

INTRODUCTION

- Male
- 41
- Consultation: January 2010

CASE

Chief complaint: Fatigue

The patient wakes up as if he hasn't slept; always wants to go to sleep; feels very sluggish; <worse after going to sleep and throughout work, and when trying to wake up. Intensity - 8/10. It started the previous year just after Christmas, just before an ulcer operation.

Usually, he can fall asleep fast and deep, but past year has been waking up a lot. His work schedule is 7am-3pm- has worked that shift for about 20 years in a manual job. He gets about 6 hours a night but even though he sleeps 8 hours, he still feels as if he hasn't slept that much. Vitamins help a little bit but he would forget to take them regularly.

Medications

Does not do prescriptions Smoked weed a lot (3/day), for about 4 years (in his early 20s); now he doesn't smoke

Health History

Ulcer (2009, Dec 29) - H ployri bacteria in his stomach built up; doctor said it was bleeding out; had surgery.

Hemorrhoids- was having stomach cramps (when he was 36); did colonoscopy, doctor diagnosed - mild; remembered a few times where there was blood in his stool.

Orthroscopic Knee surgery (2005) - had no cartilage on the inside of right knee (innerside of patella); injuries from work, built up from years ago; initial injury since 1995 - a crank had hit it; swelling; Tore the meniscus; floating cartilage pieces.

There is no cartilage because of the surgery= bone on bone

Sitting too long, the knee feels locked, so he has to stretch it out, it feel like the bones aren't in the right position (painful - sharp, piercing, stabbing) - lasts a few seconds (infrequently but he goes through it); has to rub it and move it with hands. It locks if the leg position is really bent.

Other assessment:

- Body temperature: usually runs hot; perspires a lot when the weather is hot
- Food/Drinks: Likes coffee (3 cups/day) Eating is not regular; he doesn't eat a big breakfast (bagel), Eats sandwiches for lunch, overall appetite is good. He hates eggplant, liver, octopus. Eat bland foods, Drinks a lot of water, Occasional alcohol drinker. He improved his eating after his ulcer; try to home cook meals; used to eat out a lot
- Weather: Likes warm weather Likes *afternoon/evenings. Likes sun = has more energy
- Bowel Movement: Diarrhea when things aren't normal
- Stomach very sensitive - doesn't like food that's been sitting around
- Dreams: concurrent - standing in front of a urinal telling his body to get up and use the washroom
- Other: Memory is good

Mentals

His dad passed away the previous summer but says his mild depression started even before the incident. He was down about life, and his dad being diagnosed with cancer. He carried guilt that he couldn't save his dad's life the way his dad saved his in the past. (recalled a day when his parents didn't go do tai chi which they usually did; that same day, he woke up lethargic - he passed out in the kitchen getting a drink (the night before he was bleeding with stools) - dad called 911 and needed a blood transfusion)

His dad's death did hit him fast and just started coming out of it a couple months ago. He admitted he dealt with his grief and depression poorly. He lost his enthusiasm; desire to socialize; didn't want to do what he usually did.

He realizes he needs to change his behavior; it is not as intense now but he still feels he's not truly recovered but is on the way. Feelings of sadness more prominent than guilt (guilt was before his dad's passing when he was diagnosed with cancer).

Fears: he thinks fear is destructive, but he does fear extreme heights

Ex girlfriend said he has short and high temper, irritated easily

Childhood

Wasn't the greatest; lived moderately; close with siblings (has 2 sisters); all of them admired his dad; he never had a good relationship with mother in the past - she was disciplinary figure; dad was not always home because of work; better now with mother; Says he loves his family but can be indifferent at times.

COMMENTS

Generally, he is a positive person; tries not to be negative; has a good outlook on life. Open minded, cheerful, aware of his feelings and how he grew as a person.

RUBRICS CHOSEN

System: Mercurius

Generalities, lassitude, weariness, morning (rising agg)
 Extremities, pain (shooting), knees
 Generalities, pain, joints, articulations
 Stomach, sensitiveness
 Mind, sadness, misfortune, as from

FACIAL ANALYSIS: Green

YELLOW (psora) 6	RED (sycosis) 3-4	BLUE (syphilis) 6-7
Forehead shape Eyes position Eyes size Compact smile 2 front teeth Multiple lines	Nose width Lips size Single line Mouth size?	Hairline height Forehead shape Bridge shape Cheekbones Teeth Lines from nose Chin shape?

The facial analysis indicates the patient is from the green (tubercular) group

REMEDY AND DOSE

The first green remedy Calcarea Carb 30ch was chosen – one dose daily

Rubric	Weight	Verat.	Calc.	Sulph.	Lach.	Nux-v.	Phos.	Sep.	Carb-v.	Bry.	Ruta	Chin-s.	Staph.
Extremities, pain (shooting), knees (after kneeling)	3	4	4	4	4	4	4	4	4	4	3	1	4
Generalities, lassitude, weariness, morning (rising agg)	14	1	3	3	4	4	3	4	3	3	4		3
Generalities, pain, joints, articulations	2	4	4	4	4	4	4	4	4	4	4	4	4
Mind, sadness, misfortune, as from	22	4	3	1			1					3	1
Stomach, sensitiveness	10	3	3	4	4	4	3	3	4	4	1	1	
Value		117.9	107.0	95.0	87.0	87.0	85.0	77.0	75.5	74.7	72.6	70.7	68.6
Percentage		100	91	81	74	74	72	65	64	63	62	60	58

FOLLOW UP

1st follow up: Mar 27

He mentioned he noticed an improvement the week after taking the remedy. He does not wake up as tired. He also used to feel tired going to bed but now does not feel as tired. He doesn't feel burned out but now feels he doesn't need

to nap. He wakes up less groggy; before he used to drag himself. He's also less restless at night (doesn't get up as often). He has more energy overall. But has been on vacation so hasn't been working.

His knee - every now and then it will crack but not as discomfoting. He does wear a tensor bandage (but has been working out more).

Back hasn't hurt (not mentioned in first interview)

Grief - lot better; it doesn't hit him as hard; he recalls the good memories; guilt starting to go away (now its 2-3/10); more accepting
Quit smoking (29 days now); been working out more
Dose – continue Calc 30 C once daily

2nd FOLLOW UP: April 17

He still does not wake up as groggy and wakes up feeling normal.
Sleeps 6 hours straight - before it was broken
Feels energetic
At work, he doesn't feel as lethargic, doesn't drink as much coffee
Still in the process of quitting smoking
Knees hasn't been locking up as often- says it feels better than it was after a long time
Mentally, his acceptance about the past is increasing
Very positive

3rd FOLLOW UP: May 12

Remedy has been holding up
Not tired in the morning, not groggy, doesn't feel worn out
He can't believe how he is feeling
Knee hasn't bothered him as much
More active
Same energy level as at the last follow up
Sleep still averages 6 hours
Lifestyle habits are better – has quit smoking, improved diet, working out
Mood better, more positive, not in victim mode
Dealing with things better

Remedy is discontinued

Later hears he is married happily with a newborn baby – health still good

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