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A case study of Carcinosis in post-traumatic stress disorder

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Abstract

Covid-19 pandemic during its first and second outbreak in year 2020 to 2022 has created many mental problems. During pandemic many came down with anxiety disorder, OCD, insomnia, depression, PTSD etc. Sudden unexpected change in life, like work from home, isolation, quarantine situation, financial burden, loss of job etc. lead to circumstance related psychiatric illness. Sudden and severe outbreak of Covid-19 has created severe problem in otherwise very strong and active person. Here I want to share case of a lady who came up with episodes of anxiety and insomnia after unforgettable experience of life during severe outbreak of covid19. Post traumatic stress disorder (PTSD) is not considered common in India, but we find many cases in practice, particularly when people face sudden traumatic situation like war, sudden disaster like earth quake, flood with destruction at a very huge level which affects mind of sensitive individuals.

Keywords: Covid-19, anxiety disorder, carcinosis, PTSD

Introduction

Anxiety disorders are the most common psychiatric conditions found in the general population with a lifetime prevalence of 16.6% and seen in 15% to 20% of people presenting to the general medical clinic. Post-traumatic stress disorder is a type of anxiety disorder with prevalence of 8% in general population, being more common in female than in men.

Aetiology - Biological changes like alteration of HPA axis, hyperactivation of noradrenergic system and reduced hippocampal volumes have been observed in people with PTSD.

Clinical features- PTSD occurs after exposure to a severe physical or psychological trauma eg. natural disasters, war, rape, assaults etc.

It is characterized by four group of symptoms

1. Recurrence of the trauma in the form of night mares, flashbacks or intrusive memories and marked distress on reminder of the event.
2. Staying away from stimuli associated with trauma
3. Emotional numbing or negative emotional state
4. Hyper arousal presenting as insomnia, irritability, aggression, exaggerated startle response.

Persistence of symptoms for more than a month warrants a diagnosis of PTSD.

Course and prognosis- it can occur at any age. Most patient develop symptoms immediately after the trauma. About 50% of patient recover within the first year: 10% have chronic symptoms.

Case: A 48 years old female approached on 20-04-21 with complain of hot flushes since last 3 months. She thought that her problems are due to menopause as menses is irregular since last one year.

ODP: Menses was regular till last year with interval of 25-28 days, duration for 2 days with normal flow of menses. No concomitant before, during or after menses.

Since last one year- menses at interval of 2 to 3 months for consequent two cycle. After which menses appeared at interval of 15 to 20 days twice. Now amenorrhea since 3 months with hot flushes. Hot flushes, followed by perspiration since 3 months with aggravation at night.

2. Mood swing and Low mood, depressed feeling since 3 months (MAZA NA AVE) many times with sudden discomfort in heart and perspiration.

3. Sleep- disturbed since three months. Can't get sound sleep, wakes up 7-8 times. Dreams of many types as soon as she falls asleep. Dream of daily works, daily activity etc since 3 months only. Sometimes she gets up suddenly from sleep with discomfort and perspiration.

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All complain started after facing Covid-19 crisis and death at Covid ICU. She has seen many dead bodies which were packed in black plastic bags and were lying at Covid ward. She started feeling that nothing is in our hand. She helped many patient to get admission in Covid hospital as beds were not available and people were dying due to scarcity of bed as well as scarcity of oxygen supply. Her Brother in law also admitted at hospital on her responsibility and treatment was not given for 24 hours, which made her panic with lots of anxious and guilty feeling. Later on the (BIL) recovered completely but during that phase she was also visiting other two known patients, who died in spite of timely medication and proper treatment. She can't get sleep after that incidence, whole event comes in front of her eyes with excessive anxiety, discomfort, uneasiness and perspiration. Many known were not able to get admission in hospital and were died due to it. She helped number of patients who were not getting bed at Ahmedabad to get admission at Vadodara where she is a din and principal at paramedical college. In spite of feeling of contentment she constantly feels guilty that her brother in law was not given treatment in time. No doctors were even allowed in Covid ward but she managed to visit place as a paramedical person and with her contact though she join that institution since three to four months only.

Life space

Family: Family consist of herself, her husband, one son who took admission in an engineering college last month and a daughter who is doing job after completing her MA. All of her family member had corona last year and were hospitalized. Her MIL was serious, on bi pep and was about to switch over to ventilator but recovered later on. She (pt) had 18 CT score but O2 saturation was normal. Almost 25lacs rupees used for Covid treatment for whole family.

They took admission of son at engineering college on NRI seat last month, where 3 lac rupees/year fee need to be paid. Financially stable but occasional anxiety regarding financial situation due to present circumstance. Her husband told her not to worry about it as it's manageable. Husband is an engineer doing job at Vadodara since long. They shifted from Ahmedabad to Vadodara in last October (2020) that is about five months back. Now they are making new home near college. Originally patient is from Vadodara, basic education at Vadodara, later on shifted to Ahmedabad. Many relatives and friends are at Vadodara so feeling much happy. Son is doing study at Anand. Daughter is 24 years, doing job in advertising firm after completing her MA since six months and is happy with her job. No problem at home. Relations with all are smooth without any conflicts.

Job: She has join these new job since three to four months only, so I tried to rule out any problem at work place or any anxiety due to new responsibility of being a din at university as she is getting all problems since three months.

Anxiety regarding job is also present as she has more responsibility at new job as a principal as well as a din. She told that her capacity to handle task is much higher and she never had any problem handling many task at a time in past. She was a principal at Ahmedabad and APO at Vadodara in past. Career has been smooth without any problem at work place.

Personal History

Craving- sweets++, chocolates+++

Aversion - nothing particular

Thirst - large quantity, normal water

Perspiration- profuse++, no odor, no staining

Stool-once/day, normal consistency, occasional constipation with bleeding piles.

Menstrual history- as stated above in chief complain.

Obstetric history- two FTND

One MTP within short period of marriage,

TL after second delivery.

Sleep- disturbed since 3-4 months, past- normal sound sleep

Thermal-Ambithermal

Past history- no major illness

Family history- no major illness in family

Diagnosis: Post traumatic stress disorder

Treatment: First prescription-(20-04-21)- Carcinocin 1 M, one dose, follow up after one WK.

First Follow up (27-04-21)- she gets sound sleep without any disturbances. No c/o hot flushes, mood swing, gabharahat or discomfort.

Only placebo given for more one wk.

Second follow up- Better, no complain, feeling of getting back to normal life.

Patient remain better without any problem as per talk with her after six months. Menopause sets without any problems. D/D Carcinocin, Opium, Arsenic ALB, Aconite, Coffea, Nux vomica, Stramonium etc.

Discussion

Many cases where treated in past with such traumatic events especially during earth quack of 26th January, 2001. Many were having panic attack and given medicines like Aconite, Opium, Coffea, Kali carb etc. We are blessed being a homoeopath that we take history in much detail which helps in finding cause of disease. Quick improvement without any recurrence of complain in this case shows how homoeopathy helps in cases of PTSD.

Summary: Proper case taking and understanding of disease according to cause and its effect help to prescribe Carcinoid. Many persons has faced same circumstance but each one developed disease according to their own disposition. Carcinoid is one of the best medicine for highly capable, strong and refined personality who break down momentarily due to stress. They are highly sensitive, sensible and refined person with lots of energy. Commonest manifestation which has been observed is insomnia. Strong craving for chocolate and sweets are another feature of carcinoid. Which helped to distinguish carcinoid from other medicines.

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