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| Name: MRS. RAJESHWARI.S | Reg No: 04-3SMHC19 |
| Age / Sex:36 YRS | Contact No:9986082479 |
| Marital Status:ML- 5 YEAR | Date:04/3/19 |
| Occupation:HR. | Dr. PJFP |
| Address:NATIVE OF BLORE | DIAGNOSIS- |

1. PLANNIN TO CONCEIVE.
2. PAIN IN UNDER THE MENTUM.

AN YEAR AND HALF PUTTING ON EXCESS WEIGHT. GOT REPORTS DONE DIAGNOSED WITH HYPOTHYROIDISM.

* IRREGULAR PERIODS FRM 2 YEARS.
* PUTTING ON WEIGHT AND
* TIREDNESS FRM AND YEAR, HEADACHE FRM 2-3 MONTHS, MOOD SWINGS FRM 4-5 MONTHS.

LOVE MARRIAGE AND WAS TROBULSOME.

PAST H/O:

* HAD WARTS REMOVED ON NECK.
* ACCIDENT GOT SURGERY TO THE RT. FOOT.

FAMILY H/O:

PARENTS: DM, HTN

DAD: VARICOSE VEINS.

FAMILY HISOTRY OF HTN N DM.

P.AUNT: HEART ATTACK PASSED AWAY 57 YEARS.

P.AUNT: CA OF BREAST PASSED AWAY DUE TO IT AT THE AGE OF 48 YEARS.

PERSONAL H/O:

MIXED, IRREGULAR, LESS THIRSTY,

AVERSION : MUSHROOMS

DESIRES: SWEETS, BAKERY ITEMS, CHOCOLATES,

HABITS: C/T:1-3 /DAY.

SLEEP: DUE TO WORK ONLY FOR 5 HOURS /DAY. FEELS SLEEP NOT ENOUGH AND GETTING HEADACHES.

DREAMS:

FEAR:

TELL ME ABOUT URSELF:

* M VERY ANGRY. AT HOME M MORE ANGRY. I TAKE THINGS FR GRANTED BUT OUT M CAREFUL.
* DIFFICULT TO BREATHE DURING SEX, PHYSICAL ACTIVITY.
* SINGLE CHILD, PAMPERED. DOESN’T WORK SAYS DOESN’T NEED TO WORK.
* SPENDS A LOT FOR DAD AND SIS IN LAWS N FRNS.
* FEELS INTERNATIONAL PRODUCTS ARE BEST.
* HOBBIES: COIN COLLECTION N STAMP.
* LOVES DOGS. GERMAN SHEPHERDS LOVES A LOT.
* WINTER LOVES. DON’T LIKE SWEAT. FEEL ANNOYED.
* LMP: 08/1/19;1/12/18;
* DRYNESS OF VAGINA WEN UPSET.
* HAS ONLY 2 FRNS FRM DEGREE.
* COLOR: GREEN SHADES.
* 28/7/1982- LIBRA. Born on.
* FAV God Kaliamma.
* Fiction books was interested before not now frm 2 years but never a book worm.

RX:

1. CALC IOD 30/THYROIDINUM 200- 4-4-4-4 ALTERNATAE WEEKS.
2. FOLLICULINUM200 – 1 DOSE ON THE 10THDAY OF PERIOD.
3. THUJA /MEDO 200 – 14TH DAY AFTER MENSES.
4. NAT CARB 200 – 1 DOSE
5. RUB 15 -1 TAB NIGHT B/FOOD.

15/3/19: feeling a bit relaxed and free mentally. Dandruff.

Rx:

1. Rub 15 – 1 tab night b/food.
2. Disc 4-0-4 a/food.
3. Pl pills 4 pills morning b/food.
4. Pl doses 5 doses – 3 days once b.food morning.

4/4/19: lmp: 19/3/19. Spotting and its still continuing on and off. Ankles oedema. Feeling weak. Itching and offensive. >cold water.

Rx:

1. Bryonia 200 – 1 dose.
2. FOLLICULINUM200 – 1 DOSE ON THE 10THDAY OF PERIOD.
3. THUJA /MEDO 200 – 14TH DAY AFTER MENSES.
4. Nat carb 200 – after period – 1 dose mng b/food.
5. Enlacto 4-4-4..a/food.
6. Rub 15 days.

11/4/19: spotting still there. Swelling in the ankles more. Weakness. Tired and bloated. Itching and offensiveness reduced by 70%. Feeling very tired. Mapped tongue and serrated at the sides of the toungue.

Rx:

1. Lachesis 200 – 4-4-4 b/food.

30/4/19: lmp: 26/4/19. Till now. Moderate flow. Lot of mood swings getting very irritated. Tending to forget whatever to remember and then recall.

Rx:

1. Nat carb 1m – 3 doses – 5 days once b/food morning..
2. Calc carb 30 – 4-4-4-4.
3. Rub 15 – 1 tab night b/food.
4. THYROIDINUM1M – 4-4-4 A/FOOD PILLS.

24/5/19: leg pain have come down. no pain. if long walks then little pain and swelling in the ankles. Lmp: 9,11,12/5/19 spotting. Tummy big. Feels restless. Sound when it comes breathing is too much. Exhausted frm a week. Memory has improved. When working suddenly feels can see 2-3 times after 10 min relaxing it comes down. wt: 90.5kg wheat aggravation burning urination.

Rx:

1. Silicea1m/ nat carb 1m – 4-4-4-4 b/food 15 days.
2. Calc carb 200 – 4-0-4 b/food.
3. Nat phos 12x 4-4-4-4.
4. Thuja 200/ medo 200 – 4 pills 2 days once mng b/food.and on 14th day after menses must take
5. Thyroidinum 1m – 4-4-4-4 b/food weekly 4 days.
6. Allium sativumQ /bhoerhaviaQ /phytolaccaQ – 15-15-15 drops