

# Goodbye Forever!



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**ABSTRACT:** *A classic case where an acute emotional imbalanced response was triggered in an individual in response to things done by others. The problem arose in the mind, but the body is expressing the same pattern freely.*

**A** 27year old unmarried male presented on 5<sup>th</sup> of March 2023 with c/o bleeding after stools (20 to 25 drops of bright red blood). No pain whatsoever. No constipation. First time bleeding appeared on 28<sup>th</sup> February 2023 in form of a streak of blood on the stool, especially towards the end of stool 2 drops of blood were noticed by the patient. On 2<sup>nd</sup> March 2023 soft stools but 5 drops of blood were passed at end of stool. 2 days later, 4<sup>th</sup> March 2023, he was stunned to see 20-25drops of blood at end of stool and stools mixed with blood. Painless stools. He was worried. When I saw him, he appeared upset. When I inquired into how it all began, he informed that on 11<sup>th</sup> February 2023 while playing a friendly football match he fell down and sustained blunt injury to his left knee. Initial swelling of left knee reduced after ice application. After this he observed a firm mass protruding from lateral aspect of left knee specially when he squats on the Indian toilet. On 14<sup>th</sup> February 2023 Valentine's Day he met a girl whom he was chatting for last 3 months. She seemed equally promising to him, but he maintained some distance from her as he had just met her. Later, while chatting next 2 nights, she inquired from him 'What do I mean to you?' He knew that another boy was after her, so he replied diplomatically saying that "you are like a colleague." This offended the girl,

and she immediately disconnected the phone. She messaged him that "I won't sleep all night." When he inquired the reason, she replied "That's none of your business". This shattered him completely. He felt as though someone had hit his brain with a hammer. He could not stand this insult. It made him furious to see such an insensitive reply from a girl whom he loved and cared for. He switched his phone off and diverted his mind so that he might be able to get sleep. Next morning, he found a message from the girl 'Goodbye Forever'. This added to his misery. Soon he had a toothache, < inhaling cold air into mouth. No caries visible. He felt extremely offended and sad. He was just unable to forget the girl and her insult. From the next night onwards he could not sleep soundly. He would be awake till 2-3am and be sleepy during the day. He would wake up several times at night to pass urine or simply to check the time or was woken by wet dreams. Sleep was unrefreshing and even if he tried to sleep during the day, it could not refresh him for long. Always yawning. Usually, he hates smoking because the taste of nicotine doesn't go even after brushing several times but on 17<sup>th</sup> February evening as he smoked on insistence of a friend, he quite enjoyed it, and the taste did not bother him at all. On 20<sup>th</sup> February 2023 He met his ex-girlfriend on pretext of some work and asked her

to hug him, but she point blank refused and walked away. He was enraged at her behaviour but never showed it externally. He decided to teach her a lesson later. On 3<sup>rd</sup> March 2023 he was accused by his best friend for spoiling the sacred environment of the gathering of people- why?. He once again felt very bad but shut his mouth and walked off quietly. Next day he had an indurated fiery red pimple on left cheek and tip of nose. At the end of it all he felt that everyone wants to injure him. At work, since his sleep was incomplete, he would shout at others. Picking up quarrels. Refusing to follow orders. Insulting his siblings and mocking his colleagues. However, if his colleagues pointed out his flaws or contradicted him then he could not tolerate it. While travelling he would be very cautious to see if any vehicle might hit his injured knee, although there was no tenderness nor pain in it. He would often keep his hands on his knees as if trying to protect and cover it. He felt his legs were not supporting him well, hence while climbing stairs he would firmly hold on to the railing to make sure that even if he slips, he will latch on to the railing. He said that he was feeling like an old man while walking, like being unsure of his stability. He also got a boil just below his suprasternal notch with pus that oozed out and it healed leaving a keloid like scar. He could not bear much noise; it would anger him and then he would shout very loudly. Later, he felt guilty for having shouted in anger. His teeth and throat were also sensitive to slightest change in temperature of water (cold water) and in the mornings he would have a running nose on waking. Chilly, good hunger, can eat more even if has just eaten a meal. He felt lonely and wanted somebody to make love. He enjoyed watching girls pass by on the street (Lustful). He would speak everything in double meaning, but shy at the same time when it comes to practically doing it. On inquiring whether he felt anger, insulted or sad? He immediately replied that first he felt insulted and felt that his honour was

wounded by both the girls and later on he felt sad thinking repeatedly 'How could they do this to me?'. I referred Dr RP Patel's corrected version of Kent's repertory for the following rubrics 1) Effects of honour wounded (*Ign, Nux-v, Staph*) 2) Lasciviousness We have a choice between *Ignatia* & *Staphysagria*. Oversensitive to rudeness, easily excitable, highly emotional, worse from emotions, image conscious with vexation and reserved displeasure, insomnia after grief, we find in both. But the expression of toothache as a result of constant grinding of teeth in anger, prominent masseter's, sensitive to cold water and always angry are guiding features of *Staphysagria*. Boger's synoptic key mentions pains that move into teeth, imagines insults. HC Allen's keynotes says under *Ignatia* that it cannot bear tobacco smoking and under *Staphysagria* we find craving for tobacco. According to Boericke's *Materia Medica* in *Ignatia* we find painful haemorrhage after stool and stools are passed with difficulty, which is not the case with our patient. *Staphysagria* in Boericke's cites the symptom; dwells on sexual matters.

Prescription given on 5<sup>th</sup> March 2023 *Staphysagria* 1M, single dose.

## FOLLOW UP

**8<sup>th</sup> March 2023:** Not a single drop of blood in stool ever since he began the homoeopathic medicine. Besides this, sleeping very deeply and waking up refreshed every morning. No longer short tempered or angry mood. Peaceful at workplace.

**15<sup>th</sup> March 2023:** No relapse of sleeplessness nor bleeding during stool. Feels strong in the knees and resumed daily walks. No longer worried about sustaining injury to left knee. On two occasions, was able to bear unwarranted insults from two different colleagues but did not retaliate. Later on, one of the colleagues apologised to him and made peace, the other colleague he forgave without holding any grudge. Gets acidity if overeats and realises importance of exercise.

**LEARNING:** This is a classic case where an acute emotional imbalanced response (Anger=hate) was triggered in an individual in response to things done by others. The problem arose in the mind, but the body is expressing the same pattern freely. Somatization occurs in *Staphysagria* as a result of suppression of emotions & hidden anger especially revolving around relationships. *Staphysagria* has pronounced action on Nervous system with great

sensitiveness to least impression, either mental or physical. Herring calls this as Morbid sensitivity as he is fixed on insults (Sycotic). Least word seems wrong, hurts him very much, special senses become irritable, cannot tolerate noise, everything is painfully sensate.

**KEYWORDS:** Bubbled up---injured pride---high libido--- *Staphysagria*. ◆◆◆

## A Restless Soul



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A young man, 25yrs, came on June 18, 2018, complaining that he hadn't been able to eat in two years. He throws up if he consumes one extra roti. He has numerous plans, and if they don't work out, he immediately loses his appetite. Can't concentrate on one task at a time and is distracted by other tasks, leaving the earlier task unfinished and causing anxiety and hasty labour. Eats quickly. Believes he will throw up if he eats too much. He works for an IT firm; if requested to give a 30-minute presentation, he becomes exhausted before the end of the period, breathless, frets about what to do if the material ends quickly and lacks confidence. If the presentation is unsuccessful, performance will suffer, and there won't be a promotion or appraisal. He met a girl in 2015 with whom he had a meaningful relationship. He tried to propose to her, but she declined. He stopped eating as a result of the event, and he started waking up during the night. When he learned of her marriage to another a few months

later, he found it difficult to accept the information. When questioned about their relationship, he responded that he made every effort to be there for her, used to travel great distances to see her, and would talk to her about his personal issues. But after being turned down, he gradually came to believe that money is the only thing that matters. He didn't have a good income back then. The only thing he could think of was, "Why not me? Is it true that I'm insufficient for her?" I made her my top priority and kept her above everyone else. I was upset about how far behind I am in my finances and appearance. She might think I'm stupid or that I'm unfit to be with her. Am I not that presentable? Perhaps the other man she married was more intelligent and well-groomed. I am unable to focus or adequately eat after that occurred.

If I try to plan anything, it never works out. I also suffered a substantial financial loss due to Bitcoin. Again, I didn't accept the loss. I made an effort to make up any losses I suffered. I make a lot of plans,