



Dr. Samrat Abhishek M.
P.

MBBS

Reg No : APMC -65257

10 September 2022

Name

Hemant Rohidas

Patient ID

MM-DA-1137122

Gender

M

Age

25 Years

Diagnosis

Concerns

Hair

Complaints

Hair fall, (moderate)

History

Past Treatments: None

Medical History: None

Family History: None

Allergy

None

Diagnosis

Androgenic Alopecia - Stage 2

Treatment Plan

Next Follow up - After 30 days

Start your treatment as per the instructions below, it is important to continue the treatment for the stipulated duration as mentioned by your doctor.

#	Name	Unit	Frequency	Instruction	Duration
Hair					
1	Biotin Hair Gummies (No Added Sugar) (60 N)	60 Gummies	Daily	Have 1 gummy daily, preferably same time each day. Chew it well.	
2	Anti Hair Fall DHT Blocker Shampoo (300 ml)	1 bottle	Alternate Days	Use alternate days. Apply to wet hair and massage it onto the scalp. Leave it on for 2 to 3 mins and rinse	
3	RPB Advanced Hair Tonic (60 ml)	1 bottle	Daily - Evening	Use daily, 1 hour before going to sleep. Spray it on the affected areas of your scalp, massage it into your scalp for 2 mins for increased absorption. Keep it overnight.	

Additional Recommendations

Lifestyle 30 minutes of regular exercise, Medicines not to be taken with alcohol (gap of 8 hours), Medicines to be taken after food, Drink 3 to 4 liters of water everyday, Get 6 to 8 hours of sleep

Doctor's Signature

A handwritten signature in blue ink, consisting of stylized, overlapping loops and flourishes, positioned below the 'Doctor's Signature' label.

Best Foods for Good Sleep



Almonds

Almonds are a good source of magnesium and tryptophan. It has a soothing effect on the brain which in turn helps in getting good sleep. It also contains melatonin, a hormone that helps regulate the sleep cycle.

Can be consumed as a snack or can be added to warm milk before sleeping.



Warm milk

Warm milk is a common home remedy for sleeplessness. Milk contains four sleep-promoting compounds: tryptophan, calcium, vitamin D, and melatonin. Having a warm cup of milk before bed is a good night ritual.

Consume milk before sleep. One can add turmeric, nutmeg powder or almonds to the milk as per taste preference.



Kiwifruit

Kiwis are rich in both serotonin and antioxidants both of which improve sleep quality.

Can be consumed before sleeping.



Chamomile tea

Chamomile tea contains Apigenin, a compound that induces sleepiness.

Can be consumed before sleeping.



Bananas

They have potassium, a mineral that helps in getting good sleep. It has a sedative effect due to the presence of tryptophan and magnesium.

Can be consumed before sleeping



Prunes

Contains the sleep hormone, melatonin which helps in regulating sleep.

Can be consumed 15-20 mins before sleeping or can be added to snacks or porridge.



Walnuts

Walnuts contain a few compounds like melatonin, serotonin, and magnesium that promote and regulate sleep.

These can be included as a mid meal snack or can be added to smoothies/salads. Also, applying walnut oil helps maintain healthy hair.



Nutmeg

According to Ayurveda, Nutmeg has sedative properties. It helps in treating insomnia and getting a good sound sleep.

Can be added to warm milk before sleeping.

Certain things which may affect the good sleep



Caffein intake

It is a stimulant. If consumed before sleeping, it will help you become active and will reduce the total sleep time.



Intake of foods with high Sugar

They lead to a restless and disrupted sleep. Some sugary foods are a source of caffeine which further affects the sleep cycle.



Usage of Laptops/ Phones

The blue rays emitted from devices affect the production of the sleep-inducing hormone, which further delays the body's internal cycle.



Stress and depression

Leads to sleep deprivation and negatively affects the quality of sleep.