

Name of College with LOGO

AYURVEDACHARYA (B.A.M.S.)

THIRD PROFESSIONAL B.A.M.S.

<< Subject Name >>

(SUBJECT CODE : AyUG-)

JOURNAL /ACTIVITY BOOK

Name of the student :

Institutional Roll No. :

Examination Reg. No. :

Academic Year :

(Name of the College)

(Affiliated to –National Commission for Indian System of Medicines, New Delhi &

Name of the University)

Name of the department

Batch- _____

Certificate

This is to certify that, Mr. / Ms. _____, Enrolment Number-_____ has satisfactorily completed the Practicals in (Subject Name) prescribed by the (Name of University) as a part of the Third Professional B.A.M.S. Course.

Examination Seat No.: _____

Sign. of Teacher

Sign. of H.O.D.

Date of Examination- _____

Sign. Of Internal Examiner-_____

Sign. Of External Examiner-_____

JOURNAL /ACTIVITY BOOK

<< Subject name >>

(SUBJECT CODE : AyUG -)

Journal Cum Activity Book

DEPARTMENT OF

<< Name of Department >>

Name of the College

Components of Record with instructions

1. Medical Equipment

Identify and write the clinical uses of the given medical equipment in the given format.

- Name of the equipment
- Clinical uses

List of medical equipments

- Ryle's tube
- Rubber catheter
- Foley's catheter
- Nebulizer
- HFNC mask
- Ambu bag
- Urine bag
- Defibrillator
- Distilled water
- Syringe
- Insulin syringe
- Intravenous Infusion set
- Scalp vein set/ Intravenous cannula

2. Life-saving medicines

- a. Name of the medicine
- b. Indications of the medicine
- c. Contraindications of the medicine
- d. Clinical use, dose, and the medicine's delivery mode.

3. Medical procedure

Format for Procedure Writing:

Detailed description of Essential Competency-Based Procedures

- Name of the procedure:
- Indications:
- Contraindications:
- Preparatory Steps (Poorva Karma):

- Main Procedure (Pradhana Karma):
- Post-Procedure Care (Pashchat Karma):
- Precautions, Possible Complications, and Management:
- The student must perform the procedure at least 3 times and be certified by the mentor.

List of procedures /Skill lab activities

- Insertion of Nasogastric tube/ Ryle's tube in a Mannequin
- Insertion and removal of an indwelling Urethral Catheter
- Nebulization
- Oxygen therapy
- Cardiopulmonary Resuscitation (CPR)

4. Field visits

A. Visit Details:

- a. Date:
- b. Location (Name and address):
- c. Objectives of the visit:
- d. Duration of the visit:
- e. Name of facilitators of the Visit:

B. Observations of the visit

- a. Brief Summary of the visit:
- b. Learnings from the visit:
- c. Future applications:
- d. Areas for Improvement:

C. Conclusion

Evaluation of the visit (Effectiveness in meeting visit objectives)

D. Pasting the Geotagged photographs of the Visit

- DOTs Centre (Please refer to NLHP13.9)
- Mental Hospital /De-addiction center/Psycho-social rehabilitation center. (Please refer to NLHP18.2)
- Senior citizens' home/Geriatric care center. (Please refer to NLHP 25.2)

5. Commemoration of medically important days

- Name of the international day

- Date of observation
 - Organization body (UN/WHO/UNESCO)
 - Official theme (if any)
 - Significance of the day (Why is it celebrated, Key message and awareness points)
 - Activity title and type
 - Objective (What the participants learn/achieve)
- World malaria day /World dengue day /World hepatitis day /day of Epidemic preparedness /National vaccination day /World meningitis day /World encephalitis day (Please refer to NLHP 5.2)
 - World Liver Day/ World Hepatitis Day (Please refer to NLHP 7.3)
 - World Cancer Day / Obesity Day/Diabetes Day (Please refer to NLHP 9.2)
 - World Stroke Day (Please refer to NLHP 11.3)
 - World Arthritis Day (Please refer to NLHP 11.4)
 - World Spine Day (Please refer to NLHP 12.2)
 - World Colorectal Cancer Awareness Day/World IBS Day/World Piles Day (Please refer to NLHP 16.2)
 - Mental Health Day (Please refer to NLHP 18.3)
 - International day of older people (Please refer to NLHP 25.3)
 - National STD Awareness Week (Please refer to NLHP 22.1)

6. Scientific Journal Reading and presentation

Students should document the following details in the activity book for the chosen scientific/research article.

- a) Name of the research article
- b) Name of the author/authors
- c) Name of the journal with details of volume, issue
- d) Reason for the selection of the particular article
- e) Summary of the article in 250-300 words.
- f) Merits and limitation of the articles
 - Tvak Vikara

- Irritable Bowel Syndrome/ (Grahani)
- Rasayana

7. Long case (20 Cases) + Rasayana-Vajikarana Cases (5 cases)

- 20 Long cases (at least one case from each srotas + Antahsravi granthi Vikara + 2 cases of Manasa roga). Please follow the given template.
- 3 Rasayana cases + 2 Vajikarana cases (Total 5 cases). Please follow the given template.

8. Short case (20 Cases)

20 Short cases (at least one case from each srotas + Kshudra roga) + Please follow the given template.

9. NLHT activity

- Date of the activity
- Name of the Activity
- Role of the student
- Role of the faculty
- Assessment – Cognitive Domain
- Method undertaken
- Know how/Know
- Remarks

Uses of Medical Equipment

Write the clinical uses of the given medical equipment.

➤ **Name of the equipment:**

➤ **Clinical uses:**

➤ **Photograph of the equipment:**

List of medical equipments:

- Ryle's tube
- Rubber catheter
- Foley's catheter
- Nebulizer
- HFNC mask
- Ambu bag
- Urine bag
- Defibrillator
- Distilled water
- Syringe
- Insulin syringe
- Intravenous Infusion set
- Scalp vein set/ Intravenous cannula

Uses of the Lifesaving medicine

➤ **Name of the medicine:**

➤ **Indications of the medicine:**

➤ **Contraindications of the medicine:**

➤ **Clinical use, dose, and the medicine's delivery mode.:**

➤ **Post-Procedure Care (Pashchat Karma):**

➤ **Precautions, Possible Complications, and Management:**

List of procedures /Skill lab activities

- Insertion of Nasogastric tube/ Ryle's tube in a Mannequin
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- Nebulization
- Oxygen therapy
- Cardiopulmonary Resuscitation (CPR)

➤ **Evaluation of the visit (Effectiveness in meeting visit objectives):**

➤ **Pasting the Geotagged photographs of the Visit:**

List of field visits:

- DOTs Centre (Please refer to NLHP13.9)
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Commemoration of medically important days

- **Name of the international day:**

- **Date of observation:**

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- **Official theme (if any):**

- **Significance of the day (Why is it celebrated, Key message, and awareness points):**

- **Activity title and type:**

- **Objective (What the participants learn/achieve):**

List of medically important days:

- World malaria day /World dengue day /World hepatitis day /day of Epidemic preparedness /National vaccination day /World meningitis day /World encephalitis day (Please refer to NLHP 5.2)
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- Mental Health Day (Please refer to NLHP 18.3)
- International day of older people (Please refer to NLHP 25.3)
- National STD Awareness Week (Please refer to NLHP 22.1)

➤ **Merits and limitations of the articles:**

List of topics for scientific journal reading and presentations:

- Tvak Vikara
- Irritable Bowel Syndrome/ (Grahani)
- Rasayana

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Kayachikitsa Vistrita Rugna Patra (Long Case Paper)

Kramanka (Case No):	Bahirkrankamanka (OPD No):	Antarkramanka (IPD No): Shayya Kramanka (Bed No):
Rugna Nama (Name of the Patient):	Vaya (Age):	Linga (Gender): M/F/T
Religion: H/M/S/C/J/O		
Vaivahika sthiti (Marital Status):	Unmarried/Married/Divorced/Widowhood	
Vyavasaya (Occupation):	Poorva (past):	Sadhya (present):
	Avadhi (working hours):	Vritti swabhava (Nature of work):
Shikshana (Education):	Uneducated/Lower Primary/SSC/PUC/UG/PG	
Samajika arthika sthiti (Socio-economic Status):	Lower/Middle/Upper	
Sthana (Address):	Contact No.	
Pravesha dinanka (Date of admission):	Nirgamana dinanka (Date of discharge):	
Parinama (Result):		

Pradhana vedana (Chief Complaint):

Kala Prakarsha (Duration):

Anubandhi vedana (Associated Complaint):

Adyatana vyadhi vrittanta (H/o Present illness):

Saha-vyadhi vrittanta (Comorbidity):

Poorva vyadhi vrittanta (H/o Past illness):

Kautumbika vrittanta (Family history):

	Alive	Dead	Disease	Healthy	Age
Father					
Mother					
Spouse					
Brother					
Sister					
Son					
Daughter					

H/o Tulya gotra vivaha (Consanguinity of marriage): Yes..... /No.....

H/o Kulaja vikara vrittanta (Hereditary diseases): Yes..... /No.....

Vaiyaktika vrittanta (Personal history):

Ahara prakara (Dietary habits)-Veg/Nonveg/Mixed

Jala pana (water intake)-Hina/Mithya/Ati

Kshudha (Appetite)-Good/Impaired

Ahara sevana-Alpa/Ati/Adhyashana

Mala pravritti (Bowel movement)-

Koshtha: Mridu/Madhyama/Krura

Mutra pravritti (Micturition)-

Nidra (Sleep)-Sound/Disturbed, H/o Diva swapna / Ratri jagarana

Vyasana (Habits / Addiction)-Tea/Coffee/Smoking/Tobacco chewing/Alcohol/Drugs/None

Smoking-Regular/Occasional/Never Smoked/Ex-smoker

Quantity...../day

Duration of smoking.....

Alcohol intake - No/Social drinker/Habitual

Quantity...../day

Duration of alcohol intake

Anurjata (Drug sensitivity)-

Chintadhikya (Mental stress) -

Rajopravritti vrittanta (Menstrual history)-

Rogi Pariksha Vidhi:**a) Samanya Pariksha:**

Sharira akriti (Body Built): Sanjna (Consciousness): Gati (Gait):
Sharira dairghya (Height): cm Sharira bhara (Weight): Kg Panduta (Pallor):
Netra pitavarnata (Icterus): Nila-shyava varnata (Cyanosis): Clubbing:
Granthi (Lymphadenopathy): Shopha (Oedema): Jihva liptata (Tongue coating):
Nakha (Nails): Anya (Other findings):

Vitals:

Temperature: °F Heart rate: /min Pulse rate: /min
Blood pressure: mmHg Respiratory rate: /min

b) Samsthanika pariksha/Vishishta pariksha (Systemic Examination):

5. Pramana	Heena	Madhyama	Uttama	
6. Satmya	Heena	Madhyama	Uttama	
7. Ahara	Abyawarana Shakti	Avara	Madhyama	Pravara
Shakti	Jarana Shakti	Avara	Madhyama	Pravara
8. Vyayama	Heena	Madhyama	Uttama	
Shakti				
9. Vaya	Bala	Madhyama	Vridha	
10. Sattva	Heena	Madhyama	Uttama	

f) Prayogashaliya Parikshana (Investigations):

Roga Pariksha:

A) Nidanapanchaka

Nidana:

Poorvarupa:

Rupa:

Upashaya/Anupashaya:

Samprapti:

B) Samprapti ghataka

Dosha:

Dushya: Dhatu/Upadhatu/Mala

Srotas:

Srotodushti prakara:

Udbhava sthana:

Sanchara sthana:

Vyakta sthana:

Adhithana:

Rogamarga:

Vyadhi avastha vishesha (Stage of the disease):

Sama/Nirama Nava/Purana Uttana/Gambhira	Kevala Dosha/ Samsrushta/Sannipata Dosha	Avritta Dosha

Vyavachedaka Nidana (Differential Diagnosis):

Vyadhi nama (Diagnosis):

Upadrava:

Arishta Lakshana:

Sadhya-Asadhyata:

CHIKITSA

Chikitsa Sootra:

Chikitsa:

1. Yuktivyapashraya Chikitsa:

A) Shodhana

Vamana/Virechana/ Basti/ Nasya/Raktamokshana

B) Shamana

Bahya Chikitsa:

Chikitsa	Aushadha	Kala

Abhyantara Chikitsa:

Kalpa	Matra	Kala	Anupana

2. Daivavyapashraya Chikitsa:

3. Satvavajaya Chikitsa:

Pathya/Apathya:

Pathya: Ahara:

Vihara:

Apathya:Ahara:

Vihara:

Dainika Patraka:

Dinanka	Vishesha avastha/ Navina lakshana utpatti	Upayukta aushadha yoga	Parinama

adarshanam (Devoid of unpleasant dreams)										
Sukha prabodhanam (Proper timely awakening)										
Bala labha (Gain of strength)										
Varna labha (Improved complexion)										
Swara yoga (Pleasant voice)										
Ayusho labha (Improved quality of life)										
Soumanasyam (Pleasant mind)										
Samagni (Normal digestive fire)										

Karyaphala:

Manobuddhindriyasharira tushti	
Vikara upashamana	
Muchyamana	
Pragunibhava	
Anyas	

Vidyarthi Hastakshara

Adhyapaka Hastakshara

Kayachikitsa Manasa-Roga Rugna Patraaka
(Kayachikitsa Manasa-Roga Case Paper)

VITAL DATA

Kramanka (Case No):	Bahirkramanka (OPD No):	Antarkramanka (IPD No): Shayya Kramanka (Bed No):
Rugna Nama (Name of the Patient):	Vaya (Age):	Linga (Gender): M/F/T
Religion: H/M/S/C/J/O		
Vaivahika sthiti (Marital Status):	Unmarried/Married/Divorced/Widowhood	
Vyavasaya (Occupation):	Poorva (past):	Sadhya (present):
	Avadhi (working hours):	Vritti swabhava (Nature of work):
Education:	Uneducated/Lower Primary/SSC/PUC/UG/PG	
Samajika arthika sthiti (Socio-economic Status):	Lower/Middle/Upper	
Sthana (Address):	Contact No.	
Pravesha dinanka (Date of admission):	Nirgamana dinanka (Date of discharge):	
Parinama (Result):		

Informant: Self/parents/Relatives/Spouse/friends/Neighbors/other

Name of the informant:

Source of information	Pradhana vedana (Presenting complaints)	Kala prakarsha (Duration)
Patient		
Informant		

Anubandhi vedana (Associate complaints) with the duration:

Adyatana vyadhi vrittanta (History of present illness):

Saha vyadhi vrittanta (Comorbidity):

Poorva-vyadhi vrittanta (history of previous illness):

Psychiatric history:

K/C/O Any psychiatric disease: Yes / No

If yes,

Suicidal behavior: Suicidal ideation - Yes / No

Suicidal attempts - Yes /No

No. of attempts:

Reasons:

Other details:

Organic disease history: Yes / No

If yes,

Legal history:

Present/Absent

Drink and drive:

Present/Absent

Any history of road accidents due to alcohol abuse:

Present/absent

Any history of crimes: Sexual offences/Violence/Murders/Fraud:

Present/absent

Any history of legal punishment:

Present/absent

Chikitsa vrittanta (Treatment history):

Treatment taken: Yes/No

If yes;

Previous hospitalization: Yes/No

Kautumbika vrittanta (Family history):

- | | |
|---|------------------------------|
| 1. Family atmosphere: | Harmonious/Complicated |
| 2. Marital disharmony of parents: | Yes/No |
| 3. Psychiatric abnormality in the family: | Yes/No |
| 4. Organic diseases in the family: | Yes/No |
| 5. Family Problems: | Yes/No |
| 6. Drug addiction or alcoholic in family: | Yes/No |
| 7. Family breakup: | Yes/No |
| 8. Death of any Immediate family member(s): | Yes/No |
| 9. History of suicide(s) in the family: | Yes/No |
| 10. Childhood abuse: | Yes/No |
| 11. Tulya gotra vivaha (Consanguinity of marriage): | Yes/No |
| 12. Kulaja vikara vrittanta (Hereditary disease): | Yes/No |
| If yes: | |
| 13. Other: | |
| 1) None | 2) Displacement in childhood |
| 3) Children related problems | 4) Isolated Family |

Family member	Alive	Dead	Disease	Healthy	Age
Father					
Mother					
Spouse					
Brother					
Sister					
Son					
Daughter					

Janma evum balaka vrittanta (Birth and childhood history):

- | | | |
|-------------------------|--|--------------------|
| 1. Place of birth: | Pregnancy: | Planned /Unplanned |
| 2. Length of gestation: | Gender Acceptance by Family: | Yes/No |
| 3. Nature of delivery: | Normal/CS/Forceps/Precipitate/Premature/ Post-mature | |

- | | |
|---|--|
| 4. Mother's health during pregnancy: | Normal/Abnormal |
| 5. Milestones & Developments: | Normal/Delayed |
| 6. Childhood illness: | Epilepsy/Meningitis/Encephalitis/Other |
| 7. Playing alone: | Yes/No |
| 8. Any particular fear: | Yes/No |
| 9. Physical symptoms at the time of stress or unhappiness: | Yes/No |
| 10. Any physical disorder: | Yes/No |
| 11. Any emotional disorders: Enuresis/Tics/Nail biting/temper tantrum/Head banging/others | |
| 12. Any specific: Domestic violence/Harassment/separation from parents/ sibling rivalry: | Yes/No |

Vartamana samajika sthiti (Present social situation):

- | | |
|----------------------|-----------------------------|
| 1. Social relations: | Satisfactory/Unsatisfactory |
|----------------------|-----------------------------|

Vaivahika vrittanta (Marital history):

- | | | |
|--|--|--|
| 1. Relationship with Spouse: | Satisfactory/Unsatisfactory | |
| 2. Discussion with spouse before taking decisions: | Present/Absent | |
| 3. Sharing responsibilities/household works: | Present/Absent | |
| 4. Early/Timely/ Late marriage; Arranged marriage / Not with the consent of the family | | |
| 5. Sexual Satisfaction | Present/Absent | |
| 6. If divorce, reason: | | |
| 7. Any Extramarital/Premarital Experiences: | Present/Absent | |
| 8. Do you have: | | |
| Reduced Libido <input type="checkbox"/> | Excessive Sexual Urge <input type="checkbox"/> | Complete Abstinence <input type="checkbox"/> |
| Erectile Dysfunction <input type="checkbox"/> | Delayed Ejaculation <input type="checkbox"/> | Pathological Jealousy <input type="checkbox"/> |

Menstrual and obstetric history:

- | | |
|--|-------------------|
| 1. Menarche: | |
| 2. Menopause: | |
| 3. Menstrual cycle: Days: | Regular/Irregular |
| 4. Whether the complaints aggravating during the menstrual period: | Yes /No |
| 5. Pre-menstrual syndromes: | Yes/No |
| 6. Number of deliveries: | |
| 7. Nature of delivery: Normal/C.S./Forceps/Precipitate/Premature/Post-mature | |
| 8. Abortion: | |
| 9. Other complications: | |

Personal history:

- | | |
|---|-----------|
| 1. Ahara prakara (Dietary habits): | Veg/Mix |
| Samashana /Adhyashana/Vishamashana /Prमितashana/Regular/Irregular | |
| 2. Supplementary Diets - Tea/Coffee/Cold Drinks /Other | Quantity: |
| 3. Kshudha (Appetite)-Good/Impaired | |
| 4. Ahara sevana-Alpa/Ati/Adhyashana | |
| 5. Jala pana (water intake)-Heena/Mithya/Ati | |
| 6. Exercise - Regular/Irregular/No/Less/Proper/Excess | |

7. Rest _____ hrs/day
8. Snana - Daily/Irregular
9. Nidra- Alpa/Prabhuta/Khandita _____ hrs/day; _____ hrs/night
10. Mala pravritti (Bowel movement)
11. Koshtha: Mridu/Madhyama/Krura
12. Mootra pravritti (Micturition)
13. Anurjata (Drug sensitivity)
14. Hobbies:
15. Vyasana (Addictions): Present/Absent
 If present, Duration: Substance(s): Quantity:

Rogi pareeksha vidhi:

Samanya pareeksha:

Shareera akriti (Body Built):

Samjna (Consciousness):

Gati (Gait):

Shareera dairghya (Height):

Shareera bhara (Weight):

Panduta (Pallor):

Netra peetavarnata (Icterus):

Neela-shyava varnata (Cyanosis):

Clubbing:

Granthi (Lymphadenopathy):

Shopha (Oedema):

Jihva liptata (Tongue coating):

Nakha (Nails):

Anya (Other findings):

Vital signs examination:

Pulse rate	R:	L:
Respiratory rate		
Blood pressure		
Temperature		
Heart rate		

Systemic examination:

1. Respiratory system:

2. Gastrointestinal System:

3. Cardiovascular System:

4. Nervous System:

Ashtasthana pareeksha

Nadi:	Shabda:
Mootra:	Sparsha:
Mala:	Drik:
Jihva:	Akriti:

Dashavidha pareeksha

1. Prakriti	Shareerika Prakriti		V	P	K	VP	VK	PK	S
	Manasika Prakriti		Sattva		Rajas		Tamas		
2. Vikriti	Dosha	Shhareerika	V		P		K		
		Manasika	Satvika		Rajasika		Tamasika		
	Dooshya		Rasa	Rakta	Mamasa	Medas	Asthi	Majja	Shukra
	Mala	Pureesha	Frequency			Consistency			
		Mootra	Frequency			Consistency			
Sweda		Normal			Abnormal				
3. Sara	T	R	M	M	A	M	S	S	
4. Samhanana	Heena		Madhyama			Uttama			
5. Pramana	Heena		Madhyama			Uttama			
6. Satmya	Heena		Madhyama			Uttama			
7. Ahara Shakti	Abyawarana Shakti		Avara		Madhyama		Pravara		
	Jarana Shakti		Avara		Madhyama		Pravara		
8. Vyayama Shakti	Heena		Madhyama			Uttama			
9. Vaya	Bala		Madhyama			Vridha			
10. Sattva	Heena		Madhyama			Uttama			

Manovaha sroto pareeksha (Mental status examination):

Manovibhrama		
Indriyabhigraha (Perception and motor control)		
Hallucinations	Absent	Present
Illusions	Absent	Present
Manonigraha (Mental Control)	Absent	Present
Chintya (process of thinking) Negatively biased thoughts	Absent	Present
Vicharya (Thoughts)		
Flight of ideas	Absent	Present
Blocking of thoughts	Absent	Present
Thought broadcasting	Absent	Present
Thought control by others	Absent	Present
Obsession and fixed ideas	Absent	Present
Sudden strange ideas	Absent	Present
Oohya		
Pessimistic Speculation	Absent	Present
Dhyeya (Contemplation) Assessment of events hurting, harming, and pessimistic	Absent	Present
Sankalpa (Conviction) pessimistic emotional judgment	Absent	Present
Buddhi vibhrama (Intellectual Capacity)		
Mental deficiency	Absent	Present
General information	Good	Bad
Immature behavior	Absent	Present
Imitation	Absent	Present
Insight	Absent	Present
Judgment	Absent	Present
Delusions	Absent	Present
Samjnajana vibhrama (Consciousness/Orientation/Responsiveness)		
Orientation to time	Intact	Impaired
Orientation to the place	Intact	Impaired
Orientation to a person	Intact	Impaired
Attention	Absent	Present
Concentration	Absent	Present
Smriti vibhrama (Memory)		
Remote	Absent	Present
Recent	Absent	Present
Immediate	Absent	Present
Bhakti vibhrama (Desire)		
Food	Normal	Impaired

Dress	Normal	Impaired
Sex	Normal	Impaired
Entertainment	Normal	Impaired
Sheela vibhrama (Temperament)		
Change in Emotions like: Elation: Anger: Anxiety: Depression: Fear: Anti-social behavior: Leisure time activities:	Absent	Present
Solitude:	Absent	Present
Cheshta vibhrama		
General psycho motor activity: (Tick the relevant finding) Speech: Facial expression: Posture: Tics:	Absent	Present
Achara vibhrama		
Personal Standard: Habit of cleanliness: Neglect of daily routine and work: Obsessions in work:		
Social Standard: Nudity: Religious beliefs:		

Any other:		
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Prayogashaleeya pareekshana (Laboratory investigations):

Vikriti pareeksha:

Nidana:

Poorvaroopo:

Roopa:

Upashaya/anupashaya:

Samprapti:

Samprapti ghataka:

- **Dosha (Kayika/Manasika)**
- **Dooshya**
- **Agni**
- **Ama**
- **Srotas**
- **Dushti prakara**
- **Udhbavasthana**
- **Sancharasthana**
- **Adhishthana**
- **Vyaktasthana**
- **Rogamarga**

Vyadhi avastha:

Vyavachchedaka nidana (Differential diagnosis)

Vyadhi nama (Diagnosis):

Upadrava:

Arishta lakshana:

Sadhya-Asadhyata:

CHIKITSA

Chikitsa Sootra:

Yuktivyapashraya (Methods and duration):

Shodhana:

Vamana/ Virechana/ Basti/ Nasya/ Raktamokshana

Shamana procedures:

Rasayana procedures:

Bahya chikitsa:

Chikitsa	Aushadha	Kala

Abhyantara chikitsa:

Kalpa	Matra	Anupana	Kala

Daivavyapashraya (Methods and duration):

Mantra (Hymns/ Prayer)	
Aushadha (Medicine)	
Mani (Wearing of precious gems)	
Mangala (Auspicious ceremony)	
Bali (Sacrifice/ Offering to God)	
Upahara (Gift)	
Homa (Oblations)	
Niyamana (Observance of scriptural rules)	
Prayashchita (Atonement)	
Upavasa (Fasting)	
Svastyayana (Chanting of auspicious hymns)	
Pranipata (Observance of the god)	
Gamana (Going on pilgrimage)	

Satvavajaya (Methods and duration)

Aashvasana (Assurance)	
Pratidvandva chikitsa (Replacement of emotions)	
Chintya (Regulation of thought process)	
Vicharya (Retraining of ideas)	
Oohya (Channeling of presumptions)	
Dhyeya (Correction of objectives and ideas)	
Sankalpa (Proper guidance and advice for taking right decisions)	
Dhriti (Proper control/patience)	
Manokshobha chikitsa (Fear therapy or Psycho-shock therapy)	

Pathya/Apathya:

Pathya ahara:

Pathya vihara:

Apathya ahara:

Apathya vihara:

Karyaphala:

Manobuddhindriyasharira tushti	
Vikara upashamana	
Muchyamana	
Pragunibhava	
Anyā	

VIDYARTHI HASTAKSHARA**ADHYAPAKA HASTAKSHARA**

Rasayana-Vajikarana Rugna Patra (Rasayana-Vajikarana Case Paper)

Kramanka (Case No):	Bahirkrankamanka (OPD No):	Antarkramanka (IPD No): Shayya Kramanka (Bed No):
Rugna Nama (Name of the Patient):	Vaya (Age):	Linga (Gender): M/F/T
Religion: H/M/S/C/J/O		
Vaivahika sthiti (Marital Status):	Unmarried/Married/Divorced/Widowhood	
Vyavasaya (Occupation):	Poorva (past):	Sadhya (present):
	Avadhi (working hours):	Vritti swabhava (Nature of work):
Shikshana (Education):	Uneducated/Lower Primary/SSC/PUC/UG/PG	
Samajika arthika sthiti (Socio-economic Status):	Lower/Middle/Upper	
Sthana (Address):	Contact No.	
Pravesha dinanka (Date of admission):	Nirgamana dinanka (Date of discharge):	
Parinama (Result):		

Pradhana vedana (Chief Complaint):

Kala Prakarsha (Duration):

Anubandhi vedana (Associated Complaint):

Adyatana-vyadhi vrittanta (H/o Present illness):

Saha-vyadhi vrittanta(Comorbidity):

Poorva-vyadhi vrittanta (H/o Past illness):

Kautumbika vrittanta (Family history):

	Alive	Dead	Disease	Healthy	Age
Father					
Mother					
Spouse					
Brother					
Sister					
Son					
Daughter					

H/o Tulya gotra vivaha (Consanguinity of marriage): Yes..... /No.....

H/o Kulaja vikara vrittanta (Hereditary diseases): Yes..... /No.....

Vaiyaktika vrittanta (Personal history):

Ahara prakara (Dietary habits)-Veg/Nonveg/Mixed

Jala pana (water intake)-Hina/Mithya/Ati

Kshudha (Appetite)-Good/Impaired

Ahara sevana-Alpa/Ati/Adhyashana

Mala pravritti (Bowel movement)-

Koshtha: Mridu/Madhyama/Krura

Mutra pravritti (Micturition)-

Nidra (Sleep)-Sound/Disturbed, H/o Diva swapna / Ratri jagarana

Vyasana (Habits / Addiction)-Tea/Coffee/Atilavana/Atikshara/Atikatu/Smoking/Tobacco
chewing/Alcohol/Drugs/None

Smoking-Regular/Occasional/Never Smoked/Ex-smoker

Quantity...../day

Duration of smoking.....

Alcohol intake - No/Social drinker/Habitual

Quantity...../day

Duration of alcohol intake

Anurjata (Drug sensitivity)-

Chintadhikya (Mental stress) -

Nadi:	Shabda:
Mootra:	Sparsha:
Mala:	Drik:
Jihva:	Akriti:

e) Dashavidha pareeksha:

1. Prakriti	Shareerika Prakriti								
	V	P	K	VP	VK	PK	S		
Manasika Prakriti		Sattva			Rajas		Tamas		
2. Vikriti	Dosha	Shhareerika	V		P		K		
		Manasika	Satvika		Rajasika		Tamasika		
	Dooshya		Rasa	Rakta	Mamasa	Medas	Asthi	Majja	Shukra
	Mala	Pureesha	Frequency			Consistency			
		Mootra	Frequency			Consistency			
		Sweda	Normal			Abnormal			
3. Sara	T	R	M	M	A	M	S	S	
4. Samhanana	Heena		Madhyama			Uttama			
5. Pramana	Heena		Madhyama			Uttama			
6. Satmya	Heena		Madhyama			Uttama			
7. Ahara Shakti	Abyawarana Shakti		Avara		Madhyama		Pravara		
	Jarana Shakti		Avara		Madhyama		Pravara		
8. Vyayama Shakti	Heena		Madhyama			Uttama			
9. Vaya	Bala		Madhyama			Vridha			
10. Sattva	Heena		Madhyama			Uttama			

f) Prayogashaleeya pareekshana (Investigations):

Roga Pareeksha:

Nidana:

Poorvaroopo:

Roopa:

Upashaya/Anupashaya:

Samprapti:

Dosha:

Dooshya: Dhatu/Upadhatu/Mala

Ojas: Anuloma/ Pratiloma kshaya

Srotas:

Srotodushti prakara:

Udbhava sthana:

Sanchara sthana:

Vyakta sthana:

Adhisthana:

Rogamarga:

Vyadhi avastha vishesha (Stage of the disease):

Sama/Nirama Nava/Purana Uttana/Gambhira	Kevala dosha/ Samsrushta/Sannipata dosha	Avritta dosha

Vyavachedaka nidana (Differential diagnosis):**Vyadhi nama (Diagnosis):**

Upadrava:

Arishta lakshana:

Sadhya-Asadhyata:

CHIKITSA

Shodhana

Vamana/Virechana/ Basti/ Nasya/Raktamokshana

Bahya Chikitsa:

Chikitsa	Aushadha	Kala

Abhyantara Chikitsa:

Kalpa	Matra	Kala	Anupana

Rasayana / Vajikarana

Kalpa	Matra	Kala	Anupana	Avadhi

2. Daivavyapashraya Chikitsa:

Soumanasyam (Pleasant mind)										
Samagni (Normal digestive fire)										

Karyaphala:

Manobuddhindriyasharira tushti	
Vikara upashamana	
Muchyamana	
Pragunibhava	
Anyas	

Vidyarthi Hastakshara

Adhyapaka Hastakshara

Kayachikitsa Samkshipta Rugna Patra (Short Case Paper)

Kramanka (Case No):	Bahirkramanka (OPD No):	Antarkramanka (IPD No): Shayya Kramanka (Bed No):
Rugna Nama (Name of the Patient):	Vaya (Age):	Linga (Gender): M/F/T
Religion: H/M/S/C/J/O		
Vaivahika sthiti (Marital Status):	Unmarried/Married/Divorced/Widowhood	
Vyavasaya (Occupation):	Poorva (past):	Sadhya (present):
	Avadhi (working hours):	Vritti swabhava (Nature of work):
Shikshana (Education):	Uneducated/Lower Primary/SSC/PUC/UG/PG	
Samajika arthika sthiti (Socio-economic Status):	Lower/Middle/Upper	
Sthana (Address):	Contact No.	
Parinama (Result):		

Pradhana Vedana (Chief complaint):

Kala Prakarsha (Duration):

Anubandhi Vedana (Associated complaint):

Vaiyaktika Vrittanta (Personal history):

Kshudha (Appetite):

Agni:

Sattva:

Nidra (Sleep):

Koshtha (Bowel):

Vyasana (Habits/Addiction):

Rogi Pariksha:

A) Samanya Pareeksha (General examination):

Sharira Dairghya (Height):

cm

Sharira Bhaara (Weight):

Kg

Nadi (Pulse): /min

Raktachapa (Blood pressure):

mmHg

Shwasana Gati (Resp.rate): /min Hridgati (Heart rate): /min

Gati (Gait): Anya (Any other):

B) Ashta Sthana Pareeksha:

Nadi:	Shabda:
Mootra:	Sparsha:
Mala:	Drik:
Jihva:	Akriti:

C) Vikrita srotas pareeksha (Brief Examination of the involved system):

Roga Pareeksha:

Nidana:

Poorvaroopo:

Roopa:

Upashaya/Anupashaya:

Samprapti:

Dosha:

Dooshya: Dhatu/Upadhatu/Mala

Srotas:

Vyadhi avastha vishesha (Stage of the disease):

Sama/Nirama Nava/Purana Uttana/Gambheera	Kevala Dosha/ Samsrushta/Sannipata Dosha	Avritta Dosha

Vyadhi Nama (Diagnosis):

Chikitsa:

Abhyantara				Bahya		
Aushadha yoga	Matra	Anupana	Sevana kala	Upakrama	Kala	Avadhi

Pathya ahara/Vihara

Pathya ahara	Pathya vihara – Shareerika /Manasika

Apathya ahara/Vihara

Apathya ahara	Apathya vihara-Shareerika/Manasika

Vidyarthi Hastakshara

Adhyapaka Hastakshara