Renu negi

Pts age :27yrs

Pd:sinus

c/c:I am basically from dehradun since 1.5yrs in Mumbai

I have this problem since dehradun and I us eto avoid cold food and soru things

Now if exposed to certain atmosphere I get sneezing which is not compulsory but headache hits

Speiclaly weather changes if I go to station road or damp area sudden headache start s

< cold food /cold damp areas or unhygienic croded congested area /stations and markets

Nose block slight I keep getting and ent I had met recently cos I had got asom and itw as after exposing to high altitude an than pus pocket in ear and now with treatment all fin ebut that dr also told keep taking stema regularly cos u get codl which stays inside and has ruptured ur ear

I headache starts than 1-2 days it takes to get better

Throat is alsmot fine not very sensitive

Direct fan cnat take will get bloakage /ac till 27 I m fin e

If headache starts and I am bending down I fel pressure in forehead and behind eyes

t/t:ns only steam

ass comp:dental problem caries

weight 47.7kgs height 5.2

f/h:

mother and siter have thyroid profile

faher aptly healthy

personal h/o:

apettite :average

I am research scholar so done phd recemtly will be awarded dr degree not yet doen onlys bmitted thesis

Microbiology

Thirst:very less 2-3 gls

Motions :constipated sometimes if iet changes and fiber if taken good than I am fine

Stress:manageable so far nothing

t/t:

thuja 200 2 ¼

nat sulp 30 alt bell 30 30 alt aconite 30 3dose dialy3 strisp2 weeks

sambcus 30 1strip 1dose dailynight in cup of hot water stri it 20 tiems and sip it not luke warm but hot water

fu 5-10-13

sicn ei took med I was slight better 10% but than went to goa and their took cold water and took sour thing so 2days went so bad face swollen proper sinus attack and pain in forehead and even first tiem in life jaw was paining

took steam sinus better but than eyes and nose as running proper liquid

passage of nsoe has opened and blockage

nowadays I feel very itching in ears also

h/o kidney stone so saidto get usg done and then if required we shall treat it

diet not great

rx:

thuja 200 2 ¼

nat sulp 30 alt bell 30 30 alt aconite 30 3dose dialy3 strisp2 weeks

sambcus 30 1strip 1dose dailynight in cup of hot water stri it 20 tiems and sip it not luke warm but hot water

weight 48.7kgs

fu20-10-13

cough still continue since last visist allergic cough initially was with phegm now dry running nose and sneezing never I ha donly I get sins problem which I didn’t had now

nowadays ac exposure we sleep but 26 is ifne below that I will have problem

usg not done said to do it

weight 47.8kgs

nulti vit didn’t start though given so advsie dto start

rx:

ars alb 30 alt bell 30 30 alt aconite 30 with nat sulp 6xx 3dose daily 4strisp 3weeks

sambcus 30 1.5 strip 1dose dailynight in cup of hot water stri it 20 tiems and sip it not luke warm but hot water