

Case of Globus Hystericus

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“Globus Hystericus” is AKA Globus pharyngemus. In which a sensation of ball like substance may lodge in the throat, in severe case there is pain and patient is unable to swallow food and drinks.

Name: XYZ

Age: 46 years

Sex: female

Religious: hindu

Nationality: Indian

Education: 7th std.

Occupation: Housewife

Diet: Vegetarian

Family member: 7

Marital status: Widow

Chief complaint:

There is a constant ball like sensation in the throat since 2 days.

Difficulty during swallowing. (However patient had not talked about it to anyone in the family).

Origin, Duration and Progress:

Patient is well before 2 days; she had no complaints until the noon of 16/1/2025. She notices pain during eating and couldn't swallow due to pain in throat. Even it make her cry because she cannot swallow food painlessly.

Location: Throat – internal duration 2 days

Sensation and pathology: Sensation as if a ball lodged in the throat. Pain in throat during swallowing

Personal History:

Appetite- Adequate

Thirst- Thirsty for normal water

Desire- Not specific

Aversion- not specific

Bowel- Regular, Satisfactory, soft stool (D1No)

Urine - 7-8/0, D/N

Perspiration – moderate on exertion

Sleep - 6-7 hours/day

Thermal Reaction – Ambithermal

Dreams: not specific

Mental general: Patient is very nervous, anxious and reserved. As widow mother of 4 children, she has the all the responsibilities of home on her own shoulders. She is always in stress about household work and future of her children. Recently she was stressed about her elder daughter's marriage as her daughter wants to do love marriage, but it is not acceptable in their society and cast. Patient was constantly in stress since 2 months due to this issues. Before 2 days she had an intense argument with her daughter about her love marriage and her daughter was not ready to listen to patient's any concern. She could not speak or become harsh on her daughter thinking that she is just child and keep her grief to herself. When patient generally talked about her pain in throat and sensation of ball to the all family members, her elder daughter replied that it is cancer that causing you pain. After that her suffering increased making her unable to swallow food and drink.

Interpretation: Ailments from – Grief and stress, Reserved, disappointed, fearful.

Past history: Nothing Specific

Family History: Husband died (cause of death – suicide). All other family members are healthy and alive.

Obstetrics and gynecological history: Menstruation regular/scanty flow

4FTND

General examination:

General State: Conscious

Built: Moderate

Temperature: 98.4°C

Pulse: 76/min

Respiratory Rate: 16-17/min

Blood Pressure: 130/80 mm hg

Tongue: Pink

Tonsils: Not enlarged

Lymph nodes: Not enlarged

Nails: Pinkish.

Oedema: Not present

Jaundice: Not present

Systemic examination:

CVS: S1S2 audible

RS: BLAE

ABDOMEN: On palpation – Soft, On auscultation –
Bowel sound +

Provisional Diagnosis:

Globus Hystericus

Analysis and Evaluation of Symptoms:

A/F Stress, Grief (MG) +++

Reserved (MG) +++

Disappointed (MG) ++

Fearful (MG) +

Sensation as if ball in throat (PP)+++

Pain during swallowing food and drinks (PP) ++

Totality of Symptoms:

A/F Stress, Grief.

Reserved.

Disappointed.

Fearful.

Sensation as if ball in throat.

Pain during swallowing food and drinks.

Selection of medicine:

Non-repertorial approach.

IIGNATIA is selected upon the totality of symptoms.

Selection of potency and dose:

Strong mental symptoms, availability of peculiar modality and ailments from and patient's susceptibility is good so moderate to high potency and infrequent dose was selected.

Prescription:

16/1/2025; 12:15 PM

IGNATIA AMARA 200, SIGNLE DOSE

Follow-up: On the same day; 8:30 PM

There were completely removal of sensation as of ball in throat and no pain swallowing during eating.

CONCLUSION

In acute conditions, which are induce by ongoing stress or emotional cause; as the literature suggests that Ignatia could be first choice in acute emotionally stressful conditions, I experienced same from this case. Further patient requires deep acting constitutional medicine for the stress and grief to maintain the quality of life of patient.