

**RIDDHI RATHORE (MAHA)**  
**AROH Registered Homeopath**  
49 Pinner Street,  
Upper Mount Gravatt Brisbane, QLD –  
4122 Australia  
Contact No- 0431 895 785  
Email: [vitalhomeocare@outlook.com](mailto:vitalhomeocare@outlook.com)



## Treatment Plan

Date: 29/06/2025

<b>Name:</b> Gurman Singh
<b>Email:</b> <a href="mailto:balwipro46@yahoo.com">balwipro46@yahoo.com</a> <b>Telephone:</b> 0410 969 651
<b>Address:</b> 24 Ronde Crescent, Bellbird Park, 4300.

Product Name	Dosage Instruction
Baryta Carb 30 C	10 drops under a tongue before bedtime for 1 month.

<b>Follow Up</b>	Please book a follow-up appointment after one month.
------------------	--

### Treatment plan:

- Please take homeopathic remedy as directed above.
- Create play activities such as choosing three different colors fruits, apples, bananas and pears. Introduce to Gurman name of the fruit and colors and ask him to identify them. 30 minutes per day with an uninterrupted environment. Repeat this for one month and record daily observation and progress in a diary. Another example of activity is post the flash card or poster card where he can easily and repeatedly visualize. Pick 4-5 words in these cards and play with him for copying.
- Please send a weekly update by email.
- As discussed, please send all medical test results and medications from last 6 months.

### How to take Homeopathic Remedies:

1. Please take medication 15 minutes before and after food or drink with a clean mouth.
2. Do not swallow or chew the pills, place them under your tongue and let them dissolve by themselves.
3. Store medication in dry cool places and avoid perfumes or strong odors substances.
4. Do not take medication straight after brushing teeth, after eating raw onions or drinking coffee.
5. Do not touch the medication by hand directly.

**\* Please do not stop any conventional medication without consulting your treating General Practitioner. Please seek a medical service, if there is any emergency. Please send your queries on [vitalhomeocare@outlook.com](mailto:vitalhomeocare@outlook.com) and it will be answered within 24-48 hours.**

### Homeopathic Practitioner:

Riddhi Rathore   
B.H.M.S, Under grad cert in Nutrition.