**Swamy Vivekananda Yoga Anusandhana Samsthana**
**Arogyadhama,Holistic Research Health HomePrashanti Kutiram,Bengaluru-560105**

| | |
|---|---|
| Date: | 2023-11-22 |
| Name: | Muzaffer |
| Age/Sex: | 27 / Male |
| Registation: | IP93 |
| Department: | |

**NATUROPATHY**

| **Params ? Therapy Dates ?** | **2023-11-22** | **2023-11-23** | **2023-11-24** | **2023-11-25** | **2023-11-26** | **2023-11-27** | **2023-11-28** |
|---|---|---|---|---|---|---|---|
| Cold Underwater Massage | | | | | | | |
| Neutral Underwater Massage | | | | | | | |
| Cold Hip Bath | | | | | | | |
| Cold Hip Bath | | | | | | | |
| Hot Hip Bath | | | | | | | |
| Neutral Hip Bath | | | | | | | |
| Cold Spinal Bath | | | | | | | |
| Hot Spinal Bath | | | | | | | |
| Warm Spinal Bath | | | | | | | |
| Cold Spinal Spray | | | | | | | |
| Hot Spinal Spray | | | | | | | |
| Warm Spinal Spray | | | | | | | |
| Cold Foot Bath | | | | | | | |
| Hot Foot Bath | | | | | | | |
| Warm Foot Bath | | | | | | | |
| Cold Foot And Arm Bath | | | | | | | |
| Hot Foot And Arm Bath | | | | | | | |
| Warm Foot And Arm Bath | | | | | | | |
| Cold Circular Jet | | | | | | | |
| Douches | | | | | | | |
| Cold Immersion Bath | | | | | | | |
| Neutral Immersion Bath | | | | | | | |
| Hot Immersion Bath | | | | | | | |
| Steam Bath | | | | | | | |
| Sauna Bath | | | | | | | |
| Atapasnan | | | | | | | |
| Full Mud Bath | | | | | | | |
| Local Mud Apllication | | | | | | | |
| Mud Pack To Eye | | | | | | | |
| Mud Pack To Abdomen | | | | | | | |
| Ganji Turmeric Bath | | | | | | | |
| Local Application of Ganji Turmeric | | | | | | | |
| Mustard Pack | | | | | | | |
| Gastro Hepatic Pack | | | | | | | |
| Full Body Massage | | | | | | | |
| Leg Pack | | | | | | | |
| Throat Pack | | | | | | | |
| Arm Pack | | | | | | | |
| Salt Glow Massage | | | | | | | |
| Neutral Enema | | | | | | | |
| Cold Enema | | | | | | | |
| Neem Enema | | | | | | | |
| Oil Enema | | | | | | | |
| Sitz bath | | | | | | | |
| Sponge Bath | | | | | | | |
| Vibro Massage | | | | | | | |

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|---|---|---|---|---|---|---|---|
| Partial Massage | | | | | | | |
| Hot Sand Fomentation | | | | | | | |
| Facial Steam | | | | | | | |
| Ice Massage | | | | | | | |
| Affusion | | | | | | | |
| Local Compresses | | | | | | | |
| Local Steam | | | | | | | |
| Colon Hydrotherapy | | | | | | | |
| Kidney Pack | | | | | | | |
| Oil application to whole body | | | | | | | |
| Ginger turmeric application | | | | | | | |
| Local oil application | | | | | | | |
| Infrared Radiation | | | | | | | |

**Ayurvedha**

| **Params ? Therapy Dates ?** | **2023-11-22** | **2023-11-23** | **2023-11-24** | **2023-11-25** | **2023-11-26** | **2023-11-27** | **2023-11-28** |
|---|---|---|---|---|---|---|---|
| Vamana | | | | | | | |
| Virechana | | | | | | | |
| Yoga basti | | | | | | | |
| Kala basti | | | | | | | |
| Karma basti | | | | | | | |
| Matrabasti | | | | | | | |
| Nasya | | | | | | | |
| Sarvangaabhyanga | | | | | | | |
| Ekangaabhyanga | | | | | | | |
| Patrapindasweda | | | | | | | |
| Shashtikashaalipindasweda | | | | | | | |
| Churnapindasweda | | | | | | | |
| Valukasweda | | | | | | | |
| Udwartana | | | | | | | |
| Nadisweda | | | | | | | |
| Avagahasweda | | | | | | | |
| Ishtikaswedana | | | | | | | |
| Pattasweda | | | | | | | |
| Shirodhara | | | | | | | |
| Takradhara | | | | | | | |
| Sarvangadhara | | | | | | | |
| Ekangadhara | | | | | | | |
| Seka | | | | | | | |
| Lepa | | | | | | | |
| Pichu | | | | | | | |
| Talam | | | | | | | |
| Kati basti | | | | | | | |
| Janu basti | | | | | | | |
| Greevabasti | | | | | | | |
| Kasherukabasti | | | | | | | |
| Prushtabasti | | | | | | | |
| Nabhimandalabasti | | | | | | | |
| Shirobasti | | | | | | | |
| Netra tarpana | | | | | | | |
| Netra Seka | | | | | | | |
| Bidalaka | | | | | | | |

**Yoga**

| **Params ? Therapy Dates ?** | **2023-11-22** | **2023-11-23** | **2023-11-24** | **2023-11-25** | **2023-11-26** | **2023-11-27** | **2023-11-28** |
|---|---|---|---|---|---|---|---|
| Neurology Yoga Special Technique | | | | | | | |

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|---|---|---|---|---|---|---|---|
| Oncology Yoga Special Technique | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ |
| Pulmonology Yoga Special Technique | | | | | | | |
| Cardiology Yoga Special Technique | | | | | | | |
| Psychiatry Yoga Special Technique | | | | | | | |
| Rheumatology Yoga Special Technique | | | | | | | |
| Spinal Disorders Yoga Special Technique | | | | | | | |
| Metabolic disorders Yoga Special Technique | | | | | | | |
| Gasroenerelogy Yoga Special Technique | | | | | | | |
| Menstrual disorder Yoga Special Technique | | | | | | | |
| Pregancy Yoga Special Technique | | | | | | | |
| Endocrinology Yoga Special Technique | | | | | | | |
| Promotion of positive health Yoga Special Technique | | | | | | | |
| OM meditation | **OM meditation** ✓ | **OM meditation** ✓ | **OM meditation** ✓ | **OM meditation** ✓ | **OM meditation** ✓ | **OM meditation** ✓ | **OM meditation** ✓ |
| Maitri Milan | **Maitri Milan** ✓ | **Maitri Milan** ✓ | **Maitri Milan** ✓ | **Maitri Milan** ✓ | **Maitri Milan** ✓ | **Maitri Milan** ✓ | **Maitri Milan** ✓ |
| IAYT Lecture | **IAYT Lecture** ✓ | **IAYT Lecture** ✓ | **IAYT Lecture** ✓ | **IAYT Lecture** ✓ | **IAYT Lecture** ✓ | **IAYT Lecture** ✓ | **IAYT Lecture** ✓ |
| Pranayama | **Pranayama** ✓ | **Pranayama** ✓ | **Pranayama** ✓ | **Pranayama** ✓ | **Pranayama** ✓ | **Pranayama** ✓ | **Pranayama** ✓ |
| Pranic energiazation Technique | | | | | | | |
| Cyclic Meditation | **Cyclic Meditation** ✓ | **Cyclic Meditation** ✓ | **Cyclic Meditation** ✓ | **Cyclic Meditation** ✓ | **Cyclic Meditation** ✓ | **Cyclic Meditation** ✓ | **Cyclic Meditation** ✓ |
| Bhajan | **Bhajan** ✓ | **Bhajan** ✓ | **Bhajan** ✓ | **Bhajan** ✓ | **Bhajan** ✓ | **Bhajan** ✓ | **Bhajan** ✓ |
| Mind Sound Resonence Technique | | | | | | | |
| Trataka | **Trataka** ✓ | **Trataka** ✓ | **Trataka** ✓ | **Trataka** ✓ | **Trataka** ✓ | **Trataka** ✓ | **Trataka** ✓ |
| Sleep Special Technique | | | | | | | |
| Chair Breathing Practice | | | | | | | |
| Headache special technique | | | | | | | |
| Voice culture | | | | | | | |
| Jala Neti | | | | | | | |
| Sutra Neti | | | | | | | |
| Vaman Dhouti | | | | | | | |
| Laghu shank Prakshalana | | | | | | | |
| Neurology Yoga Special Technique | | | | | | | |
| Oncology Yoga Special Technique | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ |
| Pulmonology Yoga Special Technique | | | | | | | |
| Cardiology Yoga Special Technique | | | | | | | |
| Psychiatry Yoga Special Technique | | | | | | | |

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|---|---|---|---|---|---|---|---|
| Rheumatology Yoga Special Technique | | | | | | | |
| Spinal Disorders Yoga Special Technique | | | | | | | |
| Metabolic disorders Yoga Special Technique | | | | | | | |
| Gasroenerelogy Yoga Special Technique | | | | | | | |
| Endocrinology Yoga Special Technique | | | | | | | |
| Promotion of positive health Yoga Special Technique | | | | | | | |
| Neurology Yoga Special Technique | | | | | | | |
| Oncology Yoga Special Technique | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ | **Oncology Yoga Special Technique** ✓ |
| Pulmonology Yoga Special Technique | | | | | | | |
| Cardiology Yoga Special Technique | | | | | | | |
| Psychiatry Yoga Special Technique | | | | | | | |
| Rheumatology Yoga Special Technique | | | | | | | |
| Spinal Disorders Yoga Special Technique | | | | | | | |
| Metabolic disorders Yoga Special Technique | | | | | | | |
| Gasroenerelogy Yoga Special Technique | | | | | | | |
| Endocrinology Yoga Special Technique | | | | | | | |
| Promotion of positive health Yoga Special Technique | | | | | | | |

**Physiotheraphy**

| **Params ? Therapy Dates ?** | **2023-11-22** | **2023-11-23** | **2023-11-24** | **2023-11-25** | **2023-11-26** | **2023-11-27** | **2023-11-28** |
|---|---|---|---|---|---|---|---|
| Muscle Stimulator | | | | | | | |
| Traction | | | | | | | |
| Tread mill | | | | | | | |
| Squeezing ball | | | | | | | |
| SWD | | | | | | | |
| PEG board | | | | | | | |
| Marine Wheel | | | | | | | |
| T Pulley | | | | | | | |
| Ankle pressure | | | | | | | |
| Physio Ball | | | | | | | |
| Gait training | | | | | | | |
| Quadriceps chair | | | | | | | |
| Cycle | | | | | | | |
| Dumble | | | | | | | |
| T band | | | | | | | |
| Finger gripping excercise | | | | | | | |
| Tilt table | | | | | | | |
| Wax Therapy | | | | | | | |
| Shortwave Diathermy SWD | | | | | | | |
| Moist Heat | | | | | | | |
| Ultra Sound therapy UST | | | | | | | |
| Interferential Therapy IFT | | | | | | | |
| TENS | | | | | | | |

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|---|---|---|---|---|---|---|---|
| Cryotherapy | | | | | | | |
| Electrical Stimulation | | | | | | | |
| Intermittent Cervical Traction | | | | | | | |
| Intermittent Lumbar Traction | | | | | | | |
| Continuos Passive motion Device | | | | | | | |
| Breathing exercises | | | | | | | |
| Chest percussions | | | | | | | |
| Passive exercises Stretching | | | | | | | |
| Active exercises Stretching | | | | | | | |
| Manual joint Mobilization | | | | | | | |
| Shoulder Rehabilitation | | | | | | | |
| Hand Rehabilitation | | | | | | | |
| Walking aids Rehabilitation | | | | | | | |
| Balance | | | | | | | |
| Neuro Developmental Therapy NDT | | | | | | | |
| Posture and ergonomics | | | | | | | |

**Acupuncture**

| **Params ? Therapy Dates ?** | **2023-11-22** | **2023-11-23** | **2023-11-24** | **2023-11-25** | **2023-11-26** | **2023-11-27** | **2023-11-28** |
|---|---|---|---|---|---|---|---|
| Acupuncture | | | | | | | |
| Electro Acupuncture | | | | | | | |
| Acupressure | | | | | | | |
| Cupping | | | | | | | |
| Cupping Massage | | | | | | | |
| Auriculotherapy | | | | | | | |
| Moxibustion | | | | | | | |

**Counseling**

| **Params ? Therapy Dates ?** | **2023-11-22** | **2023-11-23** | **2023-11-24** | **2023-11-25** | **2023-11-26** | **2023-11-27** | **2023-11-28** |
|---|---|---|---|---|---|---|---|
| Parameters & Consultation | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

**Breakfast**

| **Params ? Therapy Dates ?** | **2023-11-22** | **2023-11-23** | **2023-11-24** | **2023-11-25** | **2023-11-26** | **2023-11-27** | **2023-11-28** |
|---|---|---|---|---|---|---|---|
| Normal Diet | | | | | | | |
| Kichidi | | | | | | | |
| Fruits | | | | | | | |
| Boiled Vegetable | | | | | | | |
| Rava/ Rice ganji | | | | | | | |
| Others | | | | | | | |
| Normal Breakfast | **Normal Breakfast** ✓ | **Normal Breakfast** ✓ | **Normal Breakfast** ✓ | **Normal Breakfast** ✓ | **Normal Breakfast** ✓ | **Normal Breakfast** ✓ | **Normal Breakfast** ✓ |

**Juices**

| **Params ? Therapy Dates ?** | **2023-11-22** | **2023-11-23** | **2023-11-24** | **2023-11-25** | **2023-11-26** | **2023-11-27** | **2023-11-28** |
|---|---|---|---|---|---|---|---|
| Ash Gourd | | | | | | | |
| Juice | | | | | | | |
| Sprouts Juice | | | | | | | |
| Barley Water | | | | | | | |
| Carrot Juice | | | | | | | |
| Bitter gourd | | | | | | | |
| Juice | | | | | | | |
| Lemon Honey | | | | | | | |
| Juice | | | | | | | |
| Cucumber | | | | | | | |
| Juice | | | | | | | |
| Beetroot Juice | | | | | | | |
| Watermelon | | | | | | | |
| Papaya | | | | | | | |
| Plantain Pith | | | | | | | |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Juice | | | | | | | |
| Boiled Apple | | | | | | | |
| Others | | | | | | | |

**Lunch**

| **Params ? Therapy Dates ?** | **2023-11-22** | **2023-11-23** | **2023-11-24** | **2023-11-25** | **2023-11-26** | **2023-11-27** | **2023-11-28** |
|---|---|---|---|---|---|---|---|
| Boiled Diet +Boiled Vegetable+Butter milk +Fruits | | | | | | | |
| Raw Diet + Butter Milk | | | | | | | |
| Rava or Raice ganji | | | | | | | |
| Kichidi | | | | | | | |
| Others | | | | | | | |
| Normal Lunch | **Normal Lunch** ✓ | **Normal Lunch** ✓ | **Normal Lunch** ✓ | **Normal Lunch** ✓ | **Normal Lunch** ✓ | **Normal Lunch** ✓ | **Normal Lunch** ✓ |

**Snacks**

| **Params ? Therapy Dates ?** | **2023-11-22** | **2023-11-23** | **2023-11-24** | **2023-11-25** | **2023-11-26** | **2023-11-27** | **2023-11-28** |
|---|---|---|---|---|---|---|---|
| Barley water | | | | | | | |
| Veg Soup | | | | | | | |
| Kashayam | **Kashayam** ✓ | **Kashayam** ✓ | **Kashayam** ✓ | **Kashayam** ✓ | **Kashayam** ✓ | **Kashayam** ✓ | **Kashayam** ✓ |

**Dinner**

| **Params ? Therapy Dates ?** | **2023-11-22** | **2023-11-23** | **2023-11-24** | **2023-11-25** | **2023-11-26** | **2023-11-27** | **2023-11-28** |
|---|---|---|---|---|---|---|---|
| Boiled Diet+Boiled Vegetable+Butter Milk+Fruits | | | | | | | |
| Raw Diet + Butter Milk | | | | | | | |
| Rava/ Rice ganji | | | | | | | |
| Kichidi | | | | | | | |
| Others | | | | | | | |
| Normal Dinner | **Normal Dinner** ✓ | **Normal Dinner** ✓ | **Normal Dinner** ✓ | **Normal Dinner** ✓ | **Normal Dinner** ✓ | **Normal Dinner** ✓ | **Normal Dinner** ✓ |