

Health Problems in Older Adults

Half of Indian adults over age 65 suffer from at least one common age-related condition.

In my clinic I frequently see geriatric health conditions, such as weakness of memory, falls, incontinence, dizziness, and vision or hearing problems.

Some of these conditions were as prevalent as common chronic diseases like heart disease and diabetes.

Most of my patients along with the above problems had disability and difficulty in performing normal activities of daily living, such as bathing, dressing, eating, and going to the bathroom, even after adjusting for other chronic diseases.

Lets see some short cases

Case 1

An old man in his seventies had a fall in the bathroom and developed a crack in lumbar vertebrae L4 9 (x -ray confirmed). Went to emergency in Bhatia hospital asked to take bed rest with anti-inflammatory cum analgesic drugs. Patient refused to take medicine as there was past history of peptic ulcer hence came to me,I took following symptoms.

- **BACK - INJURIES**
- **BACK - PAIN - Lumbar region - cough agg.; during - broken; as if**
- **BACK - PAIN - Lumbar region - crushed, as if**
- **BACK - PAIN - Lumbar region - dislocated; as if**
- **BACK - PAIN - Lumbar region - injuries; after**
- **BACK - PAIN - Lumbar region - jar agg.**
- **BACK - PAIN - Lumbar region - lancinating**

- **BACK - PAIN - Lumbar region - lying - agg.**
- **BACK - PAIN - Lumbar region - lying - back; on - agg.**
- **BACK - PAIN - Lumbar region - motion - agg.**
- **BACK - PAIN - Lumbar region - motion - agg. - tearing pain**
- **BACK - PAIN - Lumbar region - pressing pain - paralyzed; as if**
- **BACK - PAIN - Lumbar region - turning - agg.**

Based on above symptoms I prescribed zinc met 30c 3 doses a day for 4 days followed by placebo, The relief in pain was 80% in two days itself.

Who says zinc met is not a remedy for injury??? In homoeopathy symptom totality is our supreme court, check repertory and see following rubrics of zinc met under injury.

HEAD - INJURIES of the head; after
MALE GENITALIA/SEX - SWELLING - Testes - injuries; after
BACK - INJURIES
BACK - INJURIES - Spine
EXTREMITIES - INJURIES - Shoulders
EXTREMITIES - INJURIES - Upper limbs
GENERALS - BRUISES
GENERALS - BRUNS APRAXIA
GENERALS - CONVULSIONS - injuries; after
GENERALS - CONVULSIONS - injuries; after - spinal
GENERALS - INJURIES
GENERALS - INJURIES - dislocation
GENERALS - INJURIES - operation - ailments from

Case 2

An 83 years old women consulted me by home visit for sudden vertigo since last four days, she was already on 8mg Betahistine 3 times a day but no relief. It all started when her granddaughter went to America 15 days back and she was

very unhappy about her settling so far from India, slowly unbalanced feeling started followed by full fledged vertigo. Below are the symptoms

MIND - SADNESS - vertigo; with

SLEEP - SLEEPLESSNESS - vertigo; from

VERTIGO - ACCOMPANIED BY - staggering

VERTIGO - CLOSING THE EYES - agg.

VERTIGO - FALL, tendency to

VERTIGO - LYING - side; on - left - agg.

VERTIGO - NAUSEA - with

VERTIGO - RISING - bed; from - after - agg.

VERTIGO - TURNING IN BED agg.

Based on above symptoms phosphorous 30c six doses were given in 48 hours, after second dose itself she felt 60% better after five days totally better and yes no allopathic drugs were given once homoeopathy was started, remember vertigo after sadness or accompanied by sadness think of phosphorous.