



**OPD CASE PAPER**

PRN No. : \_\_\_\_\_ Date : \_\_\_\_\_  
Patient Name : \_\_\_\_\_ Age : \_\_\_\_\_  
Address : \_\_\_\_\_ Gender : \_\_\_\_\_  
Occupation : \_\_\_\_\_ Diagnosis : \_\_\_\_\_

**DEPT. OF SWASTHVRITTA & YOGA**

**The following should be avoided**

- ◆ Stale food
- ◆ Biscuits, salty, toast, bread, etc. Bakery products
- ◆ Fermented foods (Idli, Dosa, Dhokla etc.)
- ◆ Chili powder, oily, black masala, green chillies, peanuts, sago.
- ◆ Sleeping during the day, waking up at night
- ◆ Excessive exposure to heat and wind
- ◆ Constant anger and anxiety

**General rules**

- ◆ Get to bed on time and get up on time (10pm to 6am)
- ◆ Regular observance of meal times.
- ◆ Apply sesame oil on the whole body once daily (Do not apply if you have fever and diarrhea).
- ◆ Milk, ghee, caster sugar, butter should be eaten regularly.
- ◆ Upma, Shira, Sali Lahya, Sorghum Lahya Suitable for breakfast.

• Diet (Aahar):


• Diet (Vihara):

• Aasana:

• Pranayam:



  
**Principal**  
S.M.B.T. Ayurved College & Hospital  
Nandi-Hills, Dhamangaon, Tal. Igatpuri, Dist. Nashik.

  
**H.O.D.**  
Dept. of Swasthviritta & Yoga  
SMBT Ayurved College & Hospital  
Dhamangaon, Tal. Igatpuri, Dist. Nashik.