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|-------------------------------------|------------|------------|------------|------------|------------|------------|------------|
| Date: | 2024-02-27 | | | | | | |
| Name: | Muzaffer | | | | | | |
| Age/Sex: | 27 / Male | | | | | | |
| Registration: | IP93 | | | | | | |
| Department: | | | | | | | |
| NATUROPATHY | | | | | | | |
| Params ? Therapy Dates ? | 2024-02-27 | 2024-02-28 | 2024-02-29 | 2024-03-01 | 2024-03-02 | 2024-03-03 | 2024-03-04 |
| 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 ? | 2024-02-27 | 2024-02-28 | 2024-02-29 | 2024-03-01 | 2024-03-02 | 2024-03-03 | 2024-03-04 |
|---------------------------|------------|------------|------------|------------|------------|------------|------------|
| 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 ? | 2024-02-27 | 2024-02-28 | 2024-02-29 | 2024-03-01 | 2024-03-02 | 2024-03-03 | 2024-03-04 |
|--------------------------|--|--|--|--|------------|------------|------------|
| Special Technique | Special Technique ✓ Special Technique ✓ | Special Technique ✓ Special Technique ✓ | Special Technique ✓ Special Technique ✓ | Special Technique ✓ Special Technique ✓ | | | |

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|---|--|--|--|--|--|--|--|--|--|
| Neurology 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 ✓ | | | | | | | | |
| Maitri Milan | Maitri Milan ✓ Maitri Milan ✓ Maitri Milan ✓ Maitri Milan ✓ Maitri Milan ✓ Maitri Milan ✓ | | | | | | | | |
| Milk & Malt | Milk & Malt ✓ | | | | | | | | |
| IAYT Lecture | IAYT Lecture ✓ | | | | | | | | |
| KRIYA | KRIYA ✓ | | | | | | | | |
| DIET | DIET ✓ | | | | | | | | |
| PRANAMAYA KOSHA | PRANAMAYA KOSHA ✓ | | | | | | | | |
| YAMA & NIYAMA | YAMA & NIYAMA ✓ | | | | | | | | |
| MANOMAYA & VIJNYANMAYA KOSHA | MANOMAYA & VIJNYANMAYA KOSHA ✓ | | | | | | | | |
| DISCHARGE LECTURE | DISCHARGE LECTURE ✓ | | | | | | | | |
| Pranayama | Pranayama ✓ Pranayama ✓ Pranayama ✓ Pranayama ✓ | | | | | | | | |
| Pranic energiazation Technique | | | | | | | | | |
| Cyclic Meditation | Cyclic Meditation ✓ Cyclic Meditation ✓ Cyclic Meditation ✓ Cyclic Meditation ✓ | | | | | | | | |
| Bhajan | Bhajan ✓ Bhajan ✓ Bhajan ✓ Bhajan ✓ Bhajan ✓ Bhajan ✓ Bhajan ✓ | | | | | | | | |
| Mind Sound Resonence Technique | | | | | | | | | |
| Trataka & MSRT | Trataka & MSRT ✓ Trataka & MSRT ✓ Trataka & MSRT ✓ Trataka & MSRT ✓ | | | | | | | | |
| Sleep Special Technique | | | | | | | | | |
| Chair Breathing Practice | | | | | | | | | |
| Headache special technique | | | | | | | | | |
| Voice culture | | | | | | | | | |
| Jala Neti | | | | | | | | | |
| Sutra Neti | | | | | | | | | |

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| Vaman Dhouti | | | | | | | | |
| Laghu shank Prakshalana | | | | | | | | |
| Tuning to nature | Tuning to nature ✓ nature ✓ | Tuning to nature ✓ Tuning to nature ✓ | Tuning to nature ✓ Tuning to nature ✓ | Tuning to nature ✓ Tuning to nature ✓ | | | | |
| Happy Assembly (Wednesday, Friday & Sunday) | Happy Assembly (Wednesday, Friday & Sunday) ✓ (Wednesday, Friday & Sunday) ✓ | Happy Assembly (Wednesday, Friday & Sunday) ✓ | Happy Assembly (Wednesday, Friday & Sunday) ✓ | | | | | |
| Neurology Yoga Special Technique | | | | | | | | |
| Oncology Yoga Special Technique | Oncology Yoga Special Technique ✓ ✓ Oncology Yoga Special Technique ✓ 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 ✓ 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 ? | 2024-02-27 | 2024-02-28 | 2024-02-29 | 2024-03-01 | 2024-03-02 | 2024-03-03 | 2024-03-04 | |
| Muscle Stimulator | | | | | | | | |
| Traction | | | | | | | | |
| Tread mill | | | | | | | | |
| Squeezing ball | | | | | | | | |
| SWD | | | | | | | | |

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|------------------|--------------------|--------------------|--------------------|--|--|--|--|--|--|
| Others | | | | | | | | | |
| Normal Breakfast | Normal Breakfast ✓ | Normal Breakfast ✓ | Normal Breakfast ✓ | | | | | | |
| | Normal Breakfast ✓ | Normal Breakfast ✓ | Normal Breakfast ✓ | | | | | | |
| | Normal Breakfast ✓ | | | | | | | | |

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|--------------------------|------------|------------|------------|------------|------------|------------|------------|--|--|
| Juices | | | | | | | | | |
| Params ? Therapy Dates ? | 2024-02-27 | 2024-02-28 | 2024-02-29 | 2024-03-01 | 2024-03-02 | 2024-03-03 | 2024-03-04 | | |
| Ash Gourd | | | | | | | | | |
| Juice | | | | | | | | | |
| Sprouts Juice | | | | | | | | | |
| Barley Water | | | | | | | | | |
| Carrot Juice | | | | | | | | | |
| Bitter gourd | | | | | | | | | |
| Lemon Honey | | | | | | | | | |
| Juice | | | | | | | | | |
| Cucumber | | | | | | | | | |
| Beetroot Juice | | | | | | | | | |
| Watermelon | | | | | | | | | |
| Papaya | | | | | | | | | |
| Plantain Pith | | | | | | | | | |
| Boiled Apple | | | | | | | | | |
| Others | | | | | | | | | |

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|---|----------------|----------------|----------------|------------|------------|------------|------------|------------|------------|
| Lunch | | | | | | | | | |
| Params ? Therapy Dates ? | 2024-02-27 | | | 2024-02-28 | 2024-02-29 | 2024-03-01 | 2024-03-02 | 2024-03-03 | 2024-03-04 |
| 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 ✓ | | | | | | |

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|--------------------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| Snacks | | | | | | | | | |
| Params ? Therapy Dates ? | 2024-02-27 | | | 2024-02-28 | 2024-02-29 | 2024-03-01 | 2024-03-02 | 2024-03-03 | 2024-03-04 |
| Barley water | | | | | | | | | |
| Veg Soup | | | | | | | | | |
| Kashayam | Kashayam ✓ | Kashayam ✓ | Kashayam ✓ | Kashayam ✓ | | | | | |
| | Kashayam ✓ | Kashayam ✓ | | | | | | | |

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|---|-----------------|-----------------|-----------------|-----------------|------------|------------|------------|------------|------------|
| Dinner | | | | | | | | | |
| Params ? Therapy Dates ? | 2024-02-27 | | | 2024-02-28 | 2024-02-29 | 2024-03-01 | 2024-03-02 | 2024-03-03 | 2024-03-04 |
| 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 ✓ | | | | | |
| | Dinner ✓ | Normal Dinner ✓ | Normal Dinner ✓ | Normal Dinner ✓ | | | | | |
| | ✓ | | | | | | | | |