



# Case Study

## **Gelsemium sempervirens**

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# Sleeplessness Cassandra

- Woman 66 years old,
- First consultation 26th of March 2011
- Aim : withdrawal of anxiolytics and sleeping pills : Lexomil and Stilnox
- With these medications she can only sleep between midnight and 5am.
- But in fact she has panick attacks since very long
- Fear of accident, fear of bad news



# Sleeplessness Cassandra

- The anxiety is always linked to bad news.
- Such as the tsunami on TV
- With trembling, confusion, disorientation, fear of loss of control
- Lost in roads she knows well.



# Sleeplessnesss Cassandra

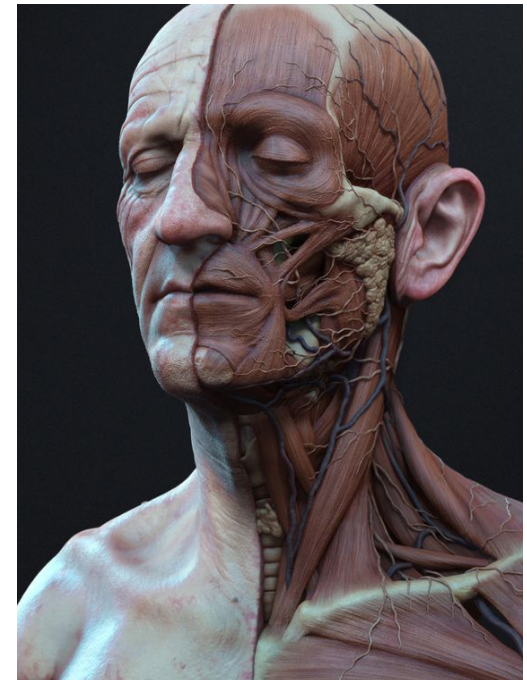
- Background: She is a piano teacher and a painter, she paints 17th century sceneries or more personal creations
- Hysterectomy, thyroidectomy (levothyrox)
- Arthrosis knee
- Desire for sweets, aversion to milk
- Thirstless, chilly





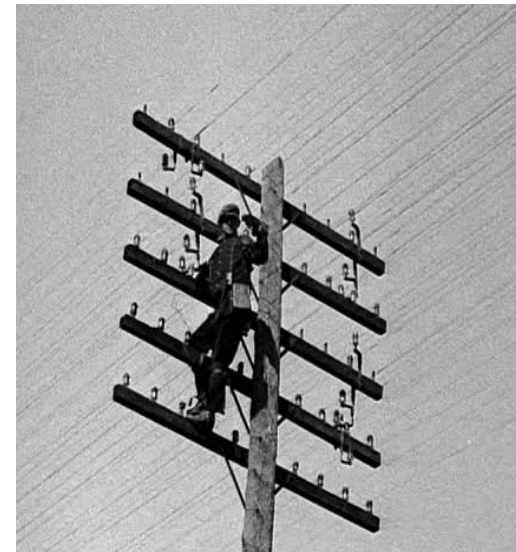
# Sleeplessness Cassandra

- Younger she attempted suicide after a disappointed love
- Then 25 years of psychoanalysis...
- But still when she hears a bad new she loses control
- And what about your personal creations?
- Entrails !



# Sleeplessness Cassandra

- She witnessed a terrible accident when she was a child
- A man fell out of a pole, in front of her
- His brain exploded on the ground
- Since then she tends to anticipate accidents with a terrible anxiety
- Prescription : **Gelsemium sempervirens 200K**
- 5 pills each night for 8 days



# Sleeplessness Cassandra

- Second consultation 21st of July 2011
- Immediate results, Stilnox withdrawn, fine sleep
- Progressively early waking again and return to medications
- No more episode of confusion
- Extremely chilly
- Weak libido
- **Gelsemium sempervirens LM5**, 3 pills  
before going to bed for 3 months



# Sleeplessness Cassandra

- 3rd consultation 4th of October 2012
- Complete withdrawal of anxiolytics and sleeping pills
- Seldom terrifying images during a nap without important disturbance
- Aim : long lasting flu, failure of antibiotics, « frozen and cold »
- Prescription : Echinacea TM



# Sleeplessness Cassandra : repertorization

1: PSYCHISME - TROUBLES SUITE DE - frayeur - accident; à la vue d'un	3
2: PSYCHISME - TROUBLES SUITE DE - frayeur	85
3: PSYCHISME - TROUBLES SUITE DE - mental; choc	45
4: PSYCHISME - PEUR - tremblant de peur	45
5: GÉNÉRAUX - CHALEUR - manque de chaleur vitale	282
6: PSYCHISME - TROUBLES SUITE DE - mauvaises nouvelles	67
7: ESTOMAC - ABSENCE de soif	189
8: PSYCHISME - HORRIBLES et des histoires tristes; profondément affecté par des choses	67

	gels.	calc.	op.	acon.	puls.	nux-v.	phos.	aur.	caust.	nat-m.	
	7/17	7/16	7/16	7/13	7/13	6/11	6/11	6/10	6/10	6/10	
1	-	2	4	4	-	-	-	-	-	-	
2	3	1	3	3	3	2	3	2	2	2	
3	1	-	2	1	1	1	-	-	-	1	
4	3	2	3	1	1	-	1	2	1	-	
5	2	3	1	2	2	3	3	2	3	2	
6	4	3	-	1	1	2	1	1	1	2	
7	3	1	2	1	3	1	1	1	1	1	
8	1	4	1	-	2	2	2	2	2	2	

# Sleelessness Cassandra

- Differential diagnosis between Gelsemium, Opium and Aconit
- Gelsemium because « ailments from bad news », not only the early trauma, but also confusion by ANY bad news (Tsunami)
- The key symptom: **She anticipates accidents in any assumed dangerous situation**

