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| Name: SMT.SUNITHA.K | Reg No: 5-9SMMHC18 |
| Age / Sex:37/F | Contact No:9945217700 |
| Marital Status: ML-13 YEARS | Date:11/9/18 |
| Occupation: HOUSEWIFE. DEGREE DISCONTINUE. | Dr. |
| Address:  NATIVE OF ATP. IN BLORE SINCE 10 YEARS. | DIAGNOSIS- |

1. BACKACHE FROM LUMBAR SIDES MORE ON LEFT. SCAPULAR REGION. PULLING PAIN < EVNING, EARLY MORNING > HEAT PAD, MASSAGE.

RX:

1. IGNATIA1M / THUJA 1M – 4-4-4-4 FOR 4 DAYS REPEAT WEEKLY. FR 3 WEEKS
2. RHUS TOX 30 – 4-4-4-4 REPEAT WEEKLY
3. MAG PHOS 12X 4-4-4-4.
4. RUB 21 –1 B/FOOD.

20/9/18: feeling a lot better physically and mentally. Confidence levels feeling better. Occasionally wen there is strain feeling weak mentally specially any disturbing news. Recently pranay amrutha case. imm got headache. Had cyst in the uterus 2 yrs back. Now periods regular frm 2-3 months. Dryness vagina….not getting desire also now. Headache if gets happy also. Not able to react fr anything fr long.

6/10/18: backache started again after journey and yoga. Now getting upper back muscles region. This 15 days no headache. Lmp: 21/91/8. Desire better. Trying to open up.

Rx:

1. IGNATIA1M / THUJA 1M – 4-4-4 FOR 4 DAYS REPEAT WEEKLY. FR 3 WEEKS
2. RHUS TOX 30 – 4-4-4 REPEAT WEEKLY
3. MAG PHOS 12X 4-4-4-4.
4. RUB 21 –1 B/FOOD.

1/11/18: after coming from atp giddiness. Backache severe in the upper back . pain killers also temporary more towards right side. Lmp: 25/10/18. 3 days. 2 -3 per day pads. Headache also frequency inc. slight sleepless also head is aching. There her mother is feeling very stressed and pbm with her elder sis life. So she feels that there is no rest there. All complaints started. Till before very active.

Rx:

1. Nat mur 200 / thuja 200 – 4-4-4-4.
2. Bryonia 1m - 4 pills sos. Headache.
3. Rhus tox 200 + chelidonium 30 – disc 4-4-4.
4. Backache drops.
5. Rubrum 30 – 1-0-1.
6. Homoecal. 2-2-2-2.

1/12/18: tiredness more. Lmp: 25/11/18. Backpain reduced. Sleep a bit sensitive unable to get deep sleep. Headache better with twice also.

Rx:

1. Nat mur 200 / thuja 200 – 4-4-4-4.
2. Bryonia 1m - 4 pills sos. Headache.
3. Rhus tox 200 + chelidonium 30 – disc 4-4-4.
4. Backache drops. ( guiacum+ rhus tox+hyperciumQ+disocoreaQ) – 15-15-15 drops a/food.
5. Rubrum 30 – 1-0-1.
6. Homoecal. 2-2-2-2.
7. Aswagandha+alfalfa+passifloraQ – 10-0-20 drops night b/food. Half bottle only.

23/2/19: feels gaining weight. 82.1kg. lmp: 21.1.19. getting angry on herself. Dryness more. Burning and itching in the urethra. But much much better than before. After coition gets white clotted discharge. Giddiness if feels emotional. Forgetful.

Rx:

1. Calc carb 1m/thuja1m – 4-4-4-4 alternate weeks.
2. Bryonia 1m - 4 pills sos. Headache.
3. Rubrum 30 – 1-0-1.
4. Staphysagria + cantharis 200 – 2 dram pills 4-4-4-4 1 week.
5. Backache drops. ( guiacum+ rhus tox+hyperciumQ+disocoreaQ) 15 drops sos for 5 days.
6. Filcal – 1 tab daily mng b/food.