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| Name: mr. jigar | Reg No: 8-8SMMHC18 |
| Age / Sex:30/m | Contact No:9830660349 |
| Marital Status: ml- 4 and half years | Date:16/8/18 |
| Occupation: engg.manager  Mba. | Dr. PJFP |
| Address:native of Gujarat but settled kolkatta.  SINCE 1 AND HALF YEAR IN BLORE. | DIAGNOSIS- |

1. PIMPLES ON FACE FOREHEAD CHEEKS AND EARS, BEHIND EARS, SHOULDERS, BACK.LEAVES REDDISH COLOR MARKS. SINCE 3 MONTHS. HAD DANDRUFF BUT NOT NOW. HAD THIS AT THE AGE OF 21 -22 YEARS DUE TO DANDRUFF BUT NOW GOT IT AFTER COMING TO BENGALORE.

CREAMISH PUS, PAINFUL , > COLD WATER.

1. NECK PAIN SINCE 4 YEARS MORE. BEFORE HAD IT BUT VERY LESS UNNOTICIEABLE. MUST KEEP EXERCISING OR ELSE GETS WORSE. < LAPTOP, NO EXERCISE. CA’T MOVE. HAS TINGLING FEELING THROUT. MORE OF WRIST.

* PERSONAL FEELS THAT LACKS IMMUNITY. AND RECC COLD INFECTIONS.
* VIT D3 N B12 DEFICIENCY HAD SOME NECK PAIN AND JOINT PAIN.
* HAD GASTRIC ISSUES IN KOLKATA. AND EVEN CONSTIPATION.

PAST H/O:

FAMILY H/O:

* DAD: DIED DUE HEART PROBLEM AT THEN 33 YEARS. HAD COLD RECC .
* MOM: GASTRIC ISSUES.THYROID DYSFUNCTON
* 1 YOUNGER SIS: B12, D3 DEFICIENCY,, NECK PROBLMS

WIFE SAYS HE EATS WELL BUT NEVER GAINS WEIGHT. INFACT FEELS LOSING THAN GAINING.

AMBITHERMAL

TOO MUCH COLD GETS HEADACHCE, EAR PAIN.

TOO MUCH HUMIDITY NOTICED GASTRITIS. COLD WITHIN

IF HAS ICECREAM, MOSTLY COLD DRINKS IMM GETS COLD SUGARY PRODUUCTS AND COLD DRINKS ALSO.

OK EATING HOT.

SPORTS – 0. IF I PLAY M GOOD.

HEAD INSIDE THE POOL FEELS STRUGGLING TO BREATHE. NEVER USE TO LIKE HEADBATH.

FEELS LOT OF ENERGY WHEN I SPEAK AND MAKES LOT OF GESTURES.

IF I SPEAK A LOT I FEEL ACIDIC AND TINGLING FEELING IN HANDS.

LIKES FOOT MASSAGE A LOT.

OILY DON’T LIKE, SPICY DOESN’T LIKE. FEELS POOR TATSTE BUDS SAYS HE DOESN’T FEEL LIKE I DNT KNOW.

SPENDS LOT.

MORE ROMANTIC. WIFE HAS TO CHECK ON MORE OF HIS SPENDING.

RX:

1. MEDORRHINUM1M – 4-4-4-4.
2. BELL30+APIS30+LEDUM30 – 4-4-4-4.
3. RUB 15 – 1 DOSE NIGHT B/FOOD.