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# A Case Study of Essential Hypertension with Allergic Rhinitis Treated with Homeopathy-A Comprehensive Analysis & Follow-Up

**Preliminary Data**—Age-59 years, Religion-Hindu, Sex-Female, Marital Status-Widow since 1 year, Occupation-Housemaker  
**Chief Complaints**—K/C/O Hypertension since 10 yrs, On Medication-Tab. Nicosin 5mg 1-0-0 C/O

•Episodes of sneezing and irritation since 3-4 yrs Coryza with sneezing  
 •Itching extends to the ears and throat  
 •A/F -scented candles, incense sticks, smell of petrol, morning, draft of air, right side

•Heaviness at the eyebrows  
 •Bending down, Taking anti-allergic medication since 2-3 yrs

**Associated Complaints**—Nothing specific

**Personal History**—Cravings: nothing specific

•Aversions-acidic drinks, sour, spicy, oily

•Reaction to food/drinks ginger, pepper, chillies, spices causes constipation.

•Urinary-normal, Stool-hard stools, unsatis factory.

•Perspiration-moderate, on neck, non-staining, non-offensive.

•Sleep: husband died 1 year back, takes pills (Tab. Restil)

•Dreams-nothing specific

•Thermal Reaction: Chilly patient

Covering, cannot tolerate fan unless it is a hot day in summer, bathes with lukewarm water

**Past History**—Chicken pox, typhoid 12-14 years of age

**Family History**—Mother-Hypertension

•Brother-Diabetes mellitus

•Sister-Diabetes mellitus

**History of Drug Allergy/Interaction**—Nothing specific

**Gynaecological History**—FMP-15 years of age, LMP-Menopause at 52 years of age

Duration-normal, Cycle-28 days.

•Flow-moderate, Colour-bright red

•Clots-Absent, Odour-non-offensive

•Staining-Absent, Leucorrhoea-Normal

**Complaints before/during/after menses**—nothing specific

**Obstetric History**—G3 P2A1 L2

**Classification**—Complete characteristic physical particular symptom

•Time aborted  
**Climacteric/Menopause**—12 years of age  
 Was depressed post-menopausal, took psychiatric treatment for the same

**Life Space**—She is physically very active. She drops her grandchildren to school, picks them up, goes for a walk every day. She is also creative in nature, and likes cleanliness.

Fearful and anxious about death, misfortune, of the unknown future. If it rains, she feels scared to get out of the house thinking what if she gets stuck somewhere and is unable to reach back home. She didn't even visit her husband in the hospital when he died. She craves for company so she calls all her relatives and talks to them on the phone. She never admits her mistake, always defends herself.

**General Physical Examination**—Pulse-86 bpm, Temperature-Albrite, Blood Pressure-150/100 mm Hg, R/R-13 cycles/min

•Pallor-mild, •Cyanosis-Absent, •Clubbing-Absent, •Icterus-Absent, •Jaundice-Absent

•Lymphadenopathy-Non-palpable

**Systemic Examination**—CNS - Conscious, well-oriented in time, place and person

•CVS -S1 S2 normal, no adventitious sounds

•RS -AEBE, clear PA - soft, non-tender

**Case processing-Analysis of The Case-Location**—Respiratory System Onset-Gradual

Duration-3-4 years Progress-Gradual

**Sensation**—Sneezing, Irritation

•Itching extending to the ears and throat

Heaviness at the eyebrows

**Modality**—A/F -scented candles, incense sticks, smell of petrol, morning, draft of air, right side, bending down

**Concomitant**—Nil

**Evaluation**—A/F - Scented candles, incense sticks, smell of petrol (strong odours)

•Anxiety of future, •Fear of misfortune

•Fear of death, •Desire for company

•Aversion-Spicy, •Aversion-Acidic drinks

•Aversion - Sour, •Aversion - Oily food

•Thermal-Chilly

•Irritation in nose < right side

•Heaviness at the eyebrows < bending down

•Coryza with sneezing

Repertorial Totality

Thermal-Chilly	100
Irritation in nose < right side	100
Heaviness at the eyebrows < bending down	100
Coryza with sneezing	100
Smell, sensitive to odor of, strong odors, Mind, anxiety, future about	100
Mind, fear, misfortune of, Mind, fear, death of, Mind, company, desire for	100
Generalities, food and drinks, spices, condiments, piquant, highly seasoned food, aversion, Generalities, food and drinks, sour, acids, aversion, Generalities, food and drinks, oil, aversion, Generalities, heat, vital, lack of, Nose, itching, crawling and tickling, inside, right, Face, heavy feeling, eyebrows, Nose, sneezing, coryza with	100
Susceptibility of The Case-High	100
Miasmatic Diagnosis-Dominant-Psora, Fundamental-Sycosis Clinical Diagnosis-Essential hypertension with allergic rhinitis	100
Hahnemannian Diagnosis - Dynamic chronic miasmatic disease with fully developed symptoms, Temperament - Nervous	100
Prescription-Nux vomica 1M (1P) Cosmos b.d. x 7 days	100
Auxiliary Treatment-Steam inhalation	100
Avoid cold drinks, cold food/Increase intake of warm liquids Salt restricted diet	100
Add dates and jaggery to diet	100
Follow Ups-Date-06/05/2023	100
Symptoms-Sneezing >25% itching in nose >25% Coryza>50% Heaviness between eyebrows SQ, O/E -BP= 150/90 mmHg	100
Prescription-Cosmos b.d. X 15 days	100
Date-20/05/2023	100
Symptoms-Sneezing > 50% itching in nose >50% Coryza SQ, Heaviness between eyebrows SQ, O/E -BP= 140/90 mmHg	100
Prescription-Cosmos b.d. X 15 days	100
Date-03/06/2023	100
Symptoms-Sneezing >75% itching in nose SQ Coryza SQ Heaviness between eyebrows SQ, O/E -BP= 140/90 mmHg	100
Prescription-NUX V 1M (1P) STAT	100
Cosmos b.d. X 15 days	100

•Thermal-Chilly, •Irritation in nose < right side, •Heaviness at the eyebrows < bending down, •Coryza with sneezing

**Repertorial Totality**—Smell, sensitive to odor of, strong odors, Mind, anxiety, future about  
 •Mind, fear, misfortune of, •Mind, fear, death of, •Mind, company, desire for

•Generalities, food and drinks, spices, condiments, piquant, highly seasoned food, aversion, •Generalities, food and drinks, sour, acids, aversion, •Generalities, food and drinks, oil, aversion, •Generalities, heat, vital, lack of, •Nose, itching, crawling and tickling, inside, right, •Face, heavy feeling, eyebrows, •Nose, sneezing, coryza with

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**Prescription**—Nux vomica 1M (1P) Cosmos b.d. x 7 days

**Auxiliary Treatment**—Steam inhalation  
 •Avoid cold drinks, cold food/Increase intake of warm liquids Salt restricted diet

•Add dates and jaggery to diet  
**Follow Ups**—Date-06/05/2023

**Symptoms**—Sneezing >25% itching in nose >25% Coryza>50% Heaviness between eyebrows SQ, O/E -BP= 150/90 mmHg

**Prescription**—Cosmos b.d. X 15 days  
 Date-20/05/2023

**Symptoms**—Sneezing > 50% itching in nose >50% Coryza SQ, •Heaviness between eyebrows SQ, O/E -BP= 140/90 mmHg

**Prescription**—Cosmos b.d. X 15 days  
 Date-03/06/2023

**Symptoms**—Sneezing >75% itching in nose SQ Coryza SQ Heaviness between eyebrows SQ, O/E -BP= 140/90 mmHg

**Prescription**—NUX V 1M (1P) STAT  
 •Cosmos b.d. X 15 days

•Date-17/06/2023  
**Symptoms**—Sneezing 0-Itching in nose > 75% Coryza>75% Heaviness between eyebrows SQ, O/E -BP= 140/90 mmHg

**Prescription**—NUX V 1M (1P) STAT  
 Cosmos b.d. X 15 days  
 Date-01/07/2023

**Symptoms**—Coryza SQ Heaviness between eyebrows SQ, O/E -BP= 140/90 mmHg

**Prescription**—NUX V 1M (1P) STAT  
 Cosmos b.d. X 15 days,  
 Date-15/07/2023

**Symptoms**—Coryza-0- Heaviness between eyebrows >50%, O/E -BP= 140/90 mmHg

**Prescription**—Cosmos b.d. X 15 days  
 Date-29/07/2023

**Symptoms**—Heaviness between eyebrows 0- No new complaints, O/E -BP= 140/90 mmHg

**Prescription**—Cosmos b.d. X 15 days  
 Date-13/08/2023

**Symptoms**—No complaints  
 O/E -BP= 140/90 mmHg

**Prescription**—No medicine  
 Date-27/08/2023

**Symptoms**—No complaints  
 O/E -BP= 140/90 mmHg

**Prescription**—No medicine  
 Date-23/09/2023

**Symptoms**—No complaints  
 O/E -BP= 140/90 mmHg

**Prescription**—No medicine  
 Date-09/10/2023

**Symptoms**—No complaints  
 O/E -BP= 140/90 mmHg

**Prescription**—No Medicine

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## OPHIDIA

**Introduction**—The term "snake" originates from the Old English word "snaec," meaning "to crawl." Serpent, a synonym for snake, is derived from the Old French word "serp," meaning "to creep." The Greek word "ophis" gives rise to "Ophidia," meaning snake. Ophidia belongs to the class Reptilia, under Phylum Chordata.

**Snake Venom**—Snake venom is modified saliva containing various enzymes and non-enzymatic components. Different snakes have distinct venoms with specific effects. For instance, cobra venom relieves neural epilepsy, while rattlesnake venom is used for epilepsy and nerve exhaustion.

**Diagnosis of Signature**—Observations about snakes' behaviour and characteristics offer insights into their biochemical nervousness.

stool.

**Common Characteristics of OPHIDIA**—

•Paralysis, •Constriction of throat, larynx, & sphincters

•Haemorrhages of dark, non-coagulable blood, •Inflammations & fevers of low destructive type, •Deflected blood & nerves

•Yellow staining of skin, •Heart-related symptoms, •Initial anxiety & over sensitiveness

•Periodicity, •Suited to climacteric ailments

•Sleep aggravation.

**OPHIDIA Group Remedies**—

•Lachesis Trigonocephalus (Sarakuku snake poison, proved by Dr. Hering)

•Crotalus Horridus (Bushmaster, rattlesnake, proved by Dr. Hering)

•Crotalus Cascavella (Pe viper, Brazilian snake, proved by Dr. Hering)

•Naja Tripudians (Naja, cobra)

•Elaps Corallinus (Coral snake)

•Bothrops Lanceolatus (Yellow viper)

•Worse on entering sleep, morning, after sleep.

•Intolerant of warm weather.

•Inflammation & ulceration appear purple & mottled

**Crotalus Horridus**—Low form of delirium, •Fear of being pursued by enemies.

•Haemorrhagic diathesis, blood leaks from openings.

**Crotalus Cascavella**—Fears death, especially when alone, Suffocation & fear of being alone

•Fear of ghosts.

**Naja Tripudians**—Fear of being alone & of the rain, •Suicidal tendencies, spiritually focused.

•Constriction and lead palpitations.

**Elaps Corallinus**—Fear of rain, being alone, and snakes, •Dreads being alone due to impending calamity

**Bothrops Lanceolatus**—Fear of heart stopping, •Haemorrhagic diathesis,

## References

1. Leaders in Homeopathic Therapeutics: Dr. E. B. Nash
  2. "Psycho-Physiological Reflections on Lachesis": Dr. E.C. Whitmore
  3. Clinical Materia Medica: E.A. Farrington
  4. Comparative Materia Medica: E.A. Farrington
  5. Pocket Manual of Homeopathic Materia Medica: William Boericke
  6. Dictionary of Practical Materia Medica: JH Clarke
  7. Group Study of Homeopathic Materia Medica: Dr. Dhadphale G.B.
  8. Group Study in Homeopathic Materia Medica: Dr. J.D. Patil.
- Closing Quote**—Changes that come to material substances, specially the medicinal, through the trituration of non-medicinal powder, agitation of non-medicinal fluid, are so incredible that may be compared to miracles, and is a reason of joy that those