

## DECLARATION

Dear Sir,

As per your guidance, we have showcased Do's & Don'ts for the patients getting Panchakarma Therapy. Picture attached for your reference

Best Regards

Ynam  
Jeena Sikho Lifecare Ltd.  
Dr. Poonam Hooda  
H. No. 432, Ground Floor,  
Prahladpur Banger,  
(BAMS) Rohini, New Delhi-110042



SHUDDHI AYURVEDA PANCHKARMA CLINIC  
(A Unit of Jeena Sikho Lifecare Ltd)

शुद्धि आयुर्वेद पंचकर्मा क्लिनिक  
(ए यूनिट ऑफ जीना सीखो लाइफकेयर लिमिटेड)

## PANCHAKARMA : DO'S & DON'TS

### Do's

1. Bring your medications along with you.
2. Stop (or reduce gradually) smoking, alcohol, coffee, black tea, chocolates, heavy meals, Junk food, snacking for a minimum of 3 days (better if 01 week) before the start of your therapy.
3. Eat light, freshly prepared and warm food, when hungry, with some spices like ginger, black pepper or cumin to improve your digestive power 03 days prior to the start of your therapy.
4. Drink hot water or room temperature water only and Sleep before 10 PM.
5. Relax, meditate, walk, read, listen to soothing music, feel positive, pray for good health & peace of mind.

### Don'ts

1. Sleeping during the day and staying up at night.
2. Eating when not hungry.
3. Cold Drinks, Cold Water, Cold Food, Raw Food, Smoothies, Milkshakes, etc.
4. Coffee, tea, alcohol, smoking, exercise, computers/screens, exposure to hot sun & wind, too cold air - conditioning, swimming etc. during the therapy.
5. Comparing with others, competitive attitude, negative emotions, etc,


H No - 432, Ground Floor, Prahladpur Bangar, Delhi - 110042



SHUDDHI STAFF LIST	
NAME	DESIGNATION
Dr. Pramod Khandelwal	Doctor
Shashi	Female Therapist
Anuradha	Female Attendant
Ramraj	Male Therapist
Ankit	Male Attendant
Lakshmi	Receptionist
Alakh	Housekeeping
Prashant	Pharmacist

SHUDDHI EMERGENCY CODES		
S.No.	TYPES OF EMERGENCY	CODE
1.	FIRE	RED
2.	CHILD ABDUCTION	PINK
3.	BOMB THREAT	BLACK
4.	CARDIAC ARREST	BLUE
5.	PATIENT MISSING	YELLOW
6.	VIOLENCE	VIOLET

SHUDDHI EMERGENCY CONTACT NUMBER		
NAME	DEPARTMENT	CONTACT NO.
Dr. Pooja Lali	Laboratory	9810348014
Antidote	Antidote	9810348012
Laundry Dry Cleaner	Laundry	9810348016
Plumber	Plumber	9383841132
Electrician	Electrician	9717884479
Delhi Police	Police	100
Delhi Fire	Fire	101



**SHUDDHI AYURVEDA PANCHAKARMA CLINIC**  
 (A Unit of Jeena Sikho Lifecare Ltd)

शुद्धि आयुर्वेद पंचकर्म क्लिनिक  
 (ए यूनिट ऑफ जीना सीखो लाइकेयर लिमिटेड)

## PANCHAKARMA : DO'S & DON'TS

### Do's

1. Bring your medications along with you.
2. Stop (or reduce gradually) smoking, alcohol, coffee, black tea, chocolates, heavy meals, Junk food, snacking for a minimum of 3 days (better if 01 week) before the start of your therapy.
3. Eat light, freshly prepared and warm food, when hungry, with some spices like ginger, black pepper or cumin to improve your digestive power 03 days prior to the start of your therapy.
4. Drink hot water or room temperature water only and Sleep before 10 PM.
5. Relax, meditate, walk, read, listen to soothing music, feel positive, pray for good health & peace of mind.

### Don'ts

1. Sleeping during the day and staying up at night.
2. Eating when not hungry.
3. Cold Drinks, Cold Water, Cold Food, Raw Food, Smoothies, Milkshakes, etc.
4. Coffee, tea, alcohol, smoking, exercise, computers/screens, exposure to hot sun & wind, too cold air - conditioning, swimming etc. during the therapy.
5. Comparing with others, competitive attitude, negative emotions, etc.

**H No - 432, Ground Floor, Prahladpur Bangar, Delhi - 110042**

