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| Name: smt.renu malhotra | Reg No: 6-9SMMHC18 |
| Age / Sex:47/f | Contact No:9803129557 |
| Marital Status:28 years | Date:27/9/18 |
| Occupation:had pg then housewife. | Dr. PJFP |
| Address:native Amritsar. In blore for visiting son  STUDIED TILL BA 2ND YEAR. ARRANGED MARRIAGE. 1990.PT 18 YR OLD. | DIAGNOSIS- |

1. 2007 HAD HYPOTHYROIDISM KEEPS CHECKING RANDOMLY… ALSO HAD WEAKNESS A BIT. THEN CAME OUT 28UG/DL.
2. ANXIETY SINCE MARRIAGE. COULDN’T ADJUST GOT TIRED GETTING ADJUSTED IN THE FAMILY. 15 YEARS OVER NO SEX ALSO WITH HER HUSBAND. (KEEPS PLAYING WITH THE EARPHONE ON TABLE). HE ONLY PUT HER AWAY. EVEN IF SHE GETS ANY FEELINGS HE DOESN’T.

EASILY CRIES. AFTER MARRIAGE ONLY HUSBAND AND KIDS. NOW ALL ALONE THO WITH HUSBAND.

* 1991- SON 27 YRS.
* 1992- DAUGHTER. 26 YRS. BTH FTND.

1. GASTRITIS SINCE MARRIAGE ONWARDS. MORE FRM 10-12 YEARS.

FEELS LIKE WATERY SENSATION IN THROAT, SWOLLEN SENSATION IRRITATION IN THROAT MUST KEEP CLEARING IT CONSTANTLY, VOMITING SENSATION. SOMETIMES LOOSE STOOLS AND SOMETIMES CONSTIPATION IF TAKES ALLOPATHY ZANTAC THEN BETTER. USE TO TAKE 6 CUPS A DAY NOW SINCE 1 YEAR TAKING 1-2 CUPS OF TEA. THESE DAYS EVEN WATER SEEMS VERY BLOATED AND DON’T FEEL LIKE EATING ANYTHING. KEEPS SIGHING INBETWEEN.

1. STRESS FEELING. FEELS LIKE CRYING. EVEN SMALL WORDS OFFENDS HER. TRIES TO BE HAPPY A LOT BUT FAILS.
2. RECC. URINE INFECTION SINCE DELIVERY. GETS PAIN RADIATING FRM BACK TO FRONT. KEEPS ALTERNATING LEFT AND RIGHT. ALMOST LEFT ONLY. THIS TIME RIGHT ALSO WAS MORE.
3. BREAST ITCHING WHENEVR WEATHER CHANGES IN APRIL AND OCTOBER.

AFTER DAUGHTERS MARRIAGE (3-4 YEARS) ONLY STARTED TO SPEAK OUT OR ELSE NEVER USE TO OPEN UP. .. FAULT FINDING HUSBAND ALWAYS.

FATHER EXPIRED IN JANUARY 1993. CLOSE TO FATHER AND HE WAS A SUPPORTIVE ROLE IN FAMILY. AFTER DEATH ALONE (TRYING TO CONTROL TEARS).

SON IS IN LOVE WITH A GIRL SHE DIN LIKE HER BUT TRYING TO ADJUST SAYING THT I WASN’T HAPPY IN MARRIAGE AND HW BOT MY SON. BUT TRYING TO ADJUST WITH IT. KEEPS FORGETTING THINGS A LOT.

* GAS FEELING IN ABDOMEN IN NIGHTS AT TIMES. URINE STONE GT IT OUT WITH BLOOD.
* LIKES **COLD MILK** WITH WATER BUT HOT MILK NEVER SUITS HER. GETS PALPITATIONS. FEELS LIKE SOMEHTING IS HAPPENING TO ME.
* DRYNESS IN EAR AND RIGHT STERNO PAIN… FEELS SOMETHING IS THERE IN THE RIGHT TONSIL AREA EXTERNALLY. ON TOUCH.
* WHENEVR GETS FEVER HER ARMS PAIN LIKE AS IF BROKEN. GETS FEELING LIKE SHE IS GOIN TO GET SICK.

FAMILY H/O:

* OLDER BRO: DIED 45 YRS DUE TO HEART PBM.
* YOUNGER BRO 42 YRS: HEART PBM.
* FATHER DIED 48 YEARS AT THE AGE OF HEART PBM.
* P.AUNT
* P.UNCLE.

ALL HEART PBM.

* FEARS OF DOGS HAD A DOG BITE RECENTLY. AFTER MARRIAGE.
* CAME FROM A ROYAL FAMILY. 18 YRS VERY HAPPY AT MOTHERS PLACE BUT AFTER MARRIAGE QUIET OPP. WATEVER I SAY USE TO RUN AND BE GIVEN TO ME. BUT HERE NOTHING LIKE THT. IM ALONE AND I MUST TAKE CARE OF WHOLE FAMILY. IF I KNW I WUD HAVE STUDIED WELL.. HE DOESN’T COME TO HER ONLY. . .
* EARLY MENARCHE – 11 YRS. MENSES REG AND UNEVENTFUL. EARLY MENOPAUSE 42 YRS.
* H/O OF LEUCORRHOEA -
* EARLY MENOPAUSE. NOW WANTS TO DO SMTHING AS SHE CANT STAY ALONE.
* IF NOBODY HURTS WILL KEEP IN MND WILL NOT RETORT BUT KEEPS IN HERSELF.
* LIKES SALTY MORE. CHATS AND ALL.
* CHANNE BATURA AND HEAVY FOOD FRIED FOODS WILL NOT EAT. AS SHE KNOWS IT MAY DISTURB HER TUMMY.
* LIKES MODERATE WEATHER PLEASANT COOL CLIMATE BUT NOS SHIVERING LEVEL. IF NO AC WILL FEEL ANXIETY.
* SLEEPS MORE ON SIDES EARLIER MORE ON RIGHT.
* DREAMS: LIKE HER PG GIRLS THOSE WHOEVER LEFT HER CAME BACK TO HER AND SAID SORRY Y DID V LEAVE U. CANT REMEMBER MUCH.
* I LIKE GYMMING AND YOGA BUT I FEEL I DNT HAVE STAMINA STRENGTH. GAMES LIKES.
* LIKES LIME SODA.

RX:

1. STAPHYSAGRIA1M / TUBERCULINUM1M/ SEPIA200 –
2. CALC IOD 30 – 4-0-4 .
3. THYROID 6C 4-0-4
4. CHOLESTRINUM 3X 1-0-1.
5. BELLADONNA200+NUX VOM200 – PAIN SOS .

1/12/18:

Rx:

1. Calc iod 200 – 4-0-4 disc.
2. THYROID 6C 4-0-4
3. CHOLESTRINUM 3X 1-0-1.
4. Sepia 4 doses – weekly once.
5. Staphysagria1m+nit acid 1m – disc 4-0-4.
6. Nat mur 200 – 4 doses – weekly.

5/1/19:

1. Echnicea 6c+baptisia 30 –2 dram pills 4-4-4
2. Calc iod 200 – 4-0-4 disc
3. Thyroidinum 1m/tub1m/puls1m – 4-4-4-4 2 dram pills fr 3 days alternate weeks
4. Rub 45 – 1 tab night b/food
5. Stomach pain/urine infection sos- chamomilla+cantharis 200 – sos.3 dram pills

15/4/19: dryness. No spit. Food gets stuck . breathing feels must take in breat with great difficulty. Feels fluttering sensation in tummy. Smtimes constipation smtimes motion normal. No life in legs. No active feeling. After marriage.

Rx:

1. Spongia200 – morning 4 pills b/food
2. Nat mur 200 – night b/food.
3. Brom 200 – afternoon b/food.
4. Carboveg 30 – 4-4-4.disc afood.
5. Platina 1m – 1 dose stat.
6. passifloraQ – 15-15-15 drops a/food.
7. Ant tart 30 – sos breathing
8. Acid phosq+alfalfa+avena+ginseng – 15-15-15 drops a/food.

1/5/19: if takes 50mg tsh rises up. Breathing problem is reduced by 80%.smtmes feels the fluttering sensation in abdomen. Feeling better in weakness than before. Drinking less water still. Easily takes things to mind. 2 days before felt fullness in the veins on hand as if swollen. Want some oil for backpain. In hot feels anxiety and smtimes feels cold also. Bp: 150/80mmhg

Rx:

1. Pulsatilla1m -4-4-4-4.
2. Platina 1m – 1 dose – stat.
3. Nat mur 1m/spongia1m/thyroidinum1m – 4-0-4 disc.
4. Ant tart 30 – sos breathing
5. Acid phosq+alfalfa +ginseng – 15-15-15 drops a/food.