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| Name: ms.anusha | Reg No: 7-6smmhc18 |
| Age / Sex:27/f | Contact No:8095316293 |
| Marital Status:single | Date:16/6/18 |
| Occupation:hr in company datamatrix.  Qual: mba. | Dr. pjfp |
| Address:in blore since -2014.  Native of atp. | DIAGNOSIS- |

1. Acne frm 18 months. On allo rx.

Had disc prolapse 2016 joined work in blore after that had low bck pain and then diagnosed with this. Took oral medicines and physio after which pimples started.

* Allo doc said pcos in the initial stges.

1. Heavy hairfall since 2-3 months. Allo doc dermatologist said its bcoz of b12 deficiency.
2. Dandruff frm many years on and off.

Past h/o:

* Chicken pox 4th class.

Personal h/o:

Veg by preference but actually non veg in family. Doesn’t like to eat non veg bcoz feels they r living beings hw cn v harm them n eat.

Thirst: less. Depends on climate to drink cold or normal water.

App: less app b4 now a days only feels more hungry.

Bowel n micturition normal.

Sweats less. Oily skin.

Sleep: wavers smtimes good not so good as her mood. 7 hours /day.

Dreams: feels like something is sitting on her and cant even speak or shout. Feels scared. Then in sleep only shouts.

Family h/o:

Dad: bp, dm 57 yrs.

Younger bro: jaundice, dengue 22 yrs.

Pgf: died of throat ca.

Mgf: died due to kidney pbm.

Mother: 51 yrs joint pain in legs.

Headache if she thinks a lot about her situation. Parents use to quarrel all the time in childhood use to cry . cries when alone doesn’t cry in front of others. Shdnt think tht she is weak.

Cant stay alone. Will think about her hurts and be sad.

Wants moderate temp.

Likes things to be in order. Likes chocolates ice creams sweets, fruits, fruit juice, salads. Cant tolerate too much hot also. Better cold things .use to like soda till 2 years before. After ill health started she stopped liking all n more on healthy food. Likes lemon soda or sprite tht too occasional. Likes nature more.

Rx:

1. Nat mur 200 – 1 dose .
2. Rub 15 days.
3. Apis 30 pills – 4-4-4-4

30/6/18: LMP: 23.5.18

NOT MANY CHANGES. NO INC ALSO. BEFORE USE TO GET BIG

RX:

1. PULSATILLA 200 – 4-4-4-4.
2. RUB 15 – 1 DOSE NT B.FOOD

14/7/18: PIMPLES NO CHANGE. MENTALLY ABLE TO BE STABLE. NOT TAKING ALL PROBLEMS OT MIND. LMP: 30/6/18.

1. KALI BROM 30 – 4-4—4-4
2. BERB AQ – 10-10-10-10 DROPS A/FOOD.
3. PULSATILLA 1M – 1 DOSE.

18/8/18: forhead reduced a lot. More on nose and they r painful too.

Rx:

1. Thuja 1m – 3 doses weekly b/food.
2. Kali brom 200 – 4-4-4-4
3. Pulsatilla 200 – 7 doses – alternate 1 dose b/food. Mng.
4. Berb aq Q – 10-10-10 a/food with water and 10 drops in 50ml water and apply on affected areas.