

Dr. Ajeet Pratap Singh
(BAMS) Ayurvedacharya

(9313666680

ORTHO CARE

- 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:

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20 Mark each Question

Question Paper → 5/02/2022

Question -1 → After Abhyangan. 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 BP 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 Abhyangan.

Question 4 → Explain the Position for Basti Insecution.

Question 5 → How to Perform Nasya Karma.

Jeena Sikho Lifecare Pvt. Ltd.
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नाम - Sandeep - Therapist

उत्तर 1 अक्टूबर के बाद मरिज को धक्का
या BP ज्यादा हो जाय तो मरिज को
आराम करना है। Normal Temp तो रक्ता
है। रक्त गलास पानी पिलाय, लंबी गहरी
सांस लेने को कहें। मरिज को स्वेदन के
लिए तली लेकर जाय जब BP Normal
हो जाय यदि Normal ना हो स्वेदन न
करें। हल्का गुनगुने पानी से नहाने को
कहें घर जाय।

उत्तर -2 घरेली के बाद यदि मरिज बहुत
ज्यादा थका हुआ महसूस कर रहा हो
और BP बहुत कम हो गया हो तो मरिज
को आराम करवाना है। लेंग लाली या
Herbal Tea या जमल चीनी का दौल
देना है मरिज को आराम करने को
कहें मरिज को स्वस्थ होने के बाद
हि घर भेजें

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उत्तर-3 अंगुली के दौरान कितना प्रिक्चर
रख है। यह हम मरिज से पुछकर है
तथा करते है मरिज के सदन करने के
हिसाब से प्रिक्चर रखना है। यदि शरीर
से चोट हो या धाव हो तो वहा दाय
जही लगाना है और मरिज का कोई
अपेशन हुआ है वहा रीड डाली हुई
है। उस जगह पे जोर नहीं देना है।

उत्तर-4 Position of Basti Insertion is
left lateral position मरिज को
बायाँ करवट लिटा कर उनका बायाँ पैर
मीढ़ कर दि जाती है।

उत्तर-5 नस्य कर्म सुबह करने का विधान
है मरिज को सुबह खाली पेट बुलाय जाता
है। दलके तेल से सिर को Massage करनी है
मरिज को सीधा लेटाकर सिर दायी की
ओर थोडा सा मटना हुआ पीछे की
ओर दोनो नसियो मे 4 से 10 बुँद
डॉक्टर के हिसाब से बुँद डालनी है।

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पिछे हल्के हाथ से दोनो नसिकाओ से
गाल की तरफ हल्का Massage करें।
गले में तेल आने पर मरिज की धूलने
को लेंगे अगर मरिज को चिडीचिडापन हो
रहा हो तो गर्म पानी धूट धूट कर पिलाएंगे।
भूमवर्ति को जलाकर रक्त रक्त नसिका से
वारी मरिज को धुआं खिचने को लेंगे
अदि लफ निलालता है। खासी आती है
लफ बाहर धूलना है। Spat में 15-10
मिनट में धूम का स्मेलन करवाएंगे।

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Name:

(Enom

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

Enom Date - 5/02/22

Chief Complain

History

Name - Somdeep Nautiyal

Menstrual History

Diagnosis:

① Attendance - Very Punctual.

② Dress & Personality - Neat & clean good Personality.

③ Knowledge - good Knowledge of maintaining Therapy room and Therapy Procedure.

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④ Vyapad Management - As per all suits are knows very well about vyapad management

⑤ Mental & Physical Activity - he is very active, and quick learner, everytime about therapy.

⑥ Performance - excellent in work.

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All Over Very Good

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02/02/2022

Panchakarma
Training to therapist

Trainee - Dr Ajeet

Attended by - Sameep 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 Procedure.

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
APS out the Patient comfort

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5/02/22



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During Therapy i.e. lepan, seka, or
Swedan, found any 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
Jatyodi 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
→ Jatyodi Tailam & Aloe vera should
Always be available in therapy
room.

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Panchkarma Exam Outcome

An Exam was Conduct on 5th Feb 2022 for Therapist and Attendants. They all are performed very well But I will request to Her Department for appraisal on Payal and Somdeep. Their Doubts time to time and Routine monthly Test Training will be organised regularly for their growth and Inward knowledge about updatis and improve our working.

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