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| Name: mr.Jitendra | Reg No: 5-10smmhc18 |
| Age / Sex:29/male | Contact No:8904724829 |
| Marital Status:ml- 1 year | Date:6/10/18 |
| Occupation:technical writer. Aircraft maintenance eng. | Dr. pjfp |
| Address: native of Gorakhpur up.  In blore since 2011. | DIAGNOSIS- |

1. Dandruff. Itchy scalp since 2014.travelled to uk for a year and got this issue ther. Use to take hot water headbath regularly. Very cold climate there.

Habit of biting nails.

Rx:

1. Thuja 1m – weekly doses.
2. Nat sulph 30 – disc 3-0-3 b/food.
3. Nm 12 x 4-0-4
4. Staphy Q+ thuja Q – 20 ml – 100 ml of extravirgin olive oil.
5. Rubrum – 30 – nt 1 dose .

* Apply menthe pack – weekly once
* Oil hair well alternate days leave overnight and wash off in the mornig with mild shampoo.
* Eat dry fruits and honey regularly.

27/10/18:

1. Thuja 200 – weekly doses. 4
2. Nat sulph 200 – disc 3-0-3 b/food. Just add 5 drops to whole bottle.
3. Nm 12 x 4-0-4
4. Kali sulph6x 4-0-4.
5. Rubrum – 30 – nt 1 dose .