

## A CASE OF CHRONIC CONSTIPATION

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*Medicines used* : Sulphur and Calcareo carb.

*Diet advised* : Boiled rice, banana, etc.

A boy seven years old; he was the only son of a rich man named K. C. Dhar, an inhabitant of a village 26 miles from my house. There was no train communication. I did not go and see the patient with my own eyes for various reasons. I advised the father who had come to call me to bring the boy if two months' treatment did not yield any good result. So, I asked him to relate what he had known and seen of the boy. He described the symptoms of his dear son as if he had committed to memory what he had known and been asked by the previous physicians. The following were the brief statements in his own words :

"Since his birth the boy has been suffering from constipation. The stools are very hard. I called for many allopathic doctors and ayurvedic kavirajes who treated him for five years with many medicines, but with no avail. They prescribed very strong purgatives but no action. I am tired of using medicines and paying them hundreds of rupees for several years. They all declared him incurable. So I have stopped all sorts of medicines. He cannot pass stools without douch. The faeces are very offensive. I have purchased a syringe for glycerine enema which we apply two times a day, otherwise the abdomen becomes very distended with flatulence. Ulcer has been formed in the anus, which has become red, perhaps, due to the pressure and friction of the nozzle."

When I had asked about his appearance, and desire, etc. he said, "His lower lip is very red and thick. His abdomen is large. His arms and legs are emaciated. His palms perspire always. He likes sugar without which he does not want to eat anything. He frequently eats mucus from the nose and pieces of dry earth. He cannot eat much though wants to eat frequently. He drinks much water, but cries when bathed. He desires to lie down on earth." When I had enquired about his past history, he said, "Once, at the age of two months, he had got itches and scabies which were cured with ointment. He suffered much due to this illness. Since that illness he has been emaciated."

I did not ask about his parents' diseases. I thought that I would ask him if the condition did not improve within two months and when he would be brought to me for enamination for further details.

I prescribed Sulphur 200, one dose and another dose of 1M of it to be taken two weeks apart. I directed his father to come again after one month and not to apply the syringe if he automatically passed stools at least on

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- <sup>18</sup> Prenant, A., *Op. cit.*, Vol. II, p. 118.  
<sup>19</sup> Prenant, A., *Op. cit.*, Vol. II, p. 122.  
<sup>20</sup> Prenant, A., *Op. cit.*, Vol. II, p. 305.  
<sup>21</sup> Delage, Yves, *Op. cit.*, Vol. II, p. 131.  
<sup>22</sup> Delage, Yves, *Op. cit.*, Vol. II, p. 142.  
<sup>23</sup> Delage, Yves, *Op. cit.*, Vol. II, p. 173.  
<sup>24</sup> Delage, Yves, *Op. cit.*, Vol. II, p. 61.

—*The British Homæo. Journal*, April, '60

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every alternate day. I gave him sufficient placebos to be taken every day. For diet I advised boiled rice as usual and milk with banana in the day time, and with some grapes at night and any other fruits he desired.

After about one month the father came and reported, "My dear boy had begun to pass stools once a day automatically about ten or twelve days after the use of the first dose. There was no flatulence. But the head of the boy perspires very profusely. A long round worm came out with stool." Then I prescribed Cal. carb. 200, one dose and placebos for another one month. The father did not come again, but the boy's maternal uncle who had come to me for his own business, said that the boy was cured. He was passing stools daily without any syringe or glycerine.

#### Remarks

The case proves that the so-called purgatives are useless in a case of chronic constipation. Constitutional treatment with deep acting constitutional remedies are required to cure a chronic disease whatever that may be. In a case of constipation with hard stools the laxative diets also help easy evacuation. The previous physicians neglected the matter of diet as the father said they did not say anything about it.

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