

EDITORIAL FOR APRIL 2015

PAIN MANAGEMENT BY HOMOEOPATHY

The word "pain" comes from the Latin "poena" meaning a fine, a penalty. Pain in medical terminology is best defined by the sentence given by The International Association for the Study of Pain's: "Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage."

Pain has both physical and emotional components. The physical part of pain results from nerve stimulation. Pain may be contained to a discrete area, as in an injury, or it can be more diffuse, as in disorders like fibromyalgia. Pain is mediated by specific nerve fibers that carry the pain impulses to the brain where their conscious appreciation may be modified by many factors.

My focus in this editorial will be more on chronic pain syndrome (CPS).

Chronic Pain Syndrome (CPS) is a common problem that is a major challenge to homoeopaths because of its complex nature of poor aetiology and poor response to allopathic medicine. Most consider ongoing pain of 3~6 months are diagnostic. A person may have two or more co-existing pain conditions or widespread generalized pain. This condition is managed best with homoeopathy.

Case 1

I has a middle-aged man with a small keloid on left side of the chest since many years, he slowly developed pain in it and over the years the pain gradually increased all over the chest, he now starts shopping with cardiologist and one by one all of them declare his pain to be non cardiac. In the bargain he also under goes dozen of E.C.G. and Stress Test and to complete the list CT Angiography. The medicine prescribed so far were non steroidal anti inflammatory drugs, anti hypertensive, anti anginal and tranquilizers. Also took homoeopathy for few years but all in vain.

In Jan 2000 I see him with following complains.

He has a family business of agarbatti for which he needs to travel, all his brother is engaged in this business, for many years the business flourished but since few years because of competition the business has slowed down, he is the middle brother and hence always sandwich between elder brother father and younger brother, he is married with one daughter 16 years old, he is happily married but his problem with is brothers is very long standing, they many times blame him for mistakes he never committed and

always made fun of him, he always told his wife about of this but never had a confidence to retaliate back to brothers, Any arguments will only increase his chest pain, as he became invalid from his pain the emotional conflicts started increasing. The rest of the history one can read from the symptoms I took in the totality.

- MIND - AILMENTS FROM - excitement - emotional
- MIND - ANXIETY - heart; about his
- MIND - CONFIDENCE - want of self-confidence
- MIND - DELUSIONS - ill-treated by everyone; he is
- MIND - FEAR - heart - disease of the heart
- MIND - FRIGHTENED easily - trifles, at
- MIND - INSECURITY; mental
- MOUTH - INDENTED - Tongue
- URINE - ODOR - strong
- CHEST - CONSTRICTION - Sides - left
- CHEST - PAIN - anxiety; with
- CHEST - PAIN - anxiety; with - aching
- CHEST - PAIN - excitement - agg.
- CHEST - PAIN - Heart - excitement agg.
- CHEST - PAIN - Sides - inspiration - agg.
- CHEST - PAIN - Sides - left
- CHEST - PALPITATION of heart - exertion - agg.
- EXTREMITIES - COLDNESS - Fingers - Tips
- EXTREMITIES - COLDNESS - Hands
- GENERALS - LIE DOWN - desire to

Treatment:

I started with Aurum metallicum 30c but no good results then I changed to phosphorus 30c yet nothing good was happening to his pain .his main feeling was the my brothers and father do not respect me and ill treated me with direct link to his pain to any excitement .Finally I thought of Sumbul 30c this was given with immediate feeling of well being, the remedy was continued at the same time I gave him lots of suggestion regarding his emotional from his family. Finally at the end of three months I stopped all his allopathic medicine which once upon a time was his life line. My initial knowledge regarding this remedy was that Sumbul means an hysterical remedy along with arteriosclerosis ,this case changed all my thinking and today I can say its one of the best remedy for passive aggressive behaviour due to family disputes.

t has best antispasmodic properties hence its use in various painful conditions. It is believed to have a specific action on the pelvic organs, and is widely employed in dysmenorrhoea and allied female disorders.

It resembles Phosphorus. Lachesis. (because lots of constriction)

Over sensitiveness and excitability are the main causative factors

The emotions directly affect the heart producing lots of constriction which are worse excitement.

Case 2:

This was a case of a young girl eight years old from Singapore, she complained of chronic pain around umbilical area since four years, the pain comes daily remains for few hours and the disappears. The intensity of pain has been constant over the years, the pain usually comes after breakfast, dinner and in the afternoon, there is occasionally vomiting accompanying pain .The type of pain is cramping, lancinating and shooting ,during pain she cries and wants to lie down with no appetite and no thirst. Food habits were pretty normal except she prefers having onions in her salad and with certain meals. She was always dull and lazy in the morning hours. Mother mentioned to me that she has also offensive odour from the mouth. Emotionally she is very extroverted but very clinging child, very dependent on mother, she lives with her mother and is the only child, the father abandoned the mother after her birth, she has no communication with her father what so ever. Mother feels she quietly misses her father but does not like to express her grief to anyone.

- MIND - CLINGING - children; in
- MIND - CLINGING - children; in - mother; child clings to the
- MIND - DEPENDENT of others
- MIND - EXTROVERTED PERSONALITY
- MOUTH - ODOR - offensive
- ABDOMEN - DISTENSION
- ABDOMEN - PAIN - breakfast - after - agg.

- ABDOMEN - PAIN - dinner - after - agg.
- ABDOMEN - PAIN - eating - after - agg.
- ABDOMEN - PAIN - Umbilicus
- ABDOMEN - PAIN - Umbilicus - Region of umbilicus - dinner - after - agg.
- ABDOMEN - PAIN - Umbilicus - sitting agg.
- ABDOMEN - RUMBLING - breakfast - after - agg.
- ABDOMEN - RUMBLING - morning

- GENERALS - FOOD and DRINKS - onions - desire

As the case had some good symptoms and I decided to repertorise the symptoms and I selected Allium cepa 30c three doses in week for three weeks. There was a fabulous response for first few months but later the response was moderate ,I totally ignored the fact while selecting Allium cepa that she has a silent grief of absent father based on the above fact I selected Natrum mur 30c once a week for eight week which totally removed the pain , In a span of just few months her chronic pain was totally gone. Remember Natrum mur children can be clingy like pulsatilla at the same time missing love and care of their parents.