

**AYURVED COLLEGE AFFILIATED  
TO  
GUJARAT AYURVED UNIVERSITY  
JAMNAGAR**

**KAYACHIKITSA**

**CERTIFICATE**

This is to certify that 3<sup>rd</sup> year B.A.M.S. student .....  
..... Roll no. ....has completed the practicals of  
*Kayachikitsa* under our supervision and has documented 20 case history forms  
herein. We hereby certify the authenticity of this record.

Jamnagar

Date:

Teacher  
*Kayachikitsa*

H.O.D.  
*Kayachikitsa*

**INDEX**

Sr.No.	Name of Patient	Diagnosis	Date of Admission	Date of Discharge
1.				
2.				
3.				
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5.				
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20.				

**Student Signature**

**H.O.D.Signature**

## Patient's Clinical Case history

**Sr.No.:**

**Name:**

**Age:**

**Sex:**

**Caste:**

**Religion:**

**O.P.D. No. :**

**I.P.D. No.:**

**Ward**

**Bed No. :**

**Address:**

**Name and address of Relatives/Attendant:**

**Occupation:**

**Financial Status:**

**Marital Status:**

**D.O.A.:**

**D.O.D.**

**Result: Cured/Markedly improved/ Moderately improved/ Mild improved/  
LAMA/Referred**

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**Chief Complaints (with duration):**

**History of Present illness (Origin, duration and progress):**

**Past History:**

**1) History of past illness -**

**2) Previous health status -**

3) Treatment/Surgical history -

**Family History (If any specific related illness):**

**Personal history:**

1) Diet (Type and Quantity)

Mixed/Veg -

Details of dietary articles -

Details of quantity of dietary articles -

2) Addiction- Tea / coffee/ tobacco chewing/ smoking/ alcohol/ other

Quantity \_\_\_\_\_ / day      Duration \_\_\_\_ Yrs.

3) Sleep

4) Dreams

5) Rest

6) Urination : **Frequency ---per day, ---per night with associate complaints (if any)**

7) Defecation: **Frequency --- duration ---- with associate complaints (if any)**

8) Flatus

9) Menstrual History

10) Obstetric History:

Delivery-

Abortion-

Miscarriage-

**General Examination:**

**1) General Constitution: a] Constitution type (Built/Stature)**

**b] Facial appearance**

**2) Vital Data**

**Pulse: a] Rate/Min-**

**b] Rhythm-**

**c] Tension-**

**d] Volume-**

**e] Arterial wall feel-**

**f] *Doshika* assessment-**

**Respiration: a] Respiratory rate/Min**

**b] Type of Respiration**

**Temperature:**

**Blood pressure:**

**Body weight:**

**3) Skin:**

**4) Oral cavity examination:**

**5) Lips:**

**6) Tongue:**

**7) Teeth and Gums:**

**8) Hair-**

**9) Scalp-**

**10)Body hairs-**

**11)Nails-**

**12) *Agni*:**

13) *Koshtha*:

***Atura Bala Pariksha (Assessment of Patient strength)***

1. *Prakriti : Sharirika-*

*Manasika-*

2. *Sara (Excellence Of tissues) – Pravara / Madhyama / Avara*

3. *Samhanana (Physique)-Pravara / Madhyama / Avara*

4. *Pramana (Anthropological assessment) - Pravara / Madhyama / Avara*

5. *Satmya - Pravara / Madhyama / Avara*

6. *Satva (Mental status) : Pravara / Madhyama / Avara*

7. *Aahara Shakti (State of digestion):*

- *Abhyavaharana Shakti (Capacity for food Intake)-*
- *Jarana Shakti (Digestive capacity)-*

8. *Vyayama Shakti (Capacity to exercise) – Pravara / Madhyama / Avara*

9. *Vaya (Age) – Pravara / Madhyama / Avara*

***Indriya Parikshana***

**Examination of Sensory organs:**

1. **Ears (Vestibulocochlear Nerve examination) -**

2. **Skin (Superficial/Deep sensations) – Touch –**

**- Pain –**

**- Temperature –**

3. **Eyes (Ophthalmic Nerve examination) – Visual acuity**

**- Visual field**

**- Color Vision**

4. Nose (Olfactory Nerve examination) –

5. Tongue (Glossopharyngeal Nerve examination) –

### ***Srotasa Examination:***

#### **1) *Pranavaha Srotasa (Root - Hridaya and Mahasrotasa)***

➤ Presenting symptoms and involvement of *dosha-dushya* -

➤ Examination of Respiratory system

• Upper Respiratory tract-

1. Nasal examination

2. Throat examination (Tonsils, Pharynx, Larynx, etc.)

• Examination of Lungs

1. Inspection: Shape of the chest-

Equality of movement-

Rate of Respiration-

Type of Breathing-

Any other evident findings-

2. Palpation: Equality of movement-

Palpation of trachea-

Tactile vocal fremitus (TVF)-

3. Percussion: Resonant/Tympanic/Hyper resonant/Dull

4. Auscultation:

#### **2) *Udakvaha Srotasa (Root-Talu and Kloma)***

➤ Presenting symptoms and involvement of *dosha-dushya* -

➤ Palate examination-

- Tracheopharyngeal examination-
- State of Hydration (Dehydration, Edema, etc.)

**3) Annavaha Srotasa (G.I.T.) (Root-Aamashaya and Vamaparshwa)**

- Presenting symptoms and involvement of *dosha-dushya* -
- G.I.T Examination -

**1. Inspection-Shape and contour of abdomen**

**Umbilicus**

**Movement of abdominal wall**

**Any visible peristalsis**

**Skin/Visible veins on abdomen**

**Hernial sites**

**2. Palpation-**

**3. Percussion-**

**4. Auscultation-**

**4) Purishvaha Srotasa (Excretory system) (Root-Pakvashaya and Guda)**

- Presenting symptoms and involvement of *dosha-dushya* -
- Large intestine / Sigmoid Colon- Any visible peristalsis-
  - Peristaltic sounds-
  - Herniation-
- Rectum (P/R Examination)
- Stool examination-

**5) Mutravaha Srotasa (Urinary system) (Root-Basti and Vankshana)**

- Presenting symptoms and involvement of *dosha-dushya* -



- **Kidney – Palpation (Bimanual)-**
- **Bladder-**
- **Urethra-**
- **Urine examination-**

**6) *Rasavaha Srotasa* (Lymphatic system) (Root-*Hridaya* and *Dasha dhamani*)**

- **Presenting symptoms and involvement of *dosha-dushya* -**
- **Circulatory system (Heart)**
  - **Inspection- 1. Shape of precordium – Normal/Bulging/Retraction**  
2. **Apex beat-**
  - **Palpation – 1. Palpation of apex beat-**  
2. **Palpation of Carotid artery-**
  - **Auscultation - Heart sounds-**  
- **Murmurs-**
- **Lymph nodes (If enlarged) –**

**Stanya –**

**Aartava -**

**7) *Raktavaha Srotasa* (Hemopoetic system) (Root-*Yakrit* and *Pleeha*)**

- **Presenting symptoms and involvement of *dosha-dushya* -**
- **Liver-**
- **Spleen-**
- **Gall bladder-**
- **Veins (Deep Vein thrombosis, Varicosity, Thrombophlebitis, etc.)**

**Skin pigmentation / discoloration:**

**8) *Mamsavaha Srotasa* (Examination of Motor system of CNS) (Root-*Snayu* and *Twak*)**

- Presenting symptoms and involvement of *dosha-dushya* -
- Power of muscles-
- Tone of Muscles- Hypertonia (Spasticity, Rigidity, etc.)
  - Hypotonia
- Coordination- Finger Nose finger test-
  - Heel Knee test-
  - Romberg's sign-
- Involuntary movements – Convulsions/Tremors/Chorea/Fasciculation/Tics
- Nutrition of muscles – Wasting/Pseudo hypertrophy/Hypertrophy/Atrophy
- Deep tendon reflexes – Biceps
  - Triceps
  - Brachioradialis
  - Knee Jerk
  - Ankle Jerk/Clonus
  - Planter reflex

9) *Medavaha Srotasa* (Root-*Vrikka* and *Vapavahana*)

- Presenting symptoms and involvement of *dosha-dushya* / **Symptoms of *Atisthaulya***
- State of Adiposity (Obesity/Emaciation) /**Distribution of fat deposition**

10) *Swedavaha Srotasa* (Epocrine/Sweat glands) (Root-*Meda* and *Lomakupa*)

- Presenting symptoms and involvement of *dosha-dushya* -
- Skin
- Skin pores
- Sweating

11) *Asthivaha Srotasa* (Skeletal system) (Root- *Meda* and *Jaghana*)

- Presenting symptoms and involvement of *dosha-dushya* -
- Gait-
- Posture-
- Mobility-
- Deformity-
- Osteoporosis/Osteopenia/Osteomalacia
- Fractures-

**12) *Majjavaha Srotasa* (Bone marrow) (Root-*Asthi* and *Sandhi*)**

- Presenting symptoms and involvement of *dosha-dushya* -
- Joint tenderness
- Swelling
- Joint Crepitus
- Range of movement

**13) *Shukra-Artavavaha Srotasa* (Reproductive system) (Root-*Shukra, Artava, Stanya*)**

- Presenting symptoms and involvement of *dosha-dushya* -
- Examination of male genitalia (Penis, Scrotum, Testes, etc) -
- Semen analysis -
- Examination of female genitalia (Perineum, Vulva, Labia majora, etc.) -
- P/V examination -
- P/S examination -
- Breast examination –

**14) *Manovaha Srotasa* (Psychiatric assessment)**

- *Mana* (Examination of *Manasika bhavas* like Thinking, knowledge, etc.) –

- **Buddhi** (Examination of intellectual faculties of mind like intelligence, memory, patience, etc.) –
- **Appearance and Behavior-**
- **Speech – Mute/Flight of ideas/Dysphasia/Dysarthria**
- **Mood – Euthymic/Depressed/Anxious/Irritable**
- **Thought content –**
- **Abnormal beliefs (Delusions, Hallucinations, etc.) –**
- **Assessment of Cognitive state –**
  - **Level of Consciousness –**
  - **Orientation –**
  - **Attention and Concentration –**
  - **Memory –**
  - **Intelligence –**

**Laboratory investigations:**

	<b>Quantity</b>	<b>Consistency</b>	<b>Odour</b>	<b>Colour</b>	<i>Sama/Nirama</i>
<b>Stool</b>					
<b>Urine</b>					
<b>Sputum</b>					
<b>Vomitus</b>					
<b>Sweat</b>					
<b>Menstrual blood</b>					
<b>Others</b>					

**Other Laboratory findings and relevant investigations like X-ray, USG, etc.:**

**Sufficient Extra space needed here**

Sr.No.	LakshanaSamuchchaya (Sign and Symptoms)	Dosha	Guna involved / Amshans ha Kalpana	Dushya	Srotasa	Sama/ Nirama
1.						
2.						
3.						
4.						
5.						
6.						

### Differential Diagnosis:

- Concerned/Related Diseases-
- Provisional diagnosis-
- Final diagnosis-
- **Nomenclature of Disease-Criteria for final diagnosis:**
- Type/Subtype
- Stage of disease (*Saama/Niraama/Acute/Chronic/Episodic*)
- Nature of disease (Mild/Severe)

### Nidana Panchak :-

1. Nidana (Etiological factors):-

2. Samprapti (Pathogenesis):-

- General :-
- Specific :-

*Samprapti Ghatak* (Constitution of Samprapti):-

- *Dosha-*

**Origin-**

• *Dushya-*

• *Srotasa-*

• *Srotodushti Prakara-*

• *Agnimandya-*

• *Aama-*

*Rogamarga-*

Place of manifestation of disease-

Stage of disease-

*Doshika* nature of the disease-

Aggravating period of disease-

Remission period of disease-

3. *Purvarooopa* (Premonitory sign and symptoms):-

4. *Roopa* (Cardinal sign and symptoms):-

5. *Upashaya/Anupshaya* (Aggravating and relieving factors) :-

6. *Upadrava* (Complications):-

7. *Arishta*:-

8. *Sadhyaasadyatva* (Prognosis):-

**Treatment Protocol:**

- Principle line of treatment
- Drug of choice
- *Shadvidha Upakrama* (Six modes of treatment)

1. *Langhana* (Therapeutic fasting) [ insert check box in front of each Karma as shown below]

A] *Shodhana* (Biopurification)



B] *Shamana* (Pacification)

i) *Vamana*



i) *Deepana*

ii) *Virechana*



iii) *Basti*

iv) *Nasya*

v) *Raktamokshana*

ii) *Pachana*

iii) *Upawasa* [Fasting]

iv) *Pipasa Nigraha* [Restriction of fluids]

v) *Vyayama* [Exercise]

vi) *Aatapa Sevana* [Exposure to sunlight]

vii) *Maruta Sevana* [Exposure to fresh air]

2. *Brimhana* (Nourishing)

3. *Rukshana* (Drying)

4. *Snehana* (Oleation)

5. *Swedana* (Fomentation)

6. *Stambhana*(Styptic)

**Treatment given:**

Medicines

Dosage

Time of administration

Anupana (Vehicle)

**Add sufficient space here**

*Pathya-Apathya* (Do's and Don'ts)

*Pathya- Ahara*(diet)-

*Vihara* (activities)-

*Apathya- Ahara(diet)*

*Vihara(activities)-*

**Follow up record:**

<b>Date</b>	<b>Symptoms</b>	<b>Treatment</b>	<b>Percentage improvement</b>



**Signature of student**

**Signature of teacher**