



Name – Ms. Jyoti Bajaj

Age – 36

Gender – Female

Height – 5.4

Weight – 72kg

Chief Complaint/Complaints – Thyroid cyst, Irregular Periods, PCOS, Bulky Uterus, Renal Stone, Atypical Hemangioma in spleen(?)

Consultant - DR. PRIYANKA GUPTA M.D. Ayurveda | Registration No : DBCP/A/5680

Symptoms:

Gained weight 5-7 Kg. in 3-4months.

Was 35Kg by age of 28.

Bloating mid cycles: Dismenorrhoea, rarely takes medication

Digestion is weak. Very sensitive to outside food.

Chronic cervical spondylitis + Lower backpain (Sciatica?)

Thyroid Cyst 2 months.

Tonsillitis by 7-8 yrs.

Consistent lower belly pain

Frequent headaches

Prescription

Sq.	Herbal Formulations	Dose	Timings	Frequency	Relation with Food	Adjuvant
1	Methi seeds soaked in water for minimum six hours	5gm	Morning Evening	Twice a day	Empty stomach	NA
2.	Cruel Cap	1cap	Morning Evening	Twice a day	Empty stomach	Water/Methi Water
3	Grace Cap	2 cap	Morning Evening	Twice a day	Empty stomach	Water/Methi Water
4	Kanchnar Guggul	2 tab	Morning Night	twice a day	30 mins after meals	Kumarasav-10ml + Dashmoolarisht -10ml
5	Zinc tab	2 cap	9am 7pm	Twice a day	NA	Jeera + Sonf kashayam

Do's:

- 45 mins walking
- Practice 45 mins Yoga and Pranayam daily including ■ Suryanamaskar ■ Bhujangasana ■ Salabhasana ■ Badha konasana ■ Dhanurasana ■ Supta vajrasana ■ Sarvangasana ■ Matsyasana ■ Kapalbhathi ■ Anulom vilom
- Early dinner latest by 7pm.
- Eat every 2hrs. mostly fiber and antioxidant rich foods
- Only curd in diary products
- Take cereals not more than 2 times a day
- Triphala water at sleeping time. (soak ½ tsp of Triphala powder in a glass (200ml) in morning. Strain it in night and drink)
- Continue with VitD and VitB12



Yogic Recommendations

1. Supine Spinal Twist (Supta Matsyendrasana)
2. Legs-Up-the-Wall pose (Viparita Karani)
3. Reclined Bound Angle Pose (Supta Baddha Konasana)
4. Yoga Nidra

Follow Up after 15 days