



“COMPETENCY BASED DYNAMIC CURRICULUM AT FIRST B.H.M.S CLINICAL POSTING- Sample of two acute cases discussion”

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OBJECTIVE : To demonstrate integration of first year subjects(Organon, Materia Medica, Repertory, Pharmacy, Anatomy, Physiology) through an acute cases

Abstract: This case study aims to highlight the integration among all first year subjects done to the O.P.D level cases observed by the first B.H.M.S students as prescribed by National commission for homoeopathy through the newly introduced Competency based dynamic curriculum (C.B.D.C) in 2023. This kind of integration would be an exhaustive exercise and needs a thorough study of the case prior to the actual evaluation, however, it fosters a comprehensive understanding of each case by making the results less subjective.

Methods: Successful acute cases at O.P.D level were selected whose prescription remedy was part of 1st year syllabus and after that drug was dealt by another teacher. The process of medical logic was applied to emphasize the knowledges of different first year subjects come together contributing to the similimum.

Results: The two acute cases met systematically with the prognostic factor for guidelines laid down in the Organon of Medicine for assessment of individual patient characteristics, disease progression and treatment response according to homoeopathic principles.

Conclusion: This study incorporates case-based learning at early first B.H.M.S level in order to familiarise medical graduates to utilise paraclinical subjects to enhance precision and efficacy of homoeopathic management. It encourages the young learners to utilise every subject that they learn, ultimately contributing to evolution of the patient centered healthcare.

Keywords: Acute case based learning----C.B.D.C----Integrated learning----Homoeopathic prescriptions

Case 1 18years Male Studying B.Com, thin, Emaciated

Date of case taking: 08/5/2024

Presented with complaints of breathlessness, 2 episodes requiring hospitalisation at Midnight. Presently on Budecot inhaler, Deriffilin Tab, Montelucas Tab since last 1 month. Has to sit up during attack and feels tightness of chest. Ailments from dust allergy. Worse by lying down specially at midnight. Expiration is difficult. No much expectoration. Tired easily while playing football. Decreased appetite. Thirst for small quantity often, prefers warm drinks since respiratory disease. He is diagnosed by Pulmonologist as suffering from Asthma.

Had to be convinced of importance of homoeopathic treatment to wean allopathic treatment. His younger sister is on strong Asthma treatment given by same pulmonologist and fully dependent on his medications. Mother is concerned about him but he is afraid of dying of suffocation hence doesn't want to stop allopathic treatment. Mothers suffers from allergies to dust. Father had hypertension.

On Examination: R.S- Wheezing present.

During an acute attack, excited by allergic condition, be it chemical irritant or industrial dust small airway restrict and narrowing due to smooth muscle bronchoconstriction, airway oedema with increased secretions and inflammation. These alterations basically occur as a result of hyperresponsiveness in extracellular matrix, airway smooth muscle and parenchyma.

Wheezing is a high-pitched piping or whistling sound resulting from partial airway obstruction. Wheezes are usually louder and more persistent during expiration. It has a musical quality occurring with either inspiration or expiration. The pitch of the wheeze is due to the linear velocity of air jet, which is broken into turbulent flow pattern of the airways and is not related to the size of the airway where it is produced. During attacks of asthma the wheezing sounds may be so loud that they can be heard without a stethoscope.

Uncommon features of this case are the decreased appetite, modality of better by sitting up, time of worsening of complaints being midnight. And the concomitant of thirst for small quantities of warm water often. All indicative of Arsenicum Album. Arsenicum album is a remedy for allergic problems. 1M potency was chosen as the symptoms are indicative of high susceptibility. Single dose. Placebo for 1 month. Aphorism no 5 tells that acute disease search for exciting cause. In repertory check for Asthma worse at midnight and better by sitting up.

Follow up after 1 month patient returned to inform that He could play football without getting tired. No episode of asthma. Appetite has improved. Overall, 70% improvement. Placebo continued. Inhaler reduced to once a day from twice a day. Gradual tapering planned.

Case 2 Mrs M.S Age: 47yrs Housewife Mother of two children

Date of case taking: 20th February 2024 Gandhinagar

Patient presented with complaints of severe pain in right trapezius after twisting her ankle while wearing high heels and hence developed pain in upper back dorsal region of back since 2 days. Pain progressively increasing therefore she rushed to the physiotherapist since yesterday which is being continued. She has difficulty in lifting the arms, shrugging the shoulders and tilting the neck. Patient had consumed Rhus tox but failed to relieve. Pain relieved by warm applications, better by rubbing, <by slightest draft of cold air, >lying only on back, >standing so last two days trying to stand and work at home. Pain makes her very restless but she doesn't change sides in bed. Rather lies straight in bed.

Prescription: Ruta 1M, 1 single dose on 20th February

Follow up on 21st February: Pain relieved by 50%

Follow up on 22nd February: Pain relieved by 70%

Follow up on 23rd February: Pain relieved by 95%

For repertorisation which is bridge between patient and Materia Medica we use repertory to find out which remedies are covered by the characteristic symptoms which in this given case are 1)Pain aggravated by draft of cold air 2)Modality of pain relieved by standing

Comparison is done with Arnica, Arnica is aggravated by lying on painful side hence it gets eliminated.

Referring Materia Medica of Allen’s Key notes in Ruta, we find the symptom: Lameness after sprains(Exciting factor; Aphorism no 5), Backache relieved by lying on the back. Also ruta has affinity for fibrous tissues tendons of back. Also relieved by warm and restlessness is covered by Ruta

Pharmacy part helps to know source of drug and decide repetitions and power (Potency and scale selection).

Anatomy of Trapezius muscle will help us know the three tendon heads of insertion which have resulted in this muscular sprain, these are the same locations given by the patient expressed as points of tenderness.

The fact that patient is unable to shrug the shoulders or lift the arms and points of tenderness extending below the lower angles of scapula clearly fit with the surface markings of this ‘V’ shaped muscle in the middle of the back. Physiology or functional anatomy can be learnt through this case in relation to the Trapezius.

