

Doctor's Name :

Dr Tarun Gupta

UHID No.: 3476.....

Date: 13/4/2021.



## OPD CASE SHEET

Name : A. Temjeet 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 Adit Apartments 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 / Betal / Alcohol / Purgative.

Daily Exercise - ..... 30 min. hrs. / day.

Daily Travel ..... N/A ..... hrs.

Daily Intake of water ..... 2-2.5 ..... lit / day.

Daily Intake of Tea/Coffee ..... 2 ..... Cup.

Any kind of allergy ..... N/A .....

### For Females:

LMP :

M/H :

N/A

OBS. History :

**Daily Routine:**  
Wake up time: 6:00 AM Sleep time: 10:30 PM

Water/Tea: 1 glass B/F: 9:30 AM

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

### Chief Complaints with Duration

- Pain and stiffness in fingers of R+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: Norm

Eyes: NAD

O/E: Tenderness over Neck  
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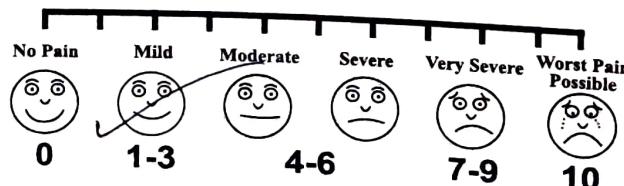
### Medication / Surgical History (if any)

Not significant

### Investigations:

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

### Pain Scoring :



Oral Medicines Advised:

13/4/21

11 Ekangree Veen Ras 276  
Dhanwantrao 101 1C<sup>tab</sup>  
1x2

Twice Empty Stomach  
with lukewarm water

21 Agritundu Vat 17<sup>tab</sup>  
Maxcal C 17<sup>tab</sup>  
1x2

Twice after food with  
Normal temp water

31 Sandhi Kalka Oil  
(Local Application on knees)  
Twice a day

Next Visit on 27/4/21

Parvati  
12.17 PM  
13/4/21

Diet Advised :

| Pathya            | Apathya       |
|-------------------|---------------|
| Milk              | Curd          |
| Chap              | Cold water    |
| Til Seeds         | Ice creams    |
| Moong, Masoor dal | Overeating    |
|                   | Rajma         |
|                   | Chole, Lobia  |
|                   | Cauliflower   |
|                   | Pear, Avocado |

Panchkarma Suggested :