



Tibb Case Study 1

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Patient: 34322, W.G., Female (32)

Temperamental Assessment

Temperamental combination: Phlegmatic/Sanguinous Dominant quality: Moistness

Consult 1: 11/10/21

History (patient/family) Complaints/Signs & Symptoms – Current Medication

Presenting Complaints:

Reported to Trauma Centre for persistent vomiting (Heat with Moistness & Dryness) with intense abdominal cramps (Dryness with Heat & Coldness) one week ago. Prescribed an anti-emetic and panados. Vomiting subsided but nausea and abdominal cramps persisted accompanied with dark brown urine (Dryness with Heat & Coldness).

Pmhx: Abdominal hernia (Moistness with Heat & Coldness)

Current Medication: Contraceptive implant, Panados, Anti - emetic

Identifying Cause/s: Assessment of Lifestyle Factors and/or Melancholic Humour

Food & Drink: Fried and spicy foods often. Fizzy drinks and juices mostly, low water intake, (Hot & Dry).

Sleep & Wakefulness: little sleep. (Dryness with Coldness & Heat)

Elimination: Has been struggling for the past week. (Dryness with Coldness & Heat)

Emotions: Balanced.

Movement & Rest: Walks daily.

Environmental Air & Breathing: Warmer weather.

Summary of the Cause/s Identified: The overall qualities of Food & Drink and Poor elimination of Dryness with Heat & Coldness are similar to the qualities of Dryness with Heat & Coldness associated with the presenting complaints/illness conditions. This confirms that the causes of the presenting S&S/illness conditions are the result of poor management of the lifestyle factors.

Observations/Clinical Assessment:

BP: 130/80 HR: 68 TEMP: 37 URINE: Dark, rusty brown. Bil 3+, Ubg 2+, Ket 3+, Leuc 2+. Sclera yellow. (Hot & Dry)

Abdomen: RUQ (Right upper abdo) and Epigastric (Mid upper abdo) tenderness on palpation. (

Qualitative and Humoral Diagnosis of the Presenting Complaint/s and Illness Condition/s

Excess qualities of Dryness with Heat & Coldness associated with the Bilious humor are the cause of the S&S/Illness Condition/s (Dryness with Heat & Coldness).

Treatment/Management Plan:

The treatment/management plan is aimed at increasing Moist qualities, following a diet of Cold & Moist and Hot & Moist Food & Drink, together with appropriate medication to counteract the Dryness with Heat and Coldness qualities associated with the excess Bilious humoral imbalance.

Medication:

Bilious tea - ½ tsp twice daily after meals

Septogard (30) tabs- two tablets three times daily, before meals

Renotone (30) tabs - two tablets three times daily, before meals

Laxotabs (10) tabs- 2 tablets at night, after meals

Paracetamol (15) tabs- 2 tablets three times daily after meals, when necessary.

Result/Follow up consult(s):

Telephonic Consult 2: 14/10/21

Feeling much better, urine color and bowels improved, symptoms resolved. Back at work.

Consult 3/Outcome of Case study: 15/10/21

All symptoms have completely resolved on the 3rd day of treatment, therefore able to return to work.

Results:

Research Questions	Yes	Yes/No	No
Do the presenting signs and symptoms provide insights into the cause/s of illness conditions in relation to Lifestyle Factors?	✓		
Is the dominant quality associated with an individual's temperamental combination indicative of the individual's predisposition to illness condition/s?			✓
Are the presenting signs and symptoms/illness condition indicative of qualitative and/or excess/abnormal humoral imbalance?	✓		
What is the outcome of assisting physis in treatment – categorized as: Successful (Yes), Partly Successful (Yes/No), Unsuccessful (No)?	✓		

Summary/Discussion in relation to the research questions: Consult 1. 11/10/21; Consult 2. 14/10/21; Consult 3. 15/10/21

- The Summary of the Cause/s identified, confirms that the causes of the S&S/illness conditions with qualities of Dryness with Heat & Coldness are the result of poor management of the lifestyle factors.
- The presenting S&S/illness conditions of Gastritis; Jaundice; UTI; Constipation are associated with qualities of Dryness with Heat & Coldness, which is not the same as the patient's dominant quality of Moistness associated with the temperamental combination. This confirms that there is no link between an individual's dominant quality and the predisposition to illness conditions.
- The presenting S&S/illness condition are indicative of qualitative changes linked to excess Bilious humour.
- Overall treatment approach of increasing Moist qualities to counter the excess Dryness with Heat & Coldness associated with Bilious humour, resulted in a successful outcome of resolving Gastritis; Jaundice; UTI and constipation.