TDS for 14 days</td>
</tr>
<tr>
<td>28/02/2020</td>
<td>Headache &amp; Vertigo relieved and this time she did not got pain so she did not take 2nd dose of sos. LMP- 23/02/2020, relief in Dysmenorrhea, backache, restlessness. This time she says that she noticed from last one month there is no nose bleeding after</td>
<td>Rubrum metallicum/200/1 dose/stat Rubrum metallicum/30/TDS for 14 days</td>
</tr>
</tbody>
</table>
drinking tea. Dark brown Hyperpigmented spots much better, Pigmentation became very light. Sweat on palm much better. Now no aversion to tight clothes, she is tolerating tight clothes Now she does not angry, not throw things in anger.

13/03/2020 Now she is feeling much better in all her complaints. No complaints of nose bleeding after drinking tea. No sweaty palms. And not facing any problem from tight clothes on body. Pigmentation of face became very lighter as you can see in pictures.

| 13/03/2020 | Rubrum metallicum/200/1 dose/stat
| Rubrum metallicum/30/TDS for 14 days |

PHOTOS OF PATIENT BEFORE AND AFTER TREATMENT:

BEFORE TREATMENT     AFTER TREATMENT

CONCLUSION AND JUSTIFICATION:

Homoeopathy treats the person as a whole; it eliminates the exciting and fundamental causes by annihilating the disease manifestations (signs and symptoms) In this case,
important mental, physical generals and particulars, i.e., violent anger, fear, brooding and regret with headache and vertigo, unrefreshing, wakes with pain, worried about her dark discolouration on face, nose bleeding after drinking tea were included for repertorization purpose. Homoeopathy is a specialised system of medicine which treats the patient as a whole and not just the disease.

After repertorization, many medicines were competing which each other, namely, Lachesis, Graphites, Belladonna, Lycopodium, Sepia etc. but after consultation with Materia Medica, Lachesis was prescribed which remained unchanged in the subsequent follow-ups as the patient was responding well to the medicine. This also concludes that when a perfect constitutional medicine is selected for a particular case whatever may be the disease or the number of symptoms the cure is confirm and permanent. The patient was further called in OPD for follow up after lockdown and there was no recurence of symptoms which confirmed the permanent cure of the case.

REFERENCES:

2. Jamshed F. Clinical organon of medicine - logic & principles of homeopathy in easy & s. 3rd ed. 2006: B. Jain Publisher (P) Ltd.; 2006.p.35-41