



## Consultation Summary

**Dr. Vijaykumar Hullikashi**  
General Physician  
VCUS Health Care Center, East  
Park Road, Malleshwaram,  
Bengaluru, Karnataka

Name: **Gowtham Murugesan**

Age: **32 Yrs**

Gender: **Male**

Consultation Date: **3 Nov 2025**

Consultation Type: **Virtual**

Consultation ID: **YE6CFJSPYCH4E**

### Doctor Notes:

Diagnosis: Viral upper respiratory infection with gastritis / acidity due to paracetamol

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#### 1 Medications

- a. Tab. Pantoprazole 40 mg  
Once daily before breakfast x 5 days  
(Reduces acid and protects stomach lining.)
- \*\*b. Digene Gel / Tablet**  
2 teaspoons (10 mL) or 1 tablet after meals & at bedtime x 5 days  
(Quick relief from acidity, burning, and stomach pain.)
- c. Tab. Levocetirizine 5 mg (Levocet / LCZ / Cetirizine 10 mg)  
At night x 5 days for cold, sneezing, and throat irritation
- d. Syp. Grilinctus BM  
5 mL thrice daily after food x 5 days  
(Relieves cough and chest congestion)
- e. Tab. Paracetamol 650 mg  
Only if fever >100°F — 1 tab every 6 hours as needed
- f. Cap. Bifilac / Econorm  
Once daily x 5 days  
(Restores healthy gut flora and eases stomach upset.)

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#### 2 Home & Dietary Care

- Drink plenty of fluids, soups, and ORS/coconut water.
- Avoid spicy, fried, or acidic foods for 4–5 days.
- Prefer soft meals (rice, curd, oats, khichdi).
- Rest well and monitor temperature every 6–8 hours.

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#### 3 to see doctor if :

- Fever >3 days
- Worsening cough or yellow sputum
- Persistent or increasing stomach pain

If you have any questions, please feel free to call us at +91 91118 91118 or email us at [wellness@connectandheal.com](mailto:wellness@connectandheal.com)  
This prescription is invalid post the duration of medicines as prescribed.

Disclaimer: This Prescription is based on Patient choosing to participate in a Tele Consultation to other alternatives of Medical Consultations. Patient is informed to keep cognizance of the limiting factors of Tele Consultation in the absence of direct physical examination. Patient should use this Prescription only on the condition of waiving all or any claims on account of using this Prescription.



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Vomiting or black stools

A square box containing a handwritten signature in black ink, which appears to read 'Vijaykumar'.

**Dr. Vijaykumar Hullikashi**  
MBBS  
Registration No.: 146138

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