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# "How will I manage everything?" Constant feeling of patient result in pile

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**Abstract**
The primary concern in Row 4 revolves around security, particularly in relation to finances, relationships, home, job, and health. Here, we present a case that vividly illustrates how the underlying feeling of financial insecurity led the patient to develop a physical complaint, namely hemorrhoids.

**Keywords:** Row 4, Financial insecurity, Homoeopathy, Hemorrhoids, Constipation, Individualization, *Arsenicum album*, Case study

## Introduction

- **Case:** Mrs. KR, 43-year-old woman suffering from following complaints came to clinic on 17/6/24.
- Constipation patient has this complaint from last 2 years. Since 1 year it is aggravated.
- From last 1-year stool passes once in two days.
- Burning pain during and after defecation.
- Sometimes bleeding while passing stool since 2 years.

## Physical particulars-

- **Appetite:** Normal
- **Desire:** Spicy, salty
- **Thirst:** 3 liters/ days
- **Bowel:** CONSTIPATION.
- **Weight:** 80 kgs.
- **Salivation:** sometimes
- Chilly+

## Past history

- **Measles:** Once in childhood
- **Birth history:** Normal, healthy, normal milestones.
- 3 C/S

## Family history

- **Father:** 63 years old retired
- **Mother:** 53 years died
- **Brother:** 42 years' old
- **Hypertension:** Brother, maternal grand mother
- **TB:** Father
- **Cancer:** Maternal grandmother
- **Hypothyroidism:** Mother

## Life Sketch

Patient was born on 1981 in a village and did her schooling from there. She said she was good in her studies.
She had 2-3 friends during school days. She has one elder brother. She has good bond with

him. They used to live in joint family. Father was farmer. Their Financial condition was average. So she had to left her studies after 12th. After some time, she was also ok with it. At the age of 21 years (2002) she got married. She has a very good bond with her husband and family.

They live happily. In 2003 she had her 1st child. (Son). Financial condition of husband was average during that phase.

So they didn't go for 2nd child. They were struggling financially, but after sometime they planned for another baby. In 2010, after 2 days of child birth he died. They went for another baby Next year in 2011. (Daughter)

Earlier Her Husband had business of tours and travels. It was running successfully. But as covid hit the business got affected. There were financial crises in family as there was huge financial loss. Patient started getting anxious about her family. She was worried how she will manage everything. She was worried how they will pay fees of children. She was constantly worried.

So she started Tiffin service for financial support. She worked hard for that and made efforts to come out of this crises.

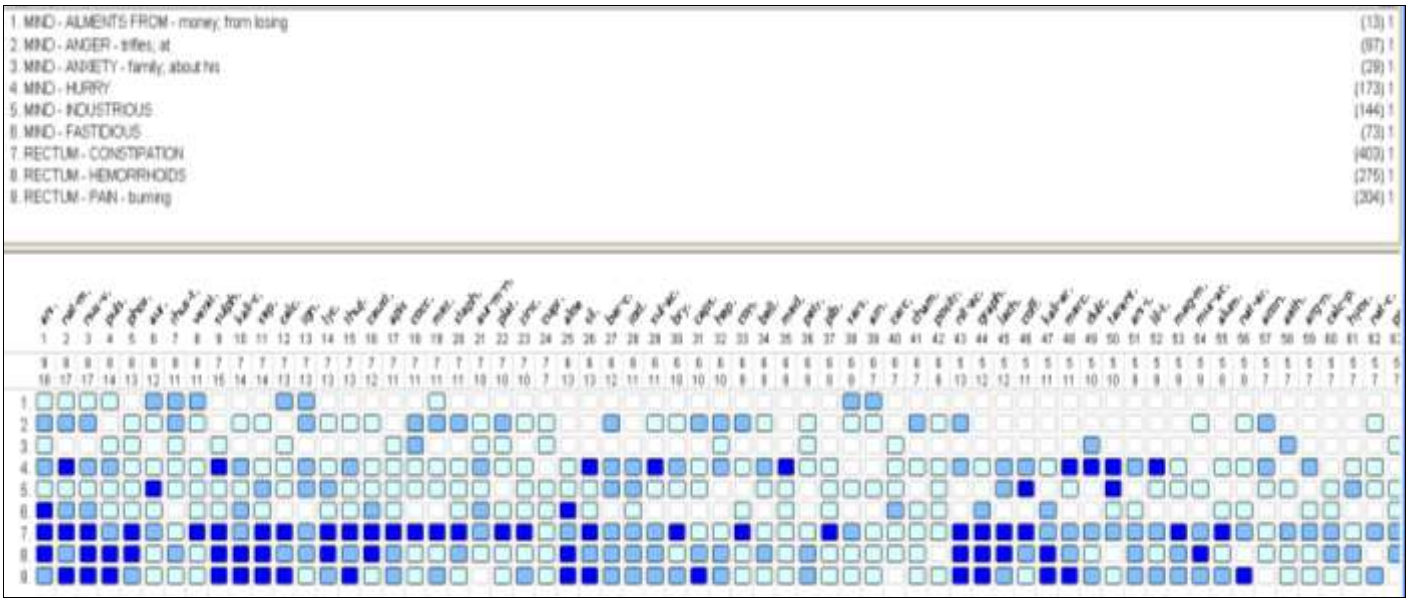
**Nature:** pt. is very particular about her things and cleanliness. She gets angry easily on small things.

She is hurried in nature. She wants to do all things quickly.

**Analyses**: Looking at this case, we found some points clearly that she developed complaint after the period of financial crises in family and it affected her the most. After that she also started doing hard work to support her family. She is very anxious about his family and all things. So we took the rubric ailments from money losing, and anxiety family about his. And then we added physical symptoms.

**Rubrics**

- **Mind:** Anger - Trifles; At
- **Mind:** Anxiety - family; About his
- **Mind:** Hurry
- **Mind:** Industrious
- **Mind:** Fastidious
- **Rectum:** Constipation
- **Rectum:** Hemorrhoids
- **Rectum:** Pain – Burning




**We prescribed her *Arsenicum album*.**

- Clarke Materia medica
- Stool and anus section
- Tenesmus, with burning in the anus.
- Burning stools, with violent pains in the bowels, with tenesmus, thirst, worse after eating.
- Burning and corrosive evacuations; Itching, pain as from excoriation, and burning in the rectum and in the anus, as well as in the haemorrhoidal tumours,

**Table 1:** Follow Up

| | | |
|---|---|---|
| 17-06-24 | | *Arsenicum album* 30 tds for 1 month. |
| 20-07-24 | Better, sometimes constipation/ stool hard | *Arsenicum album* 30 tds for 1 month |
| 22-08-24 | Bleeding in stool 2 times in last 1 month. (Here symptoms were getting better but there was relapse of symptoms due to stress factors). So here we decided to increase the potency (organon - aph. 148, foot note of aph. 246, aph. 281). Here we have directly went for 1m potency as in our case and the repertorisation mind rubric were prominent. | *Arsenicum album* 1m , SL tds for 1 month |
| 08-10-24 | Better | *Arsenicum album* 1m , SL tds for 1 month |
| 27-11-24 | Better | *Arsenicum album* 1m , SL tds for 1 month |

**Gist of row Four**

This row signifies the development of one's sense of security or the building of mass and strength, where one gains the ability to protect and defend themselves.

On the left side of Row 4, security is still underdeveloped, but gradually improves toward the center, and on the right

side, it begins to diminish again.
At this stage of development, individuals have already developed their identity and now focus on managing the routine tasks of daily life.

**The core issues in Row 4 are:**
- Security and Tasks
- Strength or Mass Building
- Stability and Solidity
- Requires strength and energy

Here, security relates to finances, relationships, housing, employment, and health.
The most significant theme in Row 4 is the accumulation of mass from external sources, which includes:
- Health
- Job security
- Relationships
- Physical and financial security
- Housing and insurance
- Protection against potential threats

People in Row 4 often seek stable employment to secure their health, wealth, and housing, stemming from a deep fear of poverty (which is seen clearly in this case).
On the left side of Row 4, there's a noticeable lack of mass, with individuals feeling underdeveloped in their ability to protect themselves. They depend on others for security.
As individuals progress through the center of Row 4, they develop the strength to defend themselves, achieving success in their ability to protect their security.
However, as they reach the right side, they begin to feel that they are losing their mass and defensive ability, once again relying on external sources for protection.

**Additional issues related to Row 4 include**
- Endurance and fatigue
- Resistance to pressure
- Numerous fears (such as fear of poverty, financial loss, disease, animals, darkness, ghosts, and injections)
- Sensitivity to being observed or scrutinized
- Responsibility
- Guilt and a sense of criminality

***Arsenicum album***
- The core of Arsenicum pathology is deep-seated insecurity, not rooted in social or professional confidence, but in a fundamental vulnerability regarding disease and death. This insecurity shapes the personality from the earliest stages and drives many of its key manifestations.
- Arsenicum's insecurity leads to a strong dependency on others.
- Arsenic is Characterized by extreme fastidiousness and attention to detail, Arsenicum individuals experience intense restlessness until everything is in order. This restlessness is mental, driven by an attempt to soothe deep anxiety.

**Conclusion**
This case illustrates the effectiveness of individualized homoeopathic treatment in managing chronic constipation with hemorrhoidal symptoms, where both physical and mental aspects were carefully evaluated. The patient's complaints were closely linked to emotional stress arising from financial insecurity, which played a significant role in the onset and aggravation of symptoms. Through detailed case-taking and repertorial analysis, *Arsenicum album* was selected based on prominent mental characteristics such as anxiety about family, fastidiousness, and hurried nature, along with characteristic physical symptoms like burning pain and constipation. The follow-up showed gradual and sustained improvement in symptoms, including reduction in constipation, burning pain, and bleeding episodes. The increase in potency at the appropriate stage further enhanced the therapeutic response. This case emphasizes the importance of understanding the totality of symptoms, including mental state and life circumstances, in remedy selection. It also highlights the relevance of miasmatic and constitutional prescribing in achieving long-term relief and overall well-being.

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