



Patanjali Yogpeeth Haridwar (PWC001)

Haridwar, Uttarakhand, India -

Phone : 9557973243, Email : rs.kcs.shubham@gmail.com

Timing : 10 AM to 5 PM Daily

Note : Not for medico legal purpose

Booking No: OPD2223000008655
Health Seeker: Mr. ooppdd (7302034233), M, 23 yrs
Doctor Name: Dr Purva Soni,Dr Aditya Sharma

Consultation Date: 25-01-2023
MR No: 23012509052130
Followup Date: 24-02-2023

Main Complaints :

Gfhrfdgfg
Dffdgdgfdgfdgdf
Gdgdfgdgdgdfgfdg
Fgdgfdgdfgdfg
Gfdgdgfdgrtertew4

Diagnosis :

2ND DEGREE UTERINE
PROLAPSE, 3Q29
MICRODELETION SYNDROME,
45% LVEF, 45% STENOSIS OF
COMMON CAROTID ARTERY,
AADIBALPRAVRITTA HRIDYA
VIKARA / TETRATOLOGY OF
FALLOT, AADIBALPRIVRITTA
YAKRITTAVRIDHHI / WILSON'S
DISEASE, AANAH/ AADHMAN /
AATOP/ FLATULENCE,
AANTRAJANYA YAKSHMA (
INTESTINAL TUBERCULOSIS),
ABDOMINAL AORTIC
ANEURYSM, ABDOMINAL
COCOON

Prescribed Pathology Test :

Gdjkbewrg
Gregerhe9r8
Fgw8yr98ewy
Hert78eyt]\Tewrht89
Betr8ry98mjt9u4etret9070

Prescribed Radiology Test :

Ct ,Mri
Dbwgedyufew
Dgqw76drw
Nqwuitgd7qw

Remarks :

Sreewrfsdfsfe
Erewsrewrew Rewrewr
Feewrewtewferf
Ferretgertgyredyg

Prescribed Medicine		
Name	Qty	MOA
(1) DIVYA ARJUN KWATH 100 GM	1	Take And Boil 1 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 After Meal, For 2 Days.
DIVYA ASHAMARIHAR KWATH 100 GM	1	
(2) DIVYA SARVAKALP 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.
(3) DIVYA ARJUN KWATH 100 GM	1	Take And Boil 3 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 After Meal, For 33 Days.
(4) ACUPRESSURE JIMMY STEEL	1	Take And Boil 33 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 33 Days.
(5) DIVYA LIVOGRIT TABLET 60 N 33 GM	1	Take 2 Tablet/ 2 Capsule Of Medicine, 30 Minutes Before Breakfast/Lunch/Dinner With Lukewarm Water/Milk For 30 Days
(6) DIVYA KAPARDAK BHASMA 5 GM	2	Mix All The Powder Together And Make 90 Parts/Packets. Take One Each Before Breakfast/Lunch/Dinner With Honey/Milk/Lukewarm Water, For 30 Days.
DIVYA MUKTA SHUKTI BHASMA 10 GM	1	
DIVYA SHANKH BHASMA 5 GM	2	
PRAVAL PANCHAMRIT RAS 5 GM	2	
SWARN BASANTMALTI 1GM	1	
MUKTA PISHTI (MOTI PISHTI) 3 GM	1	
(7) DIVYA ABHRAK BHASMA 5 GM	1	Mix All The Powder Together And Make 3 Parts/Packets. Take One Each After Breakfast- Lunch- Dinner With Honey/Milk/Lukewarm Water, For 33 Days.
(8) DIVYA GASHAR CHURNA 100 GM	1	Take 0.5 Tea Spoon With Lukewarm Water/Milk/Honey Before Breakfast/ Lunch/Dinner, For 30 Days.
(9) AAMVATARI RAS 20 GM	1	Take 1 Tablet- 1 Capsule Of Medicine, 30 Minutes After Breakfast- Lunch- Dinner With Lukewarm Water/Milk For 5 Days
(10) DIVYA LIVAMRIT ADVANCE 60 N 41 GM	1	Take 2 Tablet/ * Capsule Of Medicine, 30 Minutes After Breakfast/Lunch/Dinner With Lukewarm Water/Milk For 30 Days
(11) DIVYA LIVAMRIT ADVANCE 60 N 41 GM	1	Take 1 Tablet/ 2 Capsule Of Medicine, 30 Minutes After Breakfast/Lunch/Dinner With Lukewarm Water/Milk For 30 Days
(12) AAMVATARI RAS 20 GM	1	Take 3 Tablet- 3 Capsule Of Medicine, 30 Minutes After Breakfast- Lunch- Dinner With Lukewarm Water/Milk For 33 Days
(13) DIVYA IMMUNOGRIT GOLD CAPSULE 30 N - T	1	Take 1 Tablet/ 1 Capsule Of Medicine, 30 Minutes After Breakfast/Lunch/Dinner With Lukewarm Water/Milk For 30 Days
(14) DIVYA NEUROGRIT GOLD 20 N 13 GM	1	Take 3 Tablet- 3 Capsule Of Medicine, 30 Minutes After Breakfast- Lunch- Dinner With Lukewarm Water/Milk For 33 Days
(15) ARJUNARISHTH 450 ML	1	Take 33 Tea Spoon Of Medicine With An Equal Amount Of Water After 15 Minutes Of Lunch And Dinner, For 33 Days

Prescribed Treatment				
Category	Date	Name	Days	Remarks
PANCHKARMA	25-01-2023	ABHYANG	0	

Prescribed Treatment

Category	Date	Name	Days	Remarks
NATUROPATHY	25-01-2023	ADHOSHAKA ABHYANG	3	
	25-01-2023	ADHO SNEHADHARA(PZ-OIL)	3	
	25-01-2023	ADHO PATRA POTLI PINDA SWEDAN	2	
	25-01-2023	ADHO JAMBIRA POTLI PIND SWEDAN	0	
	25-01-2023	ADHO CHURNA POTLI PIND SWEDAN	3	
	25-01-2023	AGNIKARAMA	2	
	25-01-2023	ADHO PARISHEK (KWATH)	3	
	25-01-2023	ADHO SASTIK SHALI PIND SWEDAN	3	
	25-01-2023	ADHO MASH PIND SWEDAN	3	
	25-01-2023	HIP BATH	3	
	25-01-2023	ATP(ABDOMINAL THERMAL PACK)	3	
	25-01-2023	CFM(CALF MASSAGE)	3	
	25-01-2023	GHT(GREEN HOUSE THERMOLEUM)	3	
	25-01-2023	CT(COLOR THERMOLEUM)	3	
	25-01-2023	HEAD MASSAGE	3	
	25-01-2023	FBWSPK(FULL BODY WET SHEET PACK)	3	
	25-01-2023	ACCUPRESSURE SINGLE SEATING	3	

Diet Plan

Time	Category	Diet
04:00 - 04:30	Apathya	Aadhik Vyayam/Heavy Exercise
05:00 - 05:30	Apathya	Aadu (Peach)
06:00 - 06:30	Apathya	Aadhik Vyayam/Heavy Exercise
07:00 - 07:30	Apathya	Aaloo Chips
08:00 - 08:30	Apathya	Aamchoor
10:00 - 10:30	Apathya	Aalasya Karna
11:00 - 11:30	Apathya	Aaloo Chips
12:00 - 12:30	Apathya	Aadhik Vyayam/Heavy Exercise,Aadu (Peach)
12:30 - 13:00	Apathya	Aadu (Peach),Aalasya Karna
13:00 - 13:30	Pathya	Akhrot / Walnut,Akhrota, Kaju Mungphali Peesakar Sehad Milakar Khilaye,Alasi K Beej
16:00 - 16:30	Apathya	Aadhik Vyayam/Heavy Exercise,Aadu (Peach),Aalasya Karna,Aaloo (Potato),Aaloo Chips
22:00 - 22:30	Apathya	Aadu (Peach),Aalasya Karna

Pranayam / Asanas : BRSIK WALKING, BHASTRIKA, KAPALBHATI, UJJAI, ANULOM-VILOM, BHRAMRI, UDGITH, PRANAV, MANDHUKASAN, JOGGING, NAUKA ASANA, PAD ANGUSHTA NASA SPARSH ASANA, VAHYA, VAJR ASANA, YOGMUDRA ASANA, ARDH CHANDRASAN, ARDHAKATI CHAKRASAN अर्ध कटि चक्रासन

Diet :

Medicated Water : Ausadhyukta Jal- Mulethi, Dhaniya,Saunf,Gulaab, Jeera Yukta Pittahar Pey, Panchamrit Pey, Sarvakalp Kwath Pey

Medicated Food : Fruit - Anaar, Fruit-Anar, Khoob Paka Kela, Khajoor, Fruits- Aam , Kela , Khajur Etc, Mukhya Ahaar-Lauli Kalpa/Khajur Kalpa/Munakka Kalp, Mukhya Ahaar/Main Diet - Papita / Seb / Nashpati / Kalp, Shaak/ Veg - Ritu Anusar Ubla (Boiled) Veg., Vaikalpik Ahaar-Ghritkumari Aur Gehu Ka Jware Ka Ras, Ankurit Anna, Vaikalpik Ahar/Alternate Diet- Salad, Gulkand, Haritaki Murabba, Vegetables-Ritu Anusar Ubla Hua Shaak Jaise Kaccha Papita,Gajar,Chukundar,Lauki,Kaccha Kela

Pathya : 5-7 Neem Leaves, 50-50 Gm Kale Draksha Din Me 4 Bar Le Avum Or Kuch Na Khaye, Adhman Ki Prarambhik Avastha Mein Shuru Me 3-4 Din Upvas/ Rasahar /Phalahar Kare., Ado (Peach), Adrak (Ginger), Adrak, Lehsun, Hara Dhaniya, Sahijan, Karela, Kaddu, Mooli, Adu, Alu Bukhara, Nashpati, Sitaphal, Adu,Khubani,Mosami, Ahar Me Supachay Oats (Jo) , Brown Rice , Jwara - Bajre Ka Daliya Khaye., Ajwain, Ajwain, Munakha, Adrak, Bda Nimbu, Malta, Loki, Tulsi Patra, Do Bar Khane Ke Madhya Mein 3-4 Ghante Ka Antar Avashay Rakhe., Jis Din Virudh Ahar Khane Se Adhman Ho Us Din Matr 10-12 Ghante Nahi Khane Ya Tarka Par Upvas Karne Se Adhman Ka Upchar Evam Bachav Hota Hai., Phir Dheere- Dheere Ubli Sabzi , Tarkah, Dahi, Chokar Samet Mote Ate Ki Moti Roti Lein ., Sabjiya,(Palak,Bathua,Methi,Sarson Ka Sag, Loki , Tori, , Tori, Parval , Tinda, Sahijan , Kaddu, Suran , Shimlamirch , Broccoli , Gajar , Muli , Kamal Gatta , Amla,, Sita Phal, Angoor , Aloo Bukhara , Chuara, Khajur, Munnaka, Akhrot, Badam, Pist , Makhana Adi Ka Upyog Kare, Sukha Nariyal,Jau,Gehu,Ragi / Madwa, Bajra , Makka ,Multi Grain Dalia, Purane Chawal, Brown Rice , Moong Dal, Arhar Dal, Rajma, Kabuli Chane, Soyabean, Kulthi Ki Dal, Hare Pattedar, Amrood, Uske Bad Santra, Mausami , Anar , Seb Ka Ras, Gajar, Loki Ka Ras Tarka Le

Apathya : Aachar/ Pickles, Aadhik Vyayam/Heavy Exercise, Aadu (Peach), Aalasya Karna, Aaloo (Potato), Aaloo Chips, Aam (Mango), Aam, Akhrot, Kaju, Taliye Mirch Masalear Bhojan, Adrak, Akhrot, Ati Bhojan, Caffine, Carbonated Pepsi, Coca -Cola, Dibba Band Ahaar / Canned Food, Energy Drinks, Fast Food, Fried Food, Fried Food, Mirch Masalear Bhojan , Mamsa Ahaar Bhojan , Anda , Pizza , Burger , Chowmeen , Pasta , Momos , Poori , Parantha , Kachori, , Chips, Pastry , Cookies , Icecream, Garisht Ahar / Heavy Food, Maida , Besan , Urad , Jimikand, Arbi , Aloo , Kathal , Karela, Kundru, Kachha Aam , Imli, Sharab, Soda, Tea ,Coffee, Zyada Mirch Masale Wala Ahaar

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