

# Dr. R. Sharma, MBBS, MD

General Physician  
Reg. No: MED-IND-458921

## Patient Details

Patient Name	Kavishankar
Age	25
Complaint	Headache
Date	01 February 2026

## Diagnosis

- Tension-type headache (suspected)

## Prescription (Rx)

Medicine	Dosage	Frequency	Duration	Instructions
Paracetamol 500 mg	1 Tablet	Twice Daily	3 Days	After Food
Ibuprofen 400 mg	1 Tablet	Once Daily (If Needed)	2 Days	After Food
Pantoprazole 40 mg	1 Tablet	Once Daily	3 Days	Before Breakfast

## Advice

- Take adequate rest and maintain proper sleep schedule.
- Avoid prolonged screen time and loud environments.
- Stay hydrated and manage stress levels.

## Follow-up

Return for consultation if headache persists beyond 3 days or if symptoms like vomiting, vision problems, dizziness, or fever occur.

Doctor Signature: \_\_\_\_\_  
Clinic Seal