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Similimum by Prof.Dr. Samir Chaukkar
Case Analysis and Evaluation

Case 2 - Complaints after Menopause



Case: Complaints after Menopause

First Consultation:

46 year old woman, _October 2020

I asked about her complaint, noticing the unhappiness and low energy:

- Waking up 7-8 times during sleep with hot flushes, clinging on the cold walls and feeling insane during sleep.
- In the first years she would get furious, not anymore.
- These hot flushes occur at least 10 times during the day, accompanied by acidic perspiration on the forehead, over the lips, between breasts and in the middle of her back. Hot feeling below her knees. Aches in her tibia (pulling down feeling and burning sensation)
- Heel pain from time to time
- Her aches fade away with movement



Case: Complaints after Menopause

What happened in that period? Any reason that triggered this early menopause?

She sold the house bought with her whole life savings and handed the money over to her brother. All the money has gone. Left homeless, jobless, broke.

Her brother rented a house for her claiming he was going to pay the rent. 3 months later the landlord came knocking harshly on the door and shouting “ You whore, tell your owner to pay the rent and get out of here right now!”. She collapsed out of embarrassment and shock.

She left İstanbul and moved to her parents’ village (Sivas - Zara)

Nobody took care of her. No one supported her. Nobody said a word about the brother’s wrongdoing, they even blamed her for making the wrong choice.

She handed over all her income to the family since she was fifteen (mother, father, 3 brothers) but nobody even asked her if she needed anything when she collapsed.

She withdrew her 1 year’s salary in advance when she started boarding job at the age of 19 and handed it to her father upon his demand. (Gave detailed numbers here).

Never expected anything in return, but.. When she ended up in this situation, she expected someone to give her a helping hand, offering support...

Her eyes filled with tears, silence...



Case: Complaints after Menopause

Why did you do it, why did you hand over almost all your earnings to them?

To say “I am here!! See me!”.

She believes she has never existed for her family, she said “ I was no different than any household utensil for them”

She fulfilled all the household duties when she was a little child; cleaning, cooking... Once she failed to wash the dishes because she was caught up playing with her friends; her father grabbed her by the ponytail and threw her on the floor. She was severely punished for her single wrongdoing. She never met with her friends again due to embarrassment. She scratched her face out on every childhood photo.

No childhood photo left behind.



Case: Complaints after Menopause

School life ended in 5th grade...

Her first teacher despised her saying she was a doorkeeper's child. Continuously reminded that she doesn't belong to Nişantaşı's distinguished society..

Her fate twisted in the third grade and a very compassionate teacher came to the scene protecting and caressing her like a mother.

When this dear teacher was transferred to another city, she left school to avoid facing any cruel teachers like the first one.

No one in the family stopped her.



Case: Complaints after Menopause

What else can you tell about your childhood?

Kept quiet, looked down on the floor... started trembling, and crying .

And then she dropped the bomb!! The pre-mentioned brother has beaten, tortured and sexually abused her for many years. The family knew but said nothing.

“Nobody protected me nor cared me, as if my existence was a burden, they never loved me!!”

She hid in the dark apartment air shafts for many hours when the parents left her alone with the brother.

“I don't like my parents, I don't like my brothers. I still support them because I hope they will eventually love me”.



Case: Complaints after Menopause

What do you love the most in life?

Again crying... “my cat” she said.

Her first cat died because of her (so she believes) and she couldn't tackle the pain for many years. Continuously cried because of this... And she added “I wouldn't cry a bit if any of my family members died”

Severe bouts of depression at times

She overcame each one of them by isolating herself, **praying**, seeing no one.

Consolidation irritates her – starts shouting, swearing

Attempted suicide once by taking pills. Got cold feet and called a friend who saved her



Case: Complaints after Menopause

Never got married...

Had several relationships, fell in love, but none ended up in marriage.

“It is not a problem to be alone at my age, but when I get old I am afraid I’ll grow frail and no one will care for me. You see, when I fell nobody gave me a helping hand and I know no one will when I grow old.”



Case: Complaints after Menopause

How would you describe yourself shortly?

- I am very proud (I would never accept money from anyone, even though I am penniless)
- I suppress my anger all the time (I wish I could say no)
- I hate gossiping. I change the subject, talk in favor of the said subjects
- I am very soppy (cries easily), I cry for animals rather than people



Case: Complaints after Menopause

How would others describe you?

- Merciful
- Helpful
- Proper (behaves properly)

YASAL HAKLARI HHS'E AİTTİR



Case: Complaints after Menopause

Any recurrent dream?

I climb rough rocky hills in the dark as if I am running away from something, but I never know what I am trying to escape from

Where would you like to live?

Some green place by the sea, in a very tiny house



Case: Complaints after Menopause

Remedy choice upon evaluation:

Staph Q6

- Liquid form (2 months 2 dil.)

Why I chose Staph?

- She has been continuously wronged by the closest people and above all sexually abused (deepest trauma)
- Noticed her ego (everybody in the family depended on her, it made her feel powerful)



Case: Complaints after Menopause

Outcome

The day after the first dose, she came up to me in the morning and said in a very lively manner: “It is as if I slept for the first time in my life, as if I was re-born. I can’t believe that I didn’t wake up with hot flushes last night”

Today 7 months passed

- Waking up at night is very rare (once every 2 or 3 days). Hot flushes have almost disappeared, both night and day.
- Pains in different parts of her body: unbearable pain in her left shoulder, which goes down to the left elbow. This pain is like a stretch, as if a rope was stretched.
- 2 days ago she went to the hospital and had a CT scan. 2 ruptures in her muscle. Operation was recommended



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In this period, her **2nd, 9-year-old cat died** a week before. This cat was in the village (in Sivas) with her parents. Someone kicked him very hard and one of his inner organs burst. She did everything to bring this wounded cat to İstanbul and had him operated, but he died anyway. She cried for many days. Never wanted to talk, couldn't accept any consolation. Refused to talk to me. I let her experience her grief for a while and then gave her Ignatia 200. Then she was totally relieved.

I asked her '**what did this cat mean to you?**' She said 'The cat was me!, he did everything to be loved, he acted like a dog. Tell me, Ceyda Hanım, have you ever seen an obedient cat? He was just like that. My mother and father never caressed him, but he never left their side, obeyed them to be loved, just like me!'



Case Analysis and Evaluation

What is the first thing we notice in this woman?

Her low energy and her pains

Poor feeling - lack of resources

Poor feeling going into poverty

Loss of job, money, home - betrayed by brother

Abused by landlord - embarrassed and shocked

Nobody supported her, instead they blamed her

Brother was considered right - discrimination

Wrong suffered - since childhood

She did everything for everyone- dancing

No reciprocation

Fight for existence - I was like a utensil

A/f punishment, abuse, embarrassment, insults



Case Analysis and Evaluation

Like a doormat

Continuously reminded that she does not belong to this world - sexually abused

Escape attempts to

Physical, sexual abuse by brother

Family knew but did not say anything

Nobody protected me, nobody loved

Forsaken feeling

Death of loved ones – cat

Egoistic nature

Weeps easily

Sensitive to animals



Case Analysis and Evaluation

Ailments from reproaches, scorned being, abused
Sexual excesses, sexual abuse, rejected being, domination,
embarrassment

Delusion poor he is

Despair about miserable condition

Cares full of for domestic affairs

Dancing ameliorates

Duty, too much sense of duty

Delusion, neglected

Forsaken feeling, feeling of not being beloved by parents,
wife and friends

Undertaking things opposed to her intentions

HHS



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