

**DEPARTMENT OF PRASUTITANTRA KAUMARABHRITHYA  
INSTITUTE OF INDIGENOUS MEDICINE  
UNIVERSITY OF COLOMBO  
Case Record -Stree Roga**

Name of the student

Registration no.

Date.

Case record no:

**01. Basic Information**

- I. Name of the patient :
- II. Age :
- III. Address :
- IV. Marital Status :
- V. Religion :
- VI. Nationality :
- VII. Date of admitted :
- VIII. Guardians name :
- IX. OPD registered no :
- X. Indoor registered no :

**02. History:**

- i. Mukhya Peeda (Main complaint with duration) :
- ii. Athanka Samuppaththi krama (Mode of onset with duration) :
- iii. Anya Peeda (Other Complaints with duration) :
- iv. Purva vyadi Vritta (History of previous illnesses) :relevant to current condition  
(eg; menstrual irregularities,chiken pox,mumps.. if married also include husband details)
- v. Chikithsa Vritta (Treatments history) :
- vi. Samajayeeya Vritta (Social history)
  - Social background (rural/semi urban/urban)
  - Habitat (Jangala /Anupa / Sadharana)
  - Food habit (vegetarian/non vegetarian)
- vii. Vyayama (Exercise) : (less / normal / Excessive)
- viii. Nidra (Sleep) : (less / normal / Excessive)
- ix. Charya(Habits / Addictions) :
- x. Mano Vyadi (Psychological problems) :
- xi. Maituna charya(Sexual life) :
- xii. Occupation (physical oriented/ Psychic) :
- xiii. Education :
- xiv. Economical status :

- xv. Kula Pravritti (Family History )
- a. Paternal :
  - b. Maternal :
  - c. Sibling :
  - d. Husband :
  - e. Relatives : Psychological disorders  
Disable  
Other

xvi. Arthava Ithihasa(Menstrual History)

- a. Pushpa Darshana(Menarche) :
- b. Regular/Irregular :
- c. Characters of menstruation :  
Color (red/dark red/brown)  
Odder (present/absent)
- d. Duration of flow :  
Interval :
- e. Pain (before/ after/ during) :
- f. Volume (less/excessive/normal) :
- g. LMP :

xviii. Prasawa Ithihasa (Obstetric History)

- a. Number of pregnancy :
- b. Labor ( NVD/ Induced / LSCS) :
- c. Date of last delivery :
- d. Particulars of deliveries :
- e. History of Garbha Srava / Pata :
- f. Mudha Garbha Ithihasya :
- g. Contraceptive history :

**02. Clinical examination**

## I. Rogi Pareeksha(Examination of patient)

### Pancha Indriya Pariksha

#### A) Ashta Sthana Pariksha (Eight fold examination)

##### a) Darshana pareeksha (Inspection)

##### (1) Akruuti

- |                                    |   |          |      |
|------------------------------------|---|----------|------|
| (a) Varna (complexion)             | : |          |      |
| (b) Pramana(anthopometry) - Height | : | Weight : | BMI: |
| (c) Poshana (Nutritional status)   | : |          |      |
| (d) Shotha (swelling)              | : |          |      |

##### (2) Jihva (tongue)

:  
Varna/Pramana/Swabhava/Gati

##### (3) Drik (eyes)

:  
Varna/Pramana/Swabhava/Gati

##### b) Sparsha pareeksha (Palpation )

##### 4).Sparsha

:  
Mrudutha/Katinatha/Shothatha/Shithilatha/Swedatha/Drudatha/  
Sthabdhatta/Uththanatha/Ushnatha/Jwara tapaya.

##### 5).Nadi (pulse)

:  
Gathi (Rate)/Yathi (Rhythm)/Akruthi (volume)/Sanhathi (Arterial condition)

##### c).Shravana (Auscultation)

##### 6).Shabda(Voice & Speech)

##### d).Aghrana pareeksha (Smell)

##### 7). Muthra pariksha(Urine examination)

##### 8). Mala pariksha(Stool examination)

## **B)Anga Prathyanga Preeksha(Systemic Examination)**

Darshana (inspection)/Sparshana (palpation)/Shrawana (auscultation)

(1)Koshthanga Pareeksha

- 1.1 Anna Vaha Srotas (Gastro Intestinal Track) :
- 1.2 Raktha Vaha Sansthana (Cardio Vascular System) :
- 1.3 Swasana Vaha Sansthana (Respiratory System) :
- 1.4 Muthra Vaha Sansthana (Urinary Track) :
- 1.5 Prajanana Sansthana (Genital Track) :

1.Yoni Pareeksha

Bahya

Abyanthara P/V-

P/S-

2. Stana pareeksha (Breast Examination) :

Mano Indriyatha:

Dhee/Dhruthi/Smruthi

02.Prakriti pareeksha :

03.Vikrutha Pareeksha(Investigations) :

04.Vividha Roga Vinirnaya (Differential Diagnosis):

05. Sthira Vinishchaya(Diagnosis) :

**II. .Roga Pareeksha** (Examination of disease) :

Nidana/Purva rupa/Rupa/Samprapthi/Upashaya

07.Sadhya/Asadhyathava(Prognosis) :

08.Chikithsa (Treatment) :

**Prepared by- Dr. KPKR Karunagoda. ....**

**Dr. YAUD Karunarathna. ....**