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| Name: Ms. Shilpa.P.R | Reg No: 11-12SMHC18 |
| Age / Sex:26/F | Contact No:8867536984 |
| Marital Status:SINGLE | Date:29/12/18 |
| Occupation:SOFTWARE. BE. CSC | Dr. PJFP |
| Address:  NATIVE OF COORG. IN BLORE SINCE 8 YEARS. | DIAGNOSIS- |

1. SPARSE HAIR SINCE MOVED TO BLORE. FRM ALMOST 6.5 YEARS.
2. NECK SWOLLEN FROM 8 YEARS. AFTER MOVING ON TO BLORE.
3. RECC COLD, ALLERGIC TO DUST.
4. HEADACHE 1-2 A MONTH. STARTS FRM THE NAPE OF NECK AND SPREADS TILL THE VERTEX. Since 10 years.
5. OFFLATE GETTING LOW ABD PAIN.
6. WEIGHT LOSS MEDICATION WANT.
7. Swelling in the rt. Medial malleolus from 2 weeks. Painless.

PAST H/O:

* HAD BREATHING DIFFICULTY. EVEN NOW HAS IT IF GOES TO DUSTY PLACES ITS MORE.
* RENAL STONES – 4 YEARS BACK.

F/H:

KIDNEY STONES MOST OF THE FAMILY HAS.

MOM 60YRS: HTN, ECZEMA OF PALMS, TB

DAD: 66 YRS- DM, WHEEZING,

4 SISTERS – PT IS YOUNGEST. ALL HAVE COLD RECC PROBLEMS. 2 OF THE SIS UTI.

2ND SIS: TB.

MATERNAL AUT DIED DUE TO SOME KIDNEY DISEASE AT A YOUNG AGE.

ANOTHER MATERNAL AUNT ALSO DIED OF SOME DISEASE.

PERSONAL:

NON VEG. IRREGULAR FOOD TIMINGS.

ALLERGIC TO – OUTSIDE CERTAIN AREAS FOOD GETS SKIN ITHING AND SWELLING SMTHNG OILY CHICKEN ETC.

DESIRES – CHICKEN TANDOORI LIKES.

AVERSION: NONVEG OTHER THAN CHICKEN, CURD.

WATER: 1 LT.

SWEAT: SWEATS MORE.

SLEEP: GETS SLEEP AFTER 3 AM TILL 8 HOURS.

DREAMS: RELATED TO CRIMES NOT GHOST RELATED. DOESN’T DREAM MUCH BUT IF GETS THOSE R THE KIND.

FEELS TIRED IF EASILY. COMPARED TO OTHERS.

FEAR OF FIRE MANY INCIDENTS HAPPENED SO SCARED. SNAKES LIZARDS.

RX:

1. BROM 200 – 4 4-4-4 WEEKLY 3 DAYS. 3 DRAM PILLS
2. THYR 3X 4-0-4 A/FOOD.
3. TUBERCULINUM 200 – 4 DOSES WEKLY B/FOOD.
4. RUB 30 – 1 DOSE NIGHT B/FOOD.
5. DISC 2-0-2 A/FOOD.
6. PHYTOLACCA B+FUCUS V+ BOERHAVIAq – 15-15-15 DROPS A/FOOD. WATER.

26/1/19: sparse hair is the same. Headache is the same. cold a little less compared to before.swelling and the low abd pain is gone. main concern is the hair. Its falling on the vertex.

Rx:

1. Spongia 200 – 4 mng b/food.
2. Calc iod 200 – disc 4-0-4
3. PHYTOLACCA B+FUCUS V+ BOERHAVIAq – 15-15-15 DROPS A/FOOD. WATER.
4. Syphilinum 1m / thyroidinum1m – 4-4-4-4 alt weeks.
5. Arnica +jaborandi Q – mix in 100 ml oil.
6. Rub 30 – 1 tab night b/food.,

23/02/19: cold reduced. Hair family members are saying its better. Wenever more work is there surely gets headache. Sleep late. Gets worried too soon. If some1 days smthng feels sad. Argues. Keeps constantly thinking about it. Likes summer. Don’t like rainy season at all. gets headaches in it. When gets headache cant concentrate on anything and loud noises also loud alking also disturbs her. No nausea. Wants to sleep then.

Rx:

1. Calc iod 1m/sil 200 /sepia 200– 4-4-4-4 alternate weeks.
2. PHYTOLACCA B+FUCUS V+ BOERHAVIAQ – 15-15-15 DROPS A/FOOD. WATER.
3. Thyroidinum 6x 4-4-4
4. Medorrhinum 1m – 1 dose.
5. Nux vom1m headache sos.
6. Rescue remedy sos.

30/3/19: headache frequency has increased. Been to coorg and wheeze has started. Not taking pain killers. . . hairfall dnt feel any difference. Trying to escape frm smthng. Im trying to hide, police is trying to find. Im trying ot escape. Ive done murder. I feel like im falling down suddenly wakes up.

Rx:

1. Thuja1m/calc carb 1m – 4-4-4-4 b/food.alternate weeks.
2. Rub 21 weeks.
3. Nux vom 1m –4-4-4-4 for 4 days.
4. Baryta carb 6c – 4-4-4 disc.

4/5/19: whenever went out lot of travel and then lot of headache. Last 15 days travel. Hairfall. Pain killers had to take. Got a new job first three days feels very disturbed. Sleep for long also gets headache. Cold frequency hasn’t been there this has reduced.

Rx:

1. Nat carb1m/thuja1m– 4-4-4-4.
2. Glonine 1m/bell1m/bry1m – headache sun
3. Puls200 /ignatia200 – 4 pills sos headache.
4. Rub 30 – 1 tab night b/food.

1/6/19: EVERYDAY HEADACHE, DROWSY, MUST TAKE SOS AND THEN AFTER 3-4 TIMES IT REDUCES. COLD BETTER. SLEEP BETTER. HAIRFALL IS THERE. INTENSITY. SWEAT A LOT. GASTRIC PROBLEM LIKE THE FOOD IS STUCK.

RX :

1. SEPIA200/NAT CARB1M/THUJA 1M – 4-4-4-4 ALT WEEKS. FR 4 DAYS.
2. Rub 30 – 1 tab night b/food.
3. NAT PHOS 200 – 4-0-4 B/FOOD DISC.
4. ACID PHOS200/BARYTA CARB 200 DISC 4-0-4 B/FOOD.
5. IODUM 200– 4-0-4 B/FOOD.

6/7/19: hairfall increased. Headache intensity in decreased but frequency has inc. sleep isn’t good. Gastritis is better. Anxiety feels heartbeat is really fast as if there is an exam to do tht feeling is there.

Rx:

1. Arg. Nit 1m/syphilinum1m – 4-4-4-4 weekly 3 days.
2. Thuja 10m – weekly doses.
3. Puls1m /ignatia1m sos – 4 pills. Headache.
4. Lachesis1m/iodum1m/spongia1m- 4-4-4
5. Rub 30