

RIDDHI RATHORE (MAHA)
AROH Registered Homeopath
49 Pinner Street,
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Treatment Plan

Date: 06/11/2025

Name: Aadithya Krishna Anoop	
Email: Divyadivyamohan2007@gmail.com	Telephone: 0470 218 186
Address: 11 Samwell Place, Nambour 4560 Queensland.	

Product Name	Dosage Instruction
Rhus Tox 200C	5 Drops under a tongue once a day
Sulphur 200C	5 Drops under a tongue once a day
Alumina 30C	5 Drops under a tongue in the morning daily.
Mezereum 30C	5 Drops under a tongue at bedtime daily.
Bio Chemic Skin – Combi D	2 Tabs in morning and bedtime daily. Once it's finish , you can but from chemist warehouse.

Treatment plan:

- Please take all remedies as per directions and at a time.
- Please keep continuing pentavit , probiotics and Vit-d supplement
- Follow-up after two months.

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 and it will be answered within 24-48 hours.**

Homeopathic Practitioner:

Riddhi Rathore 
B.H.M.S, Under grad cert in Nutrition.