



Patanjali Yogpeeth Nyas (PWC001)

Haridwar, Uttarakhand, India - 249405

Phone : 8954666111, Email : patanjaliyogpeeth@patanjaliwellness.com

Emergency Helpline No.: 7014, Emergency Room - 7014 (Block 7), Mob: 7217045433

Note : Not for medico legal purpose

Booking No: IPD2324000019476

Patient: Mrs. Asha Rao (9820283699), F, 63 yrs

Doctor Name: Dr Gokul Sharma ,Dr Anupam

Room No: 1009

Consultation Date: 01/06/2023

MR No: 23051713220474

DOA: 01/06/2023

DOD: 04/06/2023

Main Complaints :

C/O Constipation , Body Pain , GENERAL BODY DETOXIFICATION
NO H/O HTN,DM,CAD

Diagnosis :

GENERAL BODY DETOXIFICATION, JEERNA VIBANDHA/ CHRONIC
CONSTIPATION

Vital Data

Date	BP (mmhg)	Pulse Rate (bpm)	Respiration (bpm)	Temperature (°f)	Height (cms.)	Weight (kg.)	FBS (mg/dl)	PPBS (mg/dl)	RBS (mg/dl)	BMI (kg/m ²)
01/06/2023 12:31	124/70	69	17	97.4	157	63				25.56
04/06/2023 09:59	120/78	78	17	97.4	157	63				25.56

Treatment

Date	04:00AM-05:00AM (Shatkarma)	07:30AM-08:00AM	08:30AM-01:00PM	02:00PM-06:00PM
01/06/2023			ABY-B, SVS, NB-KSHEERA	HCC(Abd), ATP, CFM, TP, POTLI PAIN FULL JOINT, SD-Oil
02/06/2023			NIB WITH EPSOM SALT, IRR TO ALL PAINFUL	HCC(Abd), ATP, CFM, TP, POTLI

Treatment				
Date	04:00AM-05:00AM (Shatkarma)	07:30AM-08:00AM	08:30AM-01:00PM	02:00PM-06:00PM
			PARTS, ABY-B, SVS, NB-KSHEERA	PAIN FULL JOINT, SD-Oil
03/06/2023	EN, JALNETI, EYE WASH, KUNJAL	MC+EP, YG-DIV (GUG+GH)	NIB WITH EPSOM SALT, IRR TO ALL PAINFUL PARTS, ABY-B, SVS, NB-KSHEERA	HCC(Abd), ATP, CFM, TP, POTLI PAIN FULL JOINT, SD-Oil
04/06/2023	EN, JALNETI, EYE WASH, KUNJAL	MC+EP, YG-DIV (GUG+GH)	NIB WITH EPSOM SALT, IRR TO ALL PAINFUL PARTS, ABY-B, SVS, NB-KSHEERA	SD-Oil

Remark :

Refer To : Physiotherapy (Physio Timings - 08:15 AM To 01 PM And 02:00 PM To 05:00 PM),Yagya/Hawan Chikitsa (9.30 Am To 12.30 Pm And 3 Pm To 6 Pm - Yoga Bhawan)

Diet								
Date	04:30AM-05:00AM	07:30AM-08:00AM	08:00AM-09:00AM	11:00AM-01:00PM	01:30PM-02:30PM	05:00PM-06:00PM (Yoga Bhavan)	07:30PM-08:30PM	08:30PM-09:00PM
01/06/2023				SP BV, AD ROTI-2		PJ	SP BV, DALIYA	Molasses
02/06/2023	Panchamrit Pey	Q, PQ	A5 F2 C3 D2 WT 2, STEAM SPROUT, Apple	SP BV KHICHIDI		PJ	SP, PAPAYA	Molasses
03/06/2023	Panchamrit Pey	Q, PQ	A5 F2 C3 D2 WT 2, STEAM SPROUT, Apple	SP BV KHICHIDI		PJ	SP, PAPAYA	Molasses
04/06/2023	Panchamrit Pey	Q, PQ	A5 F2 C3 D2 WT 2, STEAM SPROUT, Apple	SP BV, AD ROTI-2				

Note

- Health Seeker must be reached treatment centre at given times. स्वास्थ्य साधक को निश्चित समय पर उपचार केंद्र पर अवश्य पहुंचना चाहिए।
- Discharge Summary (Discharge Ticket) is mandatory for all the health seekers. All the health seekers must have to get discharge ticket from their concerned doctor, one day before from their discharge date (Date of Departure). You will not be check out from the room without the discharge ticket. डिस्चार्ज समरी (डिस्चार्ज टिकट) सभी स्वास्थ्य साधको के लिए अनिवार्य है। सभी स्वास्थ्य साधको को डिस्चार्ज की तारीख (प्रस्थान करने की डेट) से एक दिन पहले अपने संबंधित चिकित्सक से डिस्चार्ज टिकट प्राप्त करना होगा। डिस्चार्ज टिकट के बिना आपको कमरे से चेक आउट नहीं किया जाएगा।
- It is compulsory to attend yog bhavan sessions both in morning(5.00AM to 7:30AM) and evening (6.00PM to 7.30PM). योग भवन में होने वाली योग थेरेपी चिकित्सा में दोनों समय (सुबह 5.00 से 7:30 बजे एवं शाम 6.00 से 7.30 बजे तक) उपस्थित होना अनिवार्य है।
- Diet prescribed in the form of therapy depending upon individual Health Seeker's clinical condition should be followed strictly during their inpatient's stay without making any humble request to their concerned consultant doctor. चिकित्सा के रूप में निर्धारित आहार, प्रत्येक (व्यक्तिगत) स्वास्थ्य साधक की नैदानिक स्थिति पर निर्भर करता है, इसलिए अपने संबंधित सलाहकार डॉक्टर से कोई विनम्र अनुरोध किए बिना सभी भर्ती स्वास्थ्य साधकों को रहने के दौरान इस निर्धारित आहार का सख्ती से पालन किया जाना चाहिए।

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C/O Constipation , Body Pain ,
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Diagnosis :

GENERAL BODY DETOXIFICATION,
JEERNA VIBANDHA/ CHRONIC
CONSTIPATION

Medicine

Name	Qty	MOA
(1) DIVYA KAYAKALP KWATH 100 GM	2	Take And Boil 2 Teaspoon Of Kwath Drug Into 400 MI Of Water, When It Reduce To 100 MI Then Strain It And Take Empty Stomach In The Morning And Evening, 1 Hour Before Meal, For 30 Days.
DIVYA SARVAKALP KWATH 100 GM	2	
(2) DIVYA CHITRAKADI VATI 20 GM	1	Take 2 Tablet/ 2 Capsule Of Medicine, 30 Minutes After Breakfast/Lunch/Dinner With Lukewarm Water/Milk For 30 Days
DIVYA PHYTER TABLET 60 N 41 GM	1	
(3) DIVYA ABHYARISTH 450 ML	1	Take 4 Tea Spoon Of Medicine With An Equal Amount Of Water After 15 Minutes Of Lunch And Dinner, For 30 Days
(4) DIVYA SHUDDHI CHURNA 100 GM	1	Take 0.5 Tea Spoon With Lukewarm Water/Milk/Honey After Breakfast/ Lunch/Dinner, For 30 Days.