

## **FIBROMYALGIA**

Female aged 49 years

### **1<sup>st</sup> Consultation: 31 July 2010**

Diagnosed with fibromyalgia 3 years ago but feels has had it much longer. Experiences constant pain, which affects and restricts her ability to move and sleep. Constantly feels extremely fatigued and describes the tiredness as overwhelming and “bone crushing”. Experiences pain in hips, shoulders, elbows, neck and knees and finds it difficult to change position or move. – especially when sleeping. Unable to exercise or even go shopping without resting. Pain is far worse in evening and at night and tends to be worse on the right side. Needs to change sleeping position frequently because of the pain. Also needs to urinate many times during the day and night.

Her husband is quite ill and has not been able to work for the past 15 years. He is suffering from a painful, progressive neurological disease. She works long hours in child care and is the sole income provider for the family. The running of the household also falls almost totally to her. Her husband copes with his condition by drinking alcohol and this places enormous stress and tension in the family and is a source of much conflict between her and her husband as well as with their 2 children who still live at home.

Early life was hard and very unhappy. Her father was very ill with asthma and her mother who had wanted a boy when she was born was physically and emotionally abusive. She met her husband when she joined the army and commented that the decision to join the army was the best thing she ever did because she enjoyed the discipline.

A look at her health in general revealed the following:

- Has suffered from asthma for the past 19 years – is getting progressively worse.
- Has had a problem with palpitations and extra heart beats.
- Digestion is poor. Suffers from irritable bowel with allergies to eggs, apples, soy, rice milk, rye. Eating these foods caused her to “puff up” and retain a lot of fluid with a general feeling of discomfort all over.

Developing an aversion to meat and chicken. Tendency to constipation.  
Needs to be very diligent with oral hygiene because gums bleed easily.

She has read a lot of self-help books and my discussions with her indicated how much she wanted to help herself – looking at diet, meditation etc.

### Repertorisation (MacRep for Windows)

#### Rubrics:

Extremity Pain: General (367)

Respiration: Asthmatic (348)

Sleep: Waking, frequent (239)

Mind: Alcoholism, dipsomania (137)

Mind: Violence, vehemence (124)

Evening: six pm – nine pm, agg (247)

The screenshot shows a window titled "Graph: Clipboard A" with a toolbar containing various icons. The main area displays a repertorisation table with the following data:

	Sulph.	Bell.	Lyc.	Nux-v.	Phos.	Bry.	Calc.	Sep.	Agar.	Ars.	Carb-v.	Hep.	Merc.	Sil.	Uerat.	Alum.	Ant-t.	Aur.	Carbn-s.
Total	16	15	14	14	14	13	13	13	12	12	12	12	12	12	12	11	11	11	11
Rubrics	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
Family																			
EVENING, six pm. - nine pm.; agg. (247)	3	3	3	2	3	3	3	3	1	2	3	2	3	3	1	3	3	1	3
RESPIRATION; ASTHMATIC (348)	3	2	2	2	2	2	2	2	2	3	2	2	1	3	2	1	2	2	1
MIND; ALCOHOLISM, dipsomania (137)	2	2	2	2	2	1	2	2	3	1	2	1	1	2	3	1	2	2	2
MIND; VIOLENCE, vehemence (124)	2	3	2	2	2	2	1	2	2	1	2	3	1	1	2	1	2	3	2
SLEEP; WAKING; frequent (239)	3	2	2	2	3	2	3	3	1	2	2	3	3	2	1	3	1	1	2
EXTREMITY PAIN; GENERAL (367)	3	3	3	3	2	3	2	1	3	3	1	1	3	1	3	2	1	2	1

## FACIAL ANALYSIS

Yellow (Psora) 3-4	Red (Sycosis) 3	Blue (Syphilis) 9
<ul style="list-style-type: none"> <li>• Hairline</li> <li>• Ears height</li> <li>• Two lines between eyes</li> <li>• Eyes position (?)</li> </ul>	<ul style="list-style-type: none"> <li>• Lips</li> <li>• Nose – ball</li> <li>• Full smile</li> </ul>	<ul style="list-style-type: none"> <li>• Asymetry (eyes, nose, Asymmetry (mouth, chin)</li> <li>• Chin shape</li> <li>• Dimples</li> <li>• Ears size</li> <li>• Forehead shape</li> <li>• Line across bridge</li> <li>• Bridge shape</li> </ul>

This person belongs to the Blue group or in traditional homeopathic terms the syphilitic group and therefore requires a remedy from this grouping. From the repertorisation 2 remedies fall into this grouping Mercury and Aurum Met.

Prescription; Mercury 30C. One dose daily

### **1<sup>st</sup> Follow up: 14 August 2010**

Definite improvement. Noticed the next day. Pain levels have definitely improved (now at a level of 3-5) Able to exercise gently without ill affect. Definitely more energy. Still requiring a rest in the afternoon (for approx. an hour) Sleep still a problem. Has stopped taking one of the pain medications at night. No asthma or IBS symptoms. Gums good. No palpitations.

Continue Mercury 30c. One dose daily.

### **2<sup>nd</sup> Follow Up: 11 Sept 2010**

Doing well in some areas. Not so well in others. Pain levels are still very good (3-5). Unable to sleep on either side because of the pain level. Still able to exercise, walking, shopping and not needing to rest after. When has good energy levels they are very good. Sleep is good. Currently waking up and feeling very sad – don't know why but happens every morning. Asthma, IBS and gums good. No palpitations.

Comment: at this point there does seem to be some indication that the remedy would not hold – but having no reason to change we continued with the remedy.

Continue Mercury 30C. One dose daily.

### **3<sup>rd</sup> Follow Up: 9 October 2010.**

Husband attempted suicide – took an overdose. Is currently in hospital – seems to be doing OK. Struggling with trying to understand why and very angry. Also daughters best friend who has a brain tumour is in the process of passing away. Very tired but not the extreme exhaustion as before. Fibromyalgia pain has gone to level 6 and experiencing more pain during the day. Needing to rest longer in the afternoon. Sleeping has gone backwards and doesn't like being alone.

Comment: Needs a change of remedy. – The surrounding incidence of the suicide attempt and the circumstance of her daughters friend dying strongly suggested aurum which was the back up remedy in the initial repertorisation.

Aurum Met 30C. One dose daily.

### **4<sup>th</sup> Follow Up: 6 November 2010**

Struggled with herself for first 2 weeks. IBS came up quite badly feeling quite ill with diarrhoea. Then next 2 weeks has been good. Feeling well within myself for the first time in years. No fibromyalgia pain for last couple of weeks. Sleeping very well but still waking tired. Mood is improving but still has episodes of getting irritated and angry. Is now standing up for herself and demanding more help with the household chores. Husband is home and is better than he has been – has had some medication changes and has been told to stay off the alcohol.

Continue Aurum Met 30C. One dose daily.

### **5<sup>th</sup> Follow Up: 11 December 2010**

Very well “Everything is holding. Still gets tired but not the fatigue. Very busy getting ready for Christmas and coping. Husband not drinking and is doing well in himself. Daughter's friend passed away. Currently afraid of the dark and

having to sleep with the light on. Fibromyalgia only present when I go to bed – level 2. Hot flushes have disappeared. No asthma, IBS or bleeding gums. No palpitations.

Continue Aurum Met 30C daily.

### **6<sup>th</sup> Follow Up: 29 January 2011**

Husband pain levels have gone up and he is drinking. He is accusing her of black mailing him about his drinking. His moods are swinging from hating me to loving me. Feeling very stuck – pain levels have come up to 5 and just doing the bare minimum. Sleep still good but still needs light on.

Comments: At this point I still felt that the remedy was doing good work. I had been considering suggesting that she find and attend some AA meetings to get some support and counselling regarding dealing with issues to do with alcoholism. I suggested this as a course of action. I had not mentioned this before because I felt she was not in a mental space nor did she have the energy to deal with this.

Continue Aurum Met 30C (but increased to 3 times daily until next appointment)

### **7<sup>th</sup> Follow Up: 26 February 2011**

Up and down but overall good. Husband back in hospital. Work has increased and getting a lot of very young children. Still tired but not the exhaustion. Feeling less stressed about “stuff” and has realised that the home situation is unlikely to change. Has investigated local AA groups and is planning to attend along with daughter. Also found a couple of self-help books and is putting into practice some of the suggestions. Sleep is better and no longer needs light on. Pain levels definitely increase with mental and emotional stress and overwork.

Continue Aurum Met 30C. One dose daily.

### **8<sup>th</sup> Follow Up: 9 April 2011**

Overall very good. Has attended AA meetings with daughter and finding them helpful. Husband is up and down. Now delegating household chores when runs out of time. Asthma, IBS and gums good. No palpitations.

Continue Aurum Met 30C. One dose daily.

**9<sup>th</sup> Follow Up: 4 June 2011**

Attending AA with daughter and husband who was very negative about this decision has accepted it. Tiredness levels in status quo. Asthma, IBS and gums good. No palpitations.

Continue Aurum Met 30C One dose daily

**10<sup>th</sup> Follow Up: 16 July 2011**

Pain levels very low or non-existent. Sleeping well. Occasionally wakes tired. No longer attending AA – is now trialling Buddhist meditation. Had a discussion regarding energy principles and the need to find space in her life to recharge – eg. finding an activity that gives her more energy than it takes..

Continue Aurum Met 30C One dose daily. She was instructed to make an appointment when remedy is running low.

**11<sup>th</sup> Follow Up: 15 October 2011**

Been very good. Still experiences tiredness. Husband has gone back to work (hadn't worked in 15 years) She has created a household roster in which everyone contributes to the household.

Continue Aurum Met 30C One dose daily.

**Comments:** Further follow up appointments indicated the need to continue with the remedy. The extra energy given by the remedy enables her to find a better balance in her life circumstances. This is an interesting case from the perspective of showing the impact of life's circumstances. The situation is in status quo - and her husband's health status continues to negatively impact her health and drain her but nowhere near as much as before she commenced the homeopathic treatment. She continues to need a daily dose as of January 2014.

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