**CASE PROFORMA**

Registration no.- ……………………………………….. Ward no…………………..

Case No………………………………..

OPD/ IPD NO. -……………………………………………. bed no...........................

**General Information-**

Name of patient…………………… Date of starting of trial..

S/O , D/O, W/O -……………………………

Age……………………… Religion-…………………………… Sex ………………………..

**Marital status** - Married/Unmarried

Address......... Occupation.................................

Literacy……….. Socio economic Status –…………………………………….

Date Of Admission -………………………………………… Date of Discharge -…………………………………………………

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No.** | **CHIEF COMPLAINTS WITH DURATION** | **+/\_** | **Duration** | **Grade** |
| **1.** | **वातपूर्णदृतिस्पर्श (Crepitus)** |  |  |  |
| **2.** | **संधिशूल ( Pain In Knee Joint )** |  |  |  |
| **3.** | **प्रसारण आकुन्चनयोप्रवृतिश्चसवेदना ( Painful flexion and extension of knee)** |  |  |  |
| **4.** | **सन्धि शोथ (Oedema)** |  |  |  |
| **5.** | **हन्ति सन्धि (restricted range of movement of knee joint)** |  |  |  |
| **6.** | **Morning stiffness (<half an hour)** |  |  |  |
| **7.** | **Change walking time** |  |  |  |
| **8.** | **Tenderness in knee joint** |  |  |  |
| **9.** | **Others.** |  |  |  |

**CLINICAL HISTORY (PRASNA PARIKSHA) -**

**Chief complaints with duration ………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

**History of present illness ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

**Onset................... Age of onset……………………………….**

**Duration of illness………………………………………………….**

**Previous treatment for sandhivata..…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

**Any associated diseases: Diabetes/Tuberculosis/Renal disease/Liver disease/Cardiac disease! Thyroid disorder.**

**History of past illness……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

**Treatment history:**

**if any.......................................................................................................................................**

**Surgical history - ………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..**

**FAMILY HISTORY**

Father:

Mother

Brother:

Sister

Wife

Husband

Children:

**PERSONAL HISTORY**

Nature of standing/sitting/walking & traveling

Marital status-Married/Unmarried

Education- Literate/Illiterate

Socio-economic status-Low/Middle/High

Dominant rasa in diet-M/A/L/K/T/KS

Dietary habits-samasana/adhyasana/vishmasana/virudhashana

Diet- Veg/ non veg /Mixed

Quantity …………….. Quality ………………………

Appetite - Increased/ Reduced/ Normal

Addiction- Tea/coffee/ alcohol/Tobacco/Smoking/Guttka/ Drugs/ Others

Bowel habit-Regular/irregular/constipated Micturition Normal/Polyurea/scanty/burning

Hygienic condition-

Sleep:

Emotional status: Normal/Jolly/Tense/Angry/Anxiety/Depressive

Occupational History - Officer/Clerk/Laboure /Businessman/Shopkeeper/ Student/Farmer/Household work/others

Nature of work: Light/Moderate/Heavy Hours of work.......

Exercise: Physical/Mental

**In case of females**

Menstrual history:

Duration

Quantity

Regular/Irregular

Scanty/normal/heavy

LMP

Obstetric history Abortion/miscarriage/premature delivery

**GENERAL EXAMINATION -**

G.C.- Gait- Built-

P/R- Temperature- B.P -

Pallor present/absent Cyanosis-present absent Edema- present/ Absent

**SYSTEMIC EXAMINATION**

**LOCOMETRY SYSTEM**

a) Gait Normal Disturbed.

b) Joint involvements: a) unilateral joint (b) bilateral joint

(c) The overlying skin: moist/dry/normal.

(d) Onset of Pain sudden/insidious.

(e)Pain in Night present/absent/aggravation.

f) Morning Stiffness present/absent.

g) Pain in Movement present/absent/aggravation.

h)Aggravating factor seasonal/movement/rest/pressure.

i) Releving factor seasonal/movement/rest/pressure/medication/other.

**ASSESSMENT PARAMETER**

1. Vatapurnadritisparsa (crepitus)-

⚫ Grade 0- No crepitus

⚫ Grade 1 - palpable fine crepitus

⚫ Grade 2- palpable coarse crepitus

⚫ Grade 3- Audible crepitus

2. Sandhi Shotha (joint swelling) -

Grade 0- No swelling

Grade 1-Mild swelling

Grade 2- Moderate swelling

Grade 3. Severe swelling

3. Prasaran akkunchanaana praviti savedana (pain during flexion and extension of joint)

Grade 0- No pain

Grade 1-Pain while extension

Grade 2- Pain while extension and flexion

Grade 3- Prevent complete flexion

4. Tenderness of knee joints Grade 0 None-palpation is non-painful even when asked about it.

Grade 1 Mild- palpation is painful only when asked about it.

Grade 2 Moderate-indicates palpation is painful by wincing during palpation or say so. Grade 3 On palpation tries to withdraw the limb or is clearly distressed by any pressure. (Jump sign)

5. Morning stiffness (<half an hour)

Grade 0-No Joints stiffness

Grade 1- Stiffness lasting for 10 minutes

Grade 2- Stiffness lasting for 20 minutes

Grade 3-Stiffness lasting for 30 minutes

1. हन्ति सन्धि (Range of movement of knee joints pre and post comparison)

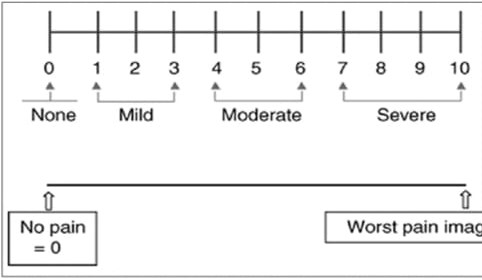
**Grade 0**:0 degrees: Full extension (knee straight)

Grade 1: 10-20 degrees: Slight flexion

Grade 2: 30-45 degrees: Moderate flexion

Grade 3: 60-90 degrees: Good flexion

Grade 4: 90-120 degrees: Excellent flexion

1. Pain Intensity in affected joint- 

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | 1st Follow up | 2nd follow up | 3rd follow up |
| Pain Intensity | +/\_ |  |  |  |
| Range- | 0  1-3  4-6  7-10 |  |  |  |

8. Change in walking time for a fixed distance (pre & post comparison)

Time

Pre trial

post trial

**Radiological assessment**-

Radiographic changes of knee joint OA will be LAWRENCE grading system

Grade 0 Normal joint no reduction in joint space, no osteophyte

Grade 1 Doubtful-minute osteophyte and maintained joint space Grade 2 Minimal-Definite osteophytes, unimpaired joint space

Grade 3 Moderate-Definite osteophytes and moderate diminished jointspace

Grade 4 Severe - definite osteophytes, joint space greatly impaired with sclerosis of subchondral bone.

**RESPIRATORY SYSTEM**

1. Inspection
2. Palpation
3. Percussion
4. Auscultation

**CARDIOVASCULAR SYSTEM**

A ) Inspection

B) Palpation

C) Percussion

D) Auscultation

**GASTOINTESTINAL SYSTEM**

A) Inspection

B) Palpation

C) Percussion

D) Auscultation

**ASHTVIDHA PARIKSHA**

Nadi V/PK-

Mootra

Mala

Jivha

Shabda

Drag

Aakriti

**DASHVIDHA AATUR PAREEKSHA**

**1. PRAKRITI**

Sharirik- V/P/K/V-P/V-K/P-K/S

Mansik- S/R/T

**2 VIKRITI-**

Dosha

Dushya

Adhisthan :

Srotodusti

Srotas

**3. SARA** Twak/rakta/mansa/meda/asthi/majja/shukra

**4. SAMHANANA** Pravar madhyam/avara

**5. PRAMANA**: Pravar/madhyam/avara

**6. SATYAM:** Madhur/Amla/Lavan/Katu/Tikta//Kashaya

**7. SATVA:** Pravara/madhyam/avara

**8. AHARASHAKTI** Pravara madhyam/avara

**9. VTATAM SHAKTI** : Pravara/madhyam/avara

**10. VAYA AWASTHA**: Balya Yuva/Madhya/Vriddh

**KOSTHA PARIKSHA -**

Krura:

Mridu:

Samanya:

**AGNI PARIKSHA**

Manda

Teekshna

Visham

Samagni

**PROFORMA OF OBESITY -**

**Starting Of The Trial –**

Weight…………………Kg Height…………...mts.

Body Mass Index (B.M.I.):……………………………..

Grade: 1/2/3 ………………………………………. Pulse………………./ min.

Blood Pressure:……………………mm of Hg

**Stopping of the trial -**

Weight…………………Kg Height…………...mts.

Body Mass Index (B.M.I.):……………………………..

Grade: 1/2/3 ………………………………………. Pulse………………./ min.

Blood Pressure:……………………mm of Hg

Result (Response ) :-

Relieved/Improved/Not improved

**Nidan - Grading**

1. Atisamproomada - 0,1,2,3

2. Guru, Madhura, Sheeta, Snigdhopayoga - 0,1,2,3

3. Avyayama - 0,1,2,3

4. Diva Swapna - 0,1,2,3

5. Harsha Nityatvata - 0,1,2,3

6. Achinta . - 0,1,2,3

7. Bija Swabhava - 0,1,2,3

1. Varunya Shchati Sevnat - 0,1,2,3

**LAKSHANA** -

**Before Treatment After Treatment**

1. Chal Sphik Udar Stanam (Pendulous buttocks 0,1,2,3 0,1,2,3
2. Javoprodha (Slugishness in movement) 0,1,2,3 0,1,2,3

1. Krichha Vyavaya (Difficulty in sexual intercourse) 0,1,2,3 0,1,2,3

1. Swed Badha (Excessive perspiration) 0,1,2,3 0,1,2,3
2. Kshudhatimatram (Excessive appetite) 0,1,2,3 0,1,2,3
3. Kshudra Swasa (Dyspnoea on slight exertion) 0,1,2,3 0,1,2,3
4. Pipasatiyoga (Excessive thirst) 0,1,2,3 0,1,2,3

**1. FAMILY HISTORY: -**

**Obesity : -**

Father/Mother/Brother/Sister/Maternal Grand Father/ Maternal Grand Mother

/ Grand Father/Grand Mother/ Children.

**Associated Diseases**:

Diabetes Mellitus/Kidney Disease/Endocrinal disorders/Osteoarthritis/ Hypertension/Menstrual disorder/Hyperacidity (NUD)

**Assessment Of Obesity-**

1. **CHANGE IN BMI ( BODY MASS INDEX) -**

|  |  |  |  |
| --- | --- | --- | --- |
| **BMI Before Trial (0 Day )** | **FIRST FOLLOW-UP**  **BMI** | **SECOND FOLLOW-UP BMI** | **THIRD FOLLOW -UP BMI** |
|  |  |  |  |

**2 . CHANGE IN WAIST CIRCUMFERENCE -**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Before Trail**  **( 0 Days )** | **1st follow up**  **(30 days)** | **2nd Follow up (60 days)** | **3rd Follow up (90 days)** |
| **Change in waist**  **circumference** |  |  |  |  |

**3. CHANGE IN HIP- WAIST RATIO –**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Before Trail**  **( 0 Days )** | **1st follow up**  **(30 days)** | **2nd Follow up (60 days)** | **3rd Follow up (90 days)** |
| **Change in**  **Hip – Waist**  **Ratio** |  |  |  |  |

**4. CHANGE IN SKIN FOLD-**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Before Trial (0 days)** | **1st follow up**  **(30 days)** | **2nd Follow up (60 days)** | **3rd Follow up (90 days)** |
| **Change in skin fold** |  |  |  |  |

**INVESTIGATIONS**

**TEST BEFORE TREATMENT AFTER TREATMENT**

**HEMATOLOGICAL**

a) HB

b) CBC

c) ESR

**BIOCHEMICAL**

a) Blood sugar (F/PP)

b) RA factor

c) Uric acid

d) BMD test

e) TSH

f) LFT

g) KFT

RADIOLOGICAL

a) Osteophytes

b) Narrowing of joint spaces

c) Subchondral bone sclerosis

**FOLLOW UP CARD**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **SYMPTOMS** | **BEFORE**  **TRAIL**  **0 DAY** | **Follow up** | | | |
| **15dyas** | **30days** | **45days** | **60days** |
| Pulse rate/min. |  |  |  |  |  |
| Blood pressure |  |  |  |  |  |
| Temperature |  |  |  |  |  |
| वातपूर्णदृतिस्पर्श:(Crepitus**)** |  |  |  |  |  |
| प्रसारणाकुन्चनयोप्रवृत्तिश्चसवेदना  Painful flexion and extension of knee |  |  |  |  |  |
| संधिशूल (Pain in or around  knee joint ) |  |  |  |  |  |
| हन्तिसन्धि (change Rang of Movement) |  |  |  |  |  |
| सन्धि शोथ (Oedema) |  |  |  |  |  |
| Tenderness of knee joints |  |  |  |  |  |
| Morning stiffness (< half an hour) |  |  |  |  |  |
| Change Walking time |  |  |  |  |  |

# STUDY TERMINATION

* Patient has completed the study according to protocol /No.
* Date of completion of study………….
* Date of dropout/withdrawal
* Cause of withdrawal -

1. Adverse effect -
2. Personal matter
3. Aggravation of complaints
4. Unassociated illnesses-
5. Loss of follow up -
6. Patient request to withdraw for trial –
7. Death

**SIGNATURE OF PATIENT** **SIGNATURE OF SUPERVISOR**

**SIGNATURE OF CO SUPERVISOR**

**SIGNATURE OF INVESTIGATOR**

**DATE………..**