



# KMCT AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences

## TO WHOMSOEVER IT MAY CONCERN

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

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K.M.C.T. AYURVEDA  
MEDICAL COLLEGE



*Chobha*





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## 2.3.1

### PATIENT-CENTRIC AND EVIDENCE BASED LEARNING



*Ambar*

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Preliminary Data

Name : Sumin  
 Age : 25 years  
 Sex : male  
 Religion : Hindu  
 Education : Plus two  
 Occupation : Electrician  
 Marital Status : unmarried  
 Economic status : middle class

OPD : 19025  
 IPD : 1910293  
 Bed No: 02  
 Ward : KC male ward  
 DOA : 31/12/18  
 DOD : 22/1/19  
 Address: Anugraha (H)  
 Nadapuram  
 Kozhikode

Presenting complaints with duration :

Patient Complaints of low back pain since 10 months.

History of presenting complaints :

A 25 years old male patient named Sumin, complaints of pain over low back region since 10 months. Before 11 months, he had met with a Road traffic accident & had fallen from his bike with hitting the low back region. After few weeks, he began to experience pain developing at the low back region along with swelling intermittently. He consulted Allopathic hospital, Oral medications were provided which gave temporary relief. Later, again the pain developed & he opted for physiotherapy. The pain aggravated on physical activities & riding bike. Now he's admitted here for better treatment.



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**History of previous illness :**

No history of Diabetes Mellitus, Hypertension,

**Personal history :**

Appetite : good

Diet : mixed

Bowel : normal Vday.

Habit : nothing specific

Micturition : 3-4/day, 1/night.

Sleep : sound

Allergy : nil

Addictions : nil

**Occupational history :** Nothing Relevant

**Family history :** Nothing Relevant.

**General examination :**

Pulse : 72/min

Heart Rate : 72/min

Temperature : 98.6°F

Respiratory Rate : 18/min

B.P : 110/80 mmHg

Wt : 56 kg.

**Ashtasthana pareeksha :**

Nadi : शाधारणी

Mutra : अनातितनं

Malam : शुद्धं

Jihwa : अनुपनिता

Sabdham : शुद्धं

Sparsam : अनुपनिता

Drik : लक्षकं

Akriti : मध्यम

**Dasavidha pareeksha :**

Dooshyam : दोष - वात

Desam : धातु - अरिच्य

Balam : अग्नि - शाधारणी

Kalam : वेद - कलि प्रदेश

Analam : मध्यम

Prakriti : वातपित्त

Vayas : यौवन

Satwam : मध्यम

Satmyam : शरीरशु

Aharam : अल्पवस्त्रण शक्ति मध्यम



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ight.

Inspection: No abnormalities

Palpation: No abnormalities

Percussion: No abnormalities

Auscultation: No abnormalities

|                         | Inspection                      | palpation                  | Percussion                         | Auscultation                           |
|-------------------------|---------------------------------|----------------------------|------------------------------------|--|
| Respiratory System      | • No deviation of nasal septum. | • Trachea normally placed. | • Normal resonance over lung field | • Normal vesicular breath sound        |
| Cardiovascular System   | • Normal precordium             | • Apical beat heard.       |                                    | • S <sub>1</sub> S <sub>2</sub> heard. |
| Gastrointestinal System | • No scars seen.                | • No organomegaly          | • Tympanic note over stomach       | • Normal peristaltic bowel sound       |
|                         |                                 |                            | • Dull note over liver & spleen.   |  |

Abdominal Examination:

| Inspection       | palpation  | Range of movement                             |
|------------------|--|---|
| No colour change | grade 1 tenderness over L <sub>3</sub> -L <sub>4</sub> region. | • Flexion & Extension possible but with pain. |

Wrist Test →



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## Investigations

Blood : Not done

Urine : Not done

Stool : Not done

Radiological: Suggested x of Lumbosacral region - Anteroposterior view lateral view.

## Vikriti pareeksha :

Doshavastha : वातवृद्धि

Srotas : शिरिवदश्रोतसु

Rogamargam : मध्यम

Nidanam : अग्निघात (He had a history of RTA 11 months before)

Poorvaroopam : अल्पमे

Roopam : शुभं & शोफं मं क्लीप्रदेश

Upasayam : मेपनं, श्वेदनं, वेष्टनं

Anupasayam : शीतलमं रजानं, अल्पदंतं

## Vyavachedaka Nidanam (differential diagnosis):

गृध्रासि → Included due to pain मं क्ली प्रदेश

→ pain is localised मं the क्लीप्रदेश without involvement of शिर, श्ले, शोफ, श्ले, अरु, आयु, hence excluded

Roganirnayam : क्लीप्रदेश

Sadhyasadhyata : श्लेष्टसाध्य

Upadrava : Difficulty मं flexion & extension of Lumbosacral Jomo

## Treatment principle :

सुखाशयजने चापि देयं श्लेष्टिरेचनम् ।

श्लेष्टसाध्यं श्लेष्टसाध्यं श्लेष्टसाध्यं ॥ (Su. Ni. 4/15)



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## MEDICINES & THERAPIES

|  | Medicines   | Dose                     | Time                 | Remarks              |
|--|---|--------------------------|----------------------|----------------------|
|  | - Rasna saptakam kashayam<br>with nagara churna.                    | 90ml<br>3g               | 6am<br>6pm<br>B/F    |                      |
|  | - Trayodasha guggulu  | 2-0-2<br>with<br>300ml m | A/F                  |                      |
|  | - Lepana with nagaradi<br>churna in Dhanyamla<br>(7days)            |                          | 4pm<br>for<br>7days. |                      |
|  | - Dhannemtharam kashayam  | 90ml                     | 6am<br>6pm<br>B/F    |                      |
|  | - Trayodasha guggulu  | 2-0-2<br>with<br>usnaji  | A/F                  |                      |
|  | - Kativanti with Dhannemtharam<br>tneem (7day)                      |                          | 11am<br>(7days)      |                      |
|  | - Patra potali sweda with<br>Dhannemtharam tailam (7day)<br>Abyanga |                          | 11.50<br>am.         |                      |
|  | Yogavahi started  |                          | Time of<br>admittion | Time of<br>expulsion |
|  | Anurasana vasti with Dhannemtharam<br>Sevya                         | 90ml                     | 1pm A/F              | 8.00pm               |
|  | Anurasanavasti with Dhannemtharam Sevya                             | 90ml                     | 1.00pm A/F           | 3.30pm               |
|  | Hadhutailika Vasthi   | 900ml                    | 11.00am              | -                    |
|  | Anurasanavasti with Dhannemtharam<br>Sevya                          | 90ml                     | 1.30pm<br>A/F        | 4.00pm               |
|  | Hadhutailika Vasti  | 900ml                    | 11.00am              | -                    |
|  | Anurasanavasti with Dhannemtharam Sevya                             | 90ml                     | 1.00pm<br>A/F        | 4.15pm               |
|  | Hadhutailika Vasthi   | 900ml                    | 11.00am              | -                    |
|  | Anurasanavasti with Dhannemtharam<br>Sevya                          | 90ml                     | 1.00pm<br>A/F        | 4.30pm               |

Fr, 90  
300g  
x ended.



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Procedures (in brief).

- Lepna with Nagaradi in Dhanyamla - 7 days
- Kairanti with Dhanaentara taila - 7 days
- Patu potali sweda with Dhanaentara taila - 7 days
- yogakashi [Machha tailika, Vastibhara taila] Anuvasanavasi - Dhanaentara taila

Pathya

Intake of <sup>mamsa, mamsa</sup> meat, hot water, Hot water bath  
Abyanga with taila

Apathya

: Cold atmosphere, cold food (Ice cream, food preserved in refrigerator)  
Bath in cold water  
fasting, excessive work.

Advice on discharge :

Lasuna ksheerapaka - 21 days 40ml divided doses frequently.  
10g garlic + 40ml milk + 40ml water → reduced to quantity of...

Result

: Pain & swelling reduced  
Patient feels better.

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*[Signature]*

Signature of Student :



*[Signature]*  
Signature of the Teacher





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