



**YogGram**

**Yog-Naturopathy-Panchkarma Treatment & Research Centre**

Near SIDCUL, Village-Aurangabad, Haridwar, Uttarakhand, India

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|                                   |  |                       |
|-----------------------------------|--|-----------------------|
| Ward RC-9 (Rishi<br>Name Cottage) | Out/In Door<br>Ref.No.   | 170913 (NA21-1/15207) |
| Name JAYESH KHATWANI              | Age/Sex  | 18 -Male              |
| Admission<br>Date                 | 02-12-2021   |                       |
| Discharge<br>Date                 |  |                       |
| Diagnosis                         | CEREBRAL PALSY, ODS (OBSTRUCTIVE DEFAECATION SYNDROME), BLURRED VISION |                       |
| Consultant<br>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 , MESSAGES THERAPY: FBM, MESSAGES THERAPY: PM( ABD, BACK AND LEGS), MESSAGES THERAPY: PM( ARMS LOW BACK AND LEGS), MESSAGES THERAPY: PM( HEAD ARMS AND LEGS), MESSAGES THERAPY: PM(HEAD), MESSAGES 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       | BP          | 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<br>or<br>C.T7:08 | BT(1-6),<br>CT(5-11)<br>Minutes | DR<br>ANIRBAN<br>MAJUMDER | 22-12-2021<br>10:46:45 | 22-12-2021<br>10:49:36 |
| Fasting | HAEMATOLOGY EXAMINATION | HEMOGLOBIN (HB).                | 11.4                      | M=13-18,<br>F=12-17<br>gm/dL    | DR<br>ANIRBAN<br>MAJUMDER | 22-12-2021<br>10:46:45 | 22-12-2021<br>10:49:36 |
| Fasting | SEROLOGY TEST           | HIV                             | Non-Reactive              | . --                            | DR<br>ANIRBAN<br>MAJUMDER | 22-12-2021<br>10:46:45 | 22-12-2021<br>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 |

improved around 50%

total 5 (4+1)

## 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 सूर्यनमस्कार          | 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) MAKARASANA                           | 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.



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