



# Case Report: A 33-Year-Old Female with Vaginitis and Psychological Distress

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## Patient Profile:

A 33-year-old female presented with complaints of burning and itching in the vagina, along with irregular menstrual cycles. Her medical history includes polycystic ovary disease (PCOD) and the removal of her gallbladder three years prior. Notably, she had difficulty conceiving but was able to have two children after receiving medical treatment.

## Presenting Complaints:

The patient reported that the burning and itching began after using a medical termination of pregnancy (MTP) kit. She also mentioned experiencing irregular menses since that time. These symptoms have caused significant irritability, prompting her to seek rest. The patient described herself as shy and secretive, struggling to express her thoughts and emotions in front of others.

## Emotional and Psychological Background:

The patient exhibited signs of emotional distress, particularly linked to her past experiences. She frequently dwelled on sad and painful memories, specifically regarding issues related to inheritance property distribution, which she felt had been handled unjustly. This unresolved matter troubled her greatly and she often found herself ruminating over it, especially during work and while trying to sleep.

She expressed frustration over her husband's indifference to her concerns, contributing to her feelings of injustice and isolation. Financial troubles within the family exacerbated her anxiety, leading her to weep when alone, while she found it difficult to express her feelings in front of others. She felt unable to confront those who criticized her, adding to her internal turmoil.

Clinical Observations:

The following rubrics were identified during assessment:

- MIND - AILMENTS FROM: Indignation
- MIND - SENSITIVE: To moral impressions
- MIND - DWELLS: On past disagreeable occurrences
- MIND - SECRETIVE
- MIND - EMOTIONS: Suppressed
- MIND - ANXIETY: About money matters
- MIND - WEEPING: When alone
- MIND - IRRITABILITY: During pain

	ign.	nat-m.	staph.	lyc.	nux-v.	tritc-vg.	sal-fr.	spong.	positr.	aur-m-n.	puls.
1. MIND - AILMENTS FROM - indignation (24) 1	2	2	4	-	2	-	1	-	-	1	-
2. MIND - SENSITIVE - moral impressions, to (18) 1	1	-	1	-	1	-	-	-	1	-	2
3. MIND - DWELLS - past disagreeable occurrences, on (78) 1	3	4	1	3	-	1	1	1	1	2	1
4. MIND - SECRETIVE (42) 1	2	1	1	2	1	1	2	1	-	-	-
5. MIND - EMOTIONS - suppressed (22) 1	2	1	3	1	-	2	-	-	-	-	-
6. MIND - ANXIETY - money matters, about (21) 1	1	-	-	-	-	-	-	1	1	-	-
7. MIND - WEEPING - alone, when (13) 1	1	2	-	1	-	1	-	1	1	2	-
8. MIND - IRRITABILITY - pain, during (24) 1	1	-	-	-	2	-	1	-	-	-	2

Treatment and Outcome:

The patient was prescribed Ignatia 30, to be taken once daily for three days, followed by SL . Remarkably, not only did the itching and burning subside, but her irritability and persistent ruminations also decreased significantly. She reported feeling much calmer and more cheerful after the treatment.

Conclusion:

This case highlights the intricate relationship between physical symptoms and psychological distress. The successful treatment with Ignatia suggests the importance of addressing both somatic and emotional factors in managing patients with complex health issues. Further exploration into her psychological well-being and coping strategies could enhance her overall health and quality of life.

References:

1. Kent, J. T. (1905). " Ignatia ". In: Lectures on Homeopathic Materia Medica. B. Jain Publishers.
2. Ignatia in Materia Medica of Homeopathic Medicines" by Dr. S.R. Phatak.
3. R.A.D.A.R. repertory

