



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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# AYURVEDA

## DAILY ROUTINE AND THE SEASONAL REGIME



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, Dinchaaryo, Sahara Guidance to Patients)  
 01/01/2021

1.	432594	Narenindra k.	58/M	श्रीमान-प्राण
2.	492616	Michael	62/M	CKD
3.	492213	Scoria	65/F	Adrenocorticism
4.	492586	Vishal	41/M	Ca. Redium
Total 4 M=3 F=1				
02/01/2021 - Jyoti Man				
5.	490761	Somdev K.	80/M	श्रीमान
6.	486245	Suman	35/F	श्रीमती
7.	4334928	Bimala	48/F	श्रीमती
8.	4187824	Deepak	30/M	श्रीमान
9.	47430	Normala	21/H.	श्रीमती
10.	483196	Beena devt	53/F	Acidity
11.	490474	Pankaj Kumar	37/M	श्रीमान
12.	491937	Tina	42/F	श्रीमती
13.	490156	Manu devi	55/F	श्रीमती
Total 9 M=4 F=5				
03/01/2021				
14.	490156	Manu devi	55/F	श्रीमती
15.	492008	Gaurav	20/M	श्रीमान
Total 2 M=1 F=1				
05/01/2021				
16.	480414	Jankash	40/M	श्रीमान
17.	492015	Sharmila	54/F	श्रीमती
Total 2 M=1 F=1				
06/01/2021 - Jyoti Man				
18.	491773	Manika gang	21/M	श्रीमान
19.	4841761	Kaushalya	57/F	श्रीमती
20.	389062	Somana	52/F	श्रीमती

28/1/2021 (Thursday)

102.	472895	Manu Yadav	36/F	Dellhi	श्रीमती
103.	495257	Renu Devi	35/F	Aali (Dellhi)	श्रीमती
104.	491010	Atulchik Kumar	20/M	JP	श्रीमान
105.	469746	Meenakshi	20/F	Dellhi	श्रीमती
106.	465620	Balistan	40/M	Dellhi	श्रीमान
107.	495190	Pratap Singh	43/M	B.P.	श्रीमान
108.	494816	Saravati Bhatt	37/F	G.P.	श्रीमती
109.	495449	Nahin Gupta	51/F	Dellhi	श्रीमती
Total 8 M=3 F=5					
29/1/2021 (Friday)					
110.	493210 (OHIO)	Saroj Baliman	55/F	Faridabad	श्रीमती
111.	490929	Kunal Kumar	31/M	Dellhi	श्रीमान
112.	202473	Ajeet Kumar	25/M	Dellhi	श्रीमान
113.	493159	Raj Kumar	34/M	Dellhi	श्रीमान
114.	477505	Om Prakash	40/M	Dellhi	श्रीमान
115.	495790	Pratap Singh	43/M	B.P.	श्रीमान
116.	242644	Mukul	20/M	M.K.	श्रीमान
117.	482055	Taru Mishra	45/F	J.P.	श्रीमती
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	70/M	Dellhi	O.H
122.	49320 (OHIO)	Saroj Baliman	52/M	Faridabad	Arummat
Total 5 M=4 F=1					
123.	472614	Jitendra Singh	40/M	TK	Lipase
124.	495012	Raghvender	47/M	OH	gishani
125.	495851	Ajit	36/M	SU	Sandhiwalia
Total 3 M=3 F=0					

February 2021

Dept. of Swasthavritta (Sadvritta, Dinacharya, Sahaja Guidance to Patients)

1 Feb. 2021

126	Rama Shakar	493158	25/M	Lampain
127	Phandan	486367	45/M	सिंह
128	Susentha	488864	28/M	कपूर
129	Bachiyadevi	482678	42/F	सिंह
Total M=3, F=1				

2 Feb 2021

130	Lalita	494433	50/F	सिंह
131	Brahm Kumar	492844	47/M	सिंह
132	Dev Shama	492127	51/M	सिंह
Total M=2, F=1				

3 Feb 2021

133	Rakhi	483778	19/F	PCO D
Total M=1, F=1				

4 Feb 2021

134	Urnvati	489732	50/F	सिंह
135	Dev Vansh	495505	40/M	सिंह
136	Sangeeta Devi	491731	35/F	सिंह
137	Ana Sharma	487924	38/M	
Total M=2, F=3				

5 Feb. 2021

138	Mithlesh, Devi	494872	40/F	choking / pain
Total M=0, F=1				

6 Feb 2021 (Saturday)

139	Pushpa	320344	48/F	G.P. साहजिक
140	Umesh	490015	23/F	Santavihar वनविधि
141	Sunil chait	488912	44/M	केशरुको
142	Ajit	495851	36/M	सिंह
143	Rakesh	495081	32/M	Ajuna
144	Neha	494166	28/F	GARD
145	Jyoti Singh	494007	63/M	Hypertension

23 Feb. 2021

206	Vijal Kumar	400748	21/M	Neck Pain
207	Rahul	499727	35/M	सिंह
208	Shankar	495342	44/M	सिंह
209	Leekish	497127	26/M	सिंह
210	Devendra Singh	492086	42/F	Bachyaube
211	Maryu	499809	62/F	Hypertension
Total M=4, F=2				

25 Feb. 2021

212	Ramrod	498825	49/F	सिंह
213	Ahmad	495672	32/M	सिंह
214	Keene	498947	25/F	सिंह
Total M=2, F=1				

26 Feb 2021

215	Deepa Anjan	410076	30/F	सिंह
216	Bakita	497905	43/F	सिंह
217	Rajiv	500248	74/M	Cancer
218	Seema Jain	499171	43/F	सिंह/HTN
Total M=2, F=2				

27 Feb 2021

219	Millesh	490427	23/M	सिंह
220	Ankur	438320	29/M	Sore throat
221	Shakiel	499337	50/M	Sweat
222	Shivgand	417395	39/M	HTN
223	Neha	452408	49/F	Acidity
224	Neha	494166	28/F	Acidity
225		494166		
Total M=4, F=2				

01/March/2021

226	Deepak	498434	39/M	Liver Cirrhosis
227	Anita	498272	38/F	सिंह
228	Chandn	486367	45/M	Hypertension
229	Dhar	484433	50/F	Hypertension
230	Shant	495975	57/M	सिंह
231	Tilendra	393500	20/M	सिंह



March 2021

Dept. of Swasthkrmita

23 Feb 2021

207	Vijal Kumar	400741	21/M	Neck Pain
208	Rahul	499287	35/M	Headache
209	Manish	495142	41/M	Headache
210	Lauchh	497127	26/M	Headache
211	Devendra Singh	492056	43/F	Headache
212	Manju	499209	62/F	Hypothyroidism

Total M=4  
F=2

25 Feb 2021

213	Ramadh	498885	44/F	Headache
214	Ahmad	495612	38/M	Headache
215	Raene	498907	35/F	Headache

Total M=2  
F=2

26 Feb 2021

216	Deepa Anjan	410046	30/M	Headache
217	Babita	497905	43/F	Headache
218	Raghu	500518	74/M	Headache
219	Seema Devi	499171	42/F	Headache

Total M=2  
F=2

27 Feb 2021

220	Mithlesh	490927	23/M	Headache
221	Ankur	438320	29/M	Headache
222	Shabaz	499337	50/M	Swasa
223	Shivgand	411395	39/M	HTN
224	Neel	452408	49/F	Acidity
225	Neha	497166	28/F	Acidity

Total M=4  
F=2

Swasthkrmita, Dinchasya, Nabara Covidance to Patients  
01/March/2021

226	Deepak	498434	39/M	River Gastro
227	Anita	498272	38/F	Headache
228	Chandan	486367	45/M	Hypothyroid
229	Dhan	484473	50/F	Hypothyroid
230	Shavit	495975	57/M	Headache
231	Jiferda	493542	37/M	Headache

Total M=2  
F=2

26/3/21

358	Kiran Singh	37/F	Headache
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Total M=0  
F=1

27/3/21

359	Paswanta	78/M	502970	Headache
360	Sandesh	30/M	500216	Headache
361	Maje	65/F	499521	Headache
362	J.Kam	68/M	499523	Headache
363	Bhivendra	30/M	502682	Headache
364	Manju	62/F	499809	Headache
365	Seemee	57/M	490542	HTN
366	Nidhi	24/F	417062	Headache
367	Santosh Anjan	27/M	505205	Headache
368	Amr Kani	41/F	501321	Headache
369	Jyoti	42/F	492066	Headache

Total M=8  
F=5

30/3/21

370	Chandan	19/M	503122	Headache
371	Raj Kumar	38/M	506270	HTN
372	Sangueta	36/F	484184	Hypothyroid
373	Gulshan	36/F	497319	Headache
374	Kuldeep	44/M	503413	Headache
375	Anoop Singh	39/M	503255	UTI

Total M=2  
F=2

31/3/21

376	Kiran Ka.	29/M	502160	Headache
377	Sanita	75/F	277261	Headache
378	Raj Kumar	41/M	505727	Headache

Total M=2  
F=1

April 2021

Dept. of Swasthavrta  
Sadwritta, Dincharua, Aahara Guidance to Patients

11 April 2021

379	503484	Rakul	42/M	श्रीवागवत
380	471090	Pomam	47/F	श्रीवागवत
381	505920	Rajvesh Singh	62/M	श्रीवागवत
382	505991	Bhesli	29/F	श्रीवागवत
383	505909	Sunita Devi	46/F	श्रीवागवत
384	505966	Sunita	39/F	श्रीवागवत
385	501502	Deepak	22/M	श्रीवागवत

Total M-3  
F-4

03 April 2021

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

Total M-3  
F-2

05 April 2021

391	499494	Janus Rani	50/M	श्रीवागवत
392	504407	May Devi	45/F	श्रीवागवत
393	506334	Khyati Arora	21/F	श्रीवागवत
394	803202	Pamela	32/F	श्रीवागवत
395	489132	Vinayanti	30/F	श्रीवागवत
396	504287	Rahul Kumar Jha	23/M	श्रीवागवत
397	486487	Amrjot kaur	61/F	श्रीवागवत
398	504617	Laxmi	26/F	श्रीवागवत

Total M-2  
F-6

06 April 2021

399	482963	Sandeep	29/M	श्रीवागवत
400	503801	Punita	43/F	श्रीवागवत
401	489494	Aarha	29/F	श्रीवागवत
402	491655	Kumar	23/M	श्रीवागवत

Dept. of Swasthavrta

(Sadwritta, Dincharua, Aahara Guidance to Patients)

16 April 21

393	451	Musora Sitala	51/F	507927	HCC
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Total M-0  
F-1

17 April 21

370	452	Apurva shanka	37/M	502293	Hypothyroid
371	453	Shir Govind	31/M	417395	Hypothyroid
372	454	Jogendra Pal	28/M	508036	Hypothyroid
373	455	Manisha	19/F	493120	Tonsile

Total M-3  
F-1

19 June 21

324	624815	Ardex	29/M	506243	Constipation
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Total M-1  
F-0

28/06/21

No Patient

30/06/21

455	457	Om Bhadrin	62/M	510583	श्रीवागवत
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Total M-1  
F-0

02/07/21

376	458	Chandakala	35/F	519142	श्रीवागवत
377	457	Rhany	18/M	518104	मधुमेह

Total M-1  
F-2

03/07/21

378	460	Apurva Shantika	30/M	599216	Hypothyroid
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Total M-1

05/07/21

379	461	Kumbum	40/F	519489	श्रीवागवत
380	462	Babita	41/F	468957	श्रीवागवत

July 2021

Dept. of Swasthavitro  
(Sadavitta, Dincharus, Sadhara Guidance to Patients)  
16/April/21

333.451 Meera Shree 51/F 507927 HCC Akhara Mahala

Total M=0  
F=1  
17/April/21

330.452 Apurva Shanka 30/M 502273 Hypertension

331.453 Shiv Govind 31/M 417315

332.454 Jogendra Pal 28/M 508036

333.455 Manisha 19/F 493380 Tonsile

Total M=3  
F=1

19 June/21

334.456 Avdeh 29/M 506243 Constipation

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

No Patient

30/06/21

335.457 OM Bhaskar 62/M 510583

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

336.458 Chandrakala 35/F 519042

337.459 Sharu 18/M 518104

Total M=2  
F=0  
03/07/21

338.460 Apurva Shantay 30/M 599216 Hypertension

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

339.461 Kumbum 10/F 519439 Bity lines

330.462 Babita 41/F 468457

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410 Pooja Aggarwal 30/F 525499

411 Chandray Tannu 23/F 522419

Total M=3  
F=3  
26 July 2021 509185

412 Amit 20/M 51415

413 P Singh 51/M 511504

Total M=3  
F=0  
28 July 2021

414 Udam Singh 38/M 514420

Total M=1  
F=0  
29 July 2021

415 416  
417 Shusham Sharma 27/M 514527

418 419  
420 An Prakash Mishra 42/M 427506

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August 2021

Dept. of Swasthavitto

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

425/03	Pinil Achak	20y/F	514998	Conj. fation
425/03	Rajendra Verma	40y/M	510022	Artery
425/03	Aalash	24y/M	515054	Conj. fation

M = 2  
F = 1

03/Aug/2021

425/03	Praduman	42/M	511964	DMF/Mastomata
425/03	Dilip Singh	61/M	505369	DMF

Total M = 2  
F = 0

04/Aug/2021

425/03	Vijaya Singh	45/F	515204	DMF
425/03	Vijay Kumar	61/M	515291	Palpitations
425/03	Vinod Kumar	47/M	515367	DM-II
425/03	Mahendran	29/M	497919	Rachacke
425/03	Kalpana	42/F	514705	Menstruation

Total M = 3  
F = 2

5 Aug 2021

425/03	Kalavati	60y/F	515383	DMF
425/03	Kalandi Devi	31y/F	515365	DMF
425/03	Deepti	38y/F	393637	DMF
425/03	Aalash	25y/M	511142	prophylaxis
425/03	Srinayal	30y/M	357918	Artery

Total M = 0  
F = 5

6/Aug/2021

425/03	Mukund	71/M	530223	DM Type 2
425/03	Ranvijay	41/M	530250	Nodules
425/03	Pavani	26/M	530773	DMF
425/03	Shalin Quareshi	32/F	530252	DMF
425/03	Mukul	32/M	509916	DMF

22/08/2021

427/558	Sunil	24/M	517889	DMF
427/557	Ganesh	25/M	515045	DMF
427/550	Jasahim	55/M	512041	DMF

Total M = 3  
F = 0

24/08/21

427/551	Syam Lal	42/M	535501	DMF
427/552	Arun Kumar	60/M	535787	Chronic Gastritis
427/557	Rajkumar	50/F	518065	DMF
427/554	Anjali	24/F	518064	DMF
427/555	Dhanraj	30/F	513718	DMF

Total M = 2  
F = 3

25/8/21

427/556	Aleha	20/F	518362	DMF
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Total M = 0  
F = 1

26/8/2021

427/556	Bisambenwala	63/M	517650	DMF
427/557	Annu	22/F	518647	DMF
427/558	Shivan	34/M	518615	Vasculopathy
427/559	Neetu	37/F	518652	DMF

Total M = 2  
F = 2

27/8/2021

427/570	Deepshikha	36/F	515602	DMF
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Total M = 0  
F = 1

427/571	Abha Jha	56/F	301299 (UHID) 5159 (CPO)	S.V
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Total M = 0  
F = 1

28/08/2021

427/572	Raj	42/M	5193294	Allergy
427/573	Sushila	42/F	516286	Diabetes
427/574	Mohan	22/M	519103	Diabetes
427/575	Shalya	36/M	4653	Fistula

September 2021

Dept. of Swasthanna  
(Sadwita, Dinchariya, Aahara, Guidance to Patients)

576	496 Ashish	40/M	519046	Obesity
577	51497, Disha	26/F	519825	Thrombosis
Total M=2 F=2				
31 Aug 2021				
578	538 Ajay Kumar Vimal	40/M	519370	सर्जनी & HTN
579	579 Beena	44/F	530776	HTN
Total M=1 F=1				
2/sep/2021				
580	580 Savitri	39y/M	539494	OCB
581	581 Pooja chandrab	46y/M	539307	Uterine fibroid
Total M=2 F=0				
3/sep/2021				
582	582 Rachana vashista	58/F	515603	Ca Breast
583	583 Deepak	29/M	519965	Diabetes
584	584 Sankhita	49/F	502354	HTN/Asthma
585	585 Krishna	46/F	518920	HTN
Total M=1 F=3				
4/sep/2021				
586	586 R.K. Verma	55/M	546671	Diabetes
587	587 Anshu	31/M	514879	Diabetes
588	588 Pradeep Kumar	43/M	546590	Diabetes
589	589 Janni	26/F	546676	Diabetes
590	590 Anam	20/F	533672	Diabetes
591	591 Nitin Gaurav	37/M	546801	DM
592	592 Shalu	25/F	546533	Diabetes
593	593 Nishu	35/F	546824	Diabetes
594	594 Geeta Devi	44/M	546550	Diabetes
595	595 Babu Thakur	34/M	546531	Diabetes
596	596 Achita Mishra	34/F	546908	Diabetes
597	597 Anshu Kumar	34/M	546761	Diabetes
598	598 Mandini Mishra	11/F	546762	Naluria
599	599 Dil Keshwar Pandey	54/M	546360	Diabetes

687	687 Aman Singhal	25/M	556125	Diabetes
688	688 Raj Singh	24/M	516237	Diabetes
689	689 Ranveer	60/M	519043	Diabetes
690	690 Anuj	25/M	556357	Hypertension
691	691 Subeena	26/F	556150	Diabetes
692	692 Arun Kumar Gupta	31/M	556162	Diabetes
693	693 Kedar Yadav	53/M	558521	Diabetes
694	694 Sarita	41/M	558523	Diabetes
695	695 Vijay Kumar	31/M	556204	DM
696	696 Vikas Sankar	17/M	518571	Diabetes
Total = 14 M=12 F=2				
09/2021				
697	697 Asmita Devi	57/F	546711	Hypertension
698	698 Kalpana	50/F	504513	Hypertension
699	699 Vijaya devi	45/F	522164	Hypertension
700	700 Subhash Kumar	38/M	522266	Hypertension
701	701 Megha	40/F	520550	Hypertension
Total = 5 M=1 F=4				
28/09/2021				
692	692 Laxman Singh	63/M	227025	Spandya diabetes
693	693 Anjali	16/F	526198	Diabetes
694	694 Saksham	11/M	524325	Diabetes
695	695 Anshu	35/M	516142	Diabetes
Total = 4 M=3 F=1				
29/9/21 WEDNESDAY				
696	696 Wahid Khan	49/M	526489	Diabetes
697	697 Pooja	36/F	518358	Diabetes
698	698 Gaurav Singh	38/M	522696	Diabetes
699	699			
Total = 3 M=2 F=1				

October 2021

Dept. of Swasthavitro  
(Sadavitta, Dinchaarya, Ahara Guidance to Patients)

30/9/21

700	Hanshi	21/4/M	517659	chizid.
701	British Kaur	29/4/M	523120	5/4/21
702	Mol. Fahim	6/5/M	526527	chizid.

total = 3  
M=3

01/October/2021

703	Shamae	4/2/M	510-5351	HTN
704	Usha	4/5/F	527272	HTN, DM

total = 2  
M=1  
F=1

02/October/2021

705	Md. Jaisish	5/8/M	566147	DM
706	Sonu Kumar	21/M	566180	DM
707	Sushang	10/F	566210	Thyroid
708	Dharmendra	21/M	566224	DM, HTN
709	Tishat	38/M	566216	HTN
710	Narayan Kumar	39/M	566220	DM
711	Anna Devi	45/F	566270	DM

total = 7  
M=5  
F=2

04/Oct/2021

712	Krishna Raj	4/F	527773	Albissis
713	Sunita Yadav	47/F	523628	DM, HTN
714	Seema Das	59/F	511190	Vitamin D

total = 3  
F=3

05/Oct/2021

715	Hafiz Kar Ahmad	59/M	526179	DM, HTN
716	Kamal Sharma	48/M	527360	DM, HTN

total = 2  
M=1  
F=1

28 Oct 2021

841	Pawan Kumar	28/M	533296	DM
842	Manna	20/F	528851	HTN
843	Bageshwar	24/M	523188	DM, HTN
844	Sarvesh	42/M	502493	DM, HTN

29/Oct/2021

845	Somveer	34/M	IPD-5495	Amanata
846	Sitara Devi	48/F	530335	Reference from K.C Amanata

30/Oct/2021

847	Prahlad Yadav	49/M	530762	DM
848	Manoj	35/M	514135	DM
849	lalita Devi	45/F	529284	DM
850	Keppil Raj	50/M	525516	DM/HTN
851	Muruges	45/M	532412	DM/HTN
852	Taraj Ahmad	73/M	533962	DM
853	Alok Kumar	41/M	515835	HTN
854	Pankaj	44/M	529462	DM, HTN
855	Ushra	50/M	531002	DM
856	Rameshwar	58/M	534001	DM
857	Palmatma	33/M	528820	Cough, DM, HTN
858	Tushar Yadav	42/M	475916	DM
859	Jachan Lal	48/M	533004	HTN
860	Rama Chh	57/M	534002	DM

1st Nov 2021

861	Ishant Bhadwaj	18/M	534108	DM, HTN
862	Rakesh Kumar	27/M	534090	DM, HTN
863	Mahendra Pat	52/M	525487	Hypertension

November 2021

Dept of Swasthavitro,  
Sodivitto, Dh Charu, Ahara Guidance to Patients  
2 / Nov / 21.

864	Raman	31/F	579870	Castro
865	Gulshan	54/F	526368	Shalini
866	Bimlesh	59/F	534558	Shalini
867	Shree Kant	39/M	532571	Shalini

5th Nov 2021

868	Sanvesha	29/F	520676	Pragya
869	Sunil	52/M	527193	Shalini
870	Ashish	37/M	534995	DM
871	Sangeeta	31/F	524538	DM
872	Harmuchi	51/F	509474	Ca Breast
873	Jami aban	22/M	534484	Shalini

6th Nov 2021

874	Mayaram	55/M	534889	Shalini
875	Laxmina	28/F	579898	Shalini
876	Rajwasi Bharti	60/M	519398	Shalini
877	Jyoti Shams	39/F	528638	Shalini
878	Girish charala	52/M	579062	Shalini
879	Laxmi Chand	60/M	527817	Shalini
880	Panjankar	23/F	539986	Shalini

8th Nov 2021

881	Mohd Musim	24/M	585053	P.M.G.
882	Rakesh	33/M	480514	Shalini
883	Abhishek Singh	29/M	480514	Shalini
884	Smit Mendol	63/M	513563	Shalini
885	Vijay Kumar	57/M	532728	Shalini

29 Nov 2021

1029	Tarun yadav	22/M	583269	Shalini
1030	Ankita	25/M	588069	Shalini
1031	Tej	41/M	595569	Shalini

30 Nov 2021

1032	Omia Devi	63/F	590161	Hypertension
1033	Vivek Bhaskar	54/F	529334	Hypertension
1034	Englesh Devi	57/F	380087	Hypertension
1035	Binkale Devi	34/F	540002	Hypertension

01 Dec 2021

1036	Netarjha	42/F	540442	Shalini
1037	Masumuddin	61/M	534807	Shalini
1038	Ram chander	44/M	TPD 5696	Shalini

Reference from k.c

1039	CLERIN TOMY	20/F	486731	PROD
1040	Preeti	22/F	540567	cholesterol
1041	Vikas Kumar	29/M	SPD 5732	Shalini

2nd Dec 2021

1042	Shabana	36/F	596743	Ajanta
1043	Arvind Kumar	37/M	593015	Shalini
1044	Meeklar	60/M	596751	Shalini
1045	Jameel	41/M	596802	Vibhakar
1046	Pavsh Kumar	41/M	596729	Vibhakar
1047	Komal	21/F	593138	Downsides
1048	Rohit Kumar	28/M	593138	Wholesaler
1049	Smit	38/M	596817	Agarwal
1050	Darshini	68/M	546814	Shalini
1051	Jhem Singh	21/M		Shalini

December 2021

Sadavitto, Dincharya, Sahara Guidance to Patients,

3<sup>rd</sup> December 2021

1047	1052	Gopal Krishan	65/M	536128	Mouth Cancer
1048	1053	Harpal Singh	57/M	540973	CRF
1049	1054	Amajjeet	70/F	457156	Hypothyroid
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	Akanksha	20/F	541089	CKD

4 Dec 2021

1060	1061	Munaj Kumar	35/M	594310	Strain Pain
1062	1062	Shakuntla Devi	52/F	594205	DM/HTN
1063	1062	Santosh Devi	44/F	5702 (1st D)	HTN
1064	1063	Prakha Katiyar	29/F	532264	HTN
1065	1064	Shivani	44/F	537449	HTN
1066	1065	Manita	42/F	531244	HTN
1067	1066	Poojpal	38/M	541550	DM
1068	1067	Rajbir	53/M	541264	HTN
1069	1068	Hemanshu	29/M	541548	Pain
1070	1069	Ajeet	29/M	541301	Dadu
1071	1070	Shakuntla Devi	69/F	541203	DM
1072	1071	Parul Verma	19/F	521853	HTN
1073	1072	Rajni	56/F	541291	DM
1074	1073	Hakim Jha	40/M	541412	DM
1075	1074	Anu Batra	49/F	212527	HTN
1076	1075	Renu	40/F	212522	HTN
1077	1076	Dipika Garg	32/F	536330	HTN
1078	1077	Jay Kumar Ram	26/M	541384	DM
1079	1078	Tejendra Kumar	37/F	530898	DM
1080	1079	Shivani	23/M	541270	HTN
1081	1080	Kumari Akanksha	44/F	539242	DM

30/11/21

1148	1149	Soni	547718	32/M	Anapitta
1149	1150	Lakhan	547717	26/M	Anapitta
1150	1151	Kanvi Singh	532042	48/M	Grahami
1151	1152	Elia	546892	4/F	DM-II
1152	1153	Sanku Bhatt	547886	21/M	Renal Stone

31/12/21

1153	1154	Smaj	548000	22/M	Weight loss
1154	1155	Sangeeta	546248	24/F	Hypothyroidism
1155	1156	Komal	503800	51/F	Ringapitt
1156	1157	Gurjant	544054	31/F	DM

Toket 1167

1 Jan 2022

1	Reena Sharma	69/F	540241	HTN/DM/Calcification
2	Zehat Pawar	33/F	534929	Prostate

3 Jan 2022

5.	Rajni Devi	35/F	538530	Hypothyroidism
6.	Wendee	33/M	536305	HTN
7.	Sandeep	24/M	IPD 5916	DM
8.	Vipin Kumar	29/M	IPD 5890	DM
9.	Ashy Anand	44/M	547053	Hypertension





January 2022

Dept. of Swasthavitto,  
Sadrivita, Dincharya, Bahara Guidance to Katerbs.  
1<sup>st</sup> 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	548248	18/F	

04/January/2022

14	Vaisha	548536	55/F	28/11/21
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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	535955	41/M	Yakrit Vikar
18	Neha Kumari	529407	20/F	Diabetes
19	Laxmi	541031	47/F	Ashwari
20	Veena Gang	547478	86/F	HTN

07/Jan/2022

21	Sangeeta	547608	42/F	Diabetes
22	Chandra Bharti	534718	21/M	Diabetes

10/Jan/2022

23	Rakhi	594750	41/M	Diabetes
24	Kamini	619950	24/F	Diabetes
25	Ajili	549404	11/F	Diabetes
26	Bhaski	549384	29/F	Cholesterol
27	Mukil	548510	29/F	HTN

22/Jan/2022

40	Vijay Singh	67/M	550513	Multiple myeloma
41	beena	26/F	544091	Diabetes
42	Pradeep ka.	46/M	550563	Diabetes
43	Vinjay Singh	50/F	550600	Twak Vikar

24 Jan 2022

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

25 Jan 2022

47-51	Satish	45/M	550749	Arterial necrosis
48-52	Kavita	38/F	549483	Pandue
49-53	Anu batra	42/F	812527	Arthritis
50-54	Prakash Chandra	35/M	513659	UBA
51-55	Saraswati Devi	51/F	550703	Arthritis

27/Jan/2022

56	Daya Shankar	70/M	550812	DM, CKD
57	H.D. Anand	39/M	406702	Diabetes
58	Ziyad	39/M	548948	KV
59	Babita	32/F	547882	Diabetes
60	Anil Kumar Gupta	41/M	550918	Diabetes
61	Ramesh	54/M	550839	DM
62	Seema	34/F	497588	Diabetes
63	Anil Dhyani	41/F	292095	Menopause
64	Atika	38/F	547268	DM

28 Jan 2022

65	Itke Ram	44/M	551068	HTN
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February 2022

Dept of Swasthavitik  
Sadavitta, Dinclanya, delara Guidance to Patients

28 Jan 2022

66.	Ankita	25/F	551063	Katigata vata
67.	Shiv Karan Singh	45/M	541280	Arbuda (CA colon)

31 Jan 2022

68.	Anoop Kumar	41/M	551301	Gidraasi
69.	Shubra Choudhary	46/F	551351	umbilical hernia

01 Feb 2022

70.	Sanita	45/F	550140	Amavata
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02 Feb 2022

71.	Sirani	26/M	551639	Anxiety
72.	Santhya Kumari	22/F	551705	Vit D deficiency
73.	Mahomed	41/M	538000	HyperAcidity
74.	Vikas Pandey	30/M	547112	UTI
75.	Sumita	34/F	491091	Ins.

4th Feb 2022

76.	Kalpene	36/F	549612	Amaliti
77.	Ani Kumari	28/F	235278	Amaliti
78.	Manju	48/F	544550	Amaliti
80.	Ramavati	48/F	521770	Amaliti
81.	MeetaKshi	30/F	469790	Amaliti
82.	Uma Sharma	32/F	527070	Amaliti

165.	171	Pooja Yadav	30/F	552349	Amaliti
166.	172	Deepak Singh	57/M	550401	Amaliti

25 Feb 2022 (Friday)

167.	173	Shyama Devi	61/F	469900	CA Breast
168.	174	Sanika Gupta	72/F	558220	Amaliti
169.	175	Mahabees	40/M	556565	DM
170.	176	Bharvi	57/F	556554	Amaliti
171.	177	Lakita	40/F	556544	CA Breast
172.	178	Om Prakash	43/M	555584	Amaliti
173.	179	Krishna	30/F	556610	Katigata vata

26 Feb 2022 (Saturday)

174.	180	Khushboo	32/F	556964	Amaliti
175.	181	Shayla Jeena	67/F	657019	DM
176.	182	Saerita	34/F	556894	Amaliti
177.	183	Sudhis	52/M	544936	DM
178.	184	Singamjeet Kaur	37/F	557026	Amaliti
179.	185	Priyanka	53/F	557081	Amaliti
180.	186	Paramjeet Singh	40/M	557027	Amaliti
181.	187	Priyanka	26/F	557076	Amaliti

28 Feb 2022 (Monday)

182.	188	Anita Devi	54/F	555116	Amaliti
183.	189	Conch Saini	30/F	521414	Hypothyroidism
184.	190	Selish	56/M	553819	Amaliti
185.	191	Usha	38/F	542235	Hypothyroidism

March 2022

Dept. of Swasthavitto

(Sadavitto, Dinchariya, Ahara Guidance to Patients)

2 March, 2022

186 192 Neeta	19/F	552732	PCO
187 195 Punit Kumar	30/M	559429	Ulcerative colitis
188 199 Harindra Sharma	40/M	557591	DM-II
189 195 Rambha Devi	19/F	556191	OA
190 196 Manosima	30/F	556055	o/f
191 199 Rajesh	25/M	556160	Lymphoma

03 March 2022

192 198 Umesh Kumar	48/M	557696	DM/HTN
193 199 Anuj Kumar	27/M	557695	DM/HTN
194 200 Raju Gagar	61/M	557779	DM/HTN
195 201 Akhik Kumar	18/M	554500	DM/HTN
196 202 Khali	26/M	557787	DM
197 203 Usha Devi	42/F	557545	DM
198 204 Ayush Saxena	27/M	557715	DM/HTN
199 205 Nathu Kumar	16/M	557788	DM/HTN
200 206 Anshu Devi	42/F	557719	CKD & Calcium
201 207 Vitas	41/M	555955	Arthritis
202 208 Rakita	50/F	557775	RA
203 209 Pramod	39/M	557807	HTN
204 210 Dipank	69/M	557790	DM/Hypertension
205 211 Urnila	74/F	529244	HTN
206 212 Sudhakaram	25/M	557481	DM
207 213 Sanjay	43/M	557982	AS

292 302 Anuj	37/M	548257	MND PPD Referral
293 303 Brijesh	35/20	22/M	Hair fall
294 304 Madhu Thami	37/M	558491	Hair Rog
295 305 Sharda Gupta	24/F	564529	Rashes over body
296 306 Sushpat	45/M	565543	skin disorder
297 307 Koralan	66/F	565552	HTN
298 308 Seema	48/F	566100	Hypothyroidism
299 309 Sumil	45/M	525534	Gastritis
300 310 Gayana	40/F	502509	black patches over body

311	Monit Kumar	74/M	803519	Diabetes
312	Shivank	20/M	642428	Acne
313	Anita	25/F	802538	Depression
314	Shivani Kumar	36/M	802679	Redness on nails
315	Shantanu	22/M	802708	Crack heels & Itching over limbs
316	Anish	37/M	802685	Pain in hand & leg
317	Rajesh	60/M	802702	Psoriasis scaly patches
318	Ramashree	41/M	802916	Green sweating
319	Abhishek	78/M	802970	white patches
320	Devinder Kumar	65/M	802975	Vascular veins
321	Tulsi	40/F	532945	Amelap/H/A

4 April 2022

322	Vikas			
323 322	Vikas	42/M	547041	Hep. B / DM
324 323	Garav	31/M	566462	Enteritis
325 324	Anita	45/F	660325	DM/HTN
326 325	Alka	30/F	568346	Hypothyroidism
327 326	Atish Kh.	38/M	561578	Facial Paralysis
328 327	Bindu	37/F	10188	DM/HTN
329 328	Mukun	26/M	509668	Five Fingers

April 2022

292 302 Anuj 37/M 548257 MND IPD Referral  
 293 303 Brijesh 35/220 29/M Hair fall  
 294 304 Madhav Thari 37/M 558491 Hair Rog  
 295 305 Sharda Gupta 24/F 564529 Rashes over body  
 306 Sushpal 45/M 565543 Skin disorder  
 307 Kunal 66/F 565552 Hm.  
 298 308 Seema 48/F 56660 Hypothyroidism  
 299 309 Survil 45/M 525534 Gastritis  
 300 310 Gajana 40/F 502009 Black patches over body

311 Nishikanta 24/M 803679 Diabetes  
 312 Shivank 20/M 642428 Acne  
 313 Anita 36/F 802538 Depression  
 314 Nishu Kumar 36/M 802877 Redness on nails  
 315 Shantanu 22/M 802708 Crack of heels  
 316 Anish 37/M 802655 Itching over limbs  
 317 Rajesh 60/M 802702 Pain in hand & leg  
 318 Namashree 41/M 802916 Dry & itchy patches  
 319 Abhishek 38/M 802927 Green scaly  
 320 Devidas Kumar 65/M 802975 White patches  
 321 Tulsy 48/F 532345 Varicose veins  
 322 Arunpitta

4 April 2022

322 Vikash 42/M 547041 Hep. B / DM  
 323 323 Gaurav 31/M 566462 Enteritis  
 324 324 Anita 45/F 660325  
 325 325 Alka 32/F 560346 Hypothyroidism  
 326 326 Atish Kh. 38/M 561578 Facial paralysis  
 327 327 Bindu 35/F 10188  
 328 328 Mukesh 26/M 509668 HIV-1/Futula

28 April

440 Amit Shu. 22/M 11MS-18065 Kallivatu  
 441 Kiran Kumar Singh 49/M 11MS-22955  
 442 Shiv Sharma 63/M 11MS-16683 DM  
 443 Sanjya 14/F 11MS-22965  
 444 Rohini Singh 65/M 11MS-12945  
 445 Maya Devi 64/F 11MS-23018  
 446 Sushant 36/F 11MS-23190  
 447 Himanshu 34/M 11MS-23190  
 448 Purnendu 65/F 11MS-15902  
 449 Manoj 70/M 11MS-15902  
 450 Saraj 50/F 11MS-16841  
 451 Himanshu 18/M 11MS-23279  
 452 Kshitik 26/M 11MS-19872

29 April 2022

445 453 Shalu 17/F 11MS-12470  
 446 454 Nitin Singh 26/M 11MS-23646  
 447 455 Priyanka Ram 24/F 11MS-23598  
 448 456 Kalle Charan 35/M 11MS-20470  
 449 457 Vikas 33/M 11MS-10604

30 April 2022

440 458 Suresha 35/M 11MS-16997 Generalised weakness  
 441 459 Jai Ram Gupta 48/M 11MS-17097 Diabetes  
 442 460 Vinay Kumar 41/M 11MS-23865 Diabetes  
 443 461 Nehru 26/M 11MS-23894  
 444 462 Lalit Kumar 25/M Clarity on limbs  
 445 463 Chandrapal 69/M 11MS-23919 Diabetes  
 446 464 May 33/M 11MS-23942 Hypothyroidism  
 447 465 Kuldip 23/M 11MS-24042 Lipoma  
 448 466 Indrajit 39/M 11MS-23957 Hypothyroidism

May 2022

Dept of Swastharnitha,  
Sardarnitha, Dincharya, Ahara Guidance to Patients,

467	Vijay Gay	54/M	JHMS-11122	Number Pain
468	Benke Lal	60/M	JHMS-14326	Diabetes
469	Umla	67/F		Dyslipidemia
470	Seemakantik	38/F	JHMS-23995	Obesity
471	Asha Tyagi	47/F	JHMS-23946	Diabetes Htn
472	Lokesh Moudgal	26/M	JHMS-23952	Hypertension
473	Tanya Sharma	44/F	JHMS-17170	Hypertension
474	Narveen	34/F	JHMS-24090	Diabetes
475	Amitesh Kumar	31/M	JHMS-24197	Diabetes
476	Ajagewal Jha	51/M	JHMS-23324	Diabetes
477	Chander Has	36/M	JHMS-24065	Diabetes
478	Nitin	24/M	JHMS-24128	Diabetes
479	Sitish Kumar	30/M	JHMS-24145	Htn
480	Suresh Chander	47/M	JHMS-11320	Diabetes
481	Shweta	51/M	JHMS-14147	Diabetes, Htn
482	Hemant Kumar	52/M	JHMS-14761	Diabetes

2<sup>nd</sup> MAY, 2022

483	Kailash Choud	54/M	JHD (228)	Non-acute liver disease
484	Mouya Devi	60/F	JHMS-17661	HT
485	Ravi Shankar	27/M	595-48 (R-358)	Leukemia

4<sup>th</sup> May, 2022

486	Kalyan Devi	44/F	JHMS-24753	Anxiety
487	Om Kumar Singh	24/M	JHMS-24707	Obesity
488	Harju Tomar	42/F	JHMS-21284	Diabetes
489	Anurag Gupta	23/M	JHMS-18336	Sinusitis
490	Rakisha	30/F	JHMS-25022	Hypolipidemia
491	Sudharshan	58/M	JHMS-25005	Swainson

630	Vijal Pal	61/M	23973	Diabetes
631	Jogindri	40/F	10670	Diabetes
632	Rajy	17/M	33036	Diabetes
633	Arak Nath	54/M	33138	Diabetes
634	Dhima Devi	45/F	33133	Diabetes

30 May, 2022

635	Chitra	19/F	24282	PCOD
636	Shweta Gupta	42/F	21174	Hypothyroidism
637	Mamta Singh	62/F	29340 (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	Lakshmi Kumari	38/F	27489	T.M.T.
644	Kishan dwi	40/F	33851	Diabetes

02 Jun | 2022

645	Pappu	21/M	IPD-6696	Diabetes
646	Ganesh Prasad	72/M	JHMS-30022	Diabetes
647	Mamoli Devi	19/F	JHMS-30020	Sandhiwala
648	Komal jain	32/F	JHMS-29930	DM-II
649	Ramesh chandra	42/M	JHMS-29942	DM-II
650	Rajesh dwi	38/F	JHMS-33905	Diabetes
651	Rishi	21/F	JHMS-34152	Nephropathy
652	Harjit jain	40/M	JHMS-34118	Dyslipidemia

June 2022

Dept. of Swasthmita

652	#64 Shakti Jain	40/M	34118	dipl/demia
	#65 Shukhla	49/F	18024	Amalpit
	#655 Rupa	54/M	30119	DM-T
	#656 Vinay Kumar	48/M	20031	Scholar

8 June 2022

657	#657 Ajay Sonasaw	47/M	21854	DM
	#658 Kajal Kumari	21/F	24021	एक विकार
	#659 Soban	63/M	17220	दो विकार
	#660 Manju Prasad	52/F	34501	CKD
	#661 Pankaj Nisha	48/F	32088	Thyroidism
	#662 Anuraj Devi	52/M	82063	निर्दिष्ट विकार
	#663 Satish Dedeja	64/M	30661	Prostate CA.
	#664 Madhu Devi	60/F	20292	HTN
	#665 Sonika	67/F	28445	आयुष्य

4 June 2022

666	#666 Sunil Kumar	34/M	30818	DM
	#667 Ankit	17/M	14248	अज्ञात
	#668 Sweta Kumari	24/F	26235	रक्तचाप
	#669 Sibghat	66/M	35035	CA
	#670 Sidhu	26/F	6720 (IPD)	अज्ञात
	#671 Ghassak	47/F	6719 (IPD)	अज्ञात
	#672 Kamdar	27/F	20941	परेशान
	#673 Pradeep	38/M	30807	एक विकार
	#674 Masoom	18/F	28957	अज्ञात
	#675 Hasi	56/M	35154	रक्त
	#676 Anshu Kumar	32/M	13193	अज्ञात
	#677 Vijay	25/M	35233	रक्त

28/6/22 (Tuesday)

928	#928 Mina Mehta	58/F	43339	रक्त
	#929 Sulender	43/M	43369	रक्त
	#930 Mehjabi	60/F	43296	रक्त
	#931 Ajay Anand	19/M	20256	रक्त
	#932 Anju Kani	40/F	88670	रक्त
	#933 Pankaj Kani	30/F	43364	रक्त
	#934 Shobhit	30/M	32087	रक्त
	#935 Mona	52/F	40788	DM
	#936 Sharda Goswami	55/F	43425	रक्त
	#937 Nisha	27/F	23232	Cervical Spine
	#938 Kusum Singh	52/F	43456	रक्त
	#939 Anuraj	45/M	43657	DM

29/6/2022 (Wednesday)

942	#942 Harbini Singh	69/F	43758	Hypertension
	#943 Kiran devi	40/F	33851	रक्त
	#944 Nikhil	23/M	567407	रक्त
	#945 Sandhya Sinha	52/F	37491	Memory loss
	#946 Rajana Pandey	52/F	43869	Thyroid carcinoma
	#947 Pankaj Kumar	48/M	36250	DM + TB

30/06/2022 (Thursday)

948	#948 Sushila Kumari	54/F	892501	Cholelithiasis
	#949 Sunil	40/M	15659	रक्त
	#950 Rajini	28/F	44044	रक्त
	#951 Shri Mahesh Patil	71/M	38380	DM
	#952 Vinayak Kumar	25/M	844080	रक्त
	#953 Adarsh	27/F	44066	रक्त
	#954 Mantax	25/M	44104	रक्त
	#955 Mera	50/F	44119	रक्त
	#956 Chavhan Gay	45/M	595390	रक्त
	#957 Pankaj	19/F	39359	रक्त

July 2022

Dept. of Swasthavitto

Sadavitto, Dincharya, Ashara Guidance to Patients.

959. Samuati	55/F	44178	शिव वार्ड
960. Sumita	51/F	44175	शिव
961. Ravi Devi	45/F	41819	Cervical.
961. Chetna	29/F	39239	PCOS & Fatty Liver

17/22 FRIDAY

963. Harish	56/M	35241	शिववार्ड
964. Chandrabhan	51/M	44338	SH, HTN.
965. Mehadav	58/M	39423	शिव वार्ड
966. Shivrajshu	26/M	7048	शिव
967. Simran	21/M	15308	शिववार्ड
968. Mohpal	47/M	44662	ऑन्कोलॉजी
969. Sanjay Kumar	44/M	44397	HTN, DM
970. Sunjil	28/M	44507	शिव (शिववार्ड)
971. Manjit Kaur	65/F	44553	शिव वार्ड
972. Hem Karan Meena	65/M	13685	Adenocarcinoma
973. Nandan P Sharma	18/F	44330	General weakness

27/22 (Saturday)

974. Sonju Devi	74/F	14253	शिववार्ड
975. Manju Sharma	75/M	28003	शिव
976. Anshu	46/F	44082	शिव
977. Mahpal Sagar Negi	45/M	28715	शिववार्ड
978. Sauri	26/F	37001	शिव
979. Anshu	23/M	39337	Diabetes
980. Ramesh	67/F	44730	Diabetes
981. Sanjeev	46/M	39286	America
982. Sanjeda	50/F	44859	Headache

1230. Dipka	30/F	41935	शिववार्ड
1231. Shama	32/F	53499	शिव वार्ड
1232. Nareem	51/F	53508	शिववार्ड
1233. Kavita	45/F	53526	ऑन्कोलॉजी
1234. Manon	57/M	33850	शिव
1235. Parv Singh	23/M	53518	शिव वार्ड
1236. Yogesh	21/M	50483	Psoriasis
1237. Shama	48/F	53562	शिव
1238. Balmiki	58/M	53580	शिववार्ड
1239. Rajni Gupta	42/F	53567	शिव

30 July 2022 (Saturday)

1240. Vikram	21/M	49478 (IPB)	शिव
1241. Yogendra Singh	56/M	53786	शिव
1242. Parvati	68/F	49162	HTN
1243. Tanmay	42/M	53817	शिव
1244. Pritika Takur	19/M	88573	शिव
1245. Dharmendra	41/M	53802	शिव
1246. Ranjita Sharma	34/F	49187	शिव वार्ड
1247. Shivani Pandey	18/F	53882	शिववार्ड
1248. Rahul	25/M	53871	शिव वार्ड
1249. Ashik	17/M	53815	शिव
1250. Sanjay Sandya	49/M	17207	शिव वार्ड
1251. Shree Hye	33/F	53907	शिव
1252. Umesh Chandra	52/M	53940	शिववार्ड
1253. Neerajsh	49/M	53774	शिव वार्ड
1254. Arpita	33/F	53770	शिव वार्ड
1255. Vibhu	34/M	53771	शिव
1256. Gyan Prakash	55/M	49414	शिव वार्ड
1257. Chitro Rani	53/M	53989	शिव वार्ड
1258. Komal	49/M	7286	शिव
1259. Vijay Singh	24/M	53971	शिव वार्ड
1260. Arun Kumar	81/M	44906	शिव वार्ड
1261. Satish Kumar			शिव वार्ड



August 2022

Dept. of Swasthavitto  
Sadhvita, Dincharya, Mahasa Guidanee<sup>3rd</sup> to Patients

1268. Ramvilas 53/M 40421 <sup>α</sup> Hg/Hb

1st August, 2022 (Monday)

1263	Rajni	40/F	41276	747E
1264	Kanta Devi	77/F	54042	विशुद्ध
1265	Raman Singh	24/M	54069	रिडिक्लि
1266	Vivendra	23/M	26526	सिमाप
1267	Sugandha devi	61/F	54065	रिडिक्लि
1268	Vishnu Kumar	22/M	54090	तैद्य
1269	Raj Kulkarni	42/M	16027	हल्लेन
1270	Manoja Prakash	22/M	49469	मेस
1271	Saloni, Mukra	21/F	54110	दोन दात
1272	Pulika Kumari	19/F	51879	विशुद्ध
1273	Racham Prakash	11/M	51861	विशुद्ध
1274	Usha Devi	12/F	54147	ह्यने
1275	Rohini	23/M	54188	विशुद्ध
1276	Ram Jagan	53/M	53777	DM-4
1277	Lalita Devi	37/F	78208	विशुद्ध
1278	Paramanand Prakash	61/M	54089	DM-11
1279	Kadhy Shyam	63/M	54201	विशुद्ध
1280	Lalita Kumari	36/F	40177	विशुद्ध
1281	Vishu	21/M	54179	विशुद्ध
1282	Shash	24/M	4210	Agarwal
1283	Deep Singh	49/M	54207	DM-11
1284	Padam Kumari	55/M	31877	दोन दात
1285	Parvati	27/M	13407	विशुद्ध

2nd August, 2022 (Tuesday)

1286	Ashok kr	60/M	54480	विशुद्ध
1287	Shyamwati	75/F	54486	विशुद्ध
1288	Anuradha Singh	38/F	52484	विशुद्ध
1289	Manju	35/F	44888	विशुद्ध
1290	Sama Parveen	36/F	54857	विशुद्ध
1291	Uma Devi	67/F	12620	विशुद्ध

31 August 2022

1558	Om Prakash	76/M	61008	विशुद्ध
1559	Savitri Devi	56/F	63927	विशुद्ध
1560	Sauabh	27/M	46249	विशुद्ध
1561	Ranjni Devi	38/F	12944	विशुद्ध
1562	Pinca	22/M	63900	विशुद्ध
1563	Lalit	25/M	6011	Constipation
1564	Pradep kr. Lohia	63/M	63934	विशुद्ध
1565	Machhala	60/F	63950	विशुद्ध
1566	Madhav	26/M	64009	विशुद्ध
1567	Sohan	64/M	62710	DM
1568	Alaveen Sharma	39/M	6418	विशुद्ध
1569	Ramesh kr. Singh	87/M	63932	DM
1570	Arun kr. Gupta	89/M	64163	विशुद्ध
1571	Tara Devi	52/F	29364	DM
1572	Amit Sharma	38/M	38106	Hepatitis-B

September 2022

Dept of Swasthavitto

Sadavita, Dinchaya, Ashara Guidance to Pattenke

1 Sept 2022

1573	Prash Kumari	27/F	64929	Diabetes
1574	Ganga Devi	86/F	64912	HTN
1575	Neetu	81/F	64383	Diabetes
1576	Ranjay	42/F	64319186	Hypothyroidism
1577	Rambai	41/F	64438	HTN
1578	Ravi Shankar	31/M	64412	Diabetes
1579	Sindhu Sudo	40/F	64481	Constipation
1580	Mohamishan	60/M	16679	Cholelithiasis
1581	Ankur Pandey	41/M	64584	Burning micturition
1582	Pa	32/F	55605	HTN
1583	Seevan Doshi	32/M	64807	Diabetes
1584	Mangal Devi	57/F	55113	Diabetes
1585	Sheela Verma	49/F	35942	DM II

2/9/22 Sunday

Sno	Name	Age/Sex	Wt/Hgt	Diagnosis
1	Sanjay	37/M	64755	Diabetes
2	Abhishek	38/M	64834	IBS
3	Suman	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 Saturday

1	Madhu	52/F	65304	Diabetes
2	Anjal Sharma	35/M	12831	Diabetes
3	Priyanka	30/F	65270	Diabetes
4	Girraj	71/M	65240	Diabetes
5	Archana	39/F	64709	Diabetes
6	Sahil	59/M	65729	Diabetes
7	Panand	43/M	14223	Diabetes
8	Archana	45/F	65355	Diabetes
9	Meera	70/F	39588	Hypothyroidism

26<sup>th</sup> Sept 2022

1	Mahesh	65/M	73273	Diabetes
2	Gita Singh	54/F	66080	Diabetes
3	Manpreet Kaur	62/F	73360	DM
4	Murkan Samiya	23/F	73264	

27/sep/2022

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

28/sep/2022

1	Sita Devi	36/F	74001	Diabetes
2	Poonam Dubey	42/F	73444	Diabetes
3	Rudraksh D.	30/M	74298	Diabetes
4	Sajida Begum	45/F	74238	Hypothyroidism
5	Vipin Kumar	33/M	74054	Diabetes
6	Sukarni	56/F	62821	Diabetes
7	Jared	84/M	74092	Diabetes

29/Sept 2022

1	Shrey Goswami	27/M	74478	IBS
2	Jai Bhagwan Sharma	65/M	70280	Diabetes
3	Vijay	48/M	74498	Diabetes
4	Adar	22/M	72412	Diabetes
5	Vijender	60/M	39851	Diabetes

October 2022

Dept. of Swasthavitto  
Sadavitto, Dincharya, Jabara Guidance to Patients.

30 Sept 2022 (Friday)

1826	1. Ram Nitai	72318	73/M	DM, recti	Diabetes
1827	2. Shubham Kashyap	76833	28/M	LBA	

1 Oct 2022 (Sat)

1828	Kanti Devi	75099	46/F		Diabetes
1829	Anita Sharma	71894	39/F		Hypothyroidism
1830	Suresh Kumar	75072	59/M		DM <sub>2</sub> /Hypothyroidism
1831	Suresh Sharma	73381	52/M		Diabetes
1832	Vandana Shyla	42428	27/F		Diabetes
1833	Shanti	62522	19/F		Diabetes
1834	Hayank	73329	37/M		
1835	Kunwar Singh	73304	58/M		Proteinuria
1836	Shalu	75084	47/F		DM <sub>2</sub>
1837	Rajak Kalyan	71984	28/M		Diabetes
1838	Ashak	75187	31/F		DM
1839	Pinki	75213	32/F		Myasthenia
1840	Seema	73189	46/F		stress
1841	Rakantesh	71032	17/M		Diabetes
1842	Madak	75266	31/F		Diabetes
1843	Anvoni Chaudhary	75285	30/F		Diabetes
1844	Seema Devi	75357	40/F		Diabetes
1845	Abrar Khan	75393	26/M		constipation
1846	Premkanti	75407	27/F		Diabetes

26/10/21

1965	Vandana	31/F	81459	Diabetes
1966	Gangadri	46/F	79507	TSH
1967	Sabhi Kaur	39/F	81680	Diabetes
1968	Purnima Seh	50/F	81659	Diabetes

27/10/22 (Thursday)

S.No.	Name	Age/Sex	UHS	Diagnosis
1969	Anchana	20/F	79261	Diabetes
1970	Ratan Singh	35/M	57058	Diabetes
1971	Ravi	30/M	81944	Diabetes
1972				
1973				
1974				

28/10/22 (Friday)

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

29/10/22 (Saturday)

1974	Rajendra	50/M	75047	Diabetes
1975	Dipu	60/M	82462	Diabetes
1976	Sarjeev	38/M	95114	Diabetes
1977	Sudha	56/F	10822	Diabetes
1978	Charali Raut	72/M	44693	Diabetes
1979	Bala Rani	89/F	67018	Diabetes
1980	Tarachand	50/M	68689	Diabetes
1981	Bishwajit	35/M	24162	Diabetes
1982				

November 2022

Dept. of Swasthavitto,

31/10/22 (Monday)

1983 Ramesh Bedi 68/M 7263 2091  
 1984 Vikas 38/M 82995 2710

01/11/2022 (Tuesday)

1985 Kanta 49/F 88703 Natayyadu  
 1986 Manish Pal Singh 65/M 83183 911  
 1987 Keeshi Singh 71/F 83255 21211  
 1988 Pankaj Maheshwari 46/F 83441 22101  
 1989 Sampal Pandit 66/M 83429 29111

02/11/22

1990 Tej Singh 56/M 79397 308  
 1991 Sabha 49/F 71492 21010  
 1992 Rakesh 56/M 79467 21111  
 1993 Rajesh 33/M 83646 20111  
 1994 Anil Kant 33/M 83750 21011  
 1995 Ratan Singh 44/M 83411 21011  
 1996 Sarita 21/F 80197 21111  
 1997 Neeta Kishore 50/F 79466 DM, Hypothyroid  
 1998 Usha 21/F 83850 Kardiologist  
 1999 Meena Devi 51/F 80919 DM, HTN  
 2000 Akhilesh 34/M 69763 Hypothyroid  
 2001 Vimal Kumar 61/M 82919 DM-II  
 2002 Ranjay Kumar 41/M 82851 Gynae  
 2003 Kanchan 47/M 27676 DM, HTN

03/11/22

2004 Sudhir Kumar 65/M 84126 CKD  
 2005 Abhay Gupta 24/M 89676 21111  
 2006 Rajendra 65/M 84572 CKD  
 2007 Meena Devi 82/F 80767 21011  
 2008 Babbar 40/M 84083 21011  
 2009 Anil Kumar 38/M 84081 21011  
 2010 Shivam Pandey 31/M 78234 21011

2190 Rajar 37/M 87587 21011

20/11/22

2171 Renu Yadav 30/F 70856 21011  
 2172 Sateesh Singh 37/M 91659 Vibandh  
 2173 Anand Singh 10/M 87842 21011  
 2174 Amaljeet 70/F 48740 Hypothyroid  
 2175 Rukman Devi 70/F 85986 21011  
 2176 Rishika Patel 17/F 83296 21011

21/11/22

2177 Jasbir Kaur 33/F 91874 21011  
 2178 Tanu Singh 20/F 92086 21011  
 2179 Vandana 48/F 92133 Hypothyroid  
 2180 Neelam Raghav 40/F 9222 21011  
 2181 Usha Devi 67/F 21011

28/11/22

2181 Usha Devi 42/F 87949 21011  
 2182 Vikas Kumar 38/M 82995 21011

29/11/22

2183 Ramesh 64/M 48322 DM  
 2184 Gata Devi 48/F 92851 DM  
 2185 Sonu Anur 30/M 92892 21011  
 2186 Shiv Devi 68/F 87203 DM  
 2187 Naha Chand 51/M 44485 Cholelithiasis  
 2188 Nilu Kumari 67/F 90266 21011  
 Kedan Roy 60/M 82554 HTN

December 2022

Dept. of Seasthorvita,  
Sadhvitta, Dincharya, Dehara Guidance to Patients.

30/11/22

2190.	Indal	69/M	93225	अभिज्ञान
2191.	Uday Prady	67/M	93220	दत्त शक्ति
2192.	Rekha	42/F	93288	
2193.	Sonju Bai	32/F	93329	अभिज्ञान
2194.	Chanderan	41/F	93366	अभिज्ञान

1/12/22

2195.	Jiya Devi	33/F	93608	अभिज्ञान
2196.	Shikha Pr. Ka	43/M	72399	Hypothyroidism
2197.	Munna Kumar	33/M	93652	DM
2198.	Piroz Ahmad	45/M	52374	CKD
2199.	Soni Mishra	32/F	93585	Hypothyroidism
2200.	Smita Devi	51/F	93991	Hypothyroidism
2201.	Bhadransh Tr. Pandey	67/M	93660	DM
2202.	Maanu	48/M	40478	अभिज्ञान
2203.	Mah. Najis Rizul	32/M	86579	Shukra Kshaya
2204.	Smita	57/F	93600	अभिज्ञान

2/12/2022

2205.	Sudha Verma	64/F	87570	HTN
2206.	Ashu Kumari	42/F	93960	CA 4B
2207.	Bhagat Singh	60/M	94033	DM/HTN

3/12/22

2208.	Kamlesh	66/F	94184	DM II
2209.	Nehram	70/M	84917	DM II, HTN
2210.	Neha	35/F	83318	DM II
2211.	Rizwana	40/F	14338	DM II
2212.	Dr. Anjali	55/F	93377 (SIP)	अभिज्ञान
2213.	Raj Madan Kumar	88/M	35628	Hypertension

27<sup>th</sup> Dec

2396.	Sudhir Singh	60/M	101189	अभिज्ञान
2397.	Madhuban Khator	41/F	101185	अभिज्ञान
2398.	Basanti Devi	67/F	96937	अभिज्ञान
2399.	Tahani	34/M	101225	अभिज्ञान
2400.	Deep Kumar	44/M	568563	अभिज्ञान
2401.	Deendra Kumar	38/M	568556	अभिज्ञान
2402.	Kalyendra	37/M	101286	अभिज्ञान
2403.	Tamanu Ravi	43/F	88401	अभिज्ञान
2404.	Rishi Raj	60/M	68171	अभिज्ञान

28<sup>th</sup> Dec 22

2405.	Ravi Kumar	37/M	568887	DM
2406.	Sankar Suna	39/M	635267	अभिज्ञान
2407.	Mahadevi	60/F	68581	DM/TS.H.

29<sup>th</sup> Dec 22 (Thursday)

2408.	Premchandra Thurai	67/M	101483	DM, CKD
2409.	Yogendra Kumar	61/M	49078	DM, HTN
2410.	P.P. Verma	56/M	99966	अभिज्ञान
2411.	Pooja	42/F	568517	अभिज्ञान
2412.	Sumita Devi	54/F	97491	अभिज्ञान
2413.	Anju Ravi	32/F	98878	अभिज्ञान

30/Dec/22

2414.	Manju	52/F	20159	अभिज्ञान
2415.	Ravi	34/M	101854	DM
2416.	Narendera	76/M	72652	अभिज्ञान
2417.	Gorach Lal	49/M	90626	अभिज्ञान
2418.	Sudha Kumar	60/F	84128	CKD
2419.	Suli	39/F	37777	अभिज्ञान
2420.	Ramesh Kumar	41/F	8217	अभिज्ञान

January 2023

Dept. of Swasthavitto,

Sadavitto, Dinchanga, Ahimsa Guidance to Patients.

2421	Savitri	41/F	28220	CA-Breast
2422	Shive Shanker Dey	51/M	101844	HTN
2423	Jewel Kumar Mishra	50/M	68392	Geo.

31/1/23

2424	Anil Kumar Singh	58/M	102223	BP, DM-II
2425	Rajat Pandey	21/F	102244	Obesity
2426	P. K. Sharma	71/M	99424	Cardiopathy
2427	Shobha Devi	41/F	72735	Swasth
2428	Aditya Jain	21/F	102341	HTN
2429	Ravi Kumar	41/M	754	Geo.
2430	Uma Kant Mishra	51/M	102368	DM-II

2/12/2023

2431	Kokila	22/F	78245	HTN/DM
2432	Kajal	26/F	102528	Hypothyroidism
2433	Aditya	21/M	102631	Kidney
2434	Kavita	37/F	102529	Hypothyroidism
2435	Shweta	27/F	79060	Geo.

Batch 3/1/2023

2436	Dharmendra Singh	42/M	96975	Indigestion
2437	Shivam Pal	25/M	102911	Musculoskeletal
2438	Jai Kumar	21/F	102859	HTN
2439	Shakuntla	50/F	93030	Geo.

4/1/23

2440	Ashwini Kumar	50/M	103216	HTN
2441	Sumanth	51/M	41796	HTN
2442	Janisha Kumari	21/F	103299	Geo.
2443	Nand Kishore	10/M	103360	Geo.
2444	Rajesh Kumar	21/M	94874	Geo.
2445	Varsha Tripathi	26/F	10349	Obesity

23/7/23

2192	Jairam Patra	59/M	108787	HTN
2193	Kavita Sh	59/M	49169	Geo.
2194	Hemanshu	M/M	109661	Geo.
2195	Rahul Kalra	32/M	109614	Geo.
2196	Rajendra	57/F	98323	HTN
2197	Arush Kumar	31/M	105895	Geo.
2198	Abhilesh Kr	46/M	109967	HTN
2199	Saurabh Sharma	20/M	85137	Geo.

30/1/23

2200	Dewan Singh	57/M	109952	Geo.
2201	Neehu Rasat	30/F	100021	Geo.
2202	Lorensian	20/F	100998	Geo.
2203	Shamanz Bano	39/F	106611	Geo.
2204	Prakash Kumar	43/M	110063	Geo.
2205	Rahul Panwar	22/M	96777	HTN
2206	Ram Prakash	53/M	98954	HTN

31/1/23

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

1/2/23

2209	Aditya Gupta	21/M	110617	Geo.
2210	Mohd. Aamir Shadi	29/F	110720	Geo.

2/2/22

2211	Keen Chand	63/M	110969	Geo.
2212	Krishna Devi	67/F	70171	Geo.
2213	Amara	20/M	98470	Geo.

