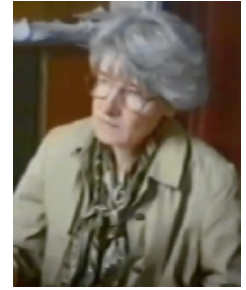


Pre-membership Course in Medical Homeopathy

Clinical Case Study

Case Ref:			For Study in Week:	
Patient:			Age:	
Domain:			Please respect patient confidentiality. Case studies are provided for personal study within this course only.	
Therapeutic Area / Presentation:	1.			
	2.			
	3.			
Life stage:				
Homeopathic Category:				
Notes / Learner Instructions				
				

Mrs Sheila G - Case notes from first appointment - 18/01/93
Occupation: Part-time lecturer in Russian Literature



First appointment 18/01/93

Digestive problems, worse over the past year.
No major trigger to account for worsening.

Duodenal ulcer diagnosed twenty years previously.
Pains in the last year have been worse lying on the left side.

Feels she is 'failing to digest properly'
Speculates that she has a hiatus hernia -
because has no trouble when standing or sitting.
<< lying

Experiences pain in the right upper quadrant of her abdomen
and extending to the region of her left breast.

Less often there is some discomfort / pain in the midline.
Symptoms come in waves - roughly 2 week aggravations.
Often improved if she is careful with her diet.

Always had 'poor digestion' (Grandmother had similar problems)

Not many notable childhood illnesses
Tonsillectomy when 25 years old.
Early menopause following radiotherapy for adenocarcinoma of
cervix when 40 years old.

When she had periods experienced 'muzziness and difficulty thinking at the
time of her period. Wanted to be alone at these times.

Married with no children (by choice)
Husband is well.
Mother is well.
Father has 'poor digestion'

No current conventional medication.
Takes Vit B12, Calcium supplements and Vitamin D

Sheila G. continued

Not particularly heat tolerant, nor very tolerant of the sun. Chilly in reactions to temperature overall.

No excessive perspiration.

Tends to be worse in the morning

Better in early evening

Food & Drink

Vegetarian

Liking for fruit, apples, pears, raw veg, porridge, bread and butter.

Averse: onions, salt and sweets

Likes fruit juice but can be aggravated by fruit.

Not especially thirsty. Drinks tea (not strong)

Occasional glass of wine

Doesn't drink spirits (<)

Conjunctivae appear somewhat red.

Sleep is average when in a pain free phase.

Abdomen

Bowel habit is regular

Slight constipation if she is sitting too much.

Some gas: with eructations

'Food feels in the wrong place'

No dysphagia.

Weight is stable

No frank regurgitation, but occasional acid saliva at night.

Genito-urinary - OK

Mind

Generally solitary.

Can be sociable when she has to be.

Pessimistic

Clear ideas of right and wrong (?fairly opinionated)

Condemns wickedness.

Looks for kindness, sincerity and openness in others.

Critical and 'dislikes people who hide their head in the sand.'

High personal standards and can suffer from guilt.

Generally keeps her feelings to herself.

Able to control her temper.

Name MRS SHEILA C D.O.B. Sex F Occ. part time Date 18/1/93.
 Address MILTON BRIDGE MILTON Lecturer: Russian Lit
 History of Present Illness

No major trigger Digestive problems < last yr.
 Previously chronic indigestion D.U.
 D early '70s
 Pain in (L) side: failing to digest.
 Guess that she has H.H.
 No trouble when standing / sitting
 < lying Pain in (L) upper quadrant
 of torso. round (C) breast den after a
 midline. Goes & waves 2/52 bad

Previous Illnesses

TB ° A ° J ° Dur

careful of diet then quiescent for months
 Always had 'poor digestion' C.M. had similar
 childhood illnesses : Consultant when 25.

Personal :

Married. No children. by divorce
Husband well:

Menstrual History :

Early menopause : had radiotherapy for adenocarc. cervix
 when 40 yrs
 when she had unsp. menses

Family History

Mother : - well.
 Father : - 'poor digestion'

and difficulty
 thinking - M.P.
 wanted to also

No current Rx
 from G.P.
 Uses Vit B12.
 Calcium + D.

Examination

ORIGINAL CASE RECORD - Rough Notes - First Appointment

HOMOEOPATHIC SYMPTOMS

Gen not very tolerant. Not x's heat tolerance

Generals

Heat :-

Cold : dully

Sweat :-

Time : < morning. best early eve

Weather

Not much persp

Stomach
vegetarian.
Appetite

Disordered

Thirst :- Not generally thirsty

Aversions onions, salt, sweets

likes fruit juice

Desires :- fruit, apples, pears, raw veg, porridge
bread better

tea.
Not strong, one glass of
milk.

Sleep
When pain free - sleep average

o sprints - 1 d. order.

Particulars

Head

Stomach

Eye :- somewhat red.

Bowels gen regular :
stasis → constipated : slight.

Ear
Nose | No catarrh.

Abdomen

No abdo pain. Wind. Belching.

Throat

Bowels

No discharge
Feels in the wrong place
No dysphagia.
Weight stable +-.

Face

Genito-urinary

Mouth :- No waterbrn generally.

Back

No u.s. pain.

Respiratory

Extremities

No regurgitation
Occasional acid
saliva : at night only

Redness upper lip.

Dislikes people who hide
head in sand.

MENTALS

Generally solitary

[? fairly black & white
sprints.]

Permissive :

Clear ideas of right + wrong

Can be sociable when
High standards
Keeps feelings to herself

required to be
suffers from guilt.
Cautious
wishes
Censorious
Some anticipation

looks for kindness

Has a keyer : controls.

o severity + genuineness

Sign 30/2 2007

REF:RSM/LAN/G/OIV/93

18/01/93

Dear Mrs. G

Thankyou for coming to see me at Sandyford Place today. I enclose some homoeopathic medication, as discussed.

You will find three small sachets in the envelope enclosed. These three doses should be administered approximately four hours apart in one day. The sachets should be carefully unfolded, and the granules tipped onto a clean tongue. They should then be allowed to dissolve slowly in the mouth. Please see the information leaflet enclosed.

The surface of the granules are impregnated with a pattern of information derived from . I hope that you will prove to be sensitive to this, and that you will notice an improvement in due course. I will consider the other options for treatment in the interrim.

Please let me know if you encounter any problems. I will look forward to learning how you have fared, in 4 - 6 weeks time.

Yours sincerely,

R.S. Malcolm MBChB BA MFHom.
Lecturer in Homoeopathic Medicine

REF:RSM/LAN/G/008/93

Mrs. Sheila G
Milton (by
Dumbarton) G82

19/02/93

Dear Mrs. G

It is now more than four weeks since you came to see me at Sandyford Place. I am writing to ask how you have fared. I would be most grateful if you would get in touch to update me on events.

I hope that you are keeping well, and look forward to hearing from you in due course.

With best wishes,

Yours sincerely,

R.S. Malcolm MBChB BA MFHom.
Lecturer in Homoeopathic Medicine

STELLA 9

1/3/93

Swinging pain levels.

Ranging from 0 → 10.

Some nights fine.

Other nights: can't sleep because of pain.

Favourite Cat died

Pain started over 2 1/2 yrs.

irregular pains starting + stopping.

Extraordinary swings. Unequal spaces
between attacks.

Pain always (L) side of torso...

central round (C) breast as low as abdo

Sometimes to shoulder. front + side

Slightly relieved by sitting cushioned
back. Holding pain tight against pain →

Walking + moving > .

Flatulence: abdo swelling. Discomfort.

REF:RSM/LAN/G/008/93

Mrs. Sheila G
Milton (by
Dumbarton) G82

07/03/93

Dear Mrs. G

My apologies for the delay in getting back to you after your visit. It has taken me some time to analyse the details that you have given me.

I enclose a homoeopathic preparation of .
This material is rarely indicated, but seems to have an appropriate pattern of information for you.
If you are sensitive to this remedy you should notice a change in your symptoms and reactions in due course.

I would be grateful if you would continue to keep a symptom calender. Please get in touch in about four weeks to let me know how you have fared.

I hope that you make progress with this medication, and look forward to hearing from you.

Yours sincerely,

R.S. Malcolm MBChB BA MFHom.
Lecturer in Homoeopathic Medicine

MILTON, BY DUMBARTON G82 2SG
Telephone: Dumbarton (0389)

30 April 1993

Your ref.: RSM/LAN/G/ 008/93

Dear Dr Malcolm,

I am reporting on the progress of your treatment of my digestive problems rather later than you requested in your letter of 7 March 1993, in which you enclosed three doses of
Because I had had no pain at night from 1 March (when I saw you last) I did not take the medicine immediately. I eventually took it on 22 March (swallowing doses 1 and 2 in the wrong order!) after 4 days (18-22 March) of uncomfortable indigestion during the day (but not at night).

Thereafter the symptom calendar was as follows:

23-24 March	-	no pain
25	"	pain at night = 3
26	"	no pain at night; pain during evening
27	"	ditto ditto
28	"	ditto ditto
29	"	pain at night = 2; discomfort all day after lunch
30	"	no pain at night; " " " " "
31	"	pain at night = 5
1 April		ditto
2	"	pain at night = 3
3	"	" " " 1

Since 4 April I have been free of pain.

Whether this is just a good spell or whether the Veratrum album did the trick (temporarily?) it is too early to say, I suppose.

May I suggest postponing my next consultation until there is a recurrence?

Yours sincerely,

Sheelagh G

REF:RSM/LAN/G/008/93
Mrs. Sheila G

Milton (by Dumbarton)
G82

15/05/93

Dear Mrs.

Thank you for your letter of April 30th. My apologies for the delay in replying. I hope that you are currently well, and that you have remained symptom-free.

If there is any recurrence, please do not hesitate to contact me. In this event it may necessary merely to repeat the last remedy, at a slightly higher potency.

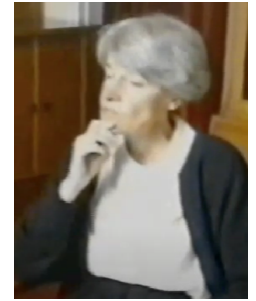
With best wishes,

Yours sincerely,

R.S. Malcolm MBChB BA MFHom.
Lecturer in Homoeopathic Medicine

Rx	No.	PATIENT REF.	REMEDY REF.
REMEDY:	NO Rx		POTENCY: FREQ.

Mrs Shiela G. Video Transcript - Review Appointment - 6/6/94



Patient: ...since March of 1993. So that's been almost a year, if I remember rightly, with no pain apart from a very slight spell of nothing awful in September of last year.

Doctor: Can you remember, did the remedy produce a reaction in you?

Patient: Immediately, no, apart from the pain ceasing almost as soon as I took it, no I don't remember any other reactions of any kind.

<https://youtu.be/63za0a8mshE>

(View the first 10 minutes)

Doctor: There was no catarrh or perspiration...itching or discharges...?

Patient: Nothing whatsoever, no.

Doctor: And when did the pain start again?

Patient: Leaving aside that short spell in September, on the seventeenth of May which is almost... which is three weeks tomorrow. And there were, as it were, warning signs, painful twinges in the night...on lying down...which is, as you remember, the problem. That lasted for four or five days and then exactly two weeks ago, on Monday two weeks ago, I had an horrendous night...I was pacing about the house the pain was so bad, and it's been fairly bad ever since, except I can get a night's sleep if I don't have anything to eat after lunchtime. So I've been taking big lunches and nothing after that. That means I have the discomfort in the evening. But it's nothing more than serious and unpleasant discomfort when you're sitting or standing and so I get a night's sleep, and it's worth it.

Doctor: Can you tell me about the pain?

Patient: It's maybe my imagination...my feeling is that it's somehow sharper than before...more like knives and needles rather than a dull ache. It's awfully difficult to describe pain in words. And it may be that I'm misremembering and the immediately remembered pain only seems sharper than long-back...long ago pain.

Doctor: Where is the pain?

Patient: Same place, this half (indicating left) of the...torso, I suppose. And on the waist line too for some reason and yet oddly enough when I start prodding myself, there's

no pain when I prod that side (indicating left) but I get sort of "Umph!" reactions when I prod here,(indicating right)when the stomach is distended with gasses. I suppose that's nothing uncommon about prodding there, but the actual pain when I'm lying down is entirely in this half. The left hand side. Mostly at the front but penetrating as it were, metaphorically speaking to the back as well, feeling , as it were, sort of there. (indicating under shoulder blades, particularly the right)...below the...what do you call that thing...scapula.

Doctor: How is it making you feel in yourself?

Patient: Well of course when I was not getting sleep, even more "wabbit" than usual. I never have very much energy but when I was getting no sleep I was obviously fairly whacked. Although how much of that was due to the after-effects of that cold type virus I had at the beginning of May, it's hard to say. I suppose, a combination.

Doctor: How about your mood?

Patient: That's always much the same. Fairly pessimistic, but balancedly so. In equilibrium.

Doctor: How are you getting on with other people round about?

Patient: Fine. That is...just as irritated and just as glad to see the same sort of people.

Doctor: There was nothing that particularly provoked the onset of this particular problem?

Patient: All I can think of, Doctor Malcolm, is that I had, roughly a week before the twinges started, having a bout of constipation. Could it be something as simple as that, a blockage, the gasses being kept in that as it were, sort of forced them...but then, why did it linger on...?

Doctor: No, we have to ask why the constipation came.

Patient: I don't know. Except lack of exercise, because I hadn't been feeling too great after having that cold type virus...some kind of virus anyway. It knocked all the stuffing out of me.

Doctor: What happened before the virus?

Patient: Nothing. Nothing that I'm aware of. There may be all sorts of things that I'm not aware of, but nothing that I can think of. Nothing that I'm aware of conciously as

ever having happened.

Doctor: What about your reactions to temperatures round about you?

Patient: As usual. I'm feeling cold all the time except when the weather is nice and warm. Cold hands, cold feet and when somebody comes into my study they say, "Gosh it's hot in here. How can you stand it."

Doctor: Do you perspire at all for all that?

Patient: No. Very little, very little.

Doctor: What about time of day? Is it always worse at nights?

Patient: It's the lying down I think. Because when I started pacing about the house the other nights when it was really bad, it just descended into discomfort, and not the awful pain that made me moan, which it did some nights.

Doctor: Are the bowels working alright now?

Patient: Yes. Not bad considering I've not been getting the exercise I should. I've been taking things like prunes and whatnot and things like that and that seems to help.

Doctor: And what about wind at the moment?

Patient: Bad.

Doctor: Up the way, down the way, both?

Patient: Both.

Doctor: Is it offensive, is it embarrassing?

Patient: I find it embarrassing in company. Obviously anybody would.

[**Doctor:** Are you sensitive to noise?]

Patient: Sound, yes. I'm absolutely neurotic about noise. I cannot stand it. I'm ready to shoot two magpies that start at four o'clock in the morning outside our window.

Doctor: What about...What are you fond of eating?

Patient: Things that don't...that aren't probably very good for me at the moment...fruit and oat type things. You know, porridge, oatcakes, things like that I like very much but

I'm not eating them because they do of course produce wind. And vegetables of course, I do love all these healthy kind of things.

Doctor: Are you fond of salt at all?

Patient: No.

Doctor: Are there any foods which are upsetting you or disturbing you other than the ones which you have mentioned?

Patient: Well, I eat such a restricted diet that I don't think so. Because of having that ulcer all those years ago, I watch my diet very carefully and eat pretty much the same thing every day, so I can't think...no doubt there are certain foods which I wouldn't be able to eat, but I don't eat them.

Doctor: Do you have any headaches?

Patient: No.

Doctor: Any catarrh?

Patient: No.

Doctor: Any fevers?

Patient: No.

Doctor: And what about generally in your personality. Can you remind me what you're like?

Patient: Pretty well balanced, I think now. Fairly sort of pessimistic and gloomy and only liking people very much in small doses. I find a lot of people very irritating so I avoid them. Neither up nor down, as they say, in mood. No mood swings, violent mood swings. No energy to sort of lose my temper too often. You need a certain amount of energy to lose your temper and start yelling at people. I'm tempted, and then I think, "Oh I can't be bothered."

Doctor: Would you say that you're in yourself...when the pain goes away, that you're different in yourself in any respect?

Patient: Well yes, obviously, when you're...like most people when I'm in pain I'm sort of irritable and tend to cut people off, because you're so... you tend to look inwards,

don't you think...at least some people do. I look inward and you're concentrating on the pain and it seems to take up far too much of your attention, if you know what I mean. And yes, when the pain goes away, it's a wonderful relief and you're much more outward looking and you're prepared to, as it were, accept other people and think about their problems. Do you know what I mean? You get very selfish when you're in...well, I get very selfish when I'm in pain...Maybe this is because I've been so lucky with my health in the past, and I'm not used to pain.

6/6/94

March 93

Over a year with no pain.

No immediate reaction. No exteriorizing signs.

Pain started 17/5/94. Warming signs in the night. ← lying. Lasted 4-5/1,

2/52. Horrendous night. Pacing around house. Can get a night sleep if nothing eaten after lunch.

→ Sharper than before. Nails feel like knives / needles rather than dull ache.

Ⓛ half of torso and waistline.

Prodding no tenderness Ⓛ but tender

Ⓚ side. Distended = gas.

Pain lying down entirely Ⓛ side.

penetrating to the posterior aspect of Ⓛ side.

More rabbit than usual. (less sleep) M: / week .88

Cold virus at beginning of May.

Mood fairly pessimistic. Generally in equilibrium.

Concubinate a pain and becomes inward looking when current. becomes selfish when a pain

GF: pre
CM: 96
GF: 70
M: / week .88
F: / week .88

getting a OK with others.

1/2 prior to twinges, noticed some constipation.

? lack of exercise: - fine until the virus.

(T) :- lying <.

T' :- chilly all the time
cold hands & feet.
- Not much perspⁿ.

Abdo: - bowel OK.

Wind ↑ ↓, embarrassing Σ company.

CV. \circ No chest probs
No catarrh.

No easy bruising: - Drinks: weak tea, seldom coffee.

: - Intolerance of sand: reactive about noise

D: - fruit, oats, porridge. (< wind) vegetables. cheese

A: salt, sweet. Disordered: - very restricted diet.

A & GI problems Σ family: she had ulcer years ago.

No headache, No catarrh, No jaundice

Pretty balanced personality: generally pessimistic -
people only Σ small doses. Some people imitate.

Mood stable No mood swings. No energy to lose energy

(2)

30/3.

Review Appointment - Transcript of Review 26/06/94



Patient:and you had said not to take them unless it became awful which it didn't. So I thought I would just report to you what has happened since you gave me the first, as it were repeat dose after a year's absence, on the sixth of June.

Well, immediately after that, I had two bad nights, on the seventh and eighth, and thereafter it was very much better. Discomfort, with no real pain and no sleepless nights. So the remedy does seem to be remedying the problem, although I should say that I have been eating very very little in the evening. Nevertheless I think probably the remedy is working. There doesn't seem to be as much distension in the stomach area, nor I think, the same build up of gasses as there was before I took that lot on the sixth of June.

<https://youtu.be/63za0a8mshE>

(View from 00:10:16)

Doctor: What about in yourself. How are you in your general well-being?

Patient: Well I had a lovely holiday, which of course always helps, in the Alps, and I just love that kind of outdoor walking sort of holiday, so I feel fine.

24/6/94

Immediately after remedy 2 bad nights -
then much better. Discomfort only
No real pain and no sleepless nights
Eating little in the evening.
Not so much distended.

Not so much build up of gasses.

Has a lovely holiday in alps:-

likes outdoor holidays

A little indigestion after lunch: eats more
at lunch.

Eats fruit + veg at lunch.

Eats starchy foods at evening: to avoid
discomfort. Pasta produces no reaction.

Bowel OK: a little variable.

Appetite OK: - food likes + dislikes.

No undue or untoward effects from remedy

Sleeping OK. Energy OK ISO.

Mood: ISO.

No Rx wait
to take next if <.

(3)

8/10/95

Last gave rem. Summer 1994
five for a year + a Colf

Some problems returned again '1/2 ago
pain returned recently

Until sept this year was fine

From 1st Jan. 1995

NO PAIN until

12 May	1
13 "	2
14 "	2/3

then O.K. (except one night 11 July - discomfort
severe) until

6 Sep. 1/2

15 Sep. Sharp pain up to right jaw
lasting about 45 mins., night

23 " Acid "saliva"

28 " Pain 5, continuing next p.m.

29 " No pain (no food after lunch) slight pain in

30 " No pain. Distension, discomfort coincidental.

5 Oct. Pain 1

7 " " 4

8 " 0

9 " 0

4 September

relief of 1000 pain
pericardial area.

went sleep:

de . Pain doesn't

Not cheerful
outlook on life

< 3rd day

ambles comes

On whenever she starts to walk.
limited to walks. Hides are slightly puffy.
Smaller than she usually is, visitors around.
Had a kidney problem yrs ago: Too much water
being passed. Noticed she wanted to P.U. but
couldn't, previous episode of white pain occurred
at a time when she passed a lot of water
copious. Father ~~sounds~~ suffers from gout.

30/2/11

24/2/97

Has been generally quite good

A few weeks ago some return of discomfort

← lying at night. Due to go to Ukraine

∴ Yse which will be stressful (⊙) sided symptoms.

In past years have worked well

Some numbings: some discomfort around the heart

Bad on a few nights of mildly returning discomfort

Generally a bit run down. Feels responsibility

on her getting it right. Quite anticipatory.

"I'm the only Russian speaker going"

Anticipatory the meetings and what might go wrong

Has had one cold after another since October

Caching ∴ energy. low veg: fruit → discomfort.

Head.

° ENT problems some URT.

° C O W O B O P.

I: some adjustment.

? sauces &.

Bowel habit OK at the moment
want good while ∴ Italy.

Car of car blow up.

27 August 1998

Dear Dr. Malcolm,

You suggested that I write to let you know the effect of the remedy you prescribed about a month ago for my digestive problems.

I am glad to tell you that the night-time pain stopped about ten days after I took the remedy, so that I was able to have an enjoyable, pain-free holiday. For this I am extremely grateful.

However, the underlying problem is still there, and I shall telephone you after you return from holiday in September, to request a consultation with a view to trying to solve the deep-seated problem.

Yours sincerely,

Sheelagh G.

17/7/98

Am c lying tired

⊙ side + around ⊙ costal margin

Distension: gas - pressing

Physically tired + run down

Colds + minor viral infections which exhaust her.

Used echinacea last winter.

fresh fruit + veg. fermenting sensation

Pains → 3-4 am.

⑦

Verat alb 30/2 200/1

24/5/99

Has been symptom free for most of the year. Sudden sharp pain in low bowel.

Dull pain ⊙ ribcage associated with bloating

Occ belching air with no regurgitation.

Occ sleep pain in stomach. Late evening

or early night: quite painful: couldn't get to sleep

Recurring problem: sensation of hot pain along

⊙ costal margin. Sharp gripping pains are new.

? 1 BS. Took 10 days for verat alb to work.

Suffers from cyclical fatigue.

⑧

Dys-co. 30/2 200/1

Verat- alb 30/2 200/1

? mag-p.

? dys-co

?? syc-co

mag-g.

15 June 1999

Dr. R. Maleson
11^b N. Clelland St.
Glasgow G3 7MR

Dear Dr. Maleson,

I am writing, as you requested, to report on the effect of the first of the two remedies you gave me.

I am glad to say that the first one seems to have worked. Since taking it on 26 May I had discomfort or pain only in the first week. Since 3 June I have been free of pain, apart from a couple of brief spasms, and able to sleep. I have, therefore, not taken the second (different) remedy.

Needless to say, I am extremely grateful to you for once again finding the right remedy.

It remains to be seen whether it brings about the desired general improvement (an end to the constant tiredness and lethargy). I'll wait a couple of months, then come to see you if it does not.

With gratitude,
Yours sincerely,
Sheelagh G

1/3/93

STELLA ♀

Swinging pain levels

Rangely from 0 → 10.

Some nights fine.

Other nights: can't sleep because of pain.

Favourite cat died

Pain started over 2 1/2 yrs.

irreparable pains starting + stopping

Extraordinary swings. Unequal spaces
between attacks.

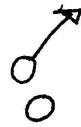
Pain always ⊙ side of torso...

central round ⊙ breast as low as abdo
sometimes to shoulder. front + side

Slightly relieved by sitting cushioned
back. Holding pain tight against pain →

Walking + moving > .

Flatulence: abdo swelling. Discomfort.



Milton by Dumbarton G82
tel./fax: 01389

5 May 2000

Dear Dr. Heleda,

I am glad to say that within one week of taking the remedy you prescribed on 19 April I was completely free of pain and discomfort caused by digestive problems.

Once again, I am most grateful to you.

Yours sincerely,

Sheelagh G
