Bhuvnesh sharma

Pts age :27yrs

Pd :rt shoulder pains ince 2montsh 10days

It was off sight event and I ha dto walk on my hand and I did activity very well and post that even t in evebing was fine

Consulted ortho he said everything is fine we can only do physiotherapy

t/t:painkiller sgiven which he didn’t took

initaily was painful in movement bt last week being hectic even urther aggravated now even touch is tender for me

past illness:

back pain I get but never took any emdicien

lower back pain since 6-7yrs and whenever he does hectic things than same day while resting I feel soreness

addictions:ns

diet :non veg

food:good fruist I take water 7 glass

motions :clear

sleep:recently yes with pain

stress:manageable

rx:

arnica 30 alt sanguinaria 30 alt dulcamara 30 4dose daily 4strisp 2weeks

fu 12-10-13

sicne 1.5 weeks only I feel better with shoulder pain

lower back pain isnot their and freq same once in 2 weeks but intensity is also same

no tenderness pain in deltoid but if I stretch can feel some pain

recently I also got throat irritation and not exactly oreness

phelegm slight appearing and slight apin in eye and forehead –so took crocin advanced no help

off white phlegm

running nose only rt nostril since 3 days

may be since climate chnge

rx:stat aconite 30 + bell 30 given

rhustox 30 alt dulcamara 30 alt ars alb 30 with ferr phos 6x 3dose dialy 3strisp 2weeks

sos cold and throat:

aconite 30 alt bell 30 alt hepar sulp 30 every 1hrly 1strip