

BAMRA AROGYA TRUST

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SOLVE THE CASE -CONTEST-2018.

LIPPE AWARD

7. The Paper contains Sections - A and B.

8. Section-A contains ten questions, each of four marks. Indicate the remedy against each on the answer sheet.

Example – Q.-1. - Mention Name of the remedy. Please do not write the question.

9. Section-B contains four cases; each has been marked according to the importance.

Attempt ONLY ONE from this section.

10. Write your Roll number, as has been allotted to you on the front page, the space allotted, of the answer book.

11. Use the right side of the sheet for your answers and the left side for rough work.

12. ANY ANSWER ON LEFT SIDE OF THE ANSWER SHEET SHALL BE CONSIDERED ROUGH AND NOT BE MARKED.

13. Do not write your Name or Roll number on any page of the answer's sheet.

SECTION-A

Q-1. He traveled on bike, morning. In evening felt pain in right side of the chest. Slept in night. In the morning, after rising had severe pain in ribs of the same chest which were sharply being aggravated by inspiration. What is the remedy?

[Chest pain – Ribs – Inspiration aggravates - Capsicum.]

Q-2. On the eve of the year, he was taken, almost forcibly to a five-star hotel for a dinner party. Coming home, I felt flatulence but slept. In the morning wake up with much gas accumulation, resulting much bloating of his abdomen. Why it has happened? Without

waiting for an answer, he again asked - Why to me? Please suggest the remedy to him.

[Flatulence & Eating after with distension of abdomen – Ambra G]

Q-3. The boy is of the age of 10 years. He has a cough for last three days, daily morning as soon as rises from his bed. The cough is without any expectoration. He vomits after cough. What would you prescribe for him?

[Cough – dry – Morning – Rising, aggravate, after and Vomiting – Cough after - Acid Sulph.]

Q-4. Shrimati X aged 40, dark color, married 20 years back with a very rich person. She begot three children who are studying, in colleges. Three months back, her husband died in an accident. A death which she never dreamed. She has everything except without whom she never dreamed to live. She weeps involuntary. She feels alone. Her elder son very studious and responsible is not able to convince her that she has three boys for her side. Does the son want to know whether homeopathy can do something for her mother? Please answer to him.

[Insecurity - mental and Weeping - Involuntary – Calc-Silicata]

Q-5. She, aged 45, mother of two children, came with a sad face, having a history of five induced abortions for her problem of obesity. She goes on thinking about her weight gain, which has become an issue not only for her but to her family and relatives. It grieves her constantly. Please suggest any remedy.

[Obesity – Sadness, with and History – abortion; of – Sabina]

Q-6. She is in her sixties without any other complaint except the pain in the right knee. It started six months back with swelling, which was prescribed by a doctor in her village. Swelling disappeared but pain is persisted which make her walk difficult. She was X-rayed and told, there is a gap and the knee had to be replaced. The hanging of legs is very painful to her. She could not give any other symptom. Can you, please suggest any remedy for her, she is totally against the replacement of her knee?

[Extremities – Pain – knees – right- hang, down, aggravate, letting legs – Psorinum.]

Q-7. He, mouth opened child, being brought against his will, considered intelligent, is ten but looks as if five years of age and thin. His cervical glands are tremendously swollen with frequent tonsillitis and very swollen tonsils. Which remedy comes in your perception?

[Baryta Carb - GV]

Q-8. He is emotionally, bodily and mentally dried up. He wants to be left alone, undisturbed, while at the same time constantly needing great quantities of water to balance his dryness. Symbolically, the water element, symbolizing the emotions, is lacking or has been restricted. There is an element of dehydration at all levels. The sensation of dryness of the mucous membranes is most frequently reported, but the dryness extends to the emotional and mental levels as well. The mind is dry that is, the mind lacks nimbleness and agility; it is unimaginative. He has great fear of poverty and great sense of insecurity.

Which remedy image, the above-mentioned description represents.

[Bryonia alba – GV]

Q-9.

A dirty grayish look, with sunken cheeks, deeply seated eyes surrounded by bluish or blackish-gray circles and a sickly expression. The mouth is dry and sticky, with painful white blisters on the tip of the tongue. He tends to be chilly, with a rheumatic and gouty disposition. The pains radiate from a point, involving the joints, kidneys, liver, and heart. The pains are wandering. A bubbling sensation. He is a tired individual, not only physically, but also mentally and emotionally. A prematurely old and worn out individual whom you want to support and help. He will not beg for your help and support; on the contrary, with an optimistic cheerfulness and courage, smiling even when in pain, you will probably find him consoling you instead of you consoling him. The individual is usually serious and reflective and prefers his own company to that of others.

Which remedy of our MM, the above image represents? [Berberis Vulgaris - GV]

Q-10. "Any manifestation of a deviation from a former state of health, perceptible by the patient, the individuals around him, or the physician" - has been defined as?...by ...? .

Mention the term/name as 1--- And 2..., In your answer sheet.

[Symptom by Hahnemann]

SECTION-B

CASE -1 – MARKS – 60. (FARINGTON.)

Miss H.-, aged 17, was found in a comatose state. Her brother had died of uremia, her mother and father each of heart disease. Bell., Opium and Gels., were given respectively.

Still there was but partial relief until the ninth day. The return to consciousness was, however, only temporary; for, in the afternoon found her in spasms. Previously she had complained of hunger, and on eating, went into a convulsion. This led to the choice of Hyos.

2c;. Changed to acute Mania, declared she was being poisoned, was crazy, was in an asylum.

Hyos. 10m relieved.

On the 18th day she commenced singing, praying, reciting poetry; eyes injected, wild look, Sramoniun was given. The mind became quiet, but the inevitable stupor returned, interrupted by occasional whispering: "ice, ice". Thinking that perhaps such a succession of

narcotics had injured, she was allowed to suck a lemon by way of anti-dote. Within an hour she became conscious, and so remained for over a week.

She was now asked to describe her condition.

She told "Menstruation either did not come on at all remained but a day, followed by blood-spitting, cough, tightness across the chest. The day she was taken sick was the proper time for her menstruation, but hard study had prevented its onset and determined the cerebral congestion, which had ended in coma."

Phos. 2c was given and the next menstruation was nearly normal. At its close however, the patient was seized with spasms, varying in number from three to six a day.

They were not followed by prolonged stupor, but by left-sided Hemiplegia, seemingly

intensifying at each new attack of spasm. After a week, only the right half of the body would be convulsed. There were total blindness, loss of speech, and dysphagia. For twelve days nothing could be swallowed but ice-cream.

The breathing was rapid, and so increased the painful dryness of the throat and mouth.

As water could not be swallowed, a plan was tried which proved very grateful to the sufferer. Over the mouth was laid a thin piece of muslin, from which extended a wick into a tumbler of water. By capillary attraction, the cloth was kept damp and the in-going air bore enough moisture to diminish the all but intolerable thirst.

At the approach of a spasm, she would make signs that she desired water. Of course, she could not swallow, even powdered ice choked her, but she would angrily bite at the proffered tumbler, a symptom, which, with the Paralysis following, led to Cup. 2c, and higher.

Swallowing soon became normal, but the spasms persisted, menstruation remained irregular and finally both legs lost sensation and motion.

ESSENCE OF THE CASE

1. Miss H.-, aged 17, was found in a comatose state.
2. She told "Menstruation either did not come on at all remained but a day, followed by blood-spitting, cough, tightness across the chest.
3. The day she was taken sick was the proper time for her menstruation, but hard study had prevented its onset and determined the cerebral congestion, which had ended in coma.
4. Abuse of narcotics caused – Mania, followed by convulsion and then paralysis, left side and then lower extremities.
5. During paralysis she was biting tumbler, during drinking the water.
6. There were total blindness, loss of speech, and dysphagia (difficulty in swallowing).
7. Her brother had died of uremia, her mother and father each of heart disease.

CHARACTERISTIC SYMPTOMS

1. MENTAL EXERTION - agg. (2) - 160
2. PARALYSIS - left - 40 (1)
3. PARALYSIS – paraplegia (1) - 56
4. VISION - LOSS OF VISION (2) - 176
5. MENSES - suppressed menses; from (3) - 68
6. SWALLOWING - impossible - 86 (2)
7. SWALLOWING - impossible - food (3)–13

EVALUATION

MOST CHARACTERISTIC SYMPTOMS

CASE – 2 – MARKS – 50. (GV)

Male, 32 years, diagnosed with multiple sclerosis. The complaints started with pricking in the feet, tingling and an alternation of cold and warm sensations in the lower extremities (2).

He is easily tired but when busy no complaint and good energy (3).

He is quite depressed because of the future, where he imagined himself in a wheel chair. It would have been better, if he could not have been told about his disease.

For a few months he has slept badly, because of the pain in his back. He wakes up from the pain and gets irritated. He used to sleep on his back, but can only lie on his left side, when he has back pain (3). The backache goes via the groins to the thighs (3).

He has always been warm blooded (2). He never like to sit in the sun.

He does not like sprouts, mussels and sweets (2). He is never thirsty.

He has had diarrhea for a few weeks alternated with normal stools (2). He regularly has cramps in the abdomen (2). He is hones and precise in his work. He can talk about his problems but does not want pity and does not cry easily. He is restless (2), changes his

position when sitting, but it used to be much worse, he says. He gets irritated if people do not hurry when driving. He does not like crowds. Standing in a queue is waste of time he says. The future is a bugbear to him, if he starts thinking about it, his complaints immediately worsen (3).

He is never sick or has fever. He does get colds due to the air-conditioning at work. He travelled a lot to countries for which he required a lot of vaccinations and took malaria prophylaxis. His father has Parkinson's disease.

PROGNOSIS

The patient is suffering from neurological complaint, a deep-seated disease on physical plane and is said to be incurable. The patient has got mental and emotional symptoms with this ailment, which make it difficult to manage and take longer time. The father of the patient has got Parkinson disease, a neurological complaint. It gives rise to a hereditary predisposition. Genetic weakness is also difficult to counteract. In addition, the patient has been vaccinated frequently, a major factor to suppress the immune system, a layer to be dealt with. In view of the above the prognosis is BAD.

Anyhow he is susceptible to frequent colds, may give rise to find some clear symptoms, which may help to find the remedy. It may point to the better prognosis.

CHARACTERISTIC SYMPTOMS

1. Complaints & thinking about them (3).
2. Complaints & when busy (3).
3. Pain in the back & lying on left side (3),
4. Pain in the back - extending to the groins and to the thighs (3).

ANALYSIS

Diarrhea alternates with normal stool, thirst less, warm-blooded, restlessness, aversion to sweets and other symptoms are common, some belong to the disease and other the habits of the culture. The above mentioned characteristic symptoms, with the pathology of the case have been taken into consideration for Repertorization of the case.

nux-v. ox-ac. Halon. Sep. Con.

2 3 2 1 1

2 1 2 3 2

1 1 - 1 2

2 1 2 - -

SIMILIMUM

Oxalicum Acidum - covers most issues of the case and is known for the pathology of the case. It has a strong influence on gastrointestinal tract, which appears in the case as concomitant.

CASE – 3 – MARKS – 40. (ZAREN ANANDA)

Woman, about fifty years old. She is in the menopause. Her main complaint is sleeplessness. She is on tranquilizers and sleeping pills. She has despair about the future and grief. Observation: She is leaning forward in the chair. She is unmarried, but she is in a relationship. Her boyfriend had a relationship with another woman in her bed. She is jealous. -Visions, delusions. When she is in bed she has visions, delusions that her boyfriend is making love to the other woman. -Fear. Fear that her husband is seeing another woman. -Dreams. Dreams of sexual stuff: Delusions of husband having sex with another woman. Options: Lachesis, Ignatia, Pulsatilla. Early in the interview she is weeping uncontrollably, she bursts into tears all the time. She is very much ashamed about this and can't stop it. She has no trust anymore. She found out from her mother that her friend slept with another woman in her bed. Every time when she gets into that bed, she has the delusion. Her friend told her he quit with the other woman, but she can't trust him anymore although he says he wants to go on with her. She can't overcome it. She can't go shopping anywhere, when someone talks to her, she starts trembling. She is depressed and has suicidal thoughts. She has an inner restlessness and trembling. She talks a lot. She has a lot of power in her

expressions. During the interview she holds herself, rubbing both underarms, restless. Today she took double doses of tranquilizers. She has her hands in the lap, sort of wringing with her hands. She can't keep the hands still. She used to do needle work, knit-ting. She tries to control the emotions with the hands, to hold it inside. Her hand palms perspire. She has numbness in the fingers, not only in the tips. When she holds a book, the numbness aggravates. She lost her memory after her boyfriend cheated on her. She doesn't remember what she read in a book. She has a bad concentration. She can't concentrate anymore. Options: Hyoscyamus, Stramonium, Kali bromatum, Asarum. AZ: Good choices. Rubrics: Mind, jealousy (page 60). Mind, mortification (page 68). Mind, memory, weakness (page 64). Mind, weeping causeless (page 93). Mind, grief, ailments from (page 51). Mind, restlessness, internal (page 74). Sleep, sleepless, grief, from (page 1253). Extremities, numbness fingers (page 1039). Extremities, perspiration hands (page 1181). Extremities, restless hands (page 1187), gestures hands *Hyoscyamus Doesn't have this kind of restlessness, power and trembling. There is some jealousy, but not enough for it to be Hyoscyamus. AZ: Does she look sexual? Tight pants, sweater, always touching her legs: Sexuality. AZ: Does she have numbness? Hyoscyamus has more numbness. *Phosphorus. Numbness in the finger tips. *Stramonium expresses himself in the total body, not especially in the hands alone. *Kali bromatum The memory goes. Suicidal thoughts. Ovarian cysts, fibroid. She has so much trembling and restlessness. There is a lot of power (the Bromium element), a tremendous, intense case. She steals things, without realizing it (add to the repertory, Ananda saw in about ten Kali bromatum cases: Stealing things.) Sleepless after grief (Ignatia, Natrum muriaticum, Kali bromatum). Obsessiveness. The obsession about the bed, the other woman in bed with her boyfriend. KALI BROMATUM IS

THE REMEDY

1 3 EXTREMITIES - RESTLESSNESS - Hands - 43

2 2 SLEEPLESSNESS - grief; from - 7

3 1 KLEPTOMANIA - 37

4 2 AILMENTS FROM - grief - 95

5 3 WEEPING - causeless - 55

6 3 AILMENTS FROM - mortification - 79

Nat-m. kali-br. Sulph. bell.

1 1 3 1 1

2 3 2 2 -

3 1 1 2 3

4 4 2 1 2

5 2 2 2 3

6 2 1 3 1

7 3 1 2 1

CASE – 4 – MARKS – 30. (ROBIN MURPHY)

January 13, 1987. This is a 47-year-old woman. I said, “What can I do for you?” And she said she has three problems – gas and bloating (3), she retains water (3), and constipation. History of a hysterectomy in 1981 for bleeding between her periods and for a fibroid. She has four children and all by C-section with no history of blood loss (that’s how you take a case - you eliminate that possibility. “Did you lose blood?” No okay. If had then we’d be going down a different road, looking for other things and other remedies, and comparing that with her present state. We kind of let them guide us in the case) tendency to gain weight around her period. History of a tubal ligation, two D&Cs, and she feels worse in general (but she couldn’t tell me in what way) since the tubal (which I don’t have a date on – but it must be before the hysterectomy). Gas, worse the past year and a half, worse since hysterectomy five years ago. (so, the gas and bloating has been worse since hysterectomy and much worse in the past year and a half). She retains water from taking supplements- she takes vitamins, she gains weight. Not thirsty. Desires sweets (3). She gave the classic answer to the classic question, “How’s your appetite?” Her answer, “Too good!” how do you

translate that? Over- concerned with her weight. Likes warm food and drink (3).

Constipation –her whole life. Has a bowel movement every three or four days, as long as she can remember (2). No bladder symptoms have some low back pain - feels like a muscle cramp, and at times she gets immobilized and can't move for a few minutes, and that began with childbirth. (She how you're weighing different thing in the case, because every new symptom adds a piece to the puzzle, and you have to let the puzzle put itself together, instead of saying that this has to be it, and I'm going to make the rest of the case fit just kind of let it coalesce together. History of dysentery in 1960. Feels out of shape, general sluggish feeling. Poor memory (2). As a child she had a lot of fears (I didn't really at that time want to get into them – it was just that they were there. That was enough of a hint for me). She desires to be alone now (2) and it's hard for her to cry (2). Gets negative and irritable at times (1). She complains of very low energy- she comes back to that again. The water retention, weight gain, bloating and all that are worse before her period (that kind of came up in later interviews- because it was getting well, too. I said, "Oh, you had PMS and didn't tell me!" – it was a history of PMS before her hysterectomy. She was associating the water retention from those times so you have to see where she was- she had bad periods, bleeding between her periods PMS, and then they started doing all the thing to her.)

CHARACTERISTIC SYMPTOMS

1. Abdomen - distension - flatus; passing with –3
2. Warm food - desire - hot -3
3. Warm drinks - desire – 2
4. Constipation - stool - remains long in the rectum with no urging -2
5. Sweet desire - 3

ANALYSIS

lyc. carb-v. ferr. bry. ars.

1 2 2 2 2 1

2 2 2 - - -

3 3 - 2 - 1

4 2 1 1 3 3

5 1 - - 1 -

6 3 2 1 2 1

I gave lycopodium 200, there doses, because that's the potency she had at home. I can use that system if I want to! If it's convenient! I would've given lycopodium 6C, but that's all she had she didn't want to wait a week to get it through the mail, and so I said, okay, take 200, there doses.

Follow-up. Date: February 13, 1987. Feels better. She got over the gas and bloating attack. She used to use phosphorus 30 and carbo veg. 200 to neutralize the gas and bloating attacks (I said, "oh, you used to have attacks?" she said, "Yes." The gas and bloating would get so severe she gets pain and be bedridden with it. See, I didn't take enough case. I had fifteen people scheduled, every 45 minutes there was a person coming in. you have to get what you can. A lot comes out as this case goes on.) She had one gas and bloating attack after taking lycopodium 200. Then she said she felt much better after that- the classic homeopathic stimulation from the right remedy. She stopped waking up at 3:00 am. (I said "you used to wake awake at 3:00 am?" "Yes," she said.) She's she fine except for her lower back, which is aggravating her now. She's more motivated to exercise. She's so negative now. Her energy's better. She looked at me and she said, "I still have a way to go thought." She felt improvement, and she knows now what it feels good again, because she was just down. I went into the back problem a little more –it seems like the Lycopodium is working, but it didn't touch the back she had back labor with her childbirths –the contraction was in the back (what are the remedies for that? Kalium carb. and cimicifuga). Then she qualified it and said she also has a history of heavy lifting. So now we have that. And her hysterectomy

was partial – she still had her ovaries and things. Her constipation is gone – she was very happy with that. No gas problems. She’s not thirsty (one underline now – before we had two). Desires for sweets is much, much less (no underlines – for a three to a zero in one month!) then I want back to the low back pain. I’m checking and everything, else is better, so why didn’t that back problem get better? I wanted location, sensations and modalities, because that is an entity stuck into the Lycopodium layer. Deep pain, worse morning, stiff, weak. (I’m doing an acute back case now.) And she gets cramps and spasms. This is what it looks like when it acts up and she gets immobilized – it’s not all the time. The dry skin is better. The back is better heat and whirlpool. No dryness of her vagina (that’s another symptom I didn’t get in the original case, that got well, which shows the hormones are balancing with Lycopodium. We don’t want to stereotype every woman who’s worse since childbirth and give sepia to all of them. But we don’t want to get too etiological either. If the symptoms are strong and clear, or if the etiology is strong and clear, and if the etiology relates to the symptoms, or if the symptoms relate to the etiology- there are few questions we ask in our minds, whichever is the clearest. To me, all I saw was gas, bloating and craving sweets. She was worried about her appearance and her weight, and so I went with lycopodium.) Less hair growth on chin (another sign that her estrogen is balancing). Low sex drive. Her sleep is fine she volunteers that she likes eggs and milk. The back pain is better pressure.

So, what would you do now? Would you repeat that Lycopodium, go for a back remedy, or go for sepia- those are pretty much your three options?

Question: repeat the Lycopodium?

RM: why would you repeat it? Has she relapsed? No. then why would you repeat it?

Remember, we’re using a high potency, and it’s still working. So, what do we do? Give an acute? And we even see hints of maybe sepia coming up. So, do we go to the sepia or treat the back? Won’t treating the back antidote the Lycopodium 200? It will if it does. What remedies would you use for the back if you treat it? Pulsatilla Rhus tox., Bryonia, magnesium

Phos., Calcarea.

I gave Calcarea carb. 12C. take as needed for the back.

Next follow –up. Date: march 18, 1987, follow- up Calcarea carb. 12C. back a little better. Soreness still there. Calc. did not help her in general, she says. Hard to get going in the mornings. Doesn't any motivation. Her energy is low. Has a lot a of gas? her abdomen. General swelling is less. She's had no gas attacks. Not waking at 3:00am. Constipations is still better, but she has incomplete emptying sensation – she has this idea that something is left in there, and she has to strain a lot. Desire for sweets. Catching pain in the back is better. Skin is becoming drier. Drinks three cups in the back is better. Skin is becoming drier. Drinks three cups of decaffeinated coffee a day. Weight is stable. Hard to lose weight increased after the hysterectomy. No hot flashes. Had a history of a lot of dreams while pregnant- had horrible dreams. And still has bad dreams even now. Dreams of accidents, where she wakes up panicky, and, she dreams of snakes. Nightmares as a child (interesting occurrence there). She worries about her children a lot. Thirst less, but when she drinks she wants warm drinks. Has liver spots. No cold hands or feet. Procrastinating again. Memory is bad. At the age of 13, she had a bad poison ivy. Last year, she had another bad incidence of poison took her six months to get over. The dry skin has been since then.

What do you do now? We gave Lycopodium and she did well. We gave Calcarea carb., the back problem got well, and she had a partial relapse of the Lycopodium case with new symptoms, in which even more Calcarea symptoms were revealed – nightmares a child, worrying about her children. And signs of sepia again – sepia is haunting us. So, what do? Do you go and treat the back with a different remedy? Do you repeat the Lycopodium? Do you go to sepia? Do you go to Calcarea carb? In a higher potency?

The main point in this case here is to go back and pick up the thread where it ended.

Forget all the theories of what this means and what that means. What was the last thing that worked, and has some of those things come back? Let's get her back to that state of health, which seems to be healthier than where she is now. So, you repeat Lycopodium.

I repeated Lycopodium 200 because it worked so well. I don't know what the 6C would've done, because that's not going back to the old thread. The old thread is what worked, and what potency. It's like you're driving down the road, and someone hits you here and someone hits you there, but there are cliffs on both sides of the road, and all you can do is stay on course. So, what I'm trying to do in this case here is, it started out well, and my only purpose now is to stay on course. Repeat the same potency and the same remedy that worked. I have a couple of does.

Next follow-up date: April 29, 1987. Lycopodium 200C worked well for two and a half to three weeks. Then symptoms 200C worked well for two and half to three weeks. Then symptoms began to return. Her attitude is bad she's irritable.

So, what would you do now? Go to a higher potency. She informed me that she took Lycopodium 1M after that, and she's felt better ever since. She's more motivated, etc. The last follow-up. Date June 5. She feels great in general. She had a bump on the chin that came out that was just like she used to get before her periods. Then she had on mental/emotional upset. She's lost ten pounds. Her back still hurts her if she over – exerts herself No constipations. No dreams of snakes. No flushing. No nightmares. She's doing better in general. So, I put down, wait, No treatment." I'm going to interfere.

Now I'm going to do a quick problem in case, and then we'll start talking about how to handle people on drugs.