

Dr. Ajeet Pratap Singh
(BAMS) Ayurvedacharya

(9313666680

ORTHOCARE

- Joint Pain
- Cervical Pain
- Low Back Ache

PANCHKARMA

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

GASTOCARE

- Acidity
- Constipation
- Liver Treatment

FACILITY

- Steamer
- Panchkarma Room
- Ayurvedic Treatment

Name:

W/o, D/o, S/o:

Chief Complain
History

Menstrual History

Diagnosis:

अष्टविध परिक्षा

स्पर्श

शब्द

Face (आकृति)

Eye (दृष्टि)

Jiwha (जिह्वा)

Urine (मूत्र)

Stool (मल)

Nadi (वात, पित्त, कफ)

(Dash Vidha)

1. Prakrutii
2. Vikruti
3. Sara
4. Samhana
5. Pramana
6. Satmya
7. Satva
8. Aahar Shakti
9. Vaya
10. Vyayam Shakti

Vitals:

B.P.:

Weight.:

Height:

RBS.:

20. Mark each Question

Question Paper → 5/02/2022

Question-1 → After Abhyangam, If you will find Sudden rise up B.P. of Patient Means you are taking him Swedan But Suddenly, he complaint of Palpitation Sickness Dizziness.

Question 2 → if Patient is exhausted offer any Therapy, Means He complaining Very low energy. If you checked his B.P and it is very low i.e < 100/70 mmHg. What will you do in this Situation.

Question 3 → How will you Decide, How much Pressure Should be applied. During Abhyangam.

Question 4 → Explain the Position for Basti Insertion.

Question 5 → How to Perform Nasya Karma?

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नाम - Payal - थैरैपिस्ट

उत्तर-1. अग्र्यां के बाद ग्रिज को धोराएट
या B.P ज्यादा हो जाए तो ग्रिज को
आराम कराना है। Normal temp तब रहना
है। रक्त गलस पानी पिलार, लंबी गहरी
सांस लेने को कहें। ग्रिज को स्वेदन के
लिए तली लेकर जाए जब B.P Normal
हो जाए यदि Normal ना हो स्वेदन न
करें। हल्का गुनगुने पानी से नहाने को
कहें घर जाना।

उत्तर-2. थैरैपी के बाद यदि ग्रिज बहुत
ज्यादा थका हुआ महसूस कर रहा हो और
B.P बहुत कम हो गया हो तो ग्रिज को
आराम करवाना है। जलेन वाली या Herbal Tea
या नमक चुनी को धोल देना है ग्रिज को
आराम करने को कहें ग्रिज की वस्था
होने के बाद हि घर लौने।

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Chief Complain उत्तर-3 अंगुली के दौरान कितना Pressure

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रख है। यह हम मरिज से पुछकर
है तब करते हैं मरिज के सहज करने
के हिसाब से Pressure रखना है। यदि
शरिर में चोट हो या घाव हो तो वहा
हाथ नही लगाना है और मरिज को कोई
ओपरेशन हुआ है वहा रीड डली हुई है।
इस जगह पे जोर नही देना है।

उत्तर-4 Position of Basti Insertion is
left lateral position. मरिज को
बायाँ जखर लिया कर जलना बायाँ पैर
मीड कर दि जाती है।

उत्तर-5. मरिज को सुबह करने का विधान है
मरिज को सुबह खाली पेट बुलाया जाता है
हल्के तेल से रिस की Massage करनी है
मरिज को सीधा लेटकर रिस ड्रेणी की ऊपर
बोडा सा लटका हुआ पीछे की ऊपर
होनी मरिजको मे पसे 10 बूंद ड्रॉपर
के हिसाब से बूंद डालनी है।

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फिर हल्के हाथ से फ्रीजी नसिकाओं से
गाल की तरफ हल्का Massage करें।
गले में तेल आने पर मसिज की धुंलने
की जाए अगर मसिज की चिड़चिड़ापन
हो रहा है तो गर्म पानी धुंल धुंल कर
पिलाएं। भ्रूमवर्ति की जलाकर रक्त रक्त
नसिका से वही वही मसिज को धुंलें।
स्थिचने को लें। यदि कफ निकलता है।
आवा आती है कफ बाहर भूलना है।

Sppt से 5-10 मिनट में धूम का सेवन
करवाएं।

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Exam Date - 5/02/22

Payal.

Exam Parameters - Payal

- ① Attendance - She is Punctual.
- ② Dress Personality - Neat and clean.
- ③ Knowledge - She is having very good Theoretic knowledge.
- ④ Practically Knowledge - very well Excellent
- ⑤ Room Hygiene - well maintained.
- ⑥ Post Therapy Care - Excellent.
- ⑦ Performance - Good.
- ⑧ Performance c Patient Care - well maintain, Very Good.
- ⑨ Patient Record - well maintained.
- ⑩ Patient Care - Very good.
- ⑪ Time management - Very well Maintained.
- ⑫ Any Sentinel Event, Not any Sentinel event found.

All over Average - 70/100
Need more Improvement.

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02/02/2022

Panchakarma Training to
Therapist

Trainee - Dr. Ajeet

At Herded by - Sandeep and Payal.

Today is on 02-02-2022 as training
session was organised for
Therapist To clear out queries and
issues. They are facing During
Therapies.

1. How to manage Hygiene → Use of soap
of water to wipe of oil, to change the
bedsheet and proper sanitize the
therapy room after procedures.

2. How to make Patient More Relax
During Therapy →

1. Use of good soothing Music.
2. Therapy should be very Positive &
Polite
3. To take extra concern about the Apsoad
the Patient comfort.

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Purifying Therapy i.e. Lepam, Sneh, or
Swedan, found only Rashes. Don't panic
on this Time, Please take to Doctor
and immediate inform to Doctor, immediate
apply Ice Pack and Aloe Vera Gel, or
Jatyadi oil with Dr. Permission.

→ They are guided not to put more
pressure on excessive tender area.
- All equipment, Rooms should be
ready before taking Patient. So that
Patient should not be disturbed

→ Jatyadi Tailam & Aloe Vera should
Always be available in therapy
room.

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Panchkarma Exam Outcome

An Exam was Conducted on 5th Feb 2022 for Therapist and Attendants. They all are Performed very well. But I will request to HR Department for appraisal or Payal and Sandeep nautiyal are guided to clear. Their Doubts time to time and Routine monthly Test Training will be organised regularly for their growth and Increased knowledge about updates and improve our working.

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