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| Name: MRS. MEENA | Reg No: 01-1SMMHC18 |
| Age / Sex:39/F | Contact No: 9980160925 |
| Marital Status:ML- 15 YEARS | Date:6/1/18 |
| Occupation:HOUSEWIFE (BED HISTORY) | Dr. PJFP |
| Address:  NATIVE GULBARGA  INBLORE SINCE 14 YEARS. | DIAGNOSIS- |

1. FROM 4 MONTHS HAING CONT BLEEDING FOR 20 DAYS . TOOK ALLO RX HORMONE. SHE IS FINE AFTER TAKING THEM BUT DOC DIAGNOSED WITH CYST 2 WHHC ADVISED FOR HYSTERECTOMY AS ALOS FIBROID IS THERE.

LMP: 15TH DEC 2017.

KCO THYROID HYPO. USED TO GET A LOT OF RECURRENT COUGHS N COLDS SO GOT IT TESTED N FOUND OUT

GETS PMS LIKE NAUSEA, GIDDINESS N HEADACHE.

HAS GOT ALLERGY FROM 1 YEAR < SNEEZING ON RISING MNG, DUST LACHRYMATION ITCHING IN EYES AND IRRITTION IN EARS AND THROAT. TOO MUCH ALLERGY.

HEADACHE IS MORE. WHOLE HEAD AND BACK REGION. FEELS NAUSEATED. > VOMITING. TAKES TABLET.

FEELS LIKE EATING SWEET DURING HEADAHCE. TOOK MIGRAINE RX ALSO FR THT.

MNG MUS GO 3-4 TIMES FR MOTION LOOSE . IMM AFTER EATING N SMTIMES BEFORE EATING ALSO. HAPPENS 4-5 TIMES.

EARS PAIN < COLD, ITCHING

IF EATS ANY SOUR FOOD LIKE LEMON ORANGES BANANA IMM GETS ITCHING N ERUPTIONS ANYWHERE ON THE BODY.

RX:

1. SANGUINARIA 200 – MNG 3 PILLS B/FOOD.
2. WYETHIA 200 – AFTERNOON 3 PILLS B/FOOD.
3. SPONGIA 200 – NIGHT B/FOOD 3 PILLS
4. AMN 6C DISC 4-0-4
5. RUB 15 – NIGHT 1 B/FOOD.

20/1/18: lmp: 16/1/18. Bleeding scanty for 3 days today is 4th day. Not much change with medicines. No h/o of any disturbances mentally 4 months back. Travels more also gets headache. Vomiting feels better after vomiting. Sleep in the afternoon feels a bit better. Headache if she lacks sleep. Even if applies oil also imm affects sneezing and all. hairfall. beating type of pain feels like pressing with fingers feels better. Before marriage dysmen but now no pain. but after med feels painful. Father SI. If sees death will get dreams and fear of deaths. Children. Saw many deaths in childhood her grandmother her aunt younger and elder and elder uncle. Said all died of heart attack. If gets headache blurred vision forst and then increase in headache. Took postpone tablets for some puja.

Rx:

1. Sep 200 – 7 doses – alt.days. b/brush water mng
2. Iris v 200 – 1 dram pills.
3. Carc1m -2 doses. b/brush weekly once water.
4. Bryonia 1m+iris 1m – 4 pills sos headache. 2 darm pills.
5. Rub tablets 30 – 1-0-1 b/food.

10/2/18: LMP: 30/1/18. 15 DAYS ONLY GOT PERIOD. BLEEDIGN 3 DAYS . headache no change. cold running nose on waking in the morning. Gastric pbm left pain in the arm. After eno felt better. Cant take cold can bear heat.

Rx:

1. Thuja 200 – 1 dose water b.bbrush 11th feb
2. Ignatia 200 – 1 dose b.brush water 12 th feb
3. Sepia1m – 1 dose 15th feb 2018 b.brush
4. Iris v. 1m 1 dram pills 4-4-4-4 for 3 days.
5. Rub 15 – 1 dose night b/bfood.

3/3/18: this time 15 days bleeding didn’t come. Lmp: 30 / 1/ 18. Cold is there. Feels inc. headache better. Got once only and the intensity also was low. Dry tongue. Itching in the throat and tonsils hypertrophied and inflamed mildly. Feeling trobulsome with it. WT: 70KG.

1. Ignatia 200 – 1 dose b.brush water 11th march 2018
2. Sepia1m – 1 dose 15th march b.brush
3. Bell 200+amm carb 200 – 1 dram pills 4-4-4-4.
4. Rub 15 – 1 dose night b/bfood.

5/4/18: LMP: 30/1/18. HEADACHE REDUCED. ALLERGY IS SO MUCH. WHEN AKING TABS SHE IS FINE. IF STOPPED IT IS RECURING. EYES ITCHING, EAR PAIN AND ITCHING AND THROAT ITCHING. SNEEZING MORE ON WAKING. FEELING VERY WEAK FR SLIGHTEST WEIGHT OR WORK ALSO. ABD FEELS BLOATED. BODY PAIN. wt. 66.5 kg

RX:

1. Sepia 1m – 5 doses – 3 days once.
2. PULS 200– 2 DRAM PILLS 3-3-3.
3. APOCYANUM 200- 1 DRAM PILLS 3-3-3
4. RUB 15 DOSES – 1 DOSE NT B/FOOD.
5. PHYTOLACCA q +FUCUS Vesic Q 10-10-10 drops a/food water.

3/5/18: inabsentia. On phone. Frm mrning had some pain in abd took some hormone postponement pills scared tht she would get the period n this Sunday is the programme. Headache not much got 2 times took allo rx din reduce with homoeo sos. Allergy better. Weight feels same. Feeling a bit active than before by 50%.

1. Sepia 1m – 5 doses – 3 days once.
2. PULS 200– 2 DRAM PILLS 3-3-3.
3. Plain pills- 1 DRAM PILLS 3-3-3
4. RUB 15 DOSES – 1 DOSE NT B/FOOD.
5. PHYTOLACCA q +FUCUS Vesic Q 10-10-10 drops a/food water.

9/6/18: lmp: 11/5/18. 4/6/18. Normal flow. Cold and allergic symptoms. Headache was severe couldn’t control took allo rx 2-3 times. Before periods had headache and after too. Back of head and sides. and frontal started recently.almost whole head. Cant open eyes. Nauseaous. >vomiting. Tight bandaging amel. Allergic symptoms also there bt better than before. Frequency of the headache is dec but intensity is same. Eyes all itch terribly. Little cold also affects her. Sour food affects her. Gets headache. Food isn’t on time imm headache starts.

Rx:

1. Puls 1m – 2 doses.
2. Puls 0/1 4 pills sos – headache.
3. Rub 60 1-0-1 b/food.
4. Pentaphos 2-0-2
5. Thuja 1m – 1 dose.

4/8/18: LMP: 20/7/18. NORMAL BLEEDING. ALLERGY , EAR ITCHING. HEADACHE SEVERE. SNEEZIN MORE. 10 YEARS HAVING THIS HEADACHE. BP: 120/80MMHG. GASTRITIS.BACK PAIN. CANT SIT CANT STAND. AFTER ENO GOT BURPS AND FELT BETTER.

RX:

1. CARCINOSIN 7 DOSES 4 DAY S ONCE B/FOOD. MNG.
2. SEPIA1M – 4-4-4-4 2 DRAM PILLS
3. NICCOLUM MET 200 – 4 -4-4-4 – 1 DRAM.
4. KALI BI 200 – 4-4-4-4 2 DRAM PILLS
5. NAT PHOS 12X 4-4-4-4.
6. RUB 30 – 15 1 DOSE NIGHT B.FOOD.

3/9/18:

1. CARCINOSIN 7 DOSES 4 DAY S ONCE B/FOOD. MNG.
2. SEPIA1M – 4-4-4-4 2 DRAM PILLS
3. NICCOLUM MET 200 – 4 -4-4-4 – 1 DRAM.
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5. NAT PHOS 12X 4-4-4-4.
6. RUB 30 – 15 1 DOSE NIGHT B.FOOD.

FOR 1ST 3 DAYS:

1. CYCLAMEN/AMM CARB/WYETHIA 1M – 4-4-4-4.

24/10/18: cold is same. Lmp: 10/10/18. Eyes itching. Teeth pain . 2-3 days before periods gets nausea and headache. Feeling difficulty in breathing. Hairfall from 15 days.

Rx:

1. Arum d1m/spongia30/arundo200 – 4-4-4-4 for 4 days. Alternate weeks
2. Lachesis 200/thyroidinum1m – 4-4-4-4 for 4 days. Alternate weeks.
3. Psorinum200 7+7pl doses.– 1 dose night b/food.

24/11/18: feeling better. Lmp: 23/11/18.

Rx:

1. Arum d1m/spongia30/arundo200 – 4-4-4-4 for 4 days. Alternate weeks
2. Lachesis 1m/thyroidinum200 – 4-4-4-4 for 4 days. Alternate weeks.
3. Psorinum200 7+7pl doses.– 1 dose night b/food.

8/12/18: LMP: 24/11/18. ALLERGY ALSO BETTER THAN BEFORE. MNG TIMES THER BUT NOT THT SEVERE. HAIRFALL ALSO BETTER. 2-3 DAYS FELING TIRED. WT 72.4KG. BP: 100/80 MMHG.

RX:

1. Arum d1m/spongia30/arundo200 – 4-4-4-4 for 4 days. Alternate weeks 2 DRAM
2. Lachesis 1m/thyroidinum200 – 4-4-4-4 for 4 days. Alternate weeks. 2 DRAM
3. Psorinum200 7+7pl doses.– 1 dose ALTERNATE night b/food.
4. RUBRUM 30 – 1 DOSE NIGHT B/FOOD.
5. THYR 3X 2-0-2 A/FOOD.

9/2/19: LMP: 15/12/18, 14/1/19; 3/2/19. FM 5 DAYS COLD AND COUGH.

1. Arum d1m/spongia30/arundo200 – 4-4-4-4 for 4 days. Alternate weeks 2 DRAM
2. Lachesis 1m/thyroidinum1M – 4-4-4-4 for 4 days. Alternate weeks. 2 DRAM
3. Psorinum1M 7+7pl doses.– 1 dose ALTERNATE night b/food.
4. RUBRUM 30 – 1 DOSE NIGHT B/FOOD.
5. THYR 3X 2-0-2 A/FOOD.

FIRST 3 DAYS:

1. ARS ALB1M/GELS1M/BRY1M – 4-4-4-4-4.
2. NAT SULPH 4-4-4-4

18/5/19: lmp: 5/5/19.allergy in the morning. But better than before. Intramural fibroids. Teeth pain. headache there on n off. Periods before gets pain more. Nausea and headache. 3-4 day back had pain in the right leg completely. Eltroxin 50mg. wt: 70.8kg

Rx:

1. Arum d1m/spongia30/arundo200 – 4-4-4-4 for 4 days. Alternate weeks 2 DRAM
2. Calc carb200/thuja200/lapis alb200 – 4-4-4-4 for 4 days. Alternate weeks. 2 DRAM
3. Medorhinum1m – 4 doses – weekly. b/brush water.
4. RUBRUM 30 – 1 DOSE NIGHT B/FOOD.
5. Amn 30/frax 6c 4-4-4.b/food.