

**Pallavi reddy Rangapuram** 14 , Female

Date: 24/07/2025



## 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

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## Diagnosis







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





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	Supplements	Start on	Frequency	Duration	Remarks
01	 <b>LIPOVIT (MULTIMINERAL)</b> 100 mg	Day 1	0 • 1 • 0 After lunch	2 months	To support general health
02	 <b>ORIGINS NUTRA THYROID SUPPORT (MIXED)</b> 50 mg	Day 2	2 • 0 • 0 With meal	2 months	Caters essential nutrients & optimizes thyroid function
03	 <b>LIPOVIT (MULTIMINERAL)</b> 50 mg	Day 1	0 • 1 • 0 After lunch	2 months	To support general health
04	 <b>ORIGINS NUTRA THYROID SUPPORT (MIXED)</b> 50 mg	Day 2	2 • 0 • 0 With meal	2 months	Caters essential nutrients & optimizes thyroid function
05	 <b>LIVARGININE SACHETS (L-ARGININE)</b> 50 mg	Day 3	1 • 0 • 0 After breakfast	2 months	Antioxidant mix which also supports liver & vascular health
06	 <b>LIPOVIT (MULTIMINERAL)</b> 50 mg	Day 1	0 • 1 • 0 After lunch	2 months	To support general health
07	 <b>ORIGINS NUTRA THYROID SUPPORT (MIXED)</b> 50 mg	Day 2	2 • 0 • 0 With meal	2 months	Caters essential nutrients & optimizes thyroid function
08	 <b>LIVARGININE SACHETS (L-ARGININE)</b> 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	 <b>H-BOT</b>	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	 <b>Sauna</b>	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	 <b>IV Therapy</b>	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	 <b>Physiotherapy</b>	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