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CASE REPORT

A CASE REPORT OF UMBILICAL HERNIA TREATED WITH CONSTITUTIONAL HOMOEOPATHIC REMEDY

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Abstract

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Key Word- Umbilical hernia, constitutional homoeopathic medicine.

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Umbilical hernia is a rather common surgical problem managed surgically worldwide. A umbilical hernia is a protrusion of abdominal cavity contents (greater omentum, transverse colon or small intestine) through umbilicus. This may include pain or discomfort especially while coughing, lifting heavy weight & doing exercise.

The case study is of a 33 years old female diagnosed with umbilical hernia which was successfully treated with constitutional homoeopathic medicine.

INTRODUCTION

Approximately 10% of all primary hernias comprise umbilical and epigastric hernia. It is more commonly seen in females than males.¹ An umbilical hernia is defined as a midline hernia located at or near the umbilicus. It presents with Swelling in umbilical region which increases on straining or coughing.

CASE REPORT-

Patient is a 33 year old female, married since 7 years and is a housewife.

Presenting Complaint

- Swelling and pain in umbilical region since last 5 years
- During coition pain in umbilicus
- Swelling both upper eye lids with pain since last 2 years. Aggravation in night.

History Of Presenting Complaints-

- Sufferings of the patient started with, a swelling in umbilical region during her second pregnancy since 5 years but swelling was more prominent

after caesarean delivery which was associated with pain and was worse during lifting heavy objects, and while doing daily chores, also during standing position and coughing. Patient also complained about pain in abdomen and belching, which mainly occurred during empty stomach and for relief has to take allopathic medication.

- Patient also complained pain during coition since last 3 year.

Past History- Ganglion on right wrist joint at the age of 20.

Family History-

- Her mother is 65 year old suffering from Hypertension and on allopathic medication.
- Her father is 73 year old and a known case of CAD with PTCA (Percutaneous transfemoral coronary angioplasty) which was done in 2006
- Grandmother- H/O pulmonary tuberculosis

Physical General-

- **Thirst-** Thirsty, takes 1 lit of water/day (patient feel thirsty but avoid intake of water because she feels heaviness in abdomen)
- **Appetite-** Good, 3 chapatti /meal, 2 meal /day.
- **Dream** – Nothing specific
- **Sleep-** sleeplessness due to anxiety
- **Stool-** D2 N0

➤ **Urine** – D5N2 with burning during micturition.

➤ **Sensitivity-** Smell - not able to tolerate smell of perfumes as it leads to vomiting. **Sound** –can not tolerate loud sound as it starts headache in temporal region.

Gynaecology And Obstetrics History -

Menarche at the age of 12, normal period. After first delivery menses heavy blood flow, colour- dark red in colour, duration – 4 days, quantity- 5 pads / day.

P 3A1 L2

First pregnancy	2014	miscarriage at 7 month due to IUD	procedure done in hospital	
Second pregnancy	2015	baby girl	Delivery in hospital	LSC S
Third pregnancy	2018	baby boy	Delivery in hospital	LSC S

Patient's History During Pregnancy:

According to patient her first pregnancy was unplanned and she was not willing to continue the pregnancy but due to family pressure she has to continue it. After two and half month she had on and off bleeding PV for which she took allopathic medication, at that time she was under

immense mental pressure. After that at seventh month of pregnancy she had miscarriage and IUD. In 2014 she again got pregnant, throughout her pregnancy, she had fear of miscarriage. During her third pregnancy at the 3rd month, she was not able to tolerate strong perfumes which continue till now. At 6th month of pregnancy she had itching all over body with eruptions for which an allopathic ointment was taken for 9 month.

MIND - Cannot tolerate hunger, hunger leads to anger. If someone does not listen or understand it makes her angry. She has

Analysis of symptoms:

Mental general	Physical general	Common symptoms	Uncommon symptoms
Anger contradiction from	Desire- spicy food	Burning during micturition	paraumbilical hernia after caesarean delivery
Anger- Intolerance of hunger	Intolerance of appetite	umbilical hernia during pregnancy	during coition pain in umbilicus
Anxiety about business	Strong Perfumes smell- Vomiting	pain in umbilicus region during coughing	
Fear- Dark	Loud sound- headache		

financial anxiety also - Patient says," husband does not have government job and I want to start some business so that there is no shortage of money at home.

Fear- darkness

Physical Examination- swelling of around 2*2 cm at supraumbilical region, which reduces on manual pressure and is visible while coughing. On examination hernia contents with small facial defect of around 8*8 mm was felt.^[2]

Diagnosis: Based on clinical symptoms, physical examination – paraumbilical hernia.

Miasmatic Analysis:

Symptoms	Miasm
Anger- contradiction from	Psora
Anger- Intolerance of hunger	Psora
Anxiety- about business	Psora
Fear- Dark	Psora
Loud sound –headache	Psora
Smell perfumes or deodorant-vomiting	Psora
Menses heavy blood flow , after delivery	Psora
Skin – suppresses eruption	Sycosis

Totality of symptoms:

- Anger- contradiction from
- Anger- Intolerance of hunger
- Anxiety-about business
- Fear – Dark
- Head –pain- noise from
- Nose- smell –acute
- Menses –heavy , delivery after
- Skin – suppressed eruption

Repertorial totality:

Synthesis 9.0 repertory was used for repertorization ^[5]

- MIND - ANGER - contradiction; from
- MIND- Anxiety business about
- MIND - FEAR - dark; of
- HEAD - PAIN - noise from
- NOSE - SMELL – acute
- MENSES - Copious, delivery after.
- SKIN - ERUPTIONS – suppressed

Repertorial Analysis:

	nux-v.	sep.	op.	lyc	calc.	ars.	by.	sil.	apoc.
1. MIND - ANGER - contradiction; from	(84) 1								
2. MIND - ANXIETY - business; about	(32) 1								
3. MIND - FEAR - dark; of	(97) 1								
4. HEAD - PAIN - noise, from	(103) 1								
5. NOSE - SMELL - acute	(125) 1								
6. FEMALE GENITALIA/SEX - MENSES - copi...	(378) 1								
7. SKIN - ERUPTIONS - suppressed	(90) 1								

Prescription:

Prescribed on 23/3/2021

- Nux vomica 200/ one dose , empty stomach ,early morning
- Placebo every day , two times after meal for 7 days.

After repertorisation, Nux vomica came up with highest mark and sepia, opium, Lycopodium, were also indicated but Nux vomica was selected on the basis

of mental as well as physical symptoms of the patient.^{[3] [4]}

Follow Up Of Case-

Date of visit	Response	Medicine Prescribed
23/3/2021	Pain in umbilical region during coughing relief Burning during micturition relief	Rubrum 30/one dose BD for 7 days
29/3/2021	Swelling and pain in umbilical region relief Vomiting after Smell of perfumes or deodorant relief Headache episodes reduced	Sac lac 30 / one dose BD for 7 days
5/4/2021	Size of umbilical hernia reduced Pain in umbilical region during coughing reduced	Phytum 30/one dose BD for 7 days
12/4/2021	Headache during noise reduced Pain during coition reduced	Rubrum 200 / one dose BD for 15 days
27/4/2021	Size of umbilical hernia reduced and pain is also reduced Heavy Menses flow reduced	Sac lac 200/ one dose BD for 15 days
12/5/2021	No size change in umbilical hernia but pain reduced during coughing	Rubrum 200/ one dose BD for 15 days
27/5/2021	No size change in umbilical region but pain reduced during coughing Heavy menses flow reduced	Nux vomica 200/one dose and Sac lac 200/ BD for one month
25/6/2021	Size of umbilical hernia reduced and pain also removed Pain during coition reduced Burning during micturition relief Headache reduced	Phytum 30 / BD for 2 month
25/7/2021	Swelling in umbilical hernia stand still no change in umbilical hernia but all over symptoms relief	Nux vomica 200 /one dose and sac lac 200 / BD for one month
26/8/2021	Swelling in umbilical region reduced	Rubrum 200/ BD for one

	and normal in shape size and no pain in umbilical region during coughing Heavy Menses flow relief Headache relief	month
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Before Treatment



After Treatment

CONCLUSION

Homoeopathic medicine are prescribed in very minute and controlled

dose, keeping in the mind the disease symptoms and individual miasms. It can treat hernia with minimal or no side effects.

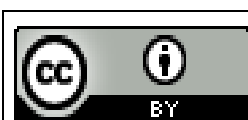
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