

City Medical Centre

Vaidya Krishnan, MBBS, MD
Reg. No: AYUR/KL/2345/2019
123 Medical Street, City - 560001
Phone: +91-9876543210

Date: 02/01/2026

Patient Details:

Name: Kavita Nair
Age: 35 years | Gender: Male

Diagnosis:

Chronic joint pain - Sandhivata

Rx

1. Panchakarma Therapy - Abhyanga (Oil Massage)
2. Panchakarma - Swedana (Steam Therapy)
3. Maharsnadi Kashayam - 15ml twice daily
4. Yogaraja Guggulu - 2 tablets twice daily

Follow-up: After 7 days if symptoms persist

Vaidya Krishnan
Signature & Stamp