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| Name: smt. arpana | Reg No: 2-2SMMHC18 |
| Age / Sex:42/f | Contact No:8861788310 |
| Marital Status:UNMARRIED | Date:6/2/18 |
| Occupation:STAYING AT HOME. BE TELECOM | Dr. PJFP |
| Address:  NATIVE OF BLORE | DIAGNOSIS- |

1. COUGH, THROAT PAIN AND COLD FROM 2 WEEKS. TOOK ALLO RX ALSO BUT NOT COMPLETELY CURED.

GOT THROAT PAIN 2 WEEKS BACK AFTER WHICH COLD AND COUGH FOLLOWED. SHE WAS AT HOME ONLY NO PARTICULAR . SAYS DUE TO COLD WEATHER EVERY YEAR SHE GETS THIS PROBLEM.

LEFT SIDE PAIN < MORNING SLIGHT PAIN MNG MORE. IRRITATION ITCHING TYPE. > HOT WATER , KASHAYA. THROAT MILD INFLAMMATION ON EXAMINATION.

DRY COUGH <MORNING , NIGHT SAYS WHENEVER ITS TOO COLD SHE GETS IT.

TRAVELLING SICKNESS MORE IN BUS. NEEDS MEDICINE FOR THAT.

RX:

1. BRYONIA 200 – 4-4-4-4
2. KALI BI 30 – 4-4-4-4

* TRAVELLING SICKNESS- COCCULUS 200+IPECAC 200 – 2 DRAM PILLS 4 PILLS SOS.
* FEVER SOS – ACON 30+BELL 30 +GELS 30 – 4 PILLS SOS.

14/2/18: throat pain gone . cough is there <mng , nit. Dry cough only.

Rx:

1. Bryonia 200 – 1 dose with water today night
2. Kali bi 30 – 1 dose. With water tomorrow morning.
3. Pl doses 1-0-1 b/food 1 week.

24/11/18: went to beach a week ago. Throat pain <on waking , night. Cough dry <night. Cold running nose.

Rx:

1. Tub 1m – 2 doses alt days mng b/food.
2. Sepia 200 – 1 dram pills 3-3-3-3
3. Bryonia 1m – 3-3-3-3- 1 dram pills

* Lots of salt water gargling warm water- 4-5 /day
* Dring ginger tea with one garlic and turmeric crushed and boiled with milk and add jaggery. 2/day.

21/9/18: 4-5 days onwards got throat infection and pain then running nose. Took sos. Throat pain still ther tht din go. Cough syp. Cugh more in the moring and night. Cold temp then it pains. Fever reduced after taking sos.

Rx:

1. Ant tart 30 – 4-4-4-4
2. Bry 30 – 4-4-4-4.
3. Nat sulph200 – 1 dose. Stat.
4. FEVER SOS – ACON 30+BELL 30 +GELS 30 – 4 PILLS SOS.

5/1/19: went to shirdi 7 deg. Climate there. Since then had running nose. After blore then throat irritation, cough.

Rx:

1. Aconite 1m – 4 pills 2 hourly water doses.
2. Ars alb 200 4 pills 2 hourly water doses.
3. Nat mur 6x 4-4-4-4-4
4. Ferr phos 6x 4-4-4-4-4.
5. Psor 1m – 1 dose.

9/1/19:

1. BRY 200 – 4-4-4-4
2. Hepar sulph 200 – 1 dose water.