

# PANCHKARMA THERAPY - PATIENT REPORT

Rajesh Kumar (Patient ID: PK001)

## PATIENT INFORMATION

- **Name:** Rajesh Kumar
- **Patient ID:** PK001
- **Age:** 45 years
- **Gender:** Male
- **Constitution (Prakriti):** Vata-Pitta
- **Treatment Duration:** 21 days
- **Admission Date:** August 15, 2024
- **Discharge Date:** September 5, 2024

## INITIAL HEALTH ASSESSMENT

### Primary Complaints at Admission:

- Chronic fatigue
- Digestive issues
- Joint pain
- Stress
- Poor sleep quality

### Baseline Health Metrics (Day 0):

- **Digestion Score:** 3.0/10 (Poor)
- **Energy Level:** 3.0/10 (Low)
- **Mood Score:** 5.0/10 (Fair)
- **Pain Level:** 7.0/10 (Moderate)
- **Skin Condition:** 3.0/10 (Poor)
- **Sleep Quality:** 2.5/10 (Poor)

## TREATMENT PROTOCOL & SESSION HISTORY

### Prescribed Therapies:

- **Abhyanga** (Ayurvedic oil massage)
- **Swedana** (Steam therapy)
- **Virechana** (Purgation therapy)
- **Basti** (Medicated enema)
- **Nasya** (Nasal administration)

### Treatment Phases:

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

- Daily Abhyanga and Swedana sessions
- Snehapana (internal oil therapy) from Day 4
- Duration: 60-120 minutes per session
- Focus: Body preparation and toxin mobilization

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

- Virechana therapy on Days 8, 10, 12
- Basti therapy sessions with supportive Abhyanga
- Intensive detoxification procedures
- Regular monitoring and assessment

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

- Gentle Abhyanga sessions
- Rasayana (rejuvenation) therapy
- Diet and lifestyle counseling
- Preparation for discharge

### Attendance Record:

- **Total Sessions:** 21
- **Sessions Attended:** 20
- **Rest Days:** 1 (as prescribed)
- **Attendance Rate:** 95.2%

## Therapist Team:

- Dr. Meera (Primary Physician)
- Dr. Suresh (Specialist Consultant)
- Therapist Kavitha (Senior Therapist)
- Therapist Ramesh (Support Therapist)

## HEALTH PROGRESS ANALYSIS

### Final Health Metrics (Day 21):

- **Digestion Score:** 5.3/10 ↑ **76.7% improvement**
- **Energy Level:** 4.7/10 ↑ **56.7% improvement**
- **Mood Score:** 7.3/10 ↑ **46.0% improvement**
- **Pain Level:** 4.8/10 ↓ **31.4% reduction**
- **Skin Condition:** 5.0/10 ↑ **66.7% improvement**
- **Sleep Quality:** 4.5/10 ↑ **80.0% improvement**

**Overall Treatment Effectiveness: 67.1% improvement**

## SYMPTOMS COMPARISON

### Before Treatment:

- **Primary Complaints:** Chronic fatigue, digestive issues, joint pain, stress, poor sleep
- **Digestive Health:** Poor
- **Energy Levels:** Low
- **Sleep Quality:** Poor
- **Pain Levels:** Moderate
- **Mood & Mental State:** Fair
- **Skin Condition:** Poor

### After Treatment:

- **Primary Complaints:** Significantly improved - most symptoms resolved or greatly reduced
- **Digestive Health:** Improved
- **Energy Levels:** Improved
- **Sleep Quality:** Improved
- **Pain Levels:** Mild

- **Mood & Mental State:** Good
- **Skin Condition:** Improved

## DISCHARGE SUMMARY & RECOMMENDATIONS

### Treatment Outcomes:

- ✓ **Successful completion** of 21-day Panchkarma program
- ✓ **Significant improvement** in all health parameters
- ✓ **67.1% overall health improvement** achieved
- ✓ **Enhanced quality of life** and wellbeing

### Key Achievements:

- Digestion function restored with 76.7% improvement
- Energy levels significantly boosted (56.7% increase)
- Pain levels reduced by 31.4%
- Mood and mental clarity enhanced by 46%
- Sleep quality improved by 80%
- Skin health visibly improved

### Post-Discharge Guidelines:

#### Diet Recommendations:

- Continue with light, easily digestible foods for 2 weeks
- Avoid heavy, oily, and processed foods
- Include warm, cooked meals with appropriate spices
- Maintain regular meal timings

#### Lifestyle Modifications:

- Continue daily oil self-massage (Abhyanga)
- Practice gentle yoga and meditation
- Maintain regular sleep schedule (10 PM - 6 AM)
- Avoid excessive physical or mental stress

#### Follow-up Schedule:

- **Week 2:** Telephonic consultation
- **Week 4:** In-person evaluation
- **Month 3:** Comprehensive health assessment
- **Month 6:** Consider maintenance Panchkarma session

#### Prescribed Medications:

- Rasayana formulation for 30 days
- Digestive support herbs for 15 days
- Specific constitutional balancing medicines

### Doctor's Notes:

"Patient Rajesh Kumar has shown excellent response to Panchkarma therapy with significant improvements across all health parameters. The treatment has successfully addressed his primary complaints and restored his natural healing capacity. Continued adherence to prescribed diet and lifestyle modifications will help maintain these positive outcomes."

**Treating Physician:** Dr. Meera, BAMS, MD (Panchkarma)

**Date:** September 5, 2024

**Signature:** \_\_\_\_\_

### PATIENT FEEDBACK

*"The 21-day Panchkarma treatment has been life-changing. My energy levels are back, digestive issues have resolved significantly, and I feel mentally much clearer. The joint pain that troubled me for years has reduced considerably. I'm grateful for the comprehensive care and will definitely follow the recommended guidelines."*

**Patient Signature:** \_\_\_\_\_

**Date:** September 5, 2024

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