

Case 3

Ms T. T., 33 yrs old: rheumatoid arthritis, migraine and gastritis

Ms T., an immigrant from Macedonia, has been suffering from gastritis for four years, with severe pains when she has an empty stomach. Due to the suspicion of *ulcus ventriculi*, she has twice had gastroscopy followed by treatment with a proton-pump inhibitor (PPI), following which the stomach pains disappeared. At the same time the migraine attacks (an existing condition) increased in frequency and intensity, but returned to their previous level after stopping the PPI. 18 months ago she began to suffer from rheumatoid arthritis which affected the knee and ankle joints as well as the right elbow. The non-steroidal anti-rheumatic (NSAR) medication prescribed for this again exacerbated the gastritis, which was treated once more with a PPI. As expected, the headaches again increased. The patient now hopes homeopathy can help her escape this vicious circle. The only additional complaint she mentions is that she often suffers from colds and coughs.

Ms T. is a stocky and rather overweight patient with pale skin. She has slight swelling and warmth in the affected joints, otherwise no pathological findings. Despite our doubts about whether her German is adequate for us to communicate well enough for homeopathic treatment, we decide to give it a try.

She prepares for the main casetaking by filling out the following questionnaires:

| | | |
|-------------------------------|---|---|
| <i>Musculoskeletal System</i> | → | rheumatoid arthritis |
| <i>Gastrointestinal Tract</i> | → | gastritis |
| <i>Neurology</i> | → | migraine |
| <i>Additional Complaints</i> | → | tendency to infection and additional complaints |
| <i>Background</i> | → | familial and work-related influences |

During the main casetaking, we discuss every symptom that the patient has marked on the questionnaire. After we have asked some additional questions, we create the case log.

Case log T. T.

| T.T., 33 years old | | | | | | | | | | | |
|---|----------------------------|---|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| Diagnosis, Start of symptoms | Frequency of complaints | Date of consultation DD/MM/YYYY (right) Characteristic symptoms (below) | 27.04.2009 | 27.05.2009 | 26.06.2009 | 07.08.2009 | 07.09.2009 | 12.10.2009 | 10.11.2009 | 21.12.2009 | 22.01.2010 |
| | | Average symptom intensity (scale 10-0) | 6.3 | 5.0 | 2.7 | 1.7 | 1.3 | 0 | 0 | 0 | 0 |
| | | Subjective improvement (scale 0-10) | 0 | 5 | 7 | 7 | 8 | 10 | 10 | 10 | 10 |
| Rheumatoid Arthritis 2008 | Daily | Sharp joint pain Bone pain < Change of weather < Fatigue < Initial movement [< After waking up – P] * < After getting up from bed – P [< Cold / > warmth – P] ** > Lying [on side – P] *** > Rubbing – P [> Rest – P] **** | 8 | 7 | 3 | 3 | 2 | 0 | 0 | 0 | 0 |
| Gastritis 2005 | 3x per week | Burning of inner parts < Empty stomach – P < Warm food – P < Sitting – P < Standing – P > Lying [on side – P] *** > Wrapping up warmly – P > Open air – P ***** | 6 | 5 | 4 | 1 | 1 | 0 | 0 | 0 | 0 |

Key: < = worse, > = better, P = polar symptom

| Diagnosis, Start of symptoms | Frequency of complaints | Date of consultation DD/MM/YYYY (right) | 27.04.2009 | 27.05.2009 | 26.06.2009 | 07.08.2009 | 07.09.2009 | 12.10.2009 | 10.11.2009 | 21.12.2009 | 22.01.2010 |
|---------------------------------|-------------------------------|--|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| | | Characteristic symptoms (below) | | | | | | | | | |
| Migraine 2004 | 1-2x per week | Hammering, pulsating < Emotion (< Stress) < Light – P < Standing – P < Sitting – P < In room – P ***** < Fatigue < Evening > Movement – P > Lying [on side – P] *** [> Cold – P] ** > Pressure – P | 5 | 3 | 1 | 1 | 1 | 0 | 0 | 0 | 0 |

Clarification of the symptoms for the repertorisation

* Means: < after getting up from bed

** Contradictory symptoms, omit

*** The original symptom is clarified:

> lying becomes > lying on side

**** > Rest means: > lying (on side)

***** > *in open air* / < *in room* are rubrics with identical remedies.

The use of both symptoms does not lead to an incorrect remedy but it artificially inflates the polarity difference. So we repertorise with only one of these two symptoms. The same is true with, for example, < *warmth* / > *cold* and < *wrapping up* / > *uncovering*.

Repertorisation (*Boenninghausen's Therapeutic Pocketbook 2000*)

| | Rhus. | Mag-m. | Phos. | Bry. | Puls. | Nat-c. | Sep. | Sulph. | Nux-v. | Caust. | Mag-c. | Ign. | Canth. |
|---|-----------|-----------|-----------|-----------|----------|-----------|----------|----------|-----------|----------|----------|----------|----------|
| Number of hits | 11 | 11 | 11 | 11 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| Sum of grades | 30 | 24 | 23 | 20 | 26 | 23 | 23 | 19 | 19 | 18 | 18 | 18 | 17 |
| Polarity difference | 15 | 17 | -1 | -2 | 5 | 10 | 7 | 0 | -9 | 3 | 6 | 0 | 5 |
| < rising from bed, after getting up (p) [80] | 4 | 2 | 3 | 2 | 3 | 1 | 2 | 3 | 3 | 1 | 2 | 3 | 2 |
| > lying, on side (p) [46] | 2 | 1 | 3 | 2 | 1 | 1 | 2 | 1 | 4 | 2 | | 1 | 2 |
| > rubbing (p) [74] | 2 | 2 | 4 | 2 | | 4 | | 3 | 1 | 1 | 2 | 3 | 4 |
| < stomach, empty, before breakfast (p) [57] | 2 | 1 | 1 | 1 | 1 | 1 | 3 | 2 | 2 | 1 | 1 | 3 | 1 |
| < food and drink, hot, warm things (p) [52] | 1 | 1 | 4 | 4 | 4 | | 2 | 1 | 1 | 2 | 1 | | 1 |
| < sitting (p) [126] | 4 | 3 | 1 | 1 | 4 | 3 | 4 | 1 | 1 | 3* | 2 | 1 | 1 |
| < standing (p) [107] | 3 | 2 | 1 | 2* | 3 | 2 | 3 | 3 | 1 | 2 | 2 | 2 | 1 |
| > warmly, from wrapping up (p) [56] | 4 | 2 | 1 | 1 | 1 | 2 | 2 | | 3 | | 2 | 1 | 2 |
| > open air (p) [93] | 1 | 3 | 3 | 2* | 4 | 1 | 1 | 2 | 1 | 2 | 4 | 1 | 1 |
| > movement, during (p) [102] | 4 | 3 | 1 | 1 | 4 | 4* | 3 | 1 | | 1 | 1 | 1 | |
| > pressure, external (p) [74] | 3 | 4 | 1 | 2 | 1 | 4 | 1 | 2 | 2 | 3 | 1 | 2 | 2 |
| > rising from bed, after getting up (p) [124] | 3 | 1 | 3 | 1 | 4(CI) | 2 | 4(CI) | 3 | 3 | 1 | 3(CI) | 3 | 1 |
| < lying, on side (p) [50] | | 1 | 4(CI) | 4(CI) | 5(CI) | 2 | 1 | 3(CI) | 2 | 1 | | 3(CI) | 1 |
| < rubbing (p) [44] | | | 1 | | 4(CI) | 1 | 3(CI) | 1 | | 3(CI) | 1 | | 2 |
| > stomach, empty, before breakfast (p) [65] | 1 | | 2 | 3(CI) | 1 | 2 | 1 | 2 | 2 | 3(CI) | 1 | 1 | |
| > food and drink, hot, warm things (p) [42] | 4(CI) | 1 | | 1 | 1 | 1 | 1 | 3(CI) | 4(CI) | 1 | 1 | 2 | 1 |
| > sitting (p) [101] | 1 | 1 | 2 | 4(CI) | 1 | 1 | | 1 | 4(CI) | 1 | 1 | 1 | 1 |
| > standing (p) [71] | 1 | | 4(CI) | 2 | | | | | 3(CI) | | | 1 | 2 |
| < warmly, from wrapping up (p) [37] | 1 | | 2 | 1 | 2 | | 1 | 2 | 1 | | | 2 | |
| < open air (p) [110] | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 4(CI) | 1 | 1 | 3(CI) | 2 |
| < movement, during (p) [126] | 1 | 1 | 3(CI) | 4(CI) | 1 | 1 | 1 | 2 | 4(CI) | 3(CI) | 1 | 1 | 2 |
| < pressure, external (p) [93] | 1 | 1 | 2 | 1 | 1 | 1 | 3(CI) | 1 | 1 | 1 | 3(CI) | 1 | |

Key: < = worse, > = better, (P) = polar symptom, [80] = number of remedies matching the symptom (e.g. < rising from bed, after getting up). CI = Contraindication. Remedies with contraindications are shown with a grey background. See case 1 for the definition of a contraindication and how to calculate the polarity difference.

Four remedies cover all symptoms but only Magnesium muriaticum has no contraindications.

Remedy and Progress

The materia medica comparison shows that the remedy completely covers the patient's typical symptoms. She is therefore given a dose of *Magnesium muriaticum* 200 C.

During the following month she herself decides to stop conventional medical treatment. Her joint pains initially worsened but are now better, as is the heartburn. And the headaches are markedly better. She rates the overall improvement at 50%, which only appears realistic in view of the fact that she has stopped conventional treatment. We continue with a dose of *Magnesium muriaticum* M.

One month later Ms T. says that her joint pain and headaches are a lot better but the heartburn is only a little better: total improvement 70%. She is so disturbed by the stomach pains that we decide to seek another remedy. She marks the remaining symptoms in the case log.

Rheumatoid Arthritis

- Sharp joint pain
- < Cold (P)
- < After getting up from bed (P)
- > Movement (P)
- > Rubbing (P)

Gastritis

- Burning of inner parts
- < Empty stomach, before breakfast (P)
- < Sitting (P)
- < Standing (P)
- < Warm food (P)

Migraine

- Hammering, pulsating of inner parts
- < In room (P)
- < Light (P)
- > External pressure (P)

(P) = polar symptoms

There are no new symptoms. Repertorisation uses only the polar symptoms.

Repertorisation (*Boenninghausen's Therapeutic Pocketbook 2000*)

| | Rhus. | Mag-m. | Phos. | Calc. | Caust. | Sulph. | Bry. | Mag-c. | Spig. | Laur. | Kali-c. | Am-c. | Puls. |
|---|-----------|-----------|----------|----------|----------|----------|----------|----------|-----------|----------|----------|----------|-----------|
| Number of hits | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 10 |
| Sum of grades | 31 | 27 | 26 | 24 | 22 | 22 | 22 | 20 | 18 | 17 | 17 | 17 | 29 |
| Polarity difference | 16 | 21 | 7 | 4 | 7 | 6 | 4 | 8 | -1 | 9 | 5 | 7 | 11 |
| < cold in general (p) [90] | 4 | 2 | 2 | 1 | 4 | 1 | 2 | 3 | 2 | 1 | 4 | 3 | 1 |
| < rising from bed, after getting up (p) [80] | 4 | 2 | 3 | 3 | 1 | 3 | 2 | 2 | 3 | 1 | 2 | 1 | 3 |
| < stomach, empty, before breakfast (p) [57] | 2 | 1 | 1 | 4 | 1 | 2 | 1 | 1 | 3 | 2 | 1 | 1 | 1 |
| < sitting (p) [126] | 4 | 3 | 1 | 2* | 3* | 1 | 1 | 2 | 1 | 2 | 1 | 2 | 4 |
| < standing (p) [107] | 3 | 2 | 1 | 1 | 2 | 3 | 2* | 2 | 1 | 1 | 1 | 1 | 3 |
| < food and drink, hot, warm things (p) [52] | 1 | 1 | 4 | 2 | 2 | 1 | 4 | 1 | 1 | 2 | 3 | 2 | 4 |
| < room (p) [93] | 3* | 5* | 4* | 1 | 2 | 2 | 3* | 4 | 1 | 2 | 1 | 1 | 5* |
| < light in general (p) [80] | 1 | 2 | 4 | 4 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 1 | 3 |
| > pressure, external (p) [74] | 3 | 4 | 1 | 1 | 3 | 2 | 2 | 1 | 2 | 1 | 1 | 3 | 1 |
| > movement, during (p) [102] | 4 | 3 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 4 |
| > rubbing (p) [74] | 2 | 2 | 4 | 4 | 1 | 3 | 2 | 2 | 1 | 2 | 1 | 1 | |
| > cold in general (p) [73] | 1 | | 1 | 1 | 1 | 2 | 1 | | 1 | 1 | 1 | | 4/CI |
| > rising from bed, after getting up (p) [124] | 3 | 1 | 3 | 2 | 1 | 3 | 1 | 3/CI | 3 | 2 | 3/CI | 3/CI | 4(CI) |
| > stomach, empty, before breakfast (p) [65] | 1 | | 2 | 1 | 3/CI | 2 | 3/CI | 1 | | 1 | 3/CI | | 1 |
| > sitting (p) [101] | 1 | 1 | 2 | 2 | 1 | 1 | 4/CI | 1 | 1 | 1 | 1 | 1 | 1 |
| > standing (p) [71] | 1 | | 4/CI | 2 | | | 2 | | 2 | | | 1 | |
| > food and drink, hot, warm things (p) [42] | 4/CI | 1 | | 1 | 1 | 3/CI | 1 | 1 | 3/CI | | 1 | | 1 |
| > room (p) [107] | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 3/CI | 1 | 1 | 2 | 1 |
| > light in general (p) [13] | | | | 2 | | | | | | | | | |
| < pressure, external (p) [93] | 1 | 1 | 2 | 3/CI | 1 | 1 | 1 | 3/CI | 1 | 1 | 1 | 1 | 1 |
| < movement, during (p) [126] | 1 | 1 | 3/CI | 2 | 3/CI | 2 | 4/CI | 1 | 3/CI | 1 | 1 | 2 | 1 |
| < rubbing (p) [44] | | | 1 | 2 | 3/CI | 1 | | 1 | 2 | | | | 4/CI |

Key: < = worse, > = better, (P) = polar symptom, [90] = number of remedies matching the symptom (e.g. < cold). CI = Contraindication. Remedies with contraindications are shown with a grey background. See case 1 for the definition of a contraindication and how to calculate the polarity difference.

Twelve remedies cover all symptoms. Only two have no contraindications: Magnesium muriaticum (already prescribed) and Laurocerasus.

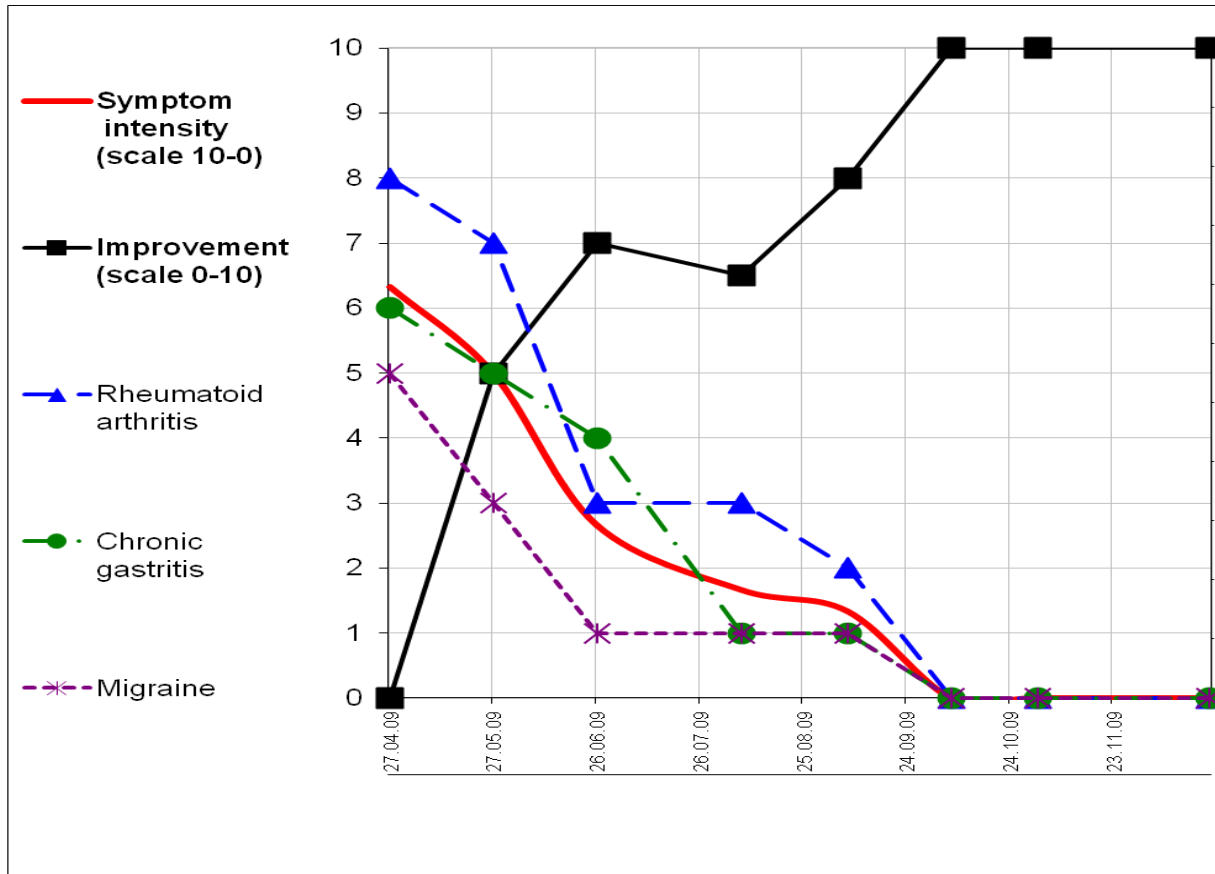
Remedy and Progress

The materia medica comparison shows that Laurocerasus also well fits the symptom picture of this patient, so Ms T. is given a dose of *Laurocerasus 200 C*.

Four weeks later the stomach pains have noticeably improved but the migraine and joint pains are still the same. Nevertheless the patient rates the overall improvement as 65%, slightly lower than the last time. Since the progress graphic contradicts her assessment, *Laurocerasus* is repeated in the potency *M*. One month later the joint pains again improve but the stomach complaints and migraine remain roughly the same. Overall improvement is 80%. A dose of *Laurocerasus XM* is given.

This leads to the complete disappearance of all symptoms. At the next check-up, the patient is beaming: “*I’m absolutely fine!*” This happy state of affairs persists through subsequent check-ups. Period of observation: 4 years

Progress check, patient T.T.



Comments

- It is surprising that the repertorisation for Ms T. indicated relatively “minor” remedies. Since they worked so effectively, we can conclude that she observed her symptoms accurately and was able to communicate them well despite the language difficulties.
- The vicious circle that the patient experienced with conventional medical treatment was noticeable. This case is a perfect example of the advantages of homeopathic treatment.