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| Name: MRS.SHEELA | Reg No: 12-12SMHC18 |
| Age / Sex: 30/F | Contact No:9945319448 |
| Marital Status:ML- 2 YEARS | Date:29/12/18 |
| Occupation: SOFTWARE ENG. | Dr. PJFP |
| Address:NATIVE OF COORG. | DIAGNOSIS- |

1. RECC COLD WEEKLY ONCE STAYS THE ENTIRE DAY UNTIL SLEEPS AND WAKES UP THE NEXT DAY IT GOES OFF. SINCE 2 YEARS. MORE RUNNING NOSE. CONT SNEEZE.
2. HEADACHE – SIDE TO NECK. SINCE 5-6 YEARS. SINCE ALMOST KIDS ALSO SHE SAYS. USE TO TAKE A LOT OF PAIN KILLERS FR IT. IF HAS POTATOE IN THE EVENING GETS HEADACHE IN THE MNG.

LOVE MARRIAGE KNOWN FR MORE THAN 8 YEARS.

NOT YET PLANNED FOR THE KIDS.

HAD SOME IMBALANCE IN PERIODS TOOK A MONTH ALLO RX WHICH GT SET RIGHT.

1. RECC . UTI’S … CHILDHOOD ALSO USE TO GET.

PERSONAL H/O:

* ANGER DOESN’T TALK EVEN FOR WEEKS. WAITS FR HUSBAND TO COME FORWARD THT DOESN’T HAPPEN AND SO SHE ONLY JUS DISCUSSES AND TALKS.
* SLEEP ALSO DOESN’T IF ANGRY. VERY DISTURBED.
* M SO Scared but will do it. Not innovative but still know m good at putting things in order. Managing things.

RX:

1. Staphysagria 1m – 1 DOSE.
2. Alumina 200 – 4 -0-4 for 4 days weekly. 1 dram.
3. Nat mur 1m + bry 1m – headache sos.
4. Rub 30 – 1 dose night b/food.
5. Pentaphos 2-2-2 30 gram
6. Disc 2-0-2 a/food.

26/1/19: headache same in the same way.

Rx:

1. Ignatia1m- 4-4-4-4
2. sepia 1m pills headache sos –
3. Rub 30 – 1 tab nt b/food.
4. Influenzinum 1m+ars 1m 4-4-4-4 1 dram pills.
5. Disc 4-0-4.
6. Psorinum1m – 1 dose.

23/2/19: cold jus got once the tabs got over by thn and it was severe. headache same way. Periods first day gets pain.sour eructations headache inc then. Mostly one side. Changes. Comes on neck fr sure werever it starts.constipated hard stool.

Rx:

1. Rescue remedy sos – headache.
2. Carbo veg 1m/lyco1m – disc 4-0-4
3. Psorinum 10m – 4 doses weekly.
4. Influenzinum 1m+ars 1m+all cepa 200 4-4-4-4 1 dram pills
5. Sil 200 – 4-4-4-4.
6. Bry10m – headache sos.

30/3/19: 3-4 times cold in one month. Headache is there bt better than before.frequency is also less. didnt take tablet during periods. Gastric problem the same. Brands. Always compares with others want to be better than me. Confidence is dependent on your beauty. Stopped believing in God. Use to b dependent on God but last 2 years im not in a state whr I depend on God fr anything. Its depndent on me and not others. Specially when the elder sis baby was born with a defect she lost all of the faith. Mayb i feel so after marriage I cant express things ot my family n I learnt to solve things by myself and I have to depend only on myself. Im independent. Someone said tht she was pregnant bcoz she got tummy. She felt conscious of her body. Don’t want kids coz of finances and a baby in her family elder sis baby is affected with the disease so she is scared tht her kid wil get it too. M not good at it (sex). My husband expects a lot frm it and she says m adamant. I dnt take first step but if people come to me im friendly.

Rx:

1. Platina 1m/nat mur 1m / thuja 1m – 4-4-4-4 alternate weeks.
2. Nux vom 1m/nat mur 1m – 4 pills sos headache.
3. Nat phos 12x 4-4-4-4.
4. Robinia 200 – sos.

4/5/19: headaches got 3 times. But frequency has reduced. New work is given use to be stressed and get headache the whole week, but now tho given feels better. Sour eructations. Cold after the tabs got over. Frequency has reduced. After eating gets sour eructations till the next meal it will be there. Constipation better. Not expecting anything frm him she is feeling better. Not getting very much irritated nt being stubborn .if I really want to fight I have many things but now there is a lot of positivity. Uti was very bad.

Rx:

1. nat phos 200/sulph1m/nux vom 200 – 4-4-4-4
2. rub 30 – 1 tab night b/food.
3. Robinia1m bd-.

1/6/19: FUNCTION ON 18TH MAY GOT HEADACHE. A WEEK AFTER THIS HAD SEVERY AND PUKED A 2 TIMES STILL DIN REDUCE. BREATHING PROBLEM IF THE PAIN INCREASES. HANDS AND LEGS BECOME TWISTED. CRYIG BADLY TOO. GASTRITIS AND CONSTIPATION BETTER. HAIRFALL IS TOO MUCH. MENSTRUAL PAIN IS MUCH. HOT WATER. HAD COLD ALSO. HAIR STINKS IF HEADBATH IS A BIT LATE. DREAMS RUNNING. SOMEONE IS GOING TO KILL. SISTER WILL BE RUNNING WITH HER.

RX:

1. THUJA 200/PHOS 200 DISC 4-0-4
2. PICRIC ACID 200 – DISC 4-0-4
3. LACHESIS 1M -4 MNG B/FOOD.
4. IGNATIA 1M – 4 NIGHT B/FOOD.
5. NAT PHOS 200 4-4-4 B/FOOD 3 DRAM PILLS.
6. COCA Q- 15-0-15 DROPS A/FOOD.WATER.
7. CHAMOMILLA1M/IGN1M/GELSIMIUM1M – 4 PILLS SOS HEADACHE.