Anurag dogra

Pts age :36yrs

Pd:chronic sinusistis since teen age and allergic rhinitis

Cervical stiffness and pain +++

Vertigo ++ 2months back

Breathoessness never

t/t: montair lc

k/c/o htn sicne 22yrs of a age aten 50

ass comp:nasal polyp operated 2-3 times

ass comp:sleep lessness ++++ sinc e always and worries a lot

past comp:once had stomach pain with loos emotions whole night

so took restly and loose motions whoel night and took anti spasmodic and it was combiflam

mentals worries :I am in finance business and I am in shiv sena with udav Thackeray

I am always alert and give and take recovery

Apetite :good

Thirst :godo

Motions:clear

Sleep:8 hrs but late sleeps and wakes up late

Stress:high +++

Rx:

Thuaj 1m stat given

Bell 30 alt hepar sulp 30 alt ars alb 30 with nat sulp 6x 4dose daily 4strisp 2weeks

Sabadilla 30 alt lemna minro 6c alt sambucus 30 3dose daily 3strisp 2weeks

Bllatta orientalsi mt 7drosp twice daily

Fu 24-9-13

Nos eblcok very much and initial 32 days had running nose and stopped al allo so stuffed nose badly hence once took levocetrizien and steroid directly in nose-didn’t help much

Aten 25 stope dsince 2 days again took it once today morning taken losart 25mg

So gave viscum drops 7drops twic edialy

Exercise :relieves me and otherwise mental stressed

**Rx:**

**Nuxvomica 200 night sulphur 200 morning**

**Aconite 30 alt bry alba 30 alt bell 30 with nat sulp 6x 3dose dialy3 strisp 2weeks**

**Sabadilla 30 alt lemna minro6c alt sambucus 30 with err phos 6x 3 dose dialy3 strips 2 weeks**

**Blatta orientalsi mt 7drops twic edialy**

**Passiflroa mt 10 drops night (sleep)**