

# Vrindavan Ayurveda Chikitsalayam

Ref. No. 771

Any Drug Allergies No.

DR. AKANKSHA SONI

B.A.M.S., REGD. NO. 6145

VRINDAVAN AYURVEDA CHIKITSALAYAM

Dr. .... Prescription for ... ZEENAT ... BINDRA

Age 46 M/F Date 02/04/2022

| Sr. No. | Name of the Medicine | Dose         | Route      | Early Morning 6 am | Before Breakfast | After Breakfast | Before Lunch | After Lunch | Evening 6 PM | Before Dinner | After Dinner | Bed Time |
|---------|----------------------|--------------|------------|--------------------|------------------|-----------------|--------------|-------------|--------------|---------------|--------------|----------|
| 1)      | SUKUMARAM KASHAYAM   | 15ml + 60 ml | ORAL       | ✓                  | ✓                | ✓               | ✓            | ✓           | ✓            | ✓             | ✓            | ✓        |
| 2)      | VARANADI KASHAYAM    | 2 TAB        | ORAL       | ✓                  | ✓                | ✓               | ✓            | ✓           | ✓            | ✓             | ✓            | ✓        |
| 3)      | THYROCALM TAB.       | 2 TAB        | ORAL       | ✓                  | ✓                | ✓               | ✓            | ✓           | ✓            | ✓             | ✓            | ✓        |
| 4)      | MENOREX TAB.         | 2 TAB        | ORAL       | ✓                  | ✓                | ✓               | ✓            | ✓           | ✓            | ✓             | ✓            | ✓        |
| 5)      | SARASWATA ARISHTAM   | 25ml         | SOME WATER | ✓                  | ✓                | ✓               | ✓            | ✓           | ✓            | ✓             | ✓            | ✓        |

DR. AKANKSHA SONI  
B.A.M.S., REGD. NO. 6145  
VRINDAVAN AYURVEDA CHIKITSALAYAM

02/04/2022  
4:00 AM

Please bring this while coming next time. Check medicines before leaving. Keep Original Bill with you.

Shivaik Foothills, EPIP-II, Vill. Thana, Baddi (Himachal Pradesh) Phone: +91 7901778899, (01795) 667166, Email:

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