

Case

48 year old male - Construction Manager

Irritable Bowel Syndrome

First visit – November 2009

Has stomach cramps after he passes a stool. Mucous in the stools. Will pull knees to chest to ease the pain. Had tests (gastroscopy and colonoscopy) – both all clear. His blood pressure is 133/85.

He travels a lot and attends meetings – he is often worse before a meeting. He gets more pain and feels very stressed. Even as a child he would get these stomach pains very severely but only once a year. The more he travels the worse he is – he says he also doesn't eat as well and drinks more alcohol during these trips. He is working long hours – often 70 hours per week. He can become irritable and wants to be on his own.

In the morning he will often have an attack too – when he passes a stool he will suffer pain (cramping) afterwards then he feels very lethargic. Sometimes he will go up to twenty times during the day until 9pm at night. Often he has a constant urge but there is nothing to relieve. His stomach muscles contract – they feel better for warm applications. The following day his stomach will be quite tender. He has stopped drinking coffee to help the situation but hasn't noticed much change.

The mucous is often brown or green. When he is in pain he will draw his knees up and lie on his side. A normal day is when he passes only one stool per day. On a bad day after all the urging he might have to get up at night too. Often it can be very bad after dinner in the evening. He is sensitive to touch and doesn't want anyone around him.

His skin is dry. With all the plane travel he can be light headed and notices it is worse when he is flying. Sometimes his ears ring after flying. He gets nasal mucous in the mornings which drains to his throat.

His appetite is normal – he desires fried rice and eggs – especially fried eggs. He has an aversion to milk. His calves are tight and sometimes cramp often < on his left. His sleep is ok.

Remedy 30C once a day

Second visit – February 2010

As soon as he took the remedy he had one black liquid stool but has been totally well since. His anxiety is much better – sometimes a mild anxiety but nothing more. He has had no stomach cramps and a normal stool once a day. His mood has been ok with only a couple of irritable moments. His skin is less dry and feels normal. He has had no cramps in his calves. He is working hard and still traveling – occasionally his ears will block when flying but he is no longer light headed. His nose is generally clear in the mornings.

He has just finished taking his remedy and is still working long hours – remedy to continue once daily.

COMMENT

The remedy chosen for this case was chosen by facial analysis to determine the dominant miasm and then by repertorisation to choose the best remedy from that miasm.

Facial Analysis

Yellow (psora)	Red (sycosis)	Blue (syphilis)
Lines	Nose size	Asymmetry – 3 places
Lips		Teeth
Hairline shape		Dimples
Lines between eyes		Eyes shape
Smile		Bridge
Nose shape		Forehead shape
Eyes position		Chin shape
7	1	7

Miasm – Green (Tubercular)

Repertorisation

- GENERALITIES; WARMTH; amel. (160)
- GENERALITIES; EVENING, six pm. - nine pm.; agg. (247)
- GENERALITIES; TOUCH; agg. (200)
- MIND; COMPANY; aversion to, agg. (187)
- RECTUM; URGING, desire (297)
- STOOL; MUCOUS, slimy (221)
- GENERALITIES; STOOL; agg.; after (69)

The rubrics are large and this will bring in a greater group of remedies – by repertorising this way we don’t lose the remedy that will help the case. The facial analysis will narrow the choices.

Remedies

- Nux, Sul, Merc, Phos, Hep, Ign, Hell, K Carb, Puls, Sep, Ars, Caps, C Veg, Coloc, Lach, Rhus T, Staph, Carb An, Chin, Graph, Lyc, Nat Mur, Con, Nux Mosch Nat C Plat Stann, Verat, K Bich, Sel, Calc, Calc Phos, Nux M, Petr

Even though this group of remedies is large only 5 remedies are rated (Homœopathic Facial Analysis) as green remedies (tubercular) – Phos, Hep, Chin, Calc, Calc Phos

The rubric “draws knees to chest” is checked and only Calc Phos shows but Hep is chosen due to the severity of the pain and its high rating in the generalized repertorisation. Calc Phos is given as a back up remedy should the Hep not work well enough. The Hep worked straight away.

Daily dose

The Homœopathic Facial Analysis (HFA) model is based on miasms as energies that form every part of us including our facial structure and our immune, emotional and stress responses. The right energy (miasmatic totality remedy) can be given daily in low to moderate doses (6C, 30C) for extended periods with little or no aggravations. In the same way LM's were Hahnemann's final choice of posology – he understood that with chronic disease daily stress will require more energy (remedy) than an acute disease.

This patient took Hep Sulph 30C until April 2010. He was asked to book back in if he needed further help. His wife reported that he was still quite well and had been continually calm and in control throughout the entire period even though he was under a lot of stress with his business and building a new home.