

**AYURVED COLLEGE AFFILIATED  
TO  
GUJARAT AYURVED UNIVERSITY, JAMNAGAR  
ROGA NIDAN – VIKRITI VIGYAN**

**CERTIFICATE**

**ROLLNO:**

**EXAM NO:**

This is to certify that 3<sup>rd</sup> year B.A.M.S. student .....  
..... Roll No..... has completed the bed side  
examination practical of RogaNidan – VikritiVigyan satisfactory. 20 proforma  
are attached here with.

Date: .....

Subject Teacher  
RogaNidan – VikritiVigyan

H.O.D.  
RogaNidan – VikritiVigyan

**INDEX**

Sr. No.	Name of Patient	Diseases	Date of admission	Signature of teacher
1.				
2.				
3.				
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18.				
19.				
20.				

Student's Signature

Teacher's Signature

**PATIENT LONG HISTORY FORM**

**Sr.No.**

**Formal information:**

**Name of the Physician:-**

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

**I.P.D. No. -**

**Ward Name:-**

**Bed No.:-**

**D.O.A.:-**

**D.O.D.:-**

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**Demographic Data**

**Name of the Patient:**

**Address:**

**Age:** Yrs

**Sex:** Male /Female

**Caste:**

**Religion:** H/M/S/Cri/Oth

**Educational Status:** Il/P/S/Hsc/G/Tech.

**Occupation:** Office work / Labor / Sedentary / other (if any)

**Financial Status:** P/M/UM/Rich

**Marital Status:** M/UM/W/D

**Area of residence:** Urban / rural /slum

**Desha:** Janma: J / A / S

Vridhhi: J / A / S

Vyadhita: J / A / S

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**Chief Complaints (with duration):**

**History of Present illness:**

**Past History:**

**If patient is taking any specific medicine**

**Family History** (if any specific):

**Personal History:**

1. **Diet** (variety of food):
  - Diet type – Vegetarian / Mixed
  - Breakfast-
  - Lunch-
  - Snacks
  - Dinner
2. **Addiction:** tea / coffee/ tobacco chewing/ smoking/ alcohol/other  
Quantity \_\_\_\_\_ / day                      Duration \_\_\_\_\_ Yrs.
3. Appetite: Poor/ Medium / excessive
4. Sleep: sound / Disturbed / with continuous dreams / insomnia
5. Urination: frequency \_\_\_\_\_ / day    \_\_\_\_\_/ Night,  
Asso. Symptoms: painful/ burning/ excessive/ incontinence/ suppression
6. Defecation: regular / ir regular, satisfactory / non satisfactory, hard /  
semi solid / sticky  
Asso. Symp.: painful / burning / with blood / with mucus/ suppression
7. Flatus: normal / with sound / bad smell/ suppression
8. Menstruation: regular / ir regular, painful/pain less/ heavy / moderate/  
scanty
10. Delivery / Abortion/Miscarriage
11. Emotional make up: Prakrita / Utsahita / Udrikta / Khinna / Avasadita /  
Bhavanatmaka / Bhawaheena

**Samanya Pariksha** (General Examination)

Nadi Pariksha:

Jihva:

Netra:

Tvacha:

B.P.:

Pulse:

Temperature:

Respiration:

Lymph nodes:

Edema:

**AturaBala Pariksha**(Assessment of Patient strength)

1. Prakriti(Constitution) V / P / K / VP /PK / VK / Sama
2. Sara (Excellence Of tissues) – Pravara / Madhyama / Avara
3. Samhanana (Physique)-Pravara / Madhyama / Avara
4. Pramana : Ht. \_\_\_\_\_ cm, Wt. \_\_\_\_\_ Kg.. BMI: \_\_\_\_\_ kg/m<sup>2</sup>
5. Satmya–Pravara / Madhyama / Avara
6. Satva: Pravara / Madhyama / Avara
7. Aaharsakti
  - Abhyavaharana Shakti (capacity for food Intake): Vishama / Sama/  
Manda / Tikshna
  - Jarana Shakti (Digestive capacity): – P / M / A
8. Vyayamasakti/Bala ( Strength) – P / M / A
9. Vaya ( Age) –Balyavashtha / Yuvavastha / Vriddhavastha

**VikrutiPatiksha** (Assessment of Morbidity)

**Srotas**

**Available symptoms and Examination**

**1. Pranavahasrota**

*Atirushtam/Atibaddham/ Vibaddham/ Alpam-  
Alpam/ Abhikshanam/ Sa-Sabdam / Sa-  
Shoolam*

Nose

Throat

Voice

Type of Respiration: Thoraco-abdominal / Abdomino- thoracic

Respiration Rate \_\_\_\_\_ / min

Examination of Chest:

- Inspection:
- Palpation:
- Percussion:
- Auscultation:

**2. Udakavahasrotas:** *Shoshain Jihva/ Talu / Kantha/ Osthā/ PrvridhdhaPipasa*

- Talu(Palate)
- Shariragataudaka (Hydration)

**3. Annavaahasrotas** *Anannabhilasha/ Arochaka/ Avipaka / Chhardi*

Tongue

Teeth

Gums

Epiglottis

Deglutition

Belching

Esophagus

Stomach

Vomiting – frequency-

Quality

timing -

Examination of Abdomen

- Inspection:
- Palpation:
- Percussion:
- Auscultation:

**4. Purishvahastrotas:** *Krichhrena/Alpa-Alpa/Sa-Sabda/Sa-Shoola/Atidrava/ Atigrathita/Atibahu*

**Examination:**

Large Intestine

Caecum

Rectum

Defecation

Examination of Stool (if any specific)

**5. Mutravahasrotas:** *Atirushtam / Atibaddham / Alpam-alpam / Abhikshanam / Bahala / Sa - Shoola*

**Examination:**

- Urinary tract examination:
- Examination of Urine:

**6. Swedavahasrotas:** *Absence of perspiration/ excessive perspiration/ roughness / excessive smoothness of skin/ burning skin sensation/ Horripilation*

**Examination**

- Skin
- Pores
- Sweating -

**7. RasavahaSrotas:** *Ashraddha/ Aruchi / Aasyavairasya / Arasagnata/ Hrilasa / Gaurava / Tandra / Angamarda / Hradivyathaa / Pandutva / Srotorodha/ Klaibya /Angasaada / Karshya / Agni naasha / AyathakaaiValita- Palita*

**Examination:**

- Temperature: \_\_\_\_\_ F
- Pulse: Rate \_\_\_\_\_ / min,
  - Dosha dominancy: Vayu/ Pitta / Kapha
  - Rhythm: Regular / Irregular
  - Volume: Low / Medium / High
  - Tension:
- Blood Pressure: \_\_\_\_\_ mm of Hg
- Skin: dry/ unctuous/Rough / wrinkle / wet/ scaling / altered colour / altered sensation
- Heart:
- Circulation of Rasa (if altered anywhere)
- Lymph nodes (if any enlarged)

**8. RaktavahaStrotas :-**

*Kustha / Visarpa / Pidika / Raktapitta /  
Asrugdhara / Gudapaaka / Medhrapaaka /  
Aasyapaaka / Pleeharoga / Vidradhi / Nilika /  
Kaamala/Vyanga / Piplava / Tilakaalaka/  
Dadru / Charmadala / Shvitra / Pama / Kotha /  
Asramandala*

**Examination:**

- Liver
- Spleen
- Local skin lesion examination:

**9. MamsavahaStrotas :-**

*Suskataa -(Sphik- Ganda-Ostha-Upastha-Uru-  
Vakshya –Kakshaa-Pindika- Udara-Grivaa)/  
Guru Gaatrataa / Roukshya / Toda  
/GaatraSadana / Putimaamsa / Alaji /  
Vridhhi/Adhimaamsa / Arbuda / Kila/  
Galashaaluka / Gala shundika/– Sphik- Ganda-  
Ostha- Upastha-Uru- Baahu-Janghaa /  
Adhimaamsa / Arbuda / Galaganda /  
Gandamaala/ Upajihvikaa /*



**Examination:**

- Snayu
- Peshi
- Twacha

**10. MedovahaStrotas :**

*Shirnaloma / Krishangata / PlihaaVridhhi / Kara - PaadaSuptataa / AngaSuptataa Kara - PaadaSuptataa / AngaSuptataa / Dourgandhya / Daaha / Mukhasosha / Taalusosha / Kanthasosha / Pipaashaa / Paridaaha / Vishragandha / Snigdhaangataa / UdaraVridhhi / PaarshwaVridhhi / sphikavridhhi/ JatiliBhaavakeseshu /ChhidreshuUpadeham / GaatrePippilikaasaranam / MutrePippilikaasaranam / Kaasa / Swaasa / Maadhuryamaasye / Aalasya / Malakaaye/Mutradosha / Nidraa / Tandraa*

**Examination:**

- Kidneys

**11. AsthivahaStrotas :-**

*Dantabhanga / Nakhabhanga / Roukshya / Patana-(Kesa-Smashru-Loma) Adhiasthi / adhidanta/ Vivarnataa / Dosha in Kesa-Loma- Nakha-Shmashru /Asthitoda / Shrama*

**Examination:**

- Bones
- Hair
- Nails

**12. MajjavahaStrotas :-** *Parvaruk / AlpaSukrataa / ParvaBheda / AsthiNistoda / AsthiSunyataa / AsthiDourvalya / AsthiLaaghava / PratataVaataRogani / Murchchhaa / Tamodarshana / Bhrama/ SarvaangaGourava / NetraGourava*

**Examination:**

- Bones (Porosity)
- Joints (Lubrication fun.)
- BMD -

**13. SukravahaStrotas :-** *Klaibya / Aharshana / Rogivaalpaayuvavirupavaklibaprajaayate / najaayatagarbha / garbhapatati - prasravati*

**Examination:**

- Testes
- Penis
- Semen

**14. ArtavvahaStrotas :-** *Vandhyatva/ Alpa – aartava / Ati-aartavaSa vedana*

**Examination:**

**15. SangnyavahaSrotas:**

**Orientation**

**Examination of Higher centers:**

**Gyanendriya**

Karna:

Nasa-

Netra-

- Vision acuity
- Fundus examination

Jihva-

Tvacha -

**Karmendriya -**

Functional ability parameter

Muscle power:

Tone:

Bulk:

Sr.No.	LakshanaSamuchchaya (Symptoms)	Dosha	Dushyas	Strotas
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

**Investigations (laboratory, radiological, sonological and other)-**

- **Provisional diagnosis :-**
- **Differential Diagnosis :-**

- **Final Diagnosis :-**
- **Types of disease (as per Doshapredominance):**
- **Stage of the Diseases :-** Sama/ Niram, Acute/Chronic

### **NidanaPanchak:-**

#### **1. Nidan :-**

#### **2. Samprapti(as manifested in the patient):-**

### **SampraptiGhatak:-**

- Dosh- Vayu/Pitta/Kapha/Vayu-Pitta/Vayu-Kapha/All three Dosh
- Dushya-
  - **Dhatu:-** Rasa / Rakta / Mansa / Meda / Asthi / Majja / Shukra
  - **Upadhatu:-** Stanya / Raja / Kandara / Sira / Dhamani / Twacha / Snau
  - **Mala:-** Poorisha / Mootra / Sweda / Kapha / Pitta / Khamala/ Kesha / Nakha / Akshisneha / Loma / Shmashru
- Rogamarga: Shakha/ Marmaasthi-sandhi/ Kostha
- Involved Srotas:
- Strotodushti- Atipravriti/Sanga/Vimargagamana/ siragranthi

- Agni-Vishama / Manda / Tikshna
- Origin of disease: Amashaya/Pakwashaya/Ama-Pakwashaya
- Disease manifestation: somatic / Psyche / Psycho somatic
- Site of manifestation:
- Involved organ:
- Aggravation time (any season/ time of day-night/relation with any other factor)
- Reliving time/reliving factor

**3. Purvaroop:-**

**4. Roopa:-**

**5. Upasaya/Anuppasaya:-**

**6. Upadrava(if any):**

**7. Arista – signs of imminent death (if any):-**

**8. Prognosis:**

**Student's Signature**

**Teacher's signature**