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| Name: SMT.MEENA | Reg No: 9-10SMHC17 |
| Age / Sex:41/F | Contact No:8762689735 |
| Marital Status:ML-17 YEARS | Date:30/10/17 |
| Occupation:ASOCIATE PROF NIMHANS | Dr. PJFP |
| Address: | DIAGNOSIS- |

1. K/C/O HYPOTHYROIDISM: DURING PREGNANCY ROUTINE TEST DAIGNOSED. 2009.

FRM COLLEGE DAYS USE TO HAVE INTOLRANCE TO COLD AND FATIGABILITY.

AUG 5TH THEN OCT 18TH GOT HER PERIOD. SMTIME IN JUNE HAD A PERIOD FOR A MOHT. EXHAUSTION.

1. FROM 3 MONTHS CONT SNEEZING AND NB. TIREDNESS,

NOW SNEEZING HAS STOPPED AND FEELING BREATHLESSNESS, THERE IS A DNS.

<NAVRATNA

1. MIGRAINE FROM 2 YEARS. INC FRM A WEEK TIME. FRM

L: FLUCTUATING AREAS

M: < BENDING HEAD FORWARDS,

>PRESS, APPLY AMRUTANJAN, SLEEP

S: HAMMERING TYPE

C: NAUSEA, SICK FEELING IN STMACH(DEPRESSED BCOZ OF THIS PAIN).

BETTER LYING ON THE PAINFUL SIDE.

STAYING FRM 2013 IN QUARTERS.

DOESN’T KNOW HOW TO SETTLE HER ISSUES. CONFLICTS WITH MIL

PAST H/O:

FEELS EXHAUSTED AND DISCARDED, CRIES WHEN NARRATING, FEELING LIKE A 65 YEAR OLD LADY. OTHER ARE ACTIVE BUT I FEEL OLD I LOOK OLD I GREYING OF HAIR AND EYEBROWS, READS BOOKS,

SLEEP IS BAD – BCOZ OFNB, SINUS,

ANYBODY SHOUTS A SHOOTING PAIN STARTS.

BECOZ OF PERSISTENT PAIN DOES MEDITATION AND ALL.BT NO HELP.

DREAMS: NA

PATCH UP FAST DOESN’T LIKE TO HAVE UNPLEASANT FEELING.

ETHMOIDAL, FRONTAL TENDERNSS, WARM TO TOUCH,

DRY TONGUE, WHITE FEEL THIRSTY THEN ONLY DRINKS,

DOESN’T LIKE SOUR FOOD, COLD FOOD, WINDY, COLD.

PREFERS RICE RASAM.

RX:

1. CARC 1M – 1 DOSE
2. IGNATIA 200 – 5 DOSES
3. BELL+BRYONIA 200 – 4 PILLS SOS.
4. FERR PHOS 30 – DISC
5. C.VEG 30 – 4 PILLS SOS