

ABDOMINAL PAIN – NO DIAGNOSIS

By Elisabeth van Kooten

- Female
- In her 50's
- August 2007

CASE

This lady presented with a written list of complaints and surgeries she has had since 2001, to highlight to me how no-one could find anything physically wrong with her. She had even been told by one 'specialist' that it was all in her mind.

The reason for the consultation was because of a complaint that had started in 2001. She suffers from a crippling pain in the centre of her abdomen. The pain comes in surges, and is made worse by sitting or lying down, made better by walking. It makes her feel nauseous, and she suffers from wind++ every morning. The pain feels sharp, like a knife, then it would subside.. The pains vary in strength, and last anywhere between 3-5 minutes at a time. There is no pattern to the occurrence; it occurs every couple of days, sometimes every day.

She also suffers from pain on the (L) side, under her ribs. It feels as though 'something is being strangled'. A bowel specialist told her it was all in her head and to take painkillers.

She has not menstruated since Jan 2007. She suffers from hot flushes, sweating profusely at night in bed.

When she lies on her right side it feels like her insides fall to the middle and are being strained. It feels better when she lies on her stomach, and when walking around. It feels like an uncomfortable tightness, like she needs to stretch. < leaning forward, > leaning backward. Within 5-10 minutes she'll be nauseous if lying on her back. She has suffered from the nausea since surgery in 2006.

She divorced after separating from her husband 11 years previous. Her elderly mother lives with her and her new husband, as does her step son, who has been in and out of jail since he was a teenager. He is now in his 30's.

She desires dark chocolate and coffee. She sleeps well, but the pain in her abdomen will wake her, no pattern and at no particular time. She goes to sleep late (11:30) and will be up again at 4:30am. She likes warm weather, doesn't feel the cold and says she is warm blooded. She says she is better in moving water.

This lady is determined, very strong willed, and has a "just get on and do it" attitude. She plays down any stressful event that has happened to her.

Overview – head to toe

Head – Headaches behind the eyes from tension/stress. These do not happen very often

Mouth – She suffers from cold sores, and states she has ‘shocking bad breath’

Digestion – ok

Bowels- regular

Menstruation – when she menstruated it would be heavy ++, last for 7 days, she would suffer from cramps and pain. Here periods were always regular, and she always felt better once the flow started.

Joints – (L) knee painful, takes Glucosamine tablets.

COMMENTS

This lady on the surface seemed absorbed in her complaints, she had 2 pages of written notes detailing the date of surgeries and her various complaints. After taking her case, however, it became evident that although she had suffered from these complaints for 6 years, she had not been able to get answers from the medical profession and was just plainly frustrated. Her complaints never slowed her down; she just kept going through them. Although this lady was quite blase about her emotional life and did not give much away, she had no trouble talking about her physical complaints, and was very open about them.

RUBRICS CHOSEN

MacRepertory

1. Mind; Loquacity
2. Abdomen; pain; squeezing
3. Generalities; side; left
4. Stomach; nausea
5. Generalities; lying; agg
6. Generalities; sit, sitting; agg

FACIAL ANALYSIS

YELLOW (psora)	RED (sycosis)	BLUE (syphilis)
Lines	Smile	Ears size
Hairline	Teeth	Forehead shape
Ears angle	Nose shape	Dip in forehead
	Forehead shape	Asymmetry
3	4	4

This lady has equal dominance of the three primary miasms – so she needs a brown remedy (Cancer miasm)

The repertorisation contains many remedies

Phos, Ars, Rhus Tox, Sulph, Con, Puls, Mosch, Mur Ac, Zinc, Bell, Cina, Cocc, Nux, Ambra, Croc, Graph, Iod, Ph Ac, Stann, Anac, Bar Carb, Calc, N Mur, Arn, Ign, Mag Carb, Staph, Teucr

But out of those remedies only three are major brown polychrests – Ars, Ph Ac and Mag carb

Arsenicum is chosen.

REMEDY AND DOSE

Arsenicum 30c daily

FOLLOW UP

2 weeks after initial consultation – Nausea gone, pain much less. Still feeling like something is being strangled, a knotted kind of feeling

- Arsenicum 200 s/d

FOLLOW UP

3 weeks after 2nd consultation – The sensation is travelling to the back area. Still feeling like something is stretching. No nausea. Can lie on back to sleep. Is getting hot flushes during the night

- Arsenicum 200 s/d

6 weeks after 3rd consultation – Feels fantastic. No pain, no nausea, lots of energy, no hot flushes, all symptoms subsided.

- No repeat

6 weeks after 4th consultation – still feels fabulous, no symptom return. No more follow ups scheduled, advised to call me when needed.

April 2008

Nausea and symptoms coming back

- Arsenicum 200 s/d

May 2008

Symptoms gone, feels great.

Advised to call me if she needs to. No further appointments scheduled.

- No repeat

Elisabeth van Kooten

Ad Dip Hom (VCCH) Prof Memb AHA AROH reg