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EFFICACY OF INDIVIDULISED CONSTITUTIONAL HOMOEOPATHIC MEDICINE

¹Dr Pramod Singh, ²Dr. Babita Rasheed, ³Dr. Mohammed Salahuddin, ⁴Dr. Gita Rajput, ⁵Dr. Kanchan Rathore

¹Professor & Head Of Department Of Homoeopathic Pharmacy, Dr Mpk Homoeopathic Medical College Hospital & Research Centre (Under Homoeopathy University) Jaipur,

²Professor & Head Of Department Of Homoeopathic Pharmacy, Rajasthan Vidyapeeth Homoeopathic Medical College And Hospital, Udaipur, Rajasthan.

³Professor & Head Of Department Of Anatomy, Dr Mpk Homoeopathic Medical College Hospital & Research Centre (Under Homoeopathy University) Jaipur, Rajasthan.

⁴PG Scholar Department Of Organon Of Medicine And Homoeopathic Philosophy, Homoeopathic University, Jaipur, Rajasthan.

⁵PG Scholar Department Of Pediatrics, Homoeopathy University, Jaipur, Rajasthan.

*Corresponding Author's Email ID: drpramodsingh5@gmail.com

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⁺², 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:

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File Edit Search Take View Options Window Help

Investigation window for remedies

125 % Millennium view (progressive)

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	lach.	ball.	graph.	lyc.	sep.	chin.	bry.	ign.	sulph.	nat-m.	mix-d.	apc.	cham.	cro-c.	cal-bv.	caust.	op.	phos.	plac.	kal-l-c.	merc.	am-c.	arg-m.	ph-c.	fer.	ars.	bov.	con.	mag-c.	stam.	cal-bv.	coff.	nat-s.
1. MIND - ANGER - violent (108) 1	1	2	2	2	1	2	1	1	2	4	2	3	2	2	2	1	1	-	2	-	-	-	1	1	1	-	-	1	1	1	1	1	1
2. STOMACH - THIRSTLESS (187) 1	1	2	2	2	3	1	1	1	1	1	3	-	-	1	1	2	1	3	2	1	1	2	3	2	2	2	2	1	2	-	1	1	
3. PERSPIRATION - STAINING the linen - yellow (32) 1	3	2	3	1	-	2	1	-	-	-	-	-	2	-	-	-	-	-	-	3	-	-	-	2	1	-	-	2	-	-	-	-	
4. DREAMS - GHOSTS (45) 1	1	1	2	-	1	-	-	1	2	1	-	-	1	2	2	-	1	1	2	-	1	2	-	-	-	1	-	-	-	1	-	-	
5. MOUTH - TREMBLING of tongue (50) 1	3	2	-	2	-	-	1	2	1	1	-	2	1	-	1	2	1	-	-	3	-	-	2	-	1	-	-	-	1	-	-	-	
6. GENERALS - CLOTHING - intolerance of (67) 1	3	-	2	3	2	1	2	1	1	2	3	2	-	3	2	2	1	2	2	1	1	2	3	-	-	2	1	-	-	2	1	2	
7. FEMALE GENITALIA/SEX - MENSES - black (88) 1	3	2	1	2	2	2	2	2	1	2	1	2	-	2	2	-	1	3	-	-	2	-	2	2	-	1	1	2	2	1	1	1	
8. FEMALE GENITALIA/SEX - MENSES - painful (294) 1	2	3	2	2	2	1	1	2	2	1	2	1	3	1	1	2	1	2	2	3	2	3	1	1	1	2	1	2	1	1	2	1	
9. HEAD - PAIN - clothing about the neck agg. (6) 1	2	2	-	-	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	
10. HEAD - PAIN - waking - on - bursting pain (9) 1	2	-	-	-	1	-	-	-	-	1	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	

455 remedies / 10 symptoms Sum of symptoms, sort: degree No restriction All remedies considered

1:45 PM 13-Jan-21

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

Date	Symptoms	Prescriptions
27/12/2019	Headache decreased in intensity. LMP:19/12/2019, Dysmenorrhea, backache and restlessness better than before.	<i>Lachesis mutus</i> /200/1D/ stat Rubrum metallicum/30/TDS for 14 days
10/01/2020	Headache & Vertigo- relief	Phytum/200/1D/ stat Rubrum metallicum/30/TDS for 14 days
24/01/2020	Headache persisting from last 4 days LMP:21/01/2020, dysmenorrhea, backache and restlessness decreased in intensity. She feels changes in her nature; she did not get that violence in her anger after trifles.	<i>Lachesis mutus</i> /200/1D/stat Rubrum metallicum/30/TDS for 14 days
14/02/2020	Headache & 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	<i>Lachesis mutus</i> /200/2 dose (D1-stat, D2 for sos purpose) Rubrum metallicum/30/TDS for 14 days
28/02/2020	Headache & Vertigo relieved and this time she did not got pain so she did not take 2 nd 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	Rubrum mettalicum/200/1 dose/stat Rubrum metallicum/30/TDS for 14 days

	<p>drinking tea.</p> <p>Dark brown Hyperpigmented spots much better, Pigmentation became very light.</p> <p>Sweat on palm much better.</p> <p>Now no aversion to tight clothes, she is tolerating tight clothes</p> <p>Now she does not angry, not throw things in anger.</p>	
13/03/2020	<p>Now she is feeling much better in all her complaints.</p> <p>No complaints of nose bleeding after drinking tea.</p> <p>No sweaty palms.</p> <p>And not facing any problem from tight clothes on body.</p> <p>Pigmentation of face became very lighter as you can see in pictures.</p>	<p>Rubrum mettalicum/200/1 dose/stat</p> <p>Rubrum metallicum/30/TDS for 14 days</p>

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 discoloration 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 recurrence of symptoms which confirmed the permanent cure of the case.

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