

Date:	2023-12-05						
Name:	Muzaffer Alam						
Age/Sex:	27 / Male						
Registration:	IP94						
Department:							
NATUROPATHY							
Params ? Therapy Dates ?	2023-12-05	2023-12-06	2023-12-07	2023-12-08	2023-12-09	2023-12-10	2023-12-11
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							

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 ?	2023-12-05	2023-12-06	2023-12-07	2023-12-08	2023-12-09	2023-12-10	2023-12-11
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 ?	2023-12-05	2023-12-06	2023-12-07	2023-12-08	2023-12-09	2023-12-10	2023-12-11
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							
Gasroenerology 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							

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							
Physiotherapy							
Params ? Therapy Dates ?	2023-12-05	2023-12-06	2023-12-07	2023-12-08	2023-12-09	2023-12-10	2023-12-11
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							

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							
<b>Acupuncture</b>							
<b>Params ? Therapy Dates ?</b>	<b>2023-12-05</b>	<b>2023-12-06</b>	<b>2023-12-07</b>	<b>2023-12-08</b>	<b>2023-12-09</b>	<b>2023-12-10</b>	<b>2023-12-11</b>
Acupuncture							
Electro Acupuncture							
Acupressure							
Cupping							
Cupping Massage							
Auriculotherapy							
Moxibustion							
<b>Counseling</b>							
<b>Params ? Therapy Dates ?</b>	<b>2023-12-05</b>	<b>2023-12-06</b>	<b>2023-12-07</b>	<b>2023-12-08</b>	<b>2023-12-09</b>	<b>2023-12-10</b>	<b>2023-12-11</b>
Parameters & Consultation	✓	✓	✓	✓	✓	✓	✓
<b>Breakfast</b>							
<b>Params ? Therapy Dates ?</b>	<b>2023-12-05</b>	<b>2023-12-06</b>	<b>2023-12-07</b>	<b>2023-12-08</b>	<b>2023-12-09</b>	<b>2023-12-10</b>	<b>2023-12-11</b>
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 ✓
<b>Juices</b>							
<b>Params ? Therapy Dates ?</b>	<b>2023-12-05</b>	<b>2023-12-06</b>	<b>2023-12-07</b>	<b>2023-12-08</b>	<b>2023-12-09</b>	<b>2023-12-10</b>	<b>2023-12-11</b>
Ash Gourd							
Juice							
Sprouts Juice							
Barley Water							
Carrot Juice							
Bitter gourd							
Lemon Honey							
Juice							
Cucumber							
Beetroot Juice							
Watermelon							
Papaya							
Plantain Pith							
Boiled Apple							
Others							

