

# I have anxiety of making mistakes



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**ABSTRACT:** The author presents a case of migraine where constitutional medicine was ineffective but an acute remedy helped her instantly giving a lasting permanent cure.

A 24-year-old unmarried female clerk, visited on 4<sup>th</sup> August 2017 with c/o catching cold very easily with continuous sneezing and nasal obstruction worse at night. She also c/o recurrent headaches which began in the morning and lasts till evening since last 4 years; headache improved after sour vomiting. Other complaint was pain in the thighs and shoulders which the orthopedic doctor had declared as calcium deficiency. In the morning after waking up from sleep, her back would also hurt. In past history it was noted that she had a certain allergy of the eyes that had begun in class 5 and she has been taking treatment for it for last 10 years. Her eyes would specially itch in winter season. She desired raw mangoes and preferred cold drinks. She had aversion to milk+3. She could not tolerate spicy foods. Thirstless and chilly. No problem with stools.

She wore a sweater even on a hot summer day. She would be angry if her wishes were not listened to. She was especially concerned about her family because her father was not bothered about them and was worried about having a heart ailment. She would often tremble with fear. Her greatest desire was to have a good family life. She had problems in taking decisions due to confusion of mind. She also had anxiety of making mistakes. She never shows her sadness and felt better after crying. She was fond of slow music and so sensitive that she can't

bear to see fights. She used to feel tired easily. This was a typical psoric constitution with general emaciation. Hence, *Calc-c* 200 single dose was prescribed on 4<sup>th</sup> August 2017.

Follow up

- **11<sup>th</sup> September 2017:** Thigh pain and shoulder pain 80% better and no backache anymore. But she was still very desperate to get rid of her nagging left sided migraine headaches, which recurred every Sunday. Headache < eating and > vomiting+2 something sour. Pain was sharp type, no radiation but occurring periodically, < hot weather, > lying down but at that time she cannot fall asleep. Headache > gentle motion. Her eyes were red with the headache this afternoon. BCCR Repertory was referred for the following two rubrics:
- Head internal occurring every 7<sup>th</sup> day; *Calc*, *gels*, *Iris*, *phos*, *saba*, *sang*, *sil*, *sul*, *tub*.
- Head internal Vomiting Amelioration; *Asar*, *Eup-per*, *Ign*, *Iris*, *Tab*.

*Iris-versicolor* is the finest medicine for gastric or hepatic headache associated with sour vomiting with prominent action on alimentary tract says EB NASH. WILLIAM BOERICKE mentions the modality better by continuous motion.

*Iris-versicolor* 200 single dose was prescribed on afternoon of 11<sup>th</sup> September 2017 during acute attack. Within 2 minutes the headache disappeared.



**15<sup>th</sup> June 2018:** She got the headaches only once a month for the first 3 months but not as intense as before. After that no single episode of migraine. No shoulder nor thigh pains. No complaints whatsoever. Happily married.

**12<sup>th</sup> February 2019:** No headaches. Complaints of constipation, hard stools. Cold hands with numbness. Lumbago with excessive menses. Chilly, Fear of darkness, worried about future and family. Neck pains. Still prefers sour foods. Knee

pains worse ascending. *Calc-c* 1M, 1 single dose prescribed.

**LEARNING:** Although *Calc* was her constitutional medicine, yet it was ineffective in dealing with this obstinate migraine tendency and an acute remedy like *Iris-v* helped instantly as well as to give a lasting permanent cure.

**KEYWORDS:** Acute left sided migraine, Sour Vomiting, Constitutional, *Iris-versicolor*, *Calc-c*.

## Marriage is a burden



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**CASE:** A Lady of 42 years c/o Migraine, since 32 years

LOCATION	SENSATION	MODALITIES	CONCOMITANT
Head Since 32yrs (Lt side) (Lt – Rt)	Sees only half object. (Right side) Pain (after clear sight) Irritation Throbbing Hammer like sensation	< Ice-cream < Milk+++ < Butter+++ < Cold Air < Sun heat > Warmth > Close Room	Nausea Corners of mouth- cracks

### PHYSICAL GENERALS:

APPETITE: - Good

THIRST: - Small quantity at smaller interval

DESIRE: - Sour+++ , Salty+++ , Sweet+++ , Warm Food

AVERSION: - Highly seasoned food, ice-cream

STOOL: - Constipated, Black

URINE: - Normal

SLEEP: - After 3 am

DREAMS: - Teaching the students, Snake biting, Falling in valley

PERSPIRATION: - Scanty

THERMALS: Hot

### MENSTRUAL HISTORY:

Cycle:- 4-5 days/ 28-30 days

During:- Pain in abdomen

### FAMILY HISTORY

Mother and Father: Hypertension

Mother and & Maternal Uncle: Piles

Maternal grandmother: Paralysis

### PAST HISTORY:

Chicken pox, Piles

### DIAGNOSIS:

Migraine

### MENTAL GENERAL

Loneliness- do not like to be disturbed.