

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



Treatment Plan

Date: 20/08/2025

Name: Ameya Shaji	
Email: Achushaji59@gmail.com	Telephone: 0403185149
Address: 2 Regents Place, Burnside, Nambour, QLD.	

Product Name	Dosage Instruction
Nat Mur 30C	1 Dose daily / In morning on empty stomach for 3 Consecutive days. A dose = add 3-4 globules in 15ml of water, mix and stir vigorously and drink whole. Please start after 1 week of Sulphur 30C course. Please take on 01.09.2025 and 02.09.2025. After 2 days, stop dosing and keep posted about progress and any changes inc. aggravation and amelioration.
Sulphur 30C	Start taking from tonight and stop on 26.08.25. 4 pills daily before bedtime.

Follow Up	Please book a follow-up appointment 4 weeks after you start taking remedies.
------------------	--

Treatment plan:

What to observe post-dose -

- Please note down any new symptoms or aggravation in skin or emotional level. If it persists more than 3 consecutive days, update your homeopath.
- Sulphur 30 C is only for 1 week. Keep 5 days free off from remedies.
- Then start Nat Mur 30c as per directed, it is expected some degree of aggravation.

Diet plan consideration:

- I am attaching here anti-inflammatory diet plan. Please see your triggers and try to avoid as much as you can.

[Anti-Inflammatory Diet.pdf](#)

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 and it will be answered within 24-48 hours.***

Homeopathic Practitioner:

Riddhi Rathore



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