Mr arvind pandey

Pts age :29yrs

hla b27 positive

DIAGNOSIS :**ANKOLYSING SPONDYLLITIS**

WAS DIAGNOSED FIRST 2YRS BACK WITH HLAB27

Pain on and off in back since 4yrs on and off and 2yrs back diagnosed

Pt iwas with allo med now he was with those on and of fonly since week thinsg are so bad ha sto take painkiller reverry day since week so concerned

t/t:sazo and zerodol he was regular with same

brother doing dnb in hinduja and he consulted

ass comp:

sperm count has also reduced it was 8 million and than went to 16 million and now 1 million

married 3 yrs trying for issue and

wife side everything is side

sexual actyivity fine only sperm count si fluctuating

I am on

Rx: lycostar and ubifim

Amd gluton 600

f/h:ns

father has copd cos working in chemical factory still continuing

smoking ns no bad habits and meditation since 22yrs

[ranayam regular

Personal h/o:

Apettite :vegetarian

Sibling one brother younger and 2 sisters are elder

Family no disturbances

Thirst:2-3 liters

Motions:regular

Sleep:6-8hrs sound sleep (snoring )

Stress:work related

**Rx:**

**Merc sol 200 2 ¼**

**rhustox 30 alt arnica 30 alt aconite 30 with mag phos 6x 3dose daily 3strips**

**b11 7drops twice daily (pain)**

fu 30-9-12

I am regular with hommed and reduced dose fo allo med

Painkiller was 100 mg twice which now pt has reduced to 50 and 75 mg

Regular with medicines for sperm count

Pain over all relieved on 10 days and stiffness remained and today he feels completely free and no stiffness also

They were seeking to stop allo med but when pt brother is dr he said don’t stop allo med at once tapper and then reduce

Pt si much better than what he was before

**Rx:rhustox 30 alt arnica 30 alt aconite 30 with mag phos 6x 3dose daily 3strips**

Fu 14-10-12

I am getting better and allo med I am on 75 mg at night and 50mg wala I have tsopped

I started basic exercise sicne last 3-4 days which I was with earlier

No pain but I have slight stiffness yesterday lot of stiffness

Med for sperm count will continue for more 25 days

Rx:

rhustox 30 alt arnica 30 alt aconite 30 with mag phos 6x 3dose daily 3strips .

b11 7drops twice daily (pain)

ganaphyllum 30 alt bryonia 30 1strip( sos pain )

fu 4-11-12

it has agin started since last consultation 3days I was without allo med

then slight stiffness started slowly gripping so took ur sos pain didn’t help so started 50mg of allo med

started even swimming which wprsened the condition and now I went to 100mg tablets

yesterday again when to swimming so pain further aggravetd and feeling swelling in the back and sow as on 200 mg

today took 75 mg

even today spoken to brother he said change in painkiller to indacin

Rx:

rhustox 30 alt kali bich 30 alt aconite 30 with mag phos 6x 3dose daily 3strips .

b11 7drops twice daily (pain)

kali carb 30 alt bryonia alba 30 1strip every 1hrly1 strips

weight 73kgs – weight 79.3kgs

**Silicea** – weak spine; very susceptible to draughts on back. Coccyx painful, spinal irritation due to injuries to spine

**Calcaria phos** – excellent remedy for Ankylosing spondylitis, soreness in sacro-iliac symphusis as if broken

**Calcaria flour** – pain in lower back with burning sensation

**Calcaria carb** – pain in back as if sprained; can scarcely raise; rheumatism in lumber region; curvature of dorsal vertebrae.

**Sulphur** – sensation as if vertebrae glided over each other

**Kali bi** – pain in coccyx and sacrum extending up and down, cannot walk.

**Kali carb** – remarkable remedy for Ankylosing spondylitis, great exhaustion; stiffness and paralytic feeling in back; burning in spine; small of back feels weak

**Conium** – coccyodynia; dull aching in lumber and sacral region

**Phosphorous** – pain in back as if broken; burning sensation; weak spine

**Phosphoric acid** – pain in back and limbs, as if beaten.