

A Case of Hip Osteoarthritis

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This is a case of 73 years old, female where the patient's trauma in the mind as well as the body was removed by *Cyclamen Europaeum* and *Arnica Montana*, and then she became clearer in realizing her own self.

Three homeopaths she previously consulted used mainly mineral remedies, which failed to remove her pain. She blamed these three homeopaths, and argued with them. They couldn't deal with her anymore and she was finally calmed down when I offered to see and treat her. I was put under a lot of pressure to not to fail to cure her pain.

An Objective View

She tends to look down upon her homeopaths, looks very bossy and always angry. Generally people tend to become irritable when they have aches and pains. She talks about her father's death and her younger sister's suicide without any feeling as if nothing had happened.

Chief Complaint

Pain in the right hip joint and difficulty in walking. Uses a stick when walking. Joint fluid and synovial membrane problems.

Occupation

Teacher at nursing school. A member of a religious group. Works as a volunteer staff for sick people.

History of the Present Illness

Heaviness in the small of her back,

and she began to drag her feet around 1996. She was diagnosed as having hip osteoarthritis in both sides in 1999. Claudication with violent pains. Hip replacement in the left side was done in 2000. She started homeopathic treatment in 2001, and stopped taking all allopathic medicines at the end of 2002. (Previously, she had taken hormonal agents, sleeping pills, chlorella tablets, antibiotics, tranquilizers).

Particular

Face—Facial paralysis (in the right side); Once her right eye couldn't open.

Nose—Unpleasant sensation in the right side; watery yellowish post-nasal discharge.

Mouth—Chapped lips. Throat - stuffed feeling; sputum sticking in the throat.

Lung—Shallow breathing; unpleasant sensation in the trachea down to the pit of the stomach.

Heart—ECG borderline abnormal.

Arms—Pain in the base of the right arm. Hand - Sometimes swollen in the morning.

Intestines—A lump in the right side of her navel (the part of operation for appendicitis) sometimes indurate. Lower back - Occasional stiffness and pains.

Stool—1-2 /day.

Legs—Coxalgia; left calf swollen; numb feeling in the right leg when pressing down on the accelerator by the right foot while driving.

Feet—Often Bending her knees in the morning.

Allergic to penicillin (urticaria, asthma). Cholesterol level high.

General

Likes - summer, (smell of) ocean. Dislikes - coldness of winter as her hip joints ache, > warmth. Body - Only heels feel cold. Likes open air (even in winter), keeps windows open during sleep. Dislikes oxygen-deficient air. Sensitive-to-damp, especially hands and feet.

Bathing—liked to soak in a bathtub before, but now only takes a shower.

Sun—loves sunrise and sunset. Moon - feels lonely, feels like the full moon may be related with evil. Energy - higher in the forenoon.

Sweat—much on the face, head, neck. Water - drinks a lot in summer but none in winter; doesn't like to drink very much.

Desire—meat, sweets (esp. rice dumpling with bean jam filling). Aversion - vegetables, fruits (sour ones).

Exercise—liked to jog and dance before, but now can't do that. Dislikes tight clothes.

Sleep—9pm-5am; wakes at

around 1-2am; goes to the bathroom 4 times during the night; scanty urination. All right with bowel movement.

Mind

Distinct characteristics, but sometimes hold back her feeling. Tries to be optimistic, but is essentially pessimistic. Weeps even in public. Other people perceive her as strict, severe and quick to switch on and off. In childhood, she was quiet but mature enough to go to kindergarten by herself. Feels stressed when she has to talk with dull people or those who interfere in her business. A fast learner can act quickly; she has a passion for cleanliness. Worked very hard before. Now she wants to live positively, without sticking to anything, and in a more forward-looking manner (to retire in peace). When depressed, she prays, listens to cheerful songs, and sees films or sleeps. The most important thing for her is to live and to pray. She lived with her mother after she was 15years old. (As described in the timeline of the patient's life, her mother couldn't nurse her due to TB. She had lived with her father and grandmother, who however died when she was 6 months old.)

Dreams

Of dead people. She is afraid that seawater might enter into her house. She is in a vast, empty house; anyone else or anything exists in it.

Fear/Anxiety

Confined space; dislikes closing the door; dislikes snakes and spiders.

Vaccinations

Pertussis, BCG, Smallpox, Influenza.

Had a slight fever after the flu vaccination.

Shock/Panic

When it turned out that her boyfriend had other girlfriends. Demanded money in the first case (1974). Attempted suicide in the second case (1977). Stroke the girlfriend with a knife in the third case (1993). When an arrogant professor she hated became the principal of the nursing school she worked for, she was transferred to a different section, which made her fall into depression (1988).

Family History

Mother – Lung cancer. Father – Heart disease. Younger sister – Suicide.

Another younger sister – Mental disorder and Sub-arachnoid hemorrhage.

Brother of mother – Esophageal cancer. Cousin – Colon cancer.

Timeline of the patient's life:

0 year : Birth weight: approx. 2000g
 Mother may have got pregnant without being married. When she fell from stairs in the 8th month the baby was born as her first daughter. Since her mother couldn't nurse her due to TB, she was bottle-fed by her grandmother. But her grandmother died when she was 6 months old.
 6 yrs : Surgery to remove tonsil, bled heavily at the operation.
 6-8 yrs : Got vaccinated with AO against TB of children. Quite sickly when she was 8 years old. Got 2 stitches on a

wound on the forehead.

12yrs : Due to World War II her mother and younger sisters were evacuated temporarily. She was still living with her father, then went to girl's school.

16yrs : Menarche.

18yrs : Bankruptcy. The family moved to her aunt's house.

19yrs : Father died of heart failure.

21yrs : Underwent appendectomy (with lumbar block). Graduated from nursing school. She supported her family financially and mentally as well.

22yrs : One of her sister committed suicide, taking sleeping pills.

23yrs : Got married.

24yrs : Hovered between life and death due to allergic reaction to penicillin.

27yrs : Underwent cholecystectomy (with full anaesthesia, blood infusion-200ml). Miscarriage.

35yrs : Got divorced since her husband had a girlfriend. Took pills for 2 years to prevent pregnancy (not to have a baby of her new boyfriend). Attempted suicide at the end of their relationship.

40yrs : Menopausal syndrome: hot flushes.

42yrs : Menopause.

50yrs : Attended a psychiatric clinic.

52yrs : Took tranquilizers and sleeping pills for 10 years due to sleeplessness and stress.

55yrs : A professor she hated became the principal of the nursing school she worked for. She was transferred to a different section then had depression.

60yrs : Senile vaginitis (unable to have sex due to dryness of the vagina) - hormonal treatment for 4 years.

63yrs : Stayed in the UK for 4

CASE STUDY

months during which she felt heaviness in lumbar region and began to hobble. Pain in the hip joints (took painkillers 'Loxonin' → symptoms of asthma appeared → took antibiotics).

66yrs: Her mother died from lung cancer, by choking, after she had taken care of her for one year. Diagnosed as hip osteoarthritis in both sides. Claudication with violent pains.

67yrs: Hip replacement in the left side with Titanium artificial joint (under general anaesthesia).

68yrs: Started homoeopathic treatment.

69yrs: Stopped all allopathic medicines. 71yrs (now) Violent pains in the right hip joints as they hit each other due to insufficiency of joint fluid.

18/04/2004 First Prescription (for particular symptoms)

The prescription was not for treating chronic diseases, but for removing aches and pains.

Time	Remedies	Potency	Duration	Remarks
As needed	Thal.	10M	1 month	for pain
Morning 1	Plat.	10M	5 days	take every Wednesday
Morning 2	Plat.	6C	1 month	
Noon	Cob./Syph./Thym-gl.	10M	1 month	take in water

Explanation for Remedies

Thal

Pain (violent, unbearable, biting, electric, penetrating neuralgia) mentioned in Materia'

Medica by Jan Scholten. MS in the legs. Parkinson's disease. Heart diseases. Rheumatism.

Systemic erythematousus. Bone diseases and necrosis. Ailment from accidents.

Plat

Pains in the lower back. Pains on the right side (hip joint). Dreams of dead bodies. MS. High sex drive (love is very important for them). Women who have worked very hard to support her family by herself and then developed depression.

The patient was transferred to a different section by the new principle she hated, which gave her a huge shock.

Syph + Thym-gl

Syphilinum—Experienced a number of surgical treatments/operations and Accidents. For hardships of life.

Thymus—A remedy to get oneself back together

29/05/2004 Progress report from her

Pains in the right hip joint became

temporarily more violent but were relieved a little in mid-May, which made me happy. When I almost finished taking the prescribed remedies, bones of the right joint made raspy sound (22-28th May). Now it is burning & painful. I have pains in inside of the right knee joint as well as in the hip joints. Please send me some remedies for pains.

Times	Remedies	Potency	Duration	Remarks
As needed	Thallium	10M	1 month (30 globules)	Take it when it pains.

03/06/2004 Report From Her

About on the 4th day after I began to take the remedy you send me, the hard physical condition with the violent pains improved. It was really hard, but I overcame the pains. Thank you so much.

18/11/2006 Correspondent Consultation

1. The hard lump in the right side of the lower abdomen improved. I have bowel movements properly.
2. I have had a choking sensation in the throat for a long time (with sudden bouts of coughing).
3. I feel cold in the back (between blade bones).
4. The left calf is tightly swollen and hard.

Other changes about me than the symptoms are:

5. I completely quit working as a volunteer.
6. I want to make trips to hot springs this year and then go to see Auroras next year, but I'm afraid the usual pain in the hip joint would worsen.
7. I am happy that the pain remains tolerable these days, as far as I can sleep and wake whenever I want to be in the relaxed pace of life. But now I have got motivated to begin rehabilitation for walking without a stick. I am really grateful. Anyway, I feel I have lived a quite hard life.

Thal.: pain (now subsided)
Arn and Cycl.: for her lesion;

Surgical operation and sadness in the Calc-p.: her constitution
Tub: her predominant miasm

As the pains have been reduced, I prescribed her indicated remedies this time:

Time	Remedies	Potency	Duration
Morning	Cycl	6C/200C	1 month
Noon	Arn	10M	1 month
Evening	Tub	6C/200C	1 month

Arnica Montana: Syphilitic remedy. A good remedy for those who are exhausted with surgical operation, injuries, wars. There is bitterness 'I'm hurt, I'm beaten'. She was born prematurely as her mother fell down. This remedy will relieve the tendency to come to undergo surgical operations, to encounter accident, to get injuries.

Cyclamen Europeaum: In such a hard life, she couldn't even lament sufficiently, couldn't depend on her parents as they were prone to illness, has had no shoulders to cry on. She seems to be in anger, but deep sorrow is seen underlying. She is concealing the grief due to her sister's and father's death. So long as the deep sadness hasn't been cured, the true cure can't be achieved.

Here is a quotation from "Spirit of Homeopathic Remedies" by Dr. D. Grandgeorge:

"... In truth, Cyclamen would like to have a perfect, unstained earthly life. Instead, there is always a defect somewhere that ruins everything. Cyclamen then paints an even darker picture, and so adds to the existing imperfections."

Tuberculinum Bovinum Kent: Tubercular miasm causes rheuma-

tism, arthritis, hip dislocation. Both she and her mother had TB. She likes to travel, wants to go to see an aurora.

Tub. is rather syphilitic TB which is indicated in this case; Bacillinum for sycotic TB will not work well in this case.

My Advice

The feeling that you are grateful for living will reduce pains in the hip joints. I see you are doing fine, not grinding your teeth any more with the thought that 'I have to...', but just accepting your life as it is. In spite of your hard life, you are doing really well. It will be important for you to get through the rest of your life. Do what you want to do without hesitating. I prescribed Arn. for one month, because you were suddenly born when your mother fell down and you have forced yourself to work to the limit of your ability. Take care of yourself.

**22/12/2006
 Correspondent
 Consultation**

New Year is almost here. I'm most grateful that you treated and helped me with homoeopathy.

I am happy to report you good news. When my doctor showed me the X-ray picture of my regular checkup in December, he said, "That's a miracle..." staring at the picture, "...how could it be?"

Now I have joint fluid between my bones again and some spaces are seen between bones in the picture.

Thanks to your help, I often don't need to take the remedies for pains for the last 2 months... so I felt, "I

would recover..." Since early December, I feel really better. But I still need a stick to walk, as various parts (especially insteps) become swollen and painful when I walk without it.

My doctor said, "We still have to stay on our guard...the pelvis and the thigh bone that were crushed and stuck together before, are now separated from each other (that's really unusual in such cases), however, there remains another problem... Actually, we were prepared for a surgical operation, but it's unnecessary for now... Let's watch the situation for the next 6 months..."

Please prescribe the following remedies, because current ones will be used up within this week:

- For the hip joint, which I still worry about a lot.
- For the lump at around the appendix. It was not so painful and hard as before to the extent to make me bend double.

By the way, I am already old, Please advise me how I should live the rest of my life, and how I should die. How can I die easily without pains?

My Advice

Your feeling of thankfulness to life and your perseverance to cure brought you a miracle. Honestly, I'm also amazed at your strong curative power for your age. At the same time, I admire the curative power of homoeopathic remedies. I have experienced a lot of cases where patients remarkably improved when the innermost sorrow of Cycl. that blooms in winter with its head drooping, was healed. Thankfully, God endowed curative powers into

CASE STUDY

Same remedies as previous ones: ultimately related with death. Death

Time	Remedies	Potency	Duration	Remarks
Morning	Cycl.	6C/200C	1 month	
Noon	Arn.	10M	1 month	
Evening	Tub.	10M	5days	take every Friday

plants. Thankfully, Arn. blooms here to cure wounds of our mind and body.

How one dies depends on whether he/she lives his/her own life to the fullest. If you do not leave any grievance in your whole life, but are satisfied with your life, feeling that it has been the right life for you, you will die in peace without pain.

My first contact with her was her phone call of complaint. She exploded in anger at her homeopath at that time, because her pains in the hip joints had been much worsened since she had began homeopathy. So I offered to take over her treatment and asked not to blame that homeopath. That is how our long-term relationship started.

"There are pains at the early stage of diseases that alert us to the diseases, and also, those as grievous groans due to degeneration of tissues and organs. Once these pains become traumas, they will remain unless such traumas are solved at the cell level. The essence of pains is fear and its expression as physical sensation is the pain. The body expresses fears it feels as pains. Anger arises from fear. The patient separated from her mother at the very early stage of her life, and also her father and sister died when she was young. She had to live alone without any help from others. In addition, she has had several operations since she was very young. Pain is related with fear, but fear is,

means not only physical death but also mental death (self-death). Anger is a form of reaction to protect oneself from death or being hurt. Another form of reaction is sorrow. For example, "not being loved" or "not being accepted" hurts one's heart (oneself), so, we are afraid of such situation, and tend to protect ourselves with anger. Under anger, there is always anxiety and fear of not being loved, and at the same time sorrow. In the case of this patient, we can see she had never been given love from her family at her early age, and started to protect herself with anger from sorrow and fear of losing her family. She accumulated a lot of sorrow and anger inside her body. At the root of anger there must be some sort of fear. If acute pains are left untreated, the body will adapt itself to the pains in the course of time and become insensitive to them, but later, the more insensitive to pains, the stronger pains will be generated as if these pains reminded us of their existence, and the body will become stiffer and stiffer, and develop chronic arthritis and rheumatism.

She has accumulated a lot of sadness and anger in the body. The remedies that eminently improved her hip joints were Cycl. and Arn. After taking Cycl. the patient, who was so bossy and arrogant, started to talk about her sadness hidden in her heart, as painful memories flooded back to her. I also prescribed Arn along with Cycl., intending to remove the trauma torturing her so

much at the cell level, which worked very well. The pains in the joints remarkably improved, and a miracle happened to joints of this patient aged over 70. By resolving every shock we have encountered in our lives, then by healing traumas, pains will be removed, and at the same time, fears will disappear. Thus we can become peaceful and look upon to the true purposes of our souls in our present lives.

One can never die cursing his/her life with much chagrin. She threw her internal deep sadness to the hip joints and the muscles around them through the liver. Feelings are related with Element of Water, which is then closely related with the organ, liver. If our feelings are treated well, there will not be any problem. However, if we suppress our feelings or always hold a struggle, such feelings remain around the liver without flowing; they hold back the flow of Vital Force, which leads to physical problems of connective tissue and/or hip joints around the liver. The feeling of sorrow goes to the lungs as well, but in the case of this patient, feelings of not only sorrow but also anger stand out, and energy of these feelings goes to the liver. The feeling of sorrow in this patient is expressed in the form of asthma as well. And the severe pain of the affected part (=hip joints) compensates her feelings of sorrow and anger.

The violent pains at the affected areas represented her sad feelings. Homeopathy must have pushed her to the utmost limit of pains, when she took Thallium. A new feeling can be generated only when one reaches the utmost limit. One will come to know and realize himself/herself only when he/she takes their own similimum remedies, i.e. Arn, a sim-

ilimum for wrecks, and Cycl, a similimum for a deep sorrow.

Conclusion

Some people may take offense at my prescription, because it is not classical.

However, Hahnemann clearly describes in the 6th edition of "Organon" (Aph. 41, 42) that plural diseases can exist in one person at the same time, and in this case, plural remedies should be given to the person at the same time.

Diseases will continue existing beyond space and time, regardless of the time when the diseases are formed, until they are cured by homeopathic remedies. (As you know, homeopathic remedies can affect patients, transcending space and time.)

When I saw this case, diseases in various layers exist beyond space and time, although the time when every disease was formed differs from each other.

Therefore, the three kinds of remedies can be prescribed, or should be prescribed at the same time.

(It is named the three-dimensional prescription.) Otherwise, these diseases will not easily or promptly be led to cure.

Furthermore, from my experience, it can be said that these diseases are locked together and affect each other complicatedly, so could be considered as one disease that can not be torn apart.

In this case, the similimum or the similar remedy does not mean

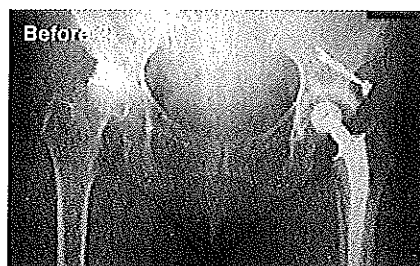
"a single remedy" for each separate disease, but compound remedies taken at the same time to cover all these complex diseases, so to speak, one single remedy for these complex diseases. My experiences and the fact that various difficult cases were led to cure by this three-dimensional prescription taught me this matter.

4 X-ray pictures

Pictures of the affected part: "before" taken by the patient's doctor on the 2nd March 2005.

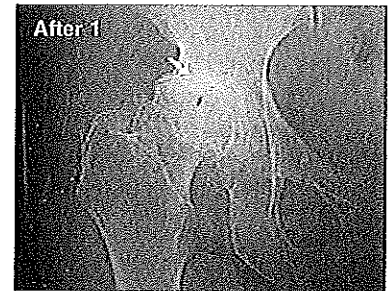
The right hip joint is crushed and the caput is broken. Her doctor said, "Unless you have an operation immediately, you would never walk again!"

At that time, she was walking on crutches indoors, depending on homeopathy, plagued with anxiety.



Pictures of the affected part: "after" taken by the patient's doctor on the 30th Nov., 2007. (when the patient is 74 years old.)

An even inter-space is formed around the right joint.



About the Author

Torako Yui is Ph. D. Hom., the first Japanese homeopath, who has been working on introducing homeopathy to Japanese people for around 13 years.

She founded the first Japanese homeopathic college in Japan, called The Japan Royal Academy of Homeopathy (RAH) in April 1997. Torako Yui is the principal of the RAH, the president of the JPHMA, the lecturer most desired by the Japanese general public, and above all, the most active homeopathic practitioner.

