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A Case of Vertigo: Treated with Mag-Polus-ambo

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Abstract
Vertigo is a distressing condition characterised by a sensation of imbalance, significantly affecting the quality of life. While conventional treatments offer symptomatic relief, homoeopathy has a much broader role to play. The patient demonstrated significant improvement within a few months and has been better ever since.

Keywords: Vertigo, Homoeopathy, Repertorization, Individualization, *Mag-polus-ambo*, Materia Medica

Introduction

Case

Mrs MV, a 44-year-old lady from California, USA, presented to us with vertigo in 2020. She was an engineer with a diploma, now working at Walmart as a cashier.

Chief Complaint

She has been diagnosed with Vertigo for the past 15 years, which has increased over the past 1 year. They were previously living in the UAE from 2001 to 2017, came back to India, and then shifted to the US in 2019. She started a job in California for the first time in March 2020. She noticed Post Delivery (2005-6) she used to feel heaviness in the occipital region. The doctor advised her to sleep on the left side at that time. She felt inside like her head would fall, as when she had to look down so much while feeding the baby post-delivery.
Then she visited many well-known doctors. After treatment, she felt better, but occasionally, when she experienced vertigo, she would see the surroundings as if things were zooming in. When asked about zooming, she described it as a sudden, jerky feeling. She also has digestive issues, such as flatulence and acidity. Sometimes, she also gets oral ulcers. So, she was advised to avoid bakery items, such as peas, Bengal grams, Bread, or chocolate, and sour and oily foods that cause flatulence and eructation. Her food does not digest easily, and she also feels bloated. Additionally, she has had constipation (hard stool) since childhood, but it has increased over the past 6 months - she must wait for the stool to pass, which is often accompanied by walking. Her vertigo has increased since she started working as a cashier. She feels like she is working normally, but after an hour or two, she suddenly feels compelled to hold onto something. She mostly gets vertigo in the afternoon or evening. If she looks downwards, she feels as if her head will fall. Whenever she experiences vertigo, only she would be aware of it; the other person would not be aware of it. Generally, she continues working during episodes of vertigo, although her working speed decreases.

Physical Generals

- **Desires:** Sweet
- **Bowel:** Constipation, from dairy Products
- **Thirst:** 2-2.5lit
- **Urination:** 7-8 times/day
- **Perspiration:** Very Less
- **Sleep:** 7-7.5 hours / Left side
- **Habit:** 2-3 cups of Tea
- **Menses:** Regular 1-2 days, Scanty flow for a year. Menarche at the age of 12 Years
- **Season-** Likes Summer
- **Open Air:** Likes
- **Water:** Warm
- **Covering:** Must need

Past History
- Measles
- Tonsillectomy (11th-12th std)

Family History
- **Father:** 80 years, was in road construction
- **Mother:** 75 years, was a Govt teacher
- **Sibling:** 5 {two brothers and three sisters}
- **Husband:** 50 yrs, working in Mall
- **Son:** 15y

Illness in Family
- **Heart disease:** Paternal Uncle- Heart Attack
- **BP:** Father
- **Rheumatism:** MGM
- **Diabetes:** Mother, PGM, PGF
- **Asthma:** Brother
- **Hypothyroid:** Sister

Life Sketch
- **DOB:** 25/11/1976
- **Childhood:** It was good. Both parents were working, so they never faced any financial issues. There were five siblings, so they had a caretaker till they grew up. Her sister was like a friend to her. She also gets along exceedingly well with her sister-in-law.
  She says she is more like her father. Her mother is too good and kind. She can sacrifice and do a job alone, but the patient cannot. According to the patient, she is more practical, like her father, than emotional. She does not do anything to put herself in a vulnerable position. She believes in never acting naive so that someone does not take advantage of her.
- **School:** She says she was not very good at my studies. 10th 71%. Her parents were educated, so they put her in one of the best schools in Gondal. It was a co-ed school. She had friends there, as in girls, not boys. She pursued a Diploma from Porbandar, where the patient lived at her aunt's home. Her parents were fun-loving people. They would visit Haridwar and take two to three trips a year.
- **Marriage:** She got married in 2001, in an arranged marriage. Then went to Oman in May 2001. She had never liked living in a foreign country but convinced herself that Oman was not far from India, and they could visit every year, so it was fine. Her husband was already living there.
  In 2005, her first baby boy was born. She conceived naturally. She returned to India in her seventh month of pregnancy and stayed there until her child was four months old. Then, went back to Oman, where her husband was alone. After returning to Oman, she developed vertigo. At her mother's place, she had no work stress, but there, in Oman, she had to manage all household work.
  She says she never liked working outside. She was always interested in caring for the home and spending time with her husband and son. She wants everything to be proper at home. Currently, her son takes care of house chores as she has started a Job. There was no safety in Oman. She had never travelled in a taxi in those 15 years. Once, a thief entered my house from the terrace while she was at my neighbour's home. As a result, she never went to that room on the terrace again. It was the 3rd month of her pregnancy. The robber took 2-3 things from our home. They shifted home to another place after this robbery.
- **Dreams:** Daily Routine.
- **Fear:** Water, River.
- **Happiest Day:** Whenever she is in India with her siblings.
- **Saddest Day:** Whenever someone dies among her close ones. Her uncle and her husband's whole group were killed in a car accident.
- She liked living in India, but her husband said it was for their son's better education, so they shifted to the USA.
- **God:** She believes in God so much. She has a beautiful temple at her home, and she would often arrange a puja whenever they visited India.
- **Hobbies:** Her hobbies include reading, listening to music, and spending time with friends.
- **About her Husband:** He is good. He helps with household chores and takes me out.
- **About her Son:** He is very mischievous and needs to be taken care of. He is smart, but for his studies, she must sit with him to help him, as he is the only child.
  She enjoys being social, which is a common practice in India. She says that in the US, there is often the need to call and ask someone to come home when they are free. For her, any foreign country is for Fun-loving people, but she prefers family, temples, and other similar activities.
  We left Oman as they were already removing people from there, because they wanted Muslims only. Her husband was a sales manager at the company. In the US, she must work as the cost of living is very high, and her husband does not have a good job there.

Selection of Remedy

This patient has a very specific particular symptom. The feeling of "zooming" came on suddenly. On discussing this feeling in detail with the patient, she described it as a jerk. Therefore, the rubric "vertigo with sensation of jerk" was searched in the repertory. In Synthesis Materia Medica, only Mag-polus-ambo is mentioned. Mag-polus-ambo is a remedy proven by Dr Samuel Hahnemann. So, Materia Medica Pura was consulted.

Clinical Insight into Mag-polus-ambo Based on Hahnemannian Materia Medica and Patient Presentation

When we examine the indications of Mag-polus-ambo, as described by Master Samuel Hahnemann, and compare them with the presenting symptoms of our patient, a compelling correlation emerges.

The patient reported a peculiar sensation as if the head would fall forward while looking down, especially noticeable during the morning and evening hours. This sensation lasted only a few seconds. Hahnemann, in Materia Medica Pura, notes a similar symptom under vertigo: "Vertigo in the evening, as if he would fall, soon passing off."

Furthermore, Hahnemann mentions that the patient may lose equilibrium, leading to staggering. In this case, our patient described the need to grasp nearby objects for support during vertiginous episodes - an observation that aligns closely with Hahnemann's account.

Another notable symptom reinforcing the remedy selection is related to the eyes. The patient experienced visual disturbances, particularly the appearance of spots before the eyes. This corresponds with the symptom listed under Magnes as "Sparks before the eyes."

Additionally, Dr J T Kent characterises the Mag-polus-ambo individual as irresolute. This constitutional trait, if observed in the patient's general demeanour or history, further supports the selection of the remedy.

She has a particular physical symptom: during an attack of vertigo, she feels a sense of Zooming. This is considered vertigo with a jerky feeling.

Imponderabilia

Imponderabilia, also known as energetic remedies, such as light, magnetism, electricity, moonlight, and X-rays, rather than materialistic medicines.

- **Energetic or Vital Disturbances**

a) The patient experiences symptoms that seem to come from non-physical sources or disturbances in the vital force (e.g., after exposure to radiation, electricity, moonlight, sunstroke, or x-rays).
b) No clear pathological basis or organ-related cause is evident.

- High Sensitivity to Energies
- Absence of Clear Aetiology

a) When the case does not point to any known material cause, but the person shows disturbances in the energetic sphere (mental, emotional, or general symptoms).
b) Mental-Emotional Disturbances Without Physical Correlate
c) Profound mental or emotional states not rooted in a specific physical disease
d) So, Mag-polus-ambo was selected. The patient showed moderate susceptibility, and hence, 200 potency was chosen for her.

Table 1: Follow Up

Sr. No	Date	Follow-up	Prescription
1	20/07/20		Mag-polus-ambo 200 single dose, SL 30 BD * month
2	17/08/20	(ph) getting better in vertigo, but still present; constipation SQ	Mag-polus-ambo 200 single dose, SL 30 BD * month
3	18/09/20	(ph) Vertigo frequency reduced; constipation slightly better	Mag-polus-ambo 200/ dose, SL 30 BD * month
4	28/10/20	(ph) Vertigo 3-4 times last month; constipation better, digestion better	Mag-polus-ambo 200/ dose, SL 30 BD * month
5	23/11/20	(ph) Vertigo- no episode, no other complaints	Mag-polus-ambo 200/ dose, SL 30 BD * month
6	30/12/20	(ph) no complaints	Mag-polus-ambo 200/ dose, SL 30 BD * month

She did not need any medicines after this for vertigo.

Conclusion

The presented case highlights a comprehensive homoeopathic approach in the management of chronic vertigo through individualized case analysis and repertorial evaluation. The patient's long-standing complaints, characteristic modalities, and peculiar sensation of "jerky zooming" during vertigo episodes guided the selection of an appropriate rubric and remedy. The correspondence between the patient's symptoms and the indications of *Mag-polus-ambo*, as described in classical materia medica, demonstrates the importance of correlating subjective experiences with repertorial findings. Additionally, the presence of associated digestive disturbances, constipation, and constitutional traits further supported the holistic prescription. This case emphasizes the value of detailed case-taking, understanding of mental and physical generals, and the application of classical homoeopathic principles in remedy selection. It also reinforces the relevance of lesser-known remedies when guided by characteristic symptoms. Overall, the case illustrates that individualized homoeopathic treatment can offer a rational and effective approach in managing complex, chronic conditions like vertigo.

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