



SANDHYASHI HOSPITAL

(A Unit of Sandhya Health Care)

(B-48,49 Sector-5 Bawana Industrial Area Delhi - 110039)

UHID.....11650..... OPD.....13556..... Bed No. 2..... Date 18/3/21.....

Virechana Karma ()

- Name: Suman
- Age: 56ys Sex: F
- Procedure: Virechanam (Purification)
- Prakriti (): पित्तवातजा
- Vyadhi (): अम्लीपित्त वातज शूल
- Agni (): जागराग्नि + Avastha(अवस्था):
- Sama/Nirama (): Nirama
- Koshtha(): मृदु
- Dosha(): पित्त
- Akruti(): पुर
- Dushya(): रक्त, स्निग्ध पित्त
- Bala(): मृदु
- Srotodushti (): रक्तवद स्निग्ध
- Anupana(): उपानाम
- Panchana (Days/Durg)(): शिवरात्रि (7 days)

Poorvakarma Pachana Season -

- Pulse(78bpm): 120/80mmHg
- BP.()
- RR + 18/min
- WT.(): 98kg
- Lab Investigation:(In case of Hyperlipidemia,CAD,NIDDM etc.)
- Complete Lipid profile

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1044

FBS & PPBS

	1 st Day	2 nd Day	3 rd Day	4 th Day	5 th Day	6 th Day	7 th Day
Dose of Sneha: (मात्रा):	30ml	60ml	90ml	120ml			
Time of intake : (समय):	8.30	8.40	8.40	8.30			

Symptoms during the digestion of sneha:

Symptoms	1 st Day		2 nd Day		3 rd Day		4 th Day		5 th Day		6 th Day		7 th Day	
	O	R	O	R	O	R	O	R	O	R	O	R	O	R
1. Headache ():	✓		✓		✓									
2. Giddiness ():					✓									
3. Salivation (में):					✓									
4. Fainting (बेहोशी):														
5. Weakness ():							✓							
6. Tiredness ():														
7. Thirstiness ():														
8. Burning sensation ():							✓							
9. Lassitude ():														

(O-Onset time R-remission time)

Symptoms of digestion of sneha (note the time of appearance of each symptom):

Lakshana लक्षण	1 st Day	2 nd Day	3 rd Day	4 th Day	5 th Day	6 th Day	7 th Day
Lightness (लियुता):			✓				
Vata Anulomana (वातअनुलोमन):			✓	✓			
Hunger (भुख):		✓	✓	✓			
Clear belching ():				✓			

Vikas

Time taken for the digestion of sneha 4-5 hours

Adequate s Symptoms of Oleation

No.	Symptoms	1 day	2 day	3 day	4 day	5 day	6 day	7 day
1.	Vata Anulomana ():				✓			
2.	Lightness of abdomen ():				✓			
3.	Hunger ():			✓				
4.	Consistency of stool ():				✓			
5.	Oiliness of stool ():				✓			
6.	Lightness of body ():							
7.	Softness of body ():			✓	✓			
8.	Oiliness of skin by blotting paper ():			✓	✓			
9.	Aversion to fat intake ()							

1. Oleation: adequate/Inadequate/excessive
2. Complication if any: NO.

3. Diet: - lite & soft diet.
4. Hot Diet, soups, khichdi, daliya, Prailed veg., rice, water, only,
5. Hot water intake for Whole day. ✓
6. Avoid too hot & cold. ✓
7. Avoid direct explores to cold weather. ✓
8. Avoid excessive Talking, of walking. ✓
9. Avoid Conception during snehanpana. ✓
10. Avoid Day sleep. ✓
11. Take night sleep properly. ✓
12. Relax your body & mind during ghritpan ✓

13. Treatment given:

14. Pulse(): 78/min
15. BP.(): 120/80 mm
16. RR.(): 18/min
17. WT.(): 90 kg

18. Lab Investigation: (In case of Hyperlipidemia, CAD, NIDDM etc.)

19. Complete Lipid profile (H)

20. FBS & PPBS - 100 mg/dl

21. Shnehn & Swedn: On rest day 5/6, 17 - Abhyangam + Steam.

22. Pardhan karam():

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23. Previous experience of Virechana Dravya: Formulation
 24. Date (): 18/3/21
 25. Time of administration (8:30):
 26. Anupana (): 300ml
 27. Atur Paricartya and Niriksha

Vage No.	Time ()	Stool ()	Bile () Vomiting	Mucus ()	Froth ()	Colour ()	Nature of bowel (आंत)	Other Symptoms
1.	10:30	1				Yellow	Semisolid	
2.	11:45	1	1				water mixed	
3.	12:30	1	2				watery	
4.	1:15	2					4	
	2:pm	2					4	

→ Patient feel nausea.

Onset of vega	Time period between two vega	Antime vega kala [last bout time]
	1 hour,	

28. Vagiki shuddhi (वेग)) - 7
 29. Antiki shudhhi () :- Malanta / pittanata / Kaphanta / Vatanta
 30. Laingiki shudhhi () N/A
 31. Symptoms of proper purgation: Score N/A
 32. Vit-Vitta- Vata Kramashan Nissarana (N/A)
 33. Vatnulomana () ✓
 34. Laghuta Nabhithane () ✓
 35. Indriya prasada () ✓
 36. Manasa Tushti () ✓
 37. Agni Vriddhi (वृद्धि) ✓
 38. Anamayatva () N/A
 39. Other

40. Virechana : Samyak/Ayoga/ Atiyoga
 41. Type of Shuddhi : Best / Moderate/ Poor

42. Vyapad (If any): only Vomiting. Chikitsa : - Adhapt required Anupatikan
 - Stopped it self after
 Taking Anupatikan Churn.
 Churn - 5gm with
 Hot water
 at - 12:pm

43. Pulse () : 78/min

44. BP () : 120/80 mmHg

45. RR () : 18/min

46. WT () : 98 kg

47. Lab Investigation : (In case of Hyperlipidemia, CAD, NIDDM etc.)

48. Complete Lipid profile Normal

49. FBS & PPBS FBS - 100 mg/dl

50. Shnehn & Swedn : On rest day N/A

51. Adequate symptoms of sudation N/A

52. Utkleshana Ahura & Quantity N/A

53. Verechan purva lakshana N/A

Nidra (नींद): ✓	Udarsthiti ():	Bowel () <u>10 P.S</u>
Urine ():	B.P () <u>120/80 mmHg</u>	Pulse () : <u>78/min</u>
Respiration: () : ✓	Temp. () : <u>98°F</u>	Weight () : <u>98 kg</u>
Snehana:		Any () :

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up

Total drug input: 5 to 6.5 ml

Total output: ml

No. of small bout (upavage)

No. of ~~bout~~ (vage) 7

Post operative Procedure:

Pulse(80): 120/80

B.P ()

Temp. (98.4°F)

RR. (21)

WT. () : 97.6 kg

Dhumapana(धुमपान) :-

Vaigiki Shuddhi - 7 veges.

Antiki Shuddhi - N/A

Maniki Shuddhi - N/A

Laingiki shuddhi - N/A

Samyak Yoga Lakshana (योग लक्षण):-

● Hridya shuddhi (हृदय ☒)

Parsva shuddhi () N/A

● Sharir laghuta (N/A)

Pittanta N/A

● kala pravritti(N/A)

Daurbalya () N/A

● Glain () N/A

Kanth shudhhi () N/A

● Agnivridhhi(☒)

Krishta() N/A

● Vyadhi shaman(☒)

vatanulomana(☒)

Ayoga lakshana (लक्षण)

Vikasa

- vega apravritti () N/A
- kevala aushdhn pravritti () N/A
- vega vibandha () N/A
- Hridaya shuddhi () N/A
- Srota ashuddhi () N/A
- guru gatrata () N/A
- Sphota () N/A
- kandu ()
- kapha praseka () N/A
- jvara () N/A

Atiyoga lakshana (लक्षण): -

- Phenila Verechn (विरेचन) N/A
- Raktachandrika Verechn (विरेचन) N/A
- Trishna () moha () N/A
- Murchha () Vata prakopa () N/A
- Nidra hani () bala hani () N/A
- Hritpida () khandhapida () N/A
- tamaphpravesha () bhrama () N/A
- Pittatiyaoga () daha () N/A
- Type of shuddhi: Pravara/Madhyama/Avara N/A
- : / / Vyapad (If any): N/A
- Chikitsa

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Samsarjana Krama ()

Day	Morning	Evening
I	1105 - Baliya 240 mg	1105 - 240 mg
II	Baliya - 30 mg	Baliya - 16 mg
III	Baliya - 12 mg	Baliya - 10 mg
IV	Baliya - 8 mg	Baliya - 6 mg
V	Baliya - 4 mg	Baliya - 4 mg
VI		
VII		

Pulse () 78/min

RR () 112 bpm

RR () 12/min

WT () 98 kg

Vivek