



## 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:** IPD2223000088283**Patient:** Mrs. yyyhhh (7302034233), F, 26 yrs**Doctor Name:** Dr Purva Soni**Room No:** 3317**Consultation Date:** 12-02-2023**MR No:** 23021220123445**DOA:** 12-02-2023**DOD:** 21-02-2023**Main Complaints :**

Bhgfhg, Htrhjty, Thrthrt, Hrthryhrt

**Diagnosis :**2ND DEGREE UTERINE PROLAPSE, 3Q29  
MICRODELETION SYNDROME, 45% LVEF**Prescribed Pathology Test :**LIPID PROFILE, DIABETES PROFILE, KIDNEY  
PROFILE (K.F.T.)

### 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)	BMI (kg/m <sup>2</sup> )
12-02-2023 20:43	120/23				22	22				454.55

### Treatment

Date	04:00AM-05:00AM (Shatkarma)	07:30AM-08:00AM and 01:30PM-02:00PM	08:30AM-12:30PM	01:30PM-05:30PM
12-02-2023	ANTI ALLERGIC LAPE TO AFFECTED SKIN, ANTI COLD MSG, ACT, ANT ECZM LEP, ANTI LEUCODERMA LAPE, EN, EYE WASH, JN, KNJ, JN,EW	CCJ	ASTHMA BATH, PM( ARMS, CHEST AND BACK), GODHA TRIPHALA EN AT 5 PM	DF, FWSP, MC, OGGT PACK (CHEST+ BACK) AND CHEST LAPET, GODHA TRIPHALA EN AT 5 PM

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14-02-2023	ANTI ALLERGIC LAPE TO AFFECTED SKIN, ANTI COLD MSG, ACT, ANT ECZM LEP, ANTI LEUCODERMA LAPE, EN, EYE WASH, JN, KNJ, JN,EW	CCJ	ASTHMA BATH, PM( ARMS, CHEST AND BACK), GODHA TRIPHALA EN AT 5 PM	DF, FWSP, MC, OGGT PACK (CHEST+ BACK) AND CHEST LAPET, GODHA TRIPHALA EN AT 5 PM
15-02-2023	ANTI ALLERGIC LAPE TO AFFECTED SKIN, ANTI COLD MSG, ACT, ANT ECZM LEP, ANTI LEUCODERMA LAPE, EN, EYE WASH, JN, KNJ, JN,EW	CCJ	ASTHMA BATH, PM( ARMS, CHEST AND BACK), GODHA TRIPHALA EN AT 5 PM	DF, FWSP, MC, OGGT PACK (CHEST+ BACK) AND CHEST LAPET, GODHA TRIPHALA EN AT 5 PM
16-02-2023	ANTI ALLERGIC LAPE TO AFFECTED SKIN, ANTI COLD MSG, ACT, ANT ECZM LEP, ANTI LEUCODERMA LAPE, EN, EYE WASH, JN, KNJ, JN,EW	CCJ	ASTHMA BATH, PM( ARMS, CHEST AND BACK), GODHA TRIPHALA EN AT 5 PM	DF, FWSP, MC, OGGT PACK (CHEST+ BACK) AND CHEST LAPET, GODHA TRIPHALA EN AT 5 PM
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Remark :

Diet							
Date	07:30AM-08:00AM	08:00AM-09:00AM	11:00AM-01:00PM	02:00PM-02:30PM	05:00PM-06:00PM (Yoga Bhavan)	07:00PM-08:30PM	08:30PM-09:00PM
12-02-2023	ABCTG, Amrud Ke Patte Ka Pani (For Gargle)	ACP, Ajwain Ka Pani, Alfalfa, Almonds, Amrud Ke Patte Ka Pani (For Gargle)	CHHACHH+ KHICHIDI		Boiled Apple, Boiled Lauki, Boiled Tomato, Bunna Channa, Buti Sanjeevni Kwath, Carrot, CKJ	PUSTAHAR DALIYA, SP BV	

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### Note

- Health Seeker must be reached treatment centre at given times. स्वास्थ्य साधक को निश्चित समय पर उपचार केंद्र पर अवश्य पहुंचना चाहिए।
- Discharge Summary (Discharge Ticket) is mandatory for all the health seekers. All the health seekers must have to get discharge ticket from their concerned doctor, one day before from their discharge date (Date of Departure). You will not be check out from the room without the discharge ticket. डिस्चार्ज समरी (डिस्चार्ज टिकट) सभी स्वास्थ्य साधको के लिए अनिवार्य है। सभी स्वास्थ्य साधको को डिस्चार्ज की तारीख (प्रस्थान करने की डेट) से एक दिन पहले अपने संबंधित चिकित्सक से डिस्चार्ज टिकट प्राप्त करना होगा। डिस्चार्ज टिकट के बिना आपको कमरे से चेक आउट नहीं किया जाएगा।
- It is compulsory to attend yog bhavan sessions both in morning(5.00AM to 7:30AM) and evening (6.00PM to 7.30PM). योग भवन में होने वाली योग थेरेपी चिकित्सा में दोनों समय (सुबह 5.00 से 7:30 बजे एवं शाम 6.00 से 7.30 बजे तक) उपस्थित होना अनिवार्य है।
- Diet prescribed in the form of therapy depending upon individual Health Seeker's clinical condition should be followed strictly during their inpatient's stay without making any humble request to their concerned consultant doctor. चिकित्सा के रूप में निर्धारित आहार, प्रत्येक (व्यक्तिगत) स्वास्थ्य साधक की नैदानिक स्थिति पर निर्भर करता है, इसलिए अपने संबंधित सलाहकार डॉक्टर से कोई विनम्र अनुरोध किए बिना सभी भर्ती स्वास्थ्य साधकों को रहने के दौरान इस निर्धारित आहार का सख्ती से पालन किया जाना चाहिए।

### Main Complaints :

Bhgfhg, Htrhjty, Thrthrt, Hrthryhrt

### Medicine

### Diagnosis :

2ND DEGREE UTERINE PROLAPSE,  
3Q29 MICRODELETION  
SYNDROME, 45% LVEF

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

**Prescribed Pathology Test :**

LIPID PROFILE, DIABETES PROFILE,  
KIDNEY PROFILE (K.F.T.)

**Remarks :**

Hrfthfhtghnhg, Hrfthrt, Hrthrthytr,  
Htrhrtt, Hrtyhrty

Name	Qty	MOA
DIVYA ASHAMARIHAR KWATH 100 GM	1	Empty Stomach In The Morning And Evening, 1 Hour After Meal, For 2 Days.
(2)DIVYA CHIRAYTA KWATH 100 GM 100 GM	1	Take And Boil 4 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 43 Days.
(3)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

## Yoga Therapy

Yoga Name	Duration
(1) (PRANAYAM) AGNIKSHAR KRIYA	54 (Minutes)
(2) (PRANAYAM) ANULOM-VILOM	445 (Minutes)
(3) (ASANA) ARDH CHANDRASANA	44 (Minutes)
(4) (ASANA) ARDH HALASANA अर्ध हलासन	44 (Minutes)