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| Name: mrs. pavithra | Reg No: 6-1smmhc18 |
| Age / Sex:21/1/18 | Contact No:9035715414 |
| Marital Status:ml- 10 months | Date:20/1/18 |
| Occupation:bcom. House wife. | Dr. pjfp |
| Address:  Native bangalore | DIAGNOSIS- ANTENATAL CARE |

1. Headache from 15 days. b/l temples. Backpain since one week. < on and off.
2. Giddiness < morning.

Case of pcod prior pregnancy took tablets for conception. Darkish discoloration on skin neck lips underarms. < sun , itching. >washing with normal water. Then was diagnosed with pcod.

Less thirsty. <lt per day.

Eating finds difficult now.

Rx:

* Ferr phos 12 x 4-4-4-4
* Sulphur 1m – 1 dose b/brush water.

7/2/18: giddiness, headache, feeling as if circulating feeling in the abdomen < night , no vomit. Eats lil. Giddiness< mng. After waking. Headache /,night time. Afternoon. Temples. Feels like sleeping. Feeling thirsty more.

Rx:

1. Sulphur 1m – 1 dose b/brush water.
2. Bry 200 – headache sos 4 pills.
3. Syzizium q – 10-10-10 drops a/food.
4. Cold sos – all cepa 30+gels30 4 pills sos
5. Cough +throat pain- bell30+hep sulph 200 4 pills sos
6. Fever – bell30+gels30+ferr phos 30 – 4 pills sos.
7. Ferr phos 12x 4-0-4
8. Avena 1m 4 doses – weekly once b/brush water.
9. Alfa 1m 4 doses – weekly once b/brush water.

14/3/18: backpain. Low abdomen pain <evening, night. Feeling more thirsty. Craving for sweets. Giddiness < morning. Dry tongue. More frequency of urination. < night , early morning.

Rx:

1. Sabina 200 – 1 dram pills 3-3-3-3
2. Cal.phos 12x 4-0-4
3. Rub 30 – 1 dose nt b/food.
4. Sulphur 200 – 1 dose nt b/food
5. Thuja 200 – 1 dose – 21 march mng b/brush water
6. Ferr phos 12 x 4-0-4
7. Uran nit 30 – pills 2 dram nt b/food

7/4/18: BACKPAIN <sitting. Catching type of pain. >massage thighs pain <night pain

1. Calc carb 200 - 4 doses – weekly b/food.
2. Pentaphos 2-2-2 take 2 bottles for 1 month
3. Uran nit 200 – 1 dram pills 3-3-3-3.
4. Sygiziumq 10-10-10 drops a/food.
5. Thuja 1m – 1 dose .
6. Acid phos 1 disc 3-0-3
7. Sepia 200 – 4 doses – weekly once b/brush water.

7/5/18: back pain feels better. Toothpain and pus formation. Done a cap replacement 2 months back. The same tooth frm 15 days troubling. Smtimes brushing leads to bleeding. Gum boil with a small opening at the top.

Rx:

1. Hepar sulph 30 – 4-4-4-4 for 3 days.
2. Hekla lava 200- 4-4-4-4

1 month medicines:

1. Silicea 200- 4 doses. daily once b/food. Morning.
2. alfalaQ avenaQ 10-10-10 drops a/food
3. rub 60 doses 1-0-1 b/food.

8/6/18: back pain lil bit. Cold since yday.after 30 – 60 min getting heartburn. Lunch n lying more.

Rx:

1. pentaphos 2-0-2
2. nat phos 6x 4-4-4 b/food.
3. Rub 1-0-1 60 doses.
4. Alfalfa 200+avena200+sygizium200 – 4-4-4-4 2 dram repeat 2 weeks once for 4 days.
5. Acid phos 1m 4-4-4-4 2 dram repeat 2 weeks once.

**Nithin husband**: 8/6/18: dry cough since 3 days <night, after eating and lying. Had ice cream outside. Headpain while coughing. No thirst. Throat pain itching when phlegm comes. phlegm white pale yollow. Relief hot water.

Rx:

1. Hepar sulph 30 – 4-4-4-4
2. Bryonia 30 4-4-4-4.

12/7/18: 3 DAYS COUGH THROAT PAIN. <POMGRANATE JUICE. MRNG, NIGHT. COLOR OF PHLEGM – YELLOWISH. BURNING. HEARTBURN < AFTR FOOD, CHUTNEY, AFTER BFAST.

RX:

FOR 5 DAYS:

1. SEPIA 200 – 4 PILLS 3 HOURLY – FR 4 DOSES.

AFTER 3 DAYS.

1. ALFALFAQ+AVENAQ – 15 -15-15 DROPS A/FOOD WATER
2. ACID PHOS1M– 4-4-4-4
3. SULPUR 200 – 1 DOSE.
4. THUJA 1M – 1 DOSE.

JULY 29/7/18:

1. PULSATILLA 200 – 4-4-4-4
2. ARNICA 200 – 4-4-4-4
3. HYPERICUM1M – 1 DOSE

23/7/18: bp : 120/70mmhg. sugars sre high – 154 mg/dl. Feels food is in throat only.

Rx:

1. Bell 30 – bp during labor
2. Insulinum 1m / sulphur1m/ sygz –disc 3-3-3-3.

6/8/18:

1. Insulinum1m / sulphur1m 4-4-4-4.
2. Thuja 1m – 2 doses alternate days b/food morning.
3. Chamomilla 1m/staphysagria 1m – tooth pain sos 4 pills.
4. Carbo veg30 – 4 pills sos gastritis.
5. Pentaphos 2-2-2.
6. Rub 30 -1-0-1 b.food.

22/8/18: constipation. Delivered on 15th sug lscs. No pain and big baby was the indication.

Rx:

1. Sepia 1m / bry1m

Baby :

1. Medo 1m- 1 dose with milk mother.

Husband:

1. Ars/gels/bry/bell/acon 30 – 4 pills 3 hourly. For 1 day wed/thu
2. Same as above 200 – Friday and sat.

11/9/18: **b/o pavithra**: night full crying.11pm 5-6am smtimes 8am.. snce birth getting yellowish discharges frm birth. Watery at birth now sticky and yellowish.

Rx:

1. Sulphur1m/pulsatilla1m/chamomilla1m – 4-4-4 for 3 days.

4/10/18:

B/O PAVITHRA: CRYING IN THE NIGHTS ALONE.

RX:

1. SYPHILINUM 1M – 4 PILLS IN THE MORNING FOR 3 DAYS.

11/11/18: blackish discoloration. On thyronorm 25mg. for weight control.

Tx:

1. Phytolacca Berry Q 10-10-10 drops a/food water.
2. Berb aquifolium Q – 20 drops in the morning and night in one mug of water after bath.
3. Thyroidinum 6x 2-2-2
4. Graphites 200/ thuja 200 – 1 dose night b/food weekly.

27/11/18: cold, throat pain,

Rx:

1. Hepar sulph 30+ nux vom 30 – 4-4-4-4-4.
2. Nat mur 6x+ferr phos 6x 4-4-4-4.

29/12/18: DARKNESS ON THE NECK AND DARK CIRCLES.

1. RX: Berb aquifolium Q – 20 drops in the morning and night in one mug of water after bath.
2. Thyroidinum 6x 2-2-2
3. Graphites 1M/ thuja 1M – 1 dose night b/food weekly.
4. BERB AQ 30 DISC 4-0-4. A/FOOD.

28/1/19: DARKNESS IS REDUCED BUT THERE STILL. STOPPED THYRONORM. GIDDINESS FRM A DAY. NIGHT AND EVENINGS. PERIOD NOT STARTED YET. BACKPAIN. MOTION NORMAL.

RX:

1. RX: Berb aquifolium Q – 20 drops in the morning and night in one mug of water after bath.
2. Thyroidinum 6x 2-2-2
3. SEC COR 30 DISC 4-0-4
4. BERB AQ 200 DISC 4-0-4. A/FOOD.

2/2/19: B/O Pavithra: cough since 3 days. Exposure to cold dry wind. Aconite1m, hepar suph 200. Increased. Continuous cough. Night full crying. Not drinking milk. Nose block. Vomit after cough.

Rx:

1. Coccus cacti 200 – 4-4-4-4
2. Nux vom 200- 4-4-4-4

2/2/19: cough cold, thick discharge. Tonsils swollen. Pricking pain.

Rx:

1. Belladonna 200. 4-4-4-4.
2. Bryonia 200 – 4-4-4-4

18/3/19: dark pigmentation. Heat boils on buttocks. Sitting while paining. >cold water. Baby not feeding from right breast. Vomits from it.

Rx:

1. Echnicea+calend 6c – 30 ml dilution – 30 drops for sit baths.
2. Berb aq+hamemalisq+calendula 6c – 15 drops on the face. Twice daily.
3. Calcarea carb 200 – 4-4-4-4. Boiron
4. Caulophyllum 200 +berb aq. 200 – disc 4-0-4 b/food.
5. Rub30 – 1 tab night b/food.
6. Bell1m+ mer sol 1m – 4 pills sos frheat boils.

23/3/19: Tuesday. Cold running nose. And frm today mild cough, body hot. Frm mng not eating.

Rx:

1. Dulcamara 200/acon 200 - 4-4-4-4-4.
2. Ferr phos 6x 2-2-2-2-2.

B/O PAVITHRA – SRUSHTI : 4/6/19: COLD COUGH 2 DAYS . TRAVELLING AND AC ENVIRONMENT. FUNCTION. FOOD REDUCED. DOESN’T CRAWL . WILL STAND, AND ROLL ON TUMMY BT WILL NOT TRY TO GO FORWARD. WILL RETCH BUT NOT VOMIT. AFTER LITTLE ALSO WILL RETCH WHILE EATING. CHEST CLEAR. NOSE WATERY.

RX:

1. ACONITE1M/DULCAMARA1M – 4-4-4-4
2. FERR PHOS 6X 4-4-4-4.

PAVITHRA: THROAT PAIN , RUNNING NOSE SINCE MORNING. PAINING. NO COUGH. CHEST CLEAR. TONSILS HYPERTROPHIED. DARK PIGMENTATION. CUBITAL FOSSA HAS SOME ITCHING AND TURING BLACK.

RX:

1. ALSEPTOL FOR GARGLING – 25 DROPS 3 TIMES AFTER FOOD GARLGE AND DON’T EAT OR DRINK FOR 15 MIN AFTER GARGLING.
2. HEPAR SULPH 1M – 4-4-4-4
3. NAT SULPH 6X 4-4-4-4.

AFTER 5 DAYS:

1. GRAPH 200 – DISC 4-0-4
2. THUJA 200 – WEEKLY 2 DOSES – 8 MNG B/FOOD
3. RUB 30 – 1 TAB NIGHT B/FOOD.
4. Berb aq+hamemalisq+calendula 6c – 15 drops on the face. Twice daily.

15/6/19: FEVER ON AND OFF AND SWEATING AFTER HEAT.

RX:

1. ACON1M/GELS1M/BEL1M – 4 PILLS 3 HOURLY.
2. FERR PHOS1M/ ALL CEPA 1M – 4 PILLS 3 HOURLY.