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| Name: mrs. yashoda | Reg No: 5-8SMHC17 |
| Age / Sex:35/f | Contact No:9900608485 |
| Marital Status:ml- 10 yers | Date:16/8/17 |
| Occupation:HOUSEKEEPING IN CLINIC | Dr. PJFP |
| Address:  NATIVE OF BLORE. | DIAGNOSIS- |

PT DIRECTLY STARTS TELLIN HER COMPLAINTS.

1. ITCHING OF B/L FEET IN AROUND THE HEEL AND MEDIAL ASPECT OF THE FOOT SINCE 2 YEARS.

L: B/L FEET

ONSET : RT FOOT AROUND THE HEEL THEN EXTENDED TO LEFT HEEL THEN RT. MEDIAL ASPECT TO LEFT.

S: ITCHIN, PAIN (? BEATEN) FEELS CAN’T TOUCH OR PRESS TO GROUND.

M:< TOUCHING THE GROUND, WASHING CLOTHES ON RISING.

* WORKING.(SOMETIMES FEELS DURING WORK ALSO BUT MOST OF THE TIME AGG AFTER RESTING AFTER WORK.?SITTING.), HOT WATER, SLEEP.

2 YEARS BACK HAD A HEAVINESS IN HEAD AND GIDDINESS WITH VMITING WHICH AMEL HER SYMPTOMS< ON LYING. ON RISING HAD HEADACHE AND WEAKNESS. TOOK ALLO RX SO FELT BETTER THEN SUFFERED FR A MONTH…BY THEN HAD LITTLE PATHCES NOT SEVERE. OINTEMENTS USED.

1. SOUR ERUCTATIONS SINCE 1 YEAR. ON AND OFF.

<MORNING ON RISING. MUST DRINK TEA OR COFFEE THEN REDUCES.

1. CAN’T STRETCH HER ARMS(PLEDGE POSITION) SAYS GETS PAIN IN THE SHOULDER JOINT SINCE 1 MONTH. RT. ARM. >PUTTING DOWN THE HAND.
2. FEELS JELLY IN THE EYES WHEN STITCHING ANYTHING FROM 3 MONTHS ON SEWING MACHINE. (DOES OCCASIONALLY).
3. PAIN IN THE KNEE JOINT

< WALKING FR LONG TIME 30 MIN, CLIMBING STEPS

PAST H/O: NS

FAMILY H/O:

* ELDER SIS: DM.
* ELDER BRO: SKIN PBM IN FEET.

SAYS HER SISTERS ALSO HAVE SOME MILD SKIN PROBLEM OFF FEET DUE TO THEIR TYPE OF WORK IN WATER AND CATTLE.

OBG H/O:

LSCS BOTH

P1- BIG HEAD OF THE BABY SO CS- GIRL 9 YRS

P2 – PREV LSCS- 6 YRS.

1 WEEK EARLY PERIODS. BUT NO ISSUE WITH HER MENSES.  
BACK PAIN SINCE CS.

PERSONAL H/O:

VEG

APP GOOD

THIRST: 500-1LT.

DESIRES: BITTER GOURD, GOBI

AVERSIONS: DOESN’T LIKE SWEETS MUCH. BITTER GOURD GETS BELCHES A LOT AND BURNING.

URINE: NS

BOWELS: NS

GETS LOOSE MOTION IF HEARS BAD NEWS DUE TO FEAR.

MILKS SUITS HER.

WANTS COLD. HOT PATIENT.

IN HOT WEATHER GETS INTERTRIGO.

USE TO GET DREAMS OF NARAKADAM OTHERS AND WAKES FROM SLEEP DUE TO FEAR AFTER 1ST BABY BIRTH FR AN YEAR.

FEAR LIZARD AND SNAKES+++

ONCE GOT A FEELING OR DREAM THAT SOMEBODY CAUGHT HER LIKE GHOST AND COUDNT MVE.

RX:

1.NAT CARB 200 – 2 DOSES WEEKLY.

2. RHUS TOX 200 – 4-4-4 FOR 3 DAYS AFTERWARDS SOS WHEN ITCHING.

3. DISC – 4-4-4-4

1/9/17:

Not feeling better with itching at all. shoulder joint pain reduced. Gastritis reduced. Knee joint pain reduced but again coming frm yday. Kumkum allergy. Getting white discoloration and if uses sticker feels burning. MUST HAV FAN.

Rx:

1. Graph 200 – 4 doses. Weekly twice water.

2. crocus sativa 200 – 4 pills mng nt. b/food. Water

3. disc 4-0-4 bd.

4. DULCAMARA 30 – PILLS 4 AFTN B/FOOD. WITH WATER

21/9/17: head heaviness since 1 week. 25% better. Cracks opening and bleeding at times. <washing.

Rx: 1. Nat sulph 200 – 4 doses. Fri and Tuesday mng b/food with water.

2. graph 1m – 2 doses. Now one dose . repeat next fri mong with water.

3. sepia 30 – 4-0-4 b/food. Disc. Daily with water.

4. bryonia 200 – 1 dram pills – 3-0-3 a/food with water.