



अखिल भारतीय आयुर्वेद संस्थान
ALL INDIA INSTITUTE OF AYURVEDA (AIIA)
(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)
(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

AIIA Guidelines for Healthy Lifestyle





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1. Sleep and Wake-up time: pleasant sleep is a good source of health and pleasure

The ideal time to wake up in the morning is Brahma Muhurta i.e. 45-90 minutes before sunrise.

Ideal time to go to sleep is 2 hours after dinner. Dinner should be taken till 8pm. One should sleep ideally for 6-8 hours/day. Day sleep should preferably be avoided

Sleep quality can be enhanced by having Milk and Ghee in diet, practicing meditation, asanas and pranayama, Abhyanga (Massage) especially on Foot & Head.

1.) Massage: delay your ageing by daily massage



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Daily body massage delays ageing, removes tiredness, prevents vata disorders (musculoskeletal and neurological disorders), improves the quality of sleep. It enhances the skin health and makes it soft and lustrous, provides strength to body, removes stress and provides pleasing effect to mind.

Ayurveda advises daily massage for 15-20 minutes with Coconut oil/sesame oil/mustard oil etc. Abhyanga should be practiced especially on head, ears and feet on a daily basis.

Head massage: prevents headache and other diseases of head region e.g., hair fall, premature greying of hair and strengthens the hair. Provides lustre to skin and face.

Ear massage: Instilling 2-3 drops of oil in ears prevents the ear disorders like reduced hearing, deafness, tinnitus, neck and jaw stiffness.

Foot massage: Removes dryness, stiffness and numbness of feet. Provides strength and stability to feet. Prevents vata disorders like pain in lower limbs.

2.) Exercise regularly: for better health

Ayurveda considers exercise as an integral part of healthy daily routine. Perspiration, increase in respiratory rate, feeling of lightness of body are signs of reaching threshold of exercise and one should stop doing exercise at this point.

It makes the body light, provides strength to work, stability, endurance towards distress and mitigation of Kaphadosha (and stimulation of Agni (digestive power)).

3.) Nasal application of Oil

Nasya is instillation of herbal oils in the nostrils. Practicing Nasya daily improves the function of sense organs and prevent disorders of eyes, ears, nose and throat.

Steps to Practice Nasya:

Sanitize the hands, dip the little finger in oil, Oils like mustard/sesame oil/Anu taila can also be used for daily Nasya. Smear both the nostrils gently. This should be practiced in the morning & in the evening.

4.) Never suppress your natural urges

Attending natural urges appropriately helps in preventing many diseases. Reflexes of urine, faeces, sneeze, cough, vomit, hiccups, thirst, hunger etc. should not be suppressed.



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5.) Follow the code of conduct to lead a happy and comfortable life

Code of Conduct refers to good personal and social behaviour which gives leads to social and individual happiness.

This includes compassion for all creatures, control of mind in physical, verbal and mental actions with aid of wisdom and considering others feelings as one's own and acting accordingly.

6.) Health promotion by rejuvenators (Rasayana)

Rasayana are herbs/foods that help in obtaining the optimum nourishment to the body tissues. They promote longevity, slow down the aging process, promote proper physical and mental health, sharpen the memory and impart immunity against various disorders.

Rasayana which can be incorporated in daily routine include milk, ghee, amla and compound preparations like Cyavanaprash.

7.) Good Dietetic Practices: Let food be your medicine

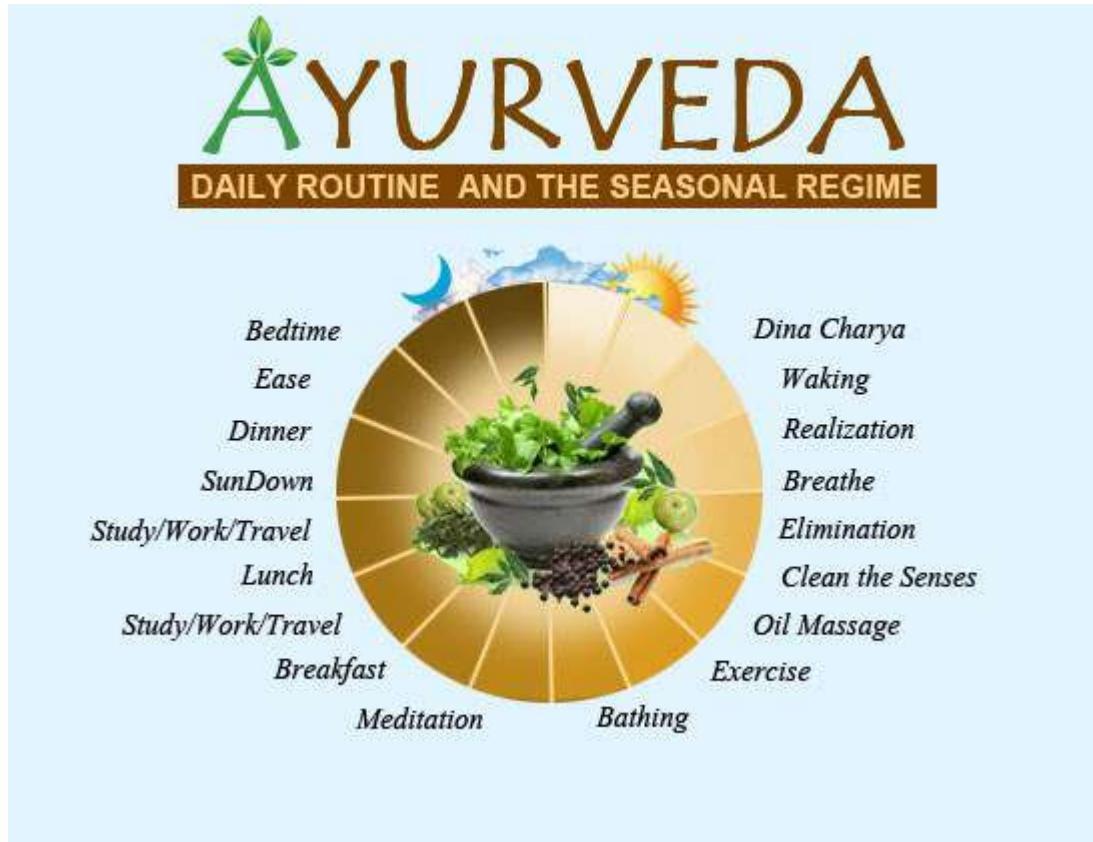
Have food served hot, unctuous, in proper quantity, in appropriate crockery utensils. Have food only after digestion of previously taken food at comfortable and pleasant place. Do not eat hurriedly or too slow. Do not speak or laugh while taking food. Have food which is suitable to your body and mind.

8.) Follow seasonal regimen to sustain seasonal variations

Ayurveda describes six seasons in a year. Seasonal diet should be consumed and one should follow a lifestyle according to the season.



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Department Of Swasthavritta
All India Institute of Ayurveda



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Sadvritta, Ritucharya, Dinacharya, Aahara
(Lifestyle and Diet Guidance
to OPD Patients)

2021-2023

January 2021

HAPPY NEW YEAR
Dept. of Swasthkrmitta (Sadvritha, Dinchaarya, Sahara Guidance to Patients)
01/01/2021

1.	432594	Narenindra k.	58/M	श्रीमान-1911
2.	492616	Michael	62/M	CKD
3.	492213	Scaria	65/F	Adrenocortical
4.	492586	Vishal	41/M	Ca. Redlum
Total 4 M-3 F-1				
02/01/2021 - Jyoti Man				
5.	490761	Sandeep K.	80/M	श्रीमान
6.	486245	Bernard	35/F	श्रीमान
7.	4334928	Bimala	48/F	श्रीमान
8.	487824	Deepak	30/M	श्रीमान
9.	47430	Norman	21/M	श्रीमान
10.	483196	Bernard	53/F	श्रीमान
11.	490424	Pankaj Kumar	37/M	श्रीमान
12.	491937	Tha	42/F	श्रीमान
13.	490156	Mena devi	51/F	श्रीमान
Total 9 M-4 F-5				
03/01/2021				
14.	490156	Mena devi	51/F	श्रीमान
15.	492008	Gautam	20/M	श्रीमान
Total 2 M-1 F-1				
05/01/2021				
16.	480414	Jankash	40/M	श्रीमान
17.	492015	Sharmila	54/F	श्रीमान
Total 2 M-1 F-1				
06/01/2021 - Jyoti Man				
18.	491773	Narita gang	81/M	श्रीमान
19.	484176	Kaushalya	57/F	श्रीमान
20.	389062	Sangeeta	52/F	श्रीमान

28/1/2021

(Thursday)

102.	472895	Manu Yadav	36/F	Dellu	श्रीमान
103.	495257	Renu Devi	35/F	Aali (Dellu)	श्रीमान
104.	491010	Abhishek Kumar	20/M	TP	श्रीमान
105.	469746	Meenakshi	20/F	Dellu	श्रीमान
106.	465620	Balistan	40/M	Dellu	श्रीमान
107.	495190	Pratap Singh	43/M	B.P.	श्रीमान
108.	494816	Sarawati Bhatt	37/F	S.P.	श्रीमान
109.	495449	Nahin Gupta	51/F	Dellu	श्रीमान

Total
8 M-3
F-5

29/1/2021 (Friday)

110.	493210 (OHIO)	Saroj Baliram	55/F	Faridabad	श्रीमान
111.	490929	Kunal Kumar	31/M	Dellu	श्रीमान
112.	202473	Ajeet Kumar	25/M	Dellu	श्रीमान
113.	493159	Raj Kumar	34/M	Dellu	श्रीमान
114.	477505	Om Prakash	40/M	Dellu	श्रीमान
115.	495790	Pratap Singh	43/M	B.P.	श्रीमान
116.	242644	Mukul	20/M	M.K.	श्रीमान
117.	482055	Tanvi Mishra	45/F	J.P.	श्रीमान

Total
8 M-6
F-2

30/1/2021 (Saturday)

118.	495724	Kunlam Mittal	10/F	Faridabad	obese
119.	490015	Umesh	25/F	Sarita Vihar	Varanasi
120.	493299	Rahul	38/M	Faridabad	Hypertension
121.	494240	Sunil chandra	74/M	Dellu	OTI
122.	49320 (OHIO)	Saroj Baliram	52/M	Faridabad	Anamni
123.	472614	Jitendra Singh	40/M	TK	Lipase
124.	495012	Raghvender	47/M	DI	gishani
125.	495851	Ajit	36/M	SU	Sandhivalli

Total
8 M-6
F-2

February 2021

Dept. of Swasthavritta (Sadavritta, Dinacharya, Sahasra
Guidance to Patients)

1 Feb. 2021

126	Rama Shakar	493158	25/M	Lampain
127	Phandan	486367	45/M	सुरेश
128	Susentha	488864	28/M	अशोक
129	Bachiyadevi	482678	42/F	सिद्धेश

Total M-3
F-1

2 Feb 2021

130	Lalita	494433	50/F	सिद्धेश
131	Brahm Kumar	492844	44/M	सिद्धेश
132	Dev Sharma	492127	41/M	सिद्धेश

Total M-2
F-1

3 Feb 2021

133	Rakhi	483778	19/F	Pco D
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Total M-1
F-0

4 Feb 2021

134	Umravati	489732	50/F	सिद्धेश
135	Dev Varsh	495505	40/M	सिद्धेश
136	Sangeeta Devi	491731	35/F	सिद्धेश
137	Ana Sharma	487924	38/M	सिद्धेश

Total M-2
F-3

5 Feb. 2021

138	Mithlesh Devi	494872	40/F	Chandry / Panna
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Total M-0
F-1

6 Feb 2021 (Saturday)

139	Pushpa	320344	48/F	G.P. सार्वजनिक
140	Umesh	490015	23/F	Santavihar Varnitig
141	Sunil Chait	488912	44/M	Keshavnagar
142	Ajit	495851	36/M	सिद्धेश
143	Rakesh	495081	32/M	Ajuna
144	Neha	494166	22/F	GARD
145	Yash Singh	494007	63/M	Balyparkurian

23 Feb. 2021

208	Vijal Kumar	400748	21/M	Neck Pain
209	Rahul	499287	35/M	सिद्धेश
210	Shankar	495342	44/M	सिद्धेश
211	Leuchish	497127	26/M	सिद्धेश
212	Devendra Singh	492086	42/F	Bachiyadevi
213	Maryu	497809	62/F	Hypothyroidism

Total M-4
F-2

25 Feb. 2021

214	Ramrod	498885	44/F	सिद्धेश
215	Ahmad	495612	32/M	सिद्धेश
216	Krene	498947	25/F	सिद्धेश

Total M-2
F-1

26 Feb 2021

217	Deepa Anupam	410046	30/F	सिद्धेश
218	Bakita	497905	43/F	सिद्धेश
219	Raghu	500548	44/M	सिद्धेश
220	Seema Lal	499171	43/F	सिद्धेश

Total M-2
F-2

27 Feb 2021

221	Mithlesh	490427	23/M	सिद्धेश
222	Ankur	438320	29/M	Sanskrit
223	Shakeel	499337	50/M	Sanskrit
224	Shivgand	417395	39/M	सिद्धेश
225	Neha	452408	49/F	सिद्धेश
226	Neha	494166	28/F	सिद्धेश

Total M-4
F-2

01/March/2021

227	Deepak	498434	39/M	Liver Cirrhosis
228	Anita	498272	38/F	सिद्धेश
229	Chandran	486367	45/M	Hypothyroid
230	Dhanu	484433	50/F	Hypothyroid
231	Shant	495975	57/M	सिद्धेश
232	Tilak	392500	21/M	सिद्धेश

March 2021

Dept. of Swasthkravita

23 Feb. 2021

206	Vipul Kumar	400748	21/M	Neck Pain
208	Rahul	499387	35/M	Joint Pain
209	Manoj	495142	41/M	Joint Pain
210	Lauchish	497127	26/M	Joint Pain
214	Devendra Singh	492056	43/F	Back Pain
212	Manju	499809	62/F	Hypertension

Total M=4
F=2

25 Feb. 2021

218	Kamran	498885	44/F	Joint Pain
219	Ahmad	495612	38/M	Joint Pain
216	Ramni	498907	35/F	Joint Pain

Total M=2
F=2

26 Feb. 2021

216	Deepa Anjan	410046	30/M	Joint Pain
217	Babita	497905	43/F	Joint Pain
218	Raghu	500548	74/M	Joint Pain
219	Seema Devi	499171	42/F	Joint Pain

Total M=2
F=2

27 Feb. 2021

220	Mithlesh	490427	23/M	Joint Pain
221	Ankur	438320	29/M	Joint Pain
224	Shabir	499337	50/M	Joint Pain
222	Shivgand	411395	39/M	Joint Pain
224	Neha	452408	49/F	Joint Pain
225	Neha	494166	28/F	Joint Pain

Total M=4
F=2

Swasthkravita, Dincharya, Mahara Guidance to Patients
01/March/2021

226	Deepak	498434	39/M	Joint Pain
227	Anita	498272	38/F	Joint Pain
228	Chander	486367	45/M	Hypertension
229	Dhar	484473	50/F	Hypertension
230	Shavit	495975	57/M	Joint Pain
231	Jitender	493542	37/M	Joint Pain

Total M=2
F=2

26/3/21

358. Kiran Singh 37/F Joint Pain

Total M=0
F=1

27/3/21

354	Pasmatma	78/M	502970	Joint Pain
360	Sandesh	30/M	500216	Joint Pain
369	Maje	63/F	499521	Joint Pain
369	J. Khan	68/M	499523	Joint Pain
363	Shivendra	30/M	502682	Joint Pain
384	Manju	60/F	499809	Joint Pain
365	Sunder	57/M	490542	Joint Pain
366	Nidhi	24/F	417562	Joint Pain
374	Santosh Anaya	27/M	505205	Joint Pain
368	Amr. Kani	41/F	501211	Joint Pain
369	Jyoti	42/F	492056	Joint Pain

370	Chandan	19/M	503612	Joint Pain
374	Raj Kumar	38/M	506270	Joint Pain

Total M=8
F=5

30/3/21

372	Sargata	36/F	484184	Hypertension
372	Gulshan	36/F	497319	Joint Pain
374	Kuldeep	44/M	503413	Joint Pain
375	Anoop Singh	39/M	503255	UTI

Total M=2
F=2

31/3/21

378	Kiran K.	29/M	502160	Joint Pain
378	Savita	75/F	277261	Joint Pain
388	Raj Kumar	41/M	505727	Joint Pain

Total M=2
F=1

April 2021

Dept. of Swasthavritha
Sadavritha, Dinchariya, Aahara Guidance to Patients

11 April 2021

379	503434	Rakshi	42/M	श्रीवाग्वत
380	471090	Poonam	47/F	श्रीवाग्वत
381	505920	Rajesh Singh	62/M	श्रीवाग्वत
382	505991	Bhesli	29/F	श्रीवाग्वत
383	505909	Sumita Devi	46/F	श्रीवाग्वत
384	508966	Sumita	39/F	श्रीवाग्वत
385	501502	Deepak	23/M	श्रीवाग्वत

Total M-3
F-4

03 April 2021

386	493120	Manisha Singh	19/F	श्रीवाग्वत
387	486367	Chandan	41/M	श्रीवाग्वत
388	504341	Anjali ayya	13/F	श्रीवाग्वत
389	478068	Abhimanyu	66/M	श्रीवाग्वत
390	505418	Upender	44/M	श्रीवाग्वत

Total M-3
F-2

05 April 2021

391	499494	Taruna Rani	52/M	श्रीवाग्वत
392	504407	Maya Devi	45/F	श्रीवाग्वत
393	506334	Kishori Arora	21/F	श्रीवाग्वत
394	803202	Pamphile	32/F	श्रीवाग्वत
395	489132	Vinayak	50/F	श्रीवाग्वत
396	504287	Rahul Kumar Jha	23/M	श्रीवाग्वत
397	486487	Amrjot kaur	61/F	श्रीवाग्वत
398	504617	Laxmi	26/F	श्रीवाग्वत

Total M-2
F-6

06 April 2021

399	482563	Sandeep	29/M	श्रीवाग्वत
400	503801	Punita	42/F	श्रीवाग्वत
401	489494	Aarha	29/F	श्रीवाग्वत
402	491655	Kumar	23/M	श्रीवाग्वत

Dept. of Swasthavritha

(Sadavritha, Dinchariya, Aahara Guidance to Patients)

16 April 21

393	451	Meera Srata	51/F	507927	HCC
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Total M-0
F-1

17 April 21

370	452	Apurva shanka	30/M	502273	Hypothyroid
371	453	Shir Govind	31/M	417395	Hypothyroid
372	454	Jogendra Pal	28/M	808036	Hypothyroid
373	455	Manisha	19/F	493680	Tonsile

Total M-3
F-1

374	456	Arden	29/M	506243	Constipation
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Total M-1
F-0

28/06/21

No Patient

30/06/21

375	457	Om Bhushan	62/M	510583	Stroke
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Total M-1
F-0

02/07/21

376	458	Chandra kala	35/F	519142	Hypothyroid
377	459	Rhany	18/M	518104	Hypothyroid

Total M-2
F-0

03/07/21

378	460	Apurva Shankar	30/M	599216	Hypothyroid
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Total M-1
F-0

05/07/21

379	461	Kumbum	40/F	519487	Hypothyroid
380	462	Babita	41/F	468957	Hypothyroid

July 2021

Dept. of Swasthavitro
(Gadavitta, Dincharus, Sahara Guidance to Patients)
16 April/21

333.451 Meera Brola 51/F 507927 Hec
Nehru Medical

Total M=0
F=1
17 April/21

330.452 Apurva Shanka 30/M 502273 Hypertension

371.453 Shri Girind 31/M 417315 Hypertension

332.454 Jogendra Pal 28/M 508036 Diabetes

338.455 Manisha 19/F 493880 Tonsile

Total M=3
F=1
19 June/21

334.456 Avdesh 29/M 506243 Constipation

Total M=1
F=0
23/06/21

No Patient

30/06/21

335.457 OM Bhaskar 62/M 510583 Diabetes

Total M=1
F=0
02/07/21

336.458 Chandrakala 35/F 519142 Diabetes

337.459 Sharu 18/M 518104 Diabetes

Total M=1
F=1
03/07/21

338.460 Apurva Shanka 30/M 599216 Hypertension

Total M=1
F=0
05/07/21

339.461 Kumbum 10/F 519439 Bity lines

330.462 Babita 11/F 468457 Diabetes

410 30/F 525499
411 23/F 522419

412 26 July 2021
Total M=3
F=3

413 20/M 509175

414 21/M 51415

415 21/M 51154

416 4/M 51154

417 28 July 2021

Total M=3
F=0

418 28 July 2021

419 28 July 2021

420 28 July 2021

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August 2021

Dept. of Swasthavitto

Sadavitto, Dh. Charya, Adhara Gudhance to Patients
2nd Aug 2021

① Pinil Ashok 20y/F 514998 Constriction
② Ajayendra Verma 40y/M 510022 Anxiety
③ Aalash 24y/M 515054 Constriction

Total M=2
F=1

03/Aug/2021

④ Praduman 42/M 511964 DM II/Medication
⑤ Dilip Singh 61/M 505369 DM II

Total M=2
F=0

04/Aug/2021

⑥ V. N. Singh 45/F 515204 DM II
⑦ 509 Vijay Kumar 61/M 515391 Palpitations
⑧ 5090 Vinod Kumar 47/M 515367 DM II
⑨ 511 Mahendran 29/M 497919 Rheuma
⑩ 512 Kallappa 42/F 514705 Menstruation

Total M=3
F=2

5 Aug 2021

⑪ Kalavati 56y/F 515383 DM II
⑫ 514 Kalandi Devi 31y/F 515365 DM II
⑬ 515 Deepthi 38y/F 393637 Rheuma
⑭ 516 Aleem 32y/F 511472 Prothrombin
⑮ 517 Smt. Kalyani 32y/F 357118 Anemia

Total M=0
F=5

6/Aug/2021

⑯ 518 Mukund 76/M 530223 DM Type 2
⑰ 519 Ram Vijay 41/M 530250 Nodules
⑱ 520 P. S. 26/M 530773 DM II
⑲ 521 Shalin Quareshi 32/F 530252 DM II
⑳ 522 Mukul 32/M 509916 DM II

22/08/2021

① 558 Sunil 517889 24/M
② 559 Ganesh 515045 25/M
③ 560 Ibrahim 512041 25/M

Total M=3
F=0

24/08/21

④ 561 Syam Lal 535501 42/M
⑤ 562 Arun Kumar 535787 60/M
⑥ 563 Rajkumar 518065 50/F
⑦ 564 Anjali 518064 24/F
⑧ 565 Bhawana 513713 30/F

Total M=2
F=3

25/8/21

⑨ 566 Aleem 518362 20/F

Total M=0
F=1

26/8/2021

⑩ 567 Bolembenwale 517650 63/M
⑪ 568 Anna 518647 22/F
⑫ 569 Shivan 518613 34/M
⑬ 570 Neetu 518652 37/F

Total M=2
F=2

27/8/2021

⑭ 571 Deepthi 515602 36/F

Total M=0
F=1

⑮ 572 Abha Jha 301299 (UH10) 56/F

Total M=0
F=1

28/08/2021

⑯ 573 Ray 5193294 42/M
⑰ 574 Sushila 516286 42/F
⑱ 575 Mohan 519103 22/M
⑲ 576 Shalya 4653 36/M

September 2021

Dept. of Swasthanna

(Sadhvita, Dinacharya, Aahara, Guidance to Patients)

576 496 Ashish 40/M 519046 Oberoi
577 497 Disha 26/F 519025 Thompson

Total M=2
F=2

31 Aug 2021

498 538 Ajay Kumar Vimal 40/M 519370 Sanyal & HTN
499 539 Beena 44/F 519796 HTN

Total M=2
F=2

2 Sep 2021

500 580 Savitri 39y/M 519494 OCB
501 581 Pooja Chandra 46y/M 519307 Uterine Fibroid

Total M=2
F=0

3 Sep 2021

502 582 Rachana Vashtika 58/F 515603 Ca Breast
503 583 Deepak 29/M 519965 HTN
504 584 Sanku 44/F 502354 HTN/Asthma
505 585 Krishna 46/F 518920 HTN

Total M=1
F=3

4 Sep 2021

506 586 R.K. Verma 55/M 546671
507 587 Anshu 31/M 514879
508 588 Pradeep Kumar 43/M 546590
509 589 Janni 26/F 546676
510 590 Anam 20/F 533672
511 591 Nitin Gaurav 32/M 546801 DM
512 592 Shalu 25/F 546533
513 593 Nishu 35/F 546824
514 594 Geeta Devi 44/M 546550
515 595 Babu Thakur 34/M 546531
516 596 Aditi Mishra 34/F 546908
517 597 Anshu Kumar 34/M 546961
518 598 Mandini Mishra 11/F 546962
519 599 Dilip Kumar Pandey 54/M 546960

687 Aman Singhal 25/M 556105
688 Raj Singh 24/M 516237
689 Ranveer 60/M 519043 DM2
690 Anuj 25/M 556355 Hypertension
691 Subena 26/F 556150
692 Arun Kumar Gupta 31/M 556162
693 Kedar Yadav 53/M 556521
694 Sarita 41/M 556523
695 Vijay Kumar 31/M 556204 DM
696 Vikas Saxena 17/M 518571

Total = 14 M=12
F=2

8 Sep 2021

697 Aslekh Devi 57/F 546711 Hypertension
698 Kalpana 50/F 504513 Hypertension
699 Vijay devi 45/F 532164 Vasthava's
700 Subhash Kumar 38/M 522266 Vasthava's
701 Megha 40/F 520550 Hypertension

Total = 5 M=1
F=4

28/09/2021

692 Laxman Singh 63/M 227025 Spandya's
693 Anjali 26/F 526198 Vikandha
694 Saksham 11/M 524325
695 Anshu 38/M 516142

Total = 4 M=3
F=1

29/9/21 WEDNESDAY

696 Wahid Khan 49/M 526489
697 Pooja 36/F 518358
698 Gaurav Singh 38/M 522696
699

Total = 3 M=2
F=1

October 2021

Dept. of Surothanilla
(Surothanilla, Dinchariya, Ahara Guidance to Patients)

30/9/21
~~703~~ 703 Hareesh 21/4/M 517659 chizalci
~~704~~ 704 Brijesh Kumar 29/4/M 523120 jilani
~~705~~ 705 Md. Fahim 6/5/M 526527 chizalci
 total = 3
 M = 3

01/October/2021
~~703~~ 703 Shamae 42/M 510-5351 HTN
~~704~~ 704 Usha 45/F 527272 HTN, 2/2
 total = 2
 M = 1
 F = 1

02/October/2021
~~705~~ 705 Md. Jaleel 58/M 566147 DM
~~706~~ 706 Sonu Kumar 31/M 566180 DM
~~707~~ 707 Sushang 40/F 566210 Hypert
~~708~~ 708 Dharmendra 24/M 566224 DM
~~709~~ 709 Tishat 38/M 566216 HTN
~~710~~ 710 Narayan Kumar 39/M 566220 DM
~~711~~ 711 Ansa Devi 45/F 566270 DM
 total = 7
 M = 5
 F = 2

04/Oct/2021
~~712~~ 712 Krishna Raj 41/F 527773 Diabetes
~~713~~ 713 Sunita Yadav 47/F 523628 DM
~~714~~ 714 Sneha Das 59/F 511190 V. High BP
 total = 3
 F = 3

05/Oct/2021
~~715~~ 715 Jafar Ahmad 59/M 526179 Hypertension
~~716~~ 716 Kunal Sharma 48/M 527360 Hypertension
 total = 2
 M = 1
 F = 1

28 Oct 2021

~~841~~ 841 Pawan Kumar 28/M 533396 Hypert
~~842~~ 842 Manu 20/F 528851 HTN
~~843~~ 843 Bageshwar 24/M 533188 Hypert
~~844~~ 844 Sanjeev 42/M 502493 HTN

29/Oct/2021

~~845~~ 845 Somveer 34/M IPD-5495 Anemia
~~846~~ 846 Sifara Devi 48/F Reference from K.C 530335 Anemia

30/Oct/2021

~~847~~ 847 Prahlad Yadav 49/M 530762 HTN
~~848~~ 848 Manoj 35/M 514135 HTN
~~849~~ 849 Lalita Devi 45/F 529284 HTN
~~850~~ 850 Kapil Raj 50/M 525516 DM/HTN
~~851~~ 851 Mukesh 45/M 532412 DM/HTN
~~852~~ 852 Tarif Ahmad 73/M 533962 DM
~~853~~ 853 Alok Kumar 41/M 515835 HTN
~~854~~ 854 Panraj 44/M 529962 HTN
~~855~~ 855 Vishnu 50/M 531002 DM
~~856~~ 856 Rameshwar 58/M 534001 DM
~~857~~ 857 Palmatma 33/M 528820 Cough/HTN
~~858~~ 858 Tushar Yadav 42/M 475916 DM
~~859~~ 859 Iachan Lal 48/M 533004 HTN
~~860~~ 860 Ramon Chhly 52/M 534002 DM

1st Nov 2021

~~861~~ 861 Ishant Bhadwaj 18/M 534108 HTN
~~862~~ 862 Rakesh Kumar 24/M 534090 HTN
~~863~~ 863 Mahendra Pal 52/M 525487 Hypertension

November 2021

Dept. of Sanshodhan,
Sodhita, Dharmacharya, Guidance to Patients
2 Nov/21.

840-864	Raman	31/F	579880	Castroville
841-865	Gulshan	34/F	526368	Castroville
842-866	Bimlesh	59/F	534558	Castroville
843-867	Shree Kant	39/M	532571	Castroville

5th Nov 2021

844-868	Samiksha	29/F	520676	Castroville
845-869	Sunil	52/M	527193	Castroville
846-870	Ashish	37/M	534995	Castroville
847-871	Sangeeta	31/F	524538	Castroville
848-872	Harmuchi	51/F	509474	Castroville
849-873	Jami alom	22/M	534484	Castroville

6th Nov 2021

850-874	Mayaram	55/M	534889	Castroville
851-875	Laxmi	28/F	579898	Castroville
852-876	Rajwasi Bharti	60/M	519398	Castroville
853-877	Jyoti Sharma	39/F	528638	Castroville
854-878	Gurish chavla	52/M	579062	Castroville
855-879	Laxmi Chand	60/M	527817	Castroville
856-880	Panjankar	23/F	539986	Castroville

8th Nov 2021

867-881	Mohd masim	24/M	585053	PM G.
868-882	Rakesh	33/M	480514	PM G.
869-883	Abhishek Singh	29/M	480514	PM G.
870-884	Smit Mendel	63/M	513563	PM G.
871-885	Vijay Kumar	57/M	532788	PM G.

29 Nov 2021

1029	Tarun yadav	22/M	583269	Castroville
1030	Ankita	25/M	586069	Castroville
1031	Tec.	41/M	595569	Castroville

30 Nov 2021

1032	Omika Devi	63/F	590161	Castroville
1033	Vinee Bhaskar	54/F	529334	Castroville
1034	Englesh Devi	57/F	380087	Castroville
1035	Binkale Devi	31/F	540902	Castroville

01 Dec 2021

1036	Netanjha	42/F	540442	Castroville
1037	Hasmuddin	61/M	534807	Castroville
1038	Ram chander	44/M	TPD 5696	Castroville

Reference from k.c

1039	Clarin Tony	20/F	486731	Castroville
1040	Preeti	22/F	540567	Castroville
1041	Vikas Kumar	29/M	SPD 5732	Castroville

2nd Dec 2021

1042	Shabana	36/F	596743	Castroville
1043	Arvind Kumar	37/M	593015	Castroville
1044	Mekkar	60/M	596751	Castroville
1045	Jameel	41/M	596802	Castroville
1046	Pavsh Kumar	41/M	596729	Castroville
1047	Komel	21/F	593138	Castroville
1048	Rohit Kumar	28/M	593138	Castroville
1049	Smit	38/M	596817	Castroville
1050	Darshini	68/M	596817	Castroville
1051	Jlem Singh	31/M	596817	Castroville

December 2021

Sadavitto, Discharge, Labana Guidance to Patients,

3rd December 2021

1047. 1052 Gopal Kishan	65/M	536128	Mouth cancer
1048. 1053 Hiralal Singh	57/M	540943	CRF
1049. 1054 Anandjeet	70/F	457156	Hypothyroidism
1050. 1055 Kaneej	81/F	540954	HTN
1051. 1056 Geeta	45/F	536303	HTN/DM
1052. 1057 Neelam	42/F	541065	DM/HTN
1053. 1058 Pimla	65/F	541042	HTN/DM
1054. 1059 Anandha	20/F	541059	CRF

4 Dec 2021

1060. 1061 Munoj Kumar	35/M	594310	Strain Pain
1062. 1062 Shakti Devi	52/F	594205	DM/HTN
1063. 1063 Santosh Devi	44/F	570218	HTN
1064. 1064 Aksha Kishan	29/F	532264	HTN
1065. 1065 Gaurav	44/F	537449	HTN
1066. 1066 Manoj	42/F	531244	HTN
1067. 1067 Rajpal	35/M	541250	DM
1068. 1068 Rajiv	53/M	541264	HTN
1069. 1069 Hemanshu	29/M	541248	HTN
1070. 1070 Ajay	29/M	541301	DM
1071. 1071 Shakti Devi	69/F	541203	DM
1072. 1072 Parul Verma	19/F	541253	HTN
1073. 1073 Rajni	56/F	541291	DM
1074. 1074 Mahesh Jha	40/M	541412	DM
1075. 1075 Anu Batra	49/F	212527	HTN
1076. 1076 Renu	40/F	212522	HTN
1077. 1077 Dipika Garg	32/F	536330	HTN
1078. 1078 Jay Kumar Ram	26/M	541384	HTN
1079. 1079 Tejendra Kumar	37/F	530898	DM
1080. 1080 Gaurav	23/M	541270	HTN
1081. 1081 Kumari Anandha	44/F	539242	DM

30/12/21

1148. 1148 Sonu	547718	32/M	Anapilla
1149. 1149 Lohan	547717	26/M	Anapilla
1150. 1150 Renu Singh	532042	48/M	Graham
1151. 1151 Ella	546893	44/F	DM-II
1152. 1152 Sakshi Bhatt	547886	21/M	Renal stone

31/12/21

1153. 1153 Smaj	548000	22/M	Weight loss
1154. 1154 Sanyal	546248	24/F	Hypothyroidism
1155. 1155 Komal	503800	51/F	Anapilla
1156. 1156 Gurmeh	544054	31/F	DM-II

Toket 1167

1 Jan 2022

1. 1167. 1167 Reena Sharma	69/F	540241	HTN/DM/Anapilla
2. 1167. 1167 Zehat Pankaj	33/F	534929	Psoriasis

3 Jan 2022

5. 1167. 1167 Rajni Devi	35/F	538530	Hypothyroidism
6. 1167. 1167 Wendes	33/M	536305	HTN
7. 1167. 1167 Sandeep	24/M	545916	DM
8. 1167. 1167 Vipin Kumar	29/M	545890	DM
9. 1167. 1167 Akshay Anand	44/M	547853	Hypertension

January 2022

2022 Dept. of Swasthavitto,
Sadavito, Dincharya, Sahara Guidance to Katerbs.
1st January 2022

10	Rohit Vind	544475	31/M	DM/HTN
11	Beena Sharma	548241	69/F	Association
12	Zenat Pannan	534929	33/F	Association
13	Marin Khan	548348	18/F	

14/Jan/2022

04/January/2022

14	Vaisha	548536	55/F	22/Jan
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05/Jan/2022

15	Sunita	538760	41/F	fibroid
16	Sai Pradeep	548574	46/M	compulsion

06/Jan/2022

17	Vikas	535985	41/M	Yakrit Vikar
18	Neha Kumari	529407	20/F	DM/HTN
19	Laxmi	540081	47/F	Ashwari
20	Veena Gang	547478	86/F	DM/HTN

07/Jan/2022

21	Sangeeta	547608	48/F	DM/HTN
22	Chandra Bharti	534718	21/M	DM/HTN

10/Jan/2022

23	Rakhi	534750	41/M	DM/HTN
24	Kamini	613350	24/F	DM/HTN
25	Ajili	549404	11/F	DM/HTN
26	Bhaski	549384	29/F	DM/HTN
27	Mukil	549310	29/F	DM/HTN

22/Jan/2022

40	Vijay Singh	67/M	550513	Multiple myeloma
41	Beena	26/F	544091	DM/HTN
42	Pradeep Ka.	46/M	550563	DM/HTN
43	Vinjay Singh	80/F	550660	Twak Vikar

24 Jan 2022

49	Jitendar	38/M	548423	Peng. calculi
50	Kuldeep	34/M	550626	DM/HTN

25 Jan 2022

47-51	Satish	45/M	550749	Arterial neoplasm
52	Kavita	38/F	549483	Pandur
53	Anu batra	42/F	812527	Arterial
54	Prakash Chandra	35/M	513659	DM/HTN
55	Saraswati Devi	51/F	550703	Arterial

27/Jan/2022

56	Doya Shankar	70/M	550812	DM, CKD
57	H.D. Arjun	39/M	406702	DM/HTN
58	Zigad	39/M	548948	KV
59	Babita	32/F	547882	DM/HTN
60	Shri Ram Gupta	41/M	550918	DM/HTN
61	Ramesh	54/M	550839	DM
62	Seema	34/F	497588	DM/HTN
63	Arli Dhyana	0/F	292095	Menopausal
64	Alka	38/F	547268	DM

28 Jan 2022

65	Jitka Ram	41/M	551068	DM/HTN
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February 2022

Dept of Swasthavitthi				
Sadavritta, Dinacharya, Dehara Guidance to Patients				
28 Jan 2022				
66.	Ankita	25/F	551063	Katigata vata
67.	Shiv Karan Singh	45/M	549280	Arbuda (CA colon)
31 Jan 2022				
68.	Anoop Kumar	41/M	551301	Gidraasi
69.	Shubra Chandel	46/F	551351	umbilical hernia
01 Feb 2022				
70.	Sanita	45/F	550140	Amavata
02 Feb 2022				
71.	Sirani	26/M	551639	Anxiety
72.	Santhya kumari	22/F	551705	V.D. deficiency
73.	Mahmed	41/M	538006	HyperAcidity
74.	Vikas Pandey	36/M	547112	UTI
75.	Sumita	34/F	491091	Ins.
4th Feb 2022				
76.	Kalpene	36/F	549612	Anemia
77.	Ani Kumari	28/F	235248	Joint Pain
78.	Manju	48/F	544550	Anemia
80.	Ramavathi	48/F	521770	Anemia
81.	MeetaKshi	30/F	469790	Apertosis
82.	Aloni Sharma	32/F	527270	Anemia

165.	171	Pooja Yadav	30/F	552349	Thyroid disorder
166.	172	Deepak Singh	37/M	556401	Hypertension
25 Feb 2022 (Friday)					
167.	173	Shyama Devi	61/F	469900	CA Breast
168.	174	Sanika Gupta	72/F	558220	Psoriasis
169.	175	Mahaveen	40/M	556565	DM
170.	176	Bharat	57/F	556554	TB
171.	177	Lakshmi	49/F	556544	CA Breast
172.	178	Om Prakash	42/M	555584	Anemia
173.	179	Krishna	30/F	556610	Katigata vata
26 Feb 2022 (Saturday)					
174.	180	Khushboo	32/F	556964	Anemia
175.	181	Shayla Jeena	67/F	657019	DM
176.	182	Saerita	34/F	556894	Anemia
177.	183	Sudhakar	52/M	544936	DM
178.	184	Singamjeet Kaur	37/F	557026	Anemia
179.	185	Priyanka	53/F	557081	Anemia
180.	186	Paramjeet Singh	40/M	557027	Anemia
181.	187	Priyanka	36/F	557076	Anemia
28 Feb 2022 (Monday)					
182.	188	Anita Devi	54/F	555116	Anemia
183.	189	Conch Saini	30/F	521414	Hypertension
184.	190	Sahil	56/M	553819	Graves
185.	191	Usha	38/F	542235	Hypertension

March 2022

Dept. of Swasthavitto

(Sodavitta, Dinchariya, Ahara Guidance to Patients)

2 March, 2022

188 191 Neta	19/6	552732	PROD.
189 195 Pankaj Kumar	30/M	557429	Ulcerative colitis
190 196 Harindra Sharma	40/M	557491	DM-II
191 195 Ramkishu Devi	17/F	556191	OA
192 196 Manoj Kumar	30/F	556191	o/f
193 191 Rajesh	25/M	556160	Lymphoma

03 March 2022

194 198 Umesh Kumar	48/M	557696	Arthritis
195 199 Anuj Kumar	27/M	557695	Chronic
196 200 Raju Kumar	61/M	557779	Chronic
197 201 Akhilesh Kumar	18/M	554500	Chronic
198 202 Khalid	26/M	557787	DM
199 203 Usha Devi	42/F	557745	Chronic
200 204 Ayush Saxena	27/M	557715	Chronic
201 205 Nathu Kumar	16/M	557788	Chronic
202 206 Anshu Devi	42/F	557719	Chronic
203 207 Vitas	41/M	555955	Arthritis
204 208 Rakula	50/F	557775	RA
205 209 Pramod	39/M	557807	HTN
206 210 Dipankar	69/M	557790	DM/Hypertension
207 211 Urmila	74/F	529244	HTN
208 212 Sudhakar	25/M	557481	DM
209 213 Sanjay	43/M	557982	AS

214 302 Anuj	37/M	548257	MND PPD Referral
215 303 Brijesh	35/M	552200	Hair fall
216 304 Madhav Thami	37/M	558491	Hair Reg
217 305 Sharda Gupta	24/F	564529	Rashes over body
218 306 Sushant	45/M	565543	skin disorder
219 307 Karon	66/F	565552	Htn
220 308 Seema	48/F	566100	Hypothyroidism
221 309 Sumit	45/M	525534	Gastritis
222 310 Gajana	40/F	502809	Black patches over body

311	Monika Kumar	74/M	803519	Diabetes
312	Shivank	20/M	642428	Acne
313	Anita	26/F	802538	Depression
314	Minakshi Kumar	36/M	802679	Redness on nails
315	Shantanu	22/M	802708	Crack & Itching over limbs
316	Anish	37/M	802665	Pain in hand & leg
317	Rajesh	60/M	802702	Itchy & scaly patches
318	Ramashree	41/M	802915	Green sweating
319	Abhishek	78/M	802940	White patches
320	Devinder Kumar	65/M	802975	Vascular veins
321	Tulsi	40/F	532945	Amplified

4 April 2022

322	Vikash			
323 322	Vikash	42/M	547041	Hyp.B/DM
324 323	Garv	31/M	566462	Enteritis
325 324	Anita	45/F	566325	Depression
326 325	Pilka	30/F	566346	Hypothyroidism
327 326	Atish Kh.	38/M	561578	Facial Paralysis
328 327	Bindu	37/F	10188	Chronic
329 328	Mukesh	26/M	509666	Five Fingers

April 2022

292 302 Anuj 37/M 548357 MND IPD Referral
 293 303 Brijesh 35/20 22/M Half full
 294 304 Madhav Thari 37/M 558491 Hair Rog
 295 305 Shweta Gupta 24/F 564529 Rashes over body
 306 306 Sushpal 15/M 565543 Skin disorder
 307 307 Koston 66/F 565552 Hm.
 298 308 Seema 40/F 566600 Hypothyroidism
 299 309 Surjit 45/M 525534 Gastritis
 300 310 Rajana 40/F 502009 Black patches over body
 311 311 Mohit Kumar 24/M 803649 Diabetes
 312 312 Shivank 20/M 642428 Acne
 313 313 Anita 36/F 802538 Depression
 314 314 Vinay Kumar 36/M 802877 Redness in nails
 315 315 Shantanu 22/M 802708 Crack & itching over limbs
 316 316 Anish 37/M 802655 Pain in hand & leg
 317 317 Rajesh 60/M 802702 In Dry & itchy patches
 318 318 Ramashree 41/M 802915 Green sweating
 319 319 Abhishek 28/M 802973 562040 White patches
 320 320 Devinder Kumar 65/M 802975 Varicose veins
 321 321 Tuls 40/F 532945 Amalgam fillings

4 April 2022

322 322 Vikash 42/M 547041 Hep. B / DM
 323 323 Gaurav 31/M 566462 Enteritis
 324 324 Anita 45/F 660325 Diabetes
 325 325 Pika 30/F 560346 Hypothyroidism
 326 326 Atish Kh. 38/M 561578 Facial paralysis
 327 327 Bindu 30/F 10188 Old diabetes
 328 328 Mukesh 26/M 509668 HIV / Fetus

28 April
 440 440 Amit Shu. 22/M 1HMS-18065 Kallivati
 441 441 Kinad Kumar Singh 49/M 1HMS-22955 Kallivati
 442 442 Sita Sharma 63/M 1HMS-16683 DM
 443 443 Sanjya 14/F 1HMS-22965 Kallivati
 444 444 Rakesh Singh 65/M 1HMS-12945 Kallivati
 445 445 Maya Devi 64/F 1HMS-23018 Kallivati
 446 446 Sushant 34/F 1HMS-23190 Kallivati
 447 447 Himanshu 34/M 1HMS-23190 Kallivati
 448 448 Purnendu 65/F 1HMS-15902 Kallivati
 449 449 Manoj 70/M 1HMS-15902 Kallivati
 450 450 Saraj 50/F 1HMS-16841 Kallivati
 451 451 Himanshu 10/M 1HMS-23279 Kallivati
 452 452 Kishik 26/M 1HMS-19872 Kallivati

29 April 2022

453 453 Shalu 17/F 1HMS-12470 Kallivati
 454 454 Nitin Singh 26/M 1HMS-23646 Kallivati
 455 455 Priyanka Ram 24/F 1HMS-23598 Kallivati
 456 456 Kalle Charan 35/M 1HMS-20470 Kallivati
 457 457 Vikas 33/M 1HMS-10604 Kallivati

30 April 2022

458 458 Suresh 35/M 1HMS-16997 Generalised weakness
 459 459 Jai Ram Gupta 48/M 1HMS-17097 Diabetes
 460 460 Maya Kumar 41/M 1HMS-23865 Diabetes
 461 461 Nehru 26/M 1HMS-23894 Kallivati
 462 462 Lalit Kumar 25/M Kallivati
 463 463 Chandrapal 69/M 1HMS-23919 Diabetes
 464 464 May 33/M 1HMS-23942 Hypothyroidism
 465 465 Kuldip 23/M 1HMS-24042 Lipoma
 466 466 Indrajit 39/M 1HMS-23957 Hypothyroidism

May 2022

Dept of Swasthavittha,

Sardarvitha, Dincharyo, Ahara Guidance to Patients,

467	Vijay Garg	54/M	IHMS-11122	Number Pain
468	Benke Lal	60/M	IHMS-14326	Diabetes
469	Umla	67/F	1	Diabetes
470	Seemakantik	38/F	IHMS-23995	Hypertension
471	Asha Tyagi	47/F	IHMS-23946	Obesity
472	Lokesh Monga	26/M	IHMS-23952	Diabetes Hb.
473	Tanya Sharma	44/F	IHMS-17170	Hypertension
474	Narveer	34/F	IHMS-24090	Diabetes
475	Anirajesh Kumar	31/M	IHMS-24197	Diabetes
476	Rajeshwar Jha	51/M	IHMS-2334	Diabetes
477	Chander Has	36/M	IHMS-24061	Diabetes
478	Nitin	24/M	IHMS-24128	Diabetes
479	Shital Kumar	30/M	IHMS-24145	Hb.
480	Suresh Chander	47/M	IHMS-11320	Diabetes
481	Shweta	51/M	IHMS-14147	Diabetes, Hb.
482	Hemant Kumar	52/M	IHMS-14761	Diabetes

2nd MAY, 2022

483	Kailash Choudhary	54/M	IHD (228)	Non-alcohol Liver disease
484	Mouya Devi	60/F	IHMS-17661	Hb.
485	Ravi Shankar	27/M	595-48 (R-358)	Leukemia

4 May, 2022

486	Kalpna Devi	44/F	IHMS-24753	Anxiety
487	Om Kumar Jha	24/M	IHMS-24707	Obesity
488	Harsh Kumar	42/F	IHMS-21284	Diabetes
489	Anurag Gupta	23/M	IHMS-18336	Sinusitis
490	Rakisha	30/F	IHMS-25022	Hypertension
491	Sudharshan	58/M	IHMS-25005	Swastha

630	Vijal Pal	61/M	23973	Diabetes
631	Jogindri	40/F	10670	Hb.
632	Raj	17/M	53036	Hb.
633	Arak Nath	54/M	33138	Hb.
634	Divya Devi	45/F	33133	Hb.

30 May, 2022

635	Chitra	19/F	24282	PCOD
636	Shweta Gupta	42/F	21174	Hypertension
637	Mamta Singh	62/F	29840 (421)	Diabetes

31 MAY | 2022

638	Sans	57/F	16093	DM.
639	Rajamman	51/M	33457	IBS
640	Raj Kshiro	47/M	33528	HTN
641	Makani Devi	24/F	11889	Gest. Diabetes

01 June | 2022

642	Priya devi	28/F	19078	Surgical menopause
643	Laxmi Kumar	38/F	27489	T.M.T.
644	Kishan Devi	40/F	33851	Diabetes

02 June | 2022

645	Pappu	21/M	IPD-6696	Diabetes
646	Ganesh Prasad	72/M	IHMS-30022	Hb.
647	Mamoli Devi	19/F	IHMS-30020	Swasthachar
648	Kamal Jain	31/F	IHMS-27910	DM-II
649	Ramesh Chandra	42/M	IHMS-27942	DM-II
650	Rajeshwari	38/F	IHMS-33905	Hb.
651	Shilpi	21/F	IHMS-34152	Nephropathy
652	Shilpi Jain	40/F	IHMS-24118	Dyslipidemia

June 2022

Dept. of Swasthramitta

652

#652 Shakti Jain	40/M	34118	diplidemia
#653 Shukla	49/F	18024	Amelipita
#655 Rupa	54/M	30119	DM-T
#656 Vinay Kumar	40/M	20031	Scleroder

8 June 2022

#657 Ajay Sonasav	47/M	21854	DM
#658 Rajal Kumari	21/F	84021	एक किलर
#659 Goban	63/M	17220	दो किलर
#660 Manoj Prasad	52/F	34501	CKD
#661 Rakesh Nisha	40/F	32088	Thyroidism
#662 Ajay Devi	52/M	82063	प्रोस्टाट
#663 Dudeja	64/M	3061	Prostate CA
#664 Madhu Devi	60/F	20292	HTN
#665 Sonika	67/F	28445	आगत

4 June 2022

#666 Sunil Kumar	34/M	30818	DM
#667 Ankit	17/M	14248	अतिवृद्ध
#668 Sweta Kumari	24/F	26235	रक्तवृद्ध
#669 Subhat	66/M	35035	CA
#670 Shikha	26/F	6720 (IPD)	अमिलन
#671 Ghassale	47/F	6719 (IPD)	अमिलन
#672 Kamdar	27/F	20941	प्रेशर
#673 Pradeep	38/M	30807	एक किलर
#674 Masoom	18/F	28957	अतिवृद्ध
#675 Hasi	52/M	35154	रक्त
#676 Anur Kumar	32/M	13193	अतिवृद्ध
#677 Vijay	25/M	35233	रक्त

28/6/22 (Tuesday)

#989 Mina Mehta	58/F	43339	रक्त
#990 Sulender	43/M	43369	रक्त
#991 Mehjabi	60/F	43296	रक्त
#992 Ajay Anand	19/M	20256	रक्त
#993 Anju Kani	40/F	88670	रक्त
#994 Rakesh Kani	30/F	43364	रक्त
#995 Shobhit	30/M	32087	रक्त
#996 Mona	52/F	40788	DM
#997 Sharda Gowanji	55/F	43425	रक्त
#998 Nisha	27/F	23232	Cervical Spine
#999 Kusum Singh	52/F	43456	रक्त
#1000 Anur	45/M	43657	DM

29/6/2022 (Wednesday)

#992 Harbin Singh	69/F	43758	Hypertension
#994 Kiran devi	40/F	33851	रक्त
#996 Nikhil	23/M	567407	रक्त
#998 Sandhya Sinha	52/F	37491	Memory loss
#999 Rajana Pandey	52/F	43869	Thyroid carcinoma
#1000 Pankaj Kumar	48/M	36250	DM + TB

30/06/2022 (Thursday)

#999 Sushila Kumari	54/F	892501	Cholelithiasis
#990 Sunil	40/M	15659	रक्त
#991 Rajni	28/F	44044	रक्त
#992 Shu Mahalal	71/M	38380	DM
#993 Vinayak Kumar	25/M	844080	रक्त
#994 Shale	27/F	44066	रक्त
#995 Mantar	25/M	44104	रक्त
#996 Mera	50/F	44119	रक्त
#997 Chavem Gay	45/M	535390	रक्त
#998 Panti	19/F	39359	रक्त

July 2022

Dept. of Swasthavitto

Sadavitto, Dincharya, Ashara Guidance to Patients.

959. Samuati	55/F	44178	SH, HTN.
960. Sunda	51/F	44175	SH
961. Ravi Devi	45/F	41819	Cervical.
962. Chetna	29/F	39239	PCOS & Fatty Liver

1/7/22

FRIDAY

963. Harish	56/M	35241	SH, HTN.
964. Chandrabhan	51/M	44338	SH, HTN.
965. Meladav	58/M	39423	SH, HTN.
966. Shrinath	26/M	7048	SH, HTN.
967. Simran	21/M	15308	SH, HTN.
968. Mohan	47/M	44662	SH, HTN.
969. Sanjay Kumar	44/M	44297	SH, HTN.
970. Sanjay	26/M	44507	SH, HTN.
971. Manjit Kaur	65/F	44553	SH, HTN.
972. Hem Karan Meena	65/M	13685	SH, HTN.
973. Nandan P Sharma	18/F	44330	SH, HTN.

2/7/22 (Saturday)

974. Sonu Devi	74/F	14253	SH, HTN.
975. Manu Sharma	75/M	26003	SH, HTN.
976. Anshu	46/F	44682	SH, HTN.
977. Mahesh Singh Negi	45/M	28715	SH, HTN.
978. Sauri	26/F	37001	SH, HTN.
979. Anshu	23/M	79337	SH, HTN.
980. Ravi	67/F	44730	SH, HTN.
981. Sanjeev	46/M	39286	SH, HTN.
982. Sanjeev	50/F	44869	SH, HTN.

1230. Disha	20/F	41935	SH, HTN.
1231. Shama	32/F	53499	SH, HTN.
1232. Nareem	51/F	53108	SH, HTN.
1233. Kavita	45/F	53526	SH, HTN.
1234. Mahesh	57/M	53850	SH, HTN.
1235. Parv Singh	23/M	53518	SH, HTN.
1236. Yogesh	21/M	50483	SH, HTN.
1237. Shama	48/F	53562	SH, HTN.
1238. Balmiki	58/M	53580	SH, HTN.
1239. Rajni Gupta	42/F	53567	SH, HTN.

30 July 2022 (Saturday)

1240. Vikram	21/M	49478/IFB	SH, HTN.
1241. Yogendra Singh	56/M	53786	SH, HTN.
1242. Anvith	68/F	49102	SH, HTN.
1243. Tanmay	42/M	53817	SH, HTN.
1244. Rishi Kumar	19/M	88573	SH, HTN.
1245. Dharmendra	41/M	53802	SH, HTN.
1246. Ranjita Sharma	34/F	49187	SH, HTN.
1247. Shivani Pandey	18/F	53882	SH, HTN.
1248. Rahul	25/M	53871	SH, HTN.
1249. Ashik	17/M	53855	SH, HTN.
1250. Sanjay Sandya	49/M	17207	SH, HTN.
1251. Shree Hye	33/F	53907	SH, HTN.
1252. Umesh Chandra	52/M	53840	SH, HTN.
1253. Neeraj	49/M	53774	SH, HTN.
1254. Arpita	33/F	53770	SH, HTN.
1255. Vibhu	34/M	53771	SH, HTN.
1256. Gyan Prakash	55/M	49414	SH, HTN.
1257. Chitra Rani	53/M	53989	SH, HTN.
1258. Komal	49/M	7286	SH, HTN.
1259. Vijay Singh	24/M	53971	SH, HTN.
1260. Arun Kumar	80/M	44906	SH, HTN.
1261. Satish Kumar			SH, HTN.

August 2022

Dept. of Swasthavitto
Sadhuttha, Dincharya, Mahasa Guidanee^{3rd} to Patients

1268. Ramvilash 53/M 40421 ^α HgHE

1st August, 2022 (Monday)

1263	Rajni	40/F	41236	747E
1264	Kanta Devi	77/F	54042	सिवादि
1265	Raman Singh	24/M	54069	रिवादि
1266	Vivendra	23/M	26536	सिवादि
1267	Sugandha devi	51/F	54065	रिवादि
1268	Vishnu Kumar	22/M	54090	रिवादि
1269	Raj Kulkarni	42/M	16027	हलुन
1270	Urande Prakash	62/M	49469	रिवादि
1271	Saloni. Mukra	21/F	54110	रिवादि
1272	Pulika kumari	19/F	51869	रिवादि
1273	Racham Prakash	11/M	51861	रिवादि
1274	Usha devi	12/F	54142	रिवादि
1275	Rohini	23/M	54188	रिवादि
1276	Ram Saran	51/M	53777	DM-II
1277	Lalita Devi	37/F	78208	रिवादि
1278	Paramanand Prakash	61/M	54089	DM-II
1279	Rudhy shyam	61/M	54201	रिवादि
1280	Lakhi kumari	30/F	40177	रिवादि
1281	Vikash	21/M	54119	रिवादि
1282	Harsh	24/M	4210	रिवादि
1283	Deep Singh	19/M	54207	DM-II
1284	Radam kumari	55/M	31877	रिवादि
1285	Parvati	29/M	12407	रिवादि

2nd August, 2022 (Tuesday)

1286	Ashok kr	60/M	54480	रिवादि
1287	Shyam wati	75/F	54486	रिवादि
1288	Anuradha Singh	38/F	52484	रिवादि
1289	Manju	38/F	44888	रिवादि
1290	Sama parveen	38/F	54887	रिवादि
1291	Uma devi	67/M	12620	रिवादि

31 August 2022

1558	Om Prakash	75/M	61008	रिवादि
1559	Savitri Devi	58/F	63927	रिवादि
1560	Sauabh	27/M	46249	रिवादि
1561	Ranjni Devi	38/F	12944	रिवादि
1562	Pin ce	22/M	63900	रिवादि
1563	Lalit	25/M	6011	Constipation
1564	Pradep kr. Lohia	63/M	63934	रिवादि
1565	Machhala	60/F	63950	रिवादि
1566	Madhav	26/M	64009	रिवादि
1567	Sohan	64/M	62710	DM-II
1568	Alaveen Sharma	39/M	6418	रिवादि
1569	Ramesh kr. Singh	37/M	63932	DM-II
1570	Arun kr. Gupta	89/M	64163	रिवादि
1571	Tara Devi	52/F	29364	DM
1572	Amit sharma	38/M	38106	Hepatitis-B

September 2022

Dept. of Swasthavitto

Sadavitha, Dincharya, Ashara Guidance to Pattenhi

1 Sept 2022

1573	Prash Kumar	27/F	64829	Diabetes
1574	Ganga Devi	86/F	64312	HTN
1575	Neetu	81/F	64383	Diabetes
1576	Ranjay	42/F	64319136	Hypothyroidism
1577	Rambai	41/F	64438	HTN
1578	Ravi Shankar	31/M	64412	Diabetes
1579	Sindhu Sudho	40/F	64481	Constipation
1580	Moham Isshan	60/M	18679	Cholelithiasis
1581	Ankur Pandey	41/M	64584	Burning micturition
1582	Priya	32/F	55605	HTN
1583	Teeran Doshi	32/M	64801	Diabetes
1584	Manjul Devi	57/F	55113	Diabetes
1585	Sheela Verma	49/F	35442	DM II

2/9/22

Sno	Name	Age/Sex	Wt/Ht	Diagnosis
1	Sanjay	37/M	64785	Diabetes
2	Abhishek	38/M	64834	IBS
3	Simran	24/F	64890	Diabetes
4	Babli	21/M	64760	Diabetes
5	Rajni	41/F	64923	Diabetes
6	Rajni	34/F	64996	Diabetes
7	Vikas	30/M	65110	Diabetes

3/9/22

Sno	Name	Age/Sex	Wt/Ht	Diagnosis
1	Madhu	52/F	65304	Diabetes
2	Anjali Sharma	38/M	12831	Diabetes
3	Priyanka	30/F	65270	Diabetes
4	Girraj	71/M	65240	Diabetes
5	Arushi	39/F	65309	Diabetes
6	Sahil	59/M	65729	Diabetes
7	Priyanshu	43/M	14723	Diabetes
8	Archi	45/F	65355	Diabetes
9	Meera	70/F	39888	Hypothyroidism

26th Sept 2022

1	1806 Mahesh	65/M	73273	Diabetes
2	1807 Gita Singh	54/F	66080	Diabetes
3	1808 Manpreet Kaur	62/F	73368	DM
4	1809 Murlan Samiya	23/F	73264	

27/sep/2022

1	1810 Ashwini	42/M	73591	Diabetes
2	1811 Mukesh Kumar Sharma	57/M	83850	DM
3	1812 Chandrasekar	36/M	73629	DM
4	1813 Neeru	58/F	66190	Diabetes

28/sep/2022

1	1814 Sita Devi	36/F	74001	Diabetes
2	1815 Poonam Dubey	42/F	73444	Diabetes
3	1816 Rudraksh	30/M	74298	Diabetes
4	1817 Sajida Begum	45/F	74238	Hypothyroidism
5	1818 Vipin Kumar	33/M	74054	Diabetes
6	1819 Sukarni	56/F	62821	Diabetes
7	1820 Jared	84/M	740921	Diabetes

29/Sept 2022

1	1821 Shrey Goswami	27/M	74478	IBS
2	1822 Jai Bhagwan Sharma	65/M	70201	Diabetes
3	1823 Vijay	48/M	74498	Diabetes
4	1824 Adar	22/M	72412	Diabetes
5	1825 Vigender	60/M	39851	Diabetes

October 2022

Dept. of Swasthavitto

Sadavitto, Dincharya, Dehara Guidance to Patients.

30 Sept 2022 (Friday)

1. Ram Nites 72318 73/M DM, recti 1412
2. Shukham Kashyap 75833 28/M LBA

2. नमो भगवते

1/10/2022 (Sat)

1. 1828 Kanti Devi 75009 46/F Hypertension
2. 1829 Anita Sharma 71889 39/F Hypertension
3. 1830 Suraj Kumar 75072 59/M DM, Hypertension
4. 1831 Suresh Sharma 71881 52/M DM, Hypertension
5. 1832 Varsha Khola 49428 27/F Hypertension
6. 1833 Shanti 62922 19/F Hypertension
7. 1834 Haren K. 71229 37/M Hypertension
8. 1835 Kumar Singh 71304 58/M Hypertension
9. 1836 Shalu 75084 47/F Hypertension
10. 1837 Rajat Khatun 71984 28/M Hypertension
11. 1838 Ashok 75187 31/F DM
12. 1839 Pinki 75213 32/F Hypertension
13. 1840 Seema 73189 46/F Hypertension
14. 1841 Rakantesh 71032 17/M Hypertension
15. 1842 Madak 75266 31/F Hypertension
16. 1843 Anvoni Chaudhary 75285 30/F Hypertension
17. 1844 Seema Devi 75357 40/F Hypertension
18. 1845 Abhis Khan 75393 26/M Hypertension
19. 1846 Priyanka 75467 27/F Hypertension

26/10/21.

1965 Varsha 31/F 81459 TSH
1966 Gangadri 46/F 79507 TSH
1967 Subhil Kumar 39/F 81680 TSH
1968 Parvima Sethi 50/F 81659 TSH

27/10/22

Thursday

Sl. No.	Name	Age/Sex	Urine	Diagnosis
1969	Anchana	40/F	79261	Diabetes
1970	Ratan Singh	45/M	57058	Diabetes
1971	Ravi	30/M	81944	Diabetes
1972				
1973				
1974				

28/10/22 (Friday)

1972 Sumit 21/M 26946 Hypertension
1973 Suresh Kumar 54/M 45409 HTN.

29/10/22 (Saturday)

Sl. No.	Name	Age/Sex	Urine	Diagnosis
1974	Rajeshwar	50/M	75047	Diabetes
1975	Dipu	60/M	82462	Diabetes
1976	Sanjeew	38/M	75117	Diabetes
1977	Sudha	56/F	10822	Diabetes
1978	Charan Rajat	42/M	44693	Diabetes
1979	Bhola Rani	89/F	67018	Diabetes
1980	Tarachand	50/M	68689	Diabetes
1981	Bishwajit	45/M	24162	Diabetes
1982				

November 2022

Dept. of Swasthavitto,

31/10/22 (Monday)

1983 Ramesh Bedi 68/M 7263 2001
1984 Vikas 38/M 82995 2001

01/11/22 (Tuesday)

1985 Ranta 49/F 48703 Natunagdu
1986 Manish Pal Singh 65/M 83183 2001
1987 Renu Singh 71/F 83255 2001
1988 Pankaj Maheshwari 46/F 83441 2001
1989 Samrat Pandit 66/M 83429 2001

02/11/22

1990 Tej Singh 56/M 79397 2001
1991 Sakshi 49/F 71492 2001
1992 Rakash 56/M 79467 2001
1993 Rajesh 33/M 83646 2001
1994 Anil Kant 33/M 83780 2001
1995 Ratan Singh 44/M 83461 2001
1996 Sarita 21/F 80137 2001
1997 Nisha Kishore 50/F 79466 2001
1998 Usha 21/F 83850 2001
1999 Meena Devi 51/F 80919 2001
2000 Akhilesh 34/M 69763 2001
2001 Vinay Kumar 61/M 82119 2001
2002 Ravi Kumar 21/M 82851 2001
2003 Lakshmi 47/M 27676 2001

03/11/22

2004 Sudhir Kumar 65/M 84126 CKD
2005 Abhay Gupta 24/M 89676 2001
2006 Rajendra 65/M 84572 CKD
2007 Meena Devi 82/F 80767 2001
2008 Babbar 40/M 84083 2001
2009 Ashu Kumar 38/M 84081 2001
2010 Shivan Pandey 31/M 78234 2001

2190. Rajan 37/M 87887 2001

20/11/22

2171 Renu Yadav 30/F 70856 2001
2172 Sateesh Singh 37/M 91659 2001
2173. Anshu Singh 11/M 87842 2001
2174. Anshu Singh 70/F 48740 2001
2175 Rukman Devi 70/F 85926 2001
2176 Rishika Patel 17/F 83298 2001

21/11/22

2177. Jasbir Kaur 33/F 91874 2001
2178. Tanya Singh 20/F 92086 2001
2179. Vandana 48/F 92133 2001
2180. Neelam Singh 40/F 9222 2001
2181. Usha Devi 67/F 9222 2001

28/11/22

2181 Usha Devi 42/F 87949 2001
2182 Vikas Kumar 38/M 82995 2001

29/11/22

2183. Ramesh 64/M 48322 DM
2184. Gita Devi 48/F 92851 DM
2185. Sonu Anur 30/M 92892 DM
2186. Shiv Devi 68/F 87203 DM
2187. Nisha Choud 51/M 44486 DM
2188. Nisha Kumar 67/F 90266 DM
Kedar Roy 60/M 82554 DM

December 2022

Dept. of Seashore, Sadavitta, Dinchariya, Lakshya Guidance to Patients.

30/11/22

2190.	Indal	69/M	93225	31/11/22
2191.	Uday Prady	62/M	93230	1/12/22
2192.	Rekha	42/F	93288	2/12/22
2193.	Sonju Bai	32/F	93329	3/12/22
2194.	Chanderan	40/F	93366	4/12/22

1/12/22

2195.	Uma Devi	33/F	93608	5/12/22
2196.	Shyam Pr. Pr.	43/M	93398	6/12/22
2197.	Mung Kong	33/M	93652	7/12/22
2198.	Piroz Ahmad	45/M	52374	8/12/22
2199.	Soni Mishra	32/F	93585	9/12/22
2200.	Sumita Devi	51/F	93991	10/12/22
2201.	Bhadrachari Pr. Pandey	67/M	93660	11/12/22
2202.	Manna	40/M	40478	12/12/22
2203.	Mohd. Nafis Rizul	32/M	86579	13/12/22
2204.	Shafiq	57/F	93600	14/12/22

2/12/2022

2205.	Sudha Verma	64/F	87570	15/12/22
2206.	Rishi Kumari	42/F	93960	16/12/22
2207.	Bhagat Singh	60/M	94033	17/12/22

3/12/22

2208.	Kamlesh	66/F	94184	18/12/22
2209.	Neham	70/M	84917	19/12/22
2210.	Neha	35/F	83318	20/12/22
2211.	Rizwana	40/F	14338	21/12/22
2212.	Dr. Anjali	55/F	93377	22/12/22
2213.	Raj Madan Kumar	88/M	35628	23/12/22

27th Dec

2396.	Sudhir Singh	60/M	101189	24/12/22
2397.	Madhuban Khator	41/F	11185	25/12/22
2398.	Basanti Devi	67/F	96937	26/12/22
2399.	Tahani	34/M	101225	27/12/22
2400.	Deep Kumar	44/M	568568	28/12/22
2401.	Siddhanta Kumar	38/M	568556	29/12/22
2402.	Kalyendra	37/M	101236	30/12/22
2403.	Tamara Ravi	43/F	98401	31/12/22
2404.	Rishi Raj	60/M	68171	1/1/23

28th Dec. 22

2405.	Ravi Kumar	37/M	56887	2/1/23
2406.	Sankar Suna	39/M	635267	3/1/23
2407.	Mahadevi	60/F	68581	4/1/23

29th Dec. 22 (Thursday)

2408.	Premchandra Thurai	67/M	101483	5/1/23
2409.	Vijendra Kumar	61/M	49078	6/1/23
2410.	P.P. Verma	56/M	99966	7/1/23
2411.	Pooja	42/F	568517	8/1/23
2412.	Sumita Devi	54/F	97491	9/1/23
2413.	Anju Ravi	32/F	98878	10/1/23

30/Dec/22

2414.	Manjiri	52/F	80159	11/1/23
2415.	Ravi	34/M	101854	12/1/23
2416.	Narandea	76/M	22652	13/1/23
2417.	Gorach Lal	49/M	90126	14/1/23
2418.	Sudhir Kumar	60/M	84128	15/1/23
2419.	Suli	39/F	32777	16/1/23
2420.	Ramesh Kumar	41/F	8217	17/1/23

January 2023

Dept. of Swasthavitto,

Sadavitto, Dinchaya, Abhara Guidance to Patients.

2421	Savita	41/F	28220	CA-Breast
2422	Shive Shankar Singh	51/M	101844	HTN
2423	Jamil Kumar Mishra	50/M	68392	Geo.

31/1/23

2424	Anil Kumar Singh	58/M	102223	BPH, DM-II
2425	Rajal Pandey	21/F	102244	Obesity
2426	P.K. Sharma	21/M	99424	Obesity
2427	Shobha Devi	41/F	72776	Obesity
2428	Aditya Jain	21/F	102341	Obesity
2429	Ravi Kumar	41/M	754	Obesity
2430	Uma Kant Singh	51/M	102368	DM-II

2/12/2023

2431	Kokila	22/F	98245	Obesity/DM
2432	Kajal	26/F	102528	Hypothyroidism
2433	Aditya	21/M	102631	Kidney
2434	Ravi	37/F	102529	Hypothyroidism
2435	Shamika	27/F	99060	Obesity

Batch 3/1/2023

2436	Dharmendra Singh	42/M	96975	Indigestion
2437	Shivam pal	25/M	102911	HTN
2438	Jai Kumar	21/F	102859	Obesity
2439	Shakuntla	50/F	93030	Obesity

4/1/23

2440	Ashwini Kumar	50/M	103216	Obesity
2441	Saurabh	51/M	41796	Obesity
2442	Varsha Kumar	21/F	103299	Obesity
2443	Nand Kishore	10/M	103366	Obesity
2444	Rajesh Kumar	21/M	94874	Obesity
2445	Varsha Tripathi	26/F	103499	Obesity

23/7/23

2192	Jairam Patra	59/M	108787	Obesity
2193	Kavita Sh	59/M	49169	Obesity
2194	Himanshu	71/M	109661	Obesity
2195	Rahul Kalra	32/M	109614	Obesity
2196	Rajendra	57/F	98323	Obesity
2197	Anish Kumar	31/M	105875	Obesity
2198	Shubhendra	46/M	109967	Obesity
2199	Saurabh Sharma	20/M	85137	Obesity

30/1/23

2200	Divya Singh	57/M	109952	Obesity
2201	Neetu Rawat	30/F	100021	Obesity
2202	Laxmisan	20/F	109998	Obesity
2203	Shamaza Bano	39/F	106611	Obesity
2204	Prakash Kumar	43/M	110063	Obesity
2205	Rahul Panwar	22/M	96777	Obesity
2206	Ram Prakash	63/M	98954	HTN

31/1/23

2207	Riti Devi	42/F	104479	Obesity
2208	Kapoor Singh	52/M	107125	Obesity

1/2/23

2209	Aditya Gupta	21/M	110617	Obesity
2210	Mohd. Aamir Shadi	28/F	110720	Obesity

2/2/23

2211	Kiran Choud	63/M	110969	Obesity
2212	Krishna Devi	67/F	70171	Obesity
2213	Anamika	20/M	98470	Obesity

