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| Name: Smt.Lakshmi Rajashekar | Reg No: 5-2SMMHC18 |
| Age / Sex:40/f | Contact No: 9901155817 |
| Marital Status:ml- 23 years | Date:14/2/18 |
| Occupation:housewife. 10th studied upto. | Dr. pjfp |
| Address:  Native of blore | DIAGNOSIS- |

1. Hard motion since may years can pass only if takes laxatives. Got op for piles 2 times but no change. post delivery 18 years onwards had this problem. Daily goes to motion. Must strain to pass motion. Large stools. Took for 4 years in homoeo care but didn’t reduce. If stops the medicine will get back her complaints. Burning sensation and pain. feels scared to pass motion. Says due to pain. blood before but now no. feels like some mass is ther only if it is constipated. Goes in once pain comes down. feels better cold water. Hot agg. During motion will get pain. then stays for 3 days. On laxatives.

First motion pricking pain. will have to force a lot.< mudde, wheat, non veg.

1. Pain in the rt. Neck region <wiping the surfaces. Feels pulling pain in the neck. Brushing and wiping surfaces inc pain. takes tablet for that also. <massage says gets more pain if massages, even if sits simply also pain. >rest.
2. Apthous ulcers recc. Now not coming after homoeo care.

Past h/o:

Family h/o:

* Htn,dm, alcoholism, pancreatitis – dad 63 yrsAlive
* Htn – mom 55 yrs.
* Pgm – ca.uterus.

Personal h/o:

App good normal. Non veg.

Thirst: 2-3 lts. Feels thirsty also. Likes cold water means normal water but feels digestion will be fine so drinks warm water.

Sweat: profuse.   
thermals: feels cant tolerate cold and heat also. But says can tolerate heat to some extent not as much as cold.

Getting malasma on the rt.cheek feels like it may spread and getting tensed about it.

lot of hairfall. Sees the hair thickness has reduced.

If goes outside gets hedache. Even for enjoyment can’t travel in car and bus. Bike is fine. Frontal if applies something then reduces.

Periods are timely.

Wd.ns

Gets backpain during menses n first day gets abd pain.

Rx:

1. Nat mur 200 – 2 doses – water b/brush
2. Bryonia 200 – 4-4-4-4 1 dram
3. Sil 12 x 4-4-4-4.
4. Rub 15 doses – 1 dose nt.b/food.

3/2/18: PAIN NOT THERE. HARD MOTION ALSO BETTER. YDAY ONWARDS FELT A LIL PAIN and hard. No laxatives. Neck pain better by 50%. Headache din come this time.

Fever cold, backpain from 2 days. First got throat pain then got cold. Bland watery discharges. Headache. Mouth ulcer got frm a week now feels lightly it’s there.

Rx:

1. Nat mur 200 – 3 doses –5 days once water b/brush
2. Bryonia 200 – 4-0-4 1 dram pills b/food water.
3. Sil 12 x 4-4-4-4.
4. Rub 15 doses – 1 dose nt.b/food.
5. Rheumagic oil – backpain sos.

28/3/18: headache same. Constipation no pbm. Neck pain since yday not much, knee joint pain. <walking , on getting up. Hairfall also better.

Rx:

1. Rhus tox 30 – disc 3-3-3-3.
2. Nat mur 200 – 1 dose water – b/brush water.
3. Rub 15 – 1 dose night b/food.

18/4/18: swelling per rectum 3-4 days. Hard motion one day. Called n took ratahnia 30 after which both came down. motion not clear. Unable to go. Urge constant. Hairfall better. Mouth ulcer once. Knee pain better. Neck pain more when cleaning. Sternocleidomastoid region pain. financial problem. Headache better.

Rx:

1. Nat mur 2 doses - weekly
2. Rub 15 doses – 1 dose night b/food.
3. Bryonia 30 – 3-3-3.

14/5/18: motion a bit hard 3 days back. No bleeding. Fr ragi muddda she gets hard motion. Motion pain. pricking. Knee pain same. Unable to sit on floor. Feels a bit better with chloasma also. Neck pain < working. Headache better.

Rx:

1. Nat mur 200 – 2 doses – weekly b/brush water.
2. Rub 15 doses – 1 dose – night b/food.
3. Bryonia 200 3-0-3.
4. Ratahnia 200- 4 pills morning – b/bfood – 1 dram pills.

23/5/18: ratahnia1m,nit acid1m. pain and wounded sensation. Motion hard taking isphagul husk. Pain there. Cutting and burning reduced. But now motion is hard. No bleeding. 7 o clock position pile. Since delivery this is the problem on and off. 5-6 years again restarted. Heaviness in stomach if eats a lil. Must sleep and n desire to work. Feels her own body heavy.

Rx:

1. Puls 200 – m/e – 4 pills. For 4 days only
2. Nat mur 1m a/night – 4 pills for 4 days only.
3. Sil 30 – pills 4-0-4. 2 dram pills.

8/6/18: sepia 200. Last medicines. Hard motion beginning. But no pain. yes flashes of light on and off frm many years. Back pain better but still gets. Neck pain getting better. Pale color of the chloasma. Likes heat not cold.

Rx:

1. Alumina 200 – 1 dose.
2. Sil 12 x 4-4-4-4
3. chelid 30 – disc 4-0-4.
4. Bryonia 200 – write name.
5. Sepia 200 – write name.
6. Rub 15. Nt 1 dose b.food.

**Son- nithin 19 yrs: cold cough since 3-4 days.** Dryness in throat. Yellowish white phlem. Pineapple juice had 3-4 days bck bt cant relate it to his complaints. Thick in the night and daytime running. White thick. Outdoors better. Nb lying alternate nostrils block. Cough dry. Light phlegm if coughs a lot. Night alone feels hot feeling in chest inside while coughing. Thirst: feeling more. Cold water. More in the night before sleep wants to drink more water.

Rx:

1. Nat sulph 200 – 2 doses. 3 days once.
2. Bryonia 200 – 1 dram pills 4-4-4-4.

23/7/18: backpain much since a week. Lumbar region smtimes extending sideways. Frm a week daily headache. Urine last drop burns. Not able to pass urine properly. Motion good. Mouth ulcer on and off. Outside if goes gets headache. Pain in the rt.arm since many days.

1. Alumina 200 – 1 dose b.brush water.
2. Headache bry 200 sos
3. Nat mur 12 x 4-4-4-4
4. Rub 15 nt 1 dose.

Take 400

6/8/18:backpain lumbar sides.< on getting up from sitting position frm floor. Yesterday had hard motion. Ate ragi mudde the day before. Urine problem not there.

1. Alumina 200 – 1 dose b.brush water.
2. Headache bry 200 sos
3. Nat mur 12 x 4-4-4-4
4. Cal phos 6x 4-4-4-4.
5. Rub 15 nt 1 dose.

11/9/18: eyes feels flashes of light. Motion ok.

Rx:

1. Pentaphos- 2-2-2-2
2. Rub 15 – night 1 dose.

11/11/18: back pain at times not as intense as before. While bathing the kid feels pain cant flex back must wait for a while. Mouth ulcer .

Rx:

1. Calc flour 12x 4-4-4-4.
2. Rhust tox 30 4-4-4.
3. Suphur 1m – 1 dose stat.

27/11/18: backpain hips both sides and sometimes in centre. Motion a little hard and painful again. Pricking pain again. Headache better. Knee pain reduced. Mouth ulcer slight painful/

Rx:

1. Ratahnia 30 4-4-4-4 pills
2. Alumina 200 – 4-4-4-4 pills
3. Aesculus 30 – 4-4-4-4 disc
4. Pentaphos 2-2-2-2.

28/1/19: MOTION HARD AND PAINFUL .BURNING. FEELS SMALL MASS. BACKPAIN , RT.LEG PAIN. SWELLING BELOW THE KNEE. HEADACHE AND NAUSEA IN CAR. FEELS GASSY IN THE ABDOMEN. DRY COUGH.

RX:

1. ALUMINA 1M – 1 DOSE.
2. COCCULUS+BRYONIA 1M- DISC 4-0-4
3. AESCULUS 1M – DISC – 4-4-4-4. 15 GRAM ALTERNATE WEEKS.
4. SULPHUR1M/NUX VOM 200 PILLS 1 DRAM 4 AFTERNOONF B/FOOD.
5. SEPIA 30 – DISC 4-0-4.
6. CALC PHOS 6X+SIL 6X 4-4-4-4

18/3/19: back pain low back. Sides of the hip and sometimes centre at lumbar region. Rt. Knee paining. Occasional swelling and unable to pick baby also. Weakness not liking to work only. now and then feels eyes not able to see properly. Feels heavy at times as if swollen arms. Occasional hard motions.

Rx:

1. Alumina 1m – 4-4-4 b/food. 1 dram
2. Sepia 1m – 4-4-4 b/food 1 dram.
3. Calc phos 200 – disc 4-0-4 a/food.
4. Homoeocal 2-2-2
5. Ylax tab (yellow tabs) – 1 tab night before sleep. 15 days.
6. Rheumagic oil.

25/7/19: both knee joints with around it. < step, on getting up from rising, back pain 10% is there.

Rx:

1. Thuja 30 – disc 4-0-4
2. Rhus tox 200/calfc flour 30 – 4-4-4 b/food
3. Homoeocal – 2-2-2-2
4. Vit d tab 1 tab mng b/food for 10 days.
5. HamamelisQ – 15-0-15 a/food water.