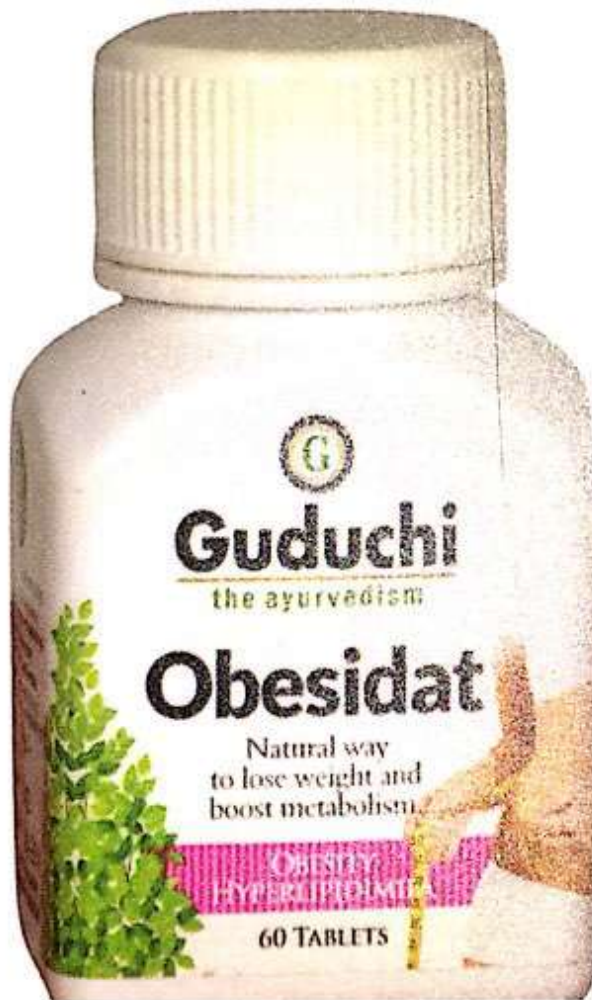




# Guduchi

the ayurvedism



## Clinical Study of Guduchi Obesidat

**Patient Details:**

**Sl.No:**

Name: Beena.  
Age : 38 y  
Sex : M / F

OPD No: 2053

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: Bangalore	Date of commencement: 18/03/2015
Ph No:	Date of completion: 05/05/2016
E-mail ID:	

**Disease History**

Main complaint: obesity class II Duration: 5 y

**Disease onset**

Weight increased at the age of 30 years  
Time of onset: Hereditary/Childhood/Teenage/Adult  
Mode of onset: Insidious/Gradual/  
Rapid

**Past history:** N.S.

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	No Breakfast	
Afternoon:	1.30pm	Sau, Sweet
Evening:	6 pm	
Night:	10pm	

**(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 sambandhi vruttanta:**

(A). Nidra: Sound/Disturbed/Good Duration 6hr Day 1hr hours

Night 6hr hours

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

Jagarana: Y/N If yes, since 1 year

If disturbed reason: Mental strain: Y/N If yes, since 1 year

(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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**Gynecological History:**

Menstrual cycle: ..... Regular / Irregular LMP... 20/4/16.

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche .11. years Menopause since.....years

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

Normal.....

Surgical History.....

Married life \_\_10\_\_ 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 / Sama	
Sara	Twak/Rakta/ Mamśa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P / M / A	
Pramana	Dairghya ___ cms Bhara ___ kg	
Satmya	Ekarāsa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas

Udakavaha srotas

Raktavaha srotas

Asthivaha srotas

Majjavaha srotas

Shukravaha srotas

Mootravaha srotas

**Mamsavaha srotas**

**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.

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

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

**Sparshana pareeksha**

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

**Prashna pareeksha**

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.

**Annavaha Srotas**

Shoola/ Annadwesha/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**Swedavaha Srotas**

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

**Sparshana pareeksha:** Asweda / Atisweda /Parushata

/Atishlakshnata. **Prashna pareeksha:** Asweda /Atisweda /

Paridah

**General Physical examination:**

Built and

1. nourishment:
2. Pulse : 68 / min, regular/irregular
3. B.P : 130 / 90 / mm of Hg
4. Temperature : 98.6 F
5. Heart rate : 72
6. Respiratory rate: 14 / min
7. Tongue : clean
8. Height : 155 cm
9. Weight : 46 kg
10. BMI : 31.6 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:**

A.S.

CNS:

RS:

CVS:

P/A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-

gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	76 Kg	73.4 Kg	72 Kg.
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya		present	absent	
Swedabadha		present		
Dourgandhya				
Atikshudha				
Atitrishna		present	absent	
Alpavyavaya				
Nidradhikya		present	absent	
Snigdhangata				
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		present	absent.	



**CHIKITSA:****POORVA KARMA**

<b>Sarvanga Udvartana</b>	For 5 days.
<b>Sarvanga Abhyanga</b>	-
<b>Bashpa sweda</b>	-
<b>Virechana</b>	-
<b>Lekhana Basti</b>	-

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	BD.	500mg.	1 month.

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	155 cm	159 cm	
Weight in kg	76 kg	73.4 kg	72 kg
BMI	31.6	30.6	
Waist-Hip ratio			

**Body parts measurement in centimeter:**

Urah(Chest)	B.T	A.T	A.F
Udara(Abdomen)	46 cm	45 cm	
Sphik(Hip)	44 cm	44 cm	
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month2	Month3
Age	37			
Sex	F			
Weight in KG	76 kg	73.4		
Height in CM	155 cm	155 cm		
Body Fat %	37.8	37		
Skeletal Fat %				
Muscle Fat %				
Body Age				
B.M.I	31.6	30.6		
RM Rate	1478	1444		
Visceral Fat				

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		Enclaved			
A.T					

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

Reg No : 2,114  
Name : Mrs.BEENA  
Referred By : Dr.Yamuna ( Guduchi )

Bill Date : 26-Dec-2015  
Age /Gender : 36Years / Female  
Rep Date : 24-Aug-2016 7:33 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	203*	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	190*	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	35	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	160*	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	5.80*		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	4.57*		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR.SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

Reg No : 2,134  
Name : Mrs.BEENA  
Referred By : Dr.Yamuna ( Guduchi )

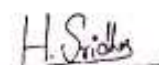
Bill Date : 12-Jun-2016  
Age /Gender : 36Years / Female  
Rep Date : 24-Aug-2016 7:56 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	190	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	130	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	62*	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	96	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	3.06		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.55		Normal : Upto 3.0


----- End Of Report -----

  
Lab Technologist

  
DR.SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

**CONCLUSION**

marked improvement observed.

  
**SIGNATURE OF CONSULTANT**



**Patient Details:****Sl.No:****Name:** Mini Divakaran**OPD No:** 3681**Age** : 45**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:**

Kammanahalli, Bangalore

**Date of commencement:**

20/02/2016

**Ph No:****Date of completion:** 20/07/2016**E-mail ID:****Disease History****Main complaint:****Duration:****Disease onset****Weight increased at the age of** 39 **years****Time of onset:** Hereditary/Childhood/Teenage/Adult**Mode of onset:** Insidious/Gradual/  
Rapid**Past history:**

N.S.

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

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

**Patient Details:**

Name:

Mini Divakar

Age

: 45

Sex

: M / F

Sl.No:

OPD No:

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:

Date of commencement:

21/05/2016

Ph No:

Date of completion: 29/07/2016

E-mail ID:

**Disease History**

Main complaint:

Over weight.

Duration:

6 year

**Disease onset**

Weight increased at the age of 39 years

Time of onset: Hereditary/Childhood/Teenage/Adult

Mode of onset: Insidious/Gradual/  
Rapid

**Past history:**

115.

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	11 AM	Sweet,
Afternoon:	1-30 pm	Sour,
Evening:	6 pm	
Night:	8-30 pm	

**(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- 2 ltr.

Beverages-

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

**Vihara sambandhi vruttanta:**

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

Night \_\_\_\_\_ 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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**Gynecological History:**

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

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche 9 years Menopause since.....years

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

Normal.....

Surgical History.....

Married life 16 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 / <del>Sama</del>	
Sara	Twak / Rakta / Mamsa / Meda / Asthi / Majja / Shukra / Satwa	
Samhanana	P / M / A	
Pramana	Dairghya <u>156</u> cms Bhara <u>71.3</u> kg	
Satmya	Ekarasa / Vyamishra / Sarvarasa	
	Madhura / Amla / Lavana / Tikta / <del>Katu</del> / Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala / <del>Madhyama</del> / Vriddha	

**SROTO PAREEKSHA:**

- Pranavaha srotas
- Udakavaha srotas
- Raktavaha srotas
- Asthivaha srotas
- Majjavaha srotas
- Shukravaha srotas
- Mootravaha srotas

**Mamsavaha srotas**

**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.

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

Snigdgata/ Alasya/ Mutradosha/ Kantha-mukhasosha/ Bahumutra/

Avilamutra.

**Sparshana pareeksha**

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

**Prashna pareeksha**

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/ Annadwesha/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**Swedavaha Srotas**

Darshana pareeksha: Asweda/ Atisweda/ Roma Harsha

Sparshana pareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashna pareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

- Built and *well nourished*
1. nourishment:
  2. Pulse : *77*/min, regular/irregular
  3. B.P : *120/94* mm of Hg
  4. Temperature : *98.0*F
  5. Heart rate :
  6. Respiratory rate: *16*/min
  7. Tongue :
  8. Height : *166* meter
  9. Weight : *71.3* kg
  10. BMI : *29.3* 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):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-

gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	71.3	69.3	68.8
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya		present	reduced	
Swedabadha				
Dourgandhya		present	reduced	
Atikshudha				
Atitrishna				
Alpavyavaya				
Nidradhikya				
Snigdhangata				
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		present	reduced.	

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvartana</b>	
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	✓
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	BD	1000 mg	3 months

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	156	156	156
Weight in kg	71.3	69.3	68.8
BMI	29.3	28.48	28.1
Waist-Hip ratio			

**Body parts measurement in centimeter:**

Urah(Chest)	B.T	A.T	A.F
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			



**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month1	Month1
Age	45			
Sex	F			
Weight in KG	71.3	69.3	68.8	
Height in CM	156	156	156	
Body Fat %	32.8	31.1	30.5	
Skeletal Fat %				
Muscle Fat %				
Body Age	58	57	57	
B.M.I	29.3	28.48	28.1	
RM Rate	1432	1389	1326	
Visceral Fat	10.6	9.3	9	

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		<del>Enclosed</del>			
A.T					

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

Reg No : 2,130  
 Name : Mrs.MINI DIVAKAR  
 Referred By : Dr.Yamuna ( Guduchi )

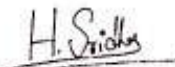
Bill Date : 17-Feb-2016  
 Age /Gender : 45Years / Female  
 Rep Date : 24-Aug-2016 7:40 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	181	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	92	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	60	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	95	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	3.02		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.58		Normal : Upto 3.0

----- End Of Report -----

  
 Lab Technologist

  
 DR.SHRIDHAR  
 MBBS,MD  
 CONSULTANT PATHOLOGIST

Reg No : 2,144  
Name : Mrs.MINI DIVAKAR  
Referred By : Dr.Yamuna ( Guduchi )

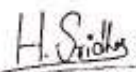
Bill Date : 13-Jul-2016  
Age /Gender : 45Years / Female  
Rep Date : 24-Aug-2016 8:00 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	179	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	90	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	60	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	90	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	2.98		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.50		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR. SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

**CONCLUSION**

Study showed marked improvement in clinical symptoms.

  
**SIGNATURE OF CONSULTANT**

**Patient Details:**

Sl.No:

Name: Angel.  
Age: 24  
Sex: M/F

OPD No: 2764

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: Software employee

Postal address with: Bangalore	Date of commencement: 22/12/2015
Ph No:	Date of completion: 03/07/2016
E-mail ID:	

**Disease History**

Main complaint: Overweight, PCOS Duration: 4 years

**Disease onset**

Weight increased at the age of 20 years  
Time of onset: Hereditary/Childhood/Teenage/Adult  
Mode of onset: Insidious/Gradual/  
Rapid

**Past history:** N.S.

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	10 AM	Hot & spicy.
Afternoon:	2 PM	
Evening:	6 PM	
Night:	10 PM	

**(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- 2 litr/day

Beverages-

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

**Vihara sambandhi vruttanta:**

**(A). Nidra:** Sound/Disturbed/Good Duration \_\_\_\_ Day 1 hours

Night 7 hours

Divaswapna: Y/N If yes, since 2 years.

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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**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 / PK / KV / Sama	
Sara	Twak / Rakta / Mamsa / Meda / Asthi / Majja / Shukra / Satwa	
Samhanana	P / M / A	
Pramana	Dairghya <del>143</del> cms Bhara <del>112.4</del> kg	
Satmya	Ekarasa / Vyamishra / Sarvarasa	
	Madhura / Amla / Lavana / Tikta / Katu / Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala / Madhyama / Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas  
Udakavaha srotas  
Raktavaha srotas  
Asthiavaha srotas  
Majjavaha srotas  
Shukravaha srotas  
Mootravaha srotas

**Mamsavaha srotas**

**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.

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

Snigdgata/ Alasya/ Mutradosha/ Kantha-mukhasosha/ Bahumutra/

Avilamutra.

**Sparshana pareeksha**

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

**Prashna pareeksha**

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.

**Annavaha Srotas**

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

**Swedavaha Srotas**

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

**Sparshana pareeksha**: Asweda / Atisweda /Parushata

/Atishlakshnata. **Prashna pareeksha**: Asweda /Atisweda /

Paridah

**General Physical examination:**

- Built and *Over nourished*
1. nourishment:
  2. Pulse : *72* min, regular/irregular
  3. B.P : *130/94* mm of Hg
  4. Temperature : *98* °F
  5. Heart rate :
  6. Respiratory rate: *16* / min
  7. Tongue : *Coated*
  8. Height : *1.73* meter
  9. Weight : *112.4* kg
  10. BMI : *37.56* 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:**

CNS:

RS:

CVS:

P\A:

GUS:

*K/c/o PCOS.*

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-

gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	112.4	110	108.6
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya				
Swedabadha				
Dourgandhya				
Atikshudha				
Atitrishna		present	reduced	
Alpavyavaya				
Nidradhikya		present	reduced	
Snigdhagata				
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		present	reduced.	

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvartana</b>	
<b>Sarvanga Abhyanga</b>	✓
<b>Bashpa sweda</b>	
<b>Virechana</b>	✓
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	BD	1000 mg	3 months.

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	173	173	123
Weight in kg	112.4	110	108.6
BMI	37.56	36.75	36.29
Waist-Hip ratio			

**Body parts measurement in centimeter:**

Urah(Chest)	B.T	A.T	A.F
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

	Before Treatment	After Treatment		
Parameter		Month1	Month1	Month1
Age	24			
Sex	F			
Weight in KG	112.4	110	108.6	
Height in CM	173	173	173	
Body Fat %	43.2	41.5	39	
Skeletal Fat %				
Muscle Fat %				
Body Age	52	51	50	
B.M.I	37.56	36.75	36.29	
RM Rate	2120	1865	1788	
Visceral Fat	16	14	11	

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		Enclosed			
A.T					

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



Reg No : 2,120  
Name : Mrs.ANGEL  
Referred By : Dr.Yamuna ( Guduchi )

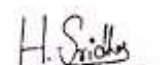
Bill Date : 29-Dec-2015  
Age /Gender : 24Years / Female  
Rep Date : 24-Aug-2016 7:36 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	293*	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	192*	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	32	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	189*	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	9.16*		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	5.91*		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR. SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

Reg No : 2,147  
Name : Mrs.ANGEL  
Referred By : Dr.Yamuna ( Guduchi )

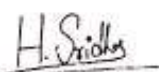
Bill Date : 03-Jul-2016  
Age /Gender : 24Years / Female  
Rep Date : 24-Aug-2016 8:01 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	198	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	142	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	58	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	98	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	3.41		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.69		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR. SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

**CONCLUSION**

Assessment showed complete changes in Urinary  
Symptoms & testing parameters.

  
**SIGNATURE OF CONSULTANT**

**Patient Details:**

Name: Ahmed  
 Age : 26  
 Sex : M/F

Sl.No:

OPD No: 2122

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 : Student

Postal address with: Bagdadh, Iraq.	Date of commencement: 16/11/2015
Ph No:	Date of completion: 16/06/2016
E-mail ID:	

**Disease History**

Main complaint: Over weight

Duration: 4 years

**Disease onset**

Weight increased at the age of 22 years

Time of onset: Hereditary/Childhood/Teenage/Adult

Mode of onset: Insidious/Gradual/  
Rapid**Past history:**

N.S.

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	11 Am	Hot & Spicy
Afternoon:	3 pm	
Evening:	—	
Night:	11 pm	

**(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- 1 1/2 liter.

Beverages-

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

**Vihara sambandhi vruttanta:**

**(A). Nidra:** Sound/Disturbed/Good Duration \_\_\_\_\_ Day 1 hours

Night 7 hours

Divaswapna: Y/N If yes, since 2 year

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: 9 /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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since 5 years \_\_\_\_\_ time/day

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**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 / KV / Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P / M / A	
Pramana	Dairghya ___ cms Bhara ___ kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas  
 Udakavaha srotas  
 Raktavaha srotas  
 Asthivaha srotas  
 Majjavaha srotas  
 Shukravaha srotas  
 Mootravaha srotas

**Mamsavaha srotas**

**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.

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

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

**Sparshana pareeksha**

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

**Prashna pareeksha**

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/ Annadwesh/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**Swedavaha Srotas**

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

**Sparshana pareeksha:** Asweda / Atisweda /Parushata

/Atishlakshnata. **Prashna pareeksha:** Asweda /Atisweda /

Paridah

**General Physical examination:**

- Built and *well nourished.*
1. nourishment:
  2. Pulse : *72*/min, regular/irregular
  3. B.P : *130/90* mm of Hg
  4. Temperature : *98.6* F
  5. Heart rate :
  6. Respiratory rate: *16*/min
  7. Tongue : *clear.*
  8. Height : *178* meter
  9. Weight : *96.6*kg
  10. BMI : *30.5*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:** *N.S*

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Atibhojana/Guru ahāra/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-

gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	96.6 kg	93.9	89.6.
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya		.		
Swedabadha		present	absent	
Dourgandhya		present	absent	
Atikshudha				
Atitrishna				
Alpavyavaya				
Nidradhikya				
Snigdhangata				
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		present	absent.	

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvardhana</b>	
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	<input checked="" type="checkbox"/>
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	B.D.	1000mg.	2 months.

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	179 cm	178 cm	
Weight in kg	96.6 kg	93.8	89.6
BMI	30.5	29	28
Waist-Hip ratio			

**Body parts measurement in centimeter:**

Urah(Chest)	B.T	A.T	A.F
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

	Before Treatment	After Treatment		
Parameter		Month1	Month1	Month1
Age	24y			
Sex	M			
Weight in KG	96.6	93.9	89.6	
Height in CM	178			
Body Fat %	26.9	25.6	23.8	
Skeletal Fat %				
Muscle Fat %	26.9	25.6	23.8	
Body Age	50	48	45	
B.M.I	30.5	29	28	
RM Rate	2020	1988	1786	
Visceral Fat	50	48	45	

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		Enrolled			
A.T					

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

Reg No : 2,115  
Name : Mr.AHEMED  
Referred By : Dr.Yamuna ( Guduchi )

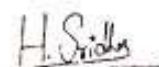
Bill Date : 27-Dec-2015  
Age /Gender : 26Years / Male  
Rep Date : 24-Aug-2016 7:34 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	290*	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	189*	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	38	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	180*	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	7.63*		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	4.74*		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR. SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST



Reg No : 2,135  
Name : Mr.AHEMED  
Referred By : Dr.Yamuna ( Guduchi )


Bill Date : 15-Jun-2016  
Age /Gender : 26Years / Male  
Rep Date : 24-Aug-2016 7:57 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	<b>203*</b>	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk ; Above 240
Triglycerides	<b>149</b>	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	<b>58</b>	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	<b>105</b>	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	<b>3.50</b>		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	<b>1.81</b>		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR. SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

**CONCLUSION**

Assessment showed marked changes in the parameters and clinical symptoms.

  
**SIGNATURE OF CONSULTANT**

**Patient Details:**

**Sl.No:**

Name: Gerald  
Age: 36 yrs  
Sex: M/F

OPD No: 3052

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: Software Engineer

Postal address with: <u>Kannanahalli, Bangalore</u>	Date of commencement: <u>04/01/2016</u>
Ph No:	Date of completion: <u>08/07/2016</u>
E-mail ID:	

**Disease History**

Main complaint: Obese class -I Duration: 4 yrs

**Disease onset**

Weight increased at the age of 30 years  
Time of onset: Hereditary/Childhood/Teenage/Adult  
Mode of onset: Insidious/Gradual/  
Rapid

**Past history:** N.S.

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	10 Am	Spsay.
Afternoon:	—	
Evening:	6 pm	
Night:	8 pm	

**(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- 2 ltr

Beverages-

Tea/Coffee/SoftDrinks/Alcohol/others

**Vihara sambandhi vruttanta:**

**(A). Nidra:** Sound/Disturbed/Good Duration Day 1 hours

Night 8 hours

Divaswapna: Y/N If yes, since 2 year

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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since 5 year time/day lately.

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**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 / <del>K</del> / VP / <del>PK</del> / KV / Sama	
Sara	Twak/Rakta/ <del>Mamsa</del> / Meda / Asthi / Majja/Shukra/Satwa	
Samhanana	P / M / A	
Pramana	Dairghya <del>125</del> cms Bhara <del>47</del> 3 kg	
Satmya	Ekarasa / Vyamishra / Sarvarasa	
	Madhura / Amla / Lavana / Tikta / Katu / Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala / Madhyama / Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas  
 Udakavaha srotas  
 Raktavaha srotas  
 Asthivaha srotas  
 Majjavaha srotas  
 Shukravaha srotas  
 Mootravaha srotas

**Mamsavaha srotas****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.



**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

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

**Sparshana pareeksha**

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

**Prashna pareeksha**

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.

**Annavaha Srotas**

Shoola/ Annadwesha/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**Swedavaha Srotas**

Darshana pareeksha: Asweda/ Atisweda/ Roma Harsha

Sparshana pareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashna pareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

- Built and *well built.*
1. nourishment:
  2. Pulse : 70/ min, regular/irregular
  3. B.P : 130/92 mm of Hg
  4. Temperature : 98 °F
  5. Heart rate :
  6. Respiratory rate: 16/ min
  7. Tongue :
  8. Height : 175 meter
  9. Weight : 84.3 kg
  10. BMI : 27.9 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):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-

gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	8+3	82-2	81.2
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya				
Swedabadha				
Dourgandhya		Present	Absent	
Atikshudha				
Atitrishna				
Alpavyavaya				
Nidradhikya				
Snigdhangata				
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		Present	Absent	

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvardana</b>	
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	✓ 3 days
<b>Virechana</b>	
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	BD	1000 mg	3 months

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	175		
Weight in kg	87.2	82.2	81
BMI	27.9	26.3	25.2
Waist-Hip ratio			

**Body parts measurement in centimeter:**

Urah(Chest)	B.T	A.T	A.F
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month1	Month1
Age	34			
Sex	M			
Weight in KG	87.3	82.2	81.2	
Height in CM	175	175	175	
Body Fat %	27.9	26.3	25.2	
Skeletal Fat %				
Muscle Fat %				
Body Age	50	48	47	
B.M.I	27.8	26.3	25.2	
RM Rate	1829	1796	1680	
Visceral Fat	13	12	11.3	

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		<del>Excluded</del>			
A.T					

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

Reg No : 2,124  
 Name : Mr.GERALD  
 Referred By : Dr.Yamuna ( Guduchi )

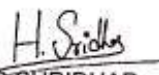
Bill Date : 05-Jan-2016  
 Age /Gender : 38Years / Male  
 Rep Date : 24-Aug-2016 7:38 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	206*	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	183*	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	58	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	150*	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	3.55		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	2.59		Normal : Upto 3.0

----- End Of Report -----

  
 Lab Technologist

  
 DR.SHRIDHAR  
 MBBS,MD  
 CONSULTANT PATHOLOGIST



Reg No : 2,151  
 Name : Mr.GERALD  
 Referred By : Dr.Yamuna ( Guduchi )

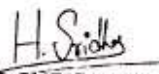
Bill Date : 06-Jul-2016  
 Age /Gender : 38Years / Male  
 Rep Date : 24-Aug-2016 8:02 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	180	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	138	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	60	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	105	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	3.00		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.75		Normal : Upto 3.0

----- End Of Report -----

  
 Lab Technologist

  
 DR. SHRIDHAR  
 MBBS, MD  
 CONSULTANT PATHOLOGIST



**CONCLUSION**

assessment showed marked changes in clinical and testing parameters.



**SIGNATURE OF CONSULTANT**

**Patient Details:**

Name: Shreya Jose  
Age: 15 yrs  
Sex: M/F

Sl.No:

OPD No: 3012

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: Student

Postal address with: Banarawadi, Bangalore	Date of commencement: 01/01/2016
Ph No:	Date of completion: 04/07/2016
E-mail ID:	

**Disease History**

Main complaint: overweight Duration: 2 years

**Disease onset**

Weight increased at the age of 14 years  
Time of onset: Hereditary/Childhood/Teenage/Adult  
Mode of onset: Insidious/Gradual/  
Rapid

**Past history:** N.S.

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	7-30 am	Sweet
Afternoon:	1 pm	
Evening:	5 pm	
Night:	8 pm	

**(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- 2 ltr

Beverages-

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

**Vihara sambandhi vruttanta:**

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

Night \_\_\_\_\_ 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). Madakari dravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

**(II). Anya abhyasa:**

**Rajo sambandhi vruttanta:**

**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 / PK / KV / Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P / M / A	
Pramana	Dairghya 152 cms Bhara 57 kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas

Udakavaha srotas

Raktavaha srotas

Asthiavaha srotas

Majjavaha srotas

Shukravaha srotas

Mootravaha srotas

**Mamsavaha srotas****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-

vridhhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

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

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

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

**Sparshana pareeksha**

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

**Prashna pareeksha**

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

**Swedavaha Srotas**

Darshana pareeksha: Asweda/ Atisweda/ Roma Harsha

Sparshana pareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashna pareeksha: Asweda /Atisweda /

Paridah



**General Physical examination:**

- Built and nourishment: *well nourished.*
1. Pulse : 68/ min, regular/irregular
2. B.P : 124/80 mm of Hg
3. Temperature : 98.6°F
4. Heart rate :
5. Respiratory rate: 14/ min
6. Tongue :
7. Height : 152.5 meter
8. Weight : 57 kg
9. BMI : 24.5 kg/m<sup>2</sup>
10. Pallor: Present / Absent ✓
11. Icterus: Present / Absent ✓
12. Cyanosis: Present / Absent ✓
13. Clubbing: Present / Absent ✓
14. Edema: Present / A ✓
15. Lymphadenopathy: P/A
16. Neck: Thyroid: Normal/abnormal.

**SYSTEMIC EXAMINATION:**

*A.S.*

CNS:

RS:

CVS:

P/A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-

gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	54 Kg	55.7 Kg	
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya				
Swedabhadha				
Dourgandhya				
Atikshudha				
Atitrishna		present	absent	
Alpavyavaya				
Nidradhikya		present	absent	
Snigdhangata				
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		present	absent	

**CHIKITSA:****POORVA KARMA**

<b>Sarvanga Udvartana</b>	✓ 3 days
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	BD.	Frang.	2 month

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	152.5 cm	-	-
Weight in kg	54	55.7	
BMI	24.51	23.95	
Waist-Hip ratio			

**Body parts measurement in centimeter:**

Urah(Chest)	B.T	A.T	A.F
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month1	Month1
Age	15			
Sex	F			
Weight in KG	57	55.7		
Height in CM	152.5	152.5		
Body Fat %	24.6	23.4		
Skeletal Fat %				
Muscle Fat %				
Body Age	20	19		
B.M.I	24.51	23.95		
RM Rate	1329	1316		
Visceral Fat	4.5	4.1		

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		Enclosed			
A.T					

Result: ☒ Change / ☐ Marked change / ☐ Unchanged

Reg No : 2,126  
Name : Miss.SHREYA JOSE  
Referred By : Dr.Yamuna ( Guduchi )


Bill Date : 09-Jan-2016  
Age /Gender : 15Years / Female  
Rep Date : 24-Aug-2016 7:38 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	180	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	96	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	62*	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	94	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	2.90		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.52		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR.SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

Reg No : 2,140  
 Name : Miss.SHREYA JOSE  
 Referred By : Dr.Yamuna ( Guduchi )

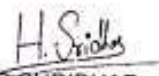
Bill Date : 03-Jul-2016  
 Age /Gender : 15Years / Female  
 Rep Date : 24-Aug-2016 7:58 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	182	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	92	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	63*	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	93	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	2.89		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.48		Normal : Upto 3.0


----- End Of Report -----

  
 Lab Technologist

  
 DR.SHRIDHAR  
 MBBS,MD  
 CONSULTANT PATHOLOGIST

**CONCLUSION**

Assessment showed changes in clinical parameters  
and left parameters in specific direction of  
treatment.

  
**SIGNATURE OF CONSULTANT**



**Patient Details:**

**Sl.No:**

Name: Mamatha  
Age : 45  
Sex : M/F

OPD No: 3122

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 : Govt. employee

Postal address with: <u>Kannanahalli, Bangalore 43</u>	Date of commencement: <u>14/01/2016</u>
Ph No:	Date of completion: <u>16/07/2016</u>
E-mail ID:	

**Disease History**

Main complaint: Obese class-II, Diabetic. Duration: 10 years

**Disease onset**

Weight increased at the age of 33 years  
Time of onset: Hereditary/Childhood/Teenage/Adult  
Mode of onset: Insidious/Gradual/  
Rapid

**Past history:**

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

**Family history:** N.S.

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	11 Am	Sweet.
Afternoon:	2pm	
Evening:	—	
Night:	10pm	

**(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 sambandhi vruttanta:**

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

Night\_\_\_\_ 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 5 day/years Hours of work: 9hr/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). Madakari dravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

**(J). Anya abhyasa:**

**Rajo sambandhi vruttanta:**

**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** 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 / VP / PK / KV / Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P / M / A	
Pramana	Dairghya <u>152</u> cms Bhara <u>75.5</u> kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas

Udakavaha srotas

Raktavaha srotas

Asthiavaha srotas

Majjavaha srotas

Shukravaha srotas

Mootravaha srotas

**Mamsavaha srotas****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-

vridhhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

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

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

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

**Sparshana pareeksha**

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

**Prashna pareeksha**

Javoparodha/ Kurechavyavayata/ 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.

**Annavaha Srotas**

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

**Swedavaha Srotas**

Darshana pareeksha: Asweda/ Atisweda/ Roma Harsha

Sparshana pareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashna pareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

- Built and  
1. nourishment: *Over nourished.*
2. Pulse : *70/min, regular/irregular*
3. B.P : *120/90 mm of Hg*
4. Temperature : *98 °F*
5. Heart rate :
6. Respiratory rate: *16/min*
7. Tongue : *clean*
8. Height : *1.525 meter*
9. Weight : *85.5 kg*
10. BMI : *36.7 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:**

*N.S.*

CNS:

RS:

CVS:

P/A:

GUS:



## Guduchi The Ayurvedism

### **NIDANA (Causes):**

#### **Aharatmaka (Food Related):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-

gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadhyasevana/ Bhojanothara sheeta jala pana/others

#### **Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

### **RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	95-5	93.6	90
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya				
Swedabadha		present	absent	
Dourgandhya				
Atikshudha				
Atitrishna				
Alpavyavaya				
Nidradhikya				
Snigdhangata		present	absent	
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		present	absent	

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvardana</b>	
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	✓
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration.
T. Obesitat	B.D	1000mg.	3 months.

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	152.5	152.5	152.5.
Weight in kg			
BMI			
Waist-Hip ratio			

**Body parts measurement in centimeter:**

	B.T	A.T	A.F
Urah(Chest)			
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month1	Month1
Age	45			
Sex	F			
Weight in KG	85.5	83.6	80	
Height in CM	152.5	152.5	162.5	
Body Fat %	42.3	40.6	39.3	
Skeletal Fat %				
Muscle Fat %				
Body Age	67	65	64	
B.M.I	36.7	36.9	34.4	
RM Rate	1796	1638	1428	
Visceral Fat	13.2	11.8	10.6	

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		calculated			
A.T					

✓  
Result: Change/Marked change/ Unchanged


Reg No : 2,127  
 Name : Mrs.MAMATHA  
 Referred By : Dr.Yamuna ( Guduchi )


Bill Date : 15-Jan-2016  
 Age /Gender : 45Years / Female  
 Rep Date : 24-Aug-2016 7:39 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
<b>LIPID PROFILE</b>			
Cholestrol Total (CHOD-POD method)	<b>296*</b>	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	<b>189*</b>	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	<b>36</b>	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	<b>182*</b>	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	<b>8.22*</b>		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	<b>5.06*</b>		Normal : Upto 3.0

----- End Of Report -----

  
 Lab Technologist

  
**DR.SHRIDHAR**  
 MBBS,MD  
 CONSULTANT PATHOLOGIST

Reg No : 2,141  
Name : Mrs.MAMATHA  
Referred By : Dr.Yamuna ( Guduchi )

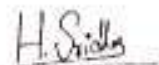
Bill Date : 04-Jul-2016  
Age /Gender : 45Years / Female  
Rep Date : 24-Aug-2016 7:59 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	<b>205*</b>	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	<b>152*</b>	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	<b>59</b>	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	<b>106</b>	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	<b>3.47</b>		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol Ratio	<b>1.80</b>		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

**CONCLUSION**

Marked changes observed after completing  
- the Treatment .



**SIGNATURE OF CONSULTANT**

Guduchi

**Patient Details:**

Name: Santosh  
Age: 40  
Sex: M/F

Sl.No:

OPD No: 3143

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: Director

Postal address with: Kannanahalli, Bangalore	Date of commencement: 15/01/2016
Ph No:	Date of completion: 30/05/2016
E-mail ID:	

**Disease History**

Main complaint: overweight

Duration: 8 years

**Disease onset**

Weight increased at the age of 32 years

Time of onset: Hereditary/Childhood/Teenage/Adult

Mode of onset: Insidious/Gradual/  
Rapid

**Past history:** N.S.

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

**Family history:**

Is obesity part of family history? Yes/No



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	—	Hot & Spicy
Afternoon:	1.30 PM	
Evening:	6.00 PM	
Night:	10.00 PM	

**(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- 1.5 ltr

Beverages-

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

**Vihara sambandhi vruttanta:**

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

Night \_\_\_\_ 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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff  
Since \_\_\_\_\_ time/day

(II). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**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/ KV/ Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P/ M/ A	
Pramana	Dairghya 122cms Bhara 26.9kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
Satva	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Ahara shakthi	P/ M/ A	
Abhyavarna shakthi	Purvakalina P/ M/ A	Adyatana P/ M/ A
Jarana shakthi	Purvakalina P/ M/ A	Adyatana P/ M/ A
Vyayama shakthi	P/ M/ A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas

Udakavaha srotas

Raktavaha srotas

Asthiavaha srotas

Majjavaha srotas

Shukravaha srotas

Mootravaha srotas

**Mamsavaha srotas****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-

vridhhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

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

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

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

**Sparshana pareeksha**

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

**Prashna pareeksha**

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.

**Annavaha Srotas**

Shoola/ Annadwesa/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**Swedavaha Srotas**

Darshana pareeksha: Asweda/ Atisweda/ Roma Harsha

Sparshana pareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashna pareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

Built and

1. nourishment:
2. Pulse : 68 / min, regular/irregular
3. B.P : 120/ 90 mm of Hg
4. Temperature : 98 °F
5. Heart rate :
6. Respiratory rate: 16/ min
7. Tongue :
8. Height : 173 meter
9. Weight : 74.4 kg
10. BMI : 24.8 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):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-  
gudavikarasevana/Mamsarasevana/Godhuma/Shali/Masha/  
Navamadyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	14.4	19.5	10.5
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya				
Swedabadha		Present	Absent	
Dourgandhya				
Atikshudha				
Atitrishna				
Alpavyavaya				
Nidradhikya		Present	Absent	
Snigdhagata				
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		Present	Absent	



**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvartana</b>	
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	BD	1000 Mg	3 months

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	173	173	173
Weight in kg	74.4	72.5	70.5
BMI	24.56	24.2	23.56
Waist-Hip ratio			

**Body parts measurement in centimeter:**

	B.T	A.T	A.F
Urah(Chest)			
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

	Before Treatment	After Treatment		
Parameter		Month1	Month1	Month1
Age	40			
Sex	M			
Weight in KG	74.4	72.5	70.5	
Height in CM	173	173	173	
Body Fat %	28.9	25.6	23.8	
Skeletal Fat %				
Muscle Fat %				
Body Age	50	48	46	
B.M.I	24.86	24.2	23.56	
RM Rate	1769	1689	1512	
Visceral Fat	9.8	9.1	8.5	

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		<del>Enclend</del>			
A.T					

**Result: Change / <sup>✓</sup>Marked change / Unchanged**

Reg No : 2,125  
 Name : Mr.SANTHOSH  
 Referred By : Dr.Yamuna ( Guduchi )

Bill Date : 10-Jan-2016  
 Age /Gender : 40Years / Male  
 Rep Date : 24-Aug-2016 7:38 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
<b>LIPID PROFILE</b>			
Cholestrol Total (CHOD-POD method)	170	mg/dl	Normal: Upto 200 Borderline : 200-239 High Risk : Above 240
Triglycendes	98	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	59	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	98	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	2.88		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.66		Normal : Upto 3.0

----- End Of Report -----

  
 Lab Technologist

  
 DR. SHRIDHAR  
 MBBS,MD  
 CONSULTANT PATHOLOGIST

Reg No : 2,152  
 Name : Mr.SANTHOSH  
 Referred By : Dr.Yamuna ( Guduchi )

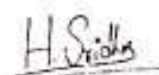
Bill Date : 05-Jun-2016  
 Age /Gender : 40Years / Male  
 Rep Date : 24-Aug-2016 8:06 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
<b>LIPID PROFILE</b>			
Cholestrol Total (CHOD-POD method)	175	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	94	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	61*	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	91	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	2.87		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.49		Normal : Upto 3.0

----- End Of Report -----

  
 Lab Technologist

  
 DR. SHRIDHAR  
 MBBS,MD  
 CONSULTANT PATHOLOGIST

**CONCLUSION**

assessment showed marked improvement in  
clinical parameters in specific duration  
- of time.

  
**SIGNATURE OF CONSULTANT**

**Patient Details:**

Sl.No:

Name: Hilda.  
Age : 23 years  
Sex : M/F

OPD No: 2532

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 : Student

Postal address with: Kellappa Circle, Kannanahalli	Date of commencement: 18/12/2015
Ph No:	Date of completion: 03/07/2016
E-mail ID:	

**Disease History**

Main complaint: Over weight, Hypo thyroidism  
Duration: 5 years

**Disease onset**

Weight increased at the age of 18 years  
Time of onset: Hereditary/Childhood/Teenage/Adult  
Mode of onset: Insidious/Gradual/  
Rapid

**Past history:** N.S.

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	8 Am	Sweet food
Afternoon:	3 pm	Sour food.
Evening:	6 pm	
Night:	9 pm.	

**(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- 1 1/2 ltr.

Beverages-

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

**Vihara sambandhi vruttanta:**

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

Night \_\_\_\_ 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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**Gynecological History:**

Menstrual cycle: ~~12~~ Regular / Irregular LMP....

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche 11.. 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 / KV / Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P / M / A	
Pramana	Dairghya <u>161</u> cms Bhara <u>96.6</u> kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas

Udakavaha srotas

Raktavaha srotas

Asthivaha srotas

Majjavaha srotas

Shukravaha srotas

Mootravaha srotas

**Mamsavaha srotas**

**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.

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

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

**Sparshana pareeksha**

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

**Prashna pareeksha**

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/ Annadwesha/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**Swedavaha Srotas**

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

**Sparshana pareeksha:** Asweda / Atisweda /Parushata

/Atishlakshnata. **Prashna pareeksha:** Asweda /Atisweda /

Paridah

**General Physical examination:**

- Built and  
1. nourishment: Over nourished.
2. Pulse : 65/ min, regular/irregular
3. B.P : 120/90 mm of Hg
4. Temperature : 98°F
5. Heart rate :
6. Respiratory rate: 16/ min
7. Tongue :
8. Height : 165 meter
9. Weight : 96.6 kg
10. BMI : 34.21kg/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):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
~~Dadhi- sarpi-payasa-ikshu-~~  
 gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
 Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
 sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	96.6	93.8	99.6.
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya		present	reduced	
Swedabadha				
Dourgandhya		present	reduced.	
Atikshudha				
Atitrishna				
Alpavyavaya				
Nidradhikya				
Snigdhangata				
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		present	reduced.	

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvartana</b>	✓
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	B.D.	1000mg.	3 months

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	168	168	168
Weight in kg	96.6	93.8	89.6
BMI	34.23	33.23	31.75
Waist-Hip ratio			

**Body parts measurement in centimeter:**

	B.T	A.T	A.F
Urah(Chest)			
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			



**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month1	Month1
Age	83			
Sex	F			
Weight in KG	96.6	93.8	89.6	
Height in CM	168	168	168	
Body Fat %	43.2	41.5	39	
Skeletal Fat %				
Muscle Fat %				
Body Age	51	50	48	
B.M.I	34.23	33.23	31.75	
RM Rate	1982	1971	1846	
Visceral Fat	14.5	13	9	

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		<del>Enclafed</del>			
A.T					

Result: Change/Marked change/ Unchanged

Reg No : 2,118  
Name : Mrs.HILDA  
Referred By : Dr.Yamuna ( Guduchi )

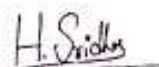
Bill Date : 29-Dec-2015  
Age /Gender : 25Years / Female  
Rep Date : 24-Aug-2016 7:35 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	283*	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	189*	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	38	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	171*	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	7.45*		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	4.50*		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR.SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

Reg No : 2,138  
Name : Mr.HILDA  
Referred By : Dr.Yamuna ( Guduchi )

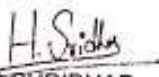
Bill Date : 30-Jun-2016  
Age /Gender : 25Years / Male  
Rep Date : 24-Aug-2016 7:58 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	<b>209*</b>	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	<b>152*</b>	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	<b>62*</b>	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	<b>102</b>	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	<b>3.37</b>		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	<b>1.65</b>		Normal : Upto 3.0


----- End Of Report -----

  
Lab Technologist

  
DR.SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

**CONCLUSION**

Assessment showed marked improvement in clinical symptoms.

  
**SIGNATURE OF CONSULTANT**

**Patient Details:**

Name: Pandai bai  
Age : 50 years  
Sex : M/F

Sl.No:

OPD No: 3402

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 : Home maker.

Postal address with: Hennur main road, Bangalore	Date of commencement: 01/02/2016
Ph No:	Date of completion: 18/07/2016
E-mail ID:	

**Disease History**

Main complaint: Overweight Duration: 12 years

**Disease onset**

Weight increased at the age of 46 years  
Time of onset: Hereditary/Childhood/Teenage/Adult  
Mode of onset: Insidious/Gradual/  
Rapid

**Past history:** N.S.

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	11.30 AM	Sweet,
Afternoon:	3 pm	Sour.
Evening:	—	
Night:	10 pm	

**(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 sambandhi vruttanta:**

**(A). Nidra:** Sound/Disturbed/Good Duration \_\_\_\_\_ Day 9 hours

Night 9 hours

Divaswapna: Y/N If yes, since 1 year

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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**Gynecological History:**

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

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche 12 years Menopause since 50 years

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

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 / VP / PK / KV / Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P / M / A	
Pramana	Dairghya 152 cms Bhara 69.3 kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas  
 Udakavaha srotas  
 Raktavaha srotas  
 Asthivaha srotas  
 Majjavaha srotas  
 Shukravaha srotas  
 Mootravaha srotas

**Mamsavaha srotas**

**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.

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

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

Avilamutra.

**Sparshana pareeksha**

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

**Prashna pareeksha**

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

**Swedavaha Srotas**

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

**Sparshana pareeksha:** Asweda / Atisweda /Parushata

/Atishlakshnata. **Prashna pareeksha:** Asweda /Atisweda /

Paridah

**General Physical examination:**

- Built and  
1. nourishment: well nourished
2. Pulse : 68 / min, regular/irregular
3. B.P : 130/92 mm of Hg
4. Temperature : 98.7°F
5. Heart rate :
6. Respiratory rate: 16/ min
7. Tongue :
8. Height : 1.55 meter
9. Weight : 65.3 kg
10. BMI : 29.3 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:**

N.S.

CNS:

RS:

CVS:

P/A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-  
gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	67-3	67-1	67-2
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya		reduced	reduced	
Swedabadha				
Dourgandhya		✓	reduced	
Atikshudha				
Atitrishna				
Alpavyavaya				
Nidradhikya				
Snigdhangata				
Angagauravata				
Gatrassaada				
Kshudrashwasa				
Aalsya		✓	reduced	

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvartana</b>	
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	✓
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	B.D	1000 mg	3 months

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	159.5	159.5	159.5
Weight in kg	68.3	67.1	65.3
BMI	29.37	28.85	28.08
Waist-Hip ratio			

**Body parts measurement in centimeter:**

Urah(Chest)	B.T	A.T	A.F
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

Reg No : 2,131  
 Name : Mrs.PANDARI BAI  
 Referred By : Dr.Yamuna ( Guduchi )

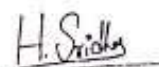
Bill Date : 06-Feb-2016  
 Age /Gender : 50Years / Female  
 Rep Date : 24-Aug-2016 7:40 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	230*	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	190*	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	49	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	180*	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	4.69*		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	3.67*		Normal : Upto 3.0

----- End Of Report -----

  
 Lab Technologist

  
 DR.SHRIDHAR  
 MBBS,MD  
 CONSULTANT PATHOLOGIST



Reg No : 2,145  
Name : Mrs.PANDARI BAI  
Referred By : Dr.Yamuna ( Guduchi )

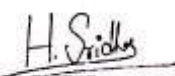
Bill Date : 12-Jul-2016  
Age /Gender : 50Years / Female  
Rep Date : 24-Aug-2016 8:00 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	195	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	140	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	60	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	94	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	3.25		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.57		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR.SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

**CONCLUSION**

assessment showed marked changes in  
clinical symptoms.

  
**SIGNATURE OF CONSULTANT**

**Patient Details:**

Sl.No:

Name: Archana.

OPD No: 3301

Age : 35

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 : Home maker

Postal address with:

Kannanahalli, Bangalore

Date of commencement:

29/01/2016

Ph No:

Date of completion: 30/07/2016

E-mail ID:

**Disease History**

Main complaint: Overweight, Hypothyroidism

Duration: 4 years

**Disease onset**

Weight increased at the age of 30 years

Time of onset: Hereditary/Childhood/Teenage/Adult

Mode of onset: Insidious/Gradual/  
Rapid

**Past history:** N.S.

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	11 AM	Sour, Spicy.
Afternoon:	2pm	
Evening:	5pm	
Night:	9pm	

**(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- 1 1/2 ltr.

Beverages-

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

**Vihara sambandhi vruttanta:**

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

Night \_\_\_\_\_ 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: 8 /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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**Gynecological History:**

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

Oligomenorrhoea / Polymenorrhoea / Dysmenorrhoea / White Discharge

Menarche 11.1 years Menopause since.....years

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

Normal.....

Surgical History.....

Married life 11 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/ Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P/ M/ A	
Pramana	Dairghya 154 cms Bhara 76.7kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P/ M/ A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P/ M/ A	Adyatana P/ M/ A
Jarana shakthi	Purvakalina P/ M/ A	Adyatana P/ M/ A
Vyayama shakthi	P/ M/ A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas

Udakavaha srotas

Raktavaha srotas

Asthiavaha srotas

Majjavaha srotas

Shukravaha srotas

Mootravaha srotas

**Mamsavaha srotas****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-

vridhhi/Adhimamsa/Mamsaarbuda/Mamsakeela/

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



**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

Snigdgata/ Alasya/ Mutradosha/ Kantha-mukhasosha/ Bahumutra/

Avilamutra.

**Sparshana pareeksha**

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

**Prashna pareeksha**

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.

**Annavaha Srotas**

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

**Swedavaha Srotas**

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

**Sparshana pareeksha:** Asweda / Atisweda /Parushata

/Atishlakshnata. **Prashna pareeksha:** Asweda /Atisweda /

Paridah

**General Physical examination:**

- Built and *over nourished*
1. nourishment:
  2. Pulse : *76* / min, regular/irregular
  3. B.P : *120/96* mm of Hg
  4. Temperature : *98.0* F
  5. Heart rate :
  6. Respiratory rate: *16* / min
  7. Tongue :
  8. Height : *154* meter
  9. Weight : *76.7* kg
  10. BMI : *32.34* 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:**

CNS:

RS:

CVS:

P\A:

GUS:

*H/O*

*hypothyroidism.*

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
 Dadhi- sarpi-payasa-ikshu-  
 gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
 Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
 sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	76.9	74.5	68.3
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya		present	reduced	
Swedabadha				
Dourgandhya				
Atikshudha				
Atitrishna				
Alpavyavaya				
Nidradhikya				
Snigdhagata		present	absent	
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya	present	present	reduced	

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvartana</b>	✓
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	✓
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	B.T	1000 mg	3 months

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	154	154	154
Weight in kg	76.7	74.3	68.3
BMI	32.34	31.33	28.8
Waist-Hip ratio			

**Body parts measurement in centimeter:**

Urah(Chest)	B.T	A.T	A.F
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month1	Month1
Age	35			
Sex	F			
Weight in KG	76.7	76.3	68.3	
Height in CM	154	154	154	
Body Fat %	42.3	40.6	37.2	
Skeletal Fat %				
Muscle Fat %				
Body Age	56	66	54	
B.M.I	32.34	31.33	28.8	
RM Rate	1536	1492	1384	
Visceral Fat	14.7	14	12	

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		Enlarged			
A.T					

Result: ☒ Change / ☐ Marked change / ☐ Unchanged

Reg No : 2,132  
Name : Mrs.ARCHANA  
Referred By : Dr.Yamuna ( Guduchi )

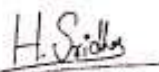
Bill Date : 05-Feb-2016  
Age /Gender : 39Years / Female  
Rep Date : 24-Aug-2016 7:41 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	<b>205*</b>	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	<b>181*</b>	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	<b>56</b>	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	<b>180*</b>	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	<b>3.66</b>		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	<b>3.21*</b>		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR. SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST



Reg No : 2,146  
Name : Mrs.ARCHANA  
Referred By : Dr.Yamuna ( Guduchi )

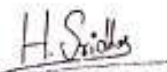
Bill Date : 22-Jul-2016  
Age /Gender : 39Years / Female  
Rep Date : 24-Aug-2016 8:00 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
<b>LIPID PROFILE</b>			
Cholestrol Total (CHOD-POD method)	<b>185</b>	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	<b>131</b>	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	<b>59</b>	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	<b>101</b>	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	<b>3.14</b>		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	<b>1.71</b>		Normal : Upto 3.0

----- End Of Report -----


  
Lab Technologist

  
DR. SHRIDHAR  
MBBS, MD  
CONSULTANT PATHOLOGIST



**CONCLUSION**

assessment showed improvements in clinical  
symptoms.

  
**SIGNATURE OF CONSULTANT**

**Patient Details:**

**Sl.No:**

Name: Usha  
Age : 36 years  
Sex : M / F

OPD No: 2216

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 : Home maker

Postal address with: <u>Kammanahalli, Bangalore</u>	Date of commencement: <u>12/12/2015</u>
Ph No:	Date of completion: <u>10/08/2016</u>
E-mail ID:	

**Disease History**

Main complaint: Overweight, (Obese class III) Duration: 34 years

**Disease onset**

Weight increased at the age of 31 years  
Time of onset: Hereditary/Childhood/Teenage/Adult  
Mode of onset: Insidious/Gradual/  
Rapid

**Past history:**

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	10 - 11 a.m	Madhura, Katu
Afternoon:	2.30 - 3 p.m	Katu Rasa
Evening:	5 - 5.30	Tikta.
Night:	9.30 - 10	Madhura.

**(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- Cold

Beverages-

Tea/Coffee/SoftDrinks/Alcohol/others

**Vihara sambandhi vruttanta:**

(A). Nidra: Sound/Disturbed/Good Duration \_\_\_ Day 1 hours

Night 7 hours

Divaswapna: Y/N If yes, since 10-12 yrs

Jagarana: Y/N If yes, since

If disturbed reason: Mental strain: Y/N If yes, since 10 yrs

(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 1 time/day

(H). Mutra: Usual/Dysuria/polyuria/Oliguria frequency 4-5 time/day

(I). Madakarl dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**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 / KV / Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P / M / A	
Pramana	Dairghya 159 cms Bhara 80.6 kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas  
Udakavaha srotas  
Raktavaha srotas  
Asthiavaha srotas  
Majjavaha srotas  
Shukravaha srotas  
Mootravaha srotas

**Mamsavaha srotas**

**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.

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

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

**Sparshana pareeksha**

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

**Prashna pareeksha**

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.

**Annavaha Srotas**

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

**Swedavaha Srotas**

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

**Sparshana pareeksha:** Asweda / Atisweda /Parushata

/Atishlakshnata. **Prashna pareeksha:** Asweda /Atisweda /

Paridah



**General Physical examination:**

- Built and
1. nourishment:
  2. Pulse : 76 / min, regular/irregular
  3. B.P : 120 / 76 mm of Hg
  4. Temperature : 98.6 F
  5. Heart rate :
  6. Respiratory rate: 18 / min
  7. Tongue :
  8. Height : 159 meter (Cu)
  9. Weight : 80.4 kg
  10. BMI : 32.4 kg/m<sup>2</sup>
  11. Pallor: Present / Absent ✓
  12. Icterus: Present / Absent ✓
  13. Cyanosis: Present / Absent ✓
  14. Clubbing: Present / Absent ✓
  15. Edema: Present / Absent ✓
  16. Lymphadenopathy: P/A ✓
  17. Neck: Thyroid: Normal/abnormal ✓

**SYSTEMIC EXAMINATION:**

CNS:

RS:

CVS:

Normal.

P/A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Atibhojana/Guru āhara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payāsa-ikshu-

gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga ✓	✓		
	Urah			
	Uru			
	Bahu	✓		
	Greeva	✓		
	Udara ✓	✓		
	Sphik ✓	✓		
	Stana ✓	✓		
Dourbalya		✓		
Swedabadha		✓		
Dourgandhya				
Atikshudha				
Atitrishna		✓		
Alpavyavaya		✓		
Nidradhikya		✓		
Snigdhagata				
Angagauravata		✓		
Gatrasaada				
Kshudrashwasa				
Aalsya		✓		

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvartana</b>	
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	✓
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	
T. Obesitat	250mg	1 tab	B.D.

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	159.		
Weight in kg	80.6		
BMI	32.4.		
Waist-Hip ratio			

**Body parts measurement in centimeter:**

	B.T	A.T	A.F
Urah(Chest)			
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month2	Month3
Age	36	36		
Sex	F	F		
Weight in KG	80.6	78.7		
Height in CM	159	159		
Body Fat %	40.7	38.7		
Skeletal Fat %				
Muscle Fat %				
Body Age	60yrs	57		
B.M.I	32.4	31.1		
RM Rate	1644	1444		
Visceral Fat	13	11.5		

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T					
A.T					



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

Reg No : 2,113  
 Name : Mrs. JISHA  
 Referred By : Dr. Yamuna ( Guduchi )

Bill Date : 25-Dec-2015  
 Age / Gender : 37 years / Female  
 Rep Date : 24-Aug-2015 7:33 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholesterol Total (CHOD-PDO method)	260*	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	190*	mg/dl	Normal: Upto 150 Borderline: 151 - 199 Some Risk: 200 - 499 Very High Risk: > 500
HDL Cholesterol (Direct method)	35	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholesterol (Calculation)	160*	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	7.43*		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL:HDL Chol. Ratio	4.57*		Normal : Upto 3.0

----- End Of Report -----



Lab Technologist



DR. SHRIDHAR  
 MBBS, MD  
 CONSULTANT PATHOLOGIST

Reg No : 2,133  
Name : Mrs.USHA  
Referred By : Dr.Yamuna ( Guduchi )

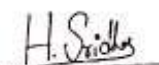
Bill Date : 06-Aug-2016  
Age /Gender : 37Years / Female  
Rep Date : 24-Aug-2016 8:05 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
<b>LIPID PROFILE</b>			
Cholestrol Total (CHOD-POD method)	196	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	142	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	50	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	100	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	3.92		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	2.00		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR. SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

**CONCLUSION**

Study showed marked improvement  
and also with clinical  
Symptoms.

**SIGNATURE OF CONSULTANT**



**Patient Details:**

Name: Chandini  
Age: 24  
Sex: M/F

Sl.No:

OPD No: 2167

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:	Date of commencement: 18/11/2015
Ph No:	Date of completion: 30/06/2016
E-mail ID:	

**Disease History**

Main complaint: Overweight Duration: 34 years

**Disease onset**

Weight increased at the age of 21 years  
Time of onset: Hereditary/Childhood/Teenage/Adult  
Mode of onset: Insidious/Gradual/  
Rapid

**Past history:** N.S.

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	—	
Afternoon:	12 pm	Sweet.
Evening:	6 pm	
Night:	11 pm	

**(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./day

Beverages-

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

**Vihara sambandhi vruttanta:**

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

Night\_\_\_\_ hours

Divaswapna: Y/N If yes, since 2 years

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: 5/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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**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 / KV / Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P / M / A	
Pramana	Dairghya 162cms Bhara 36.2kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala/ Madhyama/ Vridhdha	

**SROTO PAREEKSHA:**

Pranavaha srotas

Udakavaha srotas ✓

Raktavaha srotas

Asthivaha srotas

Majjavaha srotas

Shukravaha srotas

Mootravaha srotas ✓

**Mamsavaha srotas**

**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-  
vridhhi/Adhimamsa/Mamsaarbuda/Mamsakeela/  
Galashaluka/Galasundika/Puthimamsa/Alaji/Galaganda/Upajihwaka.

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

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

**Sparshana pareeksha**

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

**Prashna pareeksha**

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.

**Annavaha Srotas**

Shoola/ Annadwesa/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**Swedavaha Srotas**

Darshana pareeksha: Asweda/ Atisweda/ Roma Harsha

Sparshana pareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashna pareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

- Built and  
1. nourishment: well nourished
2. Pulse : 78/ min, regular/irregular
3. B.P : 120/80 mm of Hg
4. Temperature : 98°F
5. Heart rate :
6. Respiratory rate: 14/ min
7. Tongue : mid coated
8. Height : 162 meter
9. Weight : 62 kg
10. BMI : 29.9 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:**

N.S.

CNS:

RS:

CVS:

P/A:

GUS:



## Guduchi The Ayurvedism

### **NIDANA (Causes):**

#### **Aharatmaka (Food Related):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-

gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadyasevana/ Bhojanothara sheeta jala pana/others

#### **Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

### **RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	46.2 Kg	44.5	42.1
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya				
Swedabadha				
Dourgandhya		present	absent	
Atikshudha				
Atitrishna		present	absent	
Alpavyavaya				
Nidradhikya				
Snigdhangata				
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		present	absent	

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvartana</b>	✓ 5 days.
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	60.	1000mg.	3 months

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	162	162	162
Weight in kg	76.8	74.5	72.1
BMI	29.9	29	28
Waist-Hip ratio			

**Body parts measurement in centimeter:**

Urah(Chest)	B.T	A.T	A.F
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month1	Month1
Age	24			
Sex	F			
Weight in KG	76.8	74.5	72.1	
Height in CM	162	162	162	
Body Fat %	34.8	34	32.1	
Skeletal Fat %				
Muscle Fat %				
Body Age	41	40	38	
B.M.I	29.9	29	28	
RM Rate	1662	1501	7432	
Visceral Fat	11.2	10.5	9	

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T	Enclod				
A.T		Enclod			

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

Reg No : 2,122  
Name : Mrs.CHANDINI  
Referred By : Dr.Yamuna ( Guduchi )


Bill Date : 26-Dec-2015  
Age /Gender : 24Years / Female  
Rep Date : 24-Aug-2016 7:37 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	180	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	96	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	62*	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	94	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	2.90		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.52		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR. SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

Reg No : 2,149  
Name : Mrs.CHANDINI  
Referred By : Dr.Yamuna ( Guduchi )


Bill Date : 24-Jun-2016  
Age /Gender : 24Years / Female  
Rep Date : 24-Aug-2016 8:02 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	183	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	91	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	60	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	96	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	3.05		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.60		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR. SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

**CONCLUSION**

Assessment showed complete changes in clinical symptoms of the patient and also testing parameters.

  
**SIGNATURE OF CONSULTANT**



**Patient Details:**

**Sl.No:**

Name: Mathiaz  
Age: 26  
Sex: M/F

OPD No: 2712

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: Student

Postal address with: Oman,	Date of commencement: 21/12/2015
Ph No:	Date of completion: 10/06/2016
E-mail ID:	

**Disease History**

Main complaint: Overweight

Duration: 5 years

**Disease onset**

Weight increased at the age of 21 years

Time of onset: Hereditary/Childhood/Teenage/Adult

Mode of onset: Insidious/Gradual/  
Rapid

**Past history:** N.S.

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

**Family history:**

Is obesity part of family history? Yes/No



**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	9 Am	Hot & spicy
Afternoon:	2 pm	
Evening:	—	
Night:	8 pm	

**(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- 3 litr.

Beverages-

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

**Vihara sambandhi vruttanta:**

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

Night \_\_\_\_\_ hours

Divaswapna: Y/N If yes, since 2 years

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). Madakari dravya:** Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

**(J). Anya abhyasa:**

**Rajo sambandhi vruttanta:**

**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 / KV / Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P / M / A	
Pramana	Dairghya 165 cms Bhara 107 kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala/ Madhyama/ Vridha	

**SROTO PAREEKSHA:**

Pranavaha srotas  
 Udakavaha srotas  
 Raktavaha srotas  
 Asthivaha srotas  
 Majjavaha srotas  
 Shukravaha srotas  
 Mootravaha srotas

**Mamsavaha srotas**

**Mamsa sara pareeksha**

Sthira/Guru/Subhaga/Mamsopachitha in  
 Shankha/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.

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vriddi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

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

**Sparshana pareeksha**

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

**Prashna pareeksha**

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.

**Annavaha Srotas**

Shoola/ Annadwesa/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**Swedavaha Srotas**

Darshana pareeksha: Asweda/ Atisweda/ Roma Harsha

Sparshana pareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashna pareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

- Built and *well nourished.*
1. nourishment:
  2. Pulse : 78 / min, regular/irregular
  3. B.P : 130/94 mm of Hg
  4. Temperature : 98 °F
  5. Heart rate :
  6. Respiratory rate: 14 / min
  7. Tongue :
  8. Height : 165 meter
  9. Weight : 104 kg
  10. BMI : 39.2 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:** *N.S.*

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-  
gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga			
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya				
Swedabadha				
Dourgandhya				
Atikshudha				
Atitrishna				
Alpavyavaya				
Nidradhikya				
Snigdhangata		present	absent	
Angagauravata				
Gatrasaada		present	absent	
Kshudrashwasa				
Aalsya		present	absent	



**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvartana</b>	
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	✓
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	B.D.	1000mg	3 months

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	165	---	---
Weight in kg	107.2	100	92.2
BMI	39.3	36.6	35.9
Waist-Hip ratio			

**Body parts measurement in centimeter:**

	B.T	A.T	A.F
Urah(Chest)			
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month1	Month1
Age	26			
Sex	M			
Weight in KG	107.2	100	98.2	
Height in CM	165	165	165	
Body Fat %				
Skeletal Fat %				
Muscle Fat %	43.2	40.6	39	
Body Age	63	61	58	
B.M.I	39.3	36.6	35.9	
RM Rate	2120	1865	1788	
Visceral Fat	160	14.11	11	

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		Enclosed		Enclosed.	
A.T					

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

Reg No : 2,121  
Name : Mr.MATHAZ  
Referred By : Dr.Yamuna ( Guduchi )

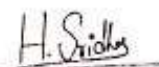
Bill Date : 25-Dec-2015  
Age /Gender : 26Years / Male  
Rep Date : 24-Aug-2016 7:37 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	<b>302*</b>	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	<b>192*</b>	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	<b>231*</b>	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	<b>190*</b>	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	<b>1.31</b>		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	<b>0.82</b>		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR.SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

Reg No : 2,148  
Name : Mr.MATHAZ  
Referred By : Dr.Yamuna ( Guduchi )

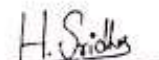
Bill Date : 06-Jun-2016  
Age /Gender : 26Years / Male  
Rep Date : 24-Aug-2016 8:01 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	210*	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	140	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	59	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	110	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	3.56		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.86		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR. SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

**CONCLUSION**

Study shows marked improvement in  
clinical symptoms and parameters.



**SIGNATURE OF CONSULTANT**

**Patient Details:**

**Sl.No:**

Name: Asir  
Age : 27 years  
Sex : M / F

OPD No: 2751

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 : Student.

Postal address with: <u>Bagdadh, Iraq</u>	Date of commencement: <u>22/12/2015</u>
Ph No:	Date of completion: <u>18/06/2016</u>
E-mail ID:	

**Disease History**

Main complaint:

Duration:

**Disease onset**

Weight increased at the age of 34 years

Time of onset: Hereditary/Childhood/Teenage/Adult

Mode of onset: Insidious/Gradual/  
Rapid

**Past history:**

N.S.

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

**Family history:**

Is obesity part of family history? Yes/No —

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	8 am	Sweet, Sour
Afternoon:	1 pm	
Evening:	6 pm	
Night:	11 pm	

**(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- 3 Hr.

Beverages-

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

**Vihara sambandhi vruttanta:**

**(A). Nidra:** Sound/Disturbed/Good Duration \_\_\_\_ Day 9 hours

Night 9 hours

Divaswapna: Y/N If yes, since 2 years

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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

Since 9 year \_\_\_\_\_ time/day

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**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 / KV / Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P / M / A	
Pramana	Dairghya 181 cms Bhara 94.9 kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

- Pranavaha srotas
- Udakavaha srotas
- Raktavaha srotas
- Asthivaha srotas
- Majjavaha srotas
- Shukravaha srotas
- Mootravaha srotas

**Mamsavaha srotas**

**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.

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

Snigdagata/ Alasya/ Mutradosha/ Kantha-mukhasosha/ Bahumutra/

Avilamutra.

**Sparshana pareeksha**

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

**Prashna pareeksha**

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.

**Annavaha Srotas**

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

**Swedavaha Srotas**

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

**Sparshana pareeksha:** Asweda / Atisweda /Parushata

/Atishlakshnata. **Prashna pareeksha:** Asweda /Atisweda /

Paridah

**General Physical examination:**

Built and

1. nourishment:

2. Pulse : 78 / min, regular/irregular

3. B.P : 130/90 mm of Hg

4. Temperature : 98.6 F

5. Heart rate :

6. Respiratory rate: 18 / min

7. Tongue : mild coated

8. Height : 1.71 meter

9. Weight : 94.9 kg

10. BMI : 32.1 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:**

N.S.

CNS:

RS:

CVS:

P/A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-  
gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	94.9	93.1	90.4
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya		✓	deduct	
Swedabadha				
Dourgandhya		✓	deduct	
Atikshudha		✓	controlled	
Atitrishna				
Alpavyavaya				
Nidradhikya				
Snigdhangata				
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		✓	deduct	

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvardhana</b>	
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	B.D	1000mg.	3 minutes

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	181 cm	181 cm	181 cm
Weight in kg	94.9	93.1	90.4
BMI	29	28	26
Waist-Hip ratio			

**Body parts measurement in centimeter:**

Urah(Chest)	B.T	A.T	A.F
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			



**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month1	Month1
Age	27			
Sex	M			
Weight in KG	94.9	93.1	90.4	
Height in CM	181	181	181	
Body Fat %	28.2	26.2	24.1	
Skeletal Fat %				
Muscle Fat %				
Body Age	49	47	45	
B.M.I	29	28	26	
RM Rate	1982	1971	1846	
Visceral Fat	13	12	9.1	

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		Enclosed			
A.T					

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

Reg No : 2,116  
Name : Mr.ASIR  
Referred By : Dr.Yamuna ( Guduchi )


Bill Date : 28-Dec-2015  
Age /Gender : 26Years / Male  
Rep Date : 24-Aug-2016 7:34 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
<b>LIPID PROFILE</b>			
Cholestrol Total (CHOD-POD method)	<b>293*</b>	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	<b>192*</b>	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	<b>42</b>	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	<b>179*</b>	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	<b>6.98*</b>		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	<b>4.26*</b>		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR.SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

Reg No : 2,136  
 Name : Mr.ASIR  
 Referred By : Dr.Yamuna ( Guduchi )


Bill Date : 16-Jun-2016  
 Age /Gender : 26Years / Male  
 Rep Date : 24-Aug-2016 7:57 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	<b>210*</b>	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	<b>139</b>	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	<b>55</b>	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	<b>110</b>	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	<b>3.82</b>		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	<b>2.00</b>		Normal : Upto 3.0

----- End Of Report -----

  
 Lab Technologist

  
 DR.SHRIDHAR  
 MBBS,MD  
 CONSULTANT PATHOLOGIST

**CONCLUSION**

Assessment showed marked changes in clinical symptoms.



**SIGNATURE OF CONSULTANT**

**Patient Details:**

**Sl.No:**

Name: Talun  
Age: 18  
Sex: M/F

OPD No: 2219

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: Holamavu, Bangalore	Date of commencement: 12/12/2015
Ph No:	Date of completion: 01/07/2016
E-mail ID:	

**Disease History**

Main complaint: Overweight, post surgery Duration: 3 years

**Disease onset**

Weight increased at the age of 15 years  
Time of onset: Hereditary/Childhood/Teenage/Adult  
Mode of onset: Insidious/Gradual/  
Rapid

**Past history:** N.S

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	7:30 AM	Hot & spicy.
Afternoon:	2pm	
Evening:	6pm	
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- 1 1/2 ltr.

Beverages-

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

**Vihara sambandhi vruttanta:**

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

Night\_\_\_\_ 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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**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 / KV / Sama	
Sara	Twak/Rakta/Mamsa/Meda/Asthi/ Majja/Shukra/Satwa	
Samhanana	P / M / A	
Pramana	Dairghya 136 cms Bhara 51.5 kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas

Udakavaha srotas

Raktavaha srotas

Asthiavaha srotas

Majjavaha srotas

Shukravaha srotas

Mootravaha srotas

**Mamsavaha srotas****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.

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

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

**Sparshana pareeksha**

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

**Prashna pareeksha**

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.

**Annavaha Srotas**

Shoola/ Annadwesha/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**Swedavaha Srotas**

Darshana pareeksha: Asweda/ Atisweda/ Roma Harsha

Sparshana pareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashna pareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

- Built and *Over nourished.*
1. nourishment:
  2. Pulse : *70* / min, regular/irregular
  3. B.P : *100/80* mm of Hg
  4. Temperature : *99.0* F
  5. Heart rate :
  6. Respiratory rate: *16* / min
  7. Tongue : *coated*
  8. Height : *136* meter
  9. Weight : *43* kg
  10. BMI : *29.3* 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:**

*N-S.*

CNS:

RS:

CVS:

P\A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
 Dadhi- sarpi-payasa-ikshu-  
 gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
 Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
 sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	71.2	69.3	62.8
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya				
Swedabadha				
Dourgandhya		✓	Reduced	
Atikshudha				
Atitrishna				
Alpavyavaya				
Nidradhikya		✓	Reduced	
Snigdhangata				
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		✓	Reduced	

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvartana</b>	
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	BD	500 mg.	3 months

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	175	175	175
Weight in kg	142.3	135	133.6
BMI	46.47	44.08	43.62
Waist-Hip ratio			

**Body parts measurement in centimeter:**

Urah(Chest)	B.T	A.T	A.F
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month1	Month1
Age	18			
Sex	M			
Weight in KG	142.3	135	133.6	
Height in CM	175	175	175	
Body Fat %	42.3	40.6	39	
Skeletal Fat %				
Muscle Fat %				
Body Age	51	48	47	
B.M.I	46.47	44.08	43.62	
RM Rate	2035	1862	1756	
Visceral Fat	17	15	14	

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		Enclaved			
A.T					

Result: Change/Marked change/ Unchanged



Reg No : 2,119  
Name : Mr.TARUN  
Referred By : Dr.Yamuna ( Guduchi )

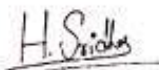
Bill Date : 30-Dec-2015  
Age /Gender : 18Years / Male  
Rep Date : 24-Aug-2016 7:35 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	194	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	96	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	68*	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	98	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	2.85		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.44		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR. SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

Reg No : 2,139  
Name : Mr.TARUN  
Referred By : Dr.Yamuna ( Guduchi )

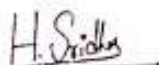
Bill Date : 22-Jun-2016  
Age /Gender : 18Years / Male  
Rep Date : 24-Aug-2016 7:58 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	192	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	92	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:> 500
HDL Cholestrol (Direct method)	65*	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	96	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	2.95		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.48		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR. SHRIDHAR  
MBBS, MD  
CONSULTANT PATHOLOGIST

**CONCLUSION**

assessment showed marked improvement in  
clinical symptoms & assessing parameters.



**SIGNATURE OF CONSULTANT**

**Patient Details:**

Sl.No:

Name: uma  
Age : 36 years  
Sex : M / F

OPD No: 2754

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 : employed

Postal address with: Kammanahalli, Bangalore	Date of commencement: 22/12/2015
Ph No:	Date of completion: 30/06/2016
E-mail ID:	

**Disease History**

Main complaint: Over weight, Hypothyroidism Duration: 5 years

**Disease onset**

Weight increased at the age of 4 year years  
Time of onset: Hereditary/Childhood/Teenage/Adult  
Mode of onset: Insidious/Gradual/  
Rapid

**Past history:** N.S.

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	11am	Sauve
Afternoon:	3pm	
Evening:	-	
Night:	9pm	

**(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- 2 ltr

Beverages-

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

**Vihara sambandhi vruttanta:**

**(A). Nidra:** Sound/Disturbed/Good Duration \_\_\_\_ Day 1 hours

Night 9 hours

Divaswapna: Y/N If yes, since 1 year

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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**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 12 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/ Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P/ M/ A	
Pramana	Dairghya 162cms Bhara 81.6kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P/ M/ A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P/ M/ A	Adyatana P/ M/ A
Jarana shakthi	Purvakalina P/ M/ A	Adyatana P/ M/ A
Vyayama shakthi	P/ M/ A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas

Udakavaha srotas

Raktavaha srotas

Asthiavaha srotas

Majjavaha srotas

Shukravaha srotas

Mootravaha srotas

**Mamsavaha srotas****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.

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

Jayoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/  
Saukumarata/

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

**Sparshana pareeksha**

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

**Prashna pareeksha**

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

**Swedavaha Srotas**

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

**Sparshana pareeksha:** Asweda / Atisweda /Parushata

/Atishlakshnata. **Prashna pareeksha:** Asweda /Atisweda /

Paridah

**General Physical examination:**

- Built and *over nourished*
1. nourishment:
  2. Pulse : 76 / min, regular/irregular
  3. B.P : 120/72 mm of Hg
  4. Temperature : 98.6°F
  5. Heart rate :
  6. Respiratory rate: 16/min
  7. Tongue :
  8. Height : 162 meter
  9. Weight : 81.6 kg
  10. BMI : 31.2 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. ✓ *hypothyroidism.*

**SYSTEMIC EXAMINATION:**

*NS.*

CNS:

RS:

CVS:

P/A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-

gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	71.5 kg		
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya		present	absent	
Swedabadha				
Dourgandhya				
Atikshudha		present	absent	
Atitrishna				
Alpavyavaya				
Nidradhikya		present	reduced	
Snigdhangata				
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		present	improved.	

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvartana</b>	
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	✓ 5 days
<b>Virechana</b>	
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	80	500mg	3 months

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	162		
Weight in kg	81.6	78.8	77.4
BMI	31.2	30.3	29.7
Waist-Hip ratio			

**Body parts measurement in centimeter:**

Urah(Chest)	B.T	A.T	A.F
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month1	Month1
Age	36			
Sex	Fi			
Weight in KG	81.6	78.8	77.4	
Height in CM	162	162	162	
Body Fat %	42.3	40.6	39	
Skeletal Fat %				
Muscle Fat %				
Body Age	39	58	57	
B.M.I	31.2	30.3	29.7	
RM Rate	1769	1629	1517	
Visceral Fat	13	12	11	

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		Enclosed			
A.T			Enclosed.		

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

Reg No : 2,117  
 Name : Mrs.UMA  
 Referred By : Dr.Yamuna ( Guduchi )

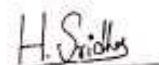
Bill Date : 29-Dec-2015  
 Age /Gender : 32Years / Female  
 Rep Date : 24-Aug-2016 7:34 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	295*	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	185*	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	42	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	183*	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	7.02*		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	4.36*		Normal : Upto 3.0

----- End Of Report -----

  
 Lab Technologist

  
 DR. SHRIDHAR  
 MBBS,MD  
 CONSULTANT PATHOLOGIST



Reg No : 2,137  
Name : Mrs.UMA  
Referred By : Dr.Yamuna ( Guduchi )

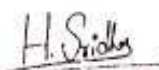
Bill Date : 24-Jun-2016  
Age /Gender : 32Years / Female  
Rep Date : 24-Aug-2016 7:57 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	<b>210*</b>	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	<b>142</b>	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	<b>57</b>	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	<b>101</b>	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	<b>3.68</b>		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	<b>1.77</b>		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR. SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

**CONCLUSION**

Assessment shows improvement in clinical  
symptoms and parameters.

  
**SIGNATURE OF CONSULTANT**

**Patient Details:**

Name: Sameera Khan  
 Age : 46  
 Sex : M / F

Sl.No:

OPD No: 2762

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:	Date of commencement: 22/12/2015
Ph No:	Date of completion: 30/08/2016
E-mail ID:	

**Disease History**

Main complaint: Overweight, diabetic Duration: 8 years

**Disease onset**

Weight increased at the age of 38 years

Time of onset: Hereditary / Childhood / Teenage / Adult

Mode of onset: Insidious / Gradual / Rapid

**Past history:**

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	4 am	Sour, hot &
Afternoon:	1 pm	Sweet.
Evening:	5 pm	
Night:	10 pm	

**(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-\_\_\_\_\_

Beverages-

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

**Vihara sambandhi vruttanta:**

**(A). Nidra:** Sound/Disturbed/Good Duration\_\_\_\_ Day 9 hours

Night 4 hours

Divaswapna: Y/N If yes, since 1 year

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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**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/ KV/ Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P/ M/ A	
Pramana	Dairghya 153 cms Bhara 49 kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P/ M/ A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P/ M/ A	Adyatana P/ M/ A
Jarana shakthi	Purvakalina P/ M/ A	Adyatana P/ M/ A
Vyayama shakthi	P/ M/ A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas

Udakavaha srotas

Raktavaha srotas

Asthivaha srotas

Majjavaha srotas

Shukravaha srotas

Mootravaha srotas

**Mamsavaha srotas**

**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.



**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

Javoparodha/ Dourbalya/ Daurgandhya/ Swedhaabada/ Angashaithilya/  
✓Saukumarata/

✓Snigdgata/ Alasya/ Mutradosha/ Kantha-mukhasosha/ Bahumutra/  
Avilamutra.

**Sparshana pareeksha**

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

**Prashna pareeksha**

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.

**Annavaha Srotas**

Shoola/ Annadwesa/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**Swedavaha Srotas**

Darshana pareeksha: Asweda/ Atisweda/ Roma Harsha

Sparshana pareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashna pareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

Built and

1. nourishment:
2. Pulse : 40 / min, regular/irregular
3. B.P : 130/90 mm of Hg
4. Temperature : 98 °F
5. Heart rate :
6. Respiratory rate: 16/ min
7. Tongue :
8. Height : 153 meter
9. Weight : 49 kg
10. BMI : 32.9 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:**

No S.

CNS:

RS:

CVS:

P\A:

GUS:

## Guduchi The Ayurvedism

### **NIDANA (Causes):**

#### **Aharatmaka (Food Related):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-  
gudavikarasevana/Mamsarasaevana/Godhuma/Shali/Masha/  
Navamadhyasevana/ Bhojanothara sheeta jala pana/others

#### **Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

### **RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	79.3		
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya				
Swedabadha		Present	Absent	
Dourgandhya				
Atikshudha				
Atitrishna		Present	Absent	
Alpavyavaya				
Nidradhikya				
Snigdhangata				
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		present	absent.	

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvartana</b>	
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	✓
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	B.D	1000mg.	3 months.

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	153	153	153
Weight in kg	49.3	45.6	42.4
BMI	32.9	31.4	30
Waist-Hip ratio			

**Body parts measurement in centimeter:**

	B.T	A.T	A.F
Urah(Chest)			
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month1	Month1
Age	46			
Sex	M			
Weight in KG	79.3	75.6	72.4	
Height in CM	153	153	153	
Body Fat %	30.2	28.2	26.1	
Skeletal Fat %				
Muscle Fat %				
Body Age	57	55	54	
B.M.I	32.9	31.4	30	
RM Rate	1432	1381	1256	
Visceral Fat	10.4	9.1	8.7	

**INVESTIGATIONS:****Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		Enclonal.			
A.T					

Result: Change/Marked change/ Unchanged

Reg No : 2,123  
Name : Mr.SAMEER KHAN  
Referred By : Dr.Yamuna ( Guduchi )

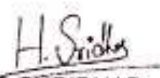
Bill Date : 04-Jan-2016  
Age /Gender : 48Years / Male  
Rep Date : 24-Aug-2016 7:37 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	263*	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	194*	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	38	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	149*	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	6.92*		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	3.92*		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR.SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST



Reg No : 2,150  
Name : Mrs.SAMEERA KHAN  
Referred By : Dr.Yamuna ( Guduchi )

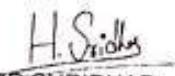
Bill Date : 26-Jul-2016  
Age /Gender : 48Years / Female  
Rep Date : 24-Aug-2016 8:02 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	191	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	139	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	58	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	105	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	3.29		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.81		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR. SHRIDHAR  
MBBS, MD  
CONSULTANT PATHOLOGIST



**CONCLUSION**

assessment shows marked improvement in clinical symptoms.



**SIGNATURE OF CONSULTANT**

**Patient Details:**

**Sl.No:**

Name: Kanchana  
Age : 24 years  
Sex : M / F

OPD No: 3094

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:	Date of commencement: <u>12/01/2016</u>
Ph No:	Date of completion: <u>15/07/2016</u>
E-mail ID:	

**Disease History**

Main complaint: overweight Duration: 3 years

**Disease onset**

Weight increased at the age of 21 years  
Time of onset: Hereditary/Childhood/Teenage/Adult  
Mode of onset: Insidious/Gradual/  
Rapid

**Past history:** N.S.

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

**Family history:**

Is obesity part of family history? Yes/No ✓

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	7.30 AM	sweets
Afternoon:	1.30 PM	
Evening:	5.00 PM	
Night:	10. PM	

**(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- 1.5 ltr

Beverages-

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

**Vihara sambandhi vruttanta:**

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

Night 8 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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**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 / KV / Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P / M / A	
Pramana	Dairghya 160 cms Bhara 72.8 kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas  
Udakavaha srotas  
Raktavaha srotas  
Astivaha srotas  
Majjavaha srotas  
Shukravaha srotas  
Mootravaha srotas

**Mamsavaha srotas**

**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.

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

Snigdgata/ Alasya/ Mutradosha/ Kantha-mukhasosha/ Bahumutra/

Avilamutra.

**Sparshana pareeksha**

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

**Prashna pareeksha**

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/ Annadwesha/ Chardi/ Pipasa/ Annanabhilasha/ Aruchi/ Avipaka/ Murcha.

**Swedavaha Srotas**

Darshana pareeksha: Asweda/ Atisweda/ Roma Harsha

Sparshana pareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashna pareeksha: Asweda /Atisweda /

Paridah



**General Physical examination:**

- Built and *over nourished.*
1. nourishment:
  2. Pulse : 70 / min, regular/irregular
  3. B.P : 120/92 mm of Hg
  4. Temperature : 98.0°F
  5. Heart rate :
  6. Respiratory rate: 16 / min
  7. Tongue :
  8. Height : 160 meter
  9. Weight : 72.8 kg
  10. BMI : 28.4 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:** *N.S.*

CNS:

RS:

CVS:

P/A:

GUS:

**NIDANA (Causes):**

**Aharatmaka (Food Related):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-

gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	42.8	70.2	68
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya				
Swedabadha				
Dourgandhya				
Atikshudha		present	absent	
Atitrishna				
Alpavyavaya				
Nidradhikya				
Snigdhangata		present	reduced.	
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		present	absent	

**CHIKITSA:**

**POORVA KARMA**

<b>Sarvanga Udvardana</b>	
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	✓
<b>Lekhana Basti</b>	

**Pradhana Chikitsa:**

Name	Dosage	Dose	Duration
T. Obesitat	BD	1000mg	3 months

**PRAMANA:**

	B.T	A.T	A.F
Height in mt	180 cm	160 cm	160 cm
Weight in kg	42.9 kg	40.2	65
BMI	27.44	27.42	26.56
Waist-Hip ratio			

**Body parts measurement in centimeter:**

	B.T	A.T	A.F
Urah(Chest)			
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

**Body fat analysis:**

Parameter	Before Treatment	After Treatment		
		Month1	Month1	Month1
Age	24			
Sex	F			
Weight in KG	72.8	70.2	68	
Height in CM	160	160	160	
Body Fat %	32.8	31	30.1	
Skeletal Fat %				
Muscle Fat %				
Body Age	39	38	37	
B.M.I	28.44	27.42	26.56	
RM Rate	1456	1326	1301	
Visceral Fat	8.6	8	7.4	

**INVESTIGATIONS:**

**Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		Enchored			
A.T					

Result: Change / Marked change / Unchanged

Reg No : 2,129  
Name : Mrs.KANCHANA  
Referred By : Dr.Yamuna ( Guduchi )


Bill Date : 21-Jan-2016  
Age /Gender : 24Years / Female  
Rep Date : 24-Aug-2016 7:39 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	182	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	98	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	60	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	98	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	3.03		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.63		Normal : Upto 3.0

----- End Of Report -----

  
Lab Technologist

  
DR.SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

Reg No : 2,143  
Name : Mrs.KANCHANA  
Referred By : Dr.Yamuna ( Guduchi )

Bill Date : 01-Jul-2016  
Age /Gender : 24Years / Female  
Rep Date : 24-Aug-2016 7:59 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	185	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	91	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	61*	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	93	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	3.03		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.52		Normal : Upto 3.0

----- End Of Report -----



Lab Technologist



DR. SHRIDHAR  
MBBS,MD  
CONSULTANT PATHOLOGIST

**CONCLUSION**

The study result showed marked changes  
in clinical symptoms and also study parameters.



**SIGNATURE OF CONSULTANT**



**Patient Details:**

**Sl.No:**

Name: Rekha  
Age: 42 yrs  
Sex: M/F

OPD No: 3143

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: <u>Hennur, Bangalore</u>	Date of commencement: <u>15/01/2016</u>
Ph No:	Date of completion: <u>10/07/2016</u>
E-mail ID:	

**Disease History**

Main complaint: Overweight, OA Duration: 10 years

**Disease onset**

Weight increased at the age of 33 years  
Time of onset: Hereditary/Childhood/Teenage/Adult  
Mode of onset: Insidious/Gradual/  
Rapid

**Past history:**

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

**Family history:**

Is obesity part of family history? Yes/No

**Personal history:**

**(A) AHARA (SARVAGRAHA)**

	Time	Dominant rasa/Taste
Morning:	8.30 AM	Sour, Sweet
Afternoon:	3pm	
Evening:	—	
Night:	10pm	

**(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 sambandhi vruttanta:**

**(A). Nidra:** Sound/Disturbed/Good Duration \_\_\_\_ Day 9 hours

Night 4 hours

Divaswapna: Y/N ☒ If yes, since 3 years

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). Madakari dravya: Beedi/Cigarettes/Alcohol/Tobacco chewing/Tobacco snuff

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

(J). Anya abhyasa:

**Rajo sambandhi vruttanta:**

**Gynecological History:**

Menstrual cycle: 12 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 16 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 / Sama	
Sara	Twak/Rakta/ Mamsa/ Meda/ Asthi/ Majja/Shukra/Satwa	
Samhanana	P / M / A	
Pramana	Dairghya 152 cms Bhara 34 kg	
Satmya	Ekarasa/ Vyamishra/ Sarvarasa	
	Madhura/ Amla/ Lavana/ Tikta/ Katu/ Kashaya	
Satva	P / M / A	
Ahara shakthi		
Abhyavarna shakthi	Purvakalina P / M / A	Adyatana P / M / A
Jarana shakthi	Purvakalina P / M / A	Adyatana P / M / A
Vyayama shakthi	P / M / A	
Vaya	Bala/ Madhyama/ Vriddha	

**SROTO PAREEKSHA:**

Pranavaha srotas  
 Udakavaha srotas  
 Raktavaha srotas  
 Asthivaha srotas  
 Majjavaha srotas  
 Shukravaha srotas  
 Mootravaha srotas

**Mamsavaha srotas**

**Mamsa sara pareeksha**

Sthira/Guru/Subhaga/Mamsopachitha in  
 Shankha/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.

**Sparshana pareeksha**

Ganda/Arbuda/Granthi/ Ura udara vridhi/Adhimamsa/Alaji/Galaganda.

**Medovaha srotas**

**Medo sara pareeksha**

**Snigdha**

Varna/Netra/Kesha/Loma/Naka/Ostha/Mutra/purisha.

**Darshana pareeksha**

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

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

**Sparshana pareeksha**

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

**Prashna pareeksha**

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.

**Annavaha Srotas**

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

**Swedavaha Srotas**

Darshana pareeksha: Asweda/ Atisweda/ Roma Harsha

Sparshana pareeksha: Asweda / Atisweda /Parushata

/Atishlakshnata. Prashna pareeksha: Asweda /Atisweda /

Paridah

**General Physical examination:**

- Built and *over nourished.*
1. nourishment:
  2. Pulse : 78 / min, regular/irregular
  3. B.P : 120/90 mm of Hg
  4. Temperature : 98°F
  5. Heart rate :
  6. Respiratory rate: 14 / min
  7. Tongue :
  8. Height : 152 meter
  9. Weight : 72 kg
  10. BMI : 38.4 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):**

Atibhojana/Guru ahara/Madhura/Sheeta/Snigdha/Nava annasevana/  
Dadhi- sarpi-payasa-ikshu-

gudavikarasevana/Mamsarasasevana/Godhuma/Shali/Masha/  
Navamadhyasevana/ Bhojanothara sheeta jala pana/others

**Viharatmaka:**

Avyayama/Avyavaya/Divaswapna/Sukhashayyasevana/Bhojanothara-snana-nidra  
sevana/others

**Manasa:** Harshanitya/Achinta/Manasanivriti/Priya darshana/Others

**RUPA:**

Rupa		B. T	A. T	A. F
Medovruddhi	Sarvanga	12	41	70
	Urah			
	Uru			
	Bahu			
	Greeva			
	Udara			
	Sphik			
	Stana			
Dourbalya				
Swedabadha				
Dourgandhya				
Atikshudha				
Atitrishna		present	reduced	
Alpavyavaya				
Nidradhikya		present	reduced	
Snigdhangata				
Angagauravata				
Gatrasaada				
Kshudrashwasa				
Aalsya		present	reduced.	

## Guduchi The Ayurvedism

### CHIKITSA:

#### POORVA KARMA

<b>Sarvanga Udvartana</b>	✓ 5 days
<b>Sarvanga Abhyanga</b>	
<b>Bashpa sweda</b>	
<b>Virechana</b>	
<b>Lekhana Basti</b>	

#### Pradhana Chikitsa:

Name	Dosage	Dose	Duration
T. Obesitat	BD	1000mg	3 months

#### PRAMANA:

	B.T	A.T	A.F
Height in mt	152	152	152
Weight in kg	72	71	70
BMI	38.49	36.82	35.20
Waist-Hip ratio			

#### Body parts measurement in centimeter:

Urah(Chest)	B.T	A.T	A.F
Udara(Abdomen)			
Sphik(Hip)			
Bahu(Midarm)			
Greeva(Neck)			

## Guduchi The Ayurvedism

### **Body fat analysis:**

	Before Treatment	After Treatment		
Parameter		Month1	Month1	Month1
Age	42			
Sex	F			
Weight in KG	72	71	70	
Height in CM	152	152	152	
Body Fat %	45.2	42.3	40.1	
Skeletal Fat %				
Muscle Fat %				
Body Age	53	51	50	
B.M.I	38.49	36.82	35.20	
RM Rate	1968	1862	1763	
Visceral Fat	17	16.5	15.2	

### **INVESTIGATIONS:**

#### **Fasting Lipid profile:**

	Serum Cholesterol in mg%	Serum Triglyceride in mg%	HDL in mg%	LDL in mg%	VLDL in mg%
B.T		<del>Enclosed</del>			
A.T					

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


Reg No : 2,128  
 Name : Mrs.REKHA  
 Referred By : Dr.Yamuna ( Guduchi )

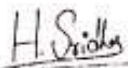
Bill Date : 20-Jan-2016  
 Age /Gender : 42Years / Female  
 Rep Date : 24-Aug-2016 7:39 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	<b>205*</b>	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	<b>181*</b>	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	<b>56</b>	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	<b>171*</b>	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	<b>3.66</b>		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	<b>3.05*</b>		Normal : Upto 3.0

----- End Of Report -----

  
 Lab Technologist

  
 DR.SHRIDHAR  
 MBBS,MD  
 CONSULTANT PATHOLOGIST

Reg No : 2,142  
 Name : Mrs.REKHA  
 Referred By : Dr.Yamuna ( Guduchi )

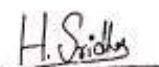
Bill Date : 05-Jul-2016  
 Age /Gender : 47Years / Female  
 Rep Date : 24-Aug-2016 7:59 pm



Test Name	Result	Unit	Reference Range
<b>BIOCHEMISTRY</b>			
LIPID PROFILE			
Cholestrol Total (CHOD-POD method)	189	mg/dl	Normal: Upto 200 Borderline: 200-239 High Risk : Above 240
Triglycerides	132	mg/dl	Normal:Upto 150 Borderline:151 - 199 Some Risk:200 - 499 VeryHigh Risk:>500
HDL Cholestrol (Direct method)	61*	mg/dl	Desirable : > 60 Borderline : 35 - 45 High Risk : < 35
LDL Cholestrol (Calculation)	97	mg/dl	Desirable : 60 - 130 Borderline : 130 - 159 High Risk : > 160
CHOL:HDL Ratio	3.10		Normal : Upto 4.0 Borderline : 4.0 - 5.0 High risk : Above 6.0
LDL/HDL Chol. Ratio	1.59		Normal : Upto 3.0


----- End Of Report -----

  
 Lab Technologist

  
 DR.SHRIDHAR  
 MBBS,MD  
 CONSULTANT PATHOLOGIST

**CONCLUSION**

Assessment showed complete change in clinical  
symptoms.

  
**SIGNATURE OF CONSULTANT**



### **SUBJECTIVE CRITERIA:**

The details of the scores adopted for the main signs and symptoms in present study are as follows:

#### **1. Chala Sphik Udara Stana:**

- Absence of Chalatra - 0
- Little visible movement (in the areas) after fast movement - 1
- Little visible movement (in the areas) even after moderate movement - 2
- Movement (in the areas) after mild movement - 3
- Movement (in the areas) even after changing posture - 4

#### **2. Dourbalya (Alpa Vyayama):**

- Can do routine exercise - 0
- Can do moderate exercise without difficulty - 1
- Can do only mild exercise - 2
- Can do mild exercise with very difficult - 3
- Cannot do even mild exercise - 4

#### **3. Swedabadha (At normal temperature in normal condition):**

- Sweating after heavy work and fast movement or in hot season - 0
- Profuse sweating after moderate work and movement - 1
- Sweating after little work and movement - 2
- Profuse sweating after little work and movement - 3
- Sweating even at rest or in cold season - 4

#### **4. Dourgandhya:**

- Absence of sweat smell - 0
- Occasional sweat smell in the body - 1
- Persistent sweat smell limited to close areas difficult to suppress with deodorants - 2
- Persistent sweat smell felt from long distance is not suppressed by deodorants - 3
- Persistent sweat smell felt from long distance even intolerable to the patient himself - 4

#### **5. Ati Kshudha:**

- Ati Kshudha was decided on Abhyavaharana Shakti and Jarana Shakti.



• **Abhyavaharana Shakti:**

- The person not at all taking food - 0
- Person taking in less quantity once in a day - 1
- Person taking food in less quantity twice in a day - 2
- Person taking food in moderate quantity twice in a day - 3
- Person taking food in normal quantity twice in a day - 4
- Taking food in excessive quantity twice or thrice in a day - 5

• **Jarana Shakti:**

According to presence of Jirna Ahara Lakshana (MN. 6/24). Utsaha, Laghuta, Udgara Shuddhi, Kshudha Trisha Pravrutti, Yathochita Malotsarga.

- Presence of one symptom after 4 hrs. - 0
- Presence of two symptoms after 4 hrs. - 1
- Presence of three symptoms after 3 hrs. - 2
- Presence of four symptoms after 3 hrs. - 3
- Presence of all symptoms after 2 hrs. - 4
- Presence of all symptoms within 2 hrs. - 5

**6. Ati Trishna:**

- Normal thirst - 0
- Addition to Normal thirst up to 1-liter excess intake of water - 1
- Addition to Normal thirst 1 to 2-liter excess intake of water - 2
- Addition to Normal thirst 2 to 3-liter excess intake of water - 3
- Addition to Normal thirst more than 3-liter intake of water - 4

**7. Alpa Vyavaya:**

- Unimpaired libido and sexual performance - 0
- Decrease in libido but can perform sexual act - 1
- Decrease in libido but can perform sexual act with difficulty - 2
- Loss of libido and cannot perform sexual act - 3

**8. Nidradhikya:**

- Normal sleep 6-7 hrs. at night - 0
- Sleep up to 8 hrs. at night /day with Anga gaurava - 1
- Sleep up to 8 hrs. at night /day with Anga gaurava and Jrimbha - 2

- Sleep up to 10 hrs. at night /day with Anga gaurava, Jrimbha and Tandra - 3
- Sleep more than 10 hrs. at night /day with Anga gaurava, Jrimbha, Tandra and Klama - 4

**9. Anga Gouravata:**

- No heaviness in body - 0
- Feels heaviness in body but it does not hamper routine work - 1
- Feels heaviness in body which hamper daily routine work - 2
- Feels heaviness in body which hamper movement of the body - 3
- Feels heaviness with flabbiness in all over body which cause distress to the person-4

**10. Gatra Saada:**

- No fatigue - 0
- Little fatigue in doing hard work - 1
- Moderate fatigue in doing routine work - 2
- Excessive fatigue in doing routine work - 3
- Excessive fatigue even in doing little work - 4

**11. Alasya / Utsahahani:**

- No Alasya (doing work satisfactory with proper vigor in time) - 0
- Doing work satisfactory with delayed initiation - 1
- Doing work unsatisfactory with lot of mental pressure and delayed initiation - 2
- No starting any work or doing little work very slowly - 3
- Does not have any initiation and does not wants to work even after pressure - 4

**12. Kshudra swasa / Ayasena swasa:**

- Dyspnoea after heavy works (movement) but relieved soon and up to tolerance - 0
- Dyspnoea after moderate works but relieved later and up to tolerance - 1
- Dyspnoea after little works but relieved later and up to tolerance - 2
- Dyspnoea after little works but relieved later and beyond tolerance - 3
- Dyspnoea in resting condition - 4

**OBJECTIVE CRITERIA:**

It was assessed on body weight, measurement of circumference, skinfold thickness measurement, BMI along with the measured parameters of BMI device Omron Kharada scan HBF 701.

The effectiveness of therapy on the patient was assessed by measuring the skinfold thickness by Vernier calipers before the treatment, after the treatment and after the follow up.

1. Skinfold of the middle part of the triceps muscle.
2. Skinfold of the middle part of the biceps muscle.
3. Skinfold of the middle part of the intrascapular region.
4. Skinfold of the middle part of the subscapular region.
5. Skinfold of the middle part of the abdomen.
6. Skinfold of the middle part of the thigh region.

The skinfold measurement was carried out bilaterally after exposing the skin properly in the above mentioned region, the superficial skin along with subcutaneous fat but except muscles a pinch was made and the proportionate which is stretched as skinfold was measured by placing it between two points of Vernier calipers. For all the regions, the mean value of the both sides of the body were recorded before the treatment, after the treatment and after the follow up.

For the present study, the Girth circumference measurement of certain regions using measuring tape before the treatment, after the treatment and after the follow up were carried out. The Girth measurement was undertaken in the following areas:

1. Chest - In normal condition at the nipple region.
2. Abdomen - At the level of umbilicus.
3. Hip - At the level of highest point of distention of buttock.
4. Mid thigh - Mid of thigh between pelvic and knee joint.
5. Mid arm - Mid of arm from shoulder joint to elbow joint.
6. Neck circumference.

In case of all circumference measurement, the mean values were taken before the treatment, after the treatment and after the follow up. The total body weight was taken before the treatment, after the treatment and after the follow up.



# Guduchi

the ayurvedism