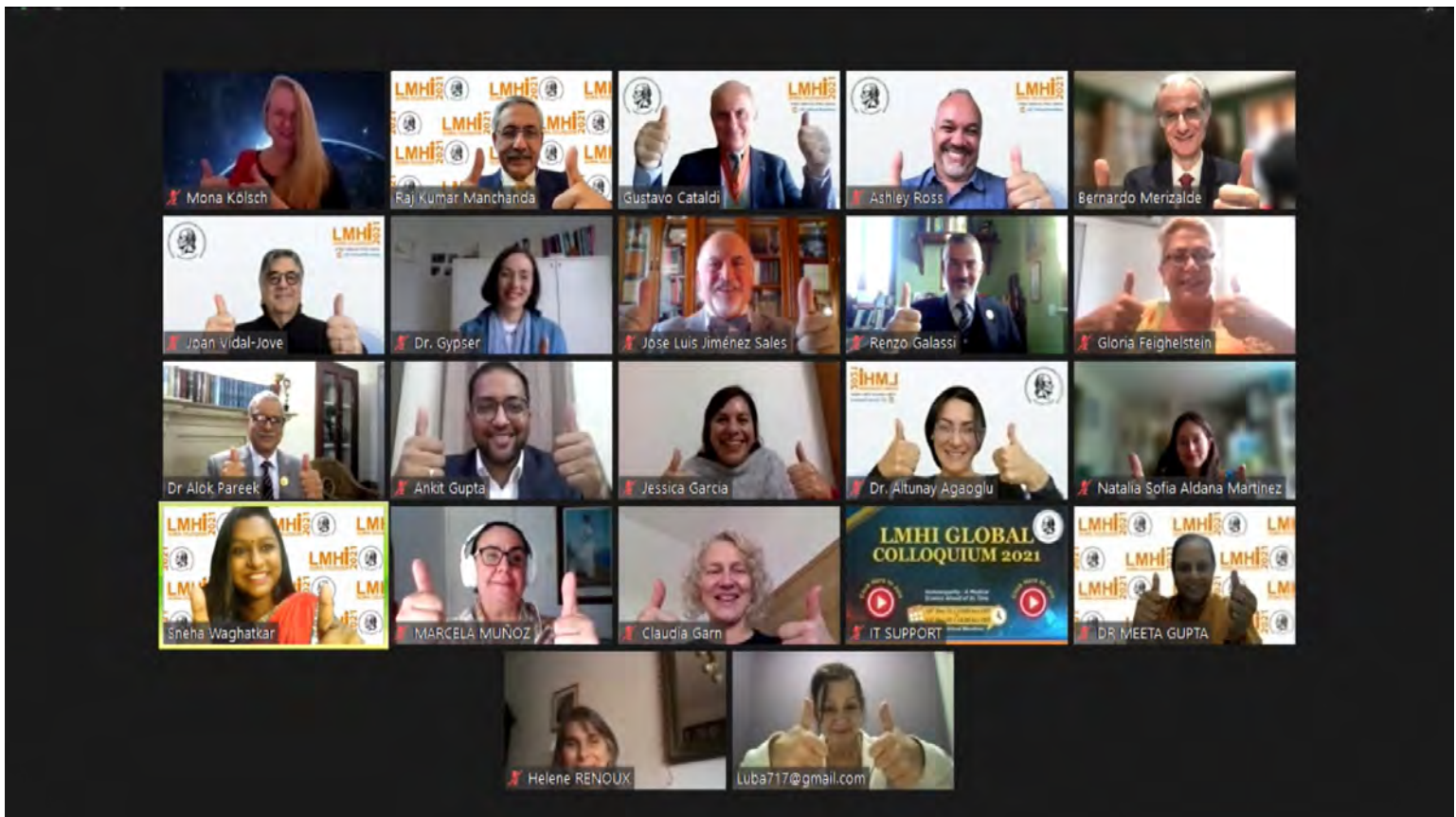


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A case of confusion of mind, depression and symptoms of Myasthenia Gravis, by Professor George Vithoulkas

After my request to have one article of him for the current issue of the Homoeopathic Physician, Prof. Vithoulkas send me the following article, with the following mail that is explaining the kind of visits done in his Academy. The Board of LMHI decided, and the decision was adopted during the International Council Meeting, to Award Prof Vithoulkas with the LMHI Membership of Honor, like in the past was done with the following Doctors: P.S.Ortega, Jost Kunzli, A.E.Vorvloet, Antonio Negro, Okpokpor, Matias DrCSI, Otto E. Fischer, David Flores Toledo, Harris Coulter, Jacques Baur, Robert Bourgarit, Spiros Gazonis, Ton Nicolai. The official ceremony will be held during the next Congress of Istanbul 7-10 September 2022. (Renzo Galassi)



Prof George Vithoulkas

*"Dear Renzo,
I am sending you the case you asked me for the journal of LMHI.
You have to note that these are patients that are brought to the Academy in Alonissos by their accompanying doctor. They are difficult cases for whom the previous treatment has not been successful. Such cases sometime they have received previously a lot of remedies acting superficially or not at all.
All the cases are presented **live** in front of the class of 150 students who are attending the course. I have no previous knowledge of any of them likewise the students who are attending the course.
You may understand the special difficulties that I have to face concerning the taking of the case, as patients - out of which many of them are medical doctors- have difficulty in opening up and giving all their innermost symptoms on mental emotional levels.*

The cases that arrive finally in this little island, after long journey, are all desperate cases that is why are prepared to expose themselves in front of such a big audience. I have decided since the beginning to do this kind of teaching as this was the only way to persuade the medical doctors to get interested in this science.

Between the new patients are also those who come for a follow up so the students could really see the effect of the treatment.

It is a very stressful situation as you may understand for both myself and the patient."

Case Anamnesis

This is the case of a medical doctor, 57-year-old, female, who came to be treated by Prof. George Vithoulkas. Her case was taken Live, in the annual Postgraduate Course at International Academy of Classical Homeopathy (IACH), Alonissos,, on 12th September 2017.

Presenting complaints:

- Since last 1.5 years, feeling of tiredness in the eyes and wants to close the eyes to relax (+3). She feels ocular tension and supraorbital pain on the left side. The tiredness in the eyes appears after ocular effort like reading, writing, after stress and it ameliorates on closing eyes and on going to sleep. When she wakes up her eyes open with difficulty, sometimes an eye is stuck half and opens after several attempts. She feels her muscles of eyebrows are also descending. Recently she saw globe of white light in her lateral vision.
- Difficulty in swallowing food (+2) like bread and if the food is not chewed well, it gets stuck in oesophagus.
- She also suffers from Hypertension and had few episodes of higher values up to 170/90 in last year. She has tachycardia (+2) and palpitation with flushes of heat especially when she is stressed.
- She also suffers from the urgent need to urinate and loses urine if she does not rush to toilet, aggravated at night (+2)
- She has weak digestion and distension which gets worse by eating beans, cabbage, spices, onion, garlic, fatty food, rich food. (+2) and ameliorated by passing flatus (+2). Cannot tolerate tight clothes on abdomen when she has distension.

- Constipation (+3) with no urge for stool for 3 to 4 days and most of the time elimination of stool is difficult with unfinished sensation.
- Muscular cramps in calves (+3) and sometimes in region of spleen.
- Since 20 years she also suffers from photophobia (+1).
- Few vitiligo spots

Physical generals

Thermally the patient is chilly (+2)

Thirstless (+2)

Her appetite is good and she feels hungry at forenoon 11:30 AM (+2).

She desires smoked meat (+3), sweet (+2), fat of meat (+2). She likes salt, but she avoids it due to hypertension.

She had menopause at age 49 years.

Mental/emotional symptoms

The patient is reserved in nature and has suffered from multiple griefs (+3) in her life.

She feels she has been suppressed by her dominating mother, but she cares about her and fulfils all her needs, with no appreciation from her.

She suffered from depression when 28 years ago her second child was born with hydrocephaly and spina bifida and died at age of 1 year.

Since 12 years the relationship with her elder son is stressful and grieving. She feels rejected and hurt by her son with a fear that he will leave her. Since last month she feels sad and doesn't want to laugh. She wants to be by herself and doesn't want to communicate and keeps on thinking about her problems.

She has confusion of mind, and her answers were not clear during the consultation. She is forgetful: for names, for what she wants to fetch from the other room and forgets during the conversation what she wanted to say. She makes mistakes in writing and cannot take decisions by herself (+2).

She has a problem of rechecking (+2) for example checking whether the cooker is turned off.

She is sympathetic (+2). She is sensitive and cries on seeing the suffering of her patients.

Personal medical history –

At age 6 years – Tonsillectomy.

Age 8 years - Measles, acute viral hepatitis A

Age 14 years - Epidemic parotiditis

Age 18 and 22 years – Episodes of epistaxis with anaemia

At age 52 years – Dyshidrosis on dorsum of hand which was suppressed.

Acutes with Fever – Gets twice a year viral fever. Last high fever (39° C) was 8 months ago, in January 2017.

Family history

Mother: Basedow's disease, thyroidectomy at 26 years, myocardial infarction, Stroke 4 years ago

Father: Colon neoplasm

Grandparents: Glaucoma, Parkinson's disease

Homeopathic remedies taken in the past:

Tuberculinum, Ignatia, Arnica. The last remedy was Lycopodium in March 2017 which made her thermally warm, and she felt some amelioration in distension and headaches.

Analysis by Professor George Vithoulkas:

Prof. George Vithoulkas explained –

All the symptoms like tiredness in eyes, inability to open the eyelids, difficulty in swallowing, food getting stuck in oesophagus and cramps in muscles suggest the diagnosis Myasthenia Gravis.

The patient has developed a severe pathology at present. It is still at a beginning stage but if left untreated for few years it can progress in time.

She is a woman who has suffered from years and years of grief, which has finally led to such a dangerous paralytic pathology.

Causticum stands out clear in the Repertorisation¹ (Fig. 1) and is a strong possibility because of paralysis of single muscles, multiple griefs, re-checking, desire for smoked meat, urgency for urination and cramps in muscles.

Repertorisation

Symptoms			Proposed Remedies		Repertorisation Information		
Symptom	(By Degree)	Degree	All	Large	Small	Notable	Remedy Filter
1. MIND - GRIEF - ailments from		3	Causticum				
2. EYE - TIRED sensation		3	Calcarea carbonica				
3. GENERALITIES - FOOD and DRINKS - smoked food - desire		3	Lycopodium				
4. EXTREMITIES - CRAMPS - Calf - sleep - during		3	Sulphur				
5. GENERALITIES - PARALYSIS - single parts		3	Natrum muriaticum				
6. EYE - OPENING the lids - difficult - morning		3	Phosphoricum acidum				
7. GENERALITIES - PULSE - frequent, accelerated, fast (Tachycardia)		2	Nitricum acidum				
8. ABDOMEN - CLOTHING, sensitive to		2	Cuprum metallicum				
9. ABDOMEN - DISTENTION - flatus, passing - amel.		2	Ignatia amara				
10. MIND - IRRESOLUTION, INDECISION		2	Nux vomica				
11. GENERALITIES - HYPERTENSION		2	Lachesis				
12. EYE - CLOSE - desire to		2	Sepia				
13. MIND - MEMORY - weakness of - do, for what was about to		2	Phosphorus				
14. GENERALITIES - FOOD and DRINKS - sweets - desire		2	Baryta carbonica				
15. GENERALITIES - FOOD and DRINKS - fat - desire		2	Calcarea phosphorica				
16. STOMACH - APPETITE - increased - forenoon - 11:00		2	Graphites				
17. MIND - SYMPATHETIC		2	Argentum nitricum				
18. MIND - CONFUSION of mind		2	Tuberculinum bovinum				
19. MIND - CHECKING - twice or more, must check		2	Medorrhinum				
20. THROAT - SWALLOWING - difficult (Dysphagia)		2	Aurum metallicum				
21. THROAT - FOOD lodges in the throat - Oesophagus - sensation as if food lodged in		2	Crotalus cascavella				
22. MIND - MEMORY - weakness of - names, for proper		2	Onosmodium				
23. HEAD - PAIN (headache) - Forehead, in - eyes, above - left		1	Kali carbonicum				
24. EYE - PHOTOPHOBIA		1	China officinalis				
25. GENERALITIES - FOOD and DRINKS - salt - desire		1	Arsenicum album				

Repertorisation Information

Metadata exists

Result is clear

Too many symptoms

The case is highly dependent on the following rubrics

EXTREMITIES - CRAMPS - Calf - sleep - during (Calc.)

MIND - GRIEF - ailments from (NAT-M., Acet-ac.)

ABDOMEN - CLOTHING, sensitive to (Crot-c.)

MIND - IRRESOLUTION, INDECISION (Onos.)

Specific Remedy Analysis

Prescription

Remedy:

Prescription details:

Fig. 1 Repertorisation on first consultation

Prescription:

Causticum 12 CH once a day for a month, 13 CH next month, then 14 CH for a month after that. Continue in same way with raising potencies for 6 months, with an instruction that if there is an aggravation, then the repetition must be stopped and restart only when there is a relapse of symptoms.

The low potency was selected in this case as the patient suffers from a serious and a sluggish pathology. The remedy needs to be repeated in order to stimulate the defence mechanism slowly.

Follow Up 1

After one year, the patient gave the first follow up Live in the annual Postgraduate Course at IACH, Alonissos, on 12th September 2018.

As prescribed, she took Causticum in raising potencies until 12th April 2018, when she was on Causticum 17 CH.

After Causticum 12CH, in the beginning of October, she had an aggravation of muscles cramps of the legs, thighs and calves, of spleen's spasms for 4-5 weeks. For few days she had difficulty in eating. She also had stiffness, and pain in lumbo-sacral region for three days. Slowly all the symptoms decreased in intensity and duration.

In last year she developed three mild acutes with fever ranging from 38°C to 39°C, which got better without any remedy. It was clearly observed during the consultation by Prof. Vithoulkas that her mental state had improved a lot as her answers to the questions were more clear, responsive with no confusion in the mind. The patient also feels that there is 25 to 30 % amelioration in memory and concentration.

Her grief is better. She feels happier and has become more communicative.

Sympathetic element is better, *"I feel more detached now and don't get affected by suffering of relatives and patients"*.

She reports that her energy is 30% better than before.

Her eyes are opening better by 20%. It can get worse after ocular effort like reading but it is less than before. Tiredness in eyes is more at night when she wakes up but during the day her eyes are better, much easier to open and takes no effort. The periodic left anterior supraorbital pain is much better. Photophobia and the visions of bright globes of light in lateral vision have also improved.

She clearly stated a marked improvement in weakness of muscles of throat. Now there is no difficulty in swallowing food, and it doesn't get stuck in oesophagus anymore.

The cramps in calf muscles and area of spleen are better by 90%.



Urinary problems have improved by at least 20%. She feels a 50% amelioration in her distension, dry eructation, and indigestion. She gets rarely disturbed by the pressure of clothes on the abdomen now. She also reported that her hypertension and tachycardia are better.

Constipation remains same. She still has a stool every 3 to 4 days with unfinished sensation.

She still desires sweet and salt in same intensity. Desire for smoked meat has reduced in last year.

Certain new symptoms have emerged in last few months which include:

Dryness of eyes at night (+2). Dryness with raw sensation on tongue and no thirst (+2)

She has become sensitive to the smell of cooked meat.

Aversion meat (+2) is a new noticeable change.

She has developed anxiety and fear of stroke which surfaces especially when she is in a crowded place like church. This started probably after receiving the bad news of the death of a relative.

Analysis by Prof. George Vithoulkas:

Prof. Vithoulkas analysed her follow up saying that she is doing quite well after the remedy. The grief is much less, and she feels happier.

Fear of stroke can be considered normal in this case due to the sudden bad news. Most probably it will go away on its own slowly. In case it persists, Gelsemium can be thought of as a remedy because of ailments from bad news and ptosis.

Prescription: Wait and observe

As the patient is doing overall much better in all areas, we must wait. The organism has started recovering and at present it should not be interfered with any remedy. Fear of stroke and anxiety do not bother her anymore. She is more at peace with what happens around her. She is generally feeling well and communicating much better with patients and everyone and has enthusiasm and joy at work.

Sympathetic element is less, and she can offer help to people but with awareness.

She doesn't feel the domination and suppression of her mother and she wants to be in peace with her. In spite of unstable relationship with her son, she doesn't get hurt and sad anymore.

She takes care of herself, is happier and content.

Positive changes showing Hering's Law and a raise in the Level of Health²

6 weeks ago, the patient developed an old symptom, epistaxis in the morning, for 2 consecutive days.

Another development in the curative direction is the appearance of painful warts in the sole, which was worse walking. She has cut them twice in last few months, but they grow again.

The appearance of suppressed dyshidrosis with small vesicular eruptions on dorsum of hand lasting for 3 weeks, was also a positive sign. Vitiligo spots are increasing.

Unlike other years, she didn't have any acute condition in the last year.

Other new symptoms that have emerged in last few months

She has gained weight by 6 kg, has a good appetite and is eating more than before.

Constipation was better but has again worsened.

Swelling foot in evening. Varicose veins with oedema. Pain in elbow after lifting weight of 2 to 3 kilos.

Desire sweets (+3), pickles and yoghurt (+2), fruits (+2)

She is thermally warmer.

Fear high place (+2)

She is untidy and postpones.

Analysis by Prof. George Vithoulkas

He started his analysis by saying that the patient has been rejuvenated in her health and she looks younger than her age.

In spite of keynotes of Sulphur appearing and tempting to prescribe, Prof. Vithoulkas warns that now is the time that we must be very careful or else we can disrupt the case !

Homeopathic treatment has taken her out from the deeper disturbances like confused mind, grief and paralytic symptoms and aggravated the peripheral and trivial symptoms like warts, constipation, varicosities etc.

The decision of next prescription in such a deep pathological case should depend upon the present:

- 1) Intensity of suffering of the patient.
- 2) Clarity of remedy picture

Prof Vithoulkas said that the curative process is still continuing, the proof being that the recent warts which the patient cut twice are still growing in size. In such a situation when the patient's suffering is not intense and the next remedy picture is not fully developed, it would be dangerous to intervene with a remedy!

Prescription: Wait and observe.



Discussion and Conclusion

The prognosis is not great when treated conventionally and such condition tends to progress to generalised myasthenia in the majority of patients. In this case however, not just a remission of MG was observed but also the return of old complaints. This is indicative of reversal of the pathology beyond doubt³.

Homeopathic clinical evidence demonstrates the necessity to understand and apply the theory of Classical Homeopathy. The benefit in a wide variety of pathologies exhibits the close association of theory and practice in this therapeutic system ⁴. This case also demonstrates the methodology of observation and prescription in deep pathological conditions. Here, we must first have an insight into where the gravity of the case lies and never lose focus when superficial symptoms increase and disturb the patient. Such a focus and understanding of the theory will enable us to treat without making mistakes, which can prove expensive in such deep pathologies. Levels of Health theory² is a practical pointer in every case and helps us keep our decisions logical and grounded in reason.

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