Near SIDCUL, Village-Aurangabad, Haridwar, Uttarakhand, India Email: onlineyoggram@divyayoga.com Phone No: +91 8954890120, +91 7456900734, 35

Ward RC-9 (Rishi Out/In Door 170913 (NA21-1/15207)
Name Cottage) Ref.No.

Name JAYESH KHATWANI Age/Sex 18 -Male

Admission

Date 02-12-2021

Discharge

Date

Diagnosis CEREBRAL PALSY, ODS (OBSTRUCTIVE DEFAECATION SYNDROME), BLURRED VISION

Consultant

Vaidya

DR ANIRBAN MAJUMDER

Result Good

TREATMENT THERAPY

ABDOMINAL THERMAL PACK, Abdominal Thermal Pack(ATP), ABHYANG BALA OIL, ABHYANG PEEDANTAK OIL, ANTI COLD MASSAGE, ANTI COLD THERAPY, ARM PACK, Baluka Potli, CALF MASSAGE AND THERMAL PACK, CFM+TP, COLD SPINAL SPRAY, EN, JALNETI, EYE WASH, KUNJAL, EYE WASH, FACIAL STEAM, FACIAL STEAM WITH MUSTARD OIL NASYA, FBM+Sauna Bath with Chest pack, FBM+Steam Bath, FULL BODY MASSAGE, FULL BODY MUD BATH+ SNEHAN, GREEN HOUSE THERMOLIUM, HAND PACK, HEAD MASSAGE, HEAD MASSAGE WITH LOCAL STEAM, HEAD PACK, HOT FOOT AND ARM BATH WITH EPSOM SALT, HOT SPINAL BATH, HOT SPINAL SPRAY, IRR TO PAINFUL JOINTS, JALNETI, EYEWASH, JALNETI, EYEWASH, RUBBER NETI, KARNAPOORAN, KUNJAL, LEG PACK, LOCAL STEAM (NADI SWEDAN), LOCAL STEAM (PEEDANTAK)TO PAINFUL JOINTS, LOCAL STEAM (PEEDANTAK)TO PAINFUL JOINTS, MASSAGES THERAPY: FBM, MASSAGES THERAPY: PM(ABD, BACK AND LEGS), MASSAGES THERAPY: PM(ARMS LOW BACK AND LEGS), MASSAGES THERAPY: PM(HEAD ARMS AND LEGS), MASSAGES THERAPY: PM(HEAD), MASSAGES THERAPY: PM(HEAD, NECK SHOULDER, ARMS AND BACK), MUD COMPRESS, EYE PACK, Nadi Svedan, Nasya, NEUTRAL 3 IN ONE, NEUTRAL IMMERSION BATH WITH EPSOM SALT, NEUTRAL IMMERSION BATH WITH (MGSO4+ NACL+NAHCO3), NEUTRAL SPINAL SPRAY, NEUTRAL UNDER WATER MASSAGE BATH WITH (MGSO4+ NACL+NAHCO3), PANCHKARMA, PATRA PIND POTLI, PEEDANTAK STEAM BATH , POTLI TO PAIN FULL JOINTS, REST THERAPY, SAND BATH, Sarvang Vaship Svedan, SAUNA BATH, SHANKHPRAKSHALAN AMLA WATER WITHOUT SALT, SHIRODHARA WITH MEDHA KWATH, SP WITH AMLA SALT WATER, STEAM BATH, STEAM BATH (5 MINUTES), TRIPHALA ENEMA

VITAL DATA

Date of Entry	ВР	PulseRate	Respiration	Temp	Height	Weight	FBS	PPBS
02-12-2021 11:16:46	128/90MM/HG	78B/M	18C/M	AF	5.4	48KGS		

LAB TEST REPORT -

Diet	TestGroupName	TestName	Result	NormalValue	ReferBy	SampleDate	ReportingDate
Fasting	HAEMATOLOGY EXAMINATION	BLEEDING TIME AND CLOTTING TIME	B.T-2:08 or C.T7:08	BT(1-6), CT(5-11) Minutes	DR ANIRBAN MAJUMDER	22-12-2021 10:46:45	22-12-2021 10:49:36
Fasting	HAEMATOLOGY EXAMINATION	HEMOGLOBIN (HB).	11.4	M=13-18, F=12-17 gm/dL	DR ANIRBAN MAJUMDER	22-12-2021 10:46:45	22-12-2021 10:49:36
Fasting	SEROLOGY TEST	HIV	Non- Reactive		DR ANIRBAN MAJUMDER	22-12-2021 10:46:45	22-12-2021 10:49:36

ON DISCHARGE IMPROVEMENT AND SUGGESTED TREATMENT THERAPY

DiseaseName	OutCome	Improvement	TreatmentName	Duration
BLURRED VISION	Condition Stable	10%	COFFEE ENEMA	3 Time(s)
CEREBRAL PALSY	Deterioration	20%	MUD APPLICATION (मिट्टी का लेप)	60 Minutes
ODS (OBSTRUCTIVE DEFAECATION SYNDROME)	PARTIAL IMPROVEMENT	50%	SUN BATH (धूप स्नान)	60 Minutes
			CHEST LAPET (छाती लपेट)	50 Minutes
			ABDOMINAL THERMAL PACK (पेट की लपेट)	60 Minutes

SUGGESTED YOGA PRACTICES

YogaName	Duration	YogaName	Duration
(ASANA) ARDHAKATI CHAKRASAN अर्ध कटि चक्रासन	1 Minutes	(ASANA) USHTRASAN	1 Minutes
(ASANA) BHUJANGASANA भुजंगासन	2 Minutes	(ASANA) ARDH CHANDRASAN	1 Minutes
(ASANA) MARJARI ASAN	2 Minutes	(PRANAYAM) ANULOM VILOM	30 Minutes
(ASANA) SHAVASAN शवासन	5 Minutes	(PRANAYAM) BHASTRIKA	10 - 20- Minutes
(ASANA) SURYANAMASKARA सूर्यानमस्कार	12 Time(s)	(PRANAYAM) BHRAMARI	5 Time(s)
(ASANA) VRIKSHASANA वृक्षासन	1 Minutes	(PRANAYAM) KAPALBHATI	15 Minutes
(ASANA) TADASANA (ताड़ासन)	1 Minutes	(PRANAYAM) SURYA BHEDI	10 Minutes
(ASANA) ARM & SHOULDER EXERCISES	3 -5 Minutes	(PRANAYAM) UDGEET	5 Time(s)
(ASANA) TRIKONASANA	1 Minutes	(PRANAYAM) UJJAYI	11 Time(s)
(ASANA) MAKARASAN	1 Minutes		

Note:

- As per doctors advised practices should be followed depending upon the Health Seeker conditions, maintaining their comfort zone. If any problems occur during the yoga practices at home, due to their negligence then we are not responsible for that.
- The prescribed clinical diet therapy for the individual Health Seeker which is followed during the inpatient stay should be continue at home, adjusting their nature of works and routine life style for a better progress in their presently acquired improvement through this naturopathy diet.

परामर्श आहारोपचार (Advised Vitalyzing & Rejuvenating diet therapy)

प्रातः 5.00 बजे उठते ही मुस्कराइये फिर सुन्दर जीवन के लिए परमपिता परमेश्वर को धन्यवाद ज्ञापित करें, पुनः दो ग्लास ताम्बा, चांदी, सोना आविष्ट पानी पियें।

Smile with loving and joyous heart thank god for happy holy and healthy life, drink two glass of plane/copper/silver/gold/charged water.

- > प्रातः 5:30 बजेः नीबू + सौम्य सामान्य/मेथी/गेहू/जौ का पानी + दो चम्मच शहद अथवा काढ़ा।

 Lemon+Lukewarm normal/Methi/Rejuvalac water+ honey two tea spoon or Harbal decoction.
- 🕨 प्रातः 5:40 से 7:00 बजे तकः योगासन और प्राणायाम (Yogasana+Pranayam-75 minutes)
- > प्रातः 7:30 बजे: रात्रि का भीगा हुआ बादाम 7 + मुनक्का 7 + अंजीर 3 + उबला टमाटर 4 + अंकुरित मेथी, मूंग, मोठ अल्फाल्फा मसूरादि + लहसुन 5 कली + दिव्य ओटमील(जई) या जौ का दिलया + रस (गाजर + आंवला शलगम + चुकन्दर + कच्ची हल्दी अथवा लौकी 250 ग्राम + अदरक + पुदीना + करेला 100ग्रा. धिनया पत्ता 10ग्रा. + तुलसी पत्ता 15 नग + ककडी/खीरा 100ग्रां मिश्रित सिब्जियों का कॉकटेल रस | Soaked Almond 7 +Black currant or raisin 7 + Fig 3 + Boiled Tomato + Sprouted green gram, Bengal gram, Lentil, Dewgram (Moth) alfalfa, peas, Horse gram etc. + garlic 5 (shelot) + Divya Oatmeal dalia/barley dalia + Divya dalia + Amla (A) 50gm + Beet root (B)

(shelot) + Divya Oatmeal dalia/barley dalia + Divya dalia + Amla (A) 50gm + Beet root (B) 75gm + carrot (c) 300gm + Turnip (T) 100gm + Turneric 20gm or bottle gourd 250gm + ginger 5gm + Mintleaves 10gm + Coriander leaves 10gm + spinach 50gm + Tulasi 15 + cucumber 75-100gm mixed vegetable Cocktail juice

Prelunch

> दोपहर का भोजन (11 बजे से 12 बजे): 1-2 रोटी + कम मिर्च मसाले की लो.ए.जी.ई. कुक्ड, उबली सब्जी, सूप, सलाद + छाछ/दही/सोयाबिन का छाछ + अलसी का पाउडर।

Lunch (11AM to 12 PM): 1-2 Chapati + Lower A.G.E. Cooked Boiled Vegetable + Soup + Salad + Butter Milk/Curd/Soya Chhach + Flax Seed Powder.

दोपहर भोजन के उपरान्त (Post Lunch):

> (3:00 बजे) मौसमानुसार फलः अनार/ संतरा/ अंगूर/ नाशपाती/ आडू/ बेर/ आलूचा/ रसबरी/ पपीता/ जामुन/ आम/ अमरूद/ पेटीज/ स्ट्राबेरी/ शहतूत/ तरबूज/ खरबूजा/ कटहल/ अनार/ कैथ/ बिल्व/ सिंघाड़ा/ आलूबुखारा/ केला/ सिरफादि- एक समय एक प्रकार का फल लें।

(3:00PM) Seasonal Fruits: Papaya/ Jambul/ Mango/ Guava/ cherry/ Stawberry/ Zizyphas/ Pears/ Peach/ Mulberry/ Plum/ Grapes/ Orange/ Sweet Lime/ Pummelo/ Water Melon/ Musk Melon/ Pomegranate/ Bell Fruit/ Water Chest nut/ Banana/ Custard Apple - Take one type of fruit at a time.

रात्रि भोजन से पूर्व (Pre-Dinner):

> रात्रि भोजन (7:00 से 8:00 बजे): 1-2 रोटी अथवा दिलया + कम मिर्च मसाले की उबली सब्जी + सूप + सलाद + अलसी पावडर।

Dinner(7-00 to 8.00PM): 1-2 Chapati or Dalia + Lower AGE cooked boiled vegetable + Soup + Salad + Flax Seed Powder.

रात्रि भोजन के उपरान्त (Post-Dinner):

सप्ताह में एक दिन रसाहार/फलाहार/जलोपवास/नीबु पानी शहद/छाछ।

Weekly fasting on water, fruit or vegetable juice/Lemon water, Honey or Butter Milk.

> निषेधः चाय. चीनी. कॉफी. तले-भने तैलीय आहार. तीव्र मिर्च मसाला . अण्डा. मांस. मैदा तथा बेसन के आहार.

बिस्कुट, ब्रेड, सॉफ्ट ड्रिंक्स कोलादि, पीज्जा-बर्गरादि फास्ट फूड, जंक फूड, डिब्बाबन्द, कन्फेक्शनरी एवं संश्लेषित आहार,परिशोधित आहार, शराब, तम्बाकू, पान-मसाला, नशीली दवाईयाँ, जैम-जेली आदि कृत्रिम एवं रसायन मिले हुए आहार।

Avoid. Tea Coffee Sugar Spicy Food Trans and Saturated fat Liquid Protein Chilli

follow the diet chart