

ANXIETY AND SLEEPING PROBLEM

By Melanie Santamaria (senior student)

- Female
- 50yrs
- Consultation date - April 2007
- Presenting complaint and history –
 - Sleep issues
 - Fluid problems
 - Stress
 - Arthritis both knees
 - Weight problem
 - Menopause symptoms
 - Congested glands
- Treatment history:
 - Investigative surgery
 - Operations for broken bones and damaged organs from accidents, operation on her knees for pain on walking
 - Counseling for anxiety

CASE:

50 year old woman presented with an 11 year history of sleep problems. Waking approximately 10 times a night, feeling fearful - must check doors, windows and children. She also has problems falling asleep before midnight. If she takes a nap in the day she sleeps better because she says she feels calmer and safer, she doesn't have that sense that something will happen.

11 years ago she separated from an alcoholic and abusive husband. At that time she felt all the responsibility for her four living children suddenly rested with her as her ex husband was not an influence in their lives in any way after that.

Her husband's drinking had started after cot death of their third child, she felt he didn't cope well with it while she had undergone years of counseling which she felt had greatly benefited her. She didn't know why but she blamed him for the death, it was his responsibility to take care of the family.

She feels a lot of guilt about the divorce in particular with one child. This son was born after the cot death and she had an enormous amount of anxiety after he was born. Then when he was only a few years old they separated and she feels that the divorce has affected him greatly and it is her responsibility to make up for the loss of his father. He is asthmatic and has been in out of hospital up until the age of 8 as he would stop breathing. The son has gone off the rails at times, involved in groups of boys that have been older than him and done things that she is not happy about. She says he is not a bad kid but has got himself into a lot of trouble with drinking, smoking and being caught hanging around the streets late. She says she has a good relationship with the police though and they inform her of his whereabouts at night now. With him not being home until the early

hours she either lays awake wondering where he is or wakes to see if he is home yet. If she dreams it is about whether he is alive or not.

She says she doesn't have the same level of anxiety about the other three, although she still feels she needs to provide for them and do her best to get them what they want. She feels she has had to do everything on her own with little support from family and friends, and in fact they blamed her for the divorce because she never spoke to anyone about what her ex had been like or the stress of the cot death.

Her ex made her feel useless during the marriage and her mother always made her feel that because she was a girl she could not take on the responsibilities of a male, she was supposed to be the traditional female. She had bought a house when she started her first job and wanted to buy more. Her mother who needed to give permission because she was under age was not happy and stopped her house buying at the one because she was a girl. She feels she always lived in her brother's shadow as he was supported in his studies and went on to be the lawyer her parents were proud of. She enjoys her independence now and that is part of the reason she doesn't want to get seriously involved with a man again. She feels she was always made to feel stupid and has had to prove herself.

There was a car accident about 15 years ago. Her ex husband was driving, the car rolled and they were all thrown out and nearly died. She spent three weeks in hospital unconscious, she was operated on for broken bones and had to learn to walk again. She blames her ex husband, he was driving, it was his responsibility to keep them safe. Originally she had thought he was a good hard working man, he had two jobs but was a little controlling. She had not married him for love but to get away from her parents. She thought once she was out of home she would not be told what to do anymore. However, she was not allowed to deal with any money, she couldn't even pay the bills, and is now proud she can do it so well.

She feels that she won't be able to relax and think of herself until all the children are adults and on their own successfully, then she might think of what she wants and a relationship for herself., however, she still runs about for her older two children on demand even though they are in their late 20's. She thinks it would be a lot easier if it was just her and the youngest son, as he is very helpful and she was divorced by the time he was born and calmer, able to bring him up the way she wanted. She loves her other son but thinks he takes all his aggression out on her because he lost his father so early, whereas the youngest never knew him.

HOMOEOPATHIC SUMAMARY OF CASE:

- **Mentals / themes**

Need for protection / protective

Checking over and over, doors and kids

Anxiety/Fears/ Scared+++

- For son's life
- Fear something bad will happen

- Fear safety loved ones/children
- Fear her own safety/robbers
- Anxiety about future
- Anxiety about her own health
- Anxiety re birth son (cot death of child before)

Alcohol / drugs – ex husband / son heavily involved with

Violence – ex husband

Dependence / independence issues

History of domination by mother and ex husband

Guilt – cot death and effect divorce had on living son

Responsibility – feeling extreme responsibility for health and happiness of children

Family important

Death - cot death and her own near death experience in accidents, whole family almost died

Blame - she held husband to blame for car accident and cot death and she felt he was not punished, still holds in emotions with son

Counselling +++ - she has had years of counselling that she feels really benefited her and likes.

Felt alone, when divorced although she initiated

Industrious / ambitious

> Alone

Accidents - vehicle, major x 2

Generals

Sleep - waking 10 times a night

> nap in day

restless

waking frequently (only gets average of 2 hours)

breathing difficulty during sleep due to broken nose age 10yrs didn't heal well, improved by surgery 4yrs ago

Aching body

Swelling – lymph congestion

Blood pressure low

Calcium low

Fish desire, shellfish agg. – however eats it

Sweet desire

Meat aversion++

Aversion rain or hot weather, like warm moderate weather

Appetite and thirst, none before 11am, eating agg with nausea > vomiting

After 11am < fasting, leads to dizziness, eyes blurry, ears buzzing occasionally, nausea, > food/drink

Menses irregular, too frequent, dysmenorrhea sharp pain, > sleep

Menopausal symptoms - hot flushes and redness

Constipation, occasional – thinks cause is painkillers

Weight issues / obesity

Physicals

Head – migraine, history of migraines, thinks cause could have been broken nose that was fixed 4yrs ago, better now

Headaches < anxiety, extending to neck

Nose – broken, operated 4yrs ago because had grown in two parts together, from accident at 10yrs, affected sleeping

History of recurrent throat inflammation

History of tonsils and adenoids removed

Back & neck sore, long history of, cause possibly accidents

Back, lower, pain

Lower pain back shoots up to shoulders

Sciatic nerve pain (x2 last 2yrs)

Spleen removed after accident

Abdomen distended <menses

Uterus prolapsed

History of broken leg, broken nose, broken wrist

Feet – cold < night

RUBRICS CHOSEN – Radar Synthesis 9.1

1. MIND – ANXIETY – family, about his (37)
2. MIND – ANXIETY – waking on (105)
3. MIND – DEATH – presentiment of (80)
4. MIND – WILL – weakness of (67)
5. STOMACH –APPETITE – wanting – morning (79)
6. GENERALS – FOOD and DRINKS – meat – aversion (227)
7. GENERALS –FOOD and DRINKS –sweets – desire (281)
8. GENERALS – SWELLING – puffy, edematous (113)

FACIAL ANALYSIS = GREEN (Tubercular)

YELLOW (psora) 7	RED (sycosis) 4	BLUE (syphilis) 7
2 vertical lines Horizontal lines forehead Widows peak Forehead Ears low Compact smile Ears sloped	Brow Nose wide Ball end nose Bridge full	Defined chin Uneven hairline Recessed eyes/lids Asymmetry – eye, nose Asymmetry– mouth, chin Wide set eyes Up turned eyes

Remedies in repertorisation

Calc, Sulph, Ars, Bry, Phos, Puls, Nat-m, Graph, Lyc, Chin

Remedy and dose

CALCAREA CARBONICA 200C plus sac lac daily

Calc is chosen over Phosphorous or China even though they all repertorised quite highly. Calc has all the anxiety and fears and the weight gain issues.

The potency chosen was 200C as she has no physical symptoms that show a real sensitivity.

FOLLOW UP

5/07 – Brief phone call. Menses, first normal one in years, no spotting, no pain, regular period, “I can’t believe it.” No flushing or other menopausal symptoms. Getting a good night’s sleep, previously waking 10 times a night. Anxiety gone. Assertiveness up, she finally told daughter she doesn’t want to work in their business on weekends and she only wants to do 3 days a week, previously she could never say no. She has put boundaries on a lifelong friendship which was causing a lot of stress and draining her.

7/07 She rang thinking she needed another dose as she has started to wake during the night feeling extremely anxious again. During original consultation we spoke about the relationship between stresses in life causing energy to go down and as a result symptoms increase, so she knew that recent events causing her stress were the likely cause.

7/07 – Consultation. Lifetime friend (same one she had put boundaries on after remedy) experienced loss of child, friend spending everyday at her house for comfort, extremely draining, affecting her energy levels greatly, also affecting her family and the son she was mainly worried about has started to go off the rails again as he knew the other teenager. She said she was feeling “obligated and duty bound.” She felt she couldn’t express how she was really feeling due to extreme circumstances friend had experienced and was also worried about the friend’s excessive use of alcohol. She said it is “messing with her head and emotions”. She feels torn between her sense of duty and what she believes is right for her and her family. She had an argument wither son who left home and she didn’t know whether he was alive or not, she wasn’t sleeping at all.

CALC CARB 30C DAILY GIVEN. The extreme circumstances had caused an energy drain which led to the recurrence of the old symptoms. No need to change the remedy which had done so well. The potency was changed because she was not back to where she had started and she was dealing with a daily problem and likely to for some time with the grieving friend.

8/07 – Follow up – she is doing well, sleeping well again, anxiety has gone. She has told her long time friend that while she appreciates the loss of her child it is having a negative affect on her family and she needs to distance herself a bit. Her son that had started to go

off the rails is not only back but is now fully employed and doing well. She said “all is good” again. She is booked for a knee operation. Continue taking 30C daily until finished.

02/08

She said she's great, feeling really terrific. When asked if there had been any relapse at all and she said none. She's still sleeping well, not worrying about her son or anything else, she's really pleased with her response to her life in general. At Christmas she had a plumbing problem which flooded her whole house, the damage bill has been quoted at \$20, 000 and she said she thought it was great because she was really relaxed about it and just decided to consider herself lucky compared to other people who have experienced major flooding (and deaths). The knee operation was very successful. She has not achieved any additional weight loss as yet but she said she's not fussed about it any more as long as she's feeling so well and healthy. The other issues that had settled are all still great.

No remedy required – last taken daily till 09/07