

ALLEN COLLEGE OF HOMOEOPATHY



6 EXCELLENT SHORT CASE STORIES- Part- 4



By

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- 1) **A Case of Chain Smoker:-** This is a story of a chain smoker who came to me in the slum clinic in India suffering from palpitation associated with difficult breathing in climbing few flights of stairs. He also complained of very disturbed sleep and sometimes feels suffocation during sleep; when he has to put one or two extra pillow, which affords relieve. He is a anxious type of person. He could not narrate much symptoms but did mentioned that he hates sweets (which Bengalees generally love). Because of his anxiety, he became a smoker for last three years and suffering from palpitation for two years. This short story led me to think of a polychrest in our Homoeopathy and he was better within 6 months.
- 2) **A case of Chronic Fatigue Syndrome:** This is a story of a man in his late 50's who suffers from Chronic Fatigue Syndrome, with debility most marked in the morning. He also has gas and distention specially from cabbage, beans, etc. The other complaint he mentioned about the frontal headache which is better in fresh open air. This was a quick prescribing session in the slum clinic in India and the prescribed polychrest did the job within 2 months. I prescribed Lycopodium, 200 and the patient was totally better within 2 months.
- 3) **A case of Fearlessness:** This is a case of a young girl aged about 12 years with absolute lack of fear which was illucidated by her Mom through different examples, e.g., climbing trees; chasing fox, etc. She just started her menstruation for last 6 months and every time she develop a husky voice during her period. She occasionally suffers difficulty in breathing in damp weather. Generally during difficulty of breathing she takes inhaler and do not like to go to school because of profound perspiration. The Homoeopathic medicine not only has modified her personality but also took care of her breathing problem. That's the wonderful totality approach in Homoeopathy. I prescribed Gelsemium, 200 followed by 1M and the patient was totally better within 9 months.
- 4) **A case of Recurrent Boils:** This is a case of a young girl aged 14 years suffering from annoying small boils popping up in her face for last 9 months during her periods. Boils generally appears on the 2nd day and clears-up by 5th day of each period. She also suffers from extreme itching of her anus and for which she has been tested for worms but they were negative. Amongst her Homoeopathic generalities, she is a very thirsty person, loves salty, savoury foods and enjoys warm drinks. She also suffers occasionally from sinusitis with stuffed nose. This short story led me to think of a master blaster polychrest in our Homoeopathy and she was better within 4 months. I prescribed Medorrhinum, 200 and the patient was totally better within 4 months.
- 5) **A case of Contagious Disease:-** This is a story of middle aged woman from my U.K. consulting room, came to me with an acute fear for contagious disease; on that account it is difficult for her to go out in the street or travel. She also suffers from constant sour taste in the mouth and love sweet and salt; dislike fat and meat. She is an apprehensive type of person. She cannot do any mental or physical exertion. There are few other symptoms but this mainly lead me to prescribe the medicine. What is it?
- 6) **A case of Chest Infection:** This is a case of chronic catarrhal condition of a man in his late 40's suffering from recurrent chest infection with expectoration of salty,

savoury taste! He catches cold very easily and cold settled in the chest. The other interesting thing he described is his sour eructation and flatulents which is aggravated after every time he has soup! This was enough for me to select one of the interesting polychrest which relieves the symptom of the patient within 4 months. I prescribed Kali Carb, 200 and the patient was totally better within 4 months.

Prescriptions given to above cases:

Case No. 1: Arsenicum Album;

Case No. 2: Lycopodium;

Case No. 3: Gelsemium;

Case No. 4: Medorrhinum;

Case No. 5: Calcareo Carbonica;

Case No. 6: Kali Carb;