

# CASE STUDY



## ■ **Patient Summary:**

*A 47-yr old, female patient presents with c/o asthma, headache and coryza.*

## ■ **Personal Data:**

- Name: *Shaikh Hasina*
- Age/Sex: *47/F*
- Religion/Nationality: *Muslim/Indian*
- Name of Husband: *Shaikh Usman*
- Marital Status: *Married*
- Family Size: *6*
- Diet: *Mixed*
- Address: *Rakhiyal, Ahmedabad*



## ✓ Chief Presenting Complaints:

- (1) Breathlessness and coughing after working in water for a long time.
- She has to lie down to get relief, otherwise feels breathless whole day.
  - Dyspnoea
    - < *exposure to dust, smoke, cold winds, putting the feet on cold floor.*
    - > *drinking warm water, lying down.*
  - Sputum scanty, yellowish white
  - During coughing, she feels heaviness and tightness of chest, feels that her lungs are filled with cough, but it does not come out even after exhaustive coughing.



- Frequent, loud eructations during coughing.
- **History of previous attacks:** Asthamtic attacks started 2 yrs ago in monsoon season.
  - She had severe coughing and dypnoea.
  - She was exhausted and she had no stamina to sit or stand, > lying down.
  - She had to get up to expectorate sputum everytime.
  - Was admitted to the hospital then.
  - She was diagnosed with asthma and giiven anti-histamines.
  - They gave no relief, so she was given bronchodilators and is using inhaler.



- **Chief Complaint No. (2): Headache:**
  - Duration: *since 2 yrs*
  - Location: *Vertex and temporal region*
  - Sensation: *Bursting (sar fata jata hai)*
  - *Starts after she gets up in morning, > after drinking tea*
  - *< at night, thinking too much, stress of work.*
  - *> by tight bandaging, sleep*
  - *Headache after standing under the sun, > by sleeping*



## ✓ Associated Complaints:

### 1. Allergic Rhinitis:

- *Coryza, recurrent, on exposure to cold, dust, etc.*
- *Watery discharge from nose and eyes with itching of eyes.*
- *Patient was taking Anti-histamine tablets for this since 2-3 months, but little relief only.*
- *So, she takes Cetrizine now but no relief still.*



## ✓ **Past History:**

- *Allergic Rhinitis & Asthma since 2 yrs*
- *Allopathy treatment taken – Little relief*

## ✓ **Family History:**

- *Mother: Hypertension*

## ✓ **Gynaecological History:**

- *Menarche: at 14 yrs of age*
- *Recent details of Menstrual Cycle:*
  - *Cycle: Irregular, Got menses after 2 months, lasted for 3-4 days*
  - *Quantity: profuse, exhaustive*



- *Consistency: Partly fluid, partly clotted*
- *Character: Dark red, bland*
- *Before menses: Severe abdominal and calf pain, heaviness in lower abdomen.*

✓ **Obstetric History:**

- *Children: 3, first two FTND, third child – LSCS*





## ✓ Physical Generals:

- Appearance: *Fair, puffy face, well built*
- Appetite: *2-3 meals/day, mixed diet*
- Thirst: *changes acc. to weather, frequent thirst in summer 10-11 glasses/day, in winter only 3-4 glasses/day*
- A/F: *working in water, cold air, dust, pollution*
- Aggravation: *Noise, Cold, mental exertion, heat of sun*
- Amelioration: *sleep, lying down, warm water*
- Cravings: *Spicy food*
- Stool: *Satisfactory, Once/day*
- Urine: *6-7 times/day*



- Perspiration: *More on axilla & neck*
- Dreams: *of daily work, of her mother, of travelling*
- Sleep: *5-6hrs, easily disturbed due to slightest noise like door opening or phone vibrating*
- Thermal: *Ambithermal, sensitive to cold air but also can't bear hot weather*
- General Sensation: *Heaviness*



## ✓ **Mental Generals:** (as narrated by the patient)

- *I become irritated when my work is not done on proper time. I fix time for every work and if it is not done accordingly, I get irritated. Otherwise, I have good nature.*
- *I do every work with proper planning and if anything goes wrong, I get really angry and loud and start to scold my children, that they have no regard to my work and don't do their work properly.*
- *During anger, I do my work very hastily. Only after finishing it, I become normal*
- *If my sleep is disturbed, then also I get very angry and get headache and I have to wake up then as I don't get sleep again and I scold the person responsible.*



- *My mother lives far away from me, I can't meet her often and I am very anxious about her health as she has OA and she can't do her daily activities. I get sad for her sufferings.*
- *I miss her and cry alone everytime I miss her. I will get happy only when she is better, otherwise I would keep thinking about her constantly (she gets emotional)*
- *I usually see my mother in my dreams, that I'm with her, my mother is preparing food for me.*
- *I get dreams that when i return home, my children are lost and I am anxiously searching for them and I wake up suddenly.*



## ✓ **Physical Examination:**

- *Conscious*
- *General appearance: Fair, puffy face, well built*
- *Height: 5'2"*
- *Weight: 60kg*
- *Anaemia: No*
- *Oedema: slight on face*
- *Conjunctiva: Pink*
- *Nails: Pinkish*
- *Tongue: Pink and clean*
- *Gait: Normal*



## ■ **Vital Data:**

- Blood Pressure: *138/88 mm of Hg*
- Pulse: *76/min*
- Temp: *97.8<sup>^</sup>F*
- Respiratory rate: *22/min*

## ■ **Systemic Examination:**

- Respiratory System: *Nose is slightly red. On auscultation, slight wheezing and rhonchi are audible, expiration is prolonged.*
- CVS: *Normal heart sounds, S1, S2 normal*
- CNS: *All reflexes are normal*
- GI system: *Bloated abdomen*



▪ **Lab investigations:**

1. **CBC:** Hb-10.6gm%, *high eosinophilic count, 7% of TLC, high IgE level around 4000U/ml*
2. **Allergy test:** *positive for dust, smoke*

▪ **Differential Diagnosis:**

- Atopic(allergic) Asthma
- Chronic Bronchitis
- Obstructive Bronchitis

▪ **Final Diagnosis:**

- **Allergic Asthma**(moderate persistent)



## ✓ Analysis of symptoms:

- *Dypnoea & coughing from working in water (UPPS)*
- *Dyspnoea*
  - *< exposure to dust, smoke, cold winds, putting the feet on cold floor*
  - *> drinking warm water, lying down. (UC Modality)*
- *Coughing with loud eructations. (UPPS)*
- *Asthma < in rainy weather (CPPS)*
- *Scanty, yellowish white sputum even with exhaustive coughing. (UPPS)*
- *Heaviness and tightness of chest (CPPS)*
- *Headache, vertex and temporal, bursting pain. (UPPS)*





- *Headache < at night, early morning, mental exertion, sun, > by tight bandage, sleep. (UC Modality)*
- *Frequent coryza from allergy. (CPPS)*
- *Profuse menses after amenorrhea for 2 months-menopausal (CPGS)*
- *Sleep disturbed by slightest noise. (UPGS)*
- *Craving for spicy food. (UPGS)*
- *Needs every work to be done at perfect time (UMGS)*
- *Anger and Irritation, if work is not done properly (UMGS)*
- *Scolds people if her work is not done on time (UMGS)*
- *Works hurriedly when angry (UMGS)*



- *Anxious about her mother's health, dreams of her. (UMGS)*
- *Dreams of her mother, of travelling or that her children are lost. (UMGS)*
- *Weeps alone when sad. (UMGS)*



## ✓ Evaluation of Symptoms:

- Dreams of her mother, of travelling to her mother's home or that her children are lost.
- Needs every work to be done at perfect time+++
- Anger and Irritation, scolds people if her work is not done properly+++
- Works hurriedly when angry
- Anxious about her mother's health++
- Weeps alone when sad.+
- Sleep disturbed by slightest noise. ++
- Craving for spicy food.
- Dypnoea & coughing from working in water



- Dyspnoea : < exposure to dust, smoke, cold winds, putting the feet on cold floor, > lying down.
- Cough > drinking warm water
- Coughing with loud eructations.
- Asthma < in rainy weather
- Scanty, yellowish white sputum even with exhaustive coughing.
- Heaviness and tightness of chest
- Headache, vertex and temporal, bursting pain.
- Headache < at night, early morning, mental exertion, sun, > by tight bandage, sleep, tea
- Frequent coryza from allergy.



## ✓ **Totality of Symptoms:**

- *Dreams of her mother, of travelling to her mother's home or that her children are lost.*
- *Needs every work to be done at perfect time*
- *Anger and Irritation, scolds people if her work is not done properly*
- *Works hurriedly when angry*
- *Sleep disturbed by slightest noise.*
- *Dypnoea & coughing from working in water*
- *Dyspnoea : < exposure to dust, smoke, cold winds, putting the feet on cold floor, > lying down.*
- *Cough > drinking warm water*
- *Coughing with loud eructations.*



- *Heaviness of chest*
- *Headache, vertex and temporal, bursting pain.*
- *Headache < at night, early morning, mental exertion, sun, > by tight bandage, sleep, tea*
- *A/F: rainy weather, putting feet on cold floor*



# ✓ Miasmatic Evaluation

- **Family History:** *OA – Syphilis*
- **Mind:**
  - *Easily angered – Psora*
  - *Irritable – Psora*
  - *Quick and hurried motion – Psora*
  - *< mental exertion – Psora*
- **Body:**
  - *Dyspnoea > by lying down – Psora*
  - *> by warm drinks – Psora*
  - *Cough with scanty expectoration – Psora*



- *Asthma < in rainy weather – Sycotic*
  - *Headache < heat of sun – Psora*
  - *Allergy or atopy, frequent coryza – Psora*
- 
- *The Dominant miasm is therefore – PSORA*
  - **Susceptibility: HIGH**





## ✓ **Repertorisation:** (Kent's Repertory)

- Since the case covers a lot of mental symptoms, we used Kent's repertory.

### - **Rubrics:**

1. **Dreams, anxious** (K. 1236, Sleep)
2. **Anxiety, dreams, on waking from frightful** (K. 6, Mind)
3. **Irritability, business about** (K. 58, Mind)
4. **Fastidiousness** (K. 42, Mind)
5. **Hurry, occupation in** (K. 52, Mind)
6. **Sleeplessness, noise slight from** (K. 1254, Sleep)
7. **Heaviness, internally** (K. 1367, Generalities)



- 8. Cough, warm drink ameliorates (K. 810, Cough)**
- 9. Cold, tendency to take (K.1349, Generalities)**
- 10. Oppression, coughing when (K. 839, Chest)**

▪ **Similar group of remedies:**

1. Aconite: 10/4
2. Natrum mur: 11/5
3. Arsenic alb: 14/7
4. Nux Vomica: 16/6
5. Kali carb: 10/4
6. Phosphorus: 11/4
7. Silicea: 15/6



- **Remedies indicated:**

- Nux Vomica
- Natrum mur
- Arsenic alb
- Silicea

- **Prescription:**

- ✓ **Nux vomica 200C**
- SL BD – 15 days (4-4 pills)



# THANK YOU

- Case taken by: Ansari Farhin
- Presented by: Ansari Farhin  
Airao Foram
- Presentation by: Ansari Shaziya

