

Anacardiaceae



Fruits, flowers and amazing remedies!

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**Never fear! Homoeopathy
will un-stuck you**
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I want to live my life the way I want



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ABSTRACT: A case of IHD and depression. It is very interesting to understand the person who is suffering from such pathology. His whole state is governing his life.

Patient: Male/44 years, doctor.
Patient looks older than his age and very depressed.

CASE TAKING

Doctor: What thing is bothering you the most right now?

Patient: Physically I don't have any disturbance right now. 2 days ago, I had a complaint of jaw pain which could be the indication for IHD as per my knowledge. ECG was normal at that time. I got a diagnosis of Triple Vessels Disease (TVD) in March 2020.

6 months before March 2020, I had pain in my scapular region, so at that time doctor advised me to go for ECG. At that time also all reports including ECG and Echo Doppler were normal. So, I thought it may be due to vitamin B12 deficiency, and I started vitamin B12 injections.

But in March 2020, when I was walking towards

my hospital, suddenly back pain started, and I felt so breathless along with chest pain. I was feeling uneasy even after reaching the hospital.

So, I consulted a cardiologist.

My blood pressure and other parameters were normal. But in TMT, Doctor found some changes so they did Angiography.

In Angiography, it shows multiple blocks in all 3 vessels. At that time, Cardiologist advised me for CABG. But, as all my other reports, including ECG were normal and because of my young age, I decided to wait rather than to go for CABG.

Occasionally, I got back pain which was relieved by stretching exercise. Otherwise, I have no other problems even after some physical exertion.

But since last 5 years, I have observed that I am getting recurrent infections - cough and cold mostly every 2 months.

Even in childhood, I got ill before every examination.

Doctor: Tell me more about your state before examination.

Patient: Maybe because of fear.

Fear of failure in examination.

Even more than this, I was having fear of being beaten by my father. He was very strict. He wants everything in a very disciplined manner. We should follow each and every rule and regulation. We should not do anything bad with anybody. You should not criticize anybody. You should talk with every person in a respectful way, even to your friends.

So, that fear was always there, whether something bad could happen from my side.

You should not do anything which is not accepted by society.

So, always there was a fear that he would blame me, if I behaved in an inappropriate way and he will beat me.

He always criticized me, even beat me in front of others. I felt very embarrassed in front of others.

He had always enforced his opinion on me.

I did not want to become a doctor; he forced me to get admission in medical field.

I did not want to go in science stream. Always, he decided what I have to do in my life.

I have never done anything of my choice in my life.

So, I have no confidence to do anything for myself. Whatever he told me, I followed it.

I felt so much frustration from inside but did not tell him anything.

Nowadays not feeling happy in my life.

After all these incidences, I accepted the situation that whatever I want to do in my life, he is not going to support me. So, I always depended on him in taking decisions of my life.

Even in my earlier years of practice, when I was going through a financial crisis, I thought that I should do some job, but I thought what will my father think about me, regarding my professional career. So, I just concentrated on my practice.

I always thought that I should not do anything that shows my father wrong. I do not want to hurt him by any of my actions.

He should not feel that I have ruined his name in society. He always wants that everyone in the family should do what he wants. He is very dominating. He has not given me any freedom in my life. Even when I want to go outside for some enjoyment like watching movie, he would give some work to be done. So always there is a pressure to do his work rather than to enjoy my life and it remained continuous -lifelong.

He never tried to understand what I wanted in my life.

So, after that, I never tried to do what I want in my life, I just simply followed him, what he wants, in order to avoid any conflict at home.

Now it has become my nature to follow others in my family whether my father or my wife.

Before, I was so frustrated that I could not do whatever I wanted to do in my life, but now a days I just keep silent. There is no happiness in my life.

I was very short tempered earlier but now I just compromise whatever I am doing in my life.

Doctor: Because of all these incidences what do you feel?

Patient: I always thought that why is he not appreciating my decisions. Why can't I do what I want in my life?. I was not doing anything which I should not do, like having bad habits. He never trusted my decisions.

Even today, he advises me what should I do and should not do in my life.

Even in my signature, my father's name is more prominent than my name. He has so much influence in my life. To reduce his influence, I tried to change my signature but still his authority remains the same in my life.

Originally, I was a very lovable person. I had a kind of romantic image in my friend circle. I made

Shayaris and shared them with my female friends. They also appreciated me in a good way. I want to remain happy in my life. I like to help others. I really like to help my patients, staff in the hospital. I enjoy reading romantic stuff and have some romantic talks. I like roses.

I am very active in my friend circle. I tried to keep some distance in my relationship with my married female friends, I should not do something which hurt them or disturb their family life. I follow the same thing what my father had taught me in my life. (Pause for 2 minutes)

My family members always discourage me regarding what I want to do in my life. Even for trivial matter like shopping, driving they always restrict me, regarding the way I want to do driving or shopping.

In spite of telling them this is the way I want to enjoy my life, they never allowed me to do the things on my way. Finally, I have started to compromise in my life. I live my life the way they want.

In my earlier life, I was very frustrated because of all this and got angry over small matters. It tends to produce headache in occipital region. Eventually, hypertension developed. I had to start some anti-hypertensive medicine 8 years ago.

I lost my confidence; regarding my driving, I have become very fearful of accident. I am very careful while driving that nothing should happen.

I am worried about my reputation amongst the community. I should not do anything which is not right by law or by culture, in order to get more money. I always follow rules and regulation in my life.

I was completely a different person in earlier years of my life, I wanted to enjoy life, wear fashionable clothes and accessories, and have some romantic relationships. But my father has totally changed the way I am. Even the marriage was according to his wish but not with the person I loved.

I stopped wearing jeans in my clinic, because my father doesn't like that.

Doctor: What do you like in foods?

Patient: I like sweets. But I restrict my desires because of my health.

Doctor: Dreams?

Patient: Dreams of fighting and battles. In dreams, I always win during battles. I feel very happy that I won.

Dreams of examination.

Even in dreams, I failed in my examination.

I always think that, when will my desires be fulfilled in my life. The way I wanted to live my life. Till now it has not happened.

Now, I am low in confidence, I always have a doubt about myself.

My father has always underestimated my capability. He never appreciated me.

UNDERSTANDING OF THE CASE

- We need to understand "The person and his life." behind the patient.
- Very dominating father.
- Need to follow rule and regulation (SUPEREGO)
- Struggle between head and heart (SPLIT)
- Pathology-Heart pathology
- Suppression of emotions and one's choice
- One side romantic, other side needs to follow rules.
- Wearing fashionable clothes VS dress code according to profession
- The frustration regarding not being able to do what he wants.
- Anger at trifles followed by remaining completely silent- Very low confidence, doubts about taking decision, dependent on others esp. father.
- Need to follow father's decision in life.
- Dreams- fail in examination, become ill before examination.

ANALYSIS OF THE CASE

Here, the main factor is, He has to follow the things his father has suggested for him. (**Strict Father**) (SC-5-in Dicotyledons in plant kingdom- according

to Dr Yakir's plant table).

Following rules and regulation. (School Age).

Since childhood, his life is totally dominated by his father. Never allowed him to develop as a person and his choices (Cancer Miasm).

Here, we find **SPLIT between head and heart**. Originally, he was a romantic person but dominated by his father to follow rules / regulation and culture of the society. So, suppresses one's own personality.

PRESCRIPTION

- *Anacardium* 200, 4P BD/Week(SC-5+ School age (Anacardiaceae family) + Cancer Miasm This stage is concerned with challenge of adopting social norms. At this stage, an inner obligation to perform duties (superego) often with the background of strict father/parents' figure that imposes rigid boundaries/ norms and suppresses the personal will.

There is a conflict between the personal will and an external will which acts to limit one's freedom of choice.

This exactly is the problem with our patient in his life. **He would not be able to live his life the way he wants.**

Here, we find more passive type of *Anacardium*, opposite of what we generally see of the more abusive, violent, disobedient and cruel personality.

MORE ABOUT ANACARDIUM

From the Soul of Remedies: Dr Rajan Sankaran
Overstrict parents impose all their desires on the child and do not allow him to think or do anything on his own.

He cannot take his own decisions, to the extent that he is not allowed even to decide what clothes he should wear.

If he starts taking his own decisions or does not live up to the expectations placed upon him, he will be punished cruelly.

So, he tries to live up to these expectations by being obedient and angelic in his behaviour, and by being

excellent in his work. But he begins to develop a lack of self-confidence and becomes nervous. He is irresolute because the outcome of his decisiveness is usually a severe punishment.

CORRESPONDENCE

In mineral kingdom:

- **Alumina:** Here, we find confusion of once identity. Confusion about to whom to follow in once life.

In animal kingdom:

- **Lac-ovinum:** Here, as there is not an own identity developed, person always follow others in his life. There is no conflict here, what we found in *Anacardium*. Person has tremendous fear to be alone and separated from the group, as he is completely dependent on them.

Carcinosinum: A perfectionist and wants to become an ideal person, in each and every sphere of life which is beyond normal human capacity. One may find taking responsibility at very young age and history of strict parenting control.

FOLLOW-UP

After 15 days

- I want to increase my confidence.
- Fear of getting failure in life.
- Jaw pain is still there.
- Better in constipation.

After 1 month

- No back pain after physical exertion.
- No chest pain and heaviness compared to before
- Jaw pain- still there but intensity is very less
- Confidence – better but still want more confidence in life.

After 2 months

- No jaw pains.
- No chest pains.
- Pitting oedema in legs reduced, now happens only occasionally.
- Become less angry compared to before. Not arguing with anyone.

- *Cardiologist suggested that as other co-lateral vessels developed in the heart, so we can wait for the CABG.*

The patient is still under Homoeopathic treatment, over all he is doing well after *Anacardium*, mentally as well as physically. We will review his heart status after 4 months.

KEYWORDS: IHD, Strict father, rules and regulation,

loss of confidence, split, suppression of identity, *Anacardium*.

EDITOR: *very good case Dr Malak and explained very well. I am so happy to see this case as my case with same remedy is just the opposite- the woman is so dominating and abusive and rude – so we can see different sides of the same remedy. This issue will teach many sides of 1 remedy.*

