

## **FATIGUE, COLDS, JOINT PAIN**

By Louise Barton

**May 2008**

A 78 year old male presents with fatigue, tendency to colds in winter and joint pain.

### **CASE**

Over four years ago he had an accident on his push bike and was hospitalized for one week with lacerations, bruising and joint injuries. It took him 3 years before he could ride again. Each winter he becomes very sick with congestion and coughing and says he has no resistance. Generally he catches colds easily and generally any bug that is going around. His sinuses are congested now. He gets colds especially after he walks or bike rides – coughing, sneezing, nose running+++ or blocked, usually clear discharge but not a lot, worse on the right side and with tiredness++. His colds are worse for cold temperature and < night.

Before his accident he would ride 70km but now can only manage 25-30km. He often aches during and after bike riding. As a result of the accident he dislocated his hips, smashed his shoulders and suffered concussion - healed now he still suffers pain in these areas especially with riding.

He lost sight in his left eye four years ago suddenly when a blood vessel burst. He has also had two hernia operations. Generally he says he is fit.

A year ago he suffered a lot of pain in his left ear and needed a lot of wax removed. He eats all food and has no preferences, aggravations or aversion apart from spicy and fats but these are not strong – he just avoids them. He gets occasional cramps in his legs at night especially after riding. Both his left hip and shoulder are still painful and < when he lays on them at night. He generally sleeps well and gets up once to urinate but if he doesn't exercise he will stay awake. He doesn't like overheating in bed and generally prefers the cool although he likes summer. His perspiration is average.

In his twenties he suffered a business loss and one time he was driving he blanked out. His first wife died in her thirties and he nursed her whilst working and minding his children. He says it was a terrible time and he remarried in his mid forties. After his wife died he suffered with nerves, lower backache with numbness and joint pain. In his forties he suffered more business problems and lost money within his new family. He has no fears and no dreams.

### **COMMENTS**

This gentleman is quietly spoken and doesn't complain. He gives only the briefest of information and he isn't asked about any emotional issues as this would make him uncomfortable.

**RUBRICS CHOSEN – MacRepertory**

MIND; GRIEF (103)

GENERALITIES; SIDE; left (243)  
 GENERALITIES; COLD; agg. (276)  
 GENERALITIES; NIGHT, nine pm. - five am.; agg. (262)  
 GENERALITIES; COLD; tendency to take, taking cold agg. (161)  
 GENERALITIES; EXERTION, physical; agg. (203)  
 VISION; LOSS of vision, blindness; sudden (34)

**FACIAL ANALYSIS**

<b>YELLOW (psora) 6</b>	<b>RED (sycosis) 4</b>	<b>BLUE (syphilis) 10</b>
Lips Lids Forehead lines Eyes Hairline Nose	Line Chin Nose Smile	Line – bridge Line – cheeks Line – nose to mouth Chin Asymmetry – eyes, nose Asymmetry – chin, mouth Hairline Teeth Bridge Forehead

This patients facial analysis indicates he needs a blue (syphilitic) remedy

Remedies that graphed from the rubrics

Sep, Sulph, Calc, Nat Mur, Sil, Con, Graph, Merc, Nux, Phos, Puls, Spig, Chin, Acon,

Only two of these remedies are known blue (syphilitic) remedies – Conium and Mercury. Conium is chosen (totality of symptoms plus history of numbness with pain)

**REMEDY AND DOSE**

Conium 30C one dose daily

**FOLLOW UP**

Mid June – even if he gets tired he has not had a cold. Has increased his riding to 40km trips and his recovery is much improved, not aching or as tired afterwards - after a good nights sleep feels normal the next day. He is not feeling the cold like the previous winter (the winter is quite cold too). He has not noticed any cramps. His sinuses are 40% improved. Continue Con 30C daily.

Mid July – Still good overall. Energy still good and riding 60 or 70km again – two or three times per week. His sinuses are generally 70% better and on the odd warm day he has no symptoms. His sleep is good – he still gets up once to urinate. One time he got a cold but it was gone after two days and the symptoms were mild. He has still had no cramps and his shoulder and hips are causing less trouble. Continue Con 30C daily

Mid August – Still going well – arrives at the clinic on his pushbike (a 10km ride up a continuous steep hill). Feeling well within himself and shoulder and hip improved. No colds and only occasional sinus blockage but only mild. Continue Con 30C till finished – follow up as required

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