|  |  |
| --- | --- |
| Name: mr. anirudh | Reg No: 9-8smmhc18 |
| Age / Sex:31/m | Contact No:8095922693 |
| Marital Status:single. | Date:27/8/18 |
| Occupation:bank manager. Qual: mba. Bcom. | Dr. |
| Address:native of Orissa-berampur.  In blore sicne -12 years. | DIAGNOSIS- |

1. Went for a random check as grandparents have it runs in family and his mom found out tht after he goes to washroom ants were ther. So thts wen he noticed this trouble. 2 years back.

Started allo rx from last year only.

From his side no complaints are .

Aspiring for growth so was concerned at tht time and wasn’t happening. Its jus been 5 months back wer he is in a better position.

Because of shift timings the food habits are very irregular.

Past h/o:

* Had rhinitis mayb around 15-16 years. 3 yrs back took mediciation fr it and now he is fine with it (homoe)

Family h/o:

* mPgf:expired 2 yrs back at the age of 77yrs. dm.htn
* mom 53 yrs: thyroid dysfunction
* aunt 56 yrs: asthma

one younger sis – 2 yrs younger to him.

Personal h/o:

* veg. by preference . never had it from childhood. Had vomiting after eating egg in childhood.
* Fruits eats less. Drinks juice. Doc told not to eat after dm.
* Likes spicy. Use to have sweets and chocolates. Drinks lot of soft drinks but now stopped. Only bcoz of sugar he stopped it 3 yrs back.
* Watr; a lt. prefer chilled water … now taking mixed water but prefers it.
* Sweat : ns.
* Sleep: due to shift erratic. Dnt feel refreshed.
* Dreams: ns
* Happiest life: chance to travel abroad 10 yrs back ny usa.
* Saddest life:
* Hobbies: music and news channel , go out with frns.
* Love dogs but parents don’t agree. Says wen I move out I will go and have a dog.
* Choosy about friends/ 10 max..

Mix of follower and leader.

* Close to mom. Prefer family over friends.
* Like chess. Table tennis. Use to like cricket. But now due to age and group no scope fr it.
* Fav color : shades of blue. Sky blue. Use to like black.
* Likes travelling. Plays games wen depressed or listens to music.
* Likes cold weather more.
* Fav food – pannier items.

Rx:

1. Staphysagria 1m/ nat carb1m – 4-4-4-4.
2. Pl qid.
3. Rub 15 – 1 dose night b.food.