

## HOW TO TAKE UP A CASE ?

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This subject has long been discussed. Great authors of the science of Medicine, our Master and his predecessors also have discussed the above subject with their masterly knowledge and keen observations. So, the question arises why repetition? Because, the method of case taking should vary with time and progress of civilization. Civilization with its industrial development has made people more subtle and a peculiar kaleidoscopic nature has developed in them with rapid scientific evolution. People of the modern society from the very poorest of the poor to the higher strata of society put on a cloak and try to conceal the true picture of the patient himself. It is most marked amongst the educated classes and so called aristocrats. They regularly practise the etiquettes and formalities ignoring genuine and sincere human feelings.

So, homœopaths should develop a keen eye of observation with an intuitional reasoning. As Dr. Kent says—"If the homœopathic physician is not an accurate observer, his observation will be indefinite and if his observations are indefinite his prescribing is indefinite."

To take up a case, we should first begin from the '*name of the patient*'. Because 'name' has a great significance, especially in a Bengali society. Simply from the name, the physician can judge the culture and get up of the family. Names like, 'Goba', 'Alka', 'Channa' cannot be found in a highly cultured family. Names like, 'Akkwari', 'Tinkawari', 'Fala', 'Panchugopal', etc., indicate abortion or still birth. Names like, 'China', 'Annakali', 'Nana', etc., indicate repeated child birth. Names of Gods and goddesses indicate religious dogmatism.

### *Residence :*

It is very important, especially in a poor country like India where ninety per cent of the people are living in hovels, huts, bustees, etc., the very insanitary surroundings, damp base-

ments, etc., which are the source of acute diseases and these surroundings are hindrances on the way towards cure in chronic diseases.

*Age :*

It helps to diagnose the type and characters of diseases, e.g., children are susceptible to peculiar types of diseases. There are also some diseases peculiar to puberty and climaxis.

*Sex :*

It is important, as males and females are subject to peculiar types of diseases.

*Married, Unmarried, Widow, Widower :*

Sex is one of the most important factor in life. In marriage sexual excess is harmful to both ; especially if there is suckling child, sexual excess acts like "burning the candle at both ends". So, physicians should warn the parents for restrained sexual intercourse for the benefit of the mother and the child. The ungratified hunger of sex, perversion of sex, disappointed love, impotency, are all which should be taken into account.

*Occupation :*

Physician should know the types and character of occupation of the patient. Lawyers, judges, writers, who have to exercise brain more than physique should be treated accordingly. Labourers with more physical exercise and strain should also be taken into account. Workers in press, paints, tin factory and those who handle acids and chemical should not be overlooked.

*Then comes observation :*

The physician should observe the patient from the very entrance to the chamber. He should observe his gait, how he moves his steps. Now he takes his seat. The physician should observe the position of his sitting. Does he sit erect or sit stoop-shouldered? Is he moving his legs or knees? Does he crave fanning or switch on the fan? Moving the legs and knees indicate nervousness. Craving for fanning indicates hot-bloodedness. Before asking any question, the physician should look straight at him, stare at him and try to read the language of

the face. Can he look straight at the physician? Is the face smiling or is it that of a jovial mood? If he can look straight at the physician with a smiling face it indicates psoric constitution. Is he shy, bashful, expressionless or with a tell tale face? Does the face indicate shrewdness? Shrewd expressionless face indicates sycosis and hard idiotic face syphilis. Now he speaks. The physician should carefully observe the mode of conversation. Does he talk glibly with utmost sincerity, and frankly and clearly relates the sufferings (psoric), or is he overwhelmed with sentiments and emotions with tearful eyes while expressing the sufferings (sycosis on the borderland of tuberculosis), or does he talk slowly and carefully and try to evade the true picture (sycosis), or does he camouflage himself with high-sounding and demagogic words, thus tries to prejudice the mind of the physician?

Let the patient relate his sufferings without any interruption. If the patient is a child, it is to be enquired whether he is suckling the breast of the mother or wet nurse. In the above case the physician has to enquire about the constitution of the mother or wet-nurse. If the physician is called in a case, he must observe the surrounding of the house and study the atmosphere of the patient. Is cleanliness maintained in the house or the articles lie helter skelter? The physician should not be prejudiced simply from the words of the rich and aristocrat people regarding cleanliness and fastidious habits.

Now the physician should turn his mind to the past history of the patient. He should take the history in detail of the past illness since his childhood. Was he susceptible to diarrhoea or diarrhoea alternating with constipation or cold? Did he suffer from measles, whooping cough, typhoid fever, rheumatic fever, broncho-pneumonia, diphtheria, nephritis, any eczematous eruptions, ring-worms, scabies, acute tonsillities, chronic bronchitis, piles, fistula, etc., etc. Taking the full history of past illness, he should analyse the case on the basis of miasms. Typhoid fever, rheumatic fever, diphtheria, nephritis, chronic bronchitis, blind piles, etc. are mostly of sycotic origin, whereas measles, whooping cough, scabies, ring-worm, eczematous eruption, bleeding piles, fistula, are mostly of psoric or tubercular

origin. The above cases should be treated with anti-psoric or anti-tubercular remedies.

After taking the past history, now the physician should take up the family history, both paternal and maternal, brothers and sisters. Family history of rheumatism, chronic dysentery, chronic bronchitis, asthma, arthritis, nephritis, gonorrhoea, etc., should be dealt with anti-sycotic remedies. Family history of bleeding piles, fistula, tuberculosis, ring-worm, chronic diarrhoea, etc., should be treated with anti-psoric or anti-tubercular remedies. Acute infantile liver or any syphilitic manifestation should be treated with anti-syphilitic or anti-tubercular remedies.

The physician should now make special study with regard to appetite, sleep and stool. In chronic cases these three things are important. The study should next be on craving, aversion, idiosyncrasy and appetite—normal or abnormal. It is also to be studied if the patient has craving for sweets, salt, pungent, bitter, sour, etc. and for open air, bath, etc. and also whether he has aversion to onions, vegetables to any of the things mentioned above in respect of his craving. Is he hot-blooded or he cannot bear the extremes of heat and cold or chilly. Does he not want to bathe even in the hottest days of the summer? Does he want to cover from head to foot at night while sleeping? Next is sleep—the nature of his sleep and then dream—its nature. Then comes stool. The character of stool—whether it aggravates at night, early hours, day time and the general aggravation and amelioration—should be ascertained.

After taking everything in detail, the physician should now turn his mind towards physical examination of the patient. The physician should adopt fixed habit of making the physical examination. If it is practised it will stay with the physician. He should start from the head. Is the hair neatly cut or dressed or shabbily dressed or not long being? Is the hair falling in patches? Is there any dandruff or eczematous eruption on the head? Is he suffering from headache? Is he suffering from Hamicrania—which side is generally affected, right or left? In this way the physician should take a detailed history of eye, ear, nose, throat and any glands in the neck

and then turn to lungs, heart, liver, spleen, etc. Then he will take the history of venereal diseases, orchitis, etc., if any. Then he should enquire whether the patient has any warty growth, tumour, etc. Then he will feel the palms of the hand to ascertain if they are hot or cold. He should see if there is any sweat on the palms of the hand and soles of the feet. Then he will examine the nails. He will read the nails. Is the nail cup-shaped, flat or dimple at the middle? Any corrugation mark in the nail? Are the corners of the nail ingrowing? Is there any pain and tenderness in the corners of the nail, especially of the feet? Is there any tenderness of the soles of the feet? Language of the nail is important. The physician can diagnose the right remedy if he can read the language of the nail. Affection of the nail is mostly found in the sycotic constitution.

Today every case whether acute or chronic should be treated on the basis of miasms. Physicians of years' experience have surely marked in their life-time that every family has been suffering from at least one type of chronic disease. And the people under the influence of miasms have become susceptible to diseases of various types—acute and chronic. Its influence has changed the whole trend of mind in modern civilization. Today values of life have changed to such an extent, that morality, which was once the backbone in every affair of life has to a great extent been banished from the heart of men. Ideals of great men have been ignored and men have fallen victim to neo-idealism which excites nothing but passion. As a result, sweet relation in the family life has been disrupted. Mistrust, mal-practice, mal-adjustment, are pervading everywhere. Life has become a woeful tale of an idiot and Shakespeare rightly said, "Life is a tale told by an idiot full of sound and fury signifying nothing."

To gain success, experience is absolutely necessary. But the secret of success in Homœopathy is the power of observation. And this observation must be accurate, to the point and on the basis of miasms. On this basis of miasms if we can observe and prescribe the right remedy, success is practically ensured. To gain this power of observation, we should develop

a child's simplicity avoiding all prejudices and dogmas. Vanity has no place in the realm of learning. So, we are learners to-day, learners to-morrow and learners always. Lastly, the physician should have unfailing energy, perseverance and patience in dealing with the case. He should observe the twelve commandments of Dr. Kent in dealing with the case. He should behave politely and in a saintly way because it is the physician who is summoned as a great saviour at the time of imminent danger.

Before I close, I will enumerate a few practical hints relating to miasms.

Nail: corrugated—Sycosis—Medorrhinum. SILICA, *Thuja*.

Nail: ingrowing tee nail—Sycosis—*Thuja*, SILICEA.

Nail: dimple in the middle—Sycosis—Medorrhinum.

Nail—hard fissure—Syphilitic—Nitric Acid. Fluoric Acid.

Nail—ulcerated—Nat. Sulph.

Dandruff—eczema caput—Sycotic—Medorrhinum.

Warty growth—Cauliflower—Sycotic—*Thuja*.

Warty fleshy growth—Sycotic—Bacillinum.

Warty fleshy growth—hard—Nat. Mur.

Pain and tenderness in the soles of the feet—Sycotic—*Thuja*,  
Medorrhinum.

Hair falling in patches—Syphilitic—Bacillinum, Syphilinum.

Hair lustreless, hard—Psoric—Sulphur, Bacillinum.

Hair soft—Tubercular—Bacillinum.

Dreams—Psora. Less, if any of stools and urine, songs.

Dreams—Sycotic, More. Sleep is full of dreams of flying and  
falling, of dead people.

Dreams—Syphilis—of dreadful events, arson, riot, murder.

Mind—Psora, restless, emotional, sensitive, of dirty habits.

Sycosis—Shrewd, suppressive, fastidious.

Syphilis—Impulsive, idiotic, finer sentiments completely lost.

Tubercular—over frank, over sensitive, emotional, eccentric,  
sincere, truthful.