

Note : Not for medico legal purpose

Booking No: IPD2223000157834

Health Seeker: Mr. AJAY KUMAR RAWAT (8887699804), M, 57 yrs

Doctor Name: Dr Anoop Saini ,Dr Rakesh Dehari

Result: Satisfactory

Consultation Date: 19-11-2022

MR No: 22111110165154

DOA: 19-11-2022

DOD: 26-11-2022

Main Complaints :

K/C/O * HTN SINCE 5 YR ON RX
* HYPOTHYROIDISM ON RX
* CML
* FAMILIAL PTOSIS IN BOTH EYE
* POLYUREA
C/O * WEAKNESS
NO H/O DM,CAD,CKD .

Treatment Therapy & Diet Therapy

ATP, CALF MASSAGE AND THERMAL PACK, EN,JALNETI,EYEWASH, HOT FOOT BATH WITH EPSOM SALT, JALNETI, EYEWASH, MUD COMPRESS, EYE PACK, NEUTRAL HIP BATH WITH EPSOM SALT, SPECIAL THYROID PACK, NASYAM, AKSHI TARPAN, SHIRODHARA (BY OIL), ACUPUNCTURE_THERAPY_IPD, ACUPRESSURE_IPD

Discharge Improvement

Disease Name	OutCome/Result	% in Improvement
(1) CHIRSTHAYI MAJJASAMBANDHI SHWETANU ATIVRIDDI / CML		

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)
19-11-2022	130/80					64			

Suggested Treatment

Treatment Name	Duration
(1) HOT FOOT BATH (गरम पाद स्नान)	10-15 Minutes
(2) MUD APPLICATION (मिट्टी का लेप)	60 Minutes
(3) SPECIAL THYROID PACK (गले की लपेट)	60 Minutes
(4) SUN BATH (धूप स्नान)	60 Minutes
(5) COFFEE ENEMA	3 Time(S)
(6) ABDOMINAL THERMAL PACK (पेट की लपेट)	60 Minutes

Suggested Yoga

Yoga Name	Duration
(1) (ASANA) MAKARASAN	2 Minutes
(2) (ASANA) BHUJANGASANA भुजंगासन	2 Minutes
(3) (ASANA) SHAVASAN शवासन	5 Minutes
(4) (ASANA) USHTRASAN	2 Minutes
(5) (ASANA) VAJRASAN	5-10 Minutes
(6) (ASANA) ARM & SHOULDER EXERCISES	2 Minutes
(7) (ASANA) NECK EXERCISES गर्दन व्यायाम	2 Minutes
(8) (ASANA) NECK EXERCISES गर्दन व्यायाम	5 Minutes
(9) (ASANA) PAWAN MUKTASAN पवनमुक्तासन	2 Minutes
(10) (ASANA) SHALABHASANA शलभासन	2 Minutes
(11) (ASANA) SLOW YOGIC JOGGING WITHOUT JUMPING	2 Minutes
(12) (ASANA) SURYANAMASKARA सूर्यनमस्कार	12 Time(S)
(13) (ASANA) TADASANA (ताड़ासन)	1 Minutes
(14) (ASANA) YOGNIDRA	20-30 Minutes
(15) (ASANA) HALASANA हलासन	1 Minutes
(16) (ASANA) MATSHYASANA मत्स्यासन	2 Minutes
(17) (ASANA) SARVANGASANA सर्वांगासन	1 Minutes

Prescribed Medicine

Name	Qty	MOA
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Prescribed Medicine		
Name	Qty	MOA
(1) DIVYA GOKHRU KWATH 100 GM	1	Take And Boil 1 Teaspoon Of Each 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,
DIVYA SARVAKALP KWATH 100 GM	1	
(2) DIVYA CYSTOGRIT DIAMOND 20 N 12 GM	1	Take 1 Tablet- 1 Capsule Of Medicine, 30 Minutes Before Breakfast- Lunch- Dinner With Lukewarm Water.
DIVYA THYROGRIT TABLET 60 N 35 GM	1	
(3) DIVYA IMMUNOGRIT GOLD CAPSULE 30 N - T	1	Take 1 Tablet- 1 Capsule Of Medicine, 30 Minutes Before Lunch- Dinner With Lukewarm Water.
(4) DIVYA TRIGHAN 60 N 34 GM	1	Take 1 Tablet- 1 Capsule Of Medicine, 30 Minutes After Breakfast- Lunch- Dinner With Lukewarm Water.
(5) DIVYA BPGRIT 60 N 41 GM	1	Take 1 Tablet- 1 Capsule Of Medicine, 30 Minutes After Lunch- Dinner With Lukewarm Water.
PATANJALI CURCUMIN GOLD 95 TABLET 33 GM	1	
(6) DIVYA GODHAN ARK 450 ML	1	"ANTI CANCER JUICE" ----- (1). Wheat Grass Juice - 30 ML ----- (2). Giloy Juice - 20 ML ----- (3). Aloe Vera Ka Ras (Aloe Vera Juice) - 20 ML ----- (4). Neem Ke Patte Ka Ras (Neem Leaves Juice) - 20 ML ----- (5). Tulsi Ka Ras (Tulsi Juice/Drops) - 5 ML ----- (6). Kacchi Haldi Ka Ras - 5 ML ----- (7). Godhan Ark - 10 ML,----- "HOW TO TAKE": - Mix All Together, Take 5 ML In The Morning And 5 ML In The Evening, Before 30 Minutes Of Meal. ----- ----- "ANTI CANCER PASTE:----- Take 30 GM Of Carrot (Gaajar),... Beetroot (Chukandar),... Cabbage (Patta Gobhi),... Tomata (Tamatar) And Boil It And Make A Paste And Mix:- Papita Paste 30 GM,----- Strawberry Paste 20 GM,----- Alsi Powder 7 GM,----- Khumani Ke Beej - 8 PC,----- Lahsun Ki Kali - 8 PC,----- "HOW TO TAKE":-Mix All Together And Make A Paste And Take 5 Gm In The Morning And Evening, Before Meals
PATANJALI ALOEVERA JUICE WITH FIBER 1000 ML	1	
PATANJALI GILOY JUICE 500 ML	1	
PATANJALI TULSI PANCHANG JUICE 500 ML	1	
PATANJALI WHEAT GRASS POWDER 100 GM	1	

Diet Remarks : GILOYE+IMMUNOGRIT+DHANIYAGOKHRU WATER 4 TO 6 GLASS/DAY

NOTE : This is computer generated receipt and does not require physical signature.