



Patanjali Chikitsalaya

PMS446 PATANJALI MEGA STORE

PATANJALI MEGA STORE P FOUR SOLUTION (PROP-PRAMODINI DAS) PLOT NO - 20, GROUND FLOOR, ACHARYA BIHAR, BHUBANESWAR, KHURDA, ODISHA - 751022 INDIA
Tel: 9439388283/9438734568 E-mail: prasanta.pattanaik@rediffmail.com

Free Consultation.

Note: Not for Medico Legal Purpose

HIN: 2022062912304010060699

Prescription No: 1

Clinic & Centre No: ODPC010

Reg No:

Doctor : DR NIHARIKA SAHU - V0001670

Visit Date: 29/06/2022

Department: KAYACHIKITSA

Annual No:

Room No:

Patient Name: (Mr/Ms/Mrs.) Mrs. Bidisha Mishra

Age: 18 Sex: Female

Address: Kailash Vihar Bbsr Khurda Odisha

Landline No. :

Mobile No. : 9938539071

E-mail :

Follow-up Date: 29/07/2022

Patient Complaint:

C/O-Cramping Lower
Abdominal Pain Since
Menarchy, Cycle
Regular, Normal
Duration, Recurrent
Sneezing, Cold And Cough
Since 4 Yrs, No
H/O-Dm, Htn, H/O-Bronchitis
Before 7 Months

1	MEDHA VATI	60	PC	
	PUNARNAVADI MANDLOOR	40	GM	Take 1 tablet of each thrice a day after breakfast- lunch and dinner with lukewarm water.
	CHANDRAPRABHA VATI	60	GM	
	NARISUDHA	60	PC	
2	DASHMULARISHTA	450	ML	Take 4 tsp of medicine with equal amount of water twice a day after meals. For 30 Days
3	CURCUMIN GOLD 95	60	PC	Take 1 tab of medicine twice daily Before meal with lukewarm water For 30 Days
4	BRONCHOM	60	PC	Take 2 tab of medicine twice daily After meal with- lukewarm water For 30 Days
5	ANU TAILA	100	ML	2 drops twice daily in each nostril
6	CHAYANAPRASH	100	GM	1/2 tsf twice daily on an empty stomach by licking
7	DIVYA DHARA	1	PC	massage on chest area and for steam inhalation twi- ce in a week

Diagnosis:

Udavaritini/Kashtartava /
Dysmenorrhea

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

12.9.22

Repeat case
of Dysmenorrhea.

8. Kanthamrit - 120

00 00 00 00 by Seck'ing D.F.

Sahn
12/9/22