

Doctor's Name : DR. RANIGUPTA



UHID No.: 3418

Date: 1/4/21

OPD CASE SHEET

Name : Arzoo ✓ D/o/W/o/S/o Mr. Rakesh Kandai
Age/Sex: 18/F BP: 110/70 Wt: 55 Ht: 5'2" Marital Status: Unmarried/Married/D/W
Contact No.: 9811810428 Occupation/Panel (if any): Student
Address: C-201, DCP office complex, opp. Maharaja Sureshmal college.
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, 1 times / day
✓ incomplete evacuation sometimes.

Micturition - Normal / Frequent / Burning times / night

Sleep - Sound / Disturbed, Night 7-8 hrs. Day hrs.

Addiction- Tea. / Coffee / Smoking / Tobacco / Betal / Alcohol / Purgative. X

Daily Exercise - 1/2 hr. cycling hrs. / day.

Daily Travel hrs.

Daily Intake of water 2-3 lit / day.

Daily Intake of Tea/Coffee X Cup.

Any kind of allergy

For Females:

LMP: 30/3/21.

M/H: 3-4 days, irregular
30-75 days

Daily Routine:

Wake up time: 8 AM Sleep time: 12 M.D.

✓ Water/Tea: 1-2 glasses B/F: 9:30 AM

Lunch: 2 PM Dinner: 9 PM

OBS. History :

UM

Menarche at 12 yrs.

Chief Complaints with Duration

M/U

30th Sept '20

30th Nov '20

3rd Feb '21

11th March '21

30th March '21.

Delayed and irregular cycles
since 12th std.

H/o Present / Past illness

K/C/O

HTN:	—	X
D.M.:	—	X
Thyroid:	—	X
Heart:	—	X
Family H/o:	Chacha - Diabetic	

Examination

Nadi: V 9 K ↑

Jihwa: NAD

Eyes: NAD.

O/E: N/S.

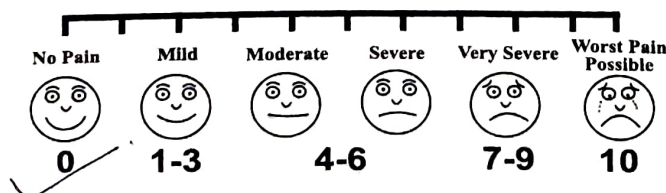
Medication / Surgical History (if any)

— On vit D and Iron supplements.

Investigations:

3/11/20 - USG → B/L PCOS — Rt vol - 15.2 cc
Lt vol. 12.1 cc.

Pain Scoring :



Oral Medicines Advised:

→ cap Kuberakshadi Yog 1 B.D.
→ cap Kana Shatawedika 1 B.D.

twice a day
after lunch and
dinner with
lukewarm
water.

→ Gandharvharitaki ② at
bedtime &
1 cup warm
milk.

Follow up on 15/4/21.

Swi
14/4/21
11 AM

15/4/21

Adv:

→ cap Kuberakshadi Yog 1 B.D.
→ Ras Rajpravaratri val 1 B.D.
→ Ras Nashkapuchpantare ras 1 B.D.

twice a
day after lunch
and dinner
with warm water

→ Gandharvharitaki ② at
bedtime &
warm water

1 month.

Follow up on 15/5/21.

Swi
15/4/21
10 AM

Diet Advised:

Pathya	Apathya
- Whole wheat - Jwar - Jau Atta - Early dinner - Moong, masoor, aharar - Yoga/Exercise. - Chhach in lunch. - 9 il-1 tsp every day	- Dali - Maida - Bakery item. - Processed food - Refined food - Late dinner - cold drinks. - Ice cream.

Panchkarma Suggested:

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