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| Name: mr. ameer | Reg No: 3- 2SMMHC18 |
| Age / Sex:30/F | Contact No:9739045156 |
| Marital Status:ML- 3 YEARS | Date:6/2/18 |
| Occupation: DATA ANALYST. MCA | Dr. PJFP |
| Address:  IN BLORE SINCE 4 YRS  NATIVE OF GUNTUR ANDHRA. | DIAGNOSIS- |

1. SKIN TANNING SINCE 1 YEAR ON THE EYEBROWS ABOVE REGION.
2. SKIN BLACKISH DISCOLORATION OFON THE NOSE SINCE 6-7 YEARS.

FACE WASH HE USED AFTER WHICH HE FOUND THE BLACKISH DISCOLORATION.

AGAIN A YEAR BEFRE HAD THIS FACEWASH FR WHCH AGAN DEVELOPED NEW PATHCES ON THE EYEBROW REGION.

1. KEEPS GETTING BURPS FREQUENLTY SINCE 6-7 YEARS AND BURNING CHEST. <MASALA ITEMS, DELAY IN FOOD TIME,
2. SLEEPLESSNESS SINCE 6-7 YEARS.

6-7 YEARS BACK GOT USE TO SLEEPING LATES BEING WITH FRNS COMPLETED HIS MCA THEN

PAST H/O:

* NS.

PERSONAL H/O:

* DIET : MIXED
* APP: IRREGULAR DURING WEEKENDS. WORK TIME REG.
* DESIRES: SPICY, NON VEG,
* AVERSION: BEETROOT , CAULIFLOWER, NOT USE TO CURD SINCE CHILDHOOD.
* THIRST – 2 LTS.
* BOWELS – 2 DAYS ONCE IF GASTRITIS CMES. HARD STOOLS THEN.
* SLEEP: 6 HRS.
* DREAMS: RANDOM
* COLD LIKES , FAN MUST , COVERINGS MUST, HOT BATH,

HAS SOME DECAY IN TEETH IF DRINKS COLD WATER WIL PAIN SINCE A YEAR.

COFFEE OCASSIONAL.

ALCOHOL – OCASSIONAL.

SMOKING- DAILY .

HABITS FROM 10TH STD. STOPPED IN 2015 THEN AGN STARTED FRM 4 MONTHS.

RX:

1. BERBERIS AQ Q DROPS 15 – 0 – 15 IN A MUG OF WATER.
2. NAT CARB 200 – 3 DOSES – 5 DAYS ONCE B/BRSUH WATER.
3. DISC 4-4-4-4.

23/2/18:

FEELS A LITTLE CHANGE IN THE SPOTS ON FACE. GASTRITIS FEELING BETTER. EVEN IF A LITTLE CHANGE IN TIME EARLIER USE TO FIND DIFFICULTY BUT NOW NOTHING LIKE THAT. SLEEP NO CHANGE. SAYS WORK IS MORE.

RX:

1. BERBERIS AQ Q DROPS 15 – 0 – 15 IN A MUG OF WATER.
2. NAT CARB 200 – 3 DOSES – 5 DAYS ONCE B/BRSUH WATER.
3. BERB AQ 30 – 3-3-3-3 DISC.

11/4/18: 50% better than before. No med from 20 days. No gas problem now. Now and then night feel burning in eyes due to some project. Urine yellow when feels heat. Teeth sensitivity only for cold.

1. Rx: BERBERIS AQ Q DROPS 15 – 0 – 15 IN A MUG OF WATER.
2. NAT CARB 200 – 4 DOSES – weekly ONCE B/BRSUH WATER.
3. BERB AQ 30 – 3-0-3 DISC.
4. Thuja 1m – 1 dose tomorrow morning b/brush