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| Name: MR.GIRISH KULKARNI | Reg No: 8-1SMMHC18 |
| Age / Sex:48/M | Contact No:9972399156 |
| Marital Status:ML- 15 YEARS | Date:27/1/18 |
| Occupation: ACCOUNTS MANAGER MAHINDRA COMPANY JAYANAGAR 4TH TH BLOCK | Dr. |
| Address: | DIAGNOSIS- |

1. HIGH CHOLSTEROL LEVELS
2. BP

HAD UNEASY FEELING LIKE FEAR AND SOMETIMES LIKE HE WILL GET SOME DISEASE MAY FALL. SO WENT TO DOC AFTER SOMETIME AND THEN DECIDED TO TAKE TABLETS. 2013.

IN 2014 GOT CHOLESTEROL HIGH LEVELS ROUTINE CHECK.

WEIGHT GAIN. NOW 75KGS. HEIGHT MAYBE AROUND 5’3’’

PAST H/O:

TYPHOID CHICKEN POX

PERSONAL H/O:

VEG. MORNING FEELS VERY HUNGRY BUT FOOD IS ON TIME.

HOT AND MODERATE SPICY FOOD PREFERS

SWEAT NS BUT IN NORTH KARNATAKA GETS A LOT OF IT.

SUMMER FEELS UNEASY EVEN IF A BIT HT ALSO CAN’T TOLERATE. DESIRES T BE COLD IN COLD.

FEAR OF HEART DISEASE.

DAD IS HEART ATTACK HE IS FINE NOW BUT THERE IS HISTORY.

USE TO LIKE POTATO A LOT CHAPATHI BUT BECAUSE HE IS GAINING WEIGHT HE STOPPED EATING IT.

RX:

1. CHOLESTRINUM 30 – DISC 3-0-3
2. BOERHAVIA Q 10-10-10 DROPS A/FOOD IN HALF GLASS WATER.
3. RUBRUM 15 – 1 DOSE NIGHT B/FOOD.

10/2/18: same like before.

1. CHOLESTRINUM 30 – DISC 3-0-3
2. Allium sativum+avena Q 10-10-10 DROPS A/FOOD IN HALF GLASS WATER.
3. RUBRUM 15 – 1 DOSE NIGHT B/FOOD.

3/3/18: FEELING MUCH ACTIVE THAN BEFORE. FEELING NOT GETTING SLEEP. DEEP. WT: 71KG. LAST 2 DAYS FEVER ,COLD AND COUGH.

1. CHOLESTRINUM 30 – DISC 3-0-3
2. Allium sativum+avena Q 10-10-10 DROPS A/FOOD IN HALF GLASS WATER.
3. RUBRUM 30 – 1 DOSE NIGHT B/FOOD.

5/4/18: sleep is also ok. Active. After waking up not feeling fresh. Hands shaking from many years. Same with his mom. Mom died due to old age. Fell down and dropped in health. Wt : 71kg.

Rx:

1. Nat carb 200 – 1 dose – b/brush water.
2. Cholestrinum 200 disc 3-0-3
3. Allium sativum+avena Q+phytolaccaQ 10-10-10 DROPS A/FOOD IN HALF GLASS WATER.
4. RUBRUM 30 – 1 DOSE NIGHT B/FOOD.

9/6/18: active.

Rx:

1. Fel tauri 30 15 doses – 1 dose alternate days.
2. Rubrum 30 – 1 nt. b/sleep.
3. Pentaphos 2-0-2.

4/8/18: FEELING MORE SLEEPY IN THE DAYTIME. 11.30 TO 1 CLOCK. FREQUENTLY HANDSHAKE. NOT ABLE TO GET DEEP SLEEP IN THE NIGHT. 120/80MMHG.,

RX:

1. ALLIUM SAT+BOERHAVIA Q+ ALFALFAQ – 15-15-15 DROPS A/FOOD.
2. CHOLESTRINUM 1M – 4-4-4-4. 2 DRM PILLS
3. NAT CARB 1M – 4 DOSES – WEEKLY B.FOOD MNG.
4. RUB 30 B.FOOD. NIGHT.

25/9/18: sleeping is better than before. But daytime feeling more sleepy. Able to sleep only 5-5.5 hrs not more than tht.

Rx:

1. Nux vom200 4 pills night b/food. 2 days once.
2. Kalicarb200 4 pills morning b/food. 2days once.
3. Choletrinum200/thuja1m – 4-4-4-4 weekly repeat 3 days gap.
4. passifloraQ+withania somniferaQ – 10-10-10 drops a/food.
5. Rub 30 – 1 dose night b/food.

5-12-18

Weight :- 75.1

Rx:

1. Cholestrinum 1m 4pills mng before food
2. Kali phos 12x 4-4-4
3. Fel tauri 200 4-0-4
4. Calc carb 200 4doses weekly once mng b/food
5. Silicea 12x 4-4-4-4
6. Medo 1m 4doses weekly once mng b/food

9/2/19: BACK PAIN SINCE 1 WEEK. WORK PROFILE CHANGED FRM NOVEMBER MORE SEDENTARY. COLD FRM 10 DAYS. AFTER TRAVEL. COUGH PHLEGM YELLOWISH. SMTIMES WHITE. ONCE WAKES UP IN NIGHT TAKING 45 MIN TO SLEEP BACK. 3-5AM DISTURBANCE IN SLEEP. SAYS NOTHING DSTRBN. WEIGHT INC AS WORK STYLE BECAME MORE SEDENTARY. B.P: 100/80MMHG

RX:

1. KALI CARB 1M/LYCO1M– 4-4-4-4
2. BERB VULG 200 – 4-4-4-4.
3. CARBO VG 30 – 4—0-4
4. CHOLESTRINUM 1M – 4-4-4-4. ALTERNATE WEEKS.
5. PASSIFLORA +AVENA+ALFA 20 DROPS TID.

18/5/19: feeling as if gaining weight. Feels better overall. Wt: 74.2kg.

Rx:

1. Abroma agusta Q– 15-15-15
2. Insulin 12x 4-4-4
3. Cholestrinum200/fel tauri 200/acid phos 200 – disc 4-0-4
4. Rub 30 – 1 b/food night.
5. bhoerhaviaQ- 15-15-15 a/food.
6. Medorhinum 1m- 4 doses weekly.