

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 Abhyangam, 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 B.P 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 Abhyangam.

Question 4 → Explain the Position for Basti Insertion.

Question 5 → How to Perform Nasya Karma?

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नाम - Payal - थैरेपिस्ट

उत्तर-1. अश्रयों के बाद मरिज को दाबराहट या B.P ज्यादा हो जाए तो मरिज को आराम कराना है। Normal temp तक रहना है। रक्त गलस पानी पिलाना, लंबी गहरी सांस लेने को कहें। मरिज को स्वेदन के लिए तली लेवार जाए जब B.P Normal हो जाए यदि Normal ना हो स्वेदन न करें। दलना गुनगुने पानी से नहाने को कहें घर जाना।

उत्तर-2. थैरेपी के बाद यदि मरिज बहुत ज्यादा थका हुआ महसूस कर रहा हो और B.P बहुत कम हो गया हो तो मरिज को आराम करवाना है। जलेन वाली या Herbal Tea या नमक चुनी का घोल देना है मरिज को आराम करने को कहें मरिज की वस्था होने के बाद हि घर लेंगे।

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रख रहे हैं। यह हम मरिज से पुछकर
है तब करते हैं मरिज के सहज करने
के हिसाब से Panchkarma रखना है। यदि
शरीर में चोट हो या घाव हो तो वहा
हाथ नहीं लगाना है और मरिज को कोई
ओपरेशन हुआ है वहा रीड डली हुई है।
इस जगह पे जोर नहीं देना है।

उत्तर-4 Position of Basti Insertion is
left lateral position. मरिज को
बायाँ जखर लिया कर झुका बायाँ पैर
मीड कर दि जाती है।

उत्तर-5. मस्य कर्म सुबह करने का विधान है
मरिज को सुबह खाली पेट बुलाया जाता है
हल्के तेल से रिस की Massage करनी है
मरिज को सीधा लेटाकर रिस ड्रेणी की ऊपर
थोड़ा सा सहजा हुआ पीछे की ऊपर
होनी गरिजाओ मे पसे 10 बूंद ड्रॉपर
के हिसाब से बूंद डालनी है।

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फिर हल्के हाथ से फ्रीजी नसिकाओं से
गाल की तरफ हल्का Massage करें।
गले में तेल आने पर मसिजे की धूलने
की जाये अगर मसिजे की चि ड्रिपेशन
हो रहा है तो गर्म पानी धुंटे धुल कर
पिलाएं। भ्रूमवर्ति की जलाकार रक्त रक्त
नसिका से वही वही मसिजे की धुंटे।
स्थिचने की जाये, यदि कफ निकलता है।
आवा आती है कफ बाहर भूलना है।

Sppt से 5-10 मिनट में धूम का सेवन
करवाएं।

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Exam Date - 5/02/22

— Exam Parameters - Pugal

- ① Attendance - She is Punctual.
- ② Dress Personality - Neat and clean.
- ③ Knowledge - She is having very good Therapeutic knowledge.
- ④ Practically Knowledge - very well Excellent
- ⑤ Room Hygiene - well maintained.
- ⑥ Post Therapy Care - Excellent.
- ⑦ Performance - Good.
- ⑧ Performance c Patient Care - well maintain, Very Good.
- ⑨ Patient Record - well maintained.
- ⑩ Patient Care - Very good.
- ⑪ Time management - Very well Managed.
- ⑫ Any Sentinel Event, Not any Sentinel event found.

All over Average - 70/100
Need more Improvement.

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02/02/2022

Panchakarma Training to
Therapist

Trainee - Dr. Ajeet

At Herded by - Sandeep and Payal.

Today is on 02-02-2022 OS training session was organised for Therapist To clear out queries and issues. They are facing During Therapies.

1. How to manage Hygiene → Use of soap of water to wipe of oil, to change the Bedsheet and Proper sanitize the therapy room after Procedures.

2. How to make Patient More Relax During Therapy →

1. Use of good soothing Music.

2. Therapy should be very Positive & Polite

3. To take extra concern about the Apssed the Patient comfort.

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Purifying Therapy i.e. Lepam, Sika, or
Swedan, found only 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
Jatyadi 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

→ Jatyadi Tailam & Aloe Vera should
Always be available in therapy
room.

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Panchkarma Exam Outcome

An Exam was Conducted on 5th Feb 2022 for Therapist and Attendants. They all are Performed very well.

But I will request to HR Depart-ment for appraisal or Payal and Sandeep nautiyal are guided to clear. Their Doubts time to time and Routine monthly Test Training will be organised regularly for their growth and Increased. Knowledge about updates and improve our working.

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