

PANCHKARMA THERAPY - PATIENT REPORT

Anil Patel (Patient ID: PK003)

PATIENT INFORMATION

- **Name:** Anil Patel
- **Patient ID:** PK003
- **Age:** 52 years
- **Gender:** Male
- **Constitution (Prakriti):** Pitta-Kapha
- **Treatment Duration:** 21 days
- **Admission Date:** August 10, 2024
- **Discharge Date:** August 31, 2024

INITIAL HEALTH ASSESSMENT

Primary Complaints at Admission:

- Hypertension
- Acidity
- Headaches
- Irritability
- Sleep disturbances

Baseline Health Metrics (Day 0):

- **Digestion Score:** 4.0/10 (Poor)
- **Energy Level:** 4.0/10 (Low)
- **Mood Score:** 5.0/10 (Fair)
- **Pain Level:** 6.0/10 (Moderate)
- **Skin Condition:** 4.0/10 (Fair)
- **Sleep Quality:** 3.0/10 (Poor)

Vital Signs at Admission:

- **Blood Pressure:** 145/92 mmHg (Stage 1 Hypertension)
- **Pulse:** 78 bpm
- **Weight:** 82 kg
- **BMI:** 26.8 (Overweight)

TREATMENT PROTOCOL & SESSION HISTORY

Prescribed Therapies:

- **Abhyanga** (Cooling oil massage)
- **Shiropichu** (Oil pooling on head)
- **Virechana** (Purgation therapy)
- **Takradhara** (Buttermilk therapy)
- **Nasya** (Nasal administration)

Treatment Phases:

Phase 1 - Purvakarma (Preparation): Days 1-7

- Pitta-pacifying Abhyanga with cooling oils
- Gentle Swedana avoiding excessive heat
- Snehapana with ghee preparation from Day 4
- Duration: 65-115 minutes per session
- Focus: Pitta dosha reduction and heat management

Phase 2 - Pradhankarma (Main Treatment): Days 8-18

- Virechana therapy on Days 8, 10, 12 (Pitta elimination)
- Shiropichu sessions for headache management
- Takradhara therapy for mental cooling
- Blood pressure monitoring during treatments
- Hypertension-specific protocol implementation

Phase 3 - Paschatkarma (Post-Treatment): Days 19-21

- Gentle cooling Abhyanga
- Rasayana therapy with cardiac-friendly herbs
- Blood pressure stabilization focus
- Stress management counseling

Attendance Record:

- **Total Sessions:** 21
- **Sessions Attended:** 20
- **Rest Days:** 1 (Day 16 - medical rest due to minor Virechana reaction)
- **Attendance Rate:** 95.2%

Therapist Team:

- Dr. Suresh (Primary Physician & Hypertension Specialist)
- Dr. Meera (Consultation Support)
- Therapist Kavitha (Senior Therapist)
- Therapist Ramesh (Specialized Therapist)

HEALTH PROGRESS ANALYSIS

Final Health Metrics (Day 21):

- **Digestion Score:** 6.0/10 ↑ **50.0% improvement**
- **Energy Level:** 5.7/10 ↑ **42.5% improvement**
- **Mood Score:** 7.0/10 ↑ **40.0% improvement**
- **Pain Level:** 4.0/10 ↓ **33.3% reduction**
- **Skin Condition:** 5.4/10 ↑ **35.0% improvement**
- **Sleep Quality:** 5.8/10 ↑ **93.3% improvement**

Final Vital Signs (Day 21):

- **Blood Pressure:** 128/82 mmHg ↓ **Significant improvement**
- **Pulse:** 72 bpm (Normal)
- **Weight:** 79.5 kg ↓ **2.5 kg weight loss**
- **BMI:** 26.0 (Border Normal/Overweight)

Overall Treatment Effectiveness: 45.7% improvement

SYMPTOMS COMPARISON

Before Treatment:

- **Primary Complaints:** Hypertension, acidity, headaches, irritability, sleep disturbances
- **Digestive Health:** Poor
- **Energy Levels:** Low
- **Sleep Quality:** Poor
- **Pain Levels:** Moderate
- **Mood & Mental State:** Fair (irritable)
- **Skin Condition:** Fair
- **Blood Pressure:** Elevated (145/92)

After Treatment:

- **Primary Complaints:** Significantly improved - most symptoms resolved or greatly reduced
- **Digestive Health:** Improved
- **Energy Levels:** Good
- **Sleep Quality:** Improved
- **Pain Levels:** Mild
- **Mood & Mental State:** Good (calm, stable)
- **Skin Condition:** Improved
- **Blood Pressure:** Controlled (128/82)

DISCHARGE SUMMARY & RECOMMENDATIONS

Treatment Outcomes:

- ✓ **Successful completion** of 21-day Panchkarma program
- ✓ **Blood pressure reduction** from 145/92 to 128/82 mmHg
- ✓ **45.7% overall health improvement** achieved
- ✓ **Significant stress reduction** and mental calmness
- ✓ **2.5 kg healthy weight loss** accomplished

Key Achievements:

- Blood pressure successfully controlled without increasing medication
- Digestive function improved by 50% (acidity resolved)
- Sleep quality dramatically enhanced (93.3% improvement)
- Headache frequency reduced by 80%
- Irritability and stress levels significantly decreased
- Energy levels boosted by 42.5%

Cardiovascular Health Improvements:

- **Systolic BP reduction:** 17 mmHg
- **Diastolic BP reduction:** 10 mmHg
- **Resting heart rate:** Improved to optimal range
- **Stress markers:** Significantly reduced

Post-Discharge Guidelines:

Diet Recommendations (Pitta-Pacifying):

- Continue with cooling, fresh foods
- Avoid spicy, oily, and fermented foods
- Include sweet fruits, leafy greens, and cooling spices
- Limit salt intake for blood pressure management
- Eat meals at regular times to support digestion

Lifestyle Modifications:

- Continue daily meditation and breathing exercises
- Practice cooling Pranayama (Sheetali, Sheetkari)
- Avoid excessive heat and sun exposure
- Maintain regular sleep schedule (10 PM - 6 AM)
- Include gentle, non-competitive physical activities

Blood Pressure Management:

- Monitor BP weekly for first month
- Continue prescribed antihypertensive medication as advised
- Maintain stress reduction practices
- Regular walking 30 minutes daily

Follow-up Schedule:

- **Week 1:** BP monitoring and telephonic consultation
- **Week 3:** Complete cardiovascular assessment
- **Month 2:** Comprehensive health evaluation
- **Month 6:** Consider maintenance Panchkarma for BP control

Prescribed Medications:

- Pitta-pacifying herbal formulation for 60 days
- Cardiac supportive herbs for 45 days
- Digestive fire enhancement supplements for 30 days
- Natural blood pressure support herbs

Doctor's Notes:

"Patient Anil Patel has shown remarkable improvement in his cardiovascular health through Panchkarma therapy. The Pitta-pacifying protocol has successfully addressed his hypertension, acidity, and stress-related symptoms. The treatment has provided a strong foundation for long-term health management. Continued adherence to lifestyle modifications is essential for maintaining optimal blood pressure levels."

Treating Physician: Dr. Suresh, BAMS, MD (Kayachikitsa)

Consulting Physician: Dr. Meera, BAMS, MD (Panchkarma)

Date: August 31, 2024

Signature: _____

CARDIOVASCULAR RISK ASSESSMENT

Pre-Treatment Risk Factors:

- Stage 1 Hypertension
- Chronic stress and irritability
- Poor sleep quality
- Overweight BMI
- Sedentary lifestyle

Post-Treatment Risk Reduction:

- Blood pressure normalized to pre-hypertension range
- Stress levels significantly reduced
- Sleep quality markedly improved
- Weight loss achieved
- Lifestyle modifications adopted

Overall Cardiovascular Risk: Reduced from **Moderate** to **Low-Moderate**

PATIENT FEEDBACK

"The Panchkarma treatment has been a life-saver for me. My blood pressure is now under control, and I feel so much calmer and less irritable. The headaches that plagued me for years have almost disappeared. I'm sleeping better than I have in years. The holistic approach has given me tools to manage my health naturally alongside my medications."

Patient Signature: _____

Date: August 31, 2024

TREATMENT COMPLIANCE CERTIFICATE

This is to certify that Mr. Anil Patel has successfully completed the prescribed 21-day Panchkarma therapy program with excellent compliance and remarkable health improvements, particularly in cardiovascular health management.

Medical Director: Dr. Rajesh Gupta, BAMS, MD

Date: August 31, 2024

Seal: _____

This report is confidential and intended solely for the patient and authorized healthcare providers. Please retain this document for your medical records.