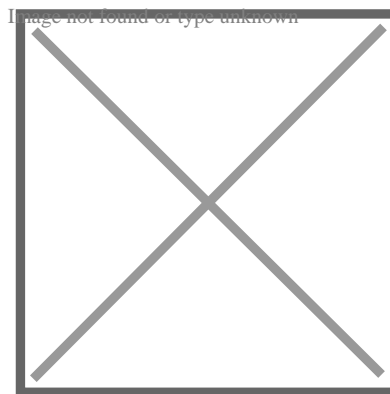


**Clinic Address:**

Room No. - 4, Kabbur Estate  
First Floor, Road No. 2  
Opposit Sudha Dairy  
Sion East Mumbai - 400037

**Contact:** 7666816913**Email:** beatthediabetes@gmail.com**Website:** www.beatthediabetes.org**Patient Name:** Rohit Sethi**Date:** 2020-03-07**Diabetic Medications**

Medicine Name	Dosage	Comments	Frequency	Duration
Aspart (INJ)	0.2-1-1-0-1	before	everyday	1 weeks

**Non-Diabetic Medications**

Medicine Name	Dosage	Comments	Frequency	Duration
Tab. Budamate 400 puff (TABLET)	1-0-1-0-1	before	everyday	1 weeks

**Other Reommendations:**

test

**Diet Reommendation:**

normal btd diet, 5 coriander (dhania) seeds after brushing teeth, alternate day sprouts

**Exercise Reommendation:**

Phase 1: daily morning exercise, Phase 2: dr. Dinesh Thera band 5 to 8

**Follow Up Reommendation:**

After 1 days eGFR

**Health Goals:**

After 2 weeks Cholestrol < 5.6

Dr. Dinesh Ishwar  
MD (AYU)  
PGDPH, PGDD  
Reg No.: I-80292-A