

Doctor's Name :

Dr. Tarun Gupta



UHID No.: 3476

Date: 13/4/2021

OPD CASE SHEET

Name : A. Tejpal Singh D/o/W/o/S/o : Tarath Singh

Age/Sex : 63/M BP : 140/90 Wt : 93 Ht : 5'9" Marital Status : Unmarried/Married/D/W

Contact No : 9811042965 Occupation/Panel (if any) : Business

Address : C-6/2 Aditi Apartment 6 Janak Puri

How did you come to know about SKK Ayurveda?

- ☐ Newspaper ☐ Flier / Pamphlet ☐ Board / Banner ☐ Just Dial
☐ Internet / Google page ☐ Ref. by Dr. / Friend ☒ Others

Please help us for better understanding of your illness:-

Diet - Vegetarian / Mixed

Appetite - Poor / Moderate / Good / Cravings

Motion - Regular / Irregular / Constipation / Loose motion, 3-4 times / day
with Mucus

Micturition - Normal / Frequent / Burning times / night

Sleep - Sound / Disturbed, Night hrs. Day hrs.

Addiction - Tea / Coffee / Smoking / Tobacco / Betel / Alcohol / Purgative.

Daily Exercise - 30 min hrs. / day.

Daily Travel No hrs.

Daily Intake of water 2-2.5 lit / day.

Daily Intake of Tea / Coffee 2 Cup.

Any kind of allergy No

For Females:

LMP :

M/H :

OBS. History :

Daily Routine:

Wake up time : 6:00 - 6:30 Sleep time : 10:30

Water/Tea : 16 ltr B/F : 9:30 AM

Lunch : 2:30 PM Dinner : 8:30 PM

Chief Complaints with Duration

- Pain and Stiffness in Fingers of Rt Hand / 4 months
No Numbness
- Sometimes the Knee Joint gets locked while walking
- Pain in Neck & Shoulders on Exertion

H/o Present / Past illness

K/C/O

HTN:	✓
D.M.:	✓
Thyroid:	✓
Heart:	✓
Family H/o:	✓

Examination

Nadi : ✓

Jihwa : Normal

Eyes : NAD

O/E : Tenderness over Neck
+ +

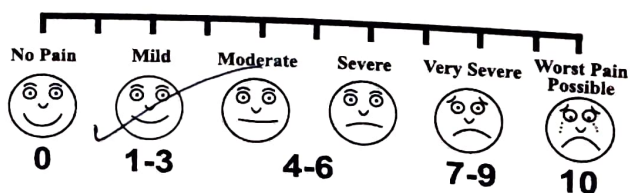
Medication / Surgical History (if any)

Not Significant

Investigations:

Advised - X-Ray Knee Jt (B/L) - AP & Lateral

Pain Scoring :



Oral Medicines Advised:

13/4/21

1) Ekongee Veen Ras 2 Zb
Dhamwantan 101 1 Cb
1x2

Twice Empty Stomach
with lukewarm water

2) Agnirudh Vat 1 Zb
Moxcal C 1 Zb
1x2

Twice after food with
Normal temp water

3) Sandhi Rf Plus oil
(Local Application for knee)
Twice a day

Next Visit on 27/4/21

Farman
12.17 PM
13/4/21

Diet Advised :

Pathya	Apathya
Milk	Curd
Chog	Cold water
Til Seeds	Ice creams
Moong, Masoor Dal	Over Eating
	Rajma
	Chole, Lobia
	Cauliflower
	Pear, Aon

Panchkarma Suggested :