



Dr. Sonam Kashyap
B.A.M.S

UHID - JS 20211586

OPD - 2021825

Age - 43 yrs [Female] Date: 1/09/21 10:00am

ORTHO CARE

- Joint Pain
- Cervical Pain
- Low Back Ache

Name: Divya Thakur

W/o, D/o, S/o: Mr. Mohi Lal

Chief Complain Pain lower back, Pain B/Canals & swelling
History STI - 14r back stiffen body.

Menstrual History

LMP - 27-8-20 ± 4-5 days.

Diagnosis:

Lumbar Spondylosis

PANCHKARMA

- Detoxification
- Rejuvenation
- Shirodhara, Shiro Basti
- Shiro Pichu
- Kati Basti, Prishtha Basti
- Janu Basti
- Akshi Tarpana
- Nasya
- Basti
- Abhyanga
- Swedanam

अष्टविध परिक्षा

स्पर्श 350

शब्द 5/5

Face (आकृति) किम्बु

Eye (दृष्टि) 6/6

Jiwha (जिह्वा) अम्लित

Urine (मूत्र) धाव

Stool (मल) दृक्, 2 गुठल

Nadi (वात, पित, कफ) वाला - पित्ता

(Dash Vidha)

1. Prakrutii चाला
2. Vikrutii पित्त
3. Sara मध्यम
4. Samhana मध्यम
5. Pramana मध्यम
6. Satmya मध्यम
7. Satva मध्यम
8. Aahar Shakti मध्यम
9. Vaya मध्यम
10. Vyayam Shakti दीन

Vitals:

B.P.: 128/80 mmHg

Weight: 65 kg

Height: 5' 2"

RBS.: 135 mg/dL

NEXT CONSULTATION DATE: 30/9/21

CVS - (N)

CNS - (N)

GL - stable

Oriented, Conscious.

Panchakarma Procedure

Adv

1) Kati° basti° (45 min)
(Dhanvanthram + Mustina oil)
(20ml)

2) Abhyanga (45 min)
(Sarvang) + Skambh (Mahanarayana oil) (15ml)

3) M. Basti° (Sahcharadi° oil) | X
17 days

Adv

① Dr Shuddhi powder (A.F)
1/2 kg (रात को सोने में पड़ने
पुनर्गुन पानी में)

② Vat har Ras (A.F)
1-1 (मुँह-गाल) (पुनर्गुन पानी में)

Donor 1/1 kg (10:00am)

640, Ground Floor, Sector-5 Vaishali, Ghaziabad - 201014
Shuddhi Ayurveda Panchkarma Clinic
(A Unit of Jeena Sikho Lifecare Pvt. Ltd.)

Procedure Details :

1) Kati basti - Benefits - Relief in Pain, Stiffness, Swelling

Risk - Surfered in some cases increase in pain.

Alternatives - PPPS.

2) Basti - Benefits - Relief in Pain, stiffness, Clear bowel toxins

Risks - Loose stool, Constipation.

Alternative - Sitz bath, Triphala kwath enema.

3) Abhayaanga - Benefits - Relief in pain, stiffness, Relaxation of body.

Risks - Rashes, Allergy

Alternatives - Taila Dhara.