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| Name: MRS. SUSHMA.M | Reg No: 02-10SMHC17 |
| Age / Sex:28/F | Contact No:9029735259 |
| Marital Status:ML-3 YRS | Date:2/10/17 |
| Occupation:SBI JR.ASST.  QUAL: MTECH IN BIOTECHNOLOGY | Dr. PJFP |
| Address:  NATIVE OF ANATAPUR . | DIAGNOSIS- |

1. RECC THROAT INFECTION SINCE COMING TO BLORE. EVERY 1 N HALF MONTH GETS THROAT INF AND COUGH STAYS VERY LONG TIME.

TOOK MANY ALLO RX FINALLY GAVE INHALERS. 1 YR SHE TIOOK BUT NOW STOPPED AS THERE IS NO RELIEF. SINCE 1 N HALF YR IN BANK EARLIER IN COMPANY.

IN BLORE SINCE 3 YEARS.

TRAVELS BY BUS.

<LYING, BUT SITTING ALOS GETS, NIGHT CONTINUOUS COUGH. 12.30 NIGHT TILL 3 AND DURING DAY RANDOM. DUST.

PAST H/O:

* PCOS – AYURVEDIC THEN CONCEIVED. DELAY 3 MONTH NO PERIOD SO WENT TO CLININC AFTER MARRIEGE.
* IRREGULAR PERIODS BEFOR MARRIAGE. HAIRFALL.
* ACCIDENT 2015 NOV LEFT SIDE SHOULDER FRACTURE HUMERUS.
* GASTRITIS POST FRCTURE DUE TO MED.
* CHICKEN POX – 1ST STD.
* DENGUE – 3 N HALF YRS BACK

FAMILY H/O:

* DAD 67 YRS: COUGH PROBLEM
* MOM (58): PILES
* ELDER BRO: COUGH ISSUES
* M.AUNT: ASTHMA

VEG BY CASTE AND PREFERENCE.

DIET GOOD AND APP GOOD REG.

SPICY DESIRES

MILK ALLERGIC IN CHILDHOOD USE TO GET COUGH. NOW FINE

SCARED OF DOGS.

LIKES SHADES OF BLUE

AGG. COLD ITEMS.

CHANGE IN WEATHER TO COLD N RAIN.

STEAM DOESN’T MAKE HER FEEL BETTER DURING NOSE BLOCKS OR COUGH.

THIRSTLESS ONLY WHEN EATING FOOD eats.

PALE YELLOWISH PHLEGM.

RX:

1. PULSATILLA 200 – 1 DRM PILLS WATER
2. HEPAR SULPH 200 – 2 DRAM
3. NS 6X QID.

11/11/17: cough < daytime, before 12am – 2am

>4am-5am.

Phlegm pale yellow. this time night suddenly it started. Actually didn’t reduce since then only intensity down. during medication was fine. Later increased. No fever. Feels decreasing weight. Lmp: 27/10/17.

Rx:

1. Sil 200- 5 doses – 3 days once b/food. Mng. With water
2. Puls 1m – 3-0-3 with water.
3. Natsulph30+ipecac30+bryonia30 – disc 4-4-4-4.

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25/11/17: cough nothing is there. Once had gobi that day had svere cough again not there the next day. Lmp : 27/10/17. This month got ur spotting on 22nd from 2 days the normal bleeding started. But not as much flow as before. Feels stools timings are irregular n more hard feels. Drinks only during food. Hairfall from 6 – 7 years.

Rx:

1. puls 10m – 1 doses+ pl 2 doses – 5 days once . b/food water
2. Kali mur 12 x 4-4-4-4.
3. Pl 15 doses od.
4. Ferr phos 6x qid.

9/12/17: lmp: 24/11/17. Evening onwards samosa and snacks after that again cough. Irritation in throat a kind of irritation.

1. Pl 42 1-0-1 doses mng and night b/food.
2. Aconite200+bell200 – cough sos. 2dram
3. Puls 10 m – 1 dose now with water.
4. Penta phos 2-0-3.

6/1/18: COUGH 2-3 DAYS BACK, NORMAL COUGH. HAIRFALL INC THAN BEFORE.

RX:

1. RUB 60 – 1-0-1 B/FOOD.
2. ACID PHOS 30 – DISC 4-0-4 B/FOOD.
3. NM 6X 4-0-4 A/FOOD.

3/3/18: LMP: 6/2/18. SPOTTING SEEN A WEEK BACK FR 2 DAYS. STAIN IN PANTY. HAIRFALL IS BETTER. FEELS LESS DENSE IN THE CAP REGION. LAST TIME GOT COUGH AFTER RETURNING HOME AND IT WAS SEVERE AND DINT REDUCE FR A WEEK BUT THEN REDUCED AFTER A WEEK . BEFORE IT TOOK LONGER MONTHS TO RESOLVE BUT NOW IN A WEEK RESOLVED.IN LAST 5 MONTHS THIS IS THE 3RD TIME GETTING THE SPOTTING. POSTPONE PILLS FR 5 DAYS DUE TO RELIGIOUS REASONS.

RX:

1. PULS 1M – 1 DOSE – TOMO MNG B/BRUSH WATER.
2. SEPIA 200 – 2 DRAM PILLS 3-3-3-3 FOR 4 DAYS. ON ALTERNATE WEEKS
3. FERR PHOS 6X 4-0-4 A/FOOD.
4. RUB 30 – 1 DOSE NT. B/FOOD.

13/4/18: 2-3 DAYS BACK COUGH NOT EVERE LIKE BEFORE. THROAT PAIN ON EITHER SIDES. COUGH CONT DURING DAY. NT NOT DISTURBING. LMP: 24/3/18. DYSMENORHOEA FOR ONE DAY FEW HOURS.

RX:

1. 1. Sil 200- 5 doses – 3 days once b/food. Mng. With water
2. Puls 1m – 3-0-3 with water.
3. Natsulph30+ipecac30+bryonia30 – disc 4-4-4-4.

AFTER 4 DAYS:

1. PULS10M – 1 DOSE
2. NAT MUR 6X 4-4-4
3. RUB 60 1-0-1 B/FOOD.
4. MAG PHOS 12 X 4 TABS 1 HOURLY SOS WITH HOT WATER.

31/5/18: throat inf cough and fever from 3 days. Had some oily food outside only tht change. very much pain no burning. Pressing pain. <talking. Cold running nose mildly. Feverish from yday. cough dry cough till now but frm few hours feels a bit productive. Thirst feels reduced. Feels motion less. Feeling more tired. Not so moist tongue.

Rx:

1. Ars 200 – 4 pills 3 hourly.
2. Kali mur 12 x 4 tabs 2 hourly.

20/6/18: lmp: 2 may 2018.

Rx: 1. Apis 30 – 4-4-4-4

1. Graph 30 4-4-4-4

4/8/18:

Lmp: 8/july/18. Bleeding normal. Normally her cycle is 40-45 days after delivery regularized agn started to skip these days.

Rx:

1. Graphites 30 – 10 th to 16th day 3-3-3 a.food. 2 dram pills.
2. Rub 30 – nit 1 dose.
3. Disc 4-0-4
4. Ferr.phos 12x 4-4-4.

7/9/18: cough and cold from a week. Now frm 3 days throat infection. Burning in throat swallowing agg. > hot water…. Nose block is more. Sometimes dry cough and sometimes wet cough. Color of the phlegm pale yellow thick., sleep is a bit better. But on waking imm cough starts. … app is normal. Thirst is ok. Throat is patchy.red. lmp: 10/8/18.

Rx:

1. Hepar sulph 30 – 4 pills 2 hourly.
2. Pulsatilla 30 – 4 pills 2 hourly.
3. Kali sulph 6x 4 -4-4-4-4.
4. Tulsi vasaka syp. 2 tsp sos.
5. Phytolacca30 – 20ml – 10 drops mix in half glass water and gargle. 4 times a day.

24/9/18: fever high. Cough reduced. But still there. Irritable. No sweating. Appetite down. evening and night worse. Morning is more.

1. Gels1m+puls1m+ sulph1m – 3 pills 2 hourly.
2. Bell30+bry30- 3 pills – 3 houlry.
3. Ant tart 1m – cough – 3 pills.

27/10/18: COUGH COMING INBETWEEN STAYING FOR 2 DAYS BUT GOING SOON. LMP: 19/9/10

RX:

1. APIS 30 – 4-4-4-4. 1 DRAM 30 SIZE
2. SEPIA 200 - 4-4-4-4 2 DRAM 40 SIZE.
3. BACILLINUM200 – 4-4-4-4. 2 DRAM 40 SIZE.
4. HEPAR SULPH 1M+ACONITE200+BRY 200 – COUGH SOS. 15 GRAM 40 SIZE.
5. APIS200+GRAPH 200 – 4-4-4 BETWEEN 11TH TO 16TH DAY. 2 DRAM 40
6. RUB 15 – 1 DOSE NIGHT B/FOOD.

2/3/19: WANTS ONLY MENSES SOS PAIN. LMP: 29/1/19

RX:

1. MAG PHOS1M+BELL1M – 4 PILLS SOS PAIN.
2. BACILLINUM1M – 1 DOSE.

21/07/19: 1 degree prolapse. During menses feels descended. Only if keeps finger feels something descended other times. Cough is fine. Lmp: 10/6/19: 15/07/19. may had miscarriage. Went in auto and then had some bleeding then. 2 days – 3 days bleeding. 2 / pads day.xl.

Rx:

1. Lil tig – 4-0-4 b/food.
2. Calc phos 30/ silicea 30 4-4-4-4
3. Pyrogenum 1m – 1 dose
4. Pentaphos 4-4-4-4.