



SANDHYASHI NEURO PANCHKARMA

(A Unit of Sandhya Pharma & Research Unit)
(BF-45, Near Canara Bank, Shalimar Bagh, Delhi-110088)

UHID... 1030

Room No... 2

Date... 12/Feb/2021

Vamana Karma (वमन कर्म)

Prakruti (प्रकृति): पित्तवात

Agni (अग्नि): → मध्यम

Avastha (स्थान): → मध्यम

Dosha (दोष): वात

Akruti (आकृति): मध्यम

Bala (बल): मध्यम

Anupana (अनुपान): उष्णजल

Vyadh (बिमारी): Migraine, Cough,

Sama/Nirama (साम निराम): निराम

Koshtha (कोष्ठ): मृदु

Dushya (दुष्या): पित्त

Sroto dushti (स्रोतों दुष्टि): अन्नवहनीय, पाचन

Pachana (Days/Drug) (पाचन):

Poorvakarma (पूर्वकर्मा)

Pachana (पाचन): सिद्ध पुर्ण x 7 days

Season (ऋतु): वसंत

Pulse (पल्स): 73/min

BP (ब्लडप्रेसर): 120/80 mm.

RR (स्वास गति): 19/min

WT (भार): → 83 kg.

Lab Investigations: (In Case of Hyperlipidemia, CAD, NIDDM etc.)

Complete Lipid profile

FBS & PPBS

	1 st Day	2 nd Day	3 rd Day	4 th Day	5 th Day	6 th Day	7 th Day
Dose of Sneha (घी की मात्रा):	30ml	60ml	90ml	120ml.	150ml.	180ml.	210ml.
Time of intake (दवाई लेने का समय):	8:30 AM	8:30 AM	8:30 AM.	8:30 AM.	8:30 AM.	8:30 AM.	8:30 AM.

Symptoms during the digestion of sneha

Symptoms	1 st Day		2 nd Day		3 rd Day		4 th Day		5 th Day		6 th Day		7 th Day	
	O	R	O	R	O	R	O	R	O	R	O	R	O	R
1. Headache: (सिरदर्द):						✓		✓						
2. Giddiness: (चक्कर):	✓			✓						✓		✓		✓
3. Salivation: (मुख में पानी आना):														
4. Fainting (भिहोशी)														
5. Weakness (कमजोरी):				✓		✓		✓		✓		✓		✓
6. Tiredness (थकावट):						✓		✓		✓		✓		✓
7. Thirstiness: (प्यास):														
8. Burning sensation (जलन):														✓
9. Lassitude (आलस):										✓		✓		✓

(O-Onset time R-remission time)

Symptoms of digestion of sneha (note the time of appearance of each symptom):

Lakshana लक्षण	1 st Day	2 nd Day	3 rd Day	4 th Day	5 th Day	6 th Day	7 th Day
Lightness (हल्कापन):	✓	✓	✓	✓	✓	✓	✓
Vat anulomana (वात का अनुमोलन):	✓	✓	✓	✓	✓	✓	✓
Hunger: (भुख):		✓			✓	✓	
Clear belching (उगदर साफ आना):		✓	✓	✓	✓	✓	✓

Time taken for the digestion of sneha 3 to 5 hours

Adequate s Symptoms of Oleation

S.No.	Symptoms	1 day	2 day	3 day	4 day	5 day	6 day	7 day
1.	Vata Anulomana (वात का अनुमोल):	✓	✓	✓	✓	✓		
2.	Lightness of abdomen (पेट का हल्कापन):	✓	✓	✓	✓			
3.	Hunger (भुख):	✓	✓	✓	✓	✓		
4.	Consistency of stool							
5.	Oiliness of stool (मल का तेल):				✓	✓	✓	✓
6.	Lightness of body (हल्कापन):				✓	✓		✓
7.	Softness of body (शरीर की कोमलता):				✓	✓	✓	✓
8.	Oiliness of skin by blotting paper (त्वचा की स्नेहता):					✓	✓	✓
9.	Aversion to fat intake (तैलिय पर्दार्यो की इच्छा न होना)						✓	✓

Oleation: adequate/inadequate/excess

Complication if any:.....No

Treatment given:.....For 7 days smehana

Pulse (पल्स):.....78/min

BP (ब्लडप्रेसर):.....120/80mm

RR (शवासगति):.....19/min

WT (भार):.....83/Kg

Lab Investigation : (In case of Hyperlipidemia, CAD, NIDDM etc.).....

Complete Lipid profile.....

FBS & PPBS110mg/dl

Massage & Sudation: On rest day19/2/21 - 9am Abhyangaam bala + Pind oil 100ml

Adequate symptoms of sudationSteam chamber - steam - 15min

Utkleshana Ahura & Quantity:Curd (Pasties, only thick food)

Vamana purva lakshana:.....20/2/21 night

Obeservation-

Lakshana	Time (a.m)
Sweating of forehead (माथे पर पसीना आना):	9:15 am.
Horripilation (बालों के रोंगटे खड़े होना):	9:30 am.
Fullness of stomach (पेट में भरीपान):	✓
Nausea (उल्टी का मन होना):	✓
Salivation (मुह में पानी आना):	✓

Total drug input: 4lt ml

Total output: ml

No. of small bout (upavage) 0750 small

No. of bout(vage) 5 Big

Post operative Procedure:

Pulse(पल्स): 77/min

B.P (ब्लडप्रेसर) 110/70 mm.

Temp.(टेम्परेचर)

RR.(स्वास गति) - 79/min

WT. (भार):

Dhumapana :-

Vaigiki Shuddhi - वेगकी शुद्धि 6 का

Antiki Shuddhi - आंतकी शुद्धि 9 का

Maniki Shuddhi - मानकी शुद्धि

Laingiki shuddhi - लेगकी शुद्धि

Samyak Yoga Lakshana (सम्यक):-

Hrudya shuddhi (हृदय शुद्धि) Parsva shuddhi (प्रसव शुद्धि) Sharir laghuta (शरीर लघुता) Pittanta (पित्तान्त) kala
pravritti (कला प्रवर्ति) Daurbalya (दौर्बल्य)
Glain (ग्लैन) Kanth shuddhi (कंठ शुद्धि) Agnivridhi (अग्निवृद्धि)
Krishta (क्रिस्टा) Vyadhi shaman (व्याधि शमन) vatanulomana (वात का अनुमोल)

Ayoga lakshana (अयोग्य)

vega apravritti (वेग अप्रवर्ति) kevala aushdhn pravritti (केवल औषध प्रवर्ति) vega vibandha (वेग विबंधा) Hridaya shuddhi
(हृदय शुद्धि) Sroto ashuddhi (स्रोत अशुद्धि) guru gatrata (गुरु गात्रता) Sphota (स्फोटा) kotha (कोथा) kandu
(कंठ) kapha praseka (कफप्रेषिक) jvara (ज्वारा)

Atiyoga lakshana (अतियोग): -

Phenila vama (फेनिला वामन) Raktachandrika vama (रक्तचंद्रिका वामन) Trishna (तृष्णा) moha (मोहा)
Murchha (मूर्छा) Vata prakopa (वात प्रकोप) Nidra hani (निद्रा ना आना) balahani (बल कम होना) Hritpida (कण्ड मे
दर्द) khandhapida (खन्धापीडा) tamaphpraves (तमपः प्रवेश) bhrama (भ्रम) Pittatiyaoga (पिट्टि योगा)
daha (दहा)

Type of shuddhi: Pravara/Madhyama/Avara

शुद्धि के प्रकार: प्रवर/ माध्यम/ अवर

Vyapad (If any): Chikitsa

Samsarjana Krama (संसर्जना कर्म)

Day	Morning (सुबह)	Evening (शाम)
I	MUS - 24 Part of water.	Rice + 4 ml + 20 Part of water
II	Sneha - 20 " " "	" + " + 16 " " "
III	" - 12 " " "	" + " + 8 " " "
IV	Veg " - 8 " " "	" + " + 6 " " "
V	" " - 4 " " "	" + " + 4 " " "
VI		
VII		

Pulse(पल्स) 77/min

BR.(ब्लडप्रेसर) 110/70

RR.(स्वास गति) 72/min

WT(भार): 72kg

PBDR (Samsarjana Krama)

Day	Morning(सुबह)	Evening(शाम)
I		
II		
III		
IV		
V		
VI		
VII		

Pulse(पल्स): 78/min

BR.(ब्लडप्रेसर) 110/70

RR.(स्वास गति) 72/min