

UID NO - 273321

OPD: - 2668

ORTHO CARE

- Joint Pain
- Cervical
- Low Back Ache
- Neurotherapy

PANCHKARMA

- Purification
- Rejuvenation
- Shirodhara
- Nasya
- Vaman
- Virechana
- Basti

GASTOCARE

- Acidity
- Castipation
- I.B.S
- Special Treatment
- Navel Seating
- Neuro Therapy
- Skin
- Hair Fall

FACILITY :

- Steamer, Nebulizer
- Panchkarma Room
- Beds For Admission
- Ambulance
- Ayurvedic Treatment
- Emergency Care

NAME: Mr. Pankaj modanwal
W/o, D/o, S/o: Mr. Vijay modanwal.
Chief Complain: Severe Back Pain
History:

AGE: 30y SEX: M

Date: 14/3/2021

Time: 9:30 AM

Menstrual History X

Diagnosis

अष्टविध परिक्षा

स्पर्श

शब्द

Face (Akruti) Normal

Eye (Dirka) Clear

Jiwha Cowed

Urine Normal

Kastho (Stool) Normal

Nadi (वात, पित्त, कफ)

वात पित्त

(Dash Vidha)

1. Prakruti वात पित्त

2. Vikruti NO

3. Sara Normal

4. Samhana Normal

5. Pramana Normal

6. Satmya Normal

7. Satva Awar

8. Aahar Shakti Good

9. Vaya NO

10. Vyayani Shakti

B.P.: 120/80

WL: 65 kg

Height: 5.4

RBS: 98 mg/dl

Pain score - 10/10

Close severe Back Pain

NO Unable to move stand

NO Pain radiating to R leg

NO - 15 days.

Pt. is Advised For Admission.

Adh

SRL @ 45°

@ 60°

1) Kati Basti (4 smms) (Maharazgarh, Hail)

2) Basti.

3) Adhyayan. (Dhanwantrikailam)

(Anurashan - 75 ml) After lunch

Madhya. Tab Shuddhi Pain 1-0-1 BD

Tab Paincul 1-0-1 BD

SyP Mahareshtadi Kwathi 4-0-4

TSP.

2/04/2021

Next Consultation Date

Nutritional Assessment : — $BH^2 = \frac{65}{(1.65)^2} = 19.69$

→ 1200 calorie Diet Plan

Day 1 to 3 6:30AM Herbal Tea

Then 8AM — Oats / Dalिया / Poha.

to be 12PM — vegetable / Roti — 2 / Rice — ½ cup
Dal — 1 cup

Review

After 3 days. 4PM — Fruits (2 cup)
8PM — Mixed vegetables — 1 cup, Dal — 1 cup,
Roti — 2.

Procedure details :-

Kati Basty — Benefits — Relief in Pain, stiffness, swelling

Risk — Suspected in some cases ↑ in pain

Alternative → PPPS

Basti → Benefits — Relief in Pain, stiffness, improvement in movement.

Risk — Loose stool, constipation.

Alternative — Sizzath or trifla Kwathana.

Abhyanga — Benefit — Relief in Pain, stiffness, Relaxation of Body

Risk — Rashes, Allergy.

Alternative — Taila dhara.

INITIAL ASSESSMENT FORM

DATE: 19/3/2021 UHID: 273321 OPD: 2668

PATIENT NAME: Mr. Pankaj Madanwal F/Name: Mr. Vijay Madanwal

PATIENT HISTORY:

ADDRESS (Province-District):		PHONE No:	
PATIENT AGE:		F	M
1. Civil Status	Single	Married	Diagnosis: <u>Acute lumbago</u>
2. Job & Occupation	Armed forces	Farmers, fisherman	Non qualified worker
	Office workers	Retired	Unemployed & not active
3. Education level	Can write ☒	Can read ☒	Class:
4. History of the trauma/illness	Date:	Circumstances/Etiology:	
Associated diseases:			
5. Medical History/Treatment	Hospital:	Care:	
Evolution since the beginning	Improved	Worse	Remarks:
Medication:	X-ray/Other ex:		

	VATA	PITTA	KAPHA
MENTAL PROFILE			
Mental activity	☒ Quick mind restless	☐ Sharp intellect aggressive	☐ Claim steady stable
Memory	☐ Short-term best	☒ Good general memory	☐ Long-term best
Thoughts	☐ Constantly changing	☐ Fairly steady	☒ Steady stable fixed
Concentration	☒ Short-term focus best	☐ Better than average mental concentration	☐ Good ability for long term focus
Ability to learn	☐ Quick grasp of learning	☒ Medium to moderate grasp	☐ Slow to learn
Dreams	☐ Fearful flying running jumping	☐ Angry, fiery, violent adventurous	☒ Includes water clouds relationship, romance
Sleep	☒ Interrupted light	☐ Sound, medium	☐ Sound, heavy long
Speech	☐ Fast sometimes missing words	☒ Fast sharp clear cut	☐ Sound, clear, sweet
Voice	☐ High pitch	☐ Medium pitch	☒ Low pitch
Mental profile			
Eating speed	☒ Quick	☐ Medium	☐ Slow
Hunger level	☒ Irregular	☐ Sharp need food when hungry	☐ Can easily miss meals
Food and drink	☒ Prefers warm	☒ Prefers cold	☐ Prefers dry and warm
Achieving goal	☐ Easily distracted	☒ Focused or driven	☐ Slow and steady
Giving/donation	☐ Gives small amounts	☒ Gives nothing or large amount infrequently	☐ Gives regularly and generously
Relationships	☐ Many casual	☐ Intense	☒ Long and deep
Sex drive	☐ Variable or low	☐ Moderate	☒ Strong
Works best	☐ White supervised	☐ Alone	☒ In groups
Weather preference	☒ Aversion to cold	☐ Aversion to heat	☐ Aversion to damp cool
Reaction to stress	☒ Excites quickly	☐ Medium	☐ Slow to get excited
Finances	☒ Doesn't save spends quickly	☐ (Save but)	☐ Save regularly accumulates wealth

Friendship ☐	Tends towards short term friendship makes friends	☒ Tends to be a longer friends related to occupation	☐ Tends to form long
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8. Medical and Social Support

Ant old disease Live DM, HTN Etc.	Yes	No	Comments:
History of Surgery	Yes	No	Comments:
History of	Good	Bad	Comments:

9. Main patient's concerns:

10. Main patient's expectations:

Current Treatment: 1st 2nd 3rd >

Remarks:

Date 19/3/21

Diet

Breakfast	Lunch	Dinner	Night
गमिया	खिचड़ी + रोटी + लसाउ	खिचड़ी + दाल	
खिचड़ी + पानी (शुद्ध)	खिचड़ी + दाल + गमिया		
गमिया + पानी + विटामिन	रोटी + खिचड़ी + लसाउ	रोटी + लसाउ + खिचड़ी	
पौष्ट	रोटी + खिचड़ी + लसाउ + दाल	खिचड़ी + दाल	

Date 25/3/21

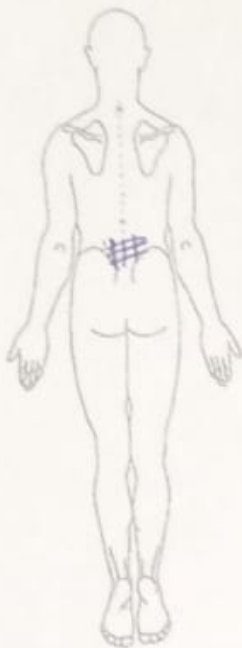
Diet

Breakfast	Lunch	Dinner	Night
खिचड़ी + पानी (शुद्ध)	गमिया + पौष्ट	खिचड़ी + दाल + रोटी + लसाउ	
गमिया	खिचड़ी + दाल	खिचड़ी + दाल + रोटी	
खिचड़ी + पौष्ट	खिचड़ी + दाल + रोटी + लसाउ	गमिया	
गमिया + पौष्ट + विटामिन	खिचड़ी + दाल + रोटी		

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(A Unit of Shudh Ayurveda Panchikarma Ltd.)
Back Side Of Jugraj Hospital,
Opp. Side Of Hospital, Dera Bassi
Punjab-140506

Physical Examination:

Mark on the body-chart deformities or joint anomalies, back deformities or anomalies, edema, shoulder subluxation etc.



Remarks: Local tender ness (+)
Local Stiffness (+)
Swelling - mild (+)

Skin & Soft tissues problem

DISORDERS	Minor	Important
Swelling	+	
Callus	-	
Scar	-	
Wound	-	
Temperature	(N)	
Infection	- No -	
Pain	++	
Abnormal Sensation	(No)	

Sensation

Sensitivity	R	L	(Specification)
Superficial	+	+	
Deep	-	-	
Numbness	+	+	
Paresthesia	-	-	
Other			

SLR Test
REFAXYED

Rt - 45°
Lt - 60°

Details Discription of Disease

	Comments
Onset	sudden on set
Additional Disease	NO H/O OM / HTN / CAD
Allergy	- No -
Pass Treatment	pt had taken allopathic treatment from Private clinic for lower back pain

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(A Unit of Shri Arun Vaidya Panchik Ltd.)
Back Side Of Jugraj Hospital,
Opp. Side Of Haldwani, Dera Bassi
Punjab-140506

GRITHPAN ANALYSIS

- Weight :
- Daily Ghrit intake :
- Lipid Profile :
- Menstrual History :
- Gravida :
- Menopause :
- Period Days :
- Pain During Period
- L M P
- EDD

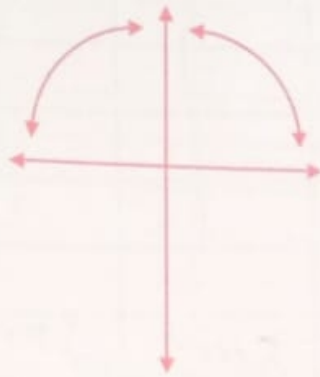
Primary Infection

Secondary Infection

NAD

NAD

Body chart of pain/symptoms distribution:



Pain Score

10/10

PAIN SCALE



Pt has Severe Pain in lower back i.e. admitted in our ~~Chair~~ Hospital.

12/1

Functional Evaluation:

Balance disorders

Sitting	Normal	✓
	Good	
	Poor	
	Not possible	
Standing	Normal	✓
	Good	
	Poor	
	Not possible	

Coordination

UPPER LIMBS	Good	Poor	Not possible
	L R	L R	L R
LOWER LIMBS	Good	Poor	Not possible
	L R	L R	L R
Comments:			

GAIT ANALYSIS

Functional Quality of the gait	Normal	Good	Poor	Comments:
1. SAFETY	✓			
2. CADENCE	✓			
3. SPEED	✓			Speed is N but has pain
4. FATIGUE	✓			

Next Follow Plan Follow up after 15 days in OPD 9am to 2PM

Next Follow Date Follow up on

Till Next Follow Diet Care :- Follow same diet care for next 7 days.

Till Next Follow Life Style Change Follow same life style as advised.

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(A Unit of Shudh Ayurveda Pvt. Ltd.)
Back Side Of Jugraj Temple,
Opp. Side Of Hospital, Dera Bassi
Punjab-140506

PANCHKARMA TREATMENT PLAN

POORVA KARMA

Days
Medicine

Risk,
Benefits

Next follow
up advice

Next follow
up date

Not admitted direct in hospital
sudden onset of Pain

PRADHA KARMA

Days
Medicine

Risk,
Benefits

Next follow
up advice

Next follow
up date

7 days of treatment
① Risk of Abhyanga - Skin allergy
Benefit of Abhyanga - Pain Relief
② Risk of Basti - Loose motion
Benefit of Basti - Pain relief
③ Risk of Kati Basti - Pain NA
Benefit of Kati Basti - Relief in Pain

① Abhyanga →
Dhanwanthari Kashi
② Kati Basti →
Maharajan's taila
③ Basti (Anuvasan) →
Maharajan's taila

PASCHAT KARMA

Days
Medicine

Risk,
Benefits

Next follow
up advice

Next follow
up date

Ayurvedic treatment as advised for 7 days
(Medicine are advised on discharge summary)
① Pain many ↑↑ ② Fever onset ③ Stiffness
① Relief in Pain ② Good appetite ③ Swelling
Follow up after - 7 days. ④ Swelling ↓↓

Achar to follow - Laghu sapachay ushma sara Ahar

Vihar to be follow - Yoga, Pranayam, Asthma, Anukar.
vataam for safety.

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Back Side Of Jugraj Hospital,
Opp. Side Of Haldwani, Dera Bassi
Punjab-140506



UHID: 273321

OPD: 2668

IPD: 666

Bed No. 09

PH No. 9872451015

PROGRESS NOTES

Initial Assessment

* Chief complaint → Pt. comes c/o
 - Severe back Pain
 - Unable to move and stand
 - Pain radiating to R leg

* History of Present illness:— Pt. was healthy before 20-25 days. Then suddenly he started to feel Lower backache. Pt. took allopathic medication from Private Clinic but not got relieved. On day by day Pain aggravated and Pain from Lower Backache radiate to Right leg. Pt. was suffering from 10-15 days and now admitted here for further treatment.

* Past History — NAD

* Personal History — NO H/O DM/HIN/Asthma.

* Family History — NAD.