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| Name: SMT. JAYASHREE | Reg No: 07-12SMHC18 |
| Age / Sex: 46/F | Contact No:9731623777 |
| Marital Status:ML- 30 YEARS | Date: 12/12/18 |
| Occupation: HOUSEWIFE. STUDIED UPTO PUC. | Dr. PNB |
| Address:  NATIVE OF CHITRADURGA,  IN BLORE FROM SILK BOARD | DIAGNOSIS- |

1. JOINT PAIN SINCE 6 YEARS. GOT CHIKUN GUNYA 10-12 YERS BCK SINCE THEN THER FRM 6 YRS INC. LAST YEAR AGIN GOT CHIKUN GUNYA. FEELS VERY TIRED.. USE TO STITCH ALSO. RESTLESS USE TO DO. HER TIME PASS IS THAT. < MORE 1 WEEK BEFORE MENSES. > SUMMERS.
2. BP SINCE PREGNANCY 1989; GOT SWELLING OF LIMBS AND BODY ALSO. FLUCTUATING TILL LAST 2 YEARS BUT FRM THEN HIGH ONLY. GIDDINESS , VERY ANGRY.
3. VARICOSE VEINS NO PAIN BUT UNABLE TO SIT ON THE FLOOR. MORE ON THE RIGHT LEG. SPECIALLY ON THE KNEE REGION. LIKES TO SIT ON THE FLOOR ONLY.
4. DARK CIRCLES SINCE DELIVERY. REDUCING FRM 3 YEARS BY ITSELF. REDUCED STITCHING. DUE TO FAMILY PBM USE TO STICTCH AND EARN MONEY. SHE LEFT HER HUSBAND AND CAME AS HE HAS NO RESPONSIBILITY AND USE TO BEAT KIDS AND ALL.
5. ALLERGIC COLD AND COUGH < SEASONING, DUST SMTIMES GETS ITCHING ON SKIN ALSO. 6 YRS BCK USED INHALER ALSO. (SAID AFTER ME ASKING). USE TO HAVE IT SINCE 30 YEARS AFTER DADS DEATH.

HAS 3 GIRLS. FTND.

* 29
* 26
* 24.
* LEFT HUSBAND 15 YEARS BCK.
* DAD DIED WHEN SHE WAS 30 YEARS.
* IM VERY STUBBORN.

4. GAINING WEIGHT AND HAD LOT OF ALLERGIC COUGH THEN AFTER CHECK DIAGNOSED WITH SINCE 4 YEARS THEN DIAGNOSED AS HYPOTHYROIDISM AND DM. (SAID AFTER ME ASKING)

6. HEADACHE MORE FROM DADS DEATH. ALWAYS THERE TEMPLES. SOMETIMES OCCIPETAL IF INCREASES MORE.

F/H:

* DAD:CA OF JAW. DIED AT THE AGE OF 53 YRS. PT WAS IN 8TH STD THEN. VERY MUCH ATTACHED TO HIM.
* MOM: BP, ANGIOGRAM, DM
* 5 SISTERS AND PT IS YOUNGEST.
* ELDER SIS: THYROID DYSFUNCTION AND VARICOSE VEINS.
* 2ND SIS: BREATHING ISSUES
* 3RDSIS: OBESE.
* OVERALL FAMILY HAD RECC TONSILLITIS.

PAST H/O:

* TYPHOID – 7TH STD
* RECC TONSILS.

PERSONAL HISTORY:

* STOPPED NON VEG WHEN WENT TO KASI. THEY SAID U MUST LEAVE SMTHNG THT U LIK SO LEFT NON VEG.
* SPICY FOODS . SWEETS ALSO BUT STOPPED DUE TO DIABETES.
* SWEAT NORMAL – MORE ON CHEST UNDERARMS.
* SLEEP : SLEEPS IMM FR AN HOUR DEEP. AFTER THT KEEPS WAKING AND GOING BACK TO SLEEP. EARLY HOURS AGAIN DEEP SLEEP. DREAMS MORE OF TEMPLES. IF THINKS ABOUT DAD WILL GET HIM IN DREAMS AND THE NEXT DAYS WILL BE VERY GOOD. STARTLES IN SLEEP.
* LIKES WARM WEATHER. LIKES SODAS AND COFFE ALSO MORE- 6-7 COFFEES A DAY.

MIND:

* CLOSE TO DAD. VERY MUCH.

AFTER HOMOE:

* BETTER IN JOINT PAIN
* BETTER IN ENERGY.
* ALLERGY SAME.

RX:

1. CARC1M – 3 DOSES – 5 DAYS ONCE B/BRUSH WATER.
2. LACH 200 – 4PILLS AFTERNOON B/FOOD.
3. POLYPORUS 200- DISC 4-4-4.
4. RUB 15 – 1 DOSE NIGHT B/FOOD.
5. BRYONIA 30 – 7 DOSES BOIRON – ALTERNATE DAYS B/FOOD NIGHT.

29/12/18: HEADACHE MUCH BETTER. PAIN ALOS MUCH BETTER.

RX:

1. CARC1M – 3 DOSES – 5 DAYS ONCE B/BRUSH WATER.
2. LACH 200 – 6PILLS AFTERNOON B/FOOD. ALTERNATE DAYS.
3. POLYPORUS 200- DISC 4-0-4.
4. RUB 15 – 1 DOSE NIGHT B/FOOD.
5. BRYONIA 30 – 7 DOSES BOIRON – ALTERNATE DAYS B/FOOD NIGHT.
6. PHYTOLACCA+FUCUS+AVENA+ALLIUM SAT Q – 15-15-15 DROPS A/FOOD. WATER.

19/1/19: no headache. Burning in abdomen < night when lying down, after eating within 10 min. must get up at drink buttermilk n sleep. Wt: 74.1 kg.

Rx:

1. Nat phos 6x 4-4-4-4
2. Carbo veg 3x 2-2-2-2
3. PHYTOLACCA+FUCUS+AVENA+ALLIUM SAT Q – 15-15-15 DROPS A/FOOD. WATER.
4. Rub 15 – 1 tab night b/food.

23/2/19: burning abdomen lot of vomiting and lot of burning. After eating within 15-20 min lot of burning. Headache mild. Sneezing mild. Wt: 74.3 kg.

Rx:

1. Robinia 200 – 4-4-4 b/food. 3 dram pills b/food.
2. Lach 200 – 4-0-4 b/food. Alternate days.
3. Polyporus 200 – disc 4-0-4
4. Rub 30
5. Digestol syp 1-0-1 teaspoon a/food. 2 glass bottles
6. China 200 – 4 doses weekly. b/food mng.

13/4/19: pains occasional if works a lot or journey and walks more. Shoulder pain is a bit more. No headache. Even if it comes less intense. Sneezing alos not much. Gastritis is not there. Weight loss seen. Cracks on feet more. Cuts more. And painful more. Night times more. Sleep reduced a bit. Backpain more. Stitiching started. So pain. < night moe on feet so much pain. lmp: 9th april.5-6 days if delayed otherwise 3 days it will stop.

Rx:

1. Polyporus 1m/rhustox 1m/bryonia1m – disc 4-0-4
2. Robinia 30 – 4-4-4 b/food. 3 dram pills b/food.
3. Calcarea carb 200 – 4-4-4-4 1st and 3rd week 1 dram pills each.
4. KurchiQ – 15-15-15 a/food water.
5. Lachesis 1m – 4 doses weekly. b brush morning.
6. Rub 30 – 1 tab night.

4/5/19: shoulder pain increasing.

Rx:

1. Lachesis 10m – 1 dose.
2. Rub 30 – 1 tab night b/food.
3. Gelsimium1m/lyco 1m – 4-4-4-4 1st and 3rd week.
4. Nat phos 200 – disc 4-0-4 b/food.

3/8/19: went to tpt fr week after tht getting nausea and not feeling like eating anything. Hunger is there but cant eat. Burning abdomen. Mmotion immediately.

Rx:

1. Ars alb 200/ipecac 200/nux vom 200- 4-4-4-4 b/food.
2. Thuja 200 – 4 doses – mng b/food.
3. Enterodin drops 25-25-25-25 a/food water lukewarm half cup.