

Case of Vertigo

Michelle George

Female, aged 32, married without children, presented with vertigo that had steadily worsened over the past 3 to 4 weeks. She often felt dizzy while walking. I asked her if she was experiencing the sensation at that moment whilst sitting, she said she was and that she was finding it difficult to focus on me or one object. She said that objects went from appearing as if moving, to becoming hazy. The episodes were becoming more frequent, could come on at any time of the day, standing sitting or lying. There were no modalities, pains or other marked sensations with the vertigo.

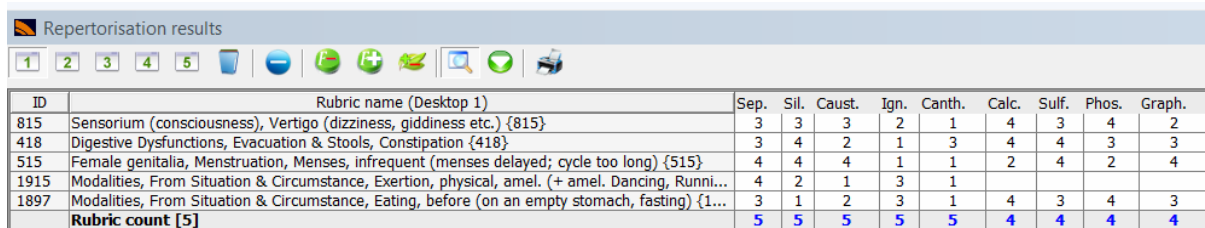
I asked her if she had any other problems (concomitant symptoms). She explained that she was suffering from some constipation since travelling overseas, more than a year earlier. She then told me that she only had a bowel motion once a week, going on to explain that in some ways this suited her because she needed to be up very early each morning for work and she had a busy schedule, so her stool came usually on the weekend. When the stool came it was like a normal stool, no pain maybe just a larger amount. She had tried laxative treatments and enemas in the past but they had made no difference. I asked her about her life-style where stool was scheduled for once a week. She said she worked in an office and also competed in triathlon, so she trained every day, her 'rest' day consisting of lighter exercise like jogging. I asked her how she felt if she missed out on a training session. She said she feels really bad, she will even train when she is sick (cold/ flu).

She is extremely health conscious, has a very good diet containing plenty of vegetable fibre, meats and fruits and drinks plenty of water. On further enquiry, I discovered that she snacks almost constantly through the day between her regular meals. Snacks consist of muesli bars, nuts, small tin of tuna etc. She carries these snacks with her whenever she is out and about, as she is often worried that there won't be food nearby. She said that she just didn't like the thought of her stomach feeling empty and would often get rumbling that she thought others could hear (borborygmi).

I asked her about her menstrual cycle; menarche was at 18 years and it has always been infrequent sometimes only appearing every 2 or 3 months.

Her appearance is tall and like that of an endurance athlete.

I selected the following symptoms in TBR₂ that best cover the presenting symptom and concomitants as well as two modalities consistent with the patient.



Repertorisation results

ID	Rubric name (Desktop 1)	Sep.	Sil.	Caust.	Ign.	Canth.	Calc.	Sulf.	Phos.	Graph.
815	Sensorium (consciousness), Vertigo (dizziness, giddiness etc.) {815}	3	3	3	2	1	4	3	4	2
418	Digestive Dysfunctions, Evacuation & Stools, Constipation {418}	3	4	2	1	3	4	4	3	3
515	Female genitalia, Menstruation, Menses, infrequent (menses delayed; cycle too long) {515}	4	4	4	1	1	2	4	2	4
1915	Modalities, From Situation & Circumstance, Exertion, physical, amel. (+ amel. Dancing, Runni...	4	2	1	3	1				
1897	Modalities, From Situation & Circumstance, Eating, before (on an empty stomach, fasting) {1...	3	1	2	3	1	4	3	4	3
	Rubric count [5]	5	5	5	5	5	4	4	4	4

The following symptoms in *Sepia* from Hahnemann's *The Chronic Diseases* support this choice of remedy:

- CD 90 Vertigo when walking, as if all objects were moving.
- CD 99 Dizzy vertigo, every afternoon from 4 to 6pm while sitting and walking.
- CD 527 Intense hunger
- CD 528 Continually desires to eat
- CD 529 Sensation of emptiness in the stomach
- CD 617 Heat in the stomach....as if eating would relieve her
- CD 1381 The ailments are quiescent during violent motion, as when walking in the open air, fencing, etc (riding excepted); but they appear most frequently and most violently when sitting down quietly, in the forenoon and evening.

The specific combination of symptoms leads to *Sepia*. No other materia medica could give me the detail and confirmation that *Sepia* is capable of producing the vertigo, as well as the constipation, the infrequent menses and have a general amelioration from exercise and an aggravation from fasting.

Sepia 0/1 was given to be taken once daily. Return in three weeks.

When the patient returned, she reported that the vertigo had disappeared. The remedy had started to work in the first few days with a gradual decrease in the frequency of the episodes. Also, her bowel movements were now every three days.

Continue *Sepia 0/1* daily. Return in 4 weeks.

She continued to improve with regular bowel motions, no more vertigo and had had her period the week previously. I asked her to continue the *Sepia* and return in another 4 weeks.

When the patient next returned she reported that she was now having a regular menstrual cycle, other symptoms were still improved and she also stated that she was less stressed about having food snacks with her, as well as not being as hard on herself if she missed a training session, even though she still competed in events. On parting she made a comment stating that she felt more feminine. "I feel like my breasts are finally developing." (she had been quiet flat chested). I gave her a refill of the *Sepia* and said to continue taking it.

I lost contact with the patient due to distance, but a friend of hers has informed me that she is fine and well. She has since had a child and is very happy and healthy.