

EXHAUSTION

By Robyn Williams

22nd September 2008:

Consultation with a 64 year old female who complained of feeling exhausted which happens at regular intervals throughout the year. She said that she always felt worse in the evening from approx 5.00pm to 9.00pm. She had previously consulted a naturopath when feeling like this and said that she would slowly improve once on the naturopathic regime. When in this state she said that she was overwhelmed by all that she had to get through during the day and found it difficult to remember things. She described herself as very cranky, irritable and impatient during these times. When not exhausted she used to have endless patience.

The patient worked long hours in aged care and had her 93 year old mother (who was suffering short term memory loss) living with her for the past 8 years. She never had the opportunity to take a holiday. She said she felt some resentment towards her mother when in the exhausted state but realized that it was not her mothers fault. She also resented the fact that she had no support from other members of the family and said that she felt trapped.

She is the eldest of 4 children and because her father was a workaholic she was often left in charge. One of her favourite things was “to help Dad”. Her other passions were sport and she was an active sports person. She had 2 marriages both of which she ended and she said that she always picked the needy guys because she could support them but then would become resentful because she wanted more. She had moved home and work many times in her life – the last move was when she and her mother bought their current unit together. Although she enjoys helping people she likes spending time by herself and described herself as very self sufficient.

Other current health problems included what she described as a bad arthritic left knee for which she was taking Glucosamine and was considering a knee replacement. Pain was worse moving however walking was ok. She also had occasional right shoulder pain worse lifting her arm. Four years ago she had the bunions on both her feet corrected and toes straightened. She also suffered from mild allergies which mainly affected her eyes which became bloodshot and sore and were worse in the spring.

Two years ago she had a pterygium removed from her right eye, She loves to eat olives and is averse to meat – just does not like the taste. She prefers to eat salty food.

When asked what she expected from her consultation with me she said that if she could be a lot calmer and patient that would be “fantastic”.

Facial Analysis:

Yellow	Red	Blue
Hairline	Chin – ball	Asymmetry – eyes, mouth, chin

Lines between eyes	Nose – ball	Bridge shape
Lines under eyes		Chin shape
Lines forehead		Dimples
Smile		Ears size
Forehead shape		Curved lines from nose
Lines cheeks		
7	2	6

There being only 1 feature difference between the yellow and blue Carol was assessed as belonging to the tubercular miasm (green).

Repertorisation (Mac Rep for Windows)

The patient's main complaint – exhaustion – is a very common complaint and given her age she was working extremely long hours as well as caring for her mother. Tiredness would be a reasonable expectation. However the fact that she felt she needed to work so hard and also the fact that she had complained that her father was a workaholic gave me the first rubric to work with. There also were a number of joint complaints – shoulder, knee and bunions so decided to choose a rubric for joints in general. I included the rubric for pterygium as another physical. The remaining choices were general food rubrics.

Rubrics Chosen

GENERALITIES; EVENING, six pm. - nine pm.; agg. (247)

MIND; INDUSTRIOUS, mania for work (117)

EYE; PTERYGIUM (27)

EXTREMITIES; JOINTS, complaints in general (50)

GENERALITIES; FOOD and drinks; salt or salty food; desires (59)

GENERALITIES; FOOD and drinks; meat; aversion (136)

From this repertorisation Calc Carb was an obvious choice being a “green” remedy and covering all rubrics chosen. I also wanted to include the rubric for desires olives – however, only 3 remedies appeared in this rubric (far too small to use reliably). However one of these remedies was Calc Carb – so just added some weight to my choice anyway.

Calc Carb 30C daily:

18th October 2008: The patient commenced feeling much better from day 1 of taking the remedy. She said she was extremely impressed. She said that she had been a lot more patient, was not tensing up and felt a lot happier in general even though she had had a couple of extremely stressful weeks. She said she now had plenty of energy and had noticed a marked improvement in her memory. She also had no further allergy symptoms. Shoulder pain had been non existent and although she had had 1 bout of severe left knee pain about 3 weeks ago after doing a lot of stair climbing there had been no further pain. The knee was the best it had been for quite a long time. She was happy to leave the situation as it was saying she now knew where to find me. However I wanted to see her one more time to ensure that the improvement held or continued.

Continue Calc Carb 30c daily

15th November 2008: No return of symptoms. She said that she was feeling the best she has for years. Thinks she may not have to consider the knee replacement. Finish the Calc Carb 30c.

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