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| Name: mr.anjani pandey | Reg No: 04-4SMHC19 |
| Age / Sex:36/m | Contact No:9871647469 |
| Marital Status:ml- 7 yrs. | Date:13/4/19 |
| Occupation:asst.manager finance. | Dr. pjfp |
| Address:native of bihar. Stayed in delhi fr past 12 years. In blore frm 8 mnths. | DIAGNOSIS- |

1. Concentration is low. Anxiety. Getting irritated. Frm almost one.

Diagnosed with hypothyroidism frm 10 years.

* Got diagnosed due to weakness and tiredness. Weight also less not increasing. Then got diagnosed esr was high and tsh was more than 300.

1. Now feels swelling in the foot.concentration level is very low. When others are talking around that disturbs him. I get irritated. Feels doubts tht they r joking on him and deliberately disturbing him.

* 3 bro and 2 sisters.
* Last child is the patient.
* Dad expired when pt was 8-9 yrs old had good relation with him bt could nt get euf time with him. Had some kidney failure .
* Mom: 3-4 yrs back developed thyroid dysfunction, asthma.
* One sister: hypothyroid.
* In college time use to have some fear like what they will feel what will they think. What they will judge.
* In delhi company felt they played some politics and laughing at me ignoring me.
* Some party in delhi they had to do a team work where they left him out.
* Took some med in psychiatry clinic saying he had social anxiety.
* Dreams about running,
* Occasionally feels constipated.

Rx:

1. Baryta carb 1m- 1 dose.
2. Aconite10m – 5 days later.
3. Thyroid 6c -4-0-4 a/food disc.
4. Rub 15 – 1 tab night b/food.

27/4/19: feeling better. …

Rx:

1. Baryta carb 1m- 1 dose.
2. Aconite10m – 5 days later.
3. Thyroid 6c -4-0-4 a/food disc.
4. Rub 15 – 1 tab night b/food.

11/5/19: feeling better. Having stomach pbm. After eating pain in abd. Must pass motion imm. Constipation all frm one week. Had some food outside vacation coz of.

Rx:

1. Baryta carb 1m- 1 dose.
2. Aconite10m – 5 days later.
3. Thyroid 6c -4-0-4 a/food disc.
4. Rub 15 – 1 tab night b/food.
5. kurchiQ+hydrastisQ – 15-10-15 drops a/food water.

25/5/19: heaviness if eats little also after eating specifically since a week.. . more eructation. Little better after.concentrtion issue and irritation frm a week. . Motion is not clear.smtimes loose smtimes hard. Went to Delhi and came back last week. Work related pressure late hours working. Sleep also not good due to stomach.

Rx:

1. lyco 200 – 4-0-4 pills b/food.
2. Carbo veg30 – 4-0-4 pills b/food.
3. Nat phos 6x 4-4-4 a/food.
4. Rub 15 – 1 tab night b/food.
5. Ginseng 15-15-15 a/food water .