

STEROID-INDUCED BEHAVIOURAL CHANGES – A CASE STUDY

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DOI No. – 08.2020-25662434

Abstract

A child 5-year-old, was suffering from Renal Affection and was being treated with Allopathic steroid therapy. The child had become uncontrollable due to his aggressive behavior - he was furious, abusive and violent; he would attack other children of all ages; he would even throw stones, or hit with sticks. Steroids had previously been provided to the boy on a regular basis, but their discontinuation had no effect on his behavior.

Keywords: *Steroid, Behavioural, Renal Affection, Allopathic*

A child 5-year-old, was suffering from Renal Affection and was being treated with Allopathic steroid therapy. They had begun Homoeopathic treatment for six months, but relapses persisted and could only be controlled with the use of steroids. After that patient was referred to me. The parents had had enough of Allopathic medicines. The child had become uncontrollable due to his aggressive behavior - he was furious, abusive and violent; he would attack other children of all ages; he would even throw stones, or hit with sticks. He was stubborn, rowdy and fearless; and had become irritable. He would stare back with an expressionless face after hitting other from behind. He was unaffected by any amount of yelling or physical treats. Urine albumin level was 3+ or 4+. Steroids had previously been provided to the boy on a regular basis, but their discontinuation had no effect on his behavior.

PATIENT AS A PERSON

Perspiration - forehead

Appetite - small

Thirst- normal

Cravings- cheese, sweets, fruit

Aversion- milk, apples

Stool: semi-solid 2-3 times

Urine: bedwetting when proteins increase

DEVELOPMENTAL LANDMARKS

Birth wt.: 3kgs; Teething: 12 months; Standing & walking: 10-11 months; Speech - only words

PROBLEM OF BEHAVIOR

When his requests aren't granted, he holds his breath; Other issues: he bites his lower lip until it pulls off, often before going to bed.

DAILY ROUTINE AND DIET

07.00 a.m. - wakes up; 1 mug of tepid milk with sugar

11.00 a.m - banana, dry fruits, fruits

1.30 p.m. - rice, dal, buttermilk

3.30 to 4.30 p.m. - siesta, milk and banana

9.00 p.m. - paratha & dal, rice, oranges / dry fruits

10.30 - 11 p.m. - sleeps

LIFE-SPACE INVESTIGATION

The patient is an only child. Lives in a joint family set-up with GM, 1 married uncle, 1 elder cousin sister.

In Surat father has a business. The patient has no fear. He becomes violent and tosses stuff out when he is irritated. Wants to be with her mother all the time. Patient likes cutting little pieces of paper with scissors, cycling; does not like to play with toys. Like music-rhythmic. Mixes well with youngsters, and is easily persuaded. Patient dislikes wearing underwear. Doesn't like new clothes, prefers perfection, and is quite perceptive. He eats of his own and cleans up after himself.

SLEEP

wants mother if no one else is around.

PAST HISTORY

Pneumonia at 6 months of age.

FAMILY HISTORY

Father – Diabetes ; Mother- Hypertension;

O/E

TEMP - N; B.P. – 120/86;

CONJUNCTIVA - pale;

NAILS- N;

LYMPH NODES - N; R/S, P/A. CVS, CNS-NAD

REPORTS

13/11/2019 Urine Proteins ++

2/12/2019 USG - Findings of medical renal parenchymal disease affecting both kidneys with minimal ascites

PRESENTING COMPLAINTS

In the nights, oedema of upper and lower eyelids, moon face, temperature up to 101°F without chills < in evenings,

Blood Reports - S. Creatinine - 3.4; Urine proteins 3+

He was taking a lot of Prednisolone and other Allopathic medications. The child conduct changed dramatically after taking these medicines. As previously reported, the quiet, cheerful child became violent.

THE CASE WAS REVIEWED

Constitutional: Hot patient, perspiration forehead; irritable, hyperactive

Acute: Hot, Thirstless, Fever < Evening

Recurrent Urinary Infections: Albumin +++, granular casts++

Tubercular Miasm

FOLLOW-UP SUMMARY

Pulsatilla 200 6 hourly was started for controlling the acute phase. Afterwards, Tuberculinum 1 M and Calc-Iodatum 30 weekly one dose was started.

After the prescribing of the correct constitutional remedies, the children's behavior immediately improved. Irritability and aggressiveness become zero. The patient has been treated for almost a year and only relapsed once. This is also because the father left the city (the child is particularly attached to the father). This is also controlled by Pulsatilla 200.