



VRINDAVAN AYURVEDA CHIKITSALAYAM

Shivalik Foothills, Village Thana, EPIP -II, H.P

Ph:01795667166, +91 7901778899

OP RECORD

OPD No	:	23	
UHID No	:	771	
Full Name	:	ZEENAT BINDRA	
DOB	:	15/05/1974 00:00:00	
Gender	:	Male	Age : 48
Address	:	21/2A, CHURCH ROAD SANTI KUNJ-A BLOCK, BEHIND D3, VASANT KUNJ, S DELHI	
E-mail ID	:	@	
Nationality	:	India	Mother Tongue :
Profession	:		
Marital Status	:		
Name of person accompanied by	:	.	
Contact Tel	:	9811131476	
Admission Date	:	02/04/2022	
Suggested Duration of Treatments	:		
Bed Number	:		
Chief Physician	:	Dr. Akanksha	
Consulting Doctor	:	Dr. Akanksha	



जीनत बिंद्रा
Zeenat Bindra
जन्म तिथि/DOB: 15/05/1974
महिला/ FEMALE
Mobile No: 9811131476



5747 7130 3162

मेरा आधार, मेरी पहचान



आधार

पता:
D/O कश्मीरी लाल बिंद्रा, 21/2ए, चर्च रोड,
सन्ति कुंज-ए ब्लॉक, डी3 के पीछे, वसंत कुंज,
दक्षिण पश्चिमी दिल्ली,
दिल्ली - 110070

Address :

D/O Kashmiri Lal Bindra, 21/2A, Church
Road, Santi Kunj- A Block, Behind D3,
Vasant Kunj, South West Delhi,
Delhi - 110070



5747 7130 3162

Generation Date: 13/02/2018



1947



help@uidai.gov.in



www.uidai.gov.in

P.O. Box No.1947,
Bengaluru-560 061

O.P. CASE SHEET

Weight: 72.6

MHID: 771 Date: 02/04/2022
 Doctor's Name: DR. AKANKSHA Time: 6:00 AM
 Name: ZESINAT BINDRA Age: 46 Sex: F
 Address: 22/2 A, CHURCH ROAD, SANTI KUNJ-A
 Block, BEHIND D3, VASANTI, KUNJ, DELHI
 Name of Father/Husband/Nearest: KASHMIRI LAL BINDRA
 Ph. No: 9811131476 Mob. No: 9811131476 Passport / Adhar Card No:

No.	Present Complaints with Description	Duration
1	Thyroid Since 10-12 Years	Thyroxine 100mg Since 1 Year
	Indigestion Since 2 Years back.	
	Stress Since 1 Year back.	
	Period Irregular.	
	Water consumption 1 Lt. water per day.	
	Skin stress.	B.F. 9:30 AM
	Pure Veg	Lunch 1:30-2:00 PM
	House made food intake.	Dinner 7:30-8:00 PM

History of present illness: Thyroid Since long time.

Associated illness: DM/HTN/CAD/ASTHMA/PILES

No.

History of past illness: Thyroid Since 10-12 Years.

Vrindavan Ayurveda Chikitsalayam

Vrindavan Estate, Village Thana, EPIP-2, Baddi, Himachal Pradesh Ph : (01795 667166) +91 7901778899

Personal and Family History:

Appetite: Poor Abetide Bowel: Normal Micturition: No -

Sleep: Disturbed Sleep Menstrual History: Irregular Period
(4-5 hours)

Physical Examination :

V P ↑

Investigation Report :

No

Growth Status -

NORMAL.

Immunisation Status -

NORMAL

Pain Score -

No.

Nutritional Risk -

Any Drug Allergies -

No.

Diagnosis:

THYROID & STRESS.

Treatment:

- 1) SUKUMARAM KASHAYAM 15 ML + 60 ML
Lukewarm WATER 6 A.m & 6 P.m.
- 2) VARUNADI KASHAYAM TAB 2 - 0 - 2 6 Am
& KASHAYAM. 2 6 P.m

- 3) THYROCALM TAB 2 TAB TWICE DAILY 8 AM
2 8 P.m. c NORMAL WATER
- 4) SARASWATHA ARISTHAM 25 ML AFTER FOOD.
c Normal water TWICE DAILY.
- 5) MENOREX 2 TAB TWICE DAILY 8 AM & 8 PM.

DR. AKANKSHA SONI
B.A.M.S., REGD. NO. 6145
VRINDAVAN AYURVEDA CHIKITSALAYAM

Reg. No. 6145
02/04/22

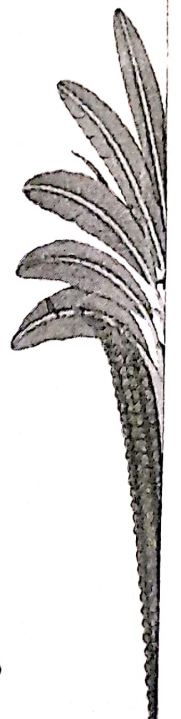
Advise for Treatment → Time 8:00 AM to 10:30 AM.

- 1) KALARI UZHICHIL c DH + SAHA + KAROORADI
- 2) Netra Dhara ~~Tasabana~~ c BHURUNATH THAILAM X 45 min.
TRIPHALA CHONAM X 15 min.
- 3) SHIRODHARA. c KSHEEERBALA THAILAM X 45 min.

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02/04/22

Vrindavan Ayurveda Chikitsalayam
(unit of R.P Garg and Associates)

Vrindavan Estate, Village Thana, EPIP-2, Baddi, Himachal Pradesh Ph : (01795 667166) +91 7901778899



General Examination Assesement

ASTA VIDHA PARIKSHA

S No	Asta Vidha Pariksha	Date	Next Review Date	Next Review Date	Sign	Remark
1.	स्पर्श	02/04/2022 उष्ण			<i>Dr. Akanksha</i>	
2.	रस	मंद			<i>Dr. Akanksha</i>	
3.	Face (Akruti)	N.			<i>Dr. Akanksha</i>	
4.	Eye (Dirka)	N.			<i>Dr. Akanksha</i>	
5.	Jiwha	P.			<i>Dr. Akanksha</i>	
6.	Urine	Y.			<i>Dr. Akanksha</i>	
7.	Kastho (Stool)	कृर			<i>Dr. Akanksha</i>	
8.	Nadi (वात, पित्त, कफ)	वात पित्त			<i>Dr. Akanksha</i>	

DASH VIDHA PARIKSHA

S No	Pariksha	Date	Next Review Date	Next Review Date	Sign	Remark
1.	Prakruti	02/04/2022 सम			<i>Dr. Akanksha</i>	
2.	Vikruti	प्रवर			<i>Dr. Akanksha</i>	
3.	Sara	मध्य			<i>Dr. Akanksha</i>	
4.	Samhana	अवर			<i>Dr. Akanksha</i>	
5.	Pramana	मध्यम			<i>Dr. Akanksha</i>	
6.	Satmyaō	प्रवर			<i>Dr. Akanksha</i>	
7.	Satva	सात्विक			<i>Dr. Akanksha</i>	
8.	Aahar Shakti	मध्य			<i>Dr. Akanksha</i>	
9.	Vaya	अवर			<i>Dr. Akanksha</i>	
10.	Vyayani Shakti	प्रवर			<i>Dr. Akanksha</i>	

DR. AKANKSHA SONI
B.A.M.S., REG. AYURVEDA CHIKITSALAYAM
VRINDAVAN
DR. AKANKSHA
02/04/2022
6:00 PM



VRINDAVAN AYURVEDA CHIKITSALAYAM

(Unit of R.P Garg and Associates)

Shivalik Foothills, Village Thana, EPIP-2, Baddi, Himachal Pradesh - 173205

Nutritional Assessment Form

I. Identifying Information

Full Name: ZEENAT BINDRA Date: 02/04/2022

UHID No: 771 Age: 46 Sex: Female

Ethnicity: Hindu ☒ Muslim ☐ Christian ☐ Sikh ☐ Jain ☐ Other: ☐

Referring Clinician: No

Reason(s) for visit: Thyroid Since 10-12 Years back

II. Medical History (please give full details)

- Diabetes YES/NO ☒ HBA1c.....since.....Medication
- HTN YES/NO ☒ Last recorded valuesince.....medication
- CAD YES/NO ☒ STENT/BYPASS/MEDICINE SINCE...MEDICATION
- THYROID YES/NO ☒ REPORTS.....Yes.....SINCE 1 Year.....MEDICATION
- MENTRUAL HISTORY MENSTRUAL CYCLE Irregular MEDICATION

Are you allergic to any food or drink? Yes or No ☒

If yes, please specify: _____

Do you get a rash or edema from your allergy? Yes or No

Do you take any vitamins, minerals and/or food supplements? Yes or No ☒

If yes, which ones _____

Have you had any major injuries, hospitalizations, or operations? Yes or No ☒

If yes, what _____

Do you have any chronic illnesses? Yes or No ☒

If yes, please explain THYROID

(Examples: Shortness of breath, Heartburn, Constipation, Excessive thirst, Headaches, Pain, bleeding etc)

Do you take any medications on a regular basis? Yes or No ☒

If yes, what medication and what dosage 20 Minutes

please explain about

- Appetite :
- Food habits :
- Daily working hours :
- Exercise :
- Job profile :
- Height :
- Weight :

Poor Appetite.
Medium.
7 hour.
20 Minute.
Engineer
160 c.m.
78.6 Kg.

Have you ever been diagnosed or do you suffer from anxiety? Yes or No

If yes, please explain _____

Have you ever been diagnosed or do you suffer from depression? Yes or No

If yes, please explain _____ because over thinking.

Have you ever been diagnosed or do you suffer from an eating disorder, such as, anorexia, bulimia, or binge eating? Yes or No

If yes, please explain _____

Food/Nutrition Related History:

Diet/Supplements PTA

Nil.

Food allergies/intolerances/religious or cultural food practices

Nil

Age Specific/Other Considerations

Avoid Cured.

Current Diet/TF Regimen

Veg.

Anthropometric Measurements:

HtWt IBW(%IBW) (%) UBW (%UBW)

(%)

BMI kg/m²

25.0

Underweight Adequate Overweight Obese Morbidly Obese

Weight Change: None Intentional Unintentional Details

Biological Data, Medical Tests and Procedures:

THYROXINE 100mg ONCE DAILY BEFORE FOOD.

Focused Physical Findings:

Nil.

Ascites Skin Muscle Wasting Hydration Status Nausea Vomiting Diarrhea Constipation Anorexia Nil.

Nil.

Satiety Dysphagia Other None

None.

Comparative Standards:

Estimated Nutrition Needs: Kilocalories

2.3 lt.

grams protein (grams per kg) Fluid needs: milliliters ()

Present nutrient intake meeting needs: Unable to assess Yes No

NUTRITION DIAGNOSIS

Problem Nil (No allergy to any edible item).

Etiology N.A.

Signs/Symptoms N.A.

Problem Nil

Etiology N.A.

Signs/Symptoms N.A.

NUTRITION INTERVENTION(S)

Intervention:

Goal

Intervention:

Goal

Intervention:

Goal

N.A.

MONITORING/EVALUATION

Recommendations:

Date/Time: Signature:

02/04/2022 / 6:02 AM / DR. Akanksha.

DR. AKANKSHA SONI
B.A.M.S., REGD. NO. 6145
VRINDAVAN AYURVEDA CHIKITSALAYA

Dr. Akanksha.

Patient Signature

Zeena Bindra. 00

TREATMENT PROGRAMME.

NAME : Mrs. Zeenat Bindra

Age-48

SEX : Female

Room No -110

Treatment Suggested: for 8 days.

Date:	Treatments:	Time:	Remarks:
02/04	Uzhichil + Netra Dhara + Shirodhara	8 am	PROCEDURE DONE
03/04	Shruthi, Nithya, Rimpi, Pooja. Uzhichil + Netra Dhara + Shirodhara	8 am	"
04/04	Shruthi, Nithya, Rimpi, Pooja. Uzhichil + Netra Dhara + Shirodhara	8 am	"
05/04	Shruthi, Nithya, Rimpi, Pooja. Uzhichil + Netra Dhara + Shirodhara	8 am	"
06/04	Shruthi, Nithya, Rimpi, Pooja. Uzhichil + Netra Dhara + Shirodhara	8 am	"
07/04	Shruthi, Nithya, Rimpi, Pooja. Uzhichil + Netra Dhara + Shirodhara	8 am	"
08/04	Shruthi, Nithya, Rimpi, Pooja. Uzhichil + Netra Dhara + Shirodhara	8 am	"
09/04	Shruthi, Nithya, Rimpi, Pooja. Uzhichil + Netra Dhara + Shirodhara	8 am	"

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Messeurs- Shruthi, Nithya, Rimpi, Pooja

Oil For Uzhichil – Dhanwantram + Sahacharadi + Karpooradi Thailam
Netra Dhara – Bruhath Triphala Choornam
Shirodhara – Ksheerbala Thailam

Internal Medicine

1. Sukumaram Kashayam-15ml+60ml water -6am & 6pm
2. Varanadi Kashayam Tab- 2tab with Kashayam -6am & 6pm
3. Thyrocalm Tab-2tab after food
4. Menorex tab-2tab after food
5. Saraswata Arishtam-25ml after food