



Patanjali Chikitsalaya

PMS057 MEGASTORE

SHOP NO. - 7,8,9, PLOT NO. - 11, GOLF CITY, SECTOR - 75, , NOIDA, GAUTAM BUDDH NAGAR, UTTAR PRADESH - 201304 INDIA

Tel:01204233308/8505873933 E-mail:neelkanthayurvedha@gmail.com

Free Consultation.

Note: Not for Medico Legal Purpose

HIN: 2021120110031112590002

Prescription No: 1

Clinic & Centre No: PMS057

ID Proof:

Reg No:

Doctor : DR PAWAN KUMAR - E103900

Visit Date: 01/12/2021

Department: SWASTHYA RAKSHAN

Annual No:

Room No:

Patient Name: (Mr/Ms/Mrs.) Mr. Raman Nath Kumar Ji

Age: 44 Sex: Male

Address: Shantikunj Haridwar Haldwani Haridwar Uttarakhand 249408 Phone:5252525252

Landline No. : 5252525252

Mobile No. : 5252525252

E-mail :

Follow-up Date: 08/12/2021

Patient Complaint:

Pain In Both Knee Joints
Since 1-2 Years Stiffness
Swelling On Both Knee
Joints Difficulty In Walking
& H/O Dm2 & Htn

Diagnosis:

Aama-Vata / Rheumatoid
Arthritis, Rakta Gata Vata /
Hypertension

1	ARJUN KWATH	100	GM	Take 1 tsp of medicine and boil it in 4 cups of water. Boil till it reduces to 1 cup. Strain and take it twice a day an hour before meal. For 30 Days
	MEDHA KWATH	200	GM	
	PEEDANTAK KWATH	200	GM	
2	BPGRIT	60	PC	□□□□ □□□□□□ □□□□ □□□□□□ □□
	MEDHA VATI	120	PC	
	GANDHAK RASAYAN	10	GM	
3	MUKTA VATI	120	PC	Take 2 tab of medicine Before meal with water / milk For 30 Days
4	GOKSHURADI GUGGUL	40	GM	Take 2 tab of medicine After meal with water / milk For 30 Days
5	TRIPHALA CHURNA	100	GM	Take 2 tsp with Before meal. For 30 Days
	ABHRAK BHASMA	5	GM	
6	PEEDANIL OINTMENT	15	GM	apply locally

Pranayam / Asanas: BHASTRIKA, KAPALBHATI, ANULOM-VILOM, PRANAV, HALASANA, BRisk walking

Remarks: walk half an hour daily, drink plenty of water, avoid junk food

Medical Test: X RAY BONE DENSITY

Lab Test: RA FACTOR, CRP



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Prescription No: 1

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ID Proof:

Reg No:

Doctor : DR PAWAN KUMAR - E103900

Visit Date: 02/12/2021

Department: SWASTHYA RAKSHAN

Annual No:

Room No:

Patient Name: (Mr/Ms/Mrs.) Mr. Raman Nath Kumar Ji

Age: 45 Sex: Male

Address: Shantikunj Haridwar Haldwani Haridwar Uttarakhand 249408 Phone:5252525252

Landline No. : 5252525252

Mobile No. : 5252525252

E-mail :

Follow-up Date: 01/01/2022

Patient Complaint:

Pain In Both Knee Joints
Since 1-2 Years Stiffness
Swelling On Both Knee
Joints Difficulty In Walking
& H/O Dm2 & Htn Fever
Since 10 Days

Diagnosis:

Aama-Vata / Rheumatoid
Arthritis, Rakta Gata Vata /
Hypertension, Jwara /
Fever

1	ARJUN KWATH	100	GM	Take 1 tsp of medicine and boil it in 4 cups of water. Boil till it reduces to 1 cup. Strain and take it twice a day an hour before meal. For 30 Days
	PEEDANTAK KWATH	200	GM	
	GILOY KWATH	100	GM	
2	BPGRIT	60	PC	□□□□ □□□□□□ □□□□ □□□□□□ □□
	MEDHA VATI	120	PC	
	GANDHAK RASAYAN	10	GM	
3	MUKTA VATI	120	PC	Take 2 tab of medicine Before meal with water / milk For 30 Days
	AROGYA VATI	40	GM	
4	GOKSHURADI GUGGUL	40	GM	Take 2 tab of medicine After meal with water / milk For 30 Days
5	TRIPHALA CHURNA	100	GM	Take 2 tsp with Before meal. For 30 Days
	ABHRAK BHASMA	5	GM	
6	PEEDANIL OINTMENT	15	GM	apply locally

Pranayam / Asanas: BHASTRIKA, KAPALBHATI, ANULOM-VILOM, PRANAV, HALASANA, BRisk walking

Remarks: walk half an hour daily, drink plenty of water, avoid junk food

1-30% relief in htn, aam vata

Medical Test: X RAY BONE DENSITY

Lab Test: RA FACTOR, CRP