



Paramanand Ayurveda Panchkarma Hospital (Unit of Parmanand Ayurveda PVT LTD)

Plot No. 2, Block-A, Gopal Nagar, near Prem Nursery, Main Dhansa Road, Najafgarh, New Delhi 110043

Web: www.Paramanandayurveda.com

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Dr. Shwetambari Thakur

B.A.M.S, PGDP

Reg.No :- I-66545-A

DR Suman Bhainsora

B.A.M.S

Reg.no:- UK 5382

Our Expertise:

- Psoriasis, Eczema
- Digestive problems
- PCOD, PCOS
- Joints pain
- Rheumatoid, Arthritis
- Back pain
- Sinusitis, Allergies
- Paralysis
- Infertility (male & female)
- Piles
- Leucorrhoea
- Migraine
- Hair fall, Dandruff
- Fibroids/Cysts
- Spondylitis, Back pain
- Child Immunity
- Dry eyes
- Varicose vein
- Obesity

Panchkarma

- Vaman
- Virechan
- Basti
- Nasyam
- Raktmokshan
- Keralian panchkarma
- Shirodhara
- Detoxification

Facilities

- Beds for Admission
- Fully Equipped panchkarma room
- Ayurvedic Medicine

OPD timings 9:00am to 6:30 pm

Follow up:-

Not valid for medico legal case

Name Mr. Jaspal Age/Sex 58y/M Date/time 7/16/2022 Mb 9781315527
UHID No PA0616 OPD 663 IPD 165 Bed 9

BP - 124/86 mmHg

Weight - 71 kg

Height - 5'10"

Respiration - 16/min

Temp - 96.2°F

Pallor - not any

pulse - 72 bpm

C/O Pain in upper abdomen region X 8 months
- Generalised weakness
- Pain in Lt lower back X 3 yrs

On Investigation

March 2022 - Mild Splenomegaly in USG Abdomen

Panchkarma Advice :-

- Sarvang Abhyanga

ē mustard oil
followed by Swedan
for 40-45 minutes

- Maatra basti ē
60 ml Pippalyadi
amrasan tail
for 8 days.

pt to be admitted
for procedure of
Sarvang Abhyanga,
Swedan & Maatra
Basti for

duration of 8 days

Paramanand Ayurveda Panchkarma Hospital
Plot No 2 Main Dhansa Road A-Block
Gopal Nagar Najafgarh New Delhi-110043

सियाटिका, गठिया, मधुमेह आदि जीर्ण एवं कृच्छ साध्य रोगों का विशिष्ट चिकित्सा स्थल



Paramanand Ayurveda Panchkarma Hospital

Plot no-2, A-block Gopal Nagar, Near Prem Nursery Bus Stand
Main Dhansa Road, Najafgarh, New Delhi -110043

INITIAL ASSESSMENT FORM

DATE: 7/10/22

UHD: PA0616

OPD: 663

PATIENT NAME: Mr. Jaspal

S/DW: Shamsher Singh

PHONE NO: 9781915527

PATIENT HISTORY:

ADDRESS (Province-District): Jandali Kalan Ahmedgher Samgrur Punjab

PATIENT AGE: 35 yrs

F

M

Diagnosis: Udar Shool

1. Civil Status

Single

Married

Number of children: 1

4. History of the trauma/illness

Date: -

Circumstances/Etiology: -

Associated diseases:

Not any found

5. Medical History/Treatment

Hospital:

Care:

Evolution since the beginning

Improved

Worse

Remarks:

Medication:

Ayurvedic Rx for 2 years

X-ray/Other ex

VATA

PITTA

KAPHA

MENTAL PROFILE

Mental activity	☐	Quick mind restless	☒	Sharp intellect aggressive	☐	Claim stead stable
Memory	☐	Short-term best	☒	Good general memory	☐	Long-term best
Thoughts	☐	Constantly charging	☒	Fairly steady	☐	Steady stable fixed
Concentration	☐	Short-learn 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 relations, 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 of 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 big heat)	☒	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 lasting

Remarks:

Date 7/10/2022

Diet (As Per Patient Already Taking)

Breakfast	Lunch	Dinner	Night
Fruits	Salad Roti (Mukka) + Sabzi	Roti + Sabzi	—

PANCHKARMA TREATMENT PLAN

POORVA KARMA	
Days Medicine	Abhyanga & Swedan
Risk, Benefits	Rashes due to hot oil Relaxation of body
Next follow up advice	
Next follow up date	
PRADHA KARMA	
Days Medicine	Kati basti & masha basti & kshir bala tail & Sanchaladi tail
Risk, Benefits	Rashes due to hot oil Relief in pain & symptoms
Next follow up advice	
Next follow up date	
PASCHAT KARMA	
Days Medicine	Medicines to be taken regularly
Risk, Benefits	Not only Cure of disease & relief in symptoms

Pain Score

Functional Evaluation:

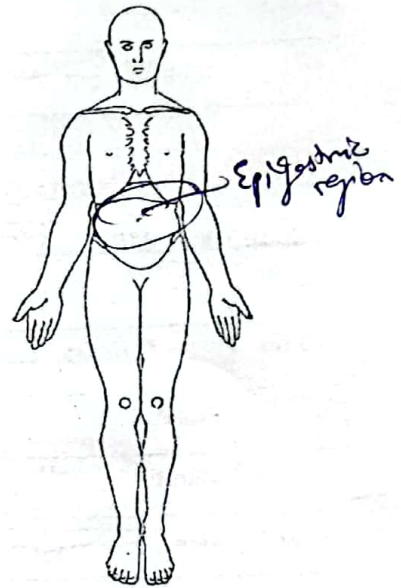
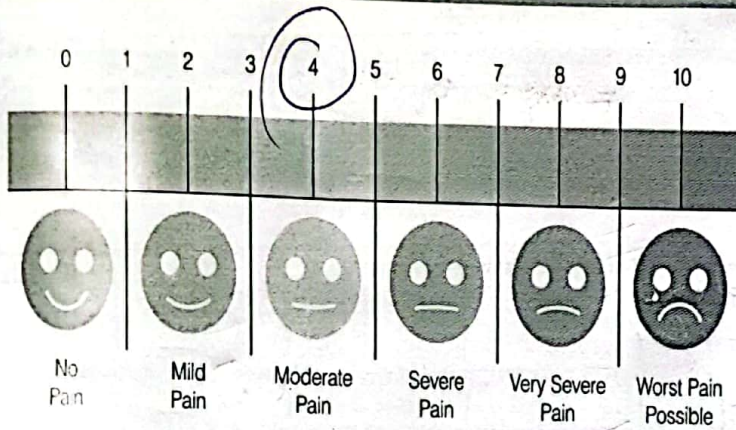
Balance disorders

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:		Not any				

PAIN SCALE



Next Follow Plan

Next Follow Date

General Examination Assement

ASTA VIDHA PARIKSHA

S No	Asta Vidha Pariksha	Date	Next Review Date	Next Review Date	Sign	Remark
1.	स्पर्श	7/10/2022				
2.	शब्द	Sheet - Khaj				
3.	Face (Akruti)	Sheet				
4.	Eye (Dirka)	Senanya				
5.	Jihwa	Vaikrat				
6.	Urine	Nirasa				
7.	Kashti (Stool)	Dash yukt				
8.	Nadi (वात, प्रत, कफ)	Badh				
		Vaataj				

DASH VIDHA PARIKSHA

S No	Pariksha	Date	Next Review Date	Next Review Date	Sign	Remark
1.	Prakruti	7/10/2022				
2.	Vikruti	Pitta-Kaphaj				
3.	Sara	Pittaj				
4.	Samhana	Madhyam				
5.	Pramana	Madhyam				
6.	Satmya	Visham				
7.	Satva	Madhyam				
8.	Aahar Shakti	Madhyam				
9.	Vaya	Madhyam				
10.	Vyayani Shakti	Madhyam				

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Gopal Nagar, Nagalgan, New Delhi-110043