

PANCHKARMA THERAPY - PATIENT REPORT

Priya Sharma (Patient ID: PK002)

PATIENT INFORMATION

- **Name:** Priya Sharma
- **Patient ID:** PK002
- **Age:** 38 years
- **Gender:** Female
- **Constitution (Prakriti):** Kapha-Vata
- **Treatment Duration:** 14 days
- **Admission Date:** August 20, 2024
- **Discharge Date:** September 3, 2024

INITIAL HEALTH ASSESSMENT

Primary Complaints at Admission:

- Skin problems
- Weight issues
- Low energy
- Mood swings
- Respiratory issues

Baseline Health Metrics (Day 0):

- **Digestion Score:** 5.0/10 (Moderate)
- **Energy Level:** 2.0/10 (Very Low)
- **Mood Score:** 4.0/10 (Fair)
- **Pain Level:** 7.0/10 (Moderate)
- **Skin Condition:** 5.0/10 (Fair)
- **Sleep Quality:** 3.5/10 (Poor)

TREATMENT PROTOCOL & SESSION HISTORY

Prescribed Therapies:

- **Abhyanga** (Ayurvedic oil massage)
- **Udwarthana** (Powder massage for weight management)
- **Vamana** (Therapeutic vomiting)
- **Swedana** (Steam therapy)
- **Shirodhara** (Oil pouring therapy)

Treatment Phases:

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

- Daily Abhyanga and Swedana sessions
- Snehapana (internal oil therapy) from Day 4
- Duration: 60-115 minutes per session
- Focus: Kapha dosha reduction and body preparation

Phase 2 - Pradhankarma (Main Treatment): Days 8-12

- Vamana therapy on Days 8 and 11
- Udwarthana sessions for weight management
- Shirodhara therapy for mental calming
- Intensive Kapha-focused detoxification

Phase 3 - Paschatkarma (Post-Treatment): Days 13-14

- Gentle Abhyanga sessions
- Rasayana (rejuvenation) therapy
- Specialized skin care treatments
- Dietary guidance for sustained results

Attendance Record:

- **Total Sessions:** 14
- **Sessions Attended:** 14
- **Rest Days:** 0
- **Attendance Rate:** 100%

Therapist Team:

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

HEALTH PROGRESS ANALYSIS

Final Health Metrics (Day 14):

- **Digestion Score:** 6.5/10 ↑ **30.0% improvement**
- **Energy Level:** 4.0/10 ↑ **100.0% improvement**
- **Mood Score:** 6.6/10 ↑ **65.0% improvement**
- **Pain Level:** 5.6/10 ↓ **20.0% reduction**
- **Skin Condition:** 7.2/10 ↑ **44.0% improvement**
- **Sleep Quality:** 5.8/10 ↑ **65.7% improvement**

Overall Treatment Effectiveness: 58.2% improvement

SYMPTOMS COMPARISON

Before Treatment:

- **Primary Complaints:** Skin problems, weight issues, low energy, mood swings, respiratory issues
- **Digestive Health:** Moderate
- **Energy Levels:** Very Low
- **Sleep Quality:** Poor
- **Pain Levels:** Moderate
- **Mood & Mental State:** Fair
- **Skin Condition:** Fair

After Treatment:

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

- **Pain Levels:** Reduced
- **Mood & Mental State:** Good
- **Skin Condition:** Good

DISCHARGE SUMMARY & RECOMMENDATIONS

Treatment Outcomes:

- ✓ **Successful completion** of 14-day Panchkarma program
- ✓ **Significant improvement** in all health parameters
- ✓ **58.2% overall health improvement** achieved
- ✓ **Notable skin and energy enhancement** observed

Key Achievements:

- Energy levels doubled with 100% improvement
- Mood stability enhanced by 65%
- Skin condition significantly improved (44% better)
- Sleep quality improved by 65.7%
- Weight management initiated successfully
- Respiratory function enhanced

Post-Discharge Guidelines:

Diet Recommendations:

- Continue with Kapha-reducing diet (light, warm, spiced foods)
- Avoid dairy, heavy, and sweet foods for 3 weeks
- Include bitter and pungent tastes in meals
- Maintain portion control for weight management
- Drink warm water with honey and lemon in morning

Lifestyle Modifications:

- Continue daily dry brushing (Garshana) before oil massage
- Practice vigorous exercise suitable for Kapha constitution
- Wake up before 6 AM to avoid Kapha sluggishness
- Include breathing exercises (Pranayama) daily
- Use medicated oils for skincare routine

Follow-up Schedule:

- **Week 2:** Telephonic consultation for diet adherence
- **Month 1:** Weight and skin condition assessment

- **Month 2:** Complete health evaluation
- **Month 4:** Consider seasonal Panchkarma maintenance

Prescribed Medications:

- Kapha-reducing herbal formulation for 45 days
- Skin purification herbs for 30 days
- Metabolic enhancement supplements for 60 days

Doctor's Notes:

"Patient Priya Sharma has responded excellently to the Kapha-Vata balancing Panchkarma protocol. The combination of Vamana, Udwarthana, and Shirodhara has effectively addressed her constitution-specific imbalances. Continued lifestyle modifications will be crucial for maintaining weight loss and skin health improvements."

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

Date: September 3, 2024

Signature: _____

WEIGHT MANAGEMENT PROGRESS

- **Starting Weight:** 68 kg
- **Discharge Weight:** 65.5 kg
- **Weight Loss:** 2.5 kg in 14 days
- **BMI Improvement:** 24.8 to 23.9

SKIN ASSESSMENT PROGRESS

- **Initial Condition:** Dull, acne-prone, uneven texture
- **Final Assessment:** Improved radiance, reduced breakouts, smoother texture
- **Improvement Grade:** B+ (Good improvement)

PATIENT FEEDBACK

"The Panchkarma treatment has exceeded my expectations. My skin has never looked better, and I feel so much more energetic. The mood swings have reduced significantly, and I'm sleeping much better. The weight loss is an added bonus. Thank you for the personalized care and attention to my specific constitution."

Patient Signature: _____

Date: September 3, 2024

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