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| Name: mr. gunamani swain | Reg No: 08-7SMHC19 |
| Age / Sex: 31/m | Contact No:8280948292 |
| Marital Status:single. | Date:13/7/19 |
| Occupation:bank senior officer. M.com yes bank | Dr. pjfp |
| Address: btm layout  native of orissa.  In blore since 2 months… | DIAGNOSIS- |

1. More cold about to rain feels itchy In skin and gets red eruptions like mosquito bites. <tension also. All over body. Since 3 years.

>warm water. Goes by morning.

- if climate changes, cloudy imm I know I feel tired and the itching starts.

Took 1 and half year gap for this disease.

- it wants to come out but not coming out I know it.

Likes medium weather not hot cant tolerate both hot and cold. Has to be moderate. Climate after December till before summer better.

2. hairfall on and off. Psoriasis started off in head first.

- had chicken pox 28 years.. Had lot of pain in body took som allo rx. After 2-3 days developed eruptions on the head.

3. bodypain ++ almost whole day. Even if I sit I get pain.

4. after eating food feels loose motion. Feels food is not getting digested properly. – worked first in imark sol in Chennai. Lot of work in the night shifts and couldn’t take care of himself. Feels maybe that could be the reason.

- whatever thinks and sleeps

- had suicidal thoughts felt as if…

- more pressure at work feels tensed. Earlier could take it use to work hard. Feels weak, no strength. Even before psoriasis had that feel.

- if feels more under sun gets tanned and weak. Thirsty

- feeling very thirsty. And after 10 min going to pass urine.

Must have space alone also frm beginning. Out will be friend;y.

Personal h/o:

Family h/o:

* Bp, skin – mom
* Dad: ?heart op.
* Ailments after chickenpox

Rx:

1.rub1m 14 tab nt b/food

2.aranea200 2 doses weekly 1 dose

3.bc 20 4-4-4-4

r/a 2weeks