

### **PMS057 MEGASTORE**

SHOP NO. - 7,8,9, PLOT NO. - 11, GOLF CITY, SECTOR - 75, , NOIDA, GAUTAM BUDDH NAGAR, UTTAR PRADESH -

201304 INDIA
Tel:01204233308/8505873933 E-mail:neelkanthayurvedha@gmail.com

Free Consultation. Note: Not for Medico Legal Purpose

HIN: 2019051712590216971485

Prescription No:

Clinic & Centre No: PMS297 ID Proof:

Reg No: Doctor: DR KAUSHAL SINGH TOMER - MS5711 Visit Date: 17/05/2019

Department: KAYACHIKITSA Annual No: Room No:

Patient Name: (Mr/Ms/Mrs.) Mrs. Reena Verma Age: 25 Sex: Female

Address: Sector 119 Noida Noida Uttar Pradesh 201301 Phone:9560633312

**Landline No.**: 9560633312 **Mobile No.**: 9560633312 **E-mail**:

					Follow-up Date: 16/06/2019
Patient Complaint: Hormonal Changes With Uneasyness Since 6 Month	1	SHILA SINDOOR	2	GM	
		GILOY SAT	10	GM	
		PRAVAL PISHTI	10	GM	
Diagnosis:		MUKTA PISHTI 4 GM			
Anartava/Primary		KAHARVA PISHTI	5	GM	Mix all the powder together and make 60 parts. Tak-
Amenorrhoea/Second	TAMRA BI	TAMRA BHASMA	1	GM	e one part in morning and one in evening, an hour before meal (with honey / milk cream / water). For-
Amenorrhoea	VRIDDHIVADHIKA VATI		20	GM	30 Days
		PUNARNAVADI MANDOOR	20	GM	
		SWARN BASANTMALTI RAS	1	GM	
	Note	es: Crush the tablet and mix it .			
	2	STRI RASAYAN VATI	60	GM	Take 1 tab of medicine After meal with water / mil-
		CHANDRAPRABHA VATI	40	GM	k For 30 Days
	3	DASHMULARISHTA	450	ML	Take 3 tsp of medicine with equal amount of water twice a day after meals. For 30 Days

Pranayam / Asanas: BHASTRIKA, KAPALBHATI, ANULOM-VILOM, BAHYAPRANAYAAM, BHRAMRI,

UDGITH, UJJAI

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HIN: 2019051712590216971485

Prescription No:

Clinic & Centre No: PMS297 ID Proof:

Reg No: Doctor: DR KAUSHAL SINGH TOMER - MS5711 Visit Date: 26/08/2019

Department: KAYACHIKITSA Annual No: Room No:

Patient Name: (Mr/Ms/Mrs.) Mrs. Reena Verma Age: 25 Sex: Female

Address: Sector 119 Noida Noida Uttar Pradesh 201301 Phone:9560633312

**Landline No.**: 9560633312 **Mobile No.**: 9560633312 **E-mail**:

			Follow-up Date: 25/09/2019
Patient Complaint: Hormonal Changes With Uneasyness Since 6 Month	1 SHILA SINDOOR	2 GM	
	GILOY SAT	10 GM	
	PRAVAL PISHTI	10 GM	
Diagnosis:	MUKTA PISHTI	4 GM	
Anartava/Primary	KAHARVA PISHTI	0 0.01	all the powder together and make 60 parts. Tak-
Amenorrhoea/Second	TAMRA BHASMA		ne part in morning and one in evening, an hour ore meal (with honey / milk cream / water). For-
Amenorrhoea	VRIDDHIVADHIKA VATI	20 GM 30 I	Days
	PUNARNAVADI MANDOOR	20 GM	
	SWARN BASANTMALTI RAS	1 GM	
	Notes: Crush the tablet and mix	it .	
	2 STRI RASAYAN VATI	OO CIVI	e 1 tab of medicine After meal with water / mil-
	CHANDRAPRABHA VATI	40 GM	or 30 Days
	3 DASHMULARISHTA	100 1112	e 3 tsp of medicine with equal amount of water e a day after meals. For 30 Days

Pranayam / Asanas: BHASTRIKA, KAPALBHATI, ANULOM-VILOM, BAHYAPRANAYAAM, BHRAMRI,

UDGITH, UJJAI

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HIN: 2019051712590216971485

Prescription No: 1

Clinic & Centre No: PMS057 ID Proof:

Reg No: Doctor: DR NARENDRA SINGH - MS6355 Visit Date: 21/12/2020

Department: KAYACHIKITSA Annual No: Room No:

Patient Name: (Mr/Ms/Mrs.) Mrs. Reena Verma Age: 26 Sex: Female

Address: Sector 119 Noida Noida Uttar Pradesh 201301 Phone:9560633312

**Landline No.**: 9560633312 **Mobile No.**: 9560633312 **E-mail**:

**PUSHYANUG CHURNA** 

Follow-up Date: 20/01/2021 **Patient Complaint:** STRI RASAYAN VATI 20 GM Take 2 tablets each with lukewarm water in the mor-C/O-Painful Menstrual CHANDRAPRABHA VATI 40 GM ning and evening after meal Cycle-3 Months, Insomnia-6 MEDHA VATI PC 120 Months No H/O-Htn,Cad,Dm Or Any Take 1 tablet with lukewarm water in the morning a-RAJ PRAVARTINI VATI 20 GM Other Medical/Surgical nd evening after meal History **ASHOKARISHTA** 450 ML Mix 6 spoon of medicine in an equal amount of wate-Diagnosis: **DASHMULARISHTA** ML 450 r and take it in morning and evening after meal. Rogi Avlokan Hetu/Patient SARSVATARISTH 450 ML **Under Observation** Take 1/2 tsp twice a day with lukewarm wate/honey SHATAVAR CHURNA 100 GM

Pranayam / Asanas: BHASTRIKA, KAPALBHATI, ANULOM-VILOM, BAHYAPRANAYAAM, BHRAMRI,

100

GM

UDGITH, UJJAI

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HIN: 2019051712590216971485

Prescription No: 1

Clinic & Centre No: PMS057 ID Proof:

Reg No: Doctor: DR NARENDRA SINGH - MS6355 Visit Date: 12/01/2021

Department: KAYACHIKITSA Annual No: Room No:

Patient Name: (Mr/Ms/Mrs.) Mrs. Reena Verma Age: 26 Sex: Female

Address: Sector 119 Noida Noida Uttar Pradesh 201301 Phone:9560633312

**Landline No.**: 9560633312 **Mobile No.**: 9560633312 **E-mail**:

					Follow-up Date: 11/02/2021
Patient Complaint:	1	DALCHINI CHURNA	100	GM	Take 1 tsp once a day with lukewarm wate/honey bef-
C/O-Painful Menstrual		SHUNTHI CHURNA	100	GM	ore meal
Cycle-4 Months,Insomnia-6 Months No	2	GILOY SAT	10	GM	
H/O-Htn,Cad,Dm Or Any		PRAVAL PISHTI	10	GM	
Other Medical/Surgical History		MUKTA PISHTI	4	GM	
· ilotory		SHILA SINDOOR	3	GM	
Diagnosis:		TAMRA BHASMA	1	GM	Mix all the powder together and make 60 parts. Tak-
Rogi Avlokan Hetu/Patient		VRIDDHIVADHIKA VATI	20	GM	e one part in morning and one in evening, an hour before meal (with honey / milk cream / water). For-
Under Observation		PUNARNAVADI MANDOOR	20	GM	30 Days
	Note	es: Crush the tablet and mix it .			
	3	KANCHNAR GUGGUL	40	GM	T
		STRI RASAYAN VATI	20	GM	Take 1 tablets each with lukewarm water in the mor- ning afternoon and evening after meal
		RAJ PRAVARTINI VATI	20	GM	
	4	DASHMULARISHTA	450	ML	Mix 6 spoon of medicine in an equal amount of wate-
		ASHOKARISHTA	450	ML	r and take it in morning and evening after meal.
	5	SHATAVAR CHURNA	100	GM	Take 1/2 tsp twice a day with lukewarm wate/honey
		PUSHYANUG CHURNA	100	GM	after meal

Pranayam / Asanas: BHASTRIKA, KAPALBHATI, ANULOM-VILOM, BHRAMRI, UDGITH, UJJAI

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HIN: 2019051712590216971485

Prescription No: 1

Clinic & Centre No: PMS057 ID Proof:

Reg No: Doctor: DR NARENDRA SINGH - MS6355 Visit Date: 14/02/2021

Department: KAYACHIKITSA Annual No: Room No:

Patient Name: (Mr/Ms/Mrs.) Mrs. Reena Verma Age: 27 Sex: Female

Address: Sector 119 Noida Noida Uttar Pradesh 201301 Phone:9560633312

**Landline No.**: 9560633312 **Mobile No.**: 9560633312 **E-mail**:

				Follow-up Date: 16/03/2021
Patient Complaint:	1 DALCHINI CHURNA	100	GM	Take 1 spoon medicine in 400 ml of water and boil
C/O-Painful Menstrual	SARVAKALP KWATH		GM	till it reduces to 100 ml. Filter and drink on an
Cycle-4 Months, Insomnia-6	KAYAKALP KWATH	100	GM	empty stomach in the morning and evening.
Months No				
H/O-Htn,Cad,Dm Or Any Other Medical/Surgical	2 GILOY SAT	10	GM	
History	PRAVAL PISHTI	10	GM	
,	MUKTA PISHTI	4	GM	
Diagnosis:	SHILA SINDOOR	3	GM	
Rogi Avlokan Hetu/Patient	TAMRA BHASMA	1	GM	Mix all the powder together and make 60 parts. Tak-
Under Observation	KAHARVA PISHTI	5	GM	e one part in morning and one in evening, an hour before meal (with honey / milk cream / water). For-
	TRIKUTA CHURNA	20	GM	30 Days
	SWARN BASANTMALTI RAS	1	GM	
	VRIDDHIVADHIKA VATI	20	GM	
	PUNARNAVADI MANDOOR	20	GM	
	Notes: Crush the tablet and mix it .			
	3 KANCHNAR GUGGUL	40	GM	
	STRI RASAYAN VATI	20	GM	Take 1 tablets each with lukewarm water in the mor- ning afternoon and evening after meal
	RAJ PRAVARTINI VATI	20	GM	inig allomosti and overling alloi most
	MEDOHAR VATI	50	GM	
	4 DASHMULARISHTA	450	ML	Mix 6 spoon of medicine in an equal amount of wate-
	ASHOKARISHTA	450	r and take it in morning a 450 ML	r and take it in morning and evening after meal.
	5 SHATAVAR CHURNA	100	GM	Take 1/2 tsp once a day with lukewarm wate/honey a-
	PUSHYANUG CHURNA	100	GM	fter meal

**Pranayam / Asanas:** BHASTRIKA, KAPALBHATI, ANULOM-VILOM, BHRAMRI, UDGITH, UJJAI

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HIN: 2019051712590216971485

Prescription No:

Clinic & Centre No: PMS057 ID Proof:

Reg No: Doctor: DR NARENDRA SINGH - MS6355 Visit Date: 06/07/2021

Department: KAYACHIKITSA Annual No: Room No:

Patient Name: (Mr/Ms/Mrs.) Mrs. Reena Verma Age: 27 Sex: Female

Address: Sector 119 Noida Noida Uttar Pradesh 201301 Phone:9560633312

**Landline No.**: 9560633312 **Mobile No.**: 9560633312 **E-mail**:

					Follow-up Date: 05/08/2021
Patient Complaint:	1	DALCHINI CHURNA	100	GM	Take 1 spoon medicine in 400 ml of water and boil
C/O-Painful Menstrual		SARVAKALP KWATH	100	GM	till it reduces to 100 ml. Filter and drink on an empty stomach in the morning and evening.
Cycle-4 Months,Insomnia-6 Months No		KAYAKALP KWATH	100	GM	, , , , , , , , , , , , , , , , , , , ,
H/O-Htn,Cad,Dm Or Any Other Medical/Surgical	2	KANCHNAR GUGGUL	40	GM	
History		STRI RASAYAN VATI	20	GM	Take 1 tablets each with lukewarm water in the mor- ning afternoon and evening after meal
		MEDOHAR VATI	50	GM	
<b>Diagnosis:</b> Rogi Avlokan Hetu/Patient Under Observation	3	DASHMULARISHTA ASHOKARISHTA	450 450	ML ML	Mix 6 spoon of medicine in an equal amount of water and take it in morning and evening after meal.
	4	SHATAVAR CHURNA PUSHYANUG CHURNA	100	GM GM	Take 1/2 tsp once a day with lukewarm wate/honey a- fter meal

Pranayam / Asanas: BHASTRIKA, KAPALBHATI, ANULOM-VILOM, BHRAMRI, UDGITH, UJJAI

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HIN: 2019051712590216971485

**Prescription No:** 

PMS057 **ID Proof:** Clinic & Centre No:

DR PAWAN KUMAR - E103900 Visit Date: 01/12/2021 Reg No: Doctor:

SWASTHYA RAKSHAN Department: **Annual No:** Room No:

Mrs. Reena Verma 27 Sex: Female Patient Name: (Mr/Ms/Mrs.) Age:

Sector 119 Noida Noida Uttar Pradesh 201301 Phone:9560633312 Address:

Mobile No.: 9560633312 E-mail: Landline No.: 9560633312

					Follow-up Date: 31/12/2021
Patient Complaint: C/O-Painful Menstrual Cycle-4 Months,Insomnia-6 Months No H/O-Htn,Cad,Dm Or Any Other Medical/Surgical History Fever Sice 5 Days  Diagnosis: Rogi Avlokan Hetu/Patient Under Observation, Jwara / Fever	1	DALCHINI CHURNA	100	GM	Take 1 spoon medicine in 400 ml of water and boil
		SARVAKALP KWATH	100	GM	till it reduces to 100 ml. Filter and drink on an empty stomach in the morning and evening.
		KAYAKALP KWATH	100	GM	
	2	KANCHNAR GUGGUL	40	GM	Take 1 tablets each with lukewarm water in the mor-
		STRI RASAYAN VATI	20	GM	ning afternoon and evening after meal
		MEDOHAR VATI	50	GM	
	3	ASHOKARISHTA	450	ML	Mix 6 spoon of medicine in an equal amount of water and take it in morning and evening after meal.
	4	PUSHYANUG CHURNA	100	GM	Take 1/2 tsp once a day with lukewarm wate/honey a- fter meal
	5	GILOY GHAN VATI	40	GM	Take 2 tab of medicine Before meal with water / mi-lk For 30 Days

BHASTRIKA, ANULOM-VILOM, BHRAMRI, UDGITH, UJJAI Pranayam / Asanas:

Lab Test: RA FACTOR

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