

Planet Ayurveda®

(HOLISTIC HEALING THROUGH HERBS)

(A Complete Healing Center with facilities of Ayurvedic Consultation, Pulse diagnosis and Prakriti Analysis)
Dr. Vikram Chauhan
BAMS, MD (Ayurveda)
NDDY (Yoga & Naturopathy)

Dr. Meenakshi Chauhan
BAMS (Gold Medalist), MD - Alt. Med.
NDDY (Yoga & Naturopathy)

Consultant Ayurveda Physician -

- i) Orchid Herbal Pta. Ltd - Singapore 5/12/22
- ii) Ayurveda Dooel, Skopje, North Macedonia (Europe)
- iii) Natural Healing - Ojai, California, USA
- iv) Fresno Herbals - California, USA
- v) ABNOBA s.r.o - Slovakia, Europe
- vi) ETOLARS SIA, Latvia, Europe

Nirmal Chauhan
27/F

Sargua (P-B)

K/O ITP diagnosed
in April, 2022

N/H/O - DM/HTN/TSA

C/D - Bruises

- Nasal bleeding
- Heavy bleeding in menstruation
- Pain in left leg
- Irritability

A-N (after taking steroids)
B-N
S-TT
U-N

Ins - 41,000

Plt. Count on 12/22 was 50mg
Africa from 3 days
Follow strict diet chart for ITP

1. Tea Kanna Kalyan Ras
2. Tea Susam Kasant Mathi Ras
3. Self Kalo waghstadi Kwath
Self Plataplan Sift Kwath
4. Cap Spindus
5. Cap Pitta Kalsure
6. Tea Kaudulho Ras (Prati)
7. Tea Goudhar Rasayam
8. Cap Plataplan

[Signature]
05/12/22

Clinic Address : # 627, JLPL Industrial Area, Sector 82, Mohali (Punjab) 160055 - INDIA

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Whatsapp at +91-991-559-3604, +91-842-749-4030 | Landline No. +91-172-521-4040 (10:00 AM to 05:00 PM - Indian Time)

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DR. VIKRAM CHAUHAN IS NOT AVAILABLE ON WED, THU, FRI, SAT & SUNDAYS

Websites (For Online Purchase) : www.PlanetAyurveda.com / www.AlwaysAyurveda.com

E-mail ID : herbalremedies123@yahoo.com



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(ongoing) (10)



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2nd yr → 11th Dec 12

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Nirmal Chauhan
27/11
Sangeeta P.B

7/11/23

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K/10 - I/P
x Apr 22

NIH10 → Dmi HANI TEN

cfp → ~~no~~
no showing Any physical sym.

A - 1st (After intake Steroids)
S - used

T - (10)

U - (10)

B - 890

Que

imm. Pa. Count 1.89 (06/Jan/23)

on Steroids :-

→ r. wysolone - 10mg - x 3 days

Am.v. Dietuant = I/P

सोडा लवक - Pink Salt | 2 लिटर | शुद्ध (✓)

→ TAB. Kumari Kalyan Ras -

→ TAB. Surotan Basant Malti Ras -

Syp. Ushomantimadi Keshan.
Syp. Platoplan
Syp. Hemoplan /

2 tsp ----- 2 tsp

Cap. Spirulina

Cap. Pitta Balance

TAB. Kaudulka Ras (Uthi)

→ TAB. Granduk Rasayan

Cap. Platoplan

T. Borathul x 1 month

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Dr. Rohini Makur

Rohini Makur
7/11/23



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Nisimal Kaur

27/A

Sangrur/Punjab

→ Pitta Tea 1cup Daily.

KIUD → ITP

(diagnosed in Apr 2022)

Repeat all - 05/12/23.
→ Sep Coley →

UD →

- itching all over Body
- on stopping steroids → itching and white spot

X months

Nisgundi
~~...~~
...

- A → N
- U → N
- S → N
- step → N
- T → N
- wt loss
- Dryness in skin
- Pain in left leg

11/02/23

Investigation 10 Feb
PLT → 2.29

5/12/22
PLT → 41000

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27/3/2023

Nirmal Kaur

26/F

Sangrur/P.B

K/C/O J April
ITP 2022

No H/O DM - HTN - THU.

C/O = No Complaint.

A - N
S - N
T - N
U - N
O - N

Cbc Test 26.3.23

HB = 19.5 gm.

PLT = 2.04 lakhs

Pt. gets sneezing
while taking
green juice

Advised
Diet chart
for ITP

① 1/2 cup Fiddle leaves

② 1/2 tsp. Gandhak Rasayan

③ 1/2 cup Shatoplas

④ 1/2 tsp Kewar Kalyan Ras

⑤ 1/2 tsp Green Barut Malk Ras

3 months

27/03/23

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Dr. Vikram
8478888222