

ORTHOCARE

- Joint Pain
- Cervical Pain
- Low Back Ache

PANCHKARMA

- Detoxification
- Rejuvenation
- Shirodhara, Shiro Basti
Shiro Pichu
- Kati Basti, Prishtha Basti
Janu Basti
- Akshi Tarpana
- Nasya
- Basti
- Abhyanga
- Swedanam

GASTOCARE

- Acidity
- Constipation
- Liver Treatment

FACILITY

- Steamer
- Panchkarma Room
- Ayurvedic Treatment

Name:

W/o, D/o, S/o:

Chief Complain
History

Menstrual History

Diagnosis:

अष्टविध परिक्षा

स्पर्श

शब्द

Face (आकृति)

Eye (दृष्टि)

Jiwha (जिह्वा)

Urine (मूत्र)

Stool (मल)

Nadi (वात, पित्त, कफ)

(Dash Vidha)

1. Prakrutii

2. Vikruti

3. Sara

4. Samhana

5. Pramana

6. Satmya

7. Satva

8. Aahar Shakti

9. Vaya

10. Vyayam Shakti

Vitals:

B.P.:

Weight.:

Height:

RBS.:

20 Mark each Question

Question Paper → 5/02/2022

Question-1 → After Abhyangan. If you will find sudden rise up B.P of Patient Means you are taking him Swedan But Suddenly, he complaint of Palpitation Sickness Dizziness.

Question-2 → If Patient is exhausted offer any Therapy, Means He Complaining Very low energy. If you checked his BP and it is very low. i.e. < 100/70 mmHg. what will you Do in this situation.

Question-3 → How will you Decide, How much Pressure should be applied During Abhyangan.

Question-4 → Explain the Position for Basti Insecrtion.

Question-5 → How to Perform Nasya Karma.

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नाम - Sandeep - Therapist

उत्तर 1 अक्टूबर के बाद मरिज को धक्का
या BP ज्यादा हो जाए तो मरिज को
आराम करना है। Normal Temp तो रक्ता
है। रक्त गलास पानी पिलाए, लंबी गहरी
सांस लेने को कहें। मरिज को स्वेदन के
लिए तली लेकर जाए जब BP Normal
हो जाए यदि Normal ना हो स्वेदन न
करें। हल्का गुनगुने पानी से नहाने को
कहें घर जानें।

उत्तर -2 घरेली के बाद यदि मरिज बहुत
ज्यादा थका हुआ महसूस कर रहा हो
और BP बहुत कम हो गया हो तो मरिज
को आराम करवाना है। लेंग जाली या
Herbal Tea या जमल चीनी का दौल
देना है मरिज को आराम करने को
कहें मरिज के स्वस्थ होने के बाद
हि घर भेजें

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उत्तर-3 अंगुली के दौरान कितना प्रिक्चर
रख है। यह हम मरीज से पुछकर है
तो करते है मरीज के सदन करने के
हिसाब से प्रिक्चर रखना है। यदि शरीर
से चोट हो या धाव हो तो वहा दाय
जही लगाना है और मरीज को कोई
अप्रेसन हुआ है वहा रीड डाली हुई
है। उस जगह पे जोर नहीं देना है।

उत्तर-4 Position of Basti Insertion is
left lateral position मरीज को
बायाँ करवट लिटा कर उनका बायाँ पैर
मीढ़ कर दि जाती है।

उत्तर-5 नस्य कर्म सुबह करने का विधान
है मरीज को सुबह खाली पेट बुलाय जाता
है। दूध के तेल से सिर को Massage करनी है
मरीज को सीधा लेटाकर सिर द्रोणी की
और थोड़ा सा मलना हुआ पीछे की
और दोनो नसियो मे 4 से 10 बुँद
डॉक्टर के हिसाब से बुँद डालनी है।

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पिपर हल्के हाथ से दोनों नसिकाओं से
गाल की तरफ हल्का Massage करें।
गले में तेल आने पर मरिज की धूँकने
को लेंगे अगर मरिज को चिडीचिडापन हो
रहा हो तो गर्म पानी धूँक धूँक कर पिलाए।
भूमवर्ति को जलाकर रक्ता रक्ता नसिका से
वारी मरिज को धुँआँ खिचने को लेंगे
अदि लफ निलालता है। खासी आती है
लफ बाहर धूँकना है। 3pm में 15-10
मिनट में धूम का स्नेहन करवाए।

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Name:

(Enom)

W/o, D/o, S/o:

Chief Complain

Enom Date - 5/02/22

History

Name - Somdeep Nautiyal

Menstrual History

Diagnosis:

① Attendance - Very Punctual.

अष्टविध परिक्षा

② Dress & Personality - Neat & clean good Personality.

स्पर्श

शब्द

③ Knowledge - good Knowledge of maintaining Therapy room and Therapy Procedure.

Face (आकृति)

Eye (दृष्टि)

Jiwha (जिह्वा)

Urine (मूत्र)

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(Dash Vidha)

④ Vyapad Management - As per all suits are knows very well about vyapad management

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3. Sara

4. Samhana

5. Pramana

6. Satmya

7. Satva

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⑤ Mental & Physical Activity - he is very active, and quick learner, everytime about therapy.

⑥ Performance - excellent in work.

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All Over Very Good

89/100

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02/02/2022

Panchakarma
Training to therapist

Trainee - Dr Ajeet

Attended by - Sameep and Payal

Today is on 02-02-2022 as Training
Session was organised for.Therapist To clear out queries and
issues. They are facing During
Therapies1. How to manage Hygiene → Use of Soap
of water to wipe of oil to change the
Bedsheet and Proper Sanitize the
therapy room after Procedure.2. How to make Patient more Relax
During Therapy →1. Use of good Soothing Music
2. Therapy should be very Positive &
Polite.3. To talk extra concern about the
APs out the Patient comfort

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During Therapy i.e. lepan, seka, or
Swedan, found any Rashes Don't Panic
On this time, Please take to Doctor and
immediate inform to Doctor, immediate
apply ice Pack and Aloe vera gel, or
Jatyodi oil with Dr Permission.

→ They are guided not to put more
Pressure on excessive tender area.
- All equipment, Rooms should be
ready Before taking patient. So that
Patient should not be Disturbed.
→ Jatyodi Tailam & Aloe vera should
Always be available in therapy
room.

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Panchkarma Exam Summary

An Exam was Conduct on 5th Feb 2022 for Therapist and Attendants. They all are performed very well But I will request to Her Department for appraisal on Payal and Somdeep Nautiyal are guided to clear. Their Doubts time to time and Routine monthly Test Training will be organised regularly for their growth and Inward knowledge about updatis and improve our working

NEXT CONSULATION DATE:.....