



# KMCT AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences.

## TO WHOM SO EVERIT MAY CONCERN

This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge.

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**KMCT**  
AYURVEDA MEDICAL COLLEGE

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**PROTOCOLS DEVELOPED FOR LIFESTYLE MODIFICATIONS THROUGH  
AYURVEDHA AND THE PROMOTIONAL ACTIVITIES UNDERTAKEN, NUMBER  
OF PEOPLE WHOARE ADVISED LIFESTYLE MODIFICATIONS AND THE  
OUTCOME THERE OF**

*Dr. M. S.*

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Manassery PO, Mukkam, 673602, Kozhikode, Kerala  
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INNOVATION AND  
ENTREPRENEURSHIP  
DEVELOPMENT CENTRE





### AYURVEDIC LIFESTYLE MANAGEMENT

An Ayurvedic Lifestyle Consultation provides you with the very best navigational tools to create optimal health, vitality and creativity.

Read More : <https://www.lifelineherbal.com.au>



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

The best time to wake up in the morning is Brahma Muhurta, which begins 45-90 minutes before sunrise. The ideal time to sleep is two hours after dinner. Dinner should be taken until 8 p.m. The optimal amount of sleep every day is 6-8 hours. Day sleep should be avoided. Sleep quality can be improved by consuming milk and ghee, practicing meditation, asanas and pranayama, and performing Abhyanga (Massage), particularly on the feet and head.

#### 2. Massage: delay your ageing by daily massage

Daily body massage slows the ageing process, relieves fatigue, avoids vata problems (musculoskeletal and neurological), and enhances sleep quality. It improves skin health by making it soft and shiny, strengthens the body, relieves tension, and has a pleasing effect on the mind.

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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.

### 3. Exercise regularly: for better health

Ayurveda regards exercise as an essential component of a healthy daily regimen. Perspiration, increased respiratory rate, and a feeling of lightness in the body are symptoms of exceeding the activity threshold, at which time one should stop exercising.

It lightens the body, gives it strength to labour, steadiness, endurance in the face of adversity, and reduces Kaphadosha while stimulating Agni (digestive power).

### 4. 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.

### 5. Never suppress your natural urges

### 6. Follow the code of conduct to lead a happy and comfortable life

A Code of Conduct refers to healthy personal and societal behaviour that contributes to society and individual pleasure. This comprises compassion for all beings, control of mind in physical, verbal, and mental activities with the help of wisdom, and viewing others' feelings as one's own and acting appropriately.

### 7. Health promotion by rejuvenators (Rasayana)

Rasayana are herbs/foods that aid in providing optimal nourishment to the body's tissues. They increase longevity, slow the ageing process, promote good physical and mental health, improve memory, and provide immunity to a variety of ailments.

Milk, ghee, amla, and complex preparations such as Cyavanaprash are examples of rasayana that can be included in one's everyday regimen.

### 8. Good Dietetic Practices: Let food be your medicine

Food should be served hot, unctuous, in right quantities, and with adequate tableware and utensils. Eat only after you have digested your previous meal in a comfortable and enjoyable setting. Avoid eating too quickly or too slowly. Take your food without speaking or laughing. Eat foods that are good for your body and mind.

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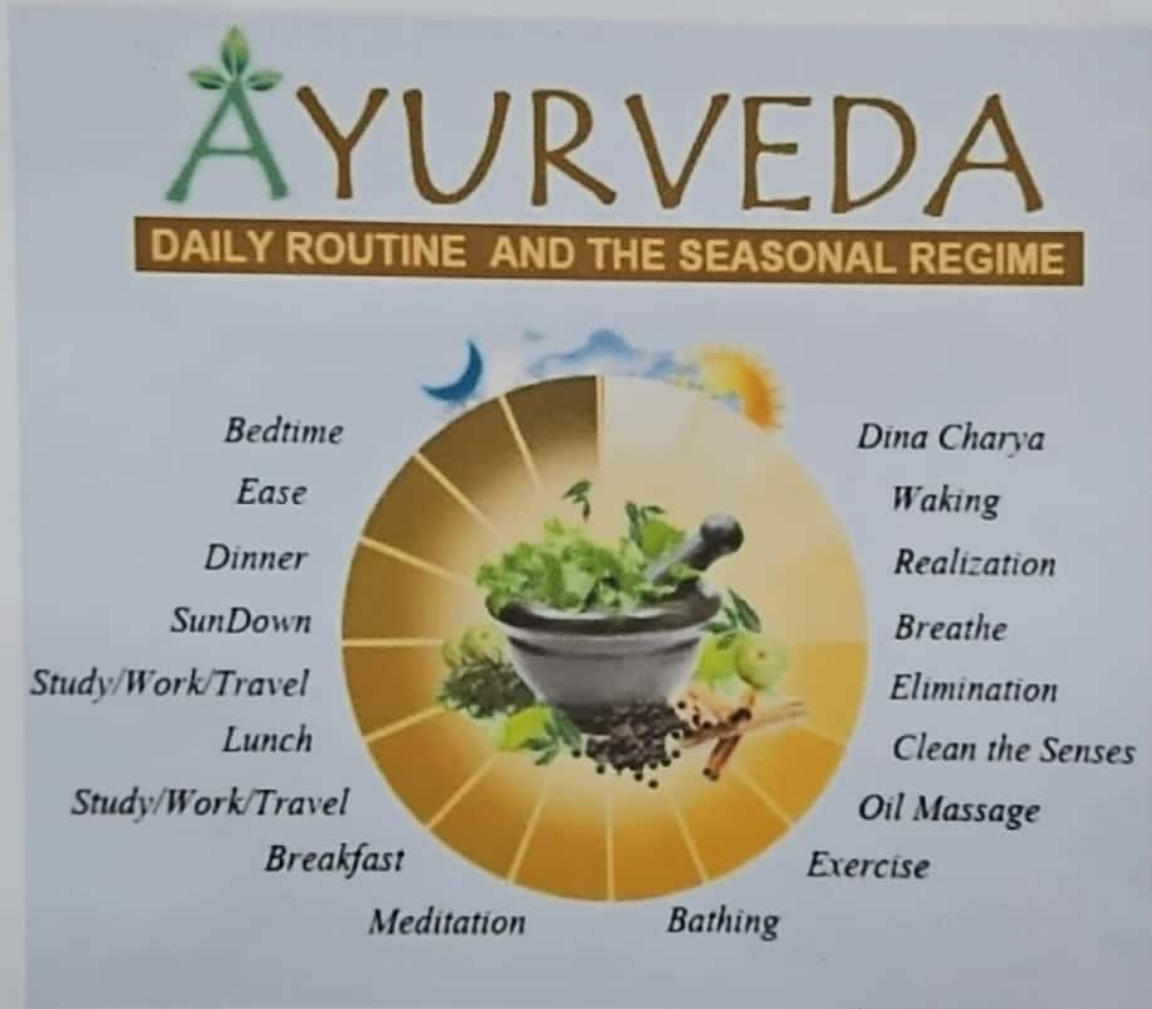


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## 9. Follow seasonal regimen to sustain seasonal variations

Ayurveda defines six seasons in the year. A seasonally appropriate diet and lifestyle should be followed.



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**SADVIRITTA, RTUCHARYA, DINACHARYA AAHARA  
(LIFESTYLE AND DIET GUIDANCE TO OPD PATIENTS)**

**2021\_2023**

*Amal*

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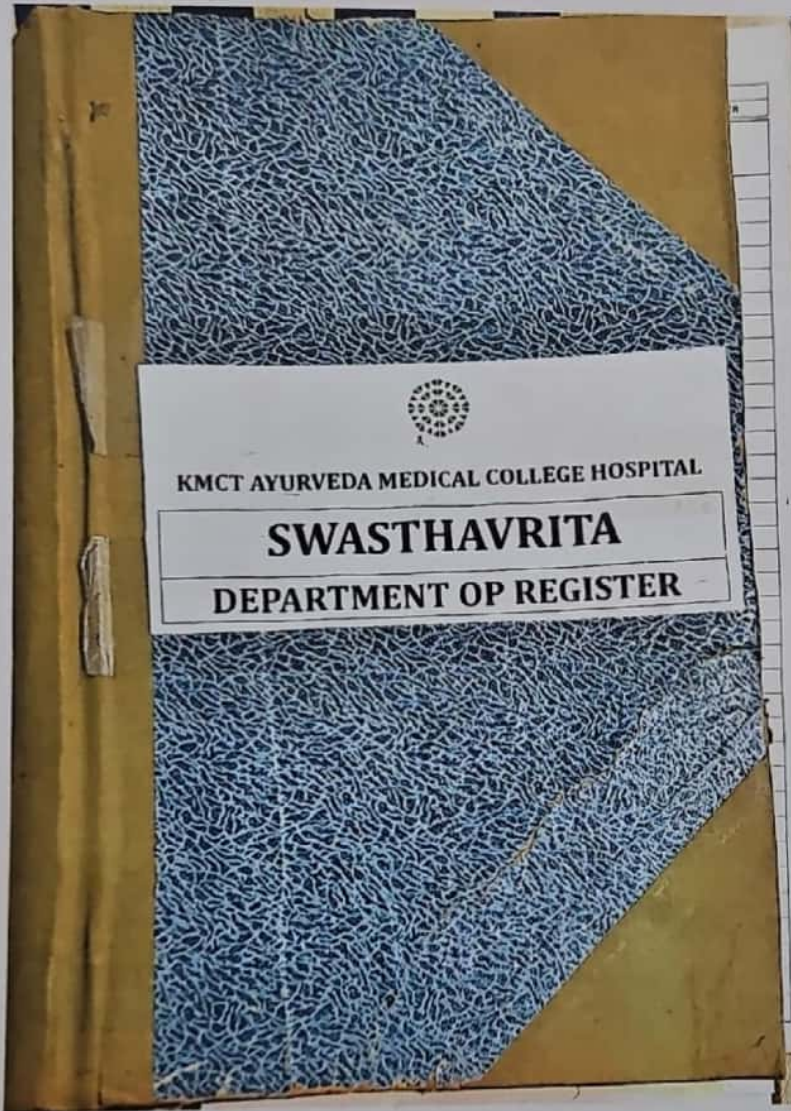


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Certified that the register contains 300 pages

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K.M.C.T AYURVEDA MEDICAL COLLEGE HOSPITAL MANASSERI		
OUT PATIENT REGISTER		REGISTER
No.	Name of the Patient	Age
1	Shaji	35
2	Subramaniam	45
3	Subramaniam	45
4	Subramaniam	45
5	Subramaniam	45
6	Subramaniam	45
7	Subramaniam	45
8	Subramaniam	45
9	Subramaniam	45
10	Subramaniam	45
11	Subramaniam	45
12	Subramaniam	45
13	Subramaniam	45
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16	Subramaniam	45
17	Subramaniam	45
18	Subramaniam	45
19	Subramaniam	45
20	Subramaniam	45

K.M.C.T AYURVEDA MEDICAL COLLEGE HOSPITAL MANASSERI		
OUT PATIENT REGISTER		DEPARTMENT REGISTER
No.	Name of the Patient	Age
1	Subramaniam	45
2	Subramaniam	45
3	Subramaniam	45
4	Subramaniam	45
5	Subramaniam	45
6	Subramaniam	45
7	Subramaniam	45
8	Subramaniam	45
9	Subramaniam	45
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19	Subramaniam	45
20	Subramaniam	45



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OUT PATIENT REGISTER			DEPARTMENT REGISTER
No.	Sl. No.	Name of the Patient	Address
26.04.2022 (Monday)			
1	1001	Johny	Manassery
2	1002	Johny	Manassery
3	1003	Johny	Manassery
4	1004	Johny	Manassery
5	1005	Johny	Manassery
6	1006	Johny	Manassery
7	1007	Johny	Manassery
8	1008	Johny	Manassery
9	1009	Johny	Manassery
10	1010	Johny	Manassery
11	1011	Johny	Manassery
12	1012	Johny	Manassery
13	1013	Johny	Manassery
14	1014	Johny	Manassery
15	1015	Johny	Manassery
16	1016	Johny	Manassery
17	1017	Johny	Manassery
18	1018	Johny	Manassery
19	1019	Johny	Manassery
20	1020	Johny	Manassery
21	1021	Johny	Manassery
22	1022	Johny	Manassery
23	1023	Johny	Manassery
24	1024	Johny	Manassery
25	1025	Johny	Manassery
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38	1038	Johny	Manassery
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76	1076	Johny	Manassery
77	1077	Johny	Manassery
78	1078	Johny	Manassery
79	1079	Johny	Manassery
80	1080	Johny	Manassery
81	1081	Johny	Manassery
82	1082	Johny	Manassery
83	1083	Johny	Manassery
84	1084	Johny	Manassery
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93	1093	Johny	Manassery
94	1094	Johny	Manassery
95	1095	Johny	Manassery
96	1096	Johny	Manassery
97	1097	Johny	Manassery
98	1098	Johny	Manassery
99	1099	Johny	Manassery
100	1100	Johny	Manassery

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KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MANASSERY					DEPARTMENT REGISTER		
OUT PATIENT REGISTER					REGISTER		
No.	Age	Name of the Patient	Address	Sex	Diagnosis	Treatment	Remarks
Nov 3 AM 10					AM 11		
04/01/2021 (Monday)							
1	38	Amal	Manassery	M	Headache	Headache	
2	38	Amal	Manassery	M	Headache	Headache	
3	38	Amal	Manassery	M	Headache	Headache	
4	38	Amal	Manassery	M	Headache	Headache	
5	38	Amal	Manassery	M	Headache	Headache	
6	38	Amal	Manassery	M	Headache	Headache	
7	38	Amal	Manassery	M	Headache	Headache	
8	38	Amal	Manassery	M	Headache	Headache	
9	38	Amal	Manassery	M	Headache	Headache	
10	38	Amal	Manassery	M	Headache	Headache	
Nov 4 AM 6					Total 10		
05/01/2021 (Tuesday)							
1	38	Amal	Manassery	M	Headache	Headache	
2	38	Amal	Manassery	M	Headache	Headache	
3	38	Amal	Manassery	M	Headache	Headache	
4	38	Amal	Manassery	M	Headache	Headache	
5	38	Amal	Manassery	M	Headache	Headache	
6	38	Amal	Manassery	M	Headache	Headache	
7	38	Amal	Manassery	M	Headache	Headache	
8	38	Amal	Manassery	M	Headache	Headache	
9	38	Amal	Manassery	M	Headache	Headache	
10	38	Amal	Manassery	M	Headache	Headache	

*Aradhya*  
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KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL MANASSERY		
OUT PATIENT REGISTER		DEPARTMENT REGISTER
No.	Name of the Patient	Department
1	Arjunan	Arjunan
2	Arjunan	Arjunan
3	Arjunan	Arjunan
4	Arjunan	Arjunan
5	Arjunan	Arjunan
6	Arjunan	Arjunan
7	Arjunan	Arjunan
8	Arjunan	Arjunan
9	Arjunan	Arjunan
10	Arjunan	Arjunan
11	Arjunan	Arjunan
12	Arjunan	Arjunan
13	Arjunan	Arjunan
14	Arjunan	Arjunan
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16	Arjunan	Arjunan
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18	Arjunan	Arjunan
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21	Arjunan	Arjunan
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25	Arjunan	Arjunan
26	Arjunan	Arjunan
27	Arjunan	Arjunan
28	Arjunan	Arjunan
29	Arjunan	Arjunan
30	Arjunan	Arjunan
31	Arjunan	Arjunan
32	Arjunan	Arjunan
33	Arjunan	Arjunan
34	Arjunan	Arjunan
35	Arjunan	Arjunan
36	Arjunan	Arjunan
37	Arjunan	Arjunan
38	Arjunan	Arjunan
39	Arjunan	Arjunan
40	Arjunan	Arjunan
41	Arjunan	Arjunan
42	Arjunan	Arjunan
43	Arjunan	Arjunan
44	Arjunan	Arjunan
45	Arjunan	Arjunan
46	Arjunan	Arjunan
47	Arjunan	Arjunan
48	Arjunan	Arjunan
49	Arjunan	Arjunan
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91	Arjunan	Arjunan
92	Arjunan	Arjunan
93	Arjunan	Arjunan
94	Arjunan	Arjunan
95	Arjunan	Arjunan
96	Arjunan	Arjunan
97	Arjunan	Arjunan
98	Arjunan	Arjunan
99	Arjunan	Arjunan
100	Arjunan	Arjunan

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K.M.C.T AYURVEDA MEDICAL COLLEGE HOSPITAL, MANASSERI			
OUT PATIENT REGISTER			147
Sl. No.	Date	Name of the Patient	Address
1	20/10/2021	George	Perambal
2	20/10/2021	John	Perambal
3	20/10/2021	Thomas	Perambal
4	20/10/2021	Paul	Perambal
5	20/10/2021	John	Perambal
6	20/10/2021	John	Perambal
7	20/10/2021	John	Perambal
8	20/10/2021	John	Perambal
9	20/10/2021	John	Perambal
10	20/10/2021	John	Perambal
11	20/10/2021	John	Perambal
12	20/10/2021	John	Perambal
13	20/10/2021	John	Perambal
14	20/10/2021	John	Perambal
15	20/10/2021	John	Perambal
16	20/10/2021	John	Perambal
17	20/10/2021	John	Perambal
18	20/10/2021	John	Perambal
19	20/10/2021	John	Perambal
20	20/10/2021	John	Perambal
21	20/10/2021	John	Perambal
22	20/10/2021	John	Perambal
23	20/10/2021	John	Perambal
24	20/10/2021	John	Perambal
25	20/10/2021	John	Perambal
26	20/10/2021	John	Perambal
27	20/10/2021	John	Perambal
28	20/10/2021	John	Perambal
29	20/10/2021	John	Perambal
30	20/10/2021	John	Perambal

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KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MANASSERY				REGISTER	
No	Age	Name of the Patient	Address	Diagnosis	Treatment
5	47/2018	Geetha	Manassery	Arthralgia	Medicaments, Physiotherapy
6	48/2018	Rajan	Manassery	Arthralgia	Medicaments, Physiotherapy
7	49/2018	Velupillai	Manassery	Arthralgia	Medicaments, Physiotherapy
8	50/2018	Vidya	Manassery	Arthralgia	Medicaments, Physiotherapy
9	51/2018	Abhinav	Manassery	Arthralgia	Medicaments, Physiotherapy
10	52/2018	Felix	Manassery	Arthralgia	Medicaments, Physiotherapy
11	53/2018	Neelam	Manassery	Arthralgia	Medicaments, Physiotherapy
12	54/2018	Geetha	Manassery	Arthralgia	Medicaments, Physiotherapy
13	55/2018	Abhishek	Manassery	Arthralgia	Medicaments, Physiotherapy
14	56/2018	Vidya	Manassery	Arthralgia	Medicaments, Physiotherapy
15	57/2018	Abhishek	Manassery	Arthralgia	Medicaments, Physiotherapy
16	58/2018	Geetha	Manassery	Arthralgia	Medicaments, Physiotherapy
17	59/2018	Abhinav	Manassery	Arthralgia	Medicaments, Physiotherapy
18	60/2018	Abhinav	Manassery	Arthralgia	Medicaments, Physiotherapy
19	61/2018	Abhinav	Manassery	Arthralgia	Medicaments, Physiotherapy
20	62/2018	Abhinav	Manassery	Arthralgia	Medicaments, Physiotherapy
21	63/2018	Abhinav	Manassery	Arthralgia	Medicaments, Physiotherapy
22	64/2018	Abhinav	Manassery	Arthralgia	Medicaments, Physiotherapy

New 13 added Total: 32

Total OP in the month of march = 548

01-04-2022 (PDMS)

1	20220401	Santhi	Chennai	55/8	Arthralgia	Medicaments, Physiotherapy
2	20220402	Mahesh	Perungudi	74/6	Arthralgia	Medicaments, Physiotherapy
3	20220403	Santhi	Manassery	59/8	Arthralgia	Medicaments, Physiotherapy
4	20220404	Rohini	Manassery	59/8	Arthralgia	Medicaments, Physiotherapy
5	20220405	Mari	Manassery	59/8	Arthralgia	Medicaments, Physiotherapy
6	20220406	Arjun	Manassery	59/8	Arthralgia	Medicaments, Physiotherapy
7	20220407	Abhishek	Manassery	59/8	Arthralgia	Medicaments, Physiotherapy
8	20220408	Arjun	Manassery	59/8	Arthralgia	Medicaments, Physiotherapy
9	20220409	Rishi	Manassery	59/8	Arthralgia	Medicaments, Physiotherapy
10	20220410	Arjun	Manassery	59/8	Arthralgia	Medicaments, Physiotherapy
11	20220411	Vishal	Manassery	59/8	Arthralgia	Medicaments, Physiotherapy

*Arjun*

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MEDICAL COLLEGE



Manassery PO, Mukkam, 673602, Kozhikode, Kerala  
☎ 0495-229 4664 ✉ ayurveda@kmct.edu.in  
🌐 www.kmctayurvedacollege.org





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COLLEGE HOSPITAL, MANASSERY REGISTER				Date	Department
No	Age	Name of the Patient	Address	Diagnosis	Treatment
74	29/11	Pooja	Pottakkal	Diabetes	Controlled by Insulin
75	29/11	Enchayyan	Manjeri	Vitamins	Controlled by Insulin
New 2 mid 12 Total 13					
02.04.2022 (Thuesday)					
1	20/11	Abdul Rehman	Arakkal	Kadagala	Recommened to Yogesh
2	20/11	Enchayyan	Manjeri	Pingulam	Controlled by Insulin
3	20/11	Caplan	Pingulam	Diabetes	Controlled by Insulin
4	20/11	Alfa Mathan	Thalassery	Diabetes	Controlled by Insulin
5	20/11	Mohamed Ali	Emparankal	Diabetes	Controlled by Insulin
6	20/11	Apika	Manjeri	Diabetes	Controlled by Insulin
7	20/11	Mohini	Pingulam	Diabetes	Controlled by Insulin
8	20/11	Karthigayan	Arakkal	Diabetes	Controlled by Insulin
9	20/11	Deepa	Arakkal	Diabetes	Controlled by Insulin
10	20/11	Geetha	Manjeri	Diabetes	Controlled by Insulin
11	20/11	Geeta	Manjeri	Diabetes	Controlled by Insulin
12	20/11	Alina	Emparankal	Diabetes	Controlled by Insulin
13	20/11	Gouri	Manjeri	Diabetes	Controlled by Insulin
New 2 mid 11 Total 13					
03.04.2022 (WEDNESDAY)					
1	20/11	Chandran	Manjeri	Kadagala	Recommened to Yogesh
2	20/11	Abilata	Pingulam	Diabetes	Controlled by Insulin
3	20/11	Caplan	Pingulam	Diabetes	Controlled by Insulin
4	20/11	Radhakrishnan	Manjeri	Diabetes	Controlled by Insulin
5	20/11	Vinoth Kumar	Kozhikode	Diabetes	Controlled by Insulin
6	20/11	Danika	Pingulam	Diabetes	Controlled by Insulin
7	20/11	Padma	Thalassery	Diabetes	Controlled by Insulin
8	20/11	Geetha	Pingulam	Diabetes	Controlled by Insulin
9	20/11	Abhilasha	Kozhikode	Diabetes	Controlled by Insulin
10	20/11	Vinodh	Kozhikode	Diabetes	Controlled by Insulin
11	20/11	Radhakrishnan	Thalassery	Diabetes	Controlled by Insulin
12	20/11	Abhilasha	Cheruvu	Diabetes	Controlled by Insulin
13	20/11	Abhilasha	Kozhikode	Diabetes	Controlled by Insulin



*Ambar*  
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COLLEGE HOSPITAL, MANASSERY REGISTER				
No	Age	Sex	Address	Age
06.01.2022 (Continued)				
1	44	M	Manassery	44
2	45	M	Manassery	45
3	46	M	Manassery	46
4	47	M	Manassery	47
5	48	M	Manassery	48
6	49	M	Manassery	49
7	50	M	Manassery	50
8	51	M	Manassery	51
9	52	M	Manassery	52
10	53	M	Manassery	53
11	54	M	Manassery	54
12	55	M	Manassery	55
13	56	M	Manassery	56
14	57	M	Manassery	57
15	58	M	Manassery	58
16	59	M	Manassery	59
17	60	M	Manassery	60
Nov 1 2016 Total : 19				
06.01.2022 (Females)				
1	56	F	Manassery	56
2	57	F	Manassery	57
3	58	F	Manassery	58
4	59	F	Manassery	59
5	60	F	Manassery	60
6	61	F	Manassery	61
7	62	F	Manassery	62
8	63	F	Manassery	63
9	64	F	Manassery	64
10	65	F	Manassery	65
11	66	F	Manassery	66
12	67	F	Manassery	67
13	68	F	Manassery	68
14	69	F	Manassery	69
15	70	F	Manassery	70

*Aravind*

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KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MANASSERY				
OUTPATIENT REGISTER			REGISTER	
No.	Age	Sex	Address	Diagnosis
1	30	M	...	...
2	45	F	...	...
3	60	M	...	...
4	75	F	...	...
5	80	M	...	...
6	85	F	...	...
7	90	M	...	...
8	95	F	...	...
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*Jacob*  
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