



# Guduchi

the ayurvedism

## CLINICAL STUDY OF GUDUCHI GAIN -IT



**Patient Details:****Sl.No: 1**

Name: Prashant reddy

Patient ID: P1690

Age : 25

Sex : **M** / FReligion : **H** / M / C / OEducational status : UE / PS / MS / HS / **GR** / PGMarital status : **UM** / M / D / WEconomic status : VP / P / **LM** / M / UM / R

Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>1/3/2022</b> |
| Ph No:                            | Date of completion: <b>1/6/2022</b>   |
| E-mail ID:                        |                                       |

**Disease History**Main complaint:  
Weakness, tiredness, weight loss

Duration: 6months

**Disease onset**Weight decreased at the age of 24 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/**Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy**/Stem/Roots

**Tubers**/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

**Sugar**/Jaggery/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/Curd preparation/Ice cream / Fruit

salads/Pastries/**Wafers**/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**  
**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala:** Reg/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra:** Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravaya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhya:**

**Rajosambandhivruttanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P \_\_ G \_\_ A \_\_ L \_\_ D \_\_**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

**Sthira**/Guru/Subhaga/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha**/Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ Annadweshya/ Chardi/ **Pipasa**/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
110
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 160 centimeter
9. Weight : 46 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:



**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.6</b> | <b>1.6</b>  |           |
| Weight in kg    | <b>46</b>  | <b>49</b>   | <b>51</b> |
| BMI             | <b>18</b>  | <b>19.1</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

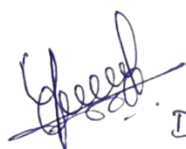
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 46   | 49    | 51kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 3kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 2**

Name: Mariuam

Patient ID: P1691

Age : 28

Sex : F

Religion : M

Educational status : GR

Marital status : **UM**

Economic status : M

Occupation : House wife

|  |                                       |
|--|---------------------------------------|
| Postal address with:<br>Indra nagar, Bangalore | Date of commencement: <b>3/3/2022</b> |
| Ph No:   | Date of completion: <b>3/6/2022</b>   |
| E-mail ID:                                     |                                       |

**Disease History**Main complaint:  
Weakness, tiredness, weight loss

Duration: 8months

**Disease onset**Weight decreased at the age of 27 yearsTime of onset: **Adult**Mode of onset: **Gradual****Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? **No**

**Personal history:**

**(A)AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste |
|------------|---------|---------------------|
| Morning:   | 10:00AM |                     |
| Afternoon: | 2:00PM  | SPICY, SOUR         |
| Evening:   | 6:00PM  |                     |
| Night:     | 9:00PM  |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1.Staple:**

**Rice /Wheat/Ragi/Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2.Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others**\_\_\_\_\_

**3.Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others**\_\_\_\_\_

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others**\_\_\_\_\_

**5.Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6.Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7.Deep fried food stuffs:**

**Vada/Bonda/Pakoda/Bajji/Other friedsnacks**\_\_\_\_\_

**8.Oils:**

Sunflower/Coconut/**Ground nut** /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

**Chicken/Mutton**/Pork/Beef/Sea

Food/**Egg**/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea**/Coffee/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_5-6hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** **Television**/ Indoor games/ Outdoor  
games/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency 2-4\_time/week.

**(G). Mala:** Reg/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra:** Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ \_\_\_\_\_time/day

**(J). Anyaabhya:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... **Regular** / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P4G 3A2L2D2**

Normal

Surgical History.....

**Married life 8 years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: **Tubectomy**/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

**Sthira**/Guru/Subhaga/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.



**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha**/Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ Annadweshya/ Chardi/ **Pipasa**/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
110
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 74
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 158 centimeter
9. Weight : 49 kg
10. BMI : 19.6 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/**pramithashana**/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/**Atishrama**/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/**chinta**/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | B. T    | A. T | A. F |
|--------------------------------|---------|------|------|
| Shushka spic, udara,<br>greeva | Present |      |      |
| Dhamanijala<br>santataha       |         |      |      |
| Twagasthi shesho               | Present |      |      |
| Atikrusha                      |         |      |      |
| Sthoola parva                  |         |      |      |
| Vyayam<br>Atisauhityam         |         |      |      |
| Kshutpipasamay-<br>aushadham   |         |      |      |
| Atishtoshna-<br>maithunam      |         |      |      |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F         |
|-----------------|-------------|-------------|-------------|
| Height in mt    | <b>1.5</b>  | <b>1.5</b>  |             |
| Weight in kg    | <b>49</b>   | <b>51</b>   | <b>54</b>   |
| BMI             | <b>19.1</b> | <b>20.4</b> | <b>21.6</b> |
| Waist-Hip ratio |             |             |             |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

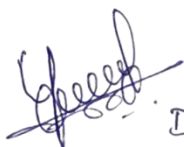
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 49   | 51    | 54kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 2kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 3**

Name: Jey Kumar

Patient ID: P1692

Age : 45

Sex : **M** / FReligion : **H** / M / C / OEducational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / M / **UM** / R

Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>4/3/2022</b> |
| Ph No:                            | Date of completion: <b>4/6/2022</b>   |
| E-mail ID:                        |                                       |

**Disease History**

Main complaint: Weakness, tiredness, weight loss post diabetes

Duration: 12months

**Disease onset**Weight decreased at the age of 43 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset: Insidious/ Gradual/ **Rapid****Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time   | Dominant rasa/Taste    |
|------------|--------|------------------------|
| Morning:   | 9:00AM |                        |
| Afternoon: | 2:00PM | LESS SALT & SUGAR DIET |
| Evening:   | 6:00PM |                        |
| Night:     | 9:00PM |                        |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /**Wheat**/Ragi/**Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy**/Stem/Roots

**Tubers**/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/Curd preparation/Ice cream / Fruit

salads/Pastries/**Wafers**/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/**Egg**/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee/SoftDrinks/Alcohol/others**\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_4-6hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: o/Mild/**Moderate**/Intense for 15-20mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/Involves physical strain/**Involves mental**

**Strain** Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala:** Reg/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra:** Usual/Dysuria/**polyuria**/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff



Since \_\_\_\_\_ time/day

**(J). Anyaabhya:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P \_\_ G \_\_ A \_\_ L \_\_ D \_\_**

Normal.....

Surgical History.....

**Married life 20years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ VP/ PK/ <b>KV</b> / Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ <b>Meda</b> / Asthi/<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / M/ <b>A</b>   |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

**Sthira**/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

#### Darshana pareeksha

Ganda/Arbuda/Granthi/Ura-udara-

vriddhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### Sparshanapareeksha

Ganda/Arbuda/Granthi/ Uraudaravridi/Adhimamsa/Alaji/Galaganda.

**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoprodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ **Alasya/** Mutradosha/Kantha-mukhasosha/ **Bahumutra/**  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileeabhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoprodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/**Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ Annadweshya/ Chardi/ **Pipasa/** Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular
3. B.P : 120/80 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 170 centimeter
9. Weight : 52 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             | Normal      |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             | Normal      |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshut pipasamay-<br>aushadham  | Present     |             | Decreased   |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.7</b> | <b>1.7</b>  |           |
| Weight in kg    | <b>52</b>  | <b>54</b>   | <b>56</b> |
| BMI             | <b>18</b>  | <b>18.7</b> | 19.7      |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>34inch</b> |
| Sphik(Hip)     | <b>31inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

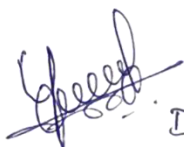
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 54    | 56    | 57    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 2kg   | 4kg   | 5kg   |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Patient could gain back lost weight.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 4**

Name: Bharat

Patient ID: P1693

Age : 38

Sex : **M** / FReligion : **H** / M / C / OEducational status : UE / PS / MS / HS / **GR** / PGMarital status : UM / **M** / D / WEconomic status : VP / P / LM / **M** / UM / R

Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>5/3/2022</b> |
| Ph No:                            | Date of completion: <b>4/6/2022</b>   |
| E-mail ID:                        |                                       |

**Disease History**Main complaint:  
Weakness, tiredness, weight loss

Duration: 8months

**Disease onset**Weight decreased at the age of 37 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? **Yes/No**



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/**Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy**/Stem/Roots

**Tubers**/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/Apple/Chikku/Pineapple/Mango/Others- **ALL FRUITS**

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

**Sugar**/Jaggery/Chocolate/**Sweets**

**6. Desserts:**

**Milk or Cream preparations** /Ghee butter preparations/Dalda or

Vanaspathi preparation/Curd preparation/Ice cream / Fruit

salads/Pastries/**Wafers**/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

**Chicken**/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**  
**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala:** Reg/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra:** Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhya:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P \_\_ G \_\_ A \_\_ L \_\_ D \_\_**

Normal.....

Surgical History.....

**Married life 8 years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ VP/ <b>PK</b> / KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ <b>Mamsa</b> / Meda/ Asthi/<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / M/ <b>A</b>   |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

**Sthira**/Guru/Subhaga/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

Javoparodha/ **Dourbalya**/ Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata**/ Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha**/Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha**/ Chardi/ **Pipasa**/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 84/ min, regular/irregular  
120
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 82
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 171 centimeter
9. Weight : 54 kg
10. BMI : 18.5 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             | Normal      |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   | Present     |             | Normal      |
| Atishtosha-<br>maithunam       |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.71</b> | <b>1.71</b> |           |
| Weight in kg    | <b>54</b>   | <b>56</b>   | <b>58</b> |
| BMI             | <b>18.5</b> | <b>19.2</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>34 inch</b> | <b>35inch</b> | <b>35inch</b> |
| Sphik(Hip)     | <b>33inch</b>  | <b>34inch</b> | <b>34inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 54   | 56    | 57kg  | 60    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 2kg   | 4kg   |       |
| Fat Lost        |      |       |       |       |

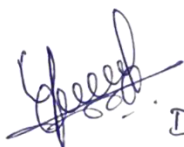


**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 5**

Name: Mamtha Patel

Patient ID: P1694

Age : 28

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / GR / **PG**Marital status : **UM** / M / D / WEconomic status : VP / P / LM / **M** / UM / R

Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>5/3/2022</b> |
| Ph No:                            | Date of completion: <b>4/6/2022</b>   |
| E-mail ID:                        |                                       |

**Disease History**

Main complaint: Duration: 6months

Not feeling to eat, tiredness, weightloss

**Disease onset**Weight decreased at the age of 28 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset: Insidious/ **Gradual**/ Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 1:00PM       | SPICY, SOUR         |
| Evening:   | 5:00PM       |                     |
| Night:     | 8:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [**Bengalgram (toor dal)**]/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy**/Stem/Roots

Tubers/Rhizomes/**Others**\_\_\_\_\_

**3. Fruits:**

Banana/Grape/Apple/Chikku/Pineapple/Mango/**All fruits**

**4. Milk & Dairy products:**

Milk/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

**Sugar**/Jaggery/**Chocolate**/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/Curd preparation/**Ice cream** / Fruit

salads/Pastries/**Wafers**/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/**Coffee**/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_ Day\_\_\_hours

Night\_\_4-6hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Relieving factors

Aggravating factors

Duration:

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment: Television/** Indoor games/ Outdoor  
games/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... **Regular** / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / **Dysmenorrhoea** / White Discharge

Menarche ...15... years      Menopause since.....years

**Obstetric History:** P \_\_ G \_\_ A \_\_ L \_\_ D \_\_

Normal.....

Surgical History.....

**Married life** \_\_\_\_\_ years

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |  |                     |
|-------------------|--|---------------------|
| Prakrithi         | V/ P/ K/ VP/ <b>PK</b> / KV/ Sama                              |                     |
| Sara              | Twak/ <b>Rakta</b> / Mamsa/ Meda/ Asthi/<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A  |                     |
| Pramana           | Dairghya___cmsBhara___kg                                       |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                        |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                    |                     |
| Satva             | P / <b>M</b> / A   |                     |
| Aharashakthi      |  |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A  | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A  | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A  |                     |
| Vaya              | Bala/ Madhyama/ Vriddha  |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

**Sthira**/Guru/Subhaga/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-  
vriddhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### Sparshanapareeksha

Ganda/Arbuda/Granthi/ Uraudaravriddi/Adhimamsa/Alaji/Galaganda.

**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

Javoparodha/ **Dourbalya**/ Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata**/ Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha**/Akroshana/ Vinamana/ Moha/ **Vepana**.

**AnnavaahaSrotas**

Shoola/ Annadweshya/ Chardi/ **Pipasa**/ Annanabhilasha/ **Aruchi**/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
110
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 155 centimeter
9. Weight : 42 kg
10. BMI : 17.5 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:



**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      | Present     |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.5</b>  | <b>1.5</b>  |           |
| Weight in kg    | <b>42</b>   | <b>46</b>   | <b>50</b> |
| BMI             | <b>17.5</b> | <b>19.1</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>30 inch</b> | <b>32inch</b> | <b>32inch</b> |
| Sphik(Hip)     | <b>28inch</b>  | <b>30inch</b> | <b>31inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

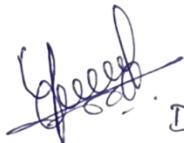
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 42   | 46    | 50kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 8kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 6**

Name: Saad  
Age : 22  
Sex : **M** / F

Patient ID: P1695

Religion : H / **M** / C / O  
Educational status : UE / PS / MS / HS / **GR** / PG  
Marital status : **UM** / M / D / W  
Economic status : VP / P / LM / / UM / R  
Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>5/3/2022</b> |
| Ph No:                            | Date of completion: <b>4/6/2022</b>   |
| E-mail ID:                        |                                       |

**Disease History**

Main complaint:  
Fatigue, Loss of appetite,

Duration: 3months

**Disease onset**Weight decreased at the age of 22 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset: Insidious/ Gradual/**Rapid****Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time   | Dominant rasa/Taste |
|------------|--------|---------------------|
| Morning:   | 9:00AM |                     |
| Afternoon: | 1:00PM | SPICY               |
| Evening:   | -      |                     |
| Night:     | 9:00PM |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/**Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/**Roots**

**Tubers/Rhizomes/Others**\_\_\_\_\_

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others**\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/Curd preparation/Ice cream / Fruit

salads/**Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

Sunflower/Coconut/**Ground nut** /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/**Mutton**/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/**Soft Drinks**/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: **No**/Mild/Moderate/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress): Y/N**

If yes, type of stress

Relieving factors

Aggravating factors

Duration:

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ Outdoor

games/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P \_\_ G \_\_ A \_\_ L \_\_ D \_\_**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | <b>Twak</b> /Rakta/ Mamsa/ Meda/ Asthi/<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

**Sthira**/Guru/Subhaga/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.



**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ **Dourbalya/** Daurgandhya/

Swedhaabhadha/ Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/

Madhuraasya/Kara pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-  
pipillikaabhisarana/ Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/**Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ Annadweshya/ Chardi/ **Pipasa/** Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
110
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 179 centimeter
9. Weight : 58 kg
10. BMI : 18.1 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.79</b> | <b>1.79</b> |           |
| Weight in kg    | <b>58</b>   | <b>61</b>   | <b>64</b> |
| BMI             | <b>18.1</b> | <b>19</b>   | <b>20</b> |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

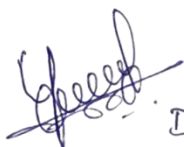
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 58   | 61    | 64    |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 3kg   | 7kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Patient was skinny and after treatment built body. Noticed marked change.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:**

Sl.No: 7

Name: Hadiya

Patient ID: P1669

Age : 50

Sex : M / F

Religion : H / **M** / C / OEducational status : UE / PS / MS / **HS** / GR / PGMarital status : UM / **M** / D / WEconomic status : VP / P / **LM** / M / UM / R

Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>6/3/2022</b> |
| Ph No:                            | Date of completion: <b>5/6/2022</b>   |
| E-mail ID:                        |                                       |

**Disease History**Main complaint:  
Weakness, tiredness, weight loss

Duration: 18months

**Disease onset**Weight decreased at the age of 49 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset: Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. **Adulthood disease**
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste    |
|------------|---------|------------------------|
| Morning:   | 10:00AM |                        |
| Afternoon: | 2:00PM  | Less spicy & oily diet |
| Evening:   | 6:00PM  |                        |
| Night:     | 9:00PM  |                        |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/**Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy/**Stem/Roots

**Tubers/Rhizomes/**Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

**Milk/Curds/**Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

**Sugar/Jaggery/**Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/Curd preparation/Ice cream / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/Other friedsnacks\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/**Egg**/Others\_\_\_\_\_

**10.Liquids:**

Water-1LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**  
**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala:** Reg/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra:** Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff



Since \_\_\_\_\_ time/day

**(J). Anyaabhaya:**

**Rajosambandhivruttanta:**

**Gynecological History:**

Menstrual cycle: ..... **Regular** / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>3</sub>G<sub>3</sub>A<sub>0</sub>L<sub>3</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_25\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: **Tubectomy**/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
|                   |   | Adyatana P/ M/<br>A |
| Abhyavarnashakthi | Purvakalina P/ M/ A   |                     |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas  
Udakavahasrotas  
Raktavahasrotas  
Asthivahasrotas  
Majjavahasrotas  
Shukravahasrotas  
Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

**Sthira**/Guru/Subhaga/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/**Kantha-mukhasosha/** Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/**Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ Annadweshya/ Chardi/ **Pipasa/** Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 65/ min, regular/irregular  
100
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 66
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 160 centimeter
9. Weight : 40 kg
10. BMI : 16.4 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      | Present     |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F         |
|-----------------|------------|-------------|-------------|
| Height in mt    | <b>1.5</b> | <b>1.5</b>  |             |
| Weight in kg    | <b>40</b>  | <b>43</b>   | <b>45</b>   |
| BMI             | <b>18</b>  | <b>17.7</b> | <b>18.5</b> |
| Waist-Hip ratio |            |             |             |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

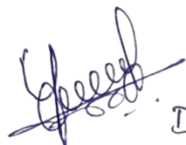
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 40   | 43    | 45kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 3kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Patient had lost weight post tubercular infection and now gained back weight very well.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 8**

Name: Manisha Jain

Patient ID: P1696

Age : 28

Sex : **M** / FReligion : H / M / C / **O**Educational status : UE / PS / MS / HS / GR / **PG**Marital status : **UM** / M / D / WEconomic status : VP / P / LM / M / **UM** / R

Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>8/3/2022</b> |
| Ph No:                            | Date of completion: <b>7/6/2022</b>   |
| E-mail ID:                        |                                       |

**Disease History**

Main complaint:

Duration: 2yrs

Aversion towards food, no enthusiasm, decreased food intake, Depression

**Disease onset**Weight decreased at the age of 23 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**

Mode of

onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste |
|------------|---------|---------------------|
| Morning:   | 8:00AM  |                     |
| Afternoon: | 12:00PM | Less food intake    |
| Evening:   | 6:00PM  |                     |
| Night:     |         |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/Apple/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/Jaggery/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/Curd preparation/Ice cream / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/Other friedsnacks\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee/SoftDrinks/Alcohol/others**\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_3-5hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment: Television/** Indoor games/ Outdoor  
games/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg/irreg/formed/unformed/constipated** frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria** frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / **Irregular** LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History:** P \_\_ G \_\_ A \_\_ L \_\_ D \_\_

Normal.....

Surgical History.....

**Married life** \_\_\_\_\_ years

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|              |   |                     |
|--------------|---|---------------------|
| Prakrithi    | V/ P/ K/ VP/ PK/ <b>KV</b> / Sama                                     |                     |
| Sara         | Twak/Rakta/ <b>Mamsa</b> / Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana    | P/ <b>M</b> / A   |                     |
| Pramana      | Dairghya___cmsBhara___kg  |                     |
| Satmya       | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                               |                     |
|              | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                           |                     |
| Satva        | P / <b>M</b> / A  |                     |
| Aharashakthi |   |                     |
|              | Abhyavarnashakthi   | Purvakalina P/ M/ A |
|              | Jaranashakthi   | Purvakalina P/ M/ A |
|              | Vyayamashakthi  | P/ M/ A             |
| Vaya         | Bala/ Madhyama/ Vriddha   |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

**Sthira**/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/** Vinamana/ Moha/ **Vepana.**

**AnnavaahaSrotas**

Shoola/ Annadweshya/ Chardi/ **Pipasa/** Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
110
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 160 centimeter
9. Weight : 42 kg
10. BMI : 16.4 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      | Present     |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F         |
|-----------------|-------------|-------------|-------------|
| Height in mt    | <b>1.6</b>  | <b>1.6</b>  |             |
| Weight in kg    | <b>42</b>   | <b>45</b>   | <b>50</b>   |
| BMI             | <b>16.4</b> | <b>17.6</b> | <b>19.5</b> |
| Waist-Hip ratio |             |             |             |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>26 inch</b> | <b>28inch</b> | <b>29inch</b> |
| Sphik(Hip)     | <b>28inch</b>  | <b>28inch</b> | <b>30inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 40   | 45    | 50kg  | 53kg  |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 5kg   | 10kg  | 13kg  |
| Fat Lost        |      |       |       |       |

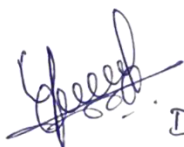


**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 9**

Name: Marwan

Patient ID: P1697

Age : 35

Sex : **M** / FReligion : H / **M** / C / OEducational status : UE / PS / MS / HS / GR / **PG**Marital status : **UM** / M / D / WEconomic status : VP / P / LM / M / **UM** / R

Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>8/3/2022</b> |
| Ph No:                            | Date of completion: <b>7/6/2022</b>   |
| E-mail ID:                        |                                       |

**Disease History**

Main complaint: Duration: 4months

Unexplained weight loss, over thinking, anxiety

**Disease onset**Weight decreased at the age of 34 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time          | Dominant rasa/Taste |
|------------|---------------|---------------------|
| Morning:   | NO BREAKFAST  |                     |
| Afternoon: | 2:00PM        | SPICY, SOUR         |
| Evening:   | Sometimes eat |                     |
| Night:     | 9:00PM        |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/**Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy**/Stem/Roots

**Tubers**/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

**Sugar**/Jaggery/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/Curd preparation/Ice cream / Fruit

salads/Pastries/**Wafers**/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/**Mutton/Pork/Beef**/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History:** P\_\_G\_\_A\_\_L\_\_D\_\_

Normal.....

Surgical History.....

**Married life** \_\_\_\_\_years

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

**Sthira**/Guru/Subhaga/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha**/Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ Annadweshya/ Chardi/ **Pipasa**/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
110
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 18 / min
7. Tongue : clear
8. Height : 180 centimeter
9. Weight : 60 kg
10. BMI : 18.5 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:



**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.8</b>  | <b>1.8</b>  |           |
| Weight in kg    | <b>60</b>   | <b>64</b>   | <b>66</b> |
| BMI             | <b>18.5</b> | <b>19.8</b> | 20.4      |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>34 inch</b> | <b>34inch</b> | <b>35inch</b> |
| Sphik(Hip)     | <b>31inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

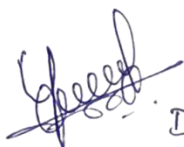
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 60   | 64    | 66kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 6kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 10**

Name: Manjula

Patient ID: P465

Age : 20

Sex : **M** / FReligion : **H** / M / C / O

Educational status : UE / PS / MS / HS / GR / PG

Marital status : **UM** / M / D / WEconomic status : VP / P / LM / **M** / UM / R

Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>9/3/2022</b> |
| Ph No:                            | Date of completion: <b>8/6/2022</b>   |
| E-mail ID:                        |                                       |

**Disease History**Main complaint: Duration: 2yrs  
Not putting on weight , very lean and skinny**Disease onset**Weight decreased at the age of 18 yearsTime of onset: Hereditary/Childhood/**Teenage**/AdultMode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time   | Dominant rasa/Taste |
|------------|--------|---------------------|
| Morning:   | 8:00AM |                     |
| Afternoon: | 1:00PM | SPICY, SOUR         |
| Evening:   | 5:00PM |                     |
| Night:     | 8:00PM |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others**\_\_\_\_\_

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others**\_\_\_\_\_

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others**\_\_\_\_\_

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

**Vada/Bonda/Pakoda/Bajji/Other friedsnacks**\_\_\_\_\_

**8.Oils:**

Sunflower/Coconut/**Ground nut** /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee/SoftDrinks/Alcohol/others**\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Relieving factors

Aggravating factors

Duration:

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**  
**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala:** Reg/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra:** Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... **Regular** / Irregular LMP....

Oligomenorrhoea / **Polymenorrhoea** / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History:** P \_\_ G \_\_ A \_\_ L \_\_ D \_\_

Normal.....

Surgical History.....

**Married life** \_\_\_\_\_ years

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                |  |   |
|----------------|--|---|
| Prakrithi      | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |   |
| Sara           | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |   |
| Samhanana      | P/ <b>M/ A</b>   |   |
| Pramana        | Dairghya___cmsBhara___kg                                     |   |
| Satmya         | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |   |
|                | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |   |
| Satva          | P / <b>M/ A</b>  |   |
| Aharashakthi   |  |   |
|                | Abhyavarnashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
|                | Jaranashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
| Vyayamashakthi | P/ M/ A  |   |
| Vaya           | Bala/ Madhyama/ Vriddha                                      |   |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

**Sthira**/Guru/Subhaga/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.



**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha**/Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ Annadweshya/ Chardi/ **Pipasa**/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
100
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 151 centimeter
9. Weight : 40 kg
10. BMI : 17.5 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      | Present     |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.51</b> | <b>1.51</b> |           |
| Weight in kg    | <b>40</b>   | <b>43</b>   | <b>46</b> |
| BMI             | <b>17.5</b> | <b>18.9</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>26 inch</b> | <b>28inch</b> | <b>28inch</b> |
| Sphik(Hip)     | <b>28inch</b>  | <b>30inch</b> | <b>30inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

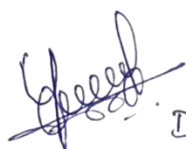
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 40   | 43    | 45    |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 3kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 11**

Name: Kala  
Age : 32  
Sex : M / F

Patient ID: P1699

Religion : H / M / C / O  
Educational status : UE / PS / MS / HS / **GR** / PG  
Marital status : **UM** / M / D / W  
Economic status : VP / P / LM / **M** / UM / R  
Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>9/3/2022</b> |
| Ph No:                            | Date of completion: <b>8/6/2022</b>   |
| E-mail ID:                        |                                       |

**Disease History**

Main complaint: Duration: 6months

Treated with peptic ulcers, decreased food intake, weakness.

**Disease onset**Weight decreased at the age of 32 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | Bland diet          |
| Evening:   | 4:00PM       |                     |
| Night:     | 8:30PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/**Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy**/Stem/Roots

**Tubers**/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple/Chikku**/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

**Sugar**/Jaggery/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/**Dalda or**

**Vanaspathi preparation**/Curd preparation/Ice cream / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/**Pakoda**/Bajji/Other friedsnacks\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee**/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_ Day\_\_\_hours

Night\_\_\_7hrs\_\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment: Television/** Indoor games/ Outdoor  
games/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day



**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / **Irregular** LMP....

Oligomenorrhoea / Polymenorrhoea / **Dysmenorrhoea** / White Discharge

Menarche 12 years Menopause since.....years

**Obstetric History:** P \_\_ G \_\_ A \_\_ L \_\_ D \_\_

Normal.....

Surgical History.....

**Married life** \_\_\_\_\_ years

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |  |                     |
|-------------------|--|---------------------|
| Prakrithi         | V/ P/ K/ VP/ <b>PK</b> / KV/ Sama                              |                     |
| Sara              | Twak/ <b>Rakta</b> / Mamsa/ Meda/ Asthi/<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A  |                     |
| Pramana           | Dairghya___cmsBhara___kg                                       |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                        |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                    |                     |
| Satva             | P / <b>M</b> / A   |                     |
| Aharashakthi      |  |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A  | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A  | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A  |                     |
| Vaya              | Bala/ Madhyama/ Vriddha  |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas  
Udakavahasrotas  
Raktavahasrotas  
Asthivahasrotas  
Majjavahasrotas  
Shukravahasrotas  
Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

**Sthira**/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareeksha Ganda/Arbuda/Granthi/Ura-udara-  
vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/  
Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha.

### **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ **Alasya/** Mutradosha/Kantha-mukhasosha/ Bahumutra/

Avilamutra.

### **Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileeabhavakesha/  
Atislakshna.

### **Prashnapareeksha**

**Javoparodha/** Kurcchavyavayata/ Dourbalya/ Daurgandhya/

Swedhaabhadha/ Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/

Madhuraasya/Kara pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-

pipillikaabhisarana/ Nidraati/ Tandra/ Seetapriya.

### **RasavahaSrotas**

Darshana: **Shosha/Akroshana/** Vinamana/ Moha/ Vepana.

### **AnnavaahaSrotas**

Shoola/ Annadweshya/ Chardi/ **Pipasa/** Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

### **SwedavahaSrotas**

Darshana pareeksha:**Asweda/** Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
110
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 159 centimeter
9. Weight : 46 kg
10. BMI : 18.2 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.6</b> | <b>1.6</b>  |           |
| Weight in kg    | <b>46</b>  | <b>49</b>   | <b>51</b> |
| BMI             | <b>18</b>  | <b>19.1</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**


| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 46   | 49    | 51kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 3kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 12**

Name: Sumithra

Patient ID: P1700

Age : 40

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / **M** / UM / R

Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>9/3/2022</b> |
| Ph No:                            | Date of completion: <b>8/6/2022</b>   |
| E-mail ID:                        |                                       |

**Disease History**

Main complaint: Duration: 5months

Weight loss, Pre diabetic

**Disease onset**Weight decreased at the age of 39 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. **Adulthood disease**
3. **Treatment taken**
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others**\_\_\_\_\_

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others**\_\_\_\_\_

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others**\_\_\_\_\_

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/**Pakoda**/Bajji/Other friedsnacks\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee**/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good Duration\_\_\_ Day\_\_\_hours

Night\_\_3-5hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment: Television/** Indoor games/ Outdoor

games/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivruttanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / **Irregular** LMP....

**Oligomenorrhoea** / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche 14 years Menopause since.....years

**Obstetric History:** P<sub>1</sub>G<sub>0</sub>A<sub>0</sub>L<sub>1</sub>D<sub>0</sub>

Normal.....

Surgical History.....

**Married life** \_\_15\_\_ years

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: **Tubectomy**/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                |  |   |
|----------------|--|---|
| Prakrithi      | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |   |
| Sara           | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |   |
| Samhanana      | P/ <b>M/ A</b>   |   |
| Pramana        | Dairghya___cmsBhara___kg                                     |   |
| Satmya         | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |   |
|                | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |   |
| Satva          | P / <b>M/ A</b>  |   |
| Aharashakthi   |  |   |
|                | Abhyavarnashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
|                | Jaranashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
| Vyayamashakthi | P/ M/ A  |   |
| Vaya           | Bala/ Madhyama/ Vriddha                                      |   |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

Sthira/Guru/**Subhaga/Mamsopachitha** in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha**/Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ Annadweshya/ Chardi/ Pipasa/ **Annanabhilasha/** Aruchi/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
110
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 152 centimeter
9. Weight : 43 kg
10. BMI : 18.6 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.52</b> | <b>1.52</b> |           |
| Weight in kg    | <b>43</b>   | <b>45</b>   | <b>46</b> |
| BMI             | <b>18.6</b> | <b>19.5</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 43   | 45    | 46kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 2kg   | 3kg   |       |
| Fat Lost        |      |       |       |       |

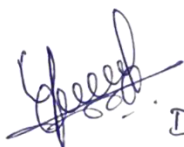


**Result: Change/Marked change/ Unchanged**

**CONCLUSION**

The weight loss was decreased and some change in weight was seen.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 13**

Name: Mitisha

Patient ID: P1701

Age : 18

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / **GR** / PGMarital status : **UM** / M / D / WEconomic status : VP / P / **LM** / M / UM / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>10/3/2022</b> |
| Ph No:                            | Date of completion: <b>9/6/2022</b>    |
| E-mail ID:                        |  |

**Disease History**

Main complaint:

Duration: 7months

Weakness, tiredness, weight loss.

**Disease onset**Weight decreased at the age of 18 yearsTime of onset: Hereditary/Childhood/**Teenage**/AdultMode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/**Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy**/Stem/Roots

**Tubers**/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

**Milk**/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

**Sugar**/Jaggery/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/Curd preparation/Ice cream / Fruit

salads/Pastries/**Wafers**/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee**/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_ Day\_\_\_hours

Night\_\_\_7hrs\_\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala:** Reg/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra:** Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... **Regular** / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / **Dysmenorrhoea** / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History:** P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>

Normal.....

Surgical History.....

**Married life**\_\_\_\_\_years

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

**Sthira**/Guru/Subhaga/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/** Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
110
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 16/ min
7. Tongue : clear
8. Height : 156 centimeter
9. Weight : 40 kg
10. BMI : 16.4 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:



**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.56</b> | <b>1.56</b> |           |
| Weight in kg    | <b>40</b>   | <b>41</b>   | <b>41</b> |
| BMI             | <b>16.4</b> | <b>18.8</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>28 inch</b> | <b>28inch</b> | <b>28inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>30inch</b> | <b>30inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

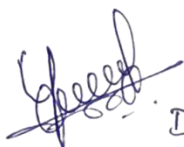
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 40   | 41    | 41kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 1kg   | 1kg   |       |
| Fat Lost        |      |       |       |       |

**Result: Change/Marked change/ Unchanged**

**CONCLUSION**

No changes were seen.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:**

Sl.No: 14

Name: Mohamed Masum

Patient ID: P252

Age : 25

Sex : **M** / FReligion : H / **M** / C / OEducational status : UE / PS / MS / HS / **GR** / PGMarital status : **UM** / M / D / WEconomic status : VP / P / **LM** / M / UM / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>10/3/2022</b> |
| Ph No:                            | Date of completion: <b>9/6/2022</b>    |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 5months

Weakness, tiredness, weight loss, has a history of ulcerative colitis

**Disease onset**Weight decreased at the age of 24 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/**Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy**/Stem/Roots

**Tubers**/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/Apple/Chikku/**Pineapple**/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

**Sugar**/Jaggery/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/**Dalda or**

**Vanaspathi preparation**/Curd preparation/Ice cream / Fruit

salads/Pastries/**Wafers**/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/**Mutton/Pork/Beef**/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: **Y/N** If yes, since\_\_\_\_\_

Jagarana: **Y/N** If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: **Y/N** If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** **Y/N**

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ VP/ PK/ <b>KV</b> / Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

Sthira/Guru/Subhaga/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.



**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoprodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoprodha/ Kurcchavyavayata/ **Dourbalya/** Daurgandhya/

Swedhaabhadha/ Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/

Madhuraasya/Kara pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-  
pipillikaabhisarana/ Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/** Vinamana/ Moha/ Vepana.

**AnnavahaSrotas**

Shoola/ Annadweshya/ Chardi/ Pipasa/ **Annanabhilasha/ Aruchi/ Avipaka/**  
Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular
3. B.P : 120 /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 180 centimeter
9. Weight : 56 kg
10. BMI : 17.3 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.8</b>  | <b>1.8</b>  |           |
| Weight in kg    | <b>56</b>   | <b>56</b>   | <b>56</b> |
| BMI             | <b>17.3</b> | <b>17.3</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>32inch</b> | <b>32inch</b> |
| Sphik(Hip)     | <b>32inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

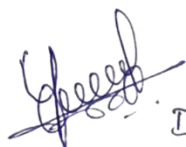
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 56   | 56    | 56kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 0kg   | 0kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/Marked change/ **Unchanged**

**CONCLUSION**

No changes observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 15**

Name: Roopa .K

Patient ID: P1702

Age : 55

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / **GR / PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / M / UM / **R**

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>11/3/2022</b> |
| Ph No:                            | Date of completion: <b>10/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 1year

Post Ca breast, weight loss, weakness, fatigue, loss of appetite

**Disease onset**Weight decreased at the age of 54 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. **Adulthood disease**
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste |
|------------|---------|---------------------|
| Morning:   | 10:00AM |                     |
| Afternoon: | 2:00PM  | SHADRASA YUKTA      |
| Evening:   | 6:00PM  |                     |
| Night:     | 9:00PM  |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/**Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy/**Stem/Roots

**Tubers/Rhizomes/Others**\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

**Milk/Curds/**Butter/**Ghee**/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

**Sugar/Jaggery/**Chocolate/Sweets

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/**Dalda or

Vanaspathi preparation/Curd preparation/Ice cream / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/**Pakoda**/Bajji/Other friedsnacks\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/**Egg**/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea**/Coffee/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day



**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since 52 years

**Obstetric History:** P<sub>3</sub>G<sub>3</sub>A<sub>0</sub>L<sub>3</sub>D<sub>0</sub>

Normal.....

Surgical History.....

**Married life** \_\_30\_\_ years

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: **Tubectomy**/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                |   |  |
|----------------|---|--|
| Prakrithi      | V/ P/ K/ VP/ <b>PK</b> / KV/ Sama                             |  |
| Sara           | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |  |
| Samhanana      | P/ <b>M</b> / A   |  |
| Pramana        | Dairghya___cmsBhara___kg                                      |  |
| Satmya         | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |  |
|                | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |  |
| Satva          | P / <b>M</b> / A  |  |
| Aharashakthi   |   |  |
|                | Abhyavarnashakthi   | Purvakalina P/ M/ A<br>Adyatana P/ M/<br>A |
|                | Jaranashakthi   | Purvakalina P/ M/ A<br>Adyatana P/ M/<br>A |
| Vyayamashakthi | P/ M/ A   |  |
| Vaya           | Bala/ Madhyama/ Vriddha                                       |  |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

**Sthira**/Guru/Subhaga/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha**/Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha**/ Chardi/ Pipasa/ Annanabhilasha/ **Aruchi**/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
110
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 149 centimeter
9. Weight : 40 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.49</b> | <b>1.49</b> |           |
| Weight in kg    | <b>40</b>   | <b>44</b>   | <b>57</b> |
| BMI             | <b>18</b>   | <b>19.8</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T           | A.T           | A.F           |
|----------------|---------------|---------------|---------------|
| Udara(Abdomen) | <b>28inch</b> | <b>29inch</b> | <b>30inch</b> |
| Sphik(Hip)     | <b>30inch</b> | <b>30inch</b> | <b>30inch</b> |
| Bahu(Midarm)   |               |               |               |
| Greeva(Neck)   |               |               |               |

**Bodyweight and muscle analysis:**

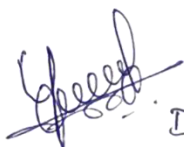
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 40   | 44    | 46kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 6kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 16**

Name: Mathias

Patient ID: P1703

Age : 56

Sex : **M** / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / M / UM / **R**

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>12/3/2022</b> |
| Ph No:                            | Date of completion: <b>11/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 2yrs

Weight loss, Weakness, tiredness,  
K/C/O- Diabetes**Disease onset**Weight decreased at the age of 54 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation/Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

**Chicken/Mutton**/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_ Day\_\_\_hours  
Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanita:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**  
**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ \_\_\_\_\_time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_\_\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 170 centimeter
9. Weight : 52 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.7</b> | <b>1.7</b>  |           |
| Weight in kg    | <b>52</b>  | <b>56</b>   | <b>57</b> |
| BMI             | <b>18</b>  | <b>19.4</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 56    | 57kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

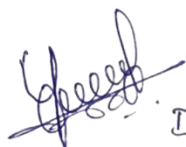


**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed without increasing DM

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 17**

Name: Alexander

Patient ID: P1705

Age : 50

Sex : **M** / FReligion : H / M / **C** / OEducational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / M / **UM** / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>12/3/2022</b> |
| Ph No:                            | Date of completion: <b>11/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 10months

Weight loss, Weakness, tiredness,

**Disease onset**Weight decreased at the age of 54 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste |
|------------|---------|---------------------|
| Morning:   | 10:00AM |                     |
| Afternoon: | 2:00PM  | SWEET, SPICY        |
| Evening:   | 6:00PM  |                     |
| Night:     | 9:00PM  |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]**

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others\_\_\_\_\_**

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others\_\_\_\_\_**

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_**

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/Other friedsnacks\_\_\_\_\_

**8.Oils:**

Sunflower/**Coconut**/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

**Chicken/Mutton**/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good Duration\_\_\_ Day\_\_\_hours

Night\_\_5hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/Involves physical strain/**Involves mental**

**Strain** Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/**Alcohol**/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                |  |   |
|----------------|--|---|
| Prakrithi      | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |   |
| Sara           | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |   |
| Samhanana      | P/ <b>M/ A</b>   |   |
| Pramana        | Dairghya___cmsBhara___kg                                     |   |
| Satmya         | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |   |
|                | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |   |
| Satva          | P / <b>M/ A</b>  |   |
| Aharashakthi   |  |   |
|                | Abhyavarnashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
|                | Jaranashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
| Vyayamashakthi | P/ M/ A  |   |
| Vaya           | Bala/ Madhyama/ Vriddha                                      |   |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ **Alasya/** Mutradosha/Kantha-mukhasosha/ Bahumutra/

Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/

Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara

pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/

Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/**Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /80 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 189 centimeter
9. Weight : 65 kg
10. BMI : 18.2 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:



**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.89</b> | <b>1.89</b> |           |
| Weight in kg    | <b>65</b>   | <b>70</b>   | <b>74</b> |
| BMI             | <b>18.2</b> | <b>19.6</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>34 inch</b> | <b>34inch</b> | <b>36inch</b> |
| Sphik(Hip)     | <b>32inch</b>  | <b>34inch</b> | <b>34inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

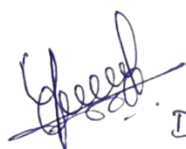
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 65   | 70    | 74kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 5kg   | 9kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 18**

Name: Sahil  
Age : 30  
Sex : **M** / F

Patient ID: P1706

Religion : **H** / M / C / O  
Educational status : UE / PS / MS / HS / **GR** / PG  
Marital status : **UM** / M / D / W  
Economic status : VP / P / LM / M / **UM** / R  
Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>13/3/2022</b> |
| Ph No:                            | Date of completion: <b>12/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 6months  
Unexplained weight loss, loss of appetite, disturbed sleep

**Disease onset**Weight decreased at the age of 29 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation**/**Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

**Chicken/Mutton**/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good Duration\_\_\_ Day\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                |  |   |
|----------------|--|---|
| Prakrithi      | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |   |
| Sara           | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |   |
| Samhanana      | P/ <b>M/ A</b>   |   |
| Pramana        | Dairghya___cmsBhara___kg                                     |   |
| Satmya         | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |   |
|                | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |   |
| Satva          | P / <b>M/ A</b>  |   |
| Aharashakthi   |  |   |
|                | Abhyavarnashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
|                | Jaranashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
| Vyayamashakthi | P/ M/ A  |   |
| Vaya           | Bala/ Madhyama/ Vriddha                                      |   |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.



SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.**

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 170 centimeter
9. Weight : 52 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T        | A.F       |
|-----------------|------------|------------|-----------|
| Height in mt    | <b>1.7</b> | <b>1.7</b> |           |
| Weight in kg    | <b>52</b>  | <b>52</b>  | <b>53</b> |
| BMI             | <b>18</b>  | <b>18</b>  |           |
| Waist-Hip ratio |            |            |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

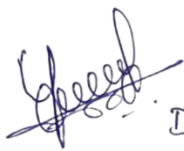
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 52    | 53kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 0kg   | 1kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

No changes were seen

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 19**

Name: Jawaed

Patient ID: P1707

Age : 56

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / M / **UM** / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>14/3/2022</b> |
| Ph No:                            | Date of completion: <b>13/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 2yrs

Constant sadness, low energy, poor concentration, sleeping too little or too much

**Disease onset**Weight decreased at the age of 54 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. **Adulthood disease**
3. **Treatment taken**
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time   | Dominant rasa/Taste |
|------------|--------|---------------------|
| Morning:   | 9:00AM |                     |
| Afternoon: | 2:00PM | Shadrasa            |
| Evening:   | 6:00PM |                     |
| Night:     | 9:00PM |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others**\_\_\_\_\_

**3. Fruits:**

Banana/Grape/Apple/Chikku/Pineapple/**Mango**/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation/Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

**Chicken/Mutton**/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_4-7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/Mild/**Moderate**/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day



**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ \_\_\_\_\_time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_\_\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / M/ <b>A</b>   |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas  
Udakavahasrotas  
Raktavahasrotas  
Asthivahasrotas  
Majjavahasrotas  
Shukravahasrotas  
Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

**Sthira**/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-  
vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### Sparshanapareeksha

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ **Roma Harsha**

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 80/ min, regular/irregular
3. B.P : 130 /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 85
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 166 centimeter
9. Weight : 52 kg
10. BMI : 18.9 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.6</b> | <b>1.6</b>  |           |
| Weight in kg    | <b>52</b>  | <b>54</b>   | <b>56</b> |
| BMI             | <b>18</b>  | <b>20.3</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**


| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 54    | 56kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 2kg   | 4kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Healthy changes are observed.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 28157.

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**Patient Details:****Sl.No: 20**

Name: Mathias

Patient ID: P1707

Age : 50

Sex : **M** / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / M / UM / **R**

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>12/3/2022</b> |
| Ph No:                            | Date of completion: <b>11/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 2yrs

Weight loss, Weakness, tiredness,  
K/C/O- Diabetes**Disease onset**Weight decreased at the age of 50 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | spicy               |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple/Chikku**/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation/Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

**Chicken/Mutton**/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**  
**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ \_\_\_\_\_time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_\_\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                |  |   |
|----------------|--|---|
| Prakrithi      | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |   |
| Sara           | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |   |
| Samhanana      | P/ <b>M/ A</b>   |   |
| Pramana        | Dairghya___cmsBhara___kg                                     |   |
| Satmya         | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |   |
|                | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |   |
| Satva          | P / <b>M/ A</b>  |   |
| Aharashakthi   |  |   |
|                | Abhyavarnashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
|                | Jaranashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
| Vyayamashakthi | P/ M/ A  |   |
| Vaya           | Bala/ Madhyama/ Vriddha                                      |   |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 170 centimeter
9. Weight : 52 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.7</b> | <b>1.7</b>  |           |
| Weight in kg    | <b>52</b>  | <b>56</b>   | <b>57</b> |
| BMI             | <b>18</b>  | <b>19.4</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 56    | 57kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

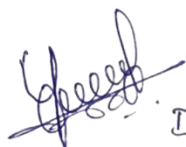


**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed without increasing DM

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:**

Sl.No: 20

Name: Supraba

Patient ID: P1709

Age : 50

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / M / UM / **R**

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>12/3/2022</b> |
| Ph No:                            | Date of completion: <b>11/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 2yrs

Weight loss, Weakness, tiredness,  
K/C/O- Diabetes**Disease onset**Weight decreased at the age of 50 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | spicy               |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple/Chikku**/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation/Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

**Chicken/Mutton**/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_ Day\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravaya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ \_\_\_\_\_time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since...2...years

**Obstetric History: P<sub>3</sub>G<sub>3</sub>A<sub>1</sub>L<sub>2</sub>D<sub>1</sub>**

Normal.....

Surgical History.....

**Married life\_\_20\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
|                   |   | Adyatana P/ M/<br>A |
| Abhyavarnashakthi | Purvakalina P/ M/ A   |                     |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

### **SROTO PAREEKSHA:**

- Pranavahasrotas
- Udakavahasrotas
- Raktavahasrotas
- Asthivahasrotas
- Majjavahasrotas
- Shukravahasrotas
- Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in  
Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/  
Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-  
vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/  
Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadweshha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 170 centimeter
9. Weight : 52 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:



**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.7</b> | <b>1.7</b>  |           |
| Weight in kg    | <b>52</b>  | <b>56</b>   | <b>57</b> |
| BMI             | <b>18</b>  | <b>19.4</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

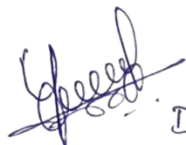
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 56    | 57kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed without increasing DM

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 16**

Name: Md. Ayyub

Patient ID: P1714

Age : 65

Sex : **M** / FReligion : H / **M** / C / OEducational status : UE / PS / MS / HS / **GR** / PGMarital status : UM / **M** / D / WEconomic status : VP / P / LM / M / **UM** / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>15/3/2022</b> |
| Ph No:                            | Date of completion: <b>14/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Unexplained weight loss Duration: 1yr

**Disease onset**Weight decreased at the age of 64 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste |
|------------|---------|---------------------|
| Morning:   | 10:00AM |                     |
| Afternoon: | 2:00PM  | SPICY               |
| Evening:   | 6:00PM  |                     |
| Night:     | 9:00PM  |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]**

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others\_\_\_\_\_**

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others\_\_\_\_\_**

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_**

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

**Chicken/Mutton**/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |   |                  |
|-------------------|---|------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                  |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ Asthi/<br><b>Majja</b> /Shukra/Satwa |                  |
| Samhanana         | P/ <b>M</b> / A   |                  |
| Pramana           | Dairghya___cmsBhara___kg                                      |                  |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                  |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                  |
| Satva             | P / <b>M</b> / A  |                  |
| Aharashakthi      |   |                  |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/ A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/ A |
| Vyayamashakthi    | P/ M/ A   |                  |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                  |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.



SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

Javoparodha/ **Dourbalya**/ Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata**/ Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha**/Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha**/ Chardi/ **Pipasa**/ Annanabhilasha/ **Aruchi**/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular
3. B.P : 130 /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 167 centimeter
9. Weight : 50 kg
10. BMI : 17.9 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.67</b> | <b>1.67</b> |           |
| Weight in kg    | <b>50</b>   | <b>51</b>   | <b>51</b> |
| BMI             | <b>17.9</b> | <b>18.3</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

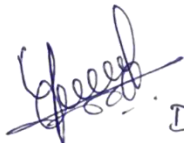
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 50   | 51    | 51kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 1kg   | 1kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/Marked change/ **Unchanged**

**CONCLUSION**

No changes seen. Further weight loss was stopped

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 22**

Name: Ranganatha

Patient ID: P1718

Age : 66

Sex : **M** / FReligion : **H** / M / C / OEducational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / M / **UM** / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>15/3/2022</b> |
| Ph No:                            | Date of completion: <b>14/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 8months

Weight loss, Muscle weakening, fatigue

**Disease onset**Weight decreased at the age of 66 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste |
|------------|---------|---------------------|
| Morning:   | 10:00AM |                     |
| Afternoon: | 2:00PM  | SPICY, oily food    |
| Evening:   | 6:00PM  |                     |
| Night:     | 9:00PM  |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others**\_\_\_\_\_

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others**\_\_\_\_\_

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others**\_\_\_\_\_

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

Sunflower/Coconut/**Ground nut** /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee/SoftDrinks/Alcohol/others**\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/Mild/**Moderate**/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ Outdoor

games/**Outing**/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day



**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ VP/ PK/ KV/ <b>Sama</b>                              |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /80 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 178 centimeter
9. Weight : 55 kg
10. BMI : 17.4 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.78</b> | <b>1.78</b> |           |
| Weight in kg    | <b>55</b>   | <b>59</b>   | <b>62</b> |
| BMI             | <b>17.4</b> | <b>18.6</b> | 19.6      |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**


| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 55   | 59    | 62kg  | 64    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 7kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed .

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg. No : 28157.

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**Patient Details:****Sl.No: 23**

Name: Sundar

Patient ID: P1717

Age : 42

Sex : **M** / FReligion : **H** / M / C / OEducational status : UE / PS / MS / **HS** / GR / PGMarital status : UM / **M** / D / WEconomic status : VP / P / LM / **M** / UM / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>16/3/2022</b> |
| Ph No:                            | Date of completion: <b>15/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 1 ½ yr

Stress, disturbed sleep, loss of appetite.

Post peptic ulcer treatment

**Disease onset**Weight decreased at the age of 42 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | Spicy               |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]**

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others\_\_\_\_\_**

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others\_\_\_\_\_**

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_**

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_4-7hrs\_\_hours

Divaswapna: **Y/N**    If yes, since\_\_\_\_\_

Jagarana:    **Y/N**    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: **Y/N**    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** **Y/N**

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

**Sthira**/Guru/Subhaga/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha: Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
110
3. B.P : /80 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 148.2 centimeter
9. Weight : 40 kg
10. BMI : 18.2 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.48</b> | <b>1.48</b> |           |
| Weight in kg    | <b>40</b>   | <b>43</b>   | <b>47</b> |
| BMI             | <b>18.2</b> | <b>19.6</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>28 inch</b> | <b>28inch</b> | <b>30inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 40   | 43    | 47kg  | 48    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 3kg   | 7kg   | 8kg   |
| Fat Lost        |      |       |       |       |




**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed .

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 24**

Name: Vinit singhal

Patient ID: P818

Age : 37

Sex : **M** / FReligion : **H** / M / C / OEducational status : UE / PS / MS / HS / **GR** / PGMarital status : UM / **M** / D / WEconomic status : VP / P / LM / M / UM / **R**

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>17/3/2022</b> |
| Ph No:                            | Date of completion: <b>16/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 2yrs

Weight loss, Weakness, tiredness

Post Ca esophagus treatment.

**Disease onset**Weight decreased at the age of 35 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste |
|------------|---------|---------------------|
| Morning:   | 9:30AM  |                     |
| Afternoon: | 1:00PM  | SPICY               |
| Evening:   | 4:00PM  |                     |
| Night:     | 10:00PM |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/Apple/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/Jaggery/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation/Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

**Chicken/Mutton**/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_ Day\_\_\_hours  
Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**  
**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala:** Reg/**irregular**/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_\_\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                |  |   |
|----------------|--|---|
| Prakrithi      | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |   |
| Sara           | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |   |
| Samhanana      | P/ <b>M/ A</b>   |   |
| Pramana        | Dairghya___cmsBhara___kg                                     |   |
| Satmya         | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |   |
|                | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |   |
| Satva          | P / <b>M/ A</b>  |   |
| Aharashakthi   |  |   |
|                | Abhyavarnashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
|                | Jaranashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
| Vyayamashakthi | P/ M/ A  |   |
| Vaya           | Bala/ Madhyama/ Vriddha                                      |   |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 170 centimeter
9. Weight : 52 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:



**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.7</b> | <b>1.7</b>  |           |
| Weight in kg    | <b>52</b>  | <b>56</b>   | <b>57</b> |
| BMI             | <b>18</b>  | <b>19.4</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

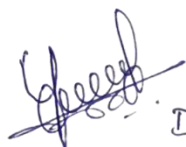
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 56    | 57kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 25**

Name: Sunitha Menon

Patient ID: P1721

Age : 48

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / M / UM / **R**

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>18/3/2022</b> |
| Ph No:                            | Date of completion: <b>17/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 5yrs

Weight loss, Weakness, tiredness,

K/C/O- Diabetes

**Disease onset**Weight decreased at the age of 47 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/Gradual/**Rapid****Past history: NS**

1. Childhood disease
2. **Adulthood disease**
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste |
|------------|---------|---------------------|
| Morning:   | 10:00Am |                     |
| Afternoon: | 2:00PM  | Sweet, spicy        |
| Evening:   | 6:00PM  |                     |
| Night:     | 9:00PM  |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/**Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy**/Stem/Roots

**Tubers**/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

**Milk/Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation**/**Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

**Chicken/Mutton**/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_ Day\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanita:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravaya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ \_\_\_\_\_time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / **Irregular** LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / **White Discharge**

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>2</sub>G<sub>2</sub>A<sub>0</sub>L<sub>2</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_14\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: **Tubectomy**/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |  |                  |
|-------------------|--|------------------|
| Prakrithi         | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |                  |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |                  |
| Samhanana         | P/ <b>M/ A</b>   |                  |
| Pramana           | Dairghya___cmsBhara___kg                                     |                  |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |                  |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |                  |
| Satva             | P / <b>M/ A</b>  |                  |
| Aharashakthi      |  |                  |
|                   |  | Adyatana P/ M/ A |
| Abhyavarnashakthi | Purvakalina P/ M/ A  |                  |
| Jaranashakthi     | Purvakalina P/ M/ A  | Adyatana P/ M/ A |
| Vyayamashakthi    | P/ M/ A  |                  |
| Vaya              | Bala/ Madhyama/ Vriddha                                      |                  |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.



SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
130
3. B.P : /80 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 160 centimeter
9. Weight : 45 kg
10. BMI : 17.6 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F         |
|-----------------|-------------|-------------|-------------|
| Height in mt    | <b>1.6</b>  | <b>1.6</b>  |             |
| Weight in kg    | <b>45</b>   | <b>49</b>   | <b>54</b>   |
| BMI             | <b>17.6</b> | <b>19.1</b> | <b>21.1</b> |
| Waist-Hip ratio |             |             |             |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

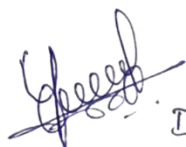
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 45   | 48    | 52kg  | 54    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 3kg   | 7kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed without increasing DM

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 26**

Name: Bibhas Pandey

Patient ID: P1395

Age : 26

Sex : **M** / FReligion : **H** / M / C / OEducational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / M / UM / **R**

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>18/3/2022</b> |
| Ph No:                            | Date of completion: <b>17/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration:-

Lean, skinny, normal appetite

**Disease onset**

Weight decreased at the age of \_\_\_\_\_ years

Time of onset: Hereditary/Childhood/**Teenage**/AdultMode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? **Yes/No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste |
|------------|---------|---------------------|
| Morning:   | 10:00AM |                     |
| Afternoon: | 2:00PM  | SHADRASA            |
| Evening:   | 6:00PM  |                     |
| Night:     | 9:00PM  |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others**\_\_\_\_\_

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others**\_\_\_\_\_

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others**\_\_\_\_\_

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/**Pakoda**/Bajji/Other friedsnacks\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea**/Coffee/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day



**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                |  |   |
|----------------|--|---|
| Prakrithi      | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |   |
| Sara           | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |   |
| Samhanana      | P/ <b>M/ A</b>   |   |
| Pramana        | Dairghya___cmsBhara___kg                                     |   |
| Satmya         | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |   |
|                | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |   |
| Satva          | P / <b>M/ A</b>  |   |
| Aharashakthi   |  |   |
|                | Abhyavarnashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
|                | Jaranashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
| Vyayamashakthi | P/ M/ A  |   |
| Vaya           | Bala/ Madhyama/ Vriddha                                      |   |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
110
3. B.P : /80 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 170 centimeter
9. Weight : 48 kg
10. BMI : 16.6 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                 | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|-----------------------------|-------------|-------------|-------------|
| Shushka spic, udara, greeva | Present     |             |             |
| Dhamanijala santataha       |             |             |             |
| Twagasthi shesho            | Present     |             |             |
| Atikrusha                   |             |             |             |
| Sthoola parva               |             |             |             |
| Vyayam Atisauhityam         | present     |             |             |
| Kshutpipasamay-aushadham    |             |             |             |
| Atishtosha-maithunam        |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b> | <b>Dosage</b> | <b>Dose</b> |        |
|-------------|---------------|-------------|--------|
| T. Gain IT  | BD            | 500mg       | 1month |

**PRAMANA:**

|              | <b>B.T</b> | <b>A.T</b> | <b>A.F</b> |
|--------------|------------|------------|------------|
| Height in mt | <b>1.7</b> | <b>1.7</b> |            |

|                 |             |           |             |
|-----------------|-------------|-----------|-------------|
| Weight in kg    | <b>48</b>   | <b>52</b> | <b>56</b>   |
| BMI             | <b>16.6</b> | <b>18</b> | <b>19.7</b> |
| Waist-Hip ratio |             |           |             |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**


| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 48   | 52    | 56kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 8kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Patient is very happy with the marked & healthy weight gain.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 28157.

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**Patient Details:**

Sl.No: 27

Name: Padma

Patient ID: P764

Age : 50

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / **GR** / PGMarital status : UM / **M** / D / WEconomic status : VP / P / **LM** / M / UM / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>19/3/2022</b> |
| Ph No:                            | Date of completion: <b>18/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 2yrs

Unexplained and gradual weight loss, No DM

**Disease onset**Weight decreased at the age of 48 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]**

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others\_\_\_\_\_**

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others\_\_\_\_\_**

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_**

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee**/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_4-6hrs\_\_hours

Divaswapna: **Y/N**    If yes, since\_\_\_\_\_

Jagarana:    **Y/N**    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: **Y/N**    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress): Y/N**

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment: Television/** Indoor games/ Outdoor  
games/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ \_\_\_\_\_time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... **Regular** / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>3</sub>G<sub>3</sub>A<sub>0</sub>L<sub>1</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_25\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: **Tubectomy**/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular
3. B.P : 110 /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 152 centimeter
9. Weight : 40 kg
10. BMI : 17.3 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               |             |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.5</b>  | <b>1.7</b>  |           |
| Weight in kg    | <b>40</b>   | <b>43</b>   | <b>47</b> |
| BMI             | <b>17.3</b> | <b>18.6</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>28 inch</b> | <b>30inch</b> | <b>30inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 40   | 43    | 45kg  | 47    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 3kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

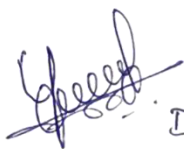


**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg. No : 22157.

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**Patient Details:****Sl.No: 28**

Name: Madhavi

Patient ID: P1722

Age : 23

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / **GR** / PGMarital status : **UM** / M / D / WEconomic status : VP / P / **LM** / M / UM / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>19/3/2022</b> |
| Ph No:                            | Date of completion: <b>18/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint:

Duration:

Weakness, tiredness, very skinny

**Disease onset**Weight decreased at the age of 23 yearsTime of onset: **Hereditary**/Childhood/Teenage/AdultMode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? **Yes/No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/**Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/**Roots**

**Tubers**/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple/Chikku**/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

**Milk/Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery/Chocolate**/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/Curd preparation/**Ice cream / Fruit**

**salads**/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/**Bonda**/Pakoda/Bajji/Other friedsnacks\_\_\_\_\_

**8.Oils:**

Sunflower/Coconut/**Ground nut** /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/**Coffee**/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/Mild/**Moderate**/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ Outdoor

games/**Outing**/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / **Irregular** LMP....

Oligomenorrhoea / Polymenorrhoea / **Dysmenorrhoea** / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life** \_\_\_\_\_ years

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoprodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoprodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha**/Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 84/ min, regular/irregular
3. B.P : 100/70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 80
6. Respiratory rate : 15 / min
7. Tongue : clear
8. Height : 170 centimeter
9. Weight : 50 kg
10. BMI : 17.3 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:



**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.7</b>  | <b>1.7</b>  |           |
| Weight in kg    | <b>50</b>   | <b>54</b>   | <b>57</b> |
| BMI             | <b>17.3</b> | <b>18.7</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**


| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 50   | 54    | 56kg  | 57kg  |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 6kg   | 7kg   |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 29**

Name: Poonam

Patient ID: P895

Age : 56

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / **GR** / PGMarital status : UM / **M** / D / WEconomic status : VP / P / LM / M / UM / **R**

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>20/3/2022</b> |
| Ph No:                            | Date of completion: <b>19/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 1 yrs

Weight loss, Weakness, tiredness,

K/C/O- Diabetes

**Disease onset**Weight decreased at the age of 55 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation/Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

**Chicken/Mutton**/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-3LTR\_\_\_\_\_

Beverages-

Tea/Coffee/**SoftDrinks**/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good**      Duration\_\_\_\_ Day\_\_\_\_hours  
Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/Mild/**Moderate**/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ Outdoor  
games/**Outing**/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravaya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / **Irregular** LMP....

**Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge**

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>2</sub>G<sub>2</sub>A<sub>0</sub>L<sub>2</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_30\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/**I.U.C.D**

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                      |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ Asthi/<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M/ A</b>  |                     |
| Pramana           | Dairghya___cmsBhara___kg                              |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>               |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya           |                     |
| Satva             | P / <b>M/ A</b>                                       |                     |
| Aharashakthi      |   |                     |
|                   |   | Adyatana P/ M/<br>A |
| Abhyavarnashakthi | Purvakalina P/ M/ A                                   |                     |
| Jaranashakthi     | Purvakalina P/ M/ A                                   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                               |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.



SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/** Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ Annadweshya/ Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 148 centimeter
9. Weight : 38 kg
10. BMI : 17.3 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               |             |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | Present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.48</b> | <b>1.7</b>  |           |
| Weight in kg    | <b>38</b>   | <b>42</b>   | <b>45</b> |
| BMI             | <b>17.3</b> | <b>19.2</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>28 inch</b> | <b>28inch</b> | <b>30inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>30inch</b> | <b>30inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

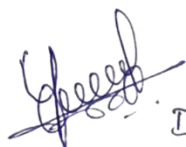
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 38   | 42    | 43kg  | 45    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 5kg   | 7kg   |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed without increasing DM

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:**

Sl.No: 30

Name: Jayamani

Patient ID: P1726

Age : 58

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / **GR** / PGMarital status : UM / **M** / D / WEconomic status : VP / P / LM / **M** / UM / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>21/3/2022</b> |
| Ph No:                            | Date of completion: <b>20/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 1yrs

Lean, weak, fatigue.

**Disease onset**Weight decreased at the age of 55 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? **Yes/No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time   | Dominant rasa/Taste |
|------------|--------|---------------------|
| Morning:   | 11:00  |                     |
| Afternoon: | 2:00PM | SHADRASA            |
| Evening:   | 6:00PM |                     |
| Night:     | 9:00PM |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others**\_\_\_\_\_

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others**\_\_\_\_\_

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others**\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation/Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee**/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good**      Duration\_\_\_\_ Day\_\_\_\_hours  
Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    **Y/N**    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**  
**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day



**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since...3...years

**Obstetric History: P<sub>4</sub>G<sub>4</sub>A<sub>0</sub>L<sub>4</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: **Tubectomy**/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |  |                  |
|-------------------|--|------------------|
| Prakrithi         | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |                  |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |                  |
| Samhanana         | P/ <b>M/ A</b>   |                  |
| Pramana           | Dairghya___cmsBhara___kg                                     |                  |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |                  |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |                  |
| Satva             | P / <b>M/ A</b>  |                  |
| Aharashakthi      |  |                  |
| Abhyavarnashakthi | Purvakalina P/ M/ A  | Adyatana P/ M/ A |
| Jaranashakthi     | Purvakalina P/ M/ A  | Adyatana P/ M/ A |
| Vyayamashakthi    | P/ M/ A  |                  |
| Vaya              | Bala/ Madhyama/ Vriddha                                      |                  |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/Saukumarata/ Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha**/Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha**/ Chardi/ **Pipasa**/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 170 centimeter
9. Weight : 52 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.7</b> | <b>1.7</b>  |           |
| Weight in kg    | <b>52</b>  | <b>56</b>   | <b>57</b> |
| BMI             | <b>18</b>  | <b>19.4</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

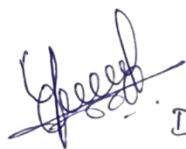
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 56    | 57kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg. No : 22157.

---

**Patient Details:****Sl.No: 31**

Name: Md Affaan

Patient ID: P1727

Age : 67

Sex : **M** / FReligion : H / **M** / C / OEducational status : UE / PS / MS / **HS** / GR / PGMarital status : UM / **M** / D / WEconomic status : VP / P / LM / **M** / UM / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>22/3/2022</b> |
| Ph No:                            | Date of completion: <b>21/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 1yrs

Weight loss, Weakness, tiredness,

Non diabetic.

**Disease onset**Weight decreased at the age of 66 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste |
|------------|---------|---------------------|
| Morning:   | 10:00AM |                     |
| Afternoon: | 2:00PM  | SHADRASA            |
| Evening:   | 6:00PM  |                     |
| Night:     | 9:00PM  |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]**

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others\_\_\_\_\_**

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others\_\_\_\_\_**

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_**

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/Other friedsnacks\_\_\_\_\_

**8. Oils:**

Sunflower/Coconut/**Ground nut** /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

**Chicken/Mutton**/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-3LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_3-6hrs\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**  
**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ \_\_\_\_\_time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_\_\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |  |                     |
|-------------------|--|---------------------|
| Prakrithi         | V/ P/ K/ VP/ <b>PK</b> / KV/ Sama                              |                     |
| Sara              | Twak/ <b>Rakta</b> / Mamsa/ Meda/ Asthi/<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A  |                     |
| Pramana           | Dairghya___cmsBhara___kg                                       |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                        |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                    |                     |
| Satva             | P / <b>M</b> / A   |                     |
| Aharashakthi      |  |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A  | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A  | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A  |                     |
| Vaya              | Bala/ Madhyama/ Vriddha  |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ Annadweshya/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular
3. B.P : 120 /80 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 159 centimeter
9. Weight : 48 kg
10. BMI : 17.8 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.59</b> | <b>1.59</b> |           |
| Weight in kg    | <b>45</b>   | <b>48</b>   | <b>50</b> |
| BMI             | <b>17.8</b> | <b>19</b>   |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 45   | 48    | 50kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 3kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

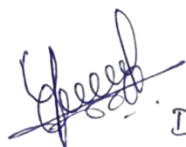


**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:**

Sl.No: 32

Name: Balakrishan

Patient ID: P1729

Age : 46

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / M / UM / **R**

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>23/3/2022</b> |
| Ph No:                            | Date of completion: <b>22/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 2yrs

No increase in weight, mild tiredness and sometime sweakness.

**Disease onset**Weight decreased at the age of 44 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]**

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others\_\_\_\_\_**

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others\_\_\_\_\_**

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_**

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/**Coffee**/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ Outdoor

games/**Outing**/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |  |                     |
|-------------------|--|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M/ A</b>   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                     |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |                     |
| Satva             | P / <b>M/ A</b>  |                     |
| Aharashakthi      |  |                     |
|                   |  | Adyatana P/ M/<br>A |
| Abhyavarnashakthi | Purvakalina P/ M/ A  |                     |
| Jaranashakthi     | Purvakalina P/ M/ A  | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A  |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                      |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/** Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 171 centimeter
9. Weight : 52 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:



**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.7</b> | <b>1.7</b>  |           |
| Weight in kg    | <b>52</b>  | <b>56</b>   | <b>57</b> |
| BMI             | <b>18</b>  | <b>19.4</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

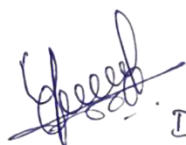
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 56    | 57kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 33**

Name: John.  
Age : 56  
Sex : M / F

Patient ID: P1730

Religion : H / M / C / O  
Educational status : UE / PS / MS / HS / GR / **PG**  
Marital status : UM / **M** / D / W  
Economic status : VP / P / LM / M / UM / **R**  
Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>12/3/2022</b> |
| Ph No:                            | Date of completion: <b>11/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 2yrs  
Weight loss, Weakness, tiredness,  
K/C/O- Diabetes

**Disease onset**

Weight decreased at the age of 54 years  
Time of onset: Hereditary/Childhood/Teenage/**Adult**  
Mode of onset:Insidious/**Gradual**/Rapid

**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**

Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation/Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

**Chicken/Mutton**/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_ Day\_\_\_hours  
Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**  
**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ \_\_\_\_\_time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_\_\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.



SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/** Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 170 centimeter
9. Weight : 52 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.7</b> | <b>1.7</b>  |           |
| Weight in kg    | <b>52</b>  | <b>56</b>   | <b>57</b> |
| BMI             | <b>18</b>  | <b>19.4</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

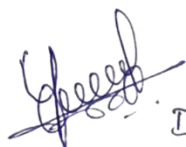
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 56    | 57kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed without increasing DM

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:**

Sl.No: 34

Name: Aman Lawrence

Patient ID: P1731

Age : 25

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / **GR** / PGMarital status : **UM** / M / D / WEconomic status : VP / P / **LM** / M / UM / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>23/3/2022</b> |
| Ph No:                            | Date of completion: <b>22/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint:

Duration: 6months

Weight loss, Weakness, tiredness,

Treated for TB

**Disease onset**Weight decreased at the age of 24 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**

Mode of

onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. **Adulthood disease**
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | NO SNACKS    |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation**/Ice cream / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8. Oils:**

Sunflower/Coconut/**Ground nut** /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

**Chicken**/Mutton/Pork/Beef/Sea

Food/**Egg**/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_5-7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**  
**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day



**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_\_\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                |   |  |
|----------------|---|--|
| Prakrithi      | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |  |
| Sara           | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |  |
| Samhanana      | P/ <b>M</b> / A   |  |
| Pramana        | Dairghya___cmsBhara___kg                                      |  |
| Satmya         | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |  |
|                | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |  |
| Satva          | P / <b>M</b> / A  |  |
| Aharashakthi   |   |  |
|                | Abhyavarnashakthi   | Purvakalina P/ M/ A<br>Adyatana P/ M/<br>A |
|                | Jaranashakthi   | Purvakalina P/ M/ A<br>Adyatana P/ M/<br>A |
| Vyayamashakthi | P/ M/ A   |  |
| Vaya           | Bala/ Madhyama/ Vriddha                                       |  |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 160 centimeter
9. Weight : 46 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | Present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.5</b> | <b>1.5</b>  |           |
| Weight in kg    | <b>46</b>  | <b>48</b>   | <b>52</b> |
| BMI             | <b>18</b>  | <b>19.4</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>30 inch</b> | <b>31inch</b> | <b>32inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**


| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 46   | 48    | 50kg  | 52    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 2kg   | 4kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Patient gained weight gradually and there is no further weight loss.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 35**

Name: Eashaan

Patient ID: P1733

Age : 20

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / **GR** / PGMarital status : **UM** / M / D / WEconomic status : VP / P / **LM** / M / UM / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>24/3/2022</b> |
| Ph No:                            | Date of completion: <b>23/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 2yrs

Skinny, no marked weight gain with diet changes

**Disease onset**Weight decreased at the age of 18 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**

Mode of onset: Insidious/Gradual/Rapid

**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? **Yes/No**



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste |
|------------|---------|---------------------|
| Morning:   | 10:00AM |                     |
| Afternoon: | 2:00PM  | SPICY, SOUR         |
| Evening:   | 6:00PM  |                     |
| Night:     | 9:00PM  |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/**Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy**/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /**Ghee butter preparations**/Dalda or

Vanaspathi preparation/Curd preparation/**Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/**SoftDrinks**/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala:** Reg/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra:** Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhya:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                |  |   |
|----------------|--|---|
| Prakrithi      | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |   |
| Sara           | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |   |
| Samhanana      | P/ <b>M/ A</b>   |   |
| Pramana        | Dairghya___cmsBhara___kg                                     |   |
| Satmya         | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |   |
|                | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |   |
| Satva          | P / <b>M/ A</b>  |   |
| Aharashakthi   |  |   |
|                | Abhyavarnashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
|                | Jaranashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
| Vyayamashakthi | P/ M/ A  |   |
| Vaya           | Bala/ Madhyama/ Vriddha                                      |   |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/** Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha: Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular
3. B.P : 120 /80 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 160 centimeter
9. Weight : 43 kg
10. BMI : 16.8 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.6</b>  | <b>1.6</b>  |           |
| Weight in kg    | <b>43</b>   | <b>47</b>   | <b>51</b> |
| BMI             | <b>16.8</b> | <b>18.4</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>28 inch</b> | <b>29inch</b> | <b>30inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 43   | 47    | 50kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 8kg   |       |
| Fat Lost        |      |       |       |       |




**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed .

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:**

Sl.No: 36

Name: Revathy

Patient ID: P1736

Age : 30

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / M / **UM** / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>25/3/2022</b> |
| Ph No:                            | Date of completion: <b>24/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 1yr

Weight loss, Weakness, tiredness,

K/C/O- hyperthyroidism

**Disease onset**Weight decreased at the age of 29 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

**Tubers/Rhizomes/Others**\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation/Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee/SoftDrinks/Alcohol/others**\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good**      Duration\_\_\_\_ Day\_\_\_\_hours  
Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/Mild/**Moderate**/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress): Y/N**

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/Involves physical strain/**Involves mental**

**Strain**    Since\_\_\_\_day/years    Hours of work: \_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**  
**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravaya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ \_\_\_\_\_time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... **Regular** / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_1\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/** Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
110
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 170 centimeter
9. Weight : 52 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:



**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.7</b> | <b>1.7</b>  |           |
| Weight in kg    | <b>52</b>  | <b>56</b>   | <b>57</b> |
| BMI             | <b>18</b>  | <b>19.4</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**


| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 56    | 57kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg. No : 22157.

---

**Patient Details:****Sl.No: 37**

Name: Prajisha

Patient ID: P1734

Age :48

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / **GR** / PGMarital status : UM / **M** / D / WEconomic status : VP / P / LM / M / **UM** / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>24/3/2022</b> |
| Ph No:                            | Date of completion: <b>23/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint:

Duration: 6months

Weight loss, Weakness, tiredness,

K/C/O- IBS

**Disease onset**Weight decreased at the age of 47 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**

Mode of

onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. **Adulthood disease**
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time   | Dominant rasa/Taste |
|------------|--------|---------------------|
| Morning:   | 9:00AM |                     |
| Afternoon: | 1:00PM | SHADRASA            |
| Evening:   | 5:00PM |                     |
| Night:     | 8:00PM |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]**

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others\_\_\_\_\_**

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others\_\_\_\_\_**

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_**

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/Other friedsnacks\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee**/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_ Day\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment: Television/** Indoor games/ Outdoor  
games/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / **Irregular** LMP....

**Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge**

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>3</sub>G<sub>3</sub>A<sub>1</sub>L<sub>1</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_20\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: **Tubectomy**/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |  |                     |
|-------------------|--|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                              |                     |
| Sara              | Twak/ <b>Rakta</b> / Mamsa/ Meda/ Asthi/<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A  |                     |
| Pramana           | Dairghya___cmsBhara___kg                                       |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                        |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                    |                     |
| Satva             | P / <b>M</b> / A   |                     |
| Aharashakthi      |  |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A  | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A  | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A  |                     |
| Vaya              | Bala/ Madhyama/ Vriddha  |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.



SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/** Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ Pipasa/ Annanabhilasha/ **Aruchi/ Avipaka/** Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 86/ min, regular/irregular
3. B.P : 120 /84 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 85
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 165 centimeter
9. Weight : 45 kg
10. BMI : 16.5 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.65</b> | <b>1.65</b> |           |
| Weight in kg    | <b>45</b>   | <b>53</b>   | <b>53</b> |
| BMI             | <b>16.5</b> | <b>19.5</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>30 inch</b> | <b>30inch</b> | <b>30inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

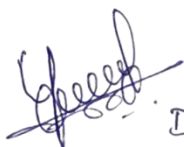
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 45   | 47    | 50kg  | 53    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 2kg   | 5kg   | 8kg   |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 38**

Name: Padmavathi

Patient ID: P1735

Age : 56

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / **HS** / GR / PGMarital status : UM / **M** / D / WEconomic status : VP / P / **LM** / M / UM / **R**

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>26/3/2022</b> |
| Ph No:                            | Date of completion: <b>25/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 2yrs

Have anxiety attacks, aversion towards food, feels hungry, decreasing weight.

Taking treatment for anxiety

**Disease onset**Weight decreased at the age of 54 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. **Adulthood disease**
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time   | Dominant rasa/Taste |
|------------|--------|---------------------|
| Morning:   | 9:00AM |                     |
| Afternoon: | 1:00PM | SHADRASA            |
| Evening:   | 5:00PM |                     |
| Night:     | 8:00PM |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation/Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/Other friedsnacks\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee**/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/Involves physical strain/**Involves mental**

**Strain**      Since\_\_\_\_day/years      Hours of work: \_\_\_\_/day

**(E). Recreation entertainment: Television/** Indoor games/ Outdoor  
games/**Outing**/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_ time/day



**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ \_\_\_\_\_time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP -

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since- 3yrs

**Obstetric History: P<sub>4</sub>G<sub>4</sub>A<sub>0</sub>L<sub>4</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_\_\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: **Tubectomy**/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |  |                  |
|-------------------|--|------------------|
| Prakrithi         | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |                  |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |                  |
| Samhanana         | P/ <b>M/ A</b>   |                  |
| Pramana           | Dairghya___cmsBhara___kg                                     |                  |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |                  |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |                  |
| Satva             | P / <b>M/ A</b>  |                  |
| Aharashakthi      |  |                  |
| Abhyavarnashakthi | Purvakalina P/ M/ A  | Adyatana P/ M/ A |
| Jaranashakthi     | Purvakalina P/ M/ A  | Adyatana P/ M/ A |
| Vyayamashakthi    | P/ M/ A  |                  |
| Vaya              | Bala/ Madhyama/ Vriddha                                      |                  |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 90/ min, regular/irregular  
110
3. B.P : /65 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 85
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 170 centimeter
9. Weight : 52 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.7</b> | <b>1.7</b>  |           |
| Weight in kg    | <b>52</b>  | <b>60</b>   | <b>60</b> |
| BMI             | <b>18</b>  | <b>20.8</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>28 inch</b> | <b>30inch</b> | <b>30inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

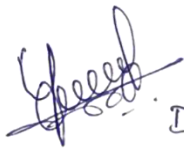
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 56    | 57kg  | 60    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes observed.  
Panic Attacks decreased.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 39**

Name: Jemima

Patient ID: P1681

Age : 29

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / **GR** / PGMarital status : UM / **M** / D / WEconomic status : VP / P / LM / M / UM / **R**

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>26/3/2022</b> |
| Ph No:                            | Date of completion: <b>25/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration:

Skinny since teenage, decreased appetite.

N/H/O- Hyperthyroidism

**Disease onset**Weight decreased at the age of 29 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

**Tubers/Rhizomes/Others**\_\_\_\_\_

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others**\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/Curds/Butter/**Ghee**/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery/Chocolate**/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/Curd preparation/**Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8. Oils:**

Sunflower/Coconut/**Ground nut** /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee/SoftDrinks/Alcohol/others**\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor games/Outing**/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravaya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ \_\_\_\_\_time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... **Regular** / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_\_6\_\_months**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

Javoparodha/ **Dourbalya**/ Daurgandhya/ Swedhaabada/ Angashaithilya/  
**Saukumarata**/ Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/  
Bahumutra/ Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata**/ Sphik-Sthana-Udarachalatwa/ Jatileeabhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ **Mukha-talu-kantha-sosha**/ Shat-pada-  
pipillikaabhisarana/ Nidraati/ Tandra/ Seetapriya.

**Rasavaha Srotas**

Darshana: **Shosha**/Akroshana/ Vinamana/ Moha/ Vepana.

**Annavaaha Srotas**

Shoola/ **Annadwasha**/ Chardi/ **Pipasa**/ Annanabhilasha/ **Aruchi**/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha Sparshanapareeksha:  
Asweda / Atisweda /Parushata /Atishlakshnata. Prashnapareeksha: Asweda  
/Atisweda / Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 80/ min, regular/irregular
3. B.P : 100 /68 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 81
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 148 centimeter
9. Weight : 38 kg
10. BMI : 17.3 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | Present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F         |
|-----------------|-------------|-------------|-------------|
| Height in mt    | <b>1.48</b> | <b>1.48</b> | <b>1.48</b> |
| Weight in kg    | <b>38</b>   | <b>40</b>   | <b>43</b>   |
| BMI             | <b>17.3</b> | <b>18.3</b> |             |
| Waist-Hip ratio |             |             |             |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>27 inch</b> | <b>27inch</b> | <b>28inch</b> |
| Sphik(Hip)     | <b>28inch</b>  | <b>28inch</b> | <b>29inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 38   | 40    | 42kg  | 43    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 2kg   | 4kg   | 5Kg   |
| Fat Lost        |      |       |       |       |

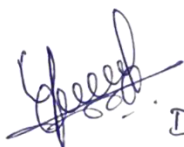


**Result: Change/Marked change/ Unchanged**

**CONCLUSION**

Patient gained weight but was not remarkable.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 40**

Name: Varsha

Patient ID: P274

Age : 34

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / **GR** / PGMarital status : UM / **M** / D / WEconomic status : VP / P / LM / M / **UM** / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>27/3/2022</b> |
| Ph No:                            | Date of completion: <b>26/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 1year

Tiredness, no interest to work, no enthusiasm.

**Disease onset**Weight decreased at the age of 34 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset: Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste |
|------------|---------|---------------------|
| Morning:   | 8:30AM  |                     |
| Afternoon: | 12:30PM | SHADRASA            |
| Evening:   | 4:30PM  |                     |
| Night:     | 8:30PM  |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]**

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others\_\_\_\_\_**

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others\_\_\_\_\_**

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_**

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/**Pakoda**/Bajji/Other friedsnacks\_\_\_\_\_

**8.Oils:**

Sunflower/Coconut/**Ground nut** /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea**/Coffee/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/Mild/**Moderate**/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/Involves physical strain/**Involves mental**

**Strain**      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ Outdoor

games/**Outing**/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... **Regular** / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History:** P<sub>1</sub>G<sub>1</sub>A<sub>0</sub>L<sub>1</sub>D<sub>0</sub>

Normal.....

Surgical History.....

**Married life** \_\_5\_\_ years

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/** Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ **Alasya/** Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/**Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ Pipasa/ Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular
3. B.P : 120 /80 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 150 centimeter
9. Weight : 38 kg
10. BMI : 16.9 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:



**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/**Langhana**/pramithashana/others

**Viharatmaka:**

**Kriyatiyoga**/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/**chinta**/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | B. T    | A. T | A. F |
|--------------------------------|---------|------|------|
| Shushka spic, udara,<br>greeva |         |      |      |
| Dhamanijala<br>santataha       |         |      |      |
| Twagasthi shesho               | Present |      |      |
| Atikrusha                      |         |      |      |
| Sthoola parva                  |         |      |      |
| Vyayam<br>Atisauhityam         | Present |      |      |
| Kshutpipasamay-<br>aushadham   |         |      |      |
| Atishtoshna-<br>maithunam      |         |      |      |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F |
|-----------------|-------------|-------------|-----|
| Height in mt    | <b>1.5</b>  | <b>1.5</b>  |     |
| Weight in kg    | <b>38</b>   | <b>48</b>   |     |
| BMI             | <b>16.9</b> | <b>21.3</b> |     |
| Waist-Hip ratio |             |             |     |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>26 inch</b> | <b>28inch</b> | <b>28inch</b> |
| Sphik(Hip)     | <b>28inch</b>  | <b>28inch</b> | <b>30inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

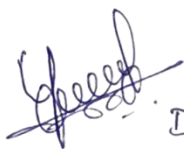
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 38   | 42    | 45kg  | 48    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 7kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed .

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No : 22157.

---

**Patient Details:****Sl.No: 41**

Name: Mohammed

Patient ID: P1739

Age : 47

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / **M** / UM / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>29/3/2022</b> |
| Ph No:                            | Date of completion: <b>28/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 5yrs

Skinny stature, no gain in weight since 5yrs

**Disease onset**Weight decreased at the age of 42 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? **Yes/No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time   | Dominant rasa/Taste |
|------------|--------|---------------------|
| Morning:   | 9:00AM |                     |
| Afternoon: | 2:00PM | Both sweet & spicy  |
| Evening:   | 6:00PM |                     |
| Night:     | 9:00PM |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others**\_\_\_\_\_

**3. Fruits:**

Banana/Grape/Apple/Chikku/Pineapple/Mango/Others\_\_\_**All fruits**\_\_\_

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others**\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /**Ghee butter preparations**/Dalda or

Vanaspathi preparation/Curd preparation/Ice cream / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/**Pakoda**/Bajji/Other friedsnacks\_\_\_\_\_

**8.Oils:**

**Sunflower/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others**

**9.Meat:**

**Chicken/Mutton/Pork/Beef/Sea**

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee/SoftDrinks/Alcohol/others**\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra: Sound/Disturbed/Good**      Duration\_\_\_ Day\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress): Y/N**

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment: Television/ Indoor games/ Outdoor  
games/Outing/others**

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg/irreg/formed/unformed/constipated** frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria** frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History:** P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>

Normal.....

Surgical History.....

**Married life**\_\_\_\_\_years

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ VP/ <b>PK</b> / KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.



SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/** Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 80/ min, regular/irregular
3. B.P : 130 /80 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 81
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 180 centimeter
9. Weight : 56 kg
10. BMI : 17.3 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | Present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.8</b> | <b>1.7</b>  |           |
| Weight in kg    | <b>56</b>  | <b>64</b>   | <b>64</b> |
| BMI             | <b>18</b>  | <b>19.8</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>31 inch</b> | <b>32inch</b> | <b>32inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

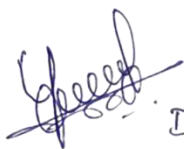
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 56   | 59    | 61kg  | 64    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 3kg   | 5kg   | 8kg   |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg. No : 22157.

---

**Patient Details:**

Sl.No: 42

Name: Murugan .R

Patient ID: P1497

Age : 27

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / **GR** / PGMarital status : UM / **M** / D / WEconomic status : VP / P / LM / M / UM / **R**

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>29/3/2022</b> |
| Ph No:                            | Date of completion: <b>28/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 2yrs

Weight loss, Weakness, tiredness,

**Disease onset**Weight decreased at the age of 25 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation/Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

**Chicken**/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee**/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day



**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ **Alasya/** Mutradosha/Kantha-mukhasosha/ Bahumutra/

Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/

Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara

pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/

Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/**Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular
3. B.P : 110 /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 175 centimeter
9. Weight : 52 kg
10. BMI : 17 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F         |
|-----------------|-------------|-------------|-------------|
| Height in mt    | <b>1.75</b> | <b>1.75</b> |             |
| Weight in kg    | <b>52</b>   | <b>62</b>   | <b>62</b>   |
| BMI             | <b>18</b>   | <b>20.2</b> | <b>20.2</b> |
| Waist-Hip ratio |             |             |             |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

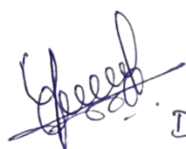
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 57    | 60kg  | 62    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 5kg   | 8kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 43**

Name: Kabilan

Patient ID: P508

Age : 51

Sex : **M** / FReligion : **H** / M / C / OEducational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / **M** / UM / **R**

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>30/3/2022</b> |
| Ph No:                            | Date of completion: <b>29/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 4yrs

Not increasing weight , no other complaints

**Disease onset**Weight decreased at the age of 47 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SHADRASA            |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]**

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others\_\_\_\_\_**

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others\_\_\_\_\_**

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_**

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/**SoftDrinks**/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_5hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/Involves physical strain/**Involves mental**

**Strain**      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |  |                     |
|-------------------|--|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M/ A</b>   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                     |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |                     |
| Satva             | P / <b>M/ A</b>  |                     |
| Aharashakthi      |  |                     |
|                   |  | Adyatana P/ M/<br>A |
| Abhyavarnashakthi | Purvakalina P/ M/ A  |                     |
| Jaranashakthi     | Purvakalina P/ M/ A  | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A  |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                      |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/** Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 171 centimeter
9. Weight : 52 kg
10. BMI : 17.8 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | Present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F         |
|-----------------|-------------|-------------|-------------|
| Height in mt    | <b>1.7</b>  | <b>1.7</b>  |             |
| Weight in kg    | <b>52</b>   | <b>59</b>   | <b>59</b>   |
| BMI             | <b>17.8</b> | <b>20.2</b> | <b>20.2</b> |
| Waist-Hip ratio |             |             |             |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 56    | 57kg  | 59    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

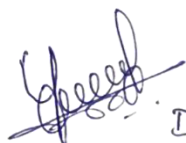


**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 28157.

---

**Patient Details:****Sl.No: 44**

Name: Rajendran

Patient ID: P1743

Age : 28

Sex : **M** / FReligion : **H** / M / C / OEducational status : UE / PS / MS / HS / **GR** / PGMarital status : UM / **M** / D / WEconomic status : VP / P / **LM** / M / UM / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>27/3/2022</b> |
| Ph No:                            | Date of completion: <b>26/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint:

Duration: 7months

Weight loss, Weakness, tiredness,

**Disease onset**Weight decreased at the age of 27 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/**Stem**/Roots

**Tubers**/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

**Banana/Grape/Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /**Ghee butter preparations**/Dalda or

Vanaspathi preparation/Curd preparation/**Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/**Bajji**/Other friedsnacks\_\_\_\_\_

**8.Oils:**

Sunflower/Coconut/**Ground nut** /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_5-7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/**Cigarettes**/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/** Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 180 centimeter
9. Weight : 52 kg
10. BMI : 16 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:



**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.8</b> | <b>1.8</b>  |           |
| Weight in kg    | <b>52</b>  | <b>54</b>   | <b>54</b> |
| BMI             | <b>16</b>  | <b>16.7</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>28 inch</b> | <b>28inch</b> | <b>28inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>30inch</b> | <b>30inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

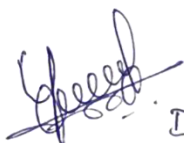
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 54    | 54kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 2kg   | 2kg   |       |
| Fat Lost        |      |       |       |       |

**Result: Change/Marked change/ Unchanged**

**CONCLUSION**

Just 2kg weight gain was seen in the patient.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 28157.

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**Patient Details:****Sl.No: 45**

Name: Praveen Srivastav

Patient ID: P1742

Age : 41

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / GR / PG

Marital status : UM / M / D / W

Economic status : VP / P / LM / M / UM / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>29/3/2022</b> |
| Ph No:                            | Date of completion: <b>28/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint:

Duration: 1 ½ yrs

Weight loss, Weakness, tiredness,

K/C/O- Diabetes

**Disease onset**Weight decreased at the age of 39 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**

Mode of

onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. **Adulthood disease**
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | 9:00-10:00AM |                     |
| Afternoon: | 2:00PM       | SHADRASA            |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/Curds/Butter/Ghee/**Butter milk**/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /**Ghee butter preparations**/Dalda or

Vanaspathi preparation/Curd preparation/Ice cream / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/Other friedsnacks\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee**/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_4-7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanita:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment: Television/** Indoor games/ Outdoor  
games/**Outing**/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ \_\_\_\_\_time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_\_\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.



SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 185 centimeter
9. Weight : 59 kg
10. BMI : 17.2 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.85</b> | <b>1.85</b> |           |
| Weight in kg    | <b>59</b>   | <b>69</b>   | <b>69</b> |
| BMI             | <b>18</b>   | <b>19.9</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>34inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**


| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 59   | 63    | 65kg  | 68    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 6kg   | 9kg   |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed without increasing DM

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

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**Patient Details:****Sl.No: 46**

Name: Saksham Shivam

Patient ID: P1683

Age : 51

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / **GR** / PGMarital status : UM / **M** / D / WEconomic status : VP / P / LM / M / **UM** / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>31/3/2022</b> |
| Ph No:                            | Date of completion: <b>30/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**

Main complaint: Duration: 2yrs

Weight loss, Weakness, tiredness,

**Disease onset**Weight decreased at the age of 49 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/**Curd preparation/Ice cream** / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/Other friedsnacks\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee**/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good      Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**  
games/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.



**(G). Mala: Reg/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day**

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivruttanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | <b>Twak</b> /Rakta/ Mamsa/ Meda/ Asthi/<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / M/ <b>A</b>   |                     |
| Aharashakthi      |   |                     |
| Abhyavarnashakthi | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ <b>M</b> / A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha: Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular
3. B.P : 120 /80 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 180 centimeter
9. Weight : 56 kg
10. BMI : 17.3 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/A
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P/A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F         |
|-----------------|-------------|-------------|-------------|
| Height in mt    | <b>1.8</b>  | <b>1.8</b>  |             |
| Weight in kg    | <b>56</b>   | <b>65</b>   | <b>65</b>   |
| BMI             | <b>17.3</b> | <b>20.1</b> | <b>20.1</b> |
| Waist-Hip ratio |             |             |             |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

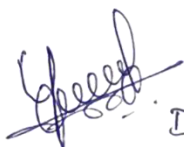
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 56   | 59    | 61kg  | 65    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 3kg   | 5kg   | 9kg   |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Weight gain achieved and patient is healthy

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 47**

Name: Gretta

Patient ID: P1744

Age : 38

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / M / UM / **R**

Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>1/4/2022</b> |
| Ph No:                            | Date of completion: <b>31/6/2022</b>  |
| E-mail ID:                        |                                       |

**Disease History**

Main complaint:

Duration: 11months

Weight loss, Weakness, tiredness,

K/C/O- Diabetes

**Disease onset**Weight decreased at the age of 37 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**

Mode of

onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SHADRASA            |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]**

**2. Vegetables:**

Green leafy/Stem/**Roots**

**Tubers/Rhizomes/Others**\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/Curds/Butter/**Ghee/Butter milk**/Others\_\_\_\_\_

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

Vanaspathi preparation/Curd preparation/Ice cream / Fruit

salads/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

**Chicken**/Mutton/Pork/Beef/Sea

Food/**Egg**/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

**Tea/Coffee**/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good**      Duration\_\_\_\_ Day\_\_\_\_hours  
Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    Y/N    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/Mild/**Moderate**/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment: Television/** Indoor games/ Outdoor  
games/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg/irreg/formed/unformed/constipated** frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>1</sub>G<sub>1</sub>A<sub>0</sub>L<sub>1</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_\_\_\_\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |  |                  |
|-------------------|--|------------------|
| Prakrithi         | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |                  |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |                  |
| Samhanana         | P/ <b>M/ A</b>   |                  |
| Pramana           | Dairghya___cmsBhara___kg                                     |                  |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |                  |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |                  |
| Satva             | P / <b>M/ A</b>  |                  |
| Aharashakthi      |  |                  |
|                   |  | Adyatana P/ M/ A |
| Abhyavarnashakthi | Purvakalina P/ M/ A  |                  |
| Jaranashakthi     | Purvakalina P/ M/ A  | Adyatana P/ M/ A |
| Vyayamashakthi    | P/ M/ A  |                  |
| Vaya              | Bala/ Madhyama/ Vriddha                                      |                  |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ **Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/**

Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/ Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/ Atislakshna.**

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/

Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara

pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/

Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.**

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 153 centimeter
9. Weight : 42 kg
10. BMI : 17.9 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.53</b> | <b>1.7</b>  |           |
| Weight in kg    | <b>42</b>   | <b>50</b>   | <b>50</b> |
| BMI             | <b>17.9</b> | <b>21.4</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>28 inch</b> | <b>28inch</b> | <b>29inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>30inch</b> | <b>30inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 42   | 46    | 47kg  | 50    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

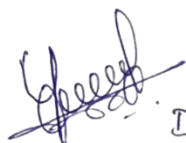


**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Weight gain was observed.

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 28157.

---

**Patient Details:****Sl.No: 48**

Name: Kala .S

Patient ID: P1708

Age : 58

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / GR / **PG**Marital status : UM / **M** / D / WEconomic status : VP / P / LM / **M** / UM / R

Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>1/4/2022</b> |
| Ph No:                            | Date of completion: <b>31/6/2022</b>  |
| E-mail ID:                        |                                       |

**Disease History**

Main complaint: Duration: 3yrs

Weight loss, Weakness, tiredness,  
K/C/O- Diabetes-8 yrs**Disease onset**Weight decreased at the age of 55 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste |
|------------|---------|---------------------|
| Morning:   | 10:00AM |                     |
| Afternoon: | 2:00PM  | SPICY, SOUR         |
| Evening:   | 6:00PM  |                     |
| Night:     | 9:00PM  |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

Green leafy/Stem/Roots

Tubers/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/Curds/Butter/Ghee/**Butter milk**/Others\_\_\_\_\_

**5. Sugar & its products:**

Sugar/**Jaggery**/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/Curd preparation/**Ice cream / Fruit**

**salads**/Pastries/Wafers/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/Other friedsnacks\_\_\_\_\_

**8. Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9. Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10. Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/Alcohol/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/Mild/**Moderate**/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanita:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment: Television/** Indoor games/ Outdoor  
games/**Outing**/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg/irreg/formed/unformed/constipated** frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day**

**(I). Madakaridravaya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff**  
Since \_\_\_\_\_ \_\_\_\_\_time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since...49...years

**Obstetric History: P<sub>4</sub>G<sub>3</sub>A<sub>1</sub>L<sub>3</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life\_30\_years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: **Tubectomy**/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                |  |   |
|----------------|--|---|
| Prakrithi      | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |   |
| Sara           | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |   |
| Samhanana      | P/ <b>M/ A</b>   |   |
| Pramana        | Dairghya___cmsBhara___kg                                     |   |
| Satmya         | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |   |
|                | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |   |
| Satva          | P / <b>M/ A</b>  |   |
| Aharashakthi   |  |   |
|                | Abhyavarnashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
|                | Jaranashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
| Vyayamashakthi | P/ M/ A  |   |
| Vaya           | Bala/ Madhyama/ Vriddha                                      |   |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ **Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/**

Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/ Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/ Atislakshna.**

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/

Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara

pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/

Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.**

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular
3. B.P : 110 /76 mm of Hg
4. Temperature : 98.1 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 150 centimeter
9. Weight : 40 kg
10. BMI : 17.8 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:



**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | Present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T         | A.F       |
|-----------------|-------------|-------------|-----------|
| Height in mt    | <b>1.5</b>  | <b>1.5</b>  |           |
| Weight in kg    | <b>40</b>   | <b>50</b>   | <b>50</b> |
| BMI             | <b>17.8</b> | <b>22.2</b> |           |
| Waist-Hip ratio |             |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>30 inch</b> | <b>31inch</b> | <b>31inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

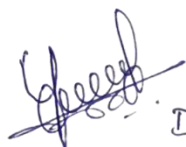
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 40   | 44    | 46kg  | 50    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 6kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed without increasing DM

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 22157.

---

**Patient Details:****Sl.No: 49**

Name: Kavitha

Patient ID: P1749

Age : 25

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / HS / **GR** / PGMarital status : **UM** / M / D / WEconomic status : VP / P / **LM** / M / UM / R

Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>3/4/2022</b> |
| Ph No:                            | Date of completion: <b>2/6/2022</b>   |
| E-mail ID:                        |                                       |

**Disease History**

Main complaint: Duration: 1yr

Weight loss, Weakness, tiredness,

**Disease onset**Weight decreased at the age of 24 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time    | Dominant rasa/Taste |
|------------|---------|---------------------|
| Morning:   | 10:00AM |                     |
| Afternoon: | 2:00PM  | SHADRASA            |
| Evening:   | 6:00PM  |                     |
| Night:     | 9:00PM  |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]**

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others\_\_\_\_\_**

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others\_\_\_\_\_**

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_**

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/**Curd preparation/Ice cream** / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/**Disturbed**/Good Duration\_\_\_ Day\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/Involves physical strain/**Involves mental**

**Strain** Since\_\_\_\_\_day/years Hours of work: \_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... **Regular** / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / **Dysmenorrhoea** / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History:** P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>

Normal.....

Surgical History.....

**Married life** \_\_\_\_\_ years

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |   |                  |
|-------------------|---|------------------|
| Prakrithi         | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                          |                  |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/ Majja/Shukra/Satwa</b> |                  |
| Samhanana         | P/ <b>M/ A</b>  |                  |
| Pramana           | Dairghya___cmsBhara___kg                                  |                  |
| Satmya            | Ekarasa/ Vyamishra/ <b>Sarvarasa</b>                      |                  |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya               |                  |
| Satva             | P / <b>M/ A</b>   |                  |
| Aharashakthi      |   |                  |
| Abhyavarnashakthi | Purvakalina P/ M/ A                                       | Adyatana P/ M/ A |
| Jaranashakthi     | Purvakalina P/ M/ A                                       | Adyatana P/ M/ A |
| Vyayamashakthi    | P/ M/ A   |                  |
| Vaya              | Bala/ Madhyama/ Vriddha                                   |                  |

### **SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.



SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 173 centimeter
9. Weight : 52 kg
10. BMI : 17.3 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T         | A.T        | A.F       |
|-----------------|-------------|------------|-----------|
| Height in mt    | <b>1.7</b>  | <b>1.7</b> |           |
| Weight in kg    | <b>52</b>   | <b>60</b>  | <b>60</b> |
| BMI             | <b>17.3</b> | <b>20</b>  |           |
| Waist-Hip ratio |             |            |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

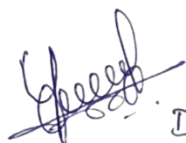
| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 56    | 57kg  | 60    |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg: No: 28157.

---

**Patient Details:**

Sl.No: 50

Name: Banuprakash

Patient ID: P1751

Age : 21

Sex : M / F

Religion : H / M / C / O

Educational status : UE / PS / MS / **HS** / GR / PGMarital status : **UM** / M / D / WEconomic status : VP / **P** / LM / M / UM / R

Occupation :

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Postal address with:<br>Bangalore | Date of commencement: <b>5/4/2022</b> |
| Ph No:                            | Date of completion: <b>4/6/2022</b>   |
| E-mail ID:                        |                                       |

**Disease History**

Main complaint: Duration: 11months

Decreased sleep, tiredness.

**Disease onset**Weight decreased at the age of 20 yearsTime of onset: Hereditary/Childhood/**Teenage**/AdultMode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

**Rice /Wheat/Ragi/Ready products [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]**

**2. Vegetables:**

**Green leafy/Stem/Roots**

**Tubers/Rhizomes/Others\_\_\_\_\_**

**3. Fruits:**

**Banana/Grape/Apple/Chikku/Pineapple/Mango/Others\_\_\_\_\_**

**4. Milk & Dairy products:**

**Milk/Curds/Butter/Ghee/Butter milk/Others\_\_\_\_\_**

**5. Sugar & its products:**

**Sugar/Jaggery/Chocolate/Sweets**

**6. Desserts:**

**Milk or Cream preparations /Ghee butter preparations/Dalda or**

**Vanaspathi preparation/Curd preparation/Ice cream / Fruit**

**salads/Pastries/Wafers/Cakes**

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/**Egg**/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good**      Duration\_\_\_\_ Day\_\_\_\_hours  
Night\_\_7hrs\_\_hours

Divaswapna: Y/N    If yes, since\_\_\_\_\_

Jagarana:    **Y/N**    If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N    If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins

Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: **Sedentary**/Involves physical strain/Involves mental

Strain      Since\_\_\_\_\_day/years      Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**

**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_      Frequency \_\_\_\_\_time/day/week.

**(G). Mala: Reg**/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra: Usual**/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day



**(I). Madakaridravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhyasa:**

**Rajosambandhivrutanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P<sub>0</sub>G<sub>0</sub>A<sub>0</sub>L<sub>0</sub>D<sub>0</sub>**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

## **ATURA BALA-PRAMANA PAREEKSHA**

### **(Body Nature Examination):**

|                   |   |                     |
|-------------------|---|---------------------|
| Prakrithi         | V/ P/ K/ <b>VP</b> / PK/ KV/ Sama                             |                     |
| Sara              | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi</b> /<br>Majja/Shukra/Satwa |                     |
| Samhanana         | P/ <b>M</b> / A   |                     |
| Pramana           | Dairghya___cmsBhara___kg                                      |                     |
| Satmya            | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                       |                     |
|                   | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                   |                     |
| Satva             | P / <b>M</b> / A  |                     |
| Aharashakthi      |   |                     |
|                   |   | Adyatana P/ M/<br>A |
| Abhyavarnashakthi | Purvakalina P/ M/ A   |                     |
| Jaranashakthi     | Purvakalina P/ M/ A   | Adyatana P/ M/<br>A |
| Vyayamashakthi    | P/ M/ A   |                     |
| Vaya              | Bala/ Madhyama/ Vriddha                                       |                     |

### **SROTO PAREEKSHA:**

Pranavahasrotas  
Udakavahasrotas  
Raktavahasrotas  
Asthivahasrotas  
Majjavahasrotas  
Shukravahasrotas  
Mootravahasrotas

### **Mamsavahasrotas**

#### **Mamsa sara pareeksha**

Sthira/Guru/**Subhaga**/Mamsopachitha in  
Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/  
Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-  
vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/  
Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

#### **Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

SnigdhaVarna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/ Saukumarata/**

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha/Akroshana/ Vinamana/ Moha/ Vepana.**

**AnnavaahaSrotas**

Shoola/ **Annadwasha/** Chardi/ **Pipasa/** Annanabhilasha/ **Aruchi/** Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
120
3. B.P : /85 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 170 centimeter
9. Weight : 52 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva |             |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         | present     |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.7</b> | <b>1.7</b>  |           |
| Weight in kg    | <b>52</b>  | <b>56</b>   | <b>57</b> |
| BMI             | <b>18</b>  | <b>19.4</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**


| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 52   | 56    | 57kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 4kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
Dr. Yamuna.  
Reg. No : 22157.

---

**Patient Details:****Sl.No: 1**

Name: Prashant reddy

Patient ID: P1690

Age : 25

Sex : **M** / FReligion : **H** / M / C / OEducational status : UE / PS / MS / HS / GR / **PG**Marital status : **UM** / M / D / WEconomic status : VP / P / **LM** / M / UM / R

Occupation :

|                                   |  |
|-----------------------------------|--|
| Postal address with:<br>Bangalore | Date of commencement: <b>15/3/2022</b> |
| Ph No:                            | Date of completion: <b>20/6/2022</b>   |
| E-mail ID:                        |  |

**Disease History**Main complaint:  
Weakness, tiredness, weight loss

Duration: 6months

**Disease onset**Weight decreased at the age of 24 yearsTime of onset: Hereditary/Childhood/Teenage/**Adult**Mode of onset:Insidious/**Gradual**/Rapid**Past history: NS**

1. Childhood disease
2. Adulthood disease
3. Treatment taken
4. Injury

**Family history:**Is underweight part of family history? Yes/**No**



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

|            | Time         | Dominant rasa/Taste |
|------------|--------------|---------------------|
| Morning:   | NO BREAKFAST |                     |
| Afternoon: | 2:00PM       | SPICY, SOUR         |
| Evening:   | 6:00PM       |                     |
| Night:     | 9:00PM       |                     |

**(B) PARIGRAHA:** More likeness for particular food

**1. Staple:**

Rice /Wheat/Ragi/**Ready products** [Bengalgram (toor dal)/Blackgram (urad dal)/Green gram (moong dal)/Horsegram/Chanaka/Others]

**2. Vegetables:**

**Green leafy**/Stem/Roots

**Tubers**/Rhizomes/Others\_\_\_\_\_

**3. Fruits:**

Banana/Grape/**Apple**/Chikku/Pineapple/Mango/Others\_\_\_\_\_

**4. Milk & Dairy products:**

Milk/**Curds**/Butter/Ghee/Butter milk/Others\_\_\_\_\_

**5. Sugar & its products:**

**Sugar**/Jaggery/Chocolate/Sweets

**6. Desserts:**

Milk or Cream preparations /Ghee butter preparations/Dalda or

Vanaspathi preparation/Curd preparation/Ice cream / Fruit

salads/Pastries/**Wafers**/Cakes

**7. Deep fried food stuffs:**

Vada/Bonda/Pakoda/Bajji/**Other friedsnacks**\_\_\_\_\_

**8.Oils:**

**Sunflower**/Coconut/Ground nut /Dalda/Vanaspathi/Ghee/Mustard/Others

**9.Meat:**

Chicken/Mutton/Pork/Beef/Sea

Food/Egg/Others\_\_\_\_\_

**10.Liquids:**

Water-2LTR\_\_\_\_\_

Beverages-

Tea/Coffee/SoftDrinks/**Alcohol**/others\_\_\_\_\_

**Vihara sambandhivrutanta:**

**(A). Nidra:** Sound/Disturbed/**Good** Duration\_\_\_\_ Day\_\_\_\_hours

Night\_\_7hrs\_\_hours

Divaswapna: Y/N If yes, since\_\_\_\_\_

Jagarana: Y/N If yes, since\_\_\_\_\_

If disturbed reason: Mental strain: Y/N If yes, since\_\_\_\_\_

**(B). Vyayama (Exercise):** Type of exercise: No/**Mild**/Moderate/Intense for \_\_\_\_mins  
Frequency:

**(C). Achintana (Mental Stress):** Y/N

If yes, type of stress

Duration:

Relieving factors

Aggravating factors

**(D). Harshanitya:**

Type of profession: Sedentary/**Involves physical strain**/Involves mental

Strain Since\_\_\_\_\_day/years Hours of work: \_\_\_\_\_/day

**(E). Recreation entertainment:** Television/ Indoor games/ **Outdoor**  
**games**/Outing/others

**(F). Vyavaya:** Duration \_\_\_\_\_ Frequency \_\_\_\_\_time/day/week.

**(G). Mala:** Reg/irreg/formed/unformed/constipated frequency\_\_\_\_\_ time/day

**(H). Mutra:** Usual/Dysuria/polyuria/Oliguria frequency\_\_\_\_\_time/day

**(I). Madakaridravaya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since \_\_\_\_\_ time/day

**(J). Anyaabhaya:**

**Rajosambandhivruttanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche ..... years Menopause since.....years

**Obstetric History: P \_\_ G \_\_ A \_\_ L \_\_ D \_\_**

Normal.....

Surgical History.....

**Married life \_\_\_\_\_ years**

**History of contraception:**

Temporary: Mechanical/Chemical/Oral/Local/I.U.C.D

Permanent: Tubectomy/ Vasectomy/ Hysterectomy

**ATURA BALA-PRAMANA PAREEKSHA****(Body Nature Examination):**

|                |  |   |
|----------------|--|---|
| Prakrithi      | V/ P/ K/ <b>VP/ PK/ KV/ Sama</b>                             |   |
| Sara           | Twak/Rakta/ Mamsa/ Meda/ <b>Asthi/</b><br>Majja/Shukra/Satwa |   |
| Samhanana      | P/ <b>M/ A</b>   |   |
| Pramana        | Dairghya___cmsBhara___kg                                     |   |
| Satmya         | Ekarasa/ Vyamishra/<br><b>Sarvarasa</b>                      |   |
|                | Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya                  |   |
| Satva          | P / <b>M/ A</b>  |   |
| Aharashakthi   |  |   |
|                | Abhyavarnashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
|                | Jaranashakthi  | Purvakalina P/ M/ A<br>Adyatana P/ M/ A |
| Vyayamashakthi | P/ M/ A  |   |
| Vaya           | Bala/ Madhyama/ Vriddha                                      |   |

**SROTO PAREEKSHA:**

Pranavahasrotas

Udakavahasrotas

Raktavahasrotas

Asthivahasrotas

Majjavahasrotas

Shukravahasrotas

Mootravahasrotas

**Mamsavahasrotas****Mamsa sara pareeksha**

**Sthira**/Guru/Subhaga/Mamsopachitha in

Shanka/Lalata/Krukatikakshi/Ganda/Hanu/Greeva/

Skanda/Udara/Kaksha/Vaksha/Pani/Pada/Sandhi.

Darshana pareekshaGanda/Arbuda/Granthi/Ura-udara-

vridhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshanapareeksha**

Ganda/Arbuda/Granthi/ Uraudaravridhi/Adhimamsa/Alaji/Galaganda.

**Snigdha**Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/p

urisha. **Darshana pareeksha**

**Javoparodha/ Dourbalya/** Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

Snigdangata/ Alasya/ Mutradosha/Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshanapareeksha**

Swedaabhadha/**Saukumarata/** Sphik-Sthana-Udarachalatwa/ Jatileebhavakesha/  
Atislakshna.

**Prashnapareeksha**

Javoparodha/ Kurcchavyavayata/ Dourbalya/ Daurgandhya/ Swedhaabhadha/  
Kshudhatimatra/ Pipasatimatra/ Gurutwa/ Talusosha/ Madhuraasya/Kara  
pada-daha-suptata/ Mukha-talu-kantha-sosha/ Shat-pada-pipillikaabhisarana/  
Nidraati/ Tandra/ Seetapriya.

**RasavahaSrotas**

Darshana: **Shosha**/Akroshana/ Vinamana/ Moha/ Vepana.

**AnnavaahaSrotas**

Shoola/ Annadweshya/ Chardi/ **Pipasa**/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**SwedavahaSrotas**

Darshana pareeksha:Asweda/ Atisweda/ Roma Harsha

Sparshanapareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashnapareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

1. Built and nourishment:
2. Pulse : 70/ min, regular/irregular  
110
3. B.P : /70 mm of Hg
4. Temperature : 97 °F
5. Heart rate : 71
6. Respiratory rate: 15 / min
7. Tongue : clear
8. Height : 160 centimeter
9. Weight : 46 kg
10. BMI : 18 kg/m<sup>2</sup>
11. Pallor: Present /**Absent**
12. Icterus: Present /**Absent**
13. Cyanosis: Present /**Absent**
14. Clubbing: Present /**Absent**
15. Edema: Present /**A**
16. Lymphadenopathy: P/**A**
17. Neck: Thyroid: **Normal**/abnormal.

**SYSTEMIC EXAMINATION: NS**

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Rookshannapanasevana/Langhana/pramithashana/others

**Viharatmaka:**

Kriyatiyoga/Vega-Nidra-Trusha-kshuda-nigraha/Atishrama/Ati  
Maithuna/Atisnanaabhyasa/RukshaUdavartan/Vikaraanushaya/Others

**Manasa:**Shoka/chinta/bhaya/Krodha/Others

**RUPA:**

| <b>Rupa</b>                    | <b>B. T</b> | <b>A. T</b> | <b>A. F</b> |
|--------------------------------|-------------|-------------|-------------|
| Shushka spic, udara,<br>greeva | Present     |             |             |
| Dhamanijala<br>santataha       |             |             |             |
| Twagasthi shesho               | Present     |             |             |
| Atikrusha                      |             |             |             |
| Sthoola parva                  |             |             |             |
| Vyayam<br>Atisauhityam         |             |             |             |
| Kshutpipasamay-<br>aushadham   |             |             |             |
| Atishtoshna-<br>maithunam      |             |             |             |

**CHIKITSA:**

**PradhanaChikitsa:**

| <b>Name</b>       | <b>Dosage</b> | <b>Dose</b>  |               |
|-------------------|---------------|--------------|---------------|
| <b>T. Gain IT</b> | <b>BD</b>     | <b>500mg</b> | <b>1month</b> |

**PRAMANA:**

|                 | B.T        | A.T         | A.F       |
|-----------------|------------|-------------|-----------|
| Height in mt    | <b>1.6</b> | <b>1.6</b>  |           |
| Weight in kg    | <b>46</b>  | <b>49</b>   | <b>51</b> |
| BMI             | <b>18</b>  | <b>19.1</b> |           |
| Waist-Hip ratio |            |             |           |

**Body parts measurement in centimeter:**

| Urah(Chest)    | B.T            | A.T           | A.F           |
|----------------|----------------|---------------|---------------|
| Udara(Abdomen) | <b>32 inch</b> | <b>33inch</b> | <b>33inch</b> |
| Sphik(Hip)     | <b>30inch</b>  | <b>32inch</b> | <b>32inch</b> |
| Bahu(Midarm)   |                |               |               |
| Greeva(Neck)   |                |               |               |

**Bodyweight and muscle analysis:**

| Parameter       | Day1 | Day30 | Day60 | Day90 |
|-----------------|------|-------|-------|-------|
| Weight in (KG)  | 46   | 49    | 51kg  |       |
| Body Fat (%)    |      |       |       |       |
| Fat Present     |      |       |       |       |
| Lea Body Weight |      |       |       |       |
| Weight gained   |      | 3kg   | 5kg   |       |
| Fat Lost        |      |       |       |       |

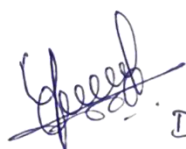


**Result:** Change/**Marked change**/ Unchanged

**CONCLUSION**

Marked healthy changes are observed

**SIGNATURE OF CONSULTANT**

  
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# Guduchi

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the ayurvedism



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