



# SHUDDHI AYURVEDA PANCHKARMA CLINIC

(A Unit of Divya Upchar Sansthan)



## ORTHOCARE

- Joint Pain
- Cervical Pain
- Low Back Ache

## PANCHKARMA

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

## GASTOCARE

- Acidity
- Constipation
- Liver Treatment

## FACILITY

- Steamer
- Panchkarma Room
- Ayurvedic Treatment

## Dr. Avira Gautam

MD (Ayurvedacharya)  
CCIM Registration No. 179621

## Dr. Yamini Channa

BAMS (Ayurvedacharya)  
Registration No. 6320

Name: Mrs. Roop Rani  
W/o, D/o, S/o: Late Sh. Baldev Krishan  
Chief Complain - Kneepain B/L, LBA  
History - H/O Tamak shwas, Karmagata vikar & paine  
Menstrual History - (N), Menopause - 2007 in front.

AGE: 64 SEX: F

DATE: 3/6/2021  
TIME: 10:50 a.m.

Diagnosis: OA, LBA, Karmagata vikar & Sandhigata Vata.

### अष्टविध परिक्षा

स्पर्श - Sheetakana

शब्द - मृदु

Face (आकृति) - वर्माकार

Eye (दृष्टि) - (N)

Jiwha (जिह्वा) - white coated.

Urine (मूत्र) - (N)

Stool (मल) - (N) one time.

Nadi (वात, पित, कफ) - वत दृक्

### (Dash Vidha)

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

### Vitals:

B.P.: 160/77 mmHg.

Weight.: 64.7 kg.

Height: 5ft.

RBS.: 98.

Rx-

① D. Asthifurak Vati - ①  
1-1 गोली खाने से पहले, हल्के गर्म पानी के साथ।

② Vathar Ras - ① 1-1 गोली खाने से पहले, हल्के गर्म पानी से

③ Cap. Joints pain - ① 00-00  
खाने के बाद & Normal water.

④ Ykrut shothhar Vati - ① 1-1 गोली खाने के बाद & Normal water.

⑤ Osthonil syp + Nerve tonic - 2-2 टैबलेट्स, 4 टैबलेट्स  
हल्के गर्म पानी में मिलाकर खाने के बाद ले।

NEXT CONSULATION DATE: [18-6-2021]

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