

**RIDDHI RATHORE (MAHA)**  
**AROH Registered Homeopath**  
49 Pinner Street,  
Upper Mount Gravatt Brisbane, QLD –  
4122 Australia  
Contact No- 0431 895 785  
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## Treatment Plan

**Date:**14/05/2025

<b>Name:</b> Aameya Shaji	
<b>Email:</b> Achushaji59@gmail.com	<b>Telephone:</b> 0403 185 149
<b>Address:</b> 2 Regents Place, Nambour 4560 Queensland.	

Product Name	Dosage Instruction
Arsenicum Album 200 C	5 drops twice a day. Morning and night
Arsenicum Album 30 C	Once Arsenic Alb 200 C finishes, start Ars Alb 30 C. 3 pills twice a day until all finish.
Psorinum 30 C	2 Pills twice a week. E.g., If you take Monday, then takes on Thursday.

<b>Follow Up</b>	Please book a follow-up appointment once all Arsenicum Album Finishes.
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### Treatment plan:

- Please take all the meds as per the above.
- Avoid pea nuts or almonds or any other triggering foods for allergic episodes.
- Continue with Vit D supplements.
- Please finish remaining Apis Mel 30 C as per directed previously.
- Before bedtime and after shower, please massage belly button in clockwise using pure cow ghee or olive oil or mustard oil. Please apply 2-5 drops of ghee or olive oil or mustard oil one of the fingers and gently apply inside both nostrils. Use different fingers for both nostrils and wash your hands before following this.

***\*\*Mustard Oil is very strong in nature and can give burning sensation for initial 10 minutes such as burning in nose and watering from eyes. If the Child cannot tolerate, please use other alternatives as directed here. \*\****

### How to take Homeopathic Remedies:

1. Please take medication 15 minutes before and after food or drink with a clean mouth.
2. Do not swallow or chew the pills, place them under your tongue and let them dissolve by themselves.
3. Store medication in dry cool places and avoid perfumes or strong odors substances.
4. Do not take medication straight after brushing teeth, after eating raw onions or drinking coffee.
5. Do not touch the medication by hand directly.

***\* Please do not stop any conventional medication without consulting your treating General Practitioner. Please seek a medical service, if there is any emergency. Please send your queries on [vitalhomeocare@outlook.com](mailto:vitalhomeocare@outlook.com) and it will be answered within 24-48 hours.***

### Homeopathic Practitioner:

Riddhi Rathore

B.H.M.S, Under grad cert in Nutrition, Studying Master In Nursing