

Sample Ayurvedic Prescription Format

Header: Dr. (Your Name), BAMS

Reg. No: XXXXXXXX

(Clinic Name & Address)

Date: DD/MM/YYYY

Patient Details:

Name: _____ | Age: _____ | Gender: _____

Contact: _____

Prakriti: Vata-Pitta

Vikriti: Vata-Kapha Imbalance

Diagnosis (Roga): Amavata (Rheumatoid Arthritis)

Prescription:

1. **Rasnasaptakam Kwath** – 50 ml, twice daily, before meals.
2. **Mahavat Vidhwansan Rasa** – 125 mg, with honey, twice daily, after meals.
3. **Ashwagandha Churna** – 3 gm, with warm milk, at bedtime.

Dietary Advice (Pathya-Apathya):

- Pathya: Warm water, ghee, ginger tea, mung dal.
- Apathya: Cold drinks, heavy or fried foods, dairy.

Lifestyle Advice:

- Gentle yoga (e.g., cat-cow pose, forward bends).
- Oil massage with Mahanarayan Taila.
- Avoid cold exposure.

Follow-Up: After 15 days.

Key Points to Remember

1. Be precise with doses and timing.
2. Use Ayurvedic terminology but provide explanations where necessary.
3. Highlight the rationale for each medicine or therapy.
4. Personalize the prescription based on the patient's Prakriti and Vikriti.