

Importance of Temperament in Homoeopathic Prescription- A Case Report

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Abstract

Chronic disease like Irritable Bowel Syndrome is mainly caused by psychological disorder. Recurrent diarrhoea is one of the most common complaints in IBS. Hahnemann has given the concept of temperaments and even in chronic disease people can get idea about it. Other stalwarts of homoeopathy like Dr Hering & Dr. Allen also advocated prescription & remedy selection on the basis of deviation of temperaments in the diseased state. The words choleric/bilious; phlegmatic/pituitous; sanguine/blood; and melancholic/nervous written in Herring's Guiding Symptoms, Allen's Keynotes, and many other of the old books on Homeopathy.

Keywords: Irritable Bowel Syndrome, Temperament, Homoeopathy, Lycopodium.

CASE REPORT

A 27 years aged female visited our OPD with recurrent diarrhoea and bloating sensation since 6 months. Can't sit or stand for too long, feels uncomfortable.

- Whitish, watery diarrhoea, sudden urging and scanty. Tympanic heaviness sensation below the umbilicus. Pain in the lower abdomen below the navel. The pain starts gradually, heaviness more towards the evening. Flatus doesn't pass accumulation below the navel. Sensation as if gas is moving in the abdomen.
- Tight sensation below the navel, can't wear jeans or tie knots of pyjama it causes pain and discomfort in the patients.
- When in stress or having some anticipatory anxiety like before performing at seminars or hosting in front of a large crowd she has this constant urge to stool.
- Eats little but feels full. Eating and fasting both leads to the complaints of diarrhoea and tight sensation below the navel.

Modalities:- Aggravation from tight cloth around the waist, from eating or fasting, evening after 3pm, and from apprehension or anxiety.

HOPC-

Six months back had started the complains of recurrent diarrhea with accumulation of gas in the abdomen after she was broke up by her boyfriend. In the month of June she broke up with him because he was not willingly to marry her by giving her reason that his family were against love marriage. That time she used to cry a lot and discuss about her problems to her friends who were very co-operative. During those days she used to have heaviness in the abdomen, feeling hungry but on eat it used to lead to urging to stool. Early morning mood swings with tendency to weep alone in her room. At times sleepless feeling all alone and deserted by everyone. She used to feel if only she had not being in this relationship she wouldn't have to go through all this. In the month of November it came to her as a shock when she came to know that her boyfriend got engaged to a girl with whom she was acquainted and that it was a love affair. That time it was very shocking for her to know that he was cheating her and dating this girl at the same time. This was something she hadn't imagined would be reason , she felt her trust was broken by him and he could have atleast told her the truth instead of playing or fooling her around, her self esteem was in a toss as she started to think that because she isn't fair skinned girl he left her for that other girl. She developed inferiority complex with nervousness. At the least stress she would develop pain in the abdomen with, inability to eat and constant urging to stool. Gradually recurrent diarrhoea started to happen.

ASSOCIATED COMPLAINTS:

Premature graying of hair.

TENDENCY TO:

Tonsillitis in the past , had taken homoeopathic treatment.

PERSONAL HISTORY:

Appetite :- Eats morsel full and feels full. It started since last 6 months.

Desire :- Craving for sweets have increases which was not earlier.

Aversion:- Nothing specific

Thirst :- Moderate

Addictions :- Nil

Urine:- Normal

Stool:- Recurrent episodes of diarrhea , yellowish watery moderate in quantity, every 10-15 days, on other days normal stool.

Sleep:- Adequate

Dreams:- Not remembered

Perspiration:- Profuse foul smelling, all over the body.

Allergy:- NAD

Mile stones:- Normal

Vaccination:- Done

MENSTRUAL HISTORY

Menarche:- 11yrs

Cycle:- 30-45days

Duration:- 3-4days

Colour:- Dark red, sometimes clot present.

Quantity:- Moderate

Concomitant :- Premenstrual syndrome of mental depression, mood swings with brooding over the past 15days prior to her menses.

Leucorrhoea:- NAD

Menopause-

LIFE SPACE:-

She is an intelligent girl and very ambitious, she prefers company and has many friends. Very friendly and jovial in nature. Although she can stay alone but wants someone to be around her. She gets angry very easily. When angry doesn't say anything but when it comes to her parents and siblings she is very dominating and quarrelsome. Avoids confrontations with people, very egoistic. Gets subdued by people of higher authority. Has inferiority complexity. Absent minded. Forgets things don't recently. Although has very sharp memory but tends to forget names of people.

PAST HISTORY-

DISEASE	AGE
Liver enlargement, fatty liver	3 years
Chicken pox	8years
Wet eczema	13years
Typhoid	16years

FAMILY HISTORY

Relation	Alive	Major illness	Death	Cause of death
Father	✓	Healthy	-	-
Mother	✓	Hypertension & diabetes	-	-
Paternal grandpa	-	-	✓	Stroke
Paternal grandma	-	-	✓	Broncho-pneumonia
Maternal grandpa	-	-	✓	Stroke
Maternal grandma	-	Cervical cancer, survived for 15yrs post chemo.	✓	Natural death
Sister	✓	PCOD	-	-

PHYSICAL EXAMINATION

Vital signs

Pulse	B.P	R.R	TEMP
96/min	110/70 mm of Hg	16/min	98F

GENERAL EXAMINATION

Built:- Slim body

Height:- 5'2"

Weight :- 53kgs

Teeth :- White , no caries.

Tongue:- Clean, moist

Nails:- Pink

Hair:- Premature graying of hair since the age of 8yrs.

Oedema :- NAD

Warts:- NAD

Keloids :- Hypertrophied scar tissue on the right arm post injury.

Moles :- NAD

SYSTEMIC EXAMINATION

C.V.S--- NAD

R.S--- NAD

C.N.S--- NAD

G.I.T--- NAD

INVESTIGATIONS

Stool examination :- No amoebic infestation , ruling out chronic amoebic infection.

OBSERVATIONS ---

DISEASE DIAGNOSIS- Irritable Bowel Syndrome

DIAGNOSIS OF THE MIASM- Dominant Miasm Psora

1. System in which disease is active: GIT
2. Other system affected: None
3. Pace of disease development: Moderate
4. Actively involved organs or tissues:
5. Pathological changes: Inflammation of large intestine
6. Expressions of affected parts: Loose watery stool, increased frequency of stool, flatulence, heaviness and pain below the navel region.

FUNDAMENTAL MIASM: Syphilis

Past history:

DISEASE	PSORA	SYCOSIS	SYPHILIS
Fatty liver	-	✓	-
Chicken pox	✓	-	-
Wet eczema	✓	-	-
Typhoid	-	-	✓

Family history:-

DISEASE	PSORA	SYCOSIS	SYPHILIS
Hypertension	-	✓	-
Diabetes	-	-	✓
Broncho-pneumonia	✓	-	-
Stroke	-	✓	-
Cervical cancer	-	-	✓

TOTALITY OF SYMPTOMS:-

- 1) Ambitious
- 2) Inferiority complex
- 3) Dominating
- 4) Egoistic
- 5) Can't stay alone wants someone around

- 6) Suppressed anger
- 7) Satiety after morsel full.
- 8) Pain below the umbilicus
- 9) Accumulation of flatus below the navel.

TEMPERAMENTAL ANALYSIS

Emotional make up: - Egoistic, ambitious, dominating and anger.

Will- Strong

Memory- Sharp

Reactivity: - Fast

Temperament: - Choleric

PRESCRIPTION- Lycopodium 200 T.D.S for 3 days followed by S.L for 4 days.

FOLLOW UP

Date	Complaints	Prescription
22/12/2022	Lower abdominal heaviness, below navel region. Bloating sensation with constant urging to stool. Recurrent diahorrea.	Lycopodium 200 T.D.S for 3 days followed by S.L for 4days.
30/12/2022	Relief in symptoms.	S.L For 15 days
10/01/2023	Pain in abdomen again,diahhorea with heaviness in the abdomen below the navel region aggravation after taking food and in the evening.	Lycopodium 200 B.D.S for 3days followed by S.L for 7days.
17/01/2023	Better no diahorrea.	Lycopodium 200 stat followed by S.L for 15 days.
23/02/2023	Heaviness and bloated feeling in the abdomen in the evening. Flatulence with pressure below the navel region of abdomen. This time no episodes of diahorrea but constant urging to stool. With no stool passed.	Lycopodium 200 B.D.S for 3days followed by S.L for one week.
15/05/2023	Pain in abdomen with , pressure and flatus accumulation below the navel region since 2dyas. Aggravation in the evening and from taking food. Constant urging to stool even after evacuation. Stool normal.	Lycopodium 1M stat followed by S.L for 7 days.
25/05/2023	Better	S.L for 7 Days

RESULT- Cured.

CONCLUSION- Homoeopathic medicine Lycopodium has been found effective in the treatment of recurrent diarrhea when prescribed on the basis of temperament analysis and symptom similarity.

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