

Doctor's Name :

Dr. Tarun Gupta



UHID No.: 3437

Date: 3/4/2021

OPD CASE SHEET

Name : Jagtar Singh D/o/W/o/S/o Tit Singh

Age/Sex: 48/M BP: 140/110 Wt. 108 Ht. Marital Status: Unmarried/Married/D/W

Contact No.: 8826934364 Occupation/Panel (if any): Govt. Service (Police)

Address: F-316, First Floor, Vikas Pur

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

Occasional Acidity

Motion - Regular / Irregular / Constipation / Loose motion, times / day

Micturition - Normal / Frequent / Burning times / night

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

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

Daily Exercise - hrs. / day.

Daily Travel 25-30 km hrs.

Daily Intake of water 2-3 lit / day.

Daily Intake of Tea/Coffee 2 Cup.

Any kind of allergy No

For Females:

LMP :

M/H :

X

Daily Routine:

Wake up time: Variable Sleep time: Variable

Water/Tea: B/F:

Lunch: Dinner:

OBS. History : X

Chief Complaints with Duration

- Pain and Stiffness in R side of Neck
- Pain Radiating to R Side Arm upto Elbow
- Waking Pain in Neck

1/2 month

H/o Present / Past illness

K/C/O

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

On Allopathic Medication
140/86 mmHg

Not Significant

Examination

Nadi: V K

Jihwa: Sama

Eyes: NAD

O/E: Tenderness over
Shoulder + Biceps Muscle

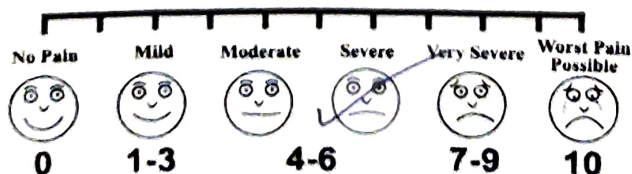
Medication / Surgical History (if any)

Nil

Investigations:

Adv MRI C-Spine

Pain Scoring :



Oral Medicines Advised:

R₁) Vata Ras 1 Cp
Ekanga Vata Ras 275
1x2

1 hr before Breakfast and
Dinner with lukewarm water

2) Vindhyagesi 1 Cp
1x2
Twice after food
with lukewarm water

3) Sodhan Churna 175
1x1 for 7 days
At bed Time with
lukewarm water

Next Visit Due On 10/7/21

[Signature]
3/4/2021
10:46 AM

Diet Advised :

Pathya	Apathya
Eat Easily Digestible Food Moong, Masoor Lentils, Chia	Curd Cold Items Rice Fried Food

Panchkarma Suggested :

- Ekanga Podi kizhi
- Lepa Kottan chukkadhi