

Unlock The Case of Somatic Symptom Disorder by Understanding the Evolution of Fastidiousness of Carcinosis- A Case Report

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Abstract—This case report demonstrates the importance of understanding the dispositional qualities in the evolutionary manner to differentiate closely coming remedies through application of evolutionary study of the development of fastidiousness in remedy carcinosis. This evolutionary study of fastidiousness of carcinosis helped in the decision of final choice of remedy in this case of somatic symptom disorder which has helped patient immensely.

Index Terms— Somatic symptom disorder, carcinosis, fastidiousness

I. INTRODUCTION

Somatic symptom disorder:

It is classified under Somatic Symptom and Related Disorders in DSM-5. The DSM-IV term somatoform disorders were confusing thus replaced by somatic symptom and related disorder in DSM-5. All the disorders under this head have prominent somatic symptoms associate with significant distress and impairment. Prevalence of somatic symptom disorder in adult population may be around 5-7%. Female tend to report more somatic symptoms than male, and the prevalence of somatic symptom disorder is consequently likely to be higher in females.

Diagnostic criteria:

A. One or more somatic symptoms that are distressing or result in significant disruption of daily life.

- B. Excessive thoughts, feelings, or behaviors related to somatic symptoms or associated health concerns as manifested by at least one of the following:
1. Disproportionate and persistent thoughts about the seriousness of one's symptoms.
 2. Persistently high level of anxiety about health or symptoms.
 3. Excessive time and energy devoted to these symptoms or health concerns.
- C. Although any one somatic symptom may not be continuously present, the state of being symptomatic is persistent (Typically more than 6 months).

Specify if:

With predominant pain: this specifier is for individuals whose somatic symptoms predominantly involve pain.

Specify if:

Persistent: A persistent course is characterized by severe symptoms, marked impairment, and long duration (more than 6 months).

Specify current severity:

Mild: Only one of the symptoms specified in criteria B fulfilled.

Moderate: Two or more of the symptoms specified in criteria B are fulfilled

Sever: Two or more of the symptoms specified in criteria B are fulfilled, plus there are multiple somatic complaints (or one very severe somatic symptom).

Differential diagnosis: -

Differential diagnosis includes panic disorder, generalized anxiety disorder, depressive disorders, illness anxiety disorder, conversion disorder (functional neurological symptom disorder), delusional disorder, body dysmorphic disorder and obsessive-compulsive disorder.

II. CARCINOSIN: - EVOLUTION OF FASTIDIOUSNESS

Along with other dispositional qualities like anxiety, conscientiousness, sympathetic, industriousness, sensitivity and artistic abilities, fastidiousness is very important characteristic feature of carcinosin and understanding of its evolution in the person help us to differentiate the carcinosin from other medicines having fastidiousness. Fastidiousness means hard to please, critical, choosy, painstaking, quality of paying extreme attention to minute details.

To understand the evolution of fastidiousness of carcinosin it is important to understand external as well as internal factors influencing the shaping up of fastidiousness in carcinosin. External factors mean social environment in which the individual has been grown up. That includes rigid morals and values system in the family with strict parental control, loss of loved one, fear of rejection and traumatic childhood. All the factors create the demands and expectation from a person to be disciplined. To avoid conflict, person internalize the discipline and fastidious personality takes shape. There are internal factors means sensitivity of a person also plays role in shaping up of fastidiousness in individual like low self-esteem and loss of self-confidence. These leads to weak defenses. Also, person is sensitive to reprimands. To avoid criticism and to survive in strict environment they do the work perfectly and sincerely and landed up becoming fastidious. That it how internal factors shape the fastidious individual.

Case

Patient information: -

A 20-year female came with the complaints of pulling pain³, stiffness², trembling³ and sensation of hardness in legs, calf, chest and back. It has started since 12th standard at the age of 17 years. it appears almost daily. It is aggravated at night and ameliorated by drinking water, warm application, hard pressure and with

anxiolytic medication. She is also suffering from headache in frontal and temporal region which got aggravated in tension and worries, sun, weeping, fan, light, musica and noise and got ameliorated by hard pressure. Her sleep is disturbed due to anxiety. All the investigations including X-ray LS spine, CPK, Creatinine, Potassium, antinuclear antibody is normal. She has desire for sweets and is hot patient.

Life space

Grandfather is a retired S.P. from police and possesses qualities like sincerity, disciplining and punctuality etc. Her father is calm, sensitive, sincere, religious person. Mother is a generous, happy go lucky person. Patient procured 1st rank in school from 1st to 12th std. She wants best every time, either at school or at works & because of this nature she always secured 1st rank in school. She prepared herself always with perfections. She stood 1st in painting, debate and music too. Patient is fastidious & punctual in house hold chore. She prefers it from others. She has ambitions to stand first in university exam in T.Y.BA. She gets worried about ill health of family or friends and first one to help. She described herself as sincere, hard worker, obedient and likes neat and clean work.

Diagnostic assessment

Somatic symptom disorder- 300.82 (F45.1) with predominant pain mild severity.

Totality and processing

Ailments from stress and worries, fastidiousness, compassion, artistic aptitude, and desire for sweets leads to prescription of Carcinosin.

In formative years she identified herself with grandfather and father and possess sensitivity of mother which leads to pressure for performance and sincerity, fastidiousness, sympathy & anxiety developed. Obsession for the best leads to lost childhood and repression started. Tremendous internal pressure generates due to obsession with high standards. Ventilates of feelings are absent. All this leads to denial of emotions. Considering evolution & her action give us fair idea about carcinosin.

Follow up and outcome

Carcinosin 1M in the interval of one month was prescribed for 3 months and followed by one dose of carcinosin 10M which has improved the patient

markedly. That patient kept on observation with sac lac for 6 months without any complaints and then patient was put off the medication.

III. DISCUSSION

This case report gives us fair idea about how understanding of evolution of fastidiousness of carnosin helped in unlocking the case of somatic symptom disorder. This type of understanding of evolutionary study of the development of fastidiousness as well as other dispositional qualities of other remedies helps in differentiation of the closely coming remedies.

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