

Pallavi reddy Rangapuram 14 , Female

Date: 22/07/2025



Current Symptoms

- Acid Reflux
- Indigestion
- Cough
- Focus Challenges
- Rough Nails
- Premature Greying of Hair
- Hairfall
- Disturbed Sleep Causing Lethargy the Following Day
- Constipation Associated with Mood Swings and Impacting Food Intake
- Leg Pain
- Dandruff



Clinical Signs

- Under eye dark circles
- Thinning hair



Diagnosis

- Iron Deficiency Anemia
- B12 & B9 Insufficiency
- Dyslipidaemia
- Hypocalcemia
- Hashimoto's Thyroiditis

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- IGF-1 Insufficiency
- Vitamin D Deficiency
- Subclinical Hypothyroidism
- Hypomagnesaemia
- Progesterone Deficiency
- Systemic Low Grade Inflammation
- Cortisol Excess
- Pituitary Microadenoma on Treatment




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Understanding the Icons -  Syrup  Capsule  Powder  Tablet

	Medications	Frequency	Duration	Remarks
01	 <u>LIPOVIT (MULTIMINERAL)</u> 100 mg	0 • 1 • 0 After lunch	2 months	To support general health
02	 ORIGINS NUTRA THYROID SUPPORT (MIXED) 50 mg	2 • 0 • 0 With meal	2 months	Caters essential nutrients & optimizes thyroid function
03	 LIVARGININE SACHETS (L-ARGININE) 50 mg	1 • 0 • 0 After breakfa st	2 months	Antioxidant mix which also supports liver & vascular health
04	 <u>LIPOVIT (MULTIMINERAL)</u> 50 mg	0 • 1 • 0 After lunch	2 months	To support general health
05	 ORIGINS NUTRA THYROID SUPPORT (MIXED) 50 mg	2 • 0 • 0 With meal	2 months	Caters essential nutrients & optimizes thyroid function
06	 LIVARGININE SACHETS (L-ARGININE) 5 mg	1 • 0 • 0 After breakfa st	2 months	Antioxidant mix which also supports liver & vascular health

	Supplements	Start on	Frequency	Duration	Remarks
01	 <u>LIPOVIT (MULTIMINERAL)</u> 100 mg	Day 1	0 • 1 • 0 After lunch	2 months	To support general health







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	Supplements	Start on	Frequency	Duration	Remarks
02	 ORIGINS NUTRA THYROID SUPPORT (MIXED) 50 mg	Day 2	2 • 0 • 0 With meal	2 months	Caters essential nutrients & optimizes thyroid function
03	 LIPOVIT (MULTIMINERAL) 50 mg	Day 1	0 • 1 • 0 After lunch	2 months	To support general health
04	 ORIGINS NUTRA THYROID SUPPORT (MIXED) 50 mg	Day 2	2 • 0 • 0 With meal	2 months	Caters essential nutrients & optimizes thyroid function
05	 LIVARGININE SACHETS (L-ARGININE) 50 mg	Day 3	1 • 0 • 0 After breakfast	2 months	Antioxidant mix which also supports liver & vascular health
06	 LIPOVIT (MULTIMINERAL) 50 mg	Day 1	0 • 1 • 0 After lunch	2 months	To support general health
07	 ORIGINS NUTRA THYROID SUPPORT (MIXED) 50 mg	Day 2	2 • 0 • 0 With meal	2 months	Caters essential nutrients & optimizes thyroid function
08	 LIVARGININE SACHETS (L-ARGININE) 5 mg	Day 3	1 • 0 • 0 After breakfast	2 months	Antioxidant mix which also supports liver & vascular health

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	Therapy	Start From	Frequency & Duration	Remarks
01	 H-BOT	23rd July 2025	<div> <div>M</div> <div>T</div> <div>W</div> <div>Th</div> <div>F</div> <div>S</div> <div>Su</div> </div> <p>5 Minutes Session</p> <p>Once a week 8 Weeks</p>	Perform under supervision
02	 Sauna	Immediately	<div> <div>M</div> <div>T</div> <div>W</div> <div>Th</div> <div>F</div> <div>S</div> <div>Su</div> </div> <p>45 Minutes Session</p> <p>Twice a week 8 Weeks</p>	Perform under supervision
03	 IV Therapy	23rd July 2025	<div> <div>M</div> <div>T</div> <div>W</div> <div>Th</div> <div>F</div> <div>S</div> <div>Su</div> </div> <p>5 Minutes Session</p> <p>Once a week 8 Weeks</p>	Perform under supervision
04	 Physiotherapy	Immediately	<div> <div>M</div> <div>T</div> <div>W</div> <div>Th</div> <div>F</div> <div>S</div> <div>Su</div> </div> <p>5 Minutes Session</p> <p>Thrice a week 8 Weeks</p>	Perform under supervision

Dr. Samatha Tulla (MBBS, MD Internal Medicine)
Reg no: 68976 Telangana State Medical Council

Samatha

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Additional Diagnostics

- SIBO Test - scheduled at PMX Health
- Colonoscopy
- Serum PSA
- 2D ECHO



Advice

- Assess for MTHFR mutations that may impair methylation and increase homocysteine.
- Identify gene variants affecting statin metabolism, reducing muscle damage risk.
- Guide personalized nutrient recommendations, such as methylated B vitamins or specific cofactors for improved methylation.

prescription ends here