

Patient Name	RATIL SHARMA
Treating Vaidya Name	DR. AKANKSHA
Unique Identification Number	725
OP/IP	A.P.
Admitted Location	R1204
Date & Time	13/03/2022 P 4:35 P.m.

VAC /F-14/10-21

DISCHARGE SUMMARY (NORMAL/LAMA/DAMA)

Patient Name :	Age & Sex :	MRN :
RATIL SHARMA	37 FM	725
Doctor:	Admitted Area :	Date :
DR. AKANKSHA	WARD.	27/03/2022
Weight :	Allergies :	Diagnosis :
85Kg.	No.	KATTEGARAHAM

Reason for Admission: Lower back Pain radiate to both legs Rt + Lt ++ Since 2-3 Years.

Weight Lifting Since 2014.
Significant Findings: Swelling on Lower back Lt side.

Diagnosis: KATTEGARAHAM.

Procedures Performed: 1) PICHU FOR 15 DAYS.
2) KALARI UZHICHIL FOR 14 DAYS.
3) DRY KIZHI FOR 14 DAYS.
Investigations: 4) PURGATION FOR 1 DAY.

M. R. I. OF LUMBAR SPINE.

Vrindavan Ayurveda Chikitsalayam

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

Patient Name	RASHI / SHARMA.
Treating Vaidya Name	DR. AKANKSHA.
Unique Identification Number	725.
OP/IP	A.P.
Admitted Location	R1204.
Date & Time	27/03/2022 @ 3:50 P.m.

Medications Given During Course of Hospitalization

- 1) AADARISAHACHARADI KASHAYAM 15ML + 60ML WATER 6 AM & 6 P.m BEFORE FOOD TWICE DAILY
- 2) KSHEEERBALA (101) 15 DROPS mixed with KASHAYAM 6 AM & 6 P.m BEFORE FOOD TWICE DAILY
- 3) CAP. BALA THAILAM 2 CAP. 8 AM & 8 P.m. with Normal Water AFTER FOOD TWICE DAILY
- 4) TAB. RHEUMA CALM 1 TAB. 8 AM & 8 P.m. with NORMAL WATER AFTER FOOD TWICE DAILY
- 5) GULGULU THIKTHKAM GHRUTHAM 2 TSP. MORNING ON EMPTY STOMACH & 2 TSP AFTER DINNER TWICE DAILY.

Condition at the Time of Discharge:

Patient is feeling perfectly fine and also experienced reduced Pain & Swelling.

Discharge Medications:

- 1) AADARISAHACHARADI KASHAYAM 15ML + 60ML WATER 6 AM & 6 PM BEFORE FOOD TWICE DAILY.
- 2) KSHEEERBALA (101) 15 DROPS MIXED with KASHAYAM 6 AM & 6 P.M. BEFORE FOOD TWICE DAILY.
- 3) CAP. BALA THAILAM 2 CAP 8 AM & 8 PM with NORMAL WATER AFTER FOOD TWICE DAILY.
- 4) - GULGULU THIKTHKAM GHRUTHAM 2 TSP. MORNING ON EMPTY STOMACH & 2 TSP. AFTER DINNER TWICE DAILY.

Follow up Care:

- 1) Avoid heavy exercise.
- 2) Avoid oily & junk food.
- 3) Take more drinking water.

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Patient Name	RAJIV SHARMA.
Treating Valdy Name	DR. AKANKSHA
Unique Identification Number	725.
OP/IP	A.P
Admitted Location	R1204.
Date & Time	27/03/2022 & 4:00 P.m.

Consequences of (NORMAL/LAMA/DAMA)

1	
2	
3	NIL
4	
5	

Call 01795 66 71 66 in case of emergency. Get advice if any signs
Pain on both legs. or symptoms
Lower back pain radiate to both legs. arises.

Issued By

Doctor Name & Signature:

DR. AKANKSHA & Akanksha.

Date & Time:

27/03/2022 & 7:10 P.m.

Discharge Summary received by
Patient/Relative Name & Signature:

Vrindavan Ayurveda Chikitsalayam

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