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[**January 1**](#_piv6c6g8fmv9)

[**February 2**](#_o1n269iazklz)

[**March 3**](#_fiplgrs9mwx7)

[**April 4**](#_7p492o8i442y)

[**May 9**](#_v899yzyt286y)

[**June 15**](#_dy7m1112tamh)

[**July 23**](#_u7bumtwnzeb2)

# January

**23.01.2025**

I was able to get an appointment with the Neurologist (Dr. Josef Kesting) for today, and informed him about my status. I had been having seizures for the last 3 months in a row. The last one, I had, 2 days ago. Tuesday in the office. I was talking to Laercio, and I knew it was coming. He said go, and I went and lied down for 30 minutes, the headache that followed did not improve after relaxing at office. Then, I went down upstairs 3rd floor to rest, where Jean(a colleague) accompanied.

I tried to resume work, but my colleagues said I should rest. I tried working for an hour or so, but I was in no state to resume work. Even the next day, I tried to pay attention to what colleagues were saying and happening in the meeting, I could not understand much. I felt completely clueless and was staring there for no reason.

I preferred to not speak so much as I could not understand, what they were talking about. Furthermore, I was afraid, that if they find out, and I am in my probation period, I might be fired.

Today at the Doctor, I tried to inform him, that I might, I could have epilepsy, because of the seizures that I experienced first time in November at a Traffic-light with Hamsa, and then in December and now again in January. I had ordered books on epilepsy and had done some research online. I believed the origin of my epilepsy to be my accident at 12 years old.

1. Doctors performed certain checks for epilepsy, and I observed that my left part of body was shaking and more weak, after this seizure that I had 2 days ago at office.
2. I told him that I am confused, and have troubles focusing while working, and that I experience strong headache(s) at the back of my head, and left side of my body feels terribly weak.

I consulted the doctor, and he was not sure of my problem. There were tests to be done, and then only results could be known.

# February

**13.02.2025**

1. Two days ago, my EEG was performed. I found in the last part of EEG, they exposed me to changing lights, that gave me seizure. I told the doctor, that if the technician observed it, why didn’t they stop.
2. But, loss of memory, is becoming more challenging and harder to manage. I have to take more notes to remember. It is harder to concentrate. I find that I am irritated for longer duration.
3. When I close my eyes, I see a lot of colors, this was not there before, only started a week ago, I see zigzag flashes, and some blind spots and colors in front of my eye, and not see things in front of me, and only the periphery vision.

**17.02.2025**

It is harder to know if I have epilepsy. I think the seizures, I got from blinking lights at the end of EEG could be a possible cause for Epilepsy. Asking ChatGpt, I found my symptoms to be very close to “**Photosensitive** **Epilepsy**” or “**Occipital Epilepsy**”. This could be the reason, I should talk to my doctor about this. The two forms of epilepsy have visual symptoms and photophobia, that I am experiencing.

**RETROSPECTIVE TIME**

1. THE ACCIDENT that happened at 7 standard, I was thinking it was retrospectively could have been the cause. I was just gauging this to be the reason. I am unsure. After reading up the literature on epilepsy did I pinned this down to my doctor, as a probable cause.
2. Maybe fasting could also be a reason for seizures. But, I have been doing this since last 3 years, and did not experience these symptoms, but ChatGPT does say, this could also be. Hard to say, possibly I should stop fasting.

# March

**11.03.2025**

I observe that, looking into the screen, increases the pain at the back of my head. The pain has now persisted for more than a week now. I find it hard to concentrate, and get my work done. I am experiencing again some loss of memory, and it is harder to keep track of all the things, my colleagues took time explaining me a week ago. I am sure, I had understood it back then, and could implement it, but again it is harder to remember.

I think the loss of memory, that happens, is more short-term. However, the long-term memory also seems impacted, and I hear my friends speaking about things we did together, only when they tell me, some details, I seem to remember. I do not have much memory of my last relationship with Annika, and that is indeed very helpful. It has been more than 2 years since we separated. I do not know if this would be short term or long term.

**25.03.2025**

* I told Nikolai, that I am having problems with my memory. And that I can not keep all pieces of information together to be able to make a conclusive thought, and this interferes, with my work.
* I am also finding issues with my coordination to play Guitar, especially with my left hand. I had strong pain at the back of my head, which has persisted now for more than a week, and yesterday, it was just too much. With staring at the screen, while working, upper part of my neck hurt very much, and then this pain persists at back of my head. It is so hard to find an appointment with the doctor, as well. It is so annoying, all this bureaucracy here in Germany.

# April

**03.04.2025**

I find myself being very irritated at everyone today. It has been quite some time now, since I got to see my friends Daniel and Ina. I wonder if I sounded a bit harsh with Ina on the call earlier. The pain at the back of the head is back now, and I find it very annoying. This influences my behavior with people around me. When I work on the computer screen, sometimes pain at the back of the head sneaks up on me, and there can be a very sharp pain. Taking Ibrufen also did not help. Strong visual patterns I am seeing these days, when I am going to sleep.

I find myself indulging in taking crazy risks. I enjoy talking on the phone, while riding my long-board, through the city. The thrill element there is very interesting. Even while biking, I enjoy cutting corners and going very fast. It is not good. I could injure another human being for my pleasure, and I should stop this.

My balance with long-board, also seems to be off today, as I got into a close accident. It could just be temporary, but I will keep track of this behavior.

**16.04.2025**

**My symptoms**

1. Rash behavior — like eating apples while skating, reckless cycling and wanting to take crazy risks. Got into almost 2 accidents in a single day.
2. Weakening Memory (Maybe Neurodegenerative)
3. Pain in the back of the head for almost 2 weeks
4. Very irritable behavior towards everyone and flatmates.
5. Having problems focusing on the work.

Since, it is harder for me to remember things exactly, I should write it down here, and it would be easy to convey to him:

* I think, there was a mis-communication. I experienced my first seizure in November 2024. And then, it repeated in December 2024. I got myself a book on Epilepsy and did some research on it. Somewhere, it read that epilepsy can be caused by an accident to the head.
* I remembered that I had an accident, when I was in 6th or 7th standard as a child (11/12), and thought that must have been the cause for my epilepsy. This is what I believed to be the reason of my epilepsy.
* But since last 3 month, I have experienced no seizure at all. My reports on EEG and MRT, both suggested no epilepsy as well. Also, these symptoms were not present since, the time of accident till January 2025, all of a sudden, it must have not started epilepsy. Perhaps, we can rule out “epilepsy” as a diagnosis.
* However, there still remains loss of memory that has been happening since last 4 months now. I became aware of my memory loss, only 3 months ago in February. I find myself, hard to remember things and learn new things, which causes performance issues at work as well.
* I find that in every two weeks — I am highly irritable, and have focused pain in the back of the head.
* I am very annoyed with strong lights in the Tram or the S Bahn. It feels like, I am living in a laboratory with so much strong lights. I really do not like artificial lights.

For the doctor's

* We can rule out epilepsy as the cause of the issue, and close this route for diagnosis.
* The patient has read from somewhere, that an injury could cause epilepsy, and thought his childhood injury was cause of seizures, which he falsely identified as “epilepsy”.
* A new route of diagnosis should now be opened, to find out the issue with the patient.

**23.04.2025**

**Ambulance Day at Office**

I try to avoid sitting in the bright light in the office. These artificial lights, that are strongly on top of me, with such strong focus, annoy me very much. My working spot is a bit far from the strong light over me, and that is really very helpful. I remember, even in the kitchen at home, avoiding strong kitchen light, has helped me a lot.

We have a meeting area, next to my work-station at the office. There is a direct light on top of people, who are participating in the meeting room. Saif, planned a meeting there, and I was sitting directly underneath this strong light, when after a while (20–25 minutes) into the meeting, I got an Aura, and I could not participate in the meeting anymore. I experienced numbing sensations on the left side of my body, and I was experiencing tremors in the leg, and left side of my body.

I went into the dark room, close to this meeting room, and lay down, and it did sooth my situation. I always have a stand-up there under this bright light, and I find it very unbearable there. But, I guess I can manage 10 minute of stand-up time there.

After, I was in the dark room, Sarah and Phillip helped me with the Ambulance guy. My left side of the body was jerking uncontrollably, and it was embarassing for my colleagues to be there to notice me in this situation. I closed my eyes, and decided not to focus on them.

Ambulance guy came and helped me. He put the light in my eyes, and was the first health-care professional to notice, that I have this sensitivity to light. He told me, that this was stress, and I was free to go to a “Klinikum” (Hospital). I asked, what did he recommend, he told me, to stick to the results of my Neurologists, or find a new one, as all my symptoms were normal.

I told him, I find it hard to concentrate, and focus on my work, and he advised me to go home, and rest. Sarah, also told the same. I took two weekend(s) days off, and had a long weekend to rest and recover.

I would like to avoid areas with strong light focus, and therefore, I would come to office for lesser time now, maybe 2 days a week is enough, as I have higher probability of being exposed to such strong lights, at office.

**27.04.2025 (Sunday)**

I remember now, this “emergency” attendant, who came at the office asked me — If I felt the symptoms of problems on the days, when I am not working, when I am playing or something? I could not think of a complete answer, as during playing, I could easily say “goodbye” and go home and rest. I do not have to be present to play. While on the contrary, while I work — I have to be present there to perform my work, and that is mandatory, as I am obliged by the contract.

I came to this above understanding after this event. While I was playing table-tennis with my friend Nikolai and three other people (Eric, Jacob and +1), in the start, I was performing good. (I remembered in the past, I could have played this game for 2–3 hours at once, and enjoyed my favorite game so much). After 30 minutes of playing or so, I was falling out in the first round itself. I would make to finals of most games, we played in the first 30 minutes, but then, all of a sudden, I could not perform the coordinated action of hitting the single shot. I lost all the games in first round. I was so annoyed to reflect on it. After, a while I just sat down to relax, and did not participate for another hour. I felt very weak, and my thinking was very clouded. I could not make much sense of anything.

Nikolai, came and asked me to go home. He came to see me home. That was good, but he also needed my “hanging-mat” as he was going on a Europe Tour.

I gave him my hanging-mat, and we went to the park, close-by, and I showed him how to use the hanging-mat. I am happy, that he understand me, and I was able to help him.

**28.04.2025**

I should try to keep a daily diary again to keep track of things and development that happens. I had a conversation with Saif (a colleague), he told me, that he was experiencing the same symptoms as me — “memory loss”, “irritation” and that I should be more vigilant for my health and try to check up other doctors as well. Doctors could be very dumb here too in Germany, and I should look for more qualified doctors. He had a brain tumor, and he told me MRI and CT scan, that helped narrow his problems.

I participated in a team restructuring meeting yesterday, and I found myself hard to concentrate in the meeting. Luckily, I could give my own observations about the company, and decided to simply take notes of what others were saying. I had a constant headache, that made me harder to understand what was happening in the meeting. I am afraid, that my performance might be impacted with this constant headache, and I think, I should rest more. This constant headache, this time, has remained for more than 3 weeks now. I

I was thinking, maybe I should ask for 4 day work-week, that could allow me to relax more, and allow me some time to recover.

**29.04.2025**

Today it was mother’s birthday. She called yesterday, and I got to talk to her in the morning. It was a good conversation, but slowly it came to a point (and it was not necessary), that I was shouting at her, while trying to explain a concept.

I observed, that with all this pain that happens at the back of my head, I am getting more irritated at people around me, Yesterday, I almost sabotaged my relationship with Samiksha, and I was shouting at her, and she told me later, that I could have communicated it better to her.

I was almost shouting at her today, as well, and I am afraid that this might strain my relationship with her. Luckily, I admitted it to her, that chances could be, my problems with the brain , might be causing me to be irritated and causing this very abnormal behavior of me. I am not entirely sure, but I sense a correlation.

I was again shouting at my colleague today, and I showed some disrespect towards Laercio as swell, when I was trying to explain to him, that duplication could be allowed in the database for “Document Page” for an attribute to make filtering easy. I hope he was not irritated, and it came as a normal discussion.

Furthermore, I am just afraid, my usual kindliness towards people is generally on decline, and I am finding myself more irritated with the headache that persists for almost more than 14 days. I should be more attentive towards my social attitudes towards people, and it is better just not to say much, at-least in the office, I risk losing my job. This feels so frustrating.

It baffles me for a country like Germany, which is said to be so “developed”, doctor’s appointment are so hard to come by. Today, I experienced that left arm went into a kind of contortion, and I was having trouble moving it, it kind of was very tight. It luckily reverted in 3 hours. But, this left a weakness in my left side of the body.

I have been avoiding going to the kitchen, where Mira installed very bright light. It annoys me so much. I have been trying to use the kitchen with very little light in the night, and usually prepare my food in the daytime with no bright light. I have to go to Office in Dresden to be able to collaborate on work, and discuss things together. I hate the artificial fluorescent lights, they use at the office. Laercio, always switches it on. Luckily, there is summer, and we use less off the big light in the office.

# May

**08.05.2025**

Focusing on the screen brings up a very strong headache. Today, I was home-office and found that it was very hard to concentrate on my task at hand. It was a very simple task, but I was having such a hard time for such a trivial task of Database query.

I had to give something to my colleagues, as I was working on this trivial task for last 5 days, and it was had only 1 working day for it. So, I made a PR. I know, this is really very poor output on my end. Laercio, and Jean would really punish this PR, with very strong comments.

I could not continue the work at all, so I closed my machine after I had pushed this PR, but my headache did not stop. I hope my headache stops tomorrow, so I can improve this PR, before reviewers can view it.

**09.05.2023**

The headache still persisted today, and I could not bring myself to focus, so I decided to take a sick leave, to have a long weekend. I really do not care anymore about my work right now. I need to recover.

I think, I should really consider working only 4 days a week, to reduce my exposure to the screen.

I had ordered the SuperNote E-Ink tablet, that could help me with reducing the exposure to computer screen, when I want to write things.

**12.05.2025**

**Visitation with the doctor**

The long weekend did not really help much. I had still a constant headache as I started my day.

Earlier, in the day, I had a meeting with the manager, and he told me in very clear words, that my performance is not to the standard that the company wants, and the management is looking into me. I tried to explain it to him, to tell me the points that I could improve upon.

It was very embarrassing today to admit to him, that I am experiencing these problems, in my head, and that is the reason, for the change in my performance. He was not empathic to me.

I guess he should not be. The firm represents needs to make money and that is their primary concern, and hence employee performance would be important to them over everything. I admitted to him, that my existing 5 day work-week is a challenging situation for me. Therefore, I would like to work only 4-day week (32 hours from now on), to see if there is an improvement in my situation. I hope this request comes through, and I can recover.

I later had a doctor’s appointment today. I was able to see him after so much time. My condition had worsened so much. But, this time I was able to bring my topics more clearly, and he took an interest in me, because I was able to speak to him in English. Therefore, I could explain him my symptoms more clearly.

Following are the findings:

1. He told me, that I did not have epilepsy, from all the medical tests we did.
2. I told him, that my symptoms overlapped with epilepsy, bipolar, Anxiety Disorder, and migraine.
3. I told him about my light sensitivity, and how much it annoys me. I told him about this last time, when my EEG was performed, but due to communication issues, my message was not of high importance to him.
4. I told him, this ambulance that was called on me, was the first person, who noticed that I had very high sensitivity to light.
5. I also told him, that I am having problems with concentrating at my job, and today the manager told me, that my performance has declined in the last 2 months, and the higher management is looking into my case.
6. He asked me, how long my pain in the back of my head were. I told him that it lasted 2–3 weeks at a time.
7. He, then, made the diagnosis that I have “Occipital Migraine”.
8. He further asked me about my sleep, and I told him, that for the last 2–3 weeks, my sleep has been very bad, and he said that usually in his experience, most cases get good result with improved sleep. He emphasized that. And then, went on to prescribe to me a medicine, that has drops and to be put into water. This has to be drank before going to sleep.
9. I informed him, that I am also experiencing symptoms which are very similar to bipolar disorder, like — grandiosity, extreme risk taking behavior, irritability at people, Period s of high mania/hypomania, and finding it very hard to connect with fellow people and my colleagues. He suggested that he would follow first on the modality of migraine and trace its development. We would, later, try to look for symptoms of bipolar. I read, on ChatGPT, that there could be a comorbidity between those.
10. I also informed him, as I did to the Ambulance guy, about the Aura thing. It feels like déjà vu, that I know it is going to happen, and I see all this in changing colors, and strong red color in front of my eye, but doctor did not give it much attention.

**18.05.2025**

Looking back, I think the doctor’s assessment was very good. Although, it took him so long to figure out what I had. On top of that, these appointments with the doctor are so hard to come-by in Germany.

Taking the tablet (Sumatriptan Hormosan; the prescription from doctor), on the onset of the migraine, seems to be working. The amount of very sharp pain, is not happening anymore. But, nevertheless, that some pain, still persists at the back of the head.

I was with Lucas today, and we went to Church. Then, I was experiencing a strong pain, at the back of the head. I remember the advice of my doctor, I went home, and I took the tablets from my prescription above, and then I went to sleep.

My pain at that moment, seem to be subsided, and I woke up after 2 hours at 5 PM. Samiksha was there, folding my clothes. I looked up at the ceiling of my room, and I saw strong visual patterns there. I closed my eyes, and they were there. Everything in my brain, seem to be very brightly lit. This was definitely the effect of the tablet from the doctor.

**19.05.2025**

I think my ability for longboarding, seems to suffer now. I find it hard to maintain my balance, while surfing through the city. I went to the Foreign office to collect my document on the longboard, but I noticed, that I had hard time surf the city. Maybe, I should sell my long-board, so that I would not do this. But, I love my long-board, and I would like to keep surfing.

I started working before going to the foreign office, and I noticed just sitting at home, focusing on the screen for 20 minutes gave me a very strong pain, again at the back of the head. I lied down on my bed to relax, and that was very helpful.

This again happened two times later today as well. Focusing on the screen is really irritating me so much, and I have throbbing very strong acute pains after this. I needed to relax more often. I could not be productive today. I just said, I did some research on GAEB files on Friday. But, I could not, as I found it harder to concentrate and work on Friday as well. Saif, constantly volunteered to do some PR, and my manager always accuses me that I am less participating in the team.

With this very strong headache, and irritation, I do not want to participate in any meeting, and be of nuisance to others. He will again point this out, in my next 1:1 with him. I just want to finish the minimum allotted to me with the focus that I have. I really have hard time concentrating, that I could not be of help either way by volunteering for the PR, that has been in the scrum for more than 74 days now.

I feel bad, that I am not performing to the same level as others in the Team.

I can do this, while I am at Home-office, but not in the Office. I do not know, how I will manage it tomorrow, and what to say in the stand-up tomorrow.

**23.05.2025**

**Epilepsy/Bipolar disorder/Migraine/General Anxiety Disorder**

Rather than, having constant pain that was happening for two-three weeks, my symptoms with the new medication has not yet improved. I feel strong pain again at the back of my head, every two-three times a day while looking at the screen. I always have a urge to relax for an hour, before the pain diminishes somewhat. Finding it very hard to concentrate, and so much irritation.

I do not think, that the pain goes away completely, it only diminishes in strength. I still have very strong visual patterns that I see, while I close my eyes. Aura is still there.

After doing a lot of research, I think my symptoms made an overlap in these segments of aforementioned disease. There exists co-morbidity between these, and I have to be careful, that the medicines do not worsen the condition of other existing problems. (Source: ChatGpt).

Today, I realized looking back, that I am being propelled through phases of excitement and down days (depression), as well since January or so. At-times, when I have a week with heightened intensity, I am also having the headaches as well. I believe, I have comorbidity with bipolar more. I will track these phases, and later correlate them to see, if this pattern is True.

**25.05.2025 (Bipolar Observation: Phase Mania/Hypomania)**

This week was a roller-coaster. These roller-coaster, happens at-least for a week in every 2-3 months. The week was full of excitement and strong and bright colors and activity.

* I played Table-tennis on Thursday with Ina.
* Capoeira on Friday
* Badminton on Saturday with Marco, and table-tennis(4 hours of sports).

All the week, I had strong energy levels, but this was very milder as compared to other episodes of heightened intensity, that I previously have.

**27.05.2025 (Bipolar Observation: Phase Depression)**

Last three days, there is a significant dip in the energy levels. I was in the office, and although people were cheerful, I did not have the mood to participate in any conversations. I did not engage, just sat on my computer, and did some work.

I did not talk to Samiksha either. Just tried to get a good sleep in the last days. Life seemed quite meaningless, and without colors. Existential questions like — What has my life accounted for?

* Tremors and Visual disturbances are becoming very common. These are shock mechanisms (tremors) interfering while working, or while playing.
* Balance and coordination issue. Observing this in the last few days. Maybe, because of the Sumatriptan medicine. Should inform the doctor.

**31.05.2025**

This week had mixed results for me.

* Less intensity of pain in the head.
* Had 3 working days.
* Less screen exposure.
* Got some work of annotation done.

However, I still am having the issue to maintain my focus, and concentration to get things done.

* I am trying to meditate and trying to learn focus, but no immediate results.
* Balance and coordination issue with playing table-tennis, or longboard.
* Tremors and Visual disturbances (I saw colors, on top of objects, right in front of my eye, mostly pink in hue).

# June

**04.06.2025**

I came to office yesterday, and was some-what productive. The day was a sunny one. Today, the day was cloudy, and now Tony has switched on the lights. I find myself grossly irritated by these lights on top of me. I have to endure it to get things done. I have switched now to 4 work day a week, hoping things would get better. But they don’t.

I am trapped into this place, I do not know what I can do. I can not go out, all the colleagues would think, what’s wrong with me. I want to leave and go out to relax myself, but so much to get done today. I have no idea what to do. I will go to the roof and relax a bit. Everywhere the light is so BRIGHT, and so invasive. It spins me, and slows me down. I am agitated, annoyed, and do not know what to do.

I can look at the screen only for 1–2 hours a day, and then I need a long rest. Maybe, I should do gardening, there such problem do not exist.

**16.06.2025**

I am having issues remembering all things at once in a conversation, I seem to forget things that I want to say. I found the term is — Brain Fog. So, I will take notes to communicate better with the doctor.

Symptoms that I definitely have:

1. Strong pain at the back of head(occipital migraine)
2. Strong visual disturbances
3. Strong Light sensitivity
4. When working with computer screen, or focusing on it, triggers the headache at back of head. Especially when I go to office, and sit under bright light.
5. Weakness in only left side of my body. Muscles become rigid in left hands and legs. The stiffness this time lasted for four hours. This was triggered by Sumaritriptan definitely. Also happened in May, immediately after taking Sumatriptan.
6. This was different from what I experienced in November first time, then in December and in January time. There I experienced seizures.

per month. This weakness (on the left side)was observed by the doctor, but was not paid a lot of attention to. At that time, I was under the diagnosis for Epilepsy.

6. My performance at work reduced, and I received a warning from the manager.

Note: Me, and my neurologist are in the process of locating the cause of my problems. It started with symptom of seizures that occured 3 times in a row in 3 months from November to January. We did checks for epilepsy, and then we ruled this out.

Last month in May, He pinned it down to occipital migraine, and recommended Sumatriptan, but It caused reaction, so I stopped taking it immediately.

Today I had a meeting with him, and I informed him, that I have tremors/twitching even after 2 days of taking it, these tremors became more frequent in last month. (I did not remember the symptoms of cramping of my left side of body, only the twitching/tremors, I remembered specifically that were very frequent in May-Mid June. )

He told me, that it is not possible, as the half-life of Sumatriptan was 2 hours, and it flushed out of the body. So, he told me to go back home, and do the medication of Sumatriptan..

Symptoms after taking Sumatriptan:

1. Cramped muscles on the left side of body - especially hands and foot.

2. Tremor or Twitching, hard to say, but my body shakes. This lasted even after 2 days upto a month after taking Sumatriptan. My neurologist said - that half life of Sumatriptan is only 2 hours, so this is not a cause, and I should take Sumatriptan. So, I took one, but it reacted again today(16.06.2025)

3. Zig Zag lines - (scintillating scotoma) This became clearer for first time to me with changing lights during my epilepsy diagnosis. This has continued since January, and I have it most often. (Visual disturbances)

4. Pain in the left side of the chest. Chest felt under pressure.

5. Irritated, agitated and restless (usually Irritation is typical in occipital migraine as well, and lasts for 20-25 days)

Left side weakness:

1. First time, I noticed it in November last year, after a seizure I had in front of traffic light.

2. Again in January after my seizure, my neurologist performed a test on me, my left side was more shaking(I was very terrified that I might have a stroke). At this time, we were diagnosing for epilepsy.

3. In April, an ambulance was called for me, while I was working at office, the ambulance worker then noticed it, and brought it to my attention.

4. After this, I had it in May, after ingesting Sumatriptan.

5. And in June again, when my neurologist asserted that, I should continue with this line of treatment and resume Sumatriptan.

Suspecting reaction to Sumatriptan, the doctor at emergency told me this is Hemiplegic Migraine.

What I suspect:

1. A mix of occipital migraine and Hemiplegic migraine.

2. Occipital is more frequent (almost 20-25 days), hemiplegic occurs at max once a month or so.

**19.06.2025**

1. How stupid do I have to be? It is really unfortunate that I can't keep all the information that is important and say it to my doctor.
2. I was at Dr. Josef Kesting, and he told me today, that I have a functional neurological disorder. I asked him about Hemiplegic Migraine(HM), the doctor at Emergency wrote in her report. He said that it was very likely.
3. During the conversation, I held with him — I did mention 2 things-

A) I felt very weak on my left side, and couldn't work next week.

B) I would like to get tested for HM.

1. But, I guess during the conversation and so much to exchange, we both lost track of these two things that are very indispensable for me. I have to go to my Hausarzt to get both of these.
2. I am really angry at my Neurologist, he seems to really not care about me. Couldn't give a proper assessment, that he has been doing for 6 months now, and could not notice, even later, that I am forgetting things, and can't hold it all together. I couldn't even ask remember just 2 minutes ago, I asked him for sick leave.

Symptoms today.

* Weakness in the left hand.
* Numbness also follows there. The doctor at emergency room in Klinikum observed that I have less sensitivity to my left arm and leg. I have very little numbness in left leg, but my left arm has very strong numbness still.
* Pain at back of head is still significant.
* Left hand feels like plastic hand, and has very little strength (around 20% of my right arm strength)

**21.06.2025**

* Weakness in the left arm continued. I started guitar after a long time, and had a lesson with my guitar teacher. I was not able to follow through, as my left arm did not have that strength. So, we mostly had only theories class.
* Very little pain at the back of my head, so I could go to the picnic with Hamsa at the lake, later in the evening.
* Difficulty swimming with the left side. I was afraid after the paralysis, and only went for a dip, and not a swim. (Last year, I would be out and could swim up to an hour or so).
* Brain Fog, had issues remembering things clearly to put up a complete conversation.
* Numbness in the left side of arm today.

**23.06.2025**

I read my emergency note from the Klinikum near me. I found that they asked me to maintain a diary. I read, with ChatGPT, that this step could allow me to better keep track of my symptoms and help reduce the frequency and severity of my attacks, by finding the right medications for this. So, I will now attempt to be more regular with my diary report, and will keep track of Progress.

* Today, there was no pain in the back of my head.
* Weakness on the left side of the hand continued, but it had improved from the paralysis that happened last Monday, it is about 20% of strength of my right arm.
* Numbness in hand is still very present today, I have problems with playing guitar. It seems like I have lost all my 5 years of practicing.

**24.06.2025**

* Weakness improved, but with my Guitar, the dexterity that I had achieved, while playing guitar, it is not there yet. I tried playing the guitar, but only managed it very slowly.
* Some headache today, but not very severe, I was working on laptop to fill out the marriage application that I made with Samiksha, this caused some pain, so I closed the laptop and relaxed.
* Numbness in left arm is still there.

**25.06.2025 (Hemiplegia Day)**

* When I woke up in the morning, my dexterity had improved, as compared to yesterday, and I found myself very happy today. I practiced my guitar, and I had gained good strength(~70% of my finger strength)
* My health did seem to improve for the first half of the day.
* I then started working on the laptop, and guess what — My headache, at the back of the head, was back again at the end of the day.
* I had another attack today as well, and again my left hand went into contortion, and was paralyzed for 3–4 hours in the afternoon(15-16). It began slowly around 15.00, between 16.30-18.00 it was its peak, and weakness continued on the left side of the body till sleep.
* The headaches only developed after this paralysis (~around 19.00 headache started).
* The left arm has some paralysis, and the numbness of the left hand has worsened again.
* Felt very irritated at people around me, and have less willingness these days to participate in any social gathering.

**26.06.2025**

I wanted to get some writing done today for collection to my article. I had strong difficulty putting together all the things, that I had thought yesterday. I do not seem to have proper reasoning facility to put things together. Brain Fog continues, and has been a constant theme for the last two weeks. The day started good, with almost very little pain, but again in the afternoon, the strong pain at the back of the head returned.

I have the following symptoms today:

* Severe Pain at the back of the head again.
* Numbness in my left arm.
* Difficulty focusing on recollecting
* Issues with memory. Hard to recall everything when I need to focus.
* Paralysis is still there in my left arm (especially at the end of my left hand, near my ring finger), and I can't play guitar today.
* Won't be able to do longboard with this paralysis in left arm, and some numbness in my left leg as well.

**27.06.2025**

The arm felt still numb, but conditions had there had significantly improved. However, the day started with a strong pain in the back of the head, but overtime as the day progressed, the pain became tolerable and I felt quite better. Left arm started to improve, and dexterity on guitar seemed quite good. Overall, quite a happy day. I am happy that I can resume office from next week again.

Symptoms:

1. Less numbness, and good guitar playing capacity.
2. Brain Fog continues, and impacts ability to plan and reason good.
3. Pain started at the day, but overtime pain became very less and tolerable.

**28.06.2025(Hemiparesis Day)**

I found, at ChatGPT, the different kinds of paralysis that happen, and the scientific term for these. I will, from now on, using these terms to depict my condition, and grade of paralysis that follow me. The two relevant terms are — Paresis and Plegia. Since, the motor weakness affects only one side of my body — the left side. It is called Hemiparesis and Hemiplegia, respectively.

The Migraine attack this week (Onset June 25), was not very severe in nature. But for the four hours it happened, there was hemiplegia(— total loss of voluntary movement, in the left arm). From, then, till Friday, it has been hemiparesis in decreasing intensity (improvement in the arms).

I researched about my migraine type, and after working 30 Minutes, I experienced a very strong acute pain started at back of head and lasted for another hour or so, so I stopped using on the screen and relaxed. I went to the beach today, and where there was loud music, the headache started, and it lasted up to an hour, and then it improved. I could not swim yet, because of my strength in arms, and a bit of fear I have. I played guitar, and my finger dexterity, and strength feels good at it, less numbness in the left arm.

Symptoms for today:

* Loud sound, and working with screen, triggers the pain at the back of headache.
* Brain Fog continues as I have difficulty to focus to produce a cohesive reply to conversations
* Issues with memory, I have trouble recollecting recent events.
* Less Pain at the back of the head (especially on the left side continues).
* Left-hand Strength at 70%, and recovering after the Hemiplegia on 25.06.2025. Today I had hemiparesis on the left side of body, and the strength is not to its 100% capacity yet.
* Numbness has significantly improved in left hand.
* Physical activity such as swimming, Table-tennis or hanging, I can not participate in these anymore, due to weakness in my left side. Guitar, I can play, but not too my usual level. Playing slow, and relaxed music.

**29.06.2025 (Hemiparesis day)**

The day began quite good and relaxed. But by noon, a small pain at the back of the head had crept up, and grew in intensity over the course of the day. Strong flashing lights came first, and then after that the pain started. I did not know before the difference between twitching and tremors, but in my case, it is twitching.

The left side of the body started experiencing weakness by the noon, so the hemiparesis had come back, and the left arm was twitching. I feel very defeated with this cycle of ups and downs, and things that are happening to me. Tomorrow, Monday comes, and I have to go to Dresden, and I do not know, how I am going to manage that. I still have Brain Fog, and can not reflect on things clearly.

Symptoms Today:

1. Hemiparesis on left limbs (legs, and arms), whole day till now about sleeping time
2. Strong visual disturbances — flashing lights, Zigzag lines.
3. Twitching on the left limb.
4. Medium to strong pain in the back of the head. It changed intensity over the course of the day.
5. Headache(~13.00 to 22.00) followed by visual disturbances(~ started at 11.00).
6. Fatigue whole day, without any activity.
7. Brain Fog, and memory disturbances continued from 13.00 to whole day.

**30.06.2025**

Surprisingly, today, the day started with no headache at all. This was very good, and I decided to go to the office. I think, I should go to work, and focus there, and let my problem heal itself. I arrived in Dresden office at 09.00.

I was working at my desk, when my headache started growing slowly over the course of the day. But I decided to carry-on and continue to work. I had weakness nevertheless, in my left arm only. Left leg seems fine mostly. Problems with remembering colleagues name, whom I met in the office. Brain fog continues, and it is harder to interact with other colleagues. I decided to be in receptive mode mostly, and obey instructions from the rest. Participation in the team-work seems to hinder, as I can not keep track of so many things that has progressed, and other talk about.

**Symptoms:**

1. Weakness in the left-arm of the body.
2. No headache in the start of the day, but in after-noon headache had picked up. The intensity of headache was average and manageable.
3. Brain-Fog continues, with memory issues. Difficulties with trying to understand all the things that colleagues were discussing. I do not seem to follow most discussions happening on the Team.
4. Low visual disturbances today, and less irritation from light. But, blind spots occurred thrice in the day, each time for a duration of 15–20 minutes. (12.00, 15.30, and at 19.00)
5. Fatigue from the start of the day itself, all the way to the end of it. Low energy levels.
6. Speech difficulties sometimes, I could not remember the words like river or something, and had troubles forming sentences. (Aphasia).

# July

**01.07.2025**

Today, was the second day continuously in Dresden, and went to the office 2 days in a row. Stayed overnight in Dresden. Sleep was okay. My left arm was a lot better today. It had numbness, but strength had improved. There was no headache at the start of the day, but at the end of the day, the headache returned again. The intensity of headache was middle to low.

But, there was very strong sensitivity to light, as I was in office. When Laercio was explaining his points on my PR, under the bright light, I also seem to have lost my concentration. I came back home, and then strong visual disturbances followed again.

Around 2 PM, I could not continue, because of the strong lights above me. I went upstairs to relax for about 30 minutes. When I returned, I had brain fog, and I was not able to concentrate properly on work. Left early from work to relax.

Symptoms:

* Moderate amount of pain at the back of the head throughout the day.
* Left arm improved, but numbness in the hand still.
* Had Brain fog, and difficulty concentrating while working and interacting with colleagues, no progress today.
* Visual disturbances and blind spot in the evening.
* Issues with bright light in the office, makes it hard to concentrate and work.
* Twitching on both right and left side of the body.
* Had a panic attack while resting after work.

**02.07.2024 (Hemiparesis day)**

The day started with a strong headache. I had difficulty focusing on work today. I participated in a discussion on the chat, and that was it. Nothing productive today. I have problems concentrating, and recollecting everything into action. Ralf (Our Manager), asked me that he has been conducting these sessions to make us learn about better coding techniques. I was there in all the sessions. Sadly, I do not remember any of those. There are new rules at work, and more productivity is demanded using these tactics. I will focus on learning them, one-by-one, and put them in action.

I rode my bike today, and no balancing problem today. It was smooth. But, I started having a sudden pain in the left hand, and it felt like the pain was in the nerves, and it was throughout the length of the lower arm. I will watch myself while cycling, till my arms fully improve. I think, my left arm can not take repetitive strain.

**Symptoms today**:

1. Strong Headache at the back of the head.
2. Difficulty concentrating on the screen.
3. Brain Fog: Problems recollecting the information in a coherent manner.
4. Hemiparesis in the left arm only. Strong pain rises in the left arm there due to strain from cycling.
5. No Visual disturbances today.
6. Blind spots- (2-3 times a day, lasted 5–10 minutes)
7. Light from the screen at home, triggers headache.

**03.07.2025**

The day began with a little headache, and pain in the left arm. Some visual disturbances followed. I decided to rest for 2-4 hour, and then symptoms were tolerable to work. There is still very strong pain in the left arm. It feels like a lot of electric current is passing through it, when pain happens. The day started, as if I was drained of energy. I guess it is called fatigue. I did not do much work today, other than reviewing some PR.

**Symptoms today**:

1. Fatigue whole day, and felt out of energy.
2. Little headache at the back of the head.
3. Strong pain in the left arm of the body, making it difficult to concentrate.
4. I feel like lost, and did not know what to do.
5. Weakness in the left arm of the body. Typing with left hand has suffered now, there is a mobility issue, I am suffering while typing, there is also a pain, while typing.
6. Visual disturbances (Zigzag lines, and some blind-spot)

**05.07.2025**

With Samiksha, and Marco, I went to the lake today. It is nice to relax completely. Samiksha went swimming inside the lake, but I did not, because I did not feel like I was confident enough. I did not want to feel bad in front of her of my waning strength, on the left side of the body. I rode my bike there, and played some light badminton there. This was quite good, and helped me relax. After I came back from the lake, the left side of my body was twitching, and this terrified me. I could not control the left side of my body.

**Symptoms today**:

1. The day started okay, little headache throughout the day, but at the end of the day(~20.00), it was very strong.
2. There were black spots while riding my bike, in front of both eye.
3. Visual disturbances continued the whole day, and I was irritated from fellow people on the lake, who played loud music.
4. I experienced memory issues while talking with Marco, I had difficulty remembering our times in Sachische Schweiz.
5. At the end of the day, there was twitching that happened uncontrollably. The twitching was mostly on the left side of the body, but sometimes, the right-leg twitched too.

**06.07.2025(Hemiplegic day)**

I woke up quite late on Sunday, because late night on Saturday, I suffered another paralysis on the left limbs of the body. It was significant on the left arm. The whole day, I was depressed, and did not want to do anything. I did not have much energy left. I went for a small walk. I could not think much, and did not want to.

**Symptoms today:**

1. HEMIPLEGIA on the left side of the body during the night.
2. Life feels completely hopeless.
3. I did not want to think, clarity in thinking has suffered drastically.
4. Some headache today, but I don't care about it.
5. Blind-spots on both the eyes.
6. Fatigue whole day, felt drained of energy.
7. Difficulty walking, as left side I had to limp.
8. The brain felt completely empty, as if I was rinsed from inside out, like (rinsing a bottle to clean it), it felt completely empty.
9. Numbness on left arm, and reduced strength on left side of body.

**07.07.2025 (Hemiparesis day)**

Heiko was to come back to office after his parental leave for 3 months, I wanted to see him on his first day for work. There is also POC-leistungsverzechnis deadline that is end of July at work. Ralf had issued strong sentiment and guideline to meet the deadline for this project. I decided that these are high priority right now, so I decided to go to Dresden (from Leipzig) to work today. However, because of the paralysis on Sunday, I felt completely drained of energy. Strong lights in the train, started to cause me problems, and my headache started. Weakness on left side throughout the day. I received help from Sandeep on mongo projects, and ChatGPT really helps a lot. Difficulty typing from the left hand. The left hand remained stiff throughout the day.

**Symptoms today:**

1. Weakness in the left arm of the body still continues today — Hemiparesis.
2. Left arm still feels numb, and my strength on this left of the body is compromised.
3. The day started with fatigue, and no energy, but I hussled myself to work.
4. During travelling to work, there was strong pain in the nerves from my shoulder to left side of the arm. It was very sharp when it started, and the pain continued to irritate me the whole day.
5. Little headache as the day started, but over the course of the day, it worsened, and was very strong. Around 3 PM, it was the strongest, and my head throbbed. I went to the roof to calm down a little, I had to meet the deadline for a project.
6. the Whole day felt like, that I was spaced out. I had strong problems in thinking out a strategy to solve my ticket. It just felt overwhelming. — Brain Fog makes it really hard to concentrate, I feel I am a burden to my team.
7. Difficulties with memory to remember, I just felt completely disconnected from the Team.
8. Mobility issue with typing from the left hand, this physical weakness annoys me so much.
9. The hemiplegia also affects the left leg as well. I was limping today, while walking. Weakness in left leg as well.
10. I find it hard to remember words, and this made Ege (colleague) angry today. I approved his PR on last Thursday, and in the stand-up, I forgot this word. I said I helped him with his PR, and he is a senior, and he thought it was embarrassing for me to take credit for his work. I only forgot the right word. This was very bad, I felt as if he was shouting on me about this. Aphasia impacts me, and I find it harder to find words to say things correctly.

**08.07.2025(Nerve Irritation was clearly noticeable)**

I was working in the office today, and the day entailed 5–6 hours in meeting. The day began good, with the head feeling completely empty. I had fatigue right from the start of the day, and felt like working without energy. Today, there was strong pain in my left shoulder. I felt as if someone was putting a thousand needles there. This nerve irritation was persistent throughout the day. It did not occur all the time, but it occurred very frequently. Because of this pain, it was very hard to concentrate at work. Luckily, all was meeting, and I limited my participation. I pushed through, as I need this job, and I am moving in with my girlfriend in a new city, and I need money for this. I do not want her to leave me, because of financial or health concerns.

Weakness in the left hand persisted. Typing on the left hand is still reduced in capacity, and I typed with only finger on the left. Left hand became stiff 3–4 times today.

I was very optimistic, that strength in my right arm will return to normal, but it has not. The repetitive paralysis has set the strength back. I am very disappointed. Life sucks.

The meetings were set in the bright light in the office, and it was intolerable. I walked out of a meeting completely, as it became very intolerable. The process of headache had started during one of these meetings under the bright light, and the headache reached its peak at 17.00. I left the work early, and decided to work in the train, but could not, as my mind is not able to concentrate. I will work from home next week, in peace and try to get my ticket done.

**09.07.2025(Hemiparesis day)**

I am observing that any physical activity that is a bit demanding like cycling, sex, or playing badminton — it can be a trigger to hemiparesis or hemiplegia migraine. Because any physical activity triggers this. Only walking is very good, and does not trouble that much. Strong lights in the office is very annoying, and is also a trigger. The nerve irritation from yesterday, still continues, and is still localized in the left shoulder.

**Symptoms today**:

1. Weakness in the left arm still continues today. The left arm gets stiff, and I continue to type with only one finger in the left arm today as well.
2. There is numbness on the left arm.
3. Light from the screen also annoy me.
4. I find it very hard to remember things clearly, and put them together. I learned so many things in the last 2 days in office, and I do not recall what steps I have to take. Brain Fog continues, and makes it harder to concentrate.
5. Memory Issues — Hard to recall things together.
6. Visual disturbances makes coordination suffer. Left leg however, has improved.
7. Nerve irritation in the shoulders.
8. Today, the headache was not just in the back of the head, but a strong headache persisted the whole day in different parts of the head.

**10.07.2025**

The strong headaches have resumed again. I think working in the office, under those bright lights have been very annoying, and have been triggering this headache. The day started with fatigue, and low energy levels. I feel very annoyed, while working with the computers, as they are one of the major reasons, that trigger my headache.

These headaches in turn are also the cause for my — paralysis on my left side (especially the left arm), for brain fog (concentrating issues, and maintaining focus), and memory problems (trying to remember things). Because of these 3 issues, life seems very overwhelming. I have not made much progress at my work, my salary is same for the last 3 years now. I find it very difficult to do my job. Primarily because of these 3 issues.

**Symptoms today:**

1. Strong sensitivity to light, even light that comes out of the screen. It is also a trigger for the migraine.
2. Fatigue whole day, this also restricts me from participating in team meeting actively.
3. Headaches today, but not very severe.
4. The nerve irritation continues even today, and was very intimidating. I am really scared for my life, because of this. This has never happened before.
5. I am mixing words, and ofttimes, forget words for what I want to say, and it can annoy people. (Speech Aphasia)
6. There were recurring blind-spots today.

**11.07.2025(Hemiparesis Day)**

**12.07.2025(Hemiplegic Day)**

Strong electrical activity in both the legs started last evening. It felt as if a strong current was running in both my legs, and there was very strong twitching in my left leg, and quite strong in the right leg as well. I have been experiencing an uncontrollable twitching in both the legs even today. The day started with strong fatigue, and I felt strong lack of energy, and unwillingness to do anything.

The headaches came around at 13.00, and continued the whole day, making it worse to concentrate on anything. The strength on the left side of the body felt very low, and weakness persisted throughout the day on this side.

**13.07.2025 (Hemiplegic Day)**

The strong headaches that started on Thursday, still were there today, since I woke up. The last night sleep was also not very good due to strong electrical activity in my legs.

These headaches, were not restricted only to the back part of the brain, where they are usually, but the major source of this pain, was still the back left side of the brain. The headaches were mostly in the left skull.

Today, around 10.00, I suffered again a paralysis today. My left hand was strongly contorted, and I feel like very aggressive, and angry today. I shouted at Samiksha today, as she does not understand, what I am going through. It slowly improved over the day, but even when I am writing this, I can feel this strong contortion, and typing suffers.

After this, I was not in a state to do anything. Doctors are so stupid here, they are not able to find out what is happening to me. My mind felt completely blank, and I said fuck it, this life is not worth living. I was contemplating killing myself, this pain and what I am going through is really unbearable. My quality of life has taken a big toll, and I am not the same person I was. I am amounting to nothing, and my body and mind are giving up at such an important stage of my life. I want to launch my crypto, and all my career dreams stand out of reach.

I talked to Rishi about my paralysis, and he convinced me to go to the emergency, but here in Germany, I am dreading the entire process. They will find out again that I have no symptoms, and would not offer me bed like last time. This entire ordeal is crazy, how I am supposed to deal with this. If my situation worsen even more tomorrow, I will go to emergency.

I am worried that I have this very important ticket to finish, and with my failing concentration, and memory issues, I do not know how or what will I be able to contribute.

**Symptoms today:**

1. Headache whole day, and has continued all the way since Thursday.
2. Today, I suffered a paralysis on my left side.
3. Weakness on the left side of the body, and left hand is still contorted.
4. Ability to think clearly, and reason, seems low. Strong aggression, at inability to do anything.
5. Weak Memory, hard to recall and remember things from the past.
6. Brain fog, ability to focus is compromised.
7. Suicidal thoughts, ringing whole day in my head.
8. Strong visual disturbances, and irritation from lights and sounds.
9. Fatigue whole day, and has remained since yesterday.

**14.07.2025**

Last night, I decided to go to the emergency. They made me wait more than 8 hours. All this while, my left side went through a paralysis, and I recovered. But, no one came to check on me. I told the doctors, since they were very busy, it’s better I go home, and sleep. I had very strong headache, whole night yesterday, when I was at emergency(klinkum).

The scene was so disappointing. I felt very fatigued, and no doctor to attend me. All the while, old people and others strong imagery was very strong. I decided I will not be part of this. I decided to withdraw, and come home and get some sleep, so I get some relief from the headache. I came home around 4.30 A.M. Luckily, I went to sleep, and could sleep till 11.00A. M. I decided not to go to office this week, because of this condition. I woke up with fatigue, and had no idea what to do. I wanted to call sick for this week, and recover. However, I decided otherwise.

I am only 30, and I have to cultivate a strong mindset. I have to push through this, I can not let this dictate the destiny of my life. I have to fight through this. I am alone in a foreign country, and if I allow this sickness to power me, there would be no one left to care for me.

I decided to go to work, instead of calling sickness. I have to be courageous.

**Symptoms Today:**

1. The day started with fatigue, and very low energy levels.
2. Weakness in the left hand continues (Hemiparesis).
3. Headache was not very strong, and I could get something done.
4. Nerve Irritation on left shoulder till left arm continues.
5. My brain feels mostly empty, and I have difficulty putting things together. Brain Fog and memory issue, are the biggest obstacle in the work, and I have been experiencing it even today. I usually feel, I am not even there, as I can not participate in any meeting, and put my thoughts out.
6. Less visual disturbances today.

**15.07.2025**

I discovered today, that the language issues that I am having because of hemiplegic migraine is called speech loss. There were many categories mentioned under it, but the relevant ones that affect me are —

1. Aphasia (Can’t find words or say wrong words),
2. Mutism (strong refusal to speak, or participate in a conversation, Silent, even though mentally alert)
3. Anomia (Trouble recalling the right words)

Out of the three, I mostly have 1 and 3. I want to say something in a conversation, but I am not able to. But, I find myself also experiencing 2.

Strong attacks are usually followed by disinterest in wanting to talk to anybody, and complete unwillingness to participate in a conversation. This Mutism, it primarily upsets me, but it is also less noticeable, as people speak a lot around me — in office, social circle. But, this has happened slowly over the course of this year, and I noticed the strength of this unwillingness to talk, is especially around paralysis time.

**Symptoms today**:

1. Weakness on the left side of the body continues.
2. The last two days were spent in kind of shock — and all form of speech issue arises. Aphasia and Anomia are most prevalent throughout the week, and have been more prominent since last 2 months.
3. Mutism is frequent, and is prevalent only after the attack.
4. Today, the intensity of headache was low, and it felt a bit better.
5. Visual disturbances were however present, and I saw a pink ball right in front of my eye.
6. Fatigue and exhaustion marks the day, and I have not much energy left before and especially after work, I feel drained from life.

**17.07.2025-18.07.2025(Hemiplegia Day)**

I had a hemiplegic attack on Thursday around 15.00, and I felt completely hopeless after this. Headaches came before this attack, but did not come after the attack. But the brain felt, as if it was brushed from inside out, and I did not do much after this. Mutism persisted for longer duration of yesterday, and continues even today.

**19.07.2025**

Today, the day, was mostly about visual disturbances. I had blind spots for very long, especially around the evening time. It began around 13.00, and lasted the whole day. It was not present in one go, but would come and go repeatedly. It would last for up to 10–15 minutes at once.

Reflecting back, I realize the days when these blind spots happen, the issue of coordination loss is more prominent.

The day was also characterized by strong pain of headaches that would arise in waves, and be concentrated at one single point.

**Symptoms Today:**

1. The day began with fatigue, and complete drained of energy, because of the hemiplegic attack, I had on Thursday.
2. Day was full of headaches, but the patterns were different. Instead of being a constant headache, there was a sharp pain at the back of attack, and this would come and go. I guess, it is mostly a nerve issue.
3. The day was characterized by strong visual disturbances, I had blind spots for most part of the day. During these blind-spots phase, it was harder to see other people at Ina’s birthday gathering.
4. Co-ordination loss is more prominent on the day of blind-spots.
5. The left hand still feels quiet numb, and weak, and the strength on the left side of the body has not yet recovered. Each repeated attack, makes the left side hard to recover.
6. The day was relatively ok, but for the most part, my confidence dwindled, and weakness on the left side of body, and fatigue made me lose face.

**21.07.2025(Hemiparesis Day)**

I woke up with a very bad headache today, and last night, luckily I did not suffer from hemiplegia. But, I woke up with hemiparesis. My left side felt very weak, especially my left hand. I also have fatigue, when I started my day. My mood was very grim, because of the day. Looking back, I realize that weakness on the left side, has been recurring over the last 7 months, but I did not pay attention to it, until after the big attack that happened in Mid-June. It has now been more than a month, and my strength on the left side has not yet recovered. I have tried doing sports now (playing badminton) once a week, and some yoga. But, the strength on the left side is always dwindling. The day, when paralysis attack happens (or even paresis attack), it takes a big toll on my health, especially brain. Reflecting back, I observe that working with the screen has a direct correlation to the headache that I suffer.

Symptoms today:

1. Headaches from the start of the day, even before sleeping. It was hard to sleep because of this headache. Poor sleep, I barely managed to sleep good today.
2. This was followed by paresis on the left side again. My typing capacity on the left hand has suffered a lot, and now I type with only one finger because of the constrained left side.
3. Left hand was contorted, and this scares me a lot. The strength on my left side is a big concern for me, and I need to heal this first.
4. I continue to have issues with my focus and concentration, and I can hardly do anything for my work. Brain Fog is a big impediment to my work performance.
5. Working with the computer screen for longer than an hour, causes headaches, and at-times causes hemiparesis or hemiplegia. I have to find a solution for this, and discuss this with my neurologist.
6. I have speech issue, and difficulty bringing things out spontaneously in the Retro meeting today, as I forget a lot of stuff, that I wanted to talk about today.

**22.07.2025**

We had to go to Halle today looking for an apartment, as Samiksha and I plan to move together. I had no energy to travel to Halle, but I pushed myself, as I have to learn to fight this weakness of body-mind. The day was full of exhaustion, and fatigue. I decided to take some magnesium to fight against this fatigue, that I feel, and magnesium did some help.

But the magnesium did not help with strong concentrated headaches that I had at the back of my head, in the occipital region. Nor the weakness in the left hand improve. The left hand is still very weak, and I have troubles typing.

**Symptoms Today:**

1. The day started with complete exhaustion and fatigue, and against this I took some magnesium. This did help to some extent, and I managed to do some travelling.
2. Today, I had very strong headaches, and I do not know if this was because of the magnesium I took, so I have to be more careful and monitor that.
3. Magnesium also does not help with the Brain Fog, and I had troubles focusing or concentrating to get things done for work today.
4. Brain Fog, and memory issues continue, and impedes in my working, and I have to find some form of solution for that.
5. Weakness in the left hand continues, and is a strong impediment to work life as well.

**24.07.2025**

Today was my birthday, but it felt so grim the whole day. This was the worst birthday I have had whole my life. We just went out to an Indian restaurant, and ate there. I did not feel like writing this, so I will mention my symptoms shortly:

**Symptoms today**

1. Weakness persists on the left side of the body, and loss of strength makes me frustrated. I have been waiting frustratingly for my strength to return, but it has not.
2. Headaches persisted the whole day, starting from the time I woke up. It came in cycles, but at-times there was very strong pain.
3. Working on the computer screen longer than an hour, triggers this headache even further, I should consider a change in the job, where I do light physical work, away from the screen.
4. I suffered visual disturbances the whole day, I saw colored pink light in front of me, it felt good, but was annoying when I was walking.
5. Fatigue and exhaustion, makes me feel drained of energy, and I really do not how to handle this.
6. Brain-Fog, continues, and makes it harder to remember what I just learned yesterday, and is one of the biggest impediment to work.
7. I have troubles with my memory as well, and I do not seem to recall things very clearly.

**26.07.2025**

I decided to do some sports today, and went to play badminton with Marco. The energy level felt so low while participating in the sports. I did some gentle sports being aware of my body. But, even after sports, the mood did not seem to improve. I found a letter in my mail-box, from health-insurer asking me not to take appointments with specialists directly, and they registered me in a program without my consent. I have been suffering this badly since last 2 months, and I did not know how to get treated in Germany. The appointments come so late, and these insurers, they take more than 700 Euros from me, and ask me not to consult specialists by myself. This was very frustrating, and below the belt. I think, I should go back to my country, we have better health care there. I just feel stuck here.

**Symptoms today**:

1. Mutism and aphasia were an impediment during my conversation with Marco.
2. Gentle sport is good for mental health, but have to be careful, that it does not become brisk sports.
3. Headaches at back of the head (started today at 16.00 before sports).
4. Brain fog and Mutism/Aphasia go hand-in-hand, and this also makes things hard to convey to the doctor. It was quite noticeable today.
5. Weakness continued on the left side of the body, and severely decreased performance in sports and music. Need to find strategy to strengthen, and work on them more.

**27.07.2025**

The day felt completely out of energy. Fatigue and extreme exhaustion whole day, I did not have the energy to cook at all today. Tomorrow, I have to go to work, and I have no energy on Sunday. I can not even rest fully to heal to start my work on the week again. This is very frustrating.

**Symptoms Today:**

1. Woke up feeling extremely exhausted, and out of energy.
2. Fatigue lasted the whole day, and I could not get anything done.
3. I could not even play guitar today, so good. Dexterity and strength in my left hand is a big impediment to my recreational activity.
4. I remained on the bed for most of the day, and later went out to eat some food.
5. Headaches started around 10.00, and also persisted in cycles (they came and went). They were mostly concentrated to the back of my head.
6. My brain just felt dead inside, and I could not form my ideas completely to get anything from Ringo done. Brain fog, makes it extremely difficult to even function properly, and get anything done.
7. Weakness in the left hand has persisted, and the strength has not yet returned, even after almost 50 days of attack. Life feels extremely frustrating.

**28.07.2025 (Hemiplegia Day)**

While driving to work today, in the morning, I experienced another migraine attack. There was twitching today even on the left side of my face, and it became contorted. I was very worried because of this. The train was 2 hours long, and I stayed calm. I have not been to office for so almost 3 weeks now, and my work performance has been low. I wanted to work with colleagues, and learn a bit more about work, so I decided to continue despite this attack. I also had to change my laptop, because it was not working so good for last 2 months, and it was the only opportunity I have in Dresden, so I decided to continue despite my circumstances. During and after the attack, I suffered from **Mutism,** and did not want to speak. When i came to office, after a long time, I only said “hello”, and got to work. This was very rude of me, as other colleagues greeted me excitedly.

**Symptoms today:**

1. Paralysis attack on left side of the body, while travelling to work on train.
2. Strong Headaches whole night, making it hard to sleep.
3. The day was very unproductive, despite being in the office.
4. Mutism followed during and after the attack. It ended around 14.00.
5. Strong lights in the office were very irritating, and caused me headache again throughout the day.
6. Blind spots followed 5–10 times while working, but I pulled it through.
7. Tying from the left hand suffered a lot, my left hand was contorted, and I could work only with one hand today.
8. Brain Fog is the most frustrating of it all. I have issues focusing, and doing anything productive at all. I am afraid, my company will get rid of me if this continues. Maybe, I ought to rest till this recovers completely. I should ask my neurologist about this.