



Pallavi reddy Rangapuram 14 , Female

Date: 16/07/2025





Understanding the Icons -  Syrup  Capsule  Powder  Tablet




	Medications	Frequency	Duration	Remarks
01	 LIPOVIT (MULTIMINERAL) 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 breakfast	2 months	Antioxidant mix which also supports liver & vascular health
04	 LIPOVIT (MULTIMINERAL) 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 breakfast	2 months	Antioxidant mix which also supports liver & vascular health
07	 TAB TELMA 20 MG (TELMISARTAN) 20 mg	0 • 1 • 0 Before lunch	2 months	To optimize blood pressure levels
08	 ORIGINS NUTRA THYROID SUPPORT (MIXED) 50 mg	2 • 0 • 0 With meal	2 months	Caters essential nutrients & optimizes thyroid function



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	Medications	Frequency	Duration	Remarks
09	 LIVARGININE SACHETS (L-ARGININE) 50 mg	1 • 0 • 0 After breakfast	2 months	Antioxidant mix which also supports liver & vascular health
10	 LIPOVIT (MULTIMINERAL) 50 mg	0 • 1 • 0 After lunch	2 months	To support general health
11	 ORIGINS NUTRA THYROID SUPPORT (MIXED) 50 mg	2 • 0 • 0 With meal	2 months	Caters essential nutrients & optimizes thyroid function
12	 LIVARGININE SACHETS (L-ARGININE) 5 mg	1 • 0 • 0 After breakfast	2 months	Antioxidant mix which also supports liver & vascular health

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



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	Supplements	Start on	Frequency	Duration	Remarks
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

	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> <div>5 Minutes Session</div> <div>Once a week 8 Weeks</div>	Perform under supervision



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	Therapy	Start From	Frequency & Duration	Remarks
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> <div>45 Minutes Session</div> <div>Twice a week 8 Weeks</div>	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> <div>5 Minutes Session</div> <div>Once a week 8 Weeks</div>	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> <div>5 Minutes Session</div> <div>Thrice a week 8 Weeks</div>	Perform under supervision

prescription ends here



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Diagnoses:

☒ ASCVD

☒ Folate Deficiency

☒ Decreased ANS Activity

☒ Borderline High Aortic Stiffness

☒ Vitamin B12 Insufficiency

☒ Vitamin D Insufficiency

☒ Systemic Inflammation

☒ Hypocalcemia

☒ Hyperprolactinemia

☒ Liver Parenchymal Inflammation

Additional Diagnostics:

☒ Fecal Immunochemical test

At PMX Health

☒ Dental screening

Focus Dental Care

☒ Ultrasound Abdomen and KUB

Tenet Diagnostics

☒ Serum PSA

At PMX Health

Symptoms:

☒ Headache

☒ cold



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☒ ABDOMEN MUSCLES
SEPARATED IN MIDDLE

☒ ABDOMINAL BRUIT

Signs:

☒ ABDOMINAL MUSCLES
SEPARATED

☒ ABLE TO BEND WRIST
BACKWARDS

☒ giddiness

☒ unable to swallow foods

Advanced Investigation Recommendations:

☒ DEXA SCAN

☒ CIBO TEST

☒ test lab

☒ lab

Advice:

☒ avoid cold food

☒ Diet

☒ Do yoga

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

Samatha