

## Citrus vulgaris (1)

At the time of the consultation Oreste was a 40-year-old-man. Showing at my studio with his wife, he appeared quite anxious. Despite their house was very close, they reached my studio 30 minutes before the fixed time.

The patient spoke in tones of emotion, often looking at his wife as if he were asking confirmation of his words.

As soon as he sat down, he literally unloaded a thick lot of laboratory exams and medical reports. It was as if he were very concerned with my attention to his case.

The reason of his visit was a Paget disease which had been diagnosed 5 years before, after a long period during which the patient had been showing upper limbs and rhachis pains. In absence of pains at inferior limbs, the raise of Alkaline phosphatasys and hydrossiprolinuria were the main pieces of information allowing the possible diagnosis.

Radiography showed that the dorsal and cervical rhachis as well as both the humeri were interested by the disease.

At that time Oreste case was being followed by a specialised medical centre where he used to go at least three times a year.

According to my colleagues reports, the pathology had become stable: at the time of our interview the patient was not showing pain in his rhachis anymore, and he had been treated with C-vitamin. Anyway umoral exams were still altered.

The patient and his wife were running quite a big drugstore.

I got informed about the first steps of his disease:

First Paget symptoms showed with cramps in my arms and in particular in my wrists and further with a backache (dorsal and cervical rhachis)

I asked whether he could report more precisely:

I would feel better if I changed my posture and spent my time making outdoor activities. I needed staying in the open air.

You know, I am that sort of person who needs keeping in movement... but, as you know, this disease is not curable

My main problem, apart from Paget disease, is diarrhoea. Since I was a child I had problems with my intestine and I have diarrhoea quite often, when I get nervous most frequently. I realised I had this terrible disease by chance and I am quite worried for my future and for my old age: I am quite worried on the fact that I might get seriously sick and of not being self-sufficient anymore.

I noticed Oreste was very agitated while he was speaking, as if he were anxious of telling me many things without having the actual time to inform me of everything. He spoke very quickly and after a short time he asked me if he could go to the lavatory. When he came back he apologised and said: I am a slave of diarrhoea. I cannot reach a place if I am not absolutely sure there is a toilet

available. Also when I enter a tee room I must be sure there is a free lavatory and that I do not have to wait to enter

I asked for further information:

I am always in a terrible hurry, I can't even stand to have to wait for my further breath... I cannot manage to do things calmly, I have been called Speedy Gonzales since I was a child.

It is as if time were not enough, mainly when I am working.

I am able to do what three people can do. My wife and I run a shop where 4 people used to work.

My job makes me more and more nervous and I have to go faster and faster... but on Sundays I forget all my responsibilities and go fishing.

I love fishing because I feel calm. When I am in the water I can wait hours without catching a fish and I relax, but when I am out of there I cannot wait, even when I am in the street waiting at traffic-lights, especially if I have diarrhoea.

It is even worse when I am in the middle of a crowd, it is a disaster, the more the people the stronger my disease, I feel faint.

I investigate:

I have been having problems of dizziness since I was a child, I couldn't even go onto the slide! My legs shake and cannot bear me... if I go onto a bridge or to the top of a tower it is a disaster, I could wet myself [translator note: wet is not intended as urinate, but as defecate].

He added spontaneously:

All my problems with diarrhoea have worsened since I got to know I suffered of Paget disease. I think I will not have a good life anymore and I would like to spend the rest of my life in a better way

His wife added that Oreste was on edge for any minimum matter, but most agitating was to know he has got an appointment.

Oreste highlighted:

Years ago I used going fishing with some friends of mine, but I have not done it ever since because I always had to wait for them. Although it is Sunday morning... if an appointment has been fixed, then it has to be respected, otherwise I get nervous and prefer to go away. I cannot wait... otherwise I'd spoil my whole day

Enquired on his child diseases, Oreste reminded all exanthematic diseases, parotitis excepted. Moreover he told me that at the age of four he was operated on tonsillectomy and adenoidectomy, I could not find out whether this was because of any particular problem. At the age of 27 Oreste was urgently operated on appendicectomy which, according to his version: Was rapidly evolving into peritonitis

Regarding his diet, the patient asserts having a real passion for sweets and any sort of citrus fruit, especially grape fruit and citron, of which he has been greedy since he was a child.

I prescribed ARGENTUM NITRICUM 200 CH.

10 days later Oreste called me showing strong aggravation of movements, up to 7-8-a-day, which barely allowed Oreste to reach the lavatory.

I prescribed a placebo and three days after the situation had normalised.

After a month Oreste claimed pain in his arms and wrists which, according to his own words reminded him of first symptoms of the disease. Oreste was quite worried and the prescription of a placebo did not work out. I advised him of taking the 200 potion and in around a week the situation improved and pain disappeared.

After a few months, at Oreste's request, I met him and the patient said spontaneously:

Diarrhoea has practically disappeared and the same for my hurry of going to the lavatory, I manage to go to the lavatory only once or twice a day, I feel free since I do not have diarrhoea any more and my stool is solid.

My appetite has increased and I put on 4 kilos.

Till 10 days ago I was also feeling very calm, excepted while working. Now I feel as if there was too much to do. I am thinking of selling my shop and go back working as an employee, also because I am very easy to please and am content with what I have... I have some money and would like to enjoy my life without all those responsibilities

He added:

Vertigoes have almost disappeared, although I am in the middle of a crowd... And I managed to visit some friends who live at the eighth floor, I had always refused to visit them

I enquired on the pains in his back:

They worsened. In the past I almost did not feel any pain, now I feel a fastidious load on my back. But I feel better when my wife gives me a massage, above all if she is powerful while giving it to me. I wish somebody stretched my back, as if they used to do during tortures. My back burns. I feel much better when I lie in the sun

He went on spontaneously:

I have a strong desire of eating sweets, but I cannot eat citrus fruit anymore. I used to be very greedy of citrus fruit in the past, I almost feel sick if I only think of eating a citron. I used to get them directly from Sicily and Israel, since I was very greedy

I prescribed him a dose of ARGENTUM NITRICUM 10M.

Almost three months later Oreste called me and said he was feeling much better: he did not claim any back aches and very first symptoms had disappeared the agitation excepted which, according to his words, showed up only at work: I made up my mind of selling my shop; I think my work is ruining me. I am a calm man now... but there is still something which does not allow me being serene. It is not because of money, but when I have to work I cannot go slowly

Despite the subjective improvement of the disease, the laboratory exams highlighted a progressive advancement of the pathology, which was not accompanied by any characteristic symptom of Paget disease.

Alkaline phosphatasys and hydroxi-prolynuria were slowly rising progressively.

Moreover, in my opinion Oreste had not really improved, I had the impression he was feeling more taken care of and that he was satisfied with the improvement of some of the symptoms, diarrhoea above all. The decision of leaving his business appeared to me as being a sort of escape, and at the same time the realisation of

his dream of spending his last days of life as a healthy person. I got the right impression. In a separate interview his wife revealed me that Oreste was absolutely sure he would end sitting on a wheel chair and that anyway it would not be possible doing anything to cure his pathology, even to attenuate it.

I managed to convince the patient not to submit himself to tecnezio bone scintigraphy and the radiological state confirmed the alteration of trabecolar architecture of some of the vertebrae and of both the humeri.

Three months later Oreste decided to sell the shop, but after the new owner request Oreste made up his mind to remain working in the shop as an employee and of being, in facts, the only responsible.

A few weeks ago, I met the patient after his request. For the first time he had come alone. The strong pain in his arms and at cervical and dorsal rhachis had reappeared. Oreste claimed that all his pains improved with physical activities, especially in the open air. For this reason he started going jogging regularly with his wife.

He reported spontaneously:

From a month I have gone back to the starting situation.

My father died and I started working harder and harder, now I am working up to 12 hours a day.

I have movements many times a day and often it is only mucus.

My sense of uneasiness while staying in a crowd has disappeared, and I do not have to run to the lavatory... but I still need to go many times a day.

Vertigoes have reappeared

After a long silence Oreste lowered his eyes and said:

I fancy making love only when I am on holiday, at home I feel too tired and sad to make it. Even though my wife keeps on insisting, I do not want to have any children because we would not have the time... all that work I have to do

I asked for more details, but I did not receive any reply.

Meanwhile his wife had become my patient, but she had always preferred coming alone. During our consultations the woman told me more than once that her husband refused decisively to face any argument regarding children. Before getting married Oreste asked her to promise that they would not even talk about the matter until they would reach a concrete economic steadiness. It had always been a taboo topic, even after a few years of marriage when they had reached a certain steadiness.

I collected information on the pain in his back:

I usually feel a sense of heaviness and of formication. But when these feelings get stronger they become cramps, as if I my arms were pulled and I wish they could be pulled stronger to make my pain vanish, if I could I would hang by means of my arms and would put weights of 100 kilos on my feet.

I started eating sweets, but oranges and citrons make me sick

I still prescribed him ARGENTUM NITRICUM but I did not observe any improvement. I am caparbios so I insisted, being convinced it were matter of power of the remedy, I tried with different dilutions, but in the two following months the situation was still the same and Oreste started giving up hope.

Check ups showed that osteolysis had not aggravated further, but figures were always alarming. Without telling the doctors who were following him, the patient had not been taking any medicine.

After almost two months Oreste's fingers and wrists showed an exfoliant dermatitis which caused great itching. His fingers were swollen and very irritated. Oreste said with peremptory tone:

I will not go on with homeopathic therapy unless I see satisfying results soon.

I asked Oreste to see me again and the only new data, which had not been revealed until that moment, was a fastidious buzzing in his left ear. Oreste had had it for a very long time, but since his father's death, it had become even more insistent:

It is like a ring reminding me of my father... he is there and the only thing I can do to forget him is to work, but now I am getting tired and I cannot bear this anymore.

Vertigoes are worsening and I cannot even screw a bulb in a lamp without feeling dizzy...

Oreste also communicated me that his strong desire for sweets was now unbearable.

I re-periorise the following symptoms:

The repertorisation highlighted a possibility for CITRUS VULGARIS.

While studying the remedy I found some of the symptoms also occurring in Oreste's case: loathing for oranges, pulling limbache, wrists and arms cramps, want of open spaces. The MIND symptoms are those which most attracted my attention: almost all of them are referred to agitation, very neat on work and to the need of operating in a zealous way.

The repertory does not show any symptom related to vertigo, while the Allen reports a form of frontal cephalgy accompanied by vertigoes. In Allen text only osteolytic symptoms are related to teeth who decay easily and as easily they are lost.

Unfortunately it was difficult for me to find the remedy in a short time, but I managed to get the mother tincture so I prepared a potion of 6CH which I asked him to take 3 times a day. Two days later the eruption was extended to the whole arms and was accompanied by a fastidious itching, insomnia occurring with a sense of agitation made its appearance, but backpains were progressively relieving.

A week later Oreste said he was feeling different and strange and after two weeks the patient admitted he had never felt so good before.

Meanwhile I managed to find a 30CH potion, but I still delayed to give it to the patient, since I wanted to wait for the evolution of the case.

After almost two months Oreste went back to the specialised medical centre where he was officially cured to be submitted to a routine check up: the laboratory exams had strongly improved. Eventually Oreste confessed that he had been following a homeopathic therapy. The doctors from the medical centre phoned me in order to know what I had given the patient.

For six months Oreste would not show any other symptom, meanwhile he changed his work and with his wife took over a newsagent kiosk. For the first time

in his life Oreste has took up a job where he has to be sitting for a long time, almost immobile.

Occasionally he suffers of a pain in his cervical rhachis which disappears after a treatment of few drops of CITRUS VULGARIS 30CH.

After a few months Oreste got ill for a strong influence, having 40°C temperature, accompanied by diffused pains. The symptomatology was solved in a few hours with some drops of the remedy diluted in some water.

Eight years later Oreste has been considered as completely recovered by the doctors following his case at the specialised medical centre.

In this period of time I have occasionally prescribed him the remedy for banal episodes of headache and Oreste has always recovered in a few hours.

At the moment Oreste and his wife are the parents of a couple of twins and have moved to the hillside where they run a newsagent-kiosk.