

REMEDY: *Conium-maculatum*

POTENCY & REPETITION:

- *Conium* 30, 3 doses; repeated water dose.
- Later gave *Conium* 200.

FOLLOW UP

Medicine given on **23/1/2019** *Conium* 30, 3 doses.

- **31/1/2019:** He came for follow up after a week. He was happy that he could perform like before. But he was still concerned about his health. Repeated water dose of *Conium* 30.
- **18/2/2019:** He was feeling low, gave *Conium* 200, 3 doses.
- **2/3/2019:** Came happily to clinic with his son. He was much better. He no longer had impotency. He wasn't even concerned about it, only when I asked him about it, did he reply. His relation with his wife is much better since then. This time his major concern was his son's inability to concentrate on studies. Gave him SL.

- **23/3/2019:** He came with his wife to clinic as she had injured her hand. He was much better, had no guilt, his family's well being was his priority. Gave him SL.

KEYWORDS: Heedless - Frivolous - Celibacy - sexual excesses - want of moral feelings, *Conium*

EDITOR: *it is also gratifying that the inner age fits in nicely with the prescription. Not able to perform is old age from the umbeliferæ family from Sub-class 5 of the Plant Kingdom. Conium is the poison that the Greek philosopher Socrates was given, and affected muscles, nerves. Again, we all know from our Materia Medica deals mainly with old age problems- an important one being unable to perform sexually though has desire. So when a remedy fits in from all angles then the results are fantasti like in the above case. Thank you Dr Tazaeen for the case and the good selection of rubrics.*



Right judgement of susceptibility and 'H' Aggravation



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CASE: A 60 year old Muslim male retired from his scrap business, came with the following complaintson 18th December 2020. He was walking with difficulty because of stiffness of joints with deformities in his hand. Both his hands were flexed and he could not open it completely. His fingers have swan neck deformities. Both legs have oedema up to knee.

CHIEF COMPLAINTS

Location	Sensation	Modality	Accompaniment
MSS Onset 18 years ago Initially Bilateral hand & fingers Right > Left	Initially mild stiffness and could not produce sound / click from bending joints	<3 afternoon and evening (after 3 pm and < 9 pm increasing till next morning 9 to 10 am)	
Suddenly after 6-7 months Right shoulder	Sudden stiffness ³ (Could not move) Pain 3 (as if bone breaking)	<3 draft <1 cold weather >2 by warm, summer and sun	
After 2-3 years Bilateral elbow, wrist, knees, ankles & fingers of hand and feet.	Pain ² stitching type Stiffness ³ Decrease mobility Swelling+	> temporarily with on and off medication (took Allopathic for 3 years & homoeopathic for 8-10 years)	
After many years left shoulder too & Neck	Stiffness ² Decrease range of movement (mobility reduces)	< evening as compared to morning	
Gradually increasing complaints	Swelling ² Pain 2 Stiffness ² (can get up in morning but not in evening)		
Presently Bilateral fingers of hand & feet	Deformities Difficulty in rising, walking, standing feels that he will fall. Feverish		

Location	Sensation	Modality	Accompaniment
Endocrine Thyroid Onset – 4 years ago	Detected on check-up by Rheumatologist for his complaint of Joint pain	Initially started Tab Thyroxin 100 mcg but then had homoeopathic drop (R-51 BD) and reduced to 50 mcg od	
Whole body Throat	Swelling Pain Stiffness Difficulty swallowing As if ulcer in throat & difficulty eating spice	< after the stoppage of medications of thyroid	

PATIENT AS A PERSON - PHYSICAL CHARACTERISTICS

He appears to be stocky. He has warmth feeling in whole body with the chief complaints. He has scanty perspiration only on chest and face. Sometime he has acidity - burning pain in stomach with water brush, belching and tight feeling in abdomen. Poor appetite since 3 years. He tolerates hunger. He drinks 3 litres water / day by 1 glass every 2-3 hours. He craves fish+, spicy and salt (h/o extra in almost all food). Sometime he feels constipated and has unsatisfactory stool. He goes to bed by 9:30 to 10:00 pm & falls asleep easily, but unable to sleep till 1 am twice / month. He gets salivation during sleep since 1 ½ to 2 years. Dreams of family and relatives, e.g. Father's death, Fight with relatives.

LIFE SPACE

He was referred by his younger sister who is suffering with NUAPD, Eczema, coccydynia, fibromyalgia, dry eyes, and cervical spondylolysis (? Sjogren's Syndrome) & hysteria. He has 5 brothers and 2 sisters. His 2 elder brothers died recently in Covid-19. Among 2 sisters one is elder and one is younger to him. He has one daughter who married 4 years ago and is well settled. So, presently he and his wife live alonetogether. He retired from his own business 6 years ago because there is no one after him to look after the business, he cannot trust others and he is now incapable of running the business due to age and physical problem of RA. His childhood had tension. He studied till 6th standard. He was not interested in study so at 12 years of age father sent him to Surat from Jalgaon which was his home town. At Surat, initially he learnt diamond work and stayed with maternal uncle and aunt. They did not take care of him well, so he asked his parents to take him back to Jalgaon but father was against his wish and he had to stay there for 4 years and it was stressful. After that father shifted him from Maternal Uncle's (*Mama's* place) to Paternal Aunt (*bua's*) place in Surat but it was same for him and not get proper food and

satisfaction. So, he went to his home at Jalgaon under tension to stay with his parents but very next day after reaching home his father sent him back to Surat with his elder brother. After coming to Surat he ran away to Mumbai, stayed for 10 days on the road and went back to Jalgaon but not his home. He joined tailor work in Jalgaon but did not inform his family. After 3 months some relative saw him and informed his parents, who then took him back home and then gradually he settled down. He was just 17 years old.

After that he thought to do a business and spoke with his father for scrap business since his eldest brother was working in Taj Hotel at Mumbai, other siblings were studying and he was doing nothing. Father allowed him to start scrap business and he did it with a good success. He was just settled with this business when his elder brother who was working in Taj Hotel, lost his job and came back to Jalgaon. Father told him to give this scrap business (which was developed by him) to this elder brother and go to Surat since he has both skills (Diamond and tailoring). He was stressed because he did not want to go to Surat again. He felt that he has started this business with lot of dedication/ hard work. This created a lot of tension in whole family. By this time, he was married, so his fatherpersuadedin-laws to pressure him and ultimately, he came to Surat again and gave this well-established business to his elder brother. He was 31 years old around this time.

After coming to Surat, he started working at diamond office but disliked working under someone (*gulamijamatinahithi*). He was not able to get himself adjusted in diamond work. He did not like to work with anxiety/ pressure and under restriction of someone, so he left the job in short span and started scrap business in Surat with lot of hard work. Then he settled well and was happy because he has set this business and it flourished. He has an opinion for his life that- business to be done with our time and in our own way.

After sometime, his younger brother came and settled with him since he got an opportunity in his own business. Brother got an opportunity to develop his own business, so he left everything, came to Surat and started staying with him 22 years ago. Brother made loss in this business within a year so whole family was under tension. Other side the elder brother who has taken over on his scrap business at Jalgaon had a loss and could not handle that business so he also went to Surat and started staying with him. Now, here again father pressurised him to give his running business of scrap to this elder brother. He refused this offer and problems started in family. His partner has also rejected to join his brother in this scrap business and supported patient's opinion. Gradually pressure built up on him from father & elder brother, they started abusing him, torturing him, frequently quarrelling and problems were created at home. So, he came out of this house and separated himself from this joint family. Within 5 months he could not bear the poor condition of the brothers/ family so came back and started shouldering the expenses of whole family. This was the situation around 13 years ago. He has another younger brother who is working at Parle Biscuit Mill.

He was feeling their torture of abusing him & quarrelling with his wife. He did not like that. He did not feel peace in life. He did not understand why they hated him. His 2nd brother was with him and all others are against him. He did not listen to them, did not take part in any of their wrong matter. He does not get involved with them. Father and elder brother were completely against him. Father was feeling that he himself was doing wrong but had to do it under pressure of elder brother. During entire period of quarrel and disharmony he was quiet and well behaved with them. He talked with them, initiated conversations and met them. Initially he had bitter feelings, but overcame it in a short time. His mother was able to see and understand that only he has supported the entire family even though

others were abusing him. So, she has advised all brothers to get separated. Gradually all brother got settled and separated and now since 8-10 years no such torture in family, his parents were staying with him. Presently his 2 elder brothers died in Covid and father also passed away.

He did this scrap business for 24 years and not a single police case or any mishap. He was staying above warehouse so he could handle the business well. His wife is good and supportive.

He described his nature as angry and irritable. He gets angry at trifles. Sometime he gets irritated even when wife says some good things for him, then he realises and repents. His irritability increases when he has pain in joints. He does not tolerate any disturbance in his life. He had anxiety when his business was new and thought that how to run family but this anxiety went away once business was set.

REACTIONS PHYSICAL FACTORS

- Time: < Afternoon & evening³ (3 pm after and 9 pm), > in morning
- Meteorological: < cold, < cold weather, < draft³, >2 in sun, > summer, > by warm².

Thermal state: No need of woollen, and heat cannot tolerate (feels *bechaini*), C2H3

Cold feels more with chief complaints

PARAMETERS	WINTER	SUMMER	MONSOON
Bath	Hot	Hot	Hot
Covering	1 thick Rajai	1 thin sheet	1 moderate sheet
Fan	3	5	4-5

PAST HISTORY: Haemorrhoidectomy – 20 years ago

FAMILY HISTORY

- Rheumatoid Arthritis: Mother & sister
- Asthma: Father
- Prostate cancer: Brother
- Diabetes Mellitus: 2 elder brother
- Covid – 19: Brother and Fa died
- IHD: Elder brother died
- Hypertension: Elder brother

PHYSICAL EXAMINATION

- Weight: 81 kg
- BP:136/84
- MSS – ROM – Restricted++ from Bilateral elbow and fingers
- Deformities – Swan neck and deformities in almost all fingers
- Swelling – Bilateral Pitting oedema*up to knees
- Right Knee – Swelling++, ROM pain full but free

INVESTIGATIONS

- 15-08-18:
 - o ANA = Negative
 - o Anti CCP – 5 (0 to 5)
- 14-12-2020
 - o X-Ray Bilateral Knees: Osteophyte formation at articular margin of femur, tibia & Patella. P/O Degenerative changes. Markedly reduced joint space more on Lateral component of right side & medial compartment of left side.

	SUric Acid	TSH	T3	T4	HB	ESR – I / II hr	R.A Titre
09-10-2017		10.778					
01-01-2018		9.15					
12-12-2018		9.96					
07-08-2020	7.0	7.260					
12-12-2020	5.6						2266
07-01-2021		10.610	93.57	4.2	10.8	85/100	
31-07-2021	5.71	9.94	0.70	5.9	10.6	48	> 1000

CLINICAL DIAGNOSIS

- Rheumatoid Arthritis
- Autoimmune Hypothyroidism (D/D – Hashimoto thyroiditis)

DISCUSSION

Looking at the available central dispositional quality of egotism, self-willed, intellectual & irritable man with characteristic modality of evening aggravation in cases of Rheumatoid arthritis where usually common modality of morning aggravation

we see and concomitant complain of belching suggests *Lycopodium* as a final choice of remedy. Chronic process for many years with autoimmune inflammatory arthritis followed by autoimmune hypothyroidism, as a gradual development with silent destruction of bone leading to deformities will suggest the Sycotic going toward syphilitic Miasm. Stiffness, immobility, swelling suggest the dominance of Sycotic Miasm indicating *Thuja* as an inter-current remedy.

SUSCEPTIBILITY CALCULATION

No	Define with reasons the state	Potency	Repetition
1	Susceptibility:		
	Mind & Body – Moderate,	Moderate	Infrequent
2	Sensitivity:		
	Physical general & Mind – Moderate	Moderate	Infrequent
3	Suppression: Emotional suppression,	Moderate	Infrequent to frequent
4.	Correspondence (degree & level)	Const. Rx	
	Total – Mental disposition, physical general & particular and modalities	Moderate to high	Infrequent
5.	Correspondence (degree & level)	Sector Rx	

6.	Correspondence (degree & level)	Intercurrent Rx	
	Total – at processing and physical level	Low to moderate	Infrequent
7.	Functional changes:		
8.	Structural changes: Destructive and Irreversible	Low	Frequent
9.	General vitality: Good, but functional impairment because of immobility	Low to Moderate	Frequent
10.	Presentation		
	A. Fundamental Miasm: Syco3, tub1, Syphilitic1	Moderate	Infrequent
	B. Dominant Miasm: Sycotic	Moderate	Infrequent
	C. Sector (Acute / Exacerbation)		

So finally, we have concluded the low to moderate state of susceptibility and decided to give frequent repetition.

We have started with *Lyc* 30 with moderate repetition (Twice a day) on 18-12-2020. Here the indicated state and constitutional level it is similar

remedy and overall understanding of susceptibility is moderate but since the stage of pathology is structural irreversible it is advisable to go safe and start with little lower potency and give frequently to stimulate and prepare the system to receive the higher potency.

Date	FU Analysis				Interpretation		Action
	Subjec- t i v e Distress	Gen- e r a l	Disease a c t i v i t y	New Symptoms	Susceptibility Sensitivity Reactivity	C l i n i c a l T h i n k i n g D i s e a s e d i a g n o s i s d i r e c t i o n	
26 - 12-20 to 21 - 01-21	>>	>>	>>	Right Temporo- mandibular joint pain	Low to moderate	Rheumatoid Arthritis	<i>Lyc</i> 30 BD daily repetition
22 - 01-21 to 21 - 02-21	<<	<<	<<	As above	Moderate	As above	<i>Thuja</i> 30 1 dose <i>Lyc</i> 30 QDS daily.
22 - 02-21	<<	<<<	<<	A b d o m i n a l t i g h t n e s s a n d l e g p a i n	Moderate	A c u t e s y n o v i t i s	<i>Bry</i> 30 tds for 4 days

26-2-21	<++	<++	<++ Right knee swelling ³ ,	Burning in stomach and knees, with suppurating right knee pain, constipation	Moderate to high	Acute inflammatory state of Autoimmune rheumatoid arthritis	Lyco 200 tds for 1 week
04-03-21	<3 (Pt felt - dose was too high)	<3	>+	Better after 2 days off treatment	Moderate to high	Rheumatoid Arthritis	SL
12-03-21 to 11-04-21	>2	>2	>2	-	High	-	SL
12-04-21	+	>1	>2	Dry mouth and cough, Urticaria	High	-	Lyco 200 3P for 1 week
19-04-21 to 17-05-21	↑/↓	>2	>2	Persistent Urticaria	High	-	SL
18-05-21	+	>1	>2	Increase Urticaria, Increase shoulder pain	High	-	Sulph 200 3P for 1 week
29-05-21	++	<+	<1		High		Lyco 0/1 daily HS
05-06-21 to 16-07-21	>2	>2	>2		High		SL
17-07-21	>1	>1	>2		High		Lyco 200 1p in water every 2 weeks

Looking at the follow up and response it is evident that he was aggravated with frequent repetition of *Lycopodium* 200 on 26-02-2020. His right knee swelling was so severe that it was 2 times bigger in size in compare to left knee. Right knee was

warm and expressing the signs of inflammation. It was the crucial time for any physician to take action accordingly. Wrong interpretation and judgement will directly affect the management of whole case. Severe swelling and signs of inflammation were

definite indications for any physician to take action and give some remedy. But here it was the judgement that the complaints were aggravated because of frequent stimulation by remedy given in higher potency. And the learning concluded was the deep acting similar remedy given in frequent repetition was not needed in this moderately susceptible

individual. Finally, this case is responding well with moderate potency 200 and infrequent repetition of one dose weekly.

KEYWORDS: Homoeopathic Aggravation, rheumatoid arthritis, susceptibility, potency, *Lyco, Thuja*

Asks for nothing



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ABSTRACT: This case is an excellent example of healing gently and quickly, a chronic disease with a homoeopathic *Simillimum*.

CASE: Master NN, a 13 year old boy was brought for Recurrent Upper Respiratory Tract Infection since he was 5 years old. It begins with nose block with great difficulty in breathing, followed by coryza, thick yellowish greenish or greyish nasal discharge. Happens immediately after eating ice-cream or by draft of fan > by steam inhalation. Has to put Otrivin Nasal drops TDS daily. Often takes a course of antibiotics.

ACCOMPANYING COMPLAINTS

- Skin: Urticaria – Once in 2-3 days. Redness of skin. A/F: Tomato, lemon, sour.
- Face: White patches on cheekbones below eyes. Once in 1-2 months. Applies: Flutivat

PHYSICAL GENERALS

- APPETITE: Normal
- THIRST: Normal
- URINE: Normal
- CRAVING: Sweet, Spicy, Milk ++++, Milk products +++, Ice cream, Chocolate. He is a foodie. Took

mother's milk only for 2 months.

- BIRTH: C- Section, at the beginning of 9th month. Mother got early pains, as carrying twins.
- BIRTH WEIGHT: 2.75kg. Milestones – Delayed.
- DREAMS: Mother said that he gets horror dreams and wakes up with a *jhatka*. Patient said they are all meaningless.

MENTAL STATE: Mother said, "He is very cool by nature. If he is hurt, he is very normal. No panic, *humein pata hi nahi chalta ki use lagi hai. Uska tolerance bohot hai, patience bhi bahut hai.* His body is heavily built. There is no movement for a long time. Even as a child when he was small, he was same. As a child, he would just ask for milk and sleep and do nothing else. That milk and sleep would be sufficient for him. He would write mirror image of few letters like E, 3, C, 5. So mother thought is he special child? When mother is sick, *voh andar se bahut care karta hai.* When he is sick, no changes, no complaints, he eats regularly and his activities