

PATIENT'S DIARY

PATIENT NAME: _____

REGISTRATION NO: _____



Nano Homeopathy Institute of Research & Welfare

Dr. Lubna Kamal

7052991111, 0522—4071199

www.kidneyfailure.co.in, www.drlubnakamal.com



PREFACE

Nano Homeopathy Patient's Diary

In the journey of healing, every step matters—every symptom, every emotion, every subtle change. The *Nano Homeopathy Patient's Diary* has been thoughtfully designed to serve as a bridge between the patient and the practitioner, capturing the nuances of individual experiences that are often overlooked in conventional medical records.

Nano Homeopathy is a progressive, research-based approach that emphasizes precision, individualization, and the gentle power of ultra-diluted remedies. By tapping into the body's inherent ability to heal, it encourages deep restoration at the physical, emotional, and energetic levels. In this approach, the patient's detailed account of their daily experiences becomes invaluable. The diary thus plays a critical role in fine-tuning the remedy selection and tracking the healing process over time.

This diary is not just a logbook—it's a tool for self-awareness. Patients are encouraged to record their symptoms, lifestyle changes, mental and emotional states, sleep patterns, appetite, and other relevant observations. Over time, this written record becomes a mirror, reflecting patterns and progress that might not otherwise be evident.

Practitioners will also find the diary useful in making accurate assessments, adapting treatment strategies, and building a deeper therapeutic rapport. It helps in ensuring that the care provided remains truly holistic and patient-centered.

We invite all patients to use this diary with sincerity and consistency. Whether you are new to Nano Homeopathy or continuing your journey, may this diary support your healing process and empower you to take an active role in your well-being.

In health and harmony,

Team Nano Homeopathy Institute of Research and Welfare

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**Founder
&
Senior Consultant
(Dr. Lubna Kamal)**



Dr Lubna Kamal is a renowned Homeopathic Nephrologist, (one of the very few in world) with experience panning over two decades. She along with her team has treated over twenty thousand patients suffering from Renal Failure, from all over India and abroad.

She is a Sr. Consultant at the Nano Homeopathy Institute of Research and Welfare. With an extensive clinical career and a profound dedication to holistic healing, she has emerged as a pioneer in the field of Nano Homeopathy—a progressive, research-driven extension of classical homeopathy.

She is known for her clinical acumen and compassionate approach, Dr. Kamal blends traditional wisdom with modern scientific insights to provide highly individualized care. Her expertise lies in managing chronic and complex conditions by addressing the root cause and stimulating the body’s natural healing intelligence through ultra-dilute, nano-scale remedies.

With a keen focus on patient well-being, she emphasizes detailed case-taking, personalized prescriptions, and continuous monitoring—believing that healing is not just physical, but also emotional and mental. Her integrative approach has earned her the trust of thousands of patients and the respect of peers across the homeopathic community.

Dr. Lubna Kamal also plays a pivotal role in mentoring aspiring practitioners and advancing homeopathic research. Her commitment to evidence-based practice and ethical care continues to shape the evolving landscape of Nano Homeopathy.

The *Nano Homeopathy Patient's Diary* is a reflection of her vision—to empower patients to actively engage in their healing journey and foster a deeper, more meaningful connection between practitioner and patient.

Team - Nano Homeopathy



At the **Nano Homeopathy Institute of Research and Welfare**, healing is a collaborative mission. Our team is composed of experienced homeopathic physicians, researchers, wellness coaches, and support staff—all working together with a shared commitment to patient-centered, science-backed care.

Each member of our team brings a unique blend of expertise, empathy, and dedication to the healing process. Rooted in the principles of classical homeopathy and elevated by the advancements of nano-scale medicine, we aim to provide personalized solutions that address the physical, mental, and emotional dimensions of health.

Our doctors are trained in detailed case analysis, remedy individualization, and the latest protocols in Nano Homeopathy. They are supported by research professionals who ensure that every treatment plan is grounded in the latest clinical evidence and best practices. Wellness coaches and patient care coordinators further enrich the healing journey by offering lifestyle guidance, emotional support, and follow-up care.

Together, we strive to create a safe, respectful, and nurturing environment where patients feel heard, understood, and empowered. At Nano Homeopathy, we don't just treat symptoms—we listen to stories, track progress, and walk with each patient on their unique path to wellness.

With integrity, compassion, and innovation at the heart of our practice, the team at Nano Homeopathy remains committed to restoring health—naturally, gently, and effectively.

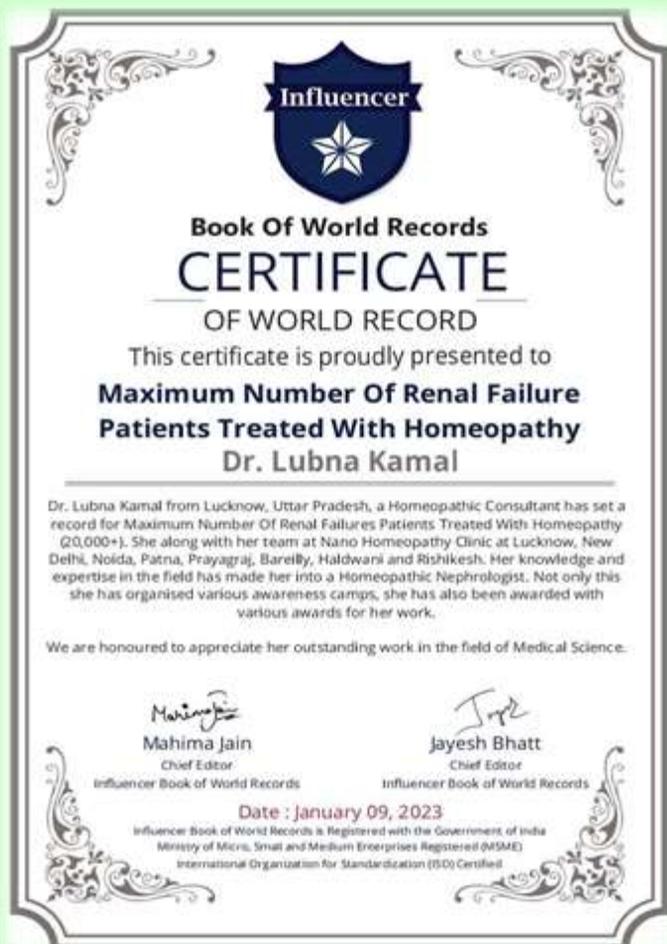
Delivering World-Class Care with Excellence

Our clinic is dedicated to providing a healthcare experience that exceeds expectations. We offer **high-end clinic facilities** equipped with modern infrastructure and a soothing, patient-centric environment to ensure comfort, safety, and efficiency at every step of your journey.

Our team consists of **well-trained, compassionate, and experienced medical professionals** who are committed to delivering personalized care with attention to detail and clinical precision.

We exclusively use **high-quality German homeopathic medicines**, renowned for their purity, effectiveness, and scientific formulation. These internationally trusted remedies, combined with our integrative healing approach, ensure optimal results for both acute and chronic conditions.

At our clinic, you receive not just treatment — you receive **trust, quality, and care of the highest standard.**





Committed to Compassionate - Care for All

At Nano Homeopathy, we believe that quality healthcare should be accessible to everyone, regardless of their background or circumstances. As part of our ongoing social responsibility initiatives, we are **actively involved in charitable clinics and free health camps** organized across diverse community spaces under its NGO wing **“Human Assistance Foundation”**.

These include **Gurudwaras, Mosques, Temples, Mental Health Institutions, Shelter Homes**, and other outreach locations where **destitute and underserved patients** can receive care with dignity and respect.

Through these initiatives, we strive to **extend healing beyond the clinic walls**, offering hope, relief, and holistic wellness to those who need it the most.

Patient Information

Patient Name: _____

Age: _____

DOB: _____

Address: _____

Phone Number: _____

Adhaar No: _____

Email Address: _____

Blood Group: _____

Place of Birth: _____

Emergency Contact:

Name: _____

Relation: _____

Phone Number: _____

Reference (Where did you get information for the Clinic): _____

Medical Information

Primary Reason for Visit:

Current Diagnosed Conditions (If any):

Past Diagnosis:

Surgeries:

Hospitalization:

Allergies (medication, food, environment):

Immunization Record:

Medical Information

- Diabetes
- Hypertension
- Heart Disease
- Cancer
- Other: _____

Family Member and Disease:

Father: _____

Mother: _____

Brother: _____

Sister: _____

Husband: _____

Other Members: _____

Patient Current Condition

Chief Complaints:

(Main symptoms or concerns, with duration and severity)

Onset and Duration:

(When the symptoms started and how long they've lasted)

Presenting Symptoms:

(Detailed description of current symptoms)

Aggravating & Ameliorating Factors:

(What makes the condition worse or better? time of the day, weather, posture, etc.)

Any Other Observations:

Lifestyle & Habits

Occupation: _____

Work Hours: _____ per day

Diet: Vegetarian Non-Vegetarian Both

Exercise: Regular Occasional None

Sleep: _____ hours/night

Smoking: Yes No

Alcohol: Yes No

Stress Level: Low Moderate High

Daily Activity Page

Date: _____

Morning Check-In

- Energy Level (0-10): _____
- Mood (circle): 😊 😐 😞 😡 😓
- Sleep Quality (Hours Slept): _____ hrs
- Medications Taken (Name & Time): _____

Nutrition Tracker

- Breakfast: _____
- Lunch: _____
- Dinner: _____
- Snacks: _____
- Water Intake (Glasses): _____

Self-care Checklist

- Relaxation Activity Done
- Mindfulness Exercise Practiced
- 7+ Hours Sleep Goal Met

Mental Wellness Check-in

- Stress Level (0–5): _____
- Coping Strategy Used: _____

Physical Activity

- Type: _____
- Duration: _____ mins
- Intensity (Low/Medium/High): _____

Notes for the Day

- Highlights/Challenges: _____

Weekly Reflection (End of Week)

•Improvements seen this week:

•New symptoms or concerns:

•Medication changes:

•Progress towards health goals:

•Things to discuss with the doctor:

Medicines Commonly used in CRF /CLD or any Chronic Patients
(Currently Taking)

Blood Pressure Control (Controlling BP slows CKD progression)				
S.No.	Medicine Name	Dosage	Time	Note
ACE Inhibitors				
1.	Enalapril			
2.	Ramipril			
3.	Lisinopril			
ARBs				
5.	Losartan			
6.	Telmisartan			
7.	Valsartan			
Calcium Channel Blockers				
8.	Amlodipine			
9.	Nifedipine			
Beta Blockers				
10.	Metoprolol			
11.	Atenolol			
Diuretics				
12.	Furosemide			
13.	Torsemide			
14.	Hydrochlorothiazide			
Diabetes Control (If diabetic)				
Oral Antidiabetics (Adjusted in CKD)				
15.	Glipizide (Safer)			
16.	Linagliptin Metformin (Caution if eGFR <30)			

Insulin

17.	Human Insulin			
18.	Glargine			
19.	Lispro (doses often adjusted)			

Anemia Management

Iron Supplements

20.	Ferrous Ascorbate			
21.	Ferric Carboxymaltose (IV)			

Erythropoietin Stimulating Agents (ESAs)

22.	Erythropoietin Alfa			
23.	Darbepoetin Alfa			
24.	Folic Acid (Vit B12)			

Phosphate Binders (To Manage High Phosphorus)

Calcium-based

25.	Calcium Acetate			
26.	Calcium Carbonate			

Non-calcium-based

27.	Sevelamer			
28.	Lanthanum carbonate			

Vitamin D & Bone Health

Vitamin B Analogues

29.	Calcitriol			
30.	Alfacalcidol			

Calcium Supplements

31.	Shelcal			
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Potassium Control

32.	Patiromer			
33.	Kayexalate (Sodium Polystyrene Sulfonate) (used to treat high potassium)			

Anti-acidity / Gut Protection

34.	Pantoprazole			
35.	Omeprazole			
36.	Ranitidine			

Cholesterol Control

37. Atorvastatin

38. Rosuvastatin

Antiplatelet / Heart Protection

39. Aspirin

40. Clopidogrel

Antibiotics (with dose adjustment for CKD)

41. Nitrofurantoin (avoid in CKD)

42. Amoxicillin -Clavulanate

43. Ciprofloxacin (with dose caution) (should be doctor-prescribed only due to renal excretion)

Other Medications

Metabolic Acidosis

44. Sodium Bicarbonate

Laxatives

45. Lactulose (If uremic symptoms include constipation)

Anti-Nausea

46. Ondansetron

47. Domperidone

Anti-Itching

48. Cetirizine

49. Hydroxyzine

Any Other Medication

S.No.	Medicine	Dosage	Time	Note
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				

Note: You can purchase your Allopathic Medicines on good discounted rates from “PRADHAN MANTRI JAN AUSHADHI KENDRA”

- **Note any missed doses or side effects experienced:**

1.

2.

3.

4.

5.

- **Document any other treatments or therapies undertaken:**

1.

2.

3.

4.

5.

EMERGENCY MEDICATIONS

Medicines to Take in Emergency:

1.If fever is high or above 100°F, take Paracetamol 650mg, up to 3 times a day.

2.If you have diarrhea, take Enterogermina once a day, or if severe, up to twice a day.

3.If you feel a lot of nausea or vomiting, take Dom-DT upto 2–3 times a day. It must be sucked, not chewed or swallowed whole.

1.Take Ultracet, 1 tablet every 6–8 hours as needed for any severe pain.

2.If the pain is unbearable, you can take a Voveran injection.

3.If you have no appetite, feel nauseous, and have a lot of gas, take Pantop-D on an empty stomach in the morning.

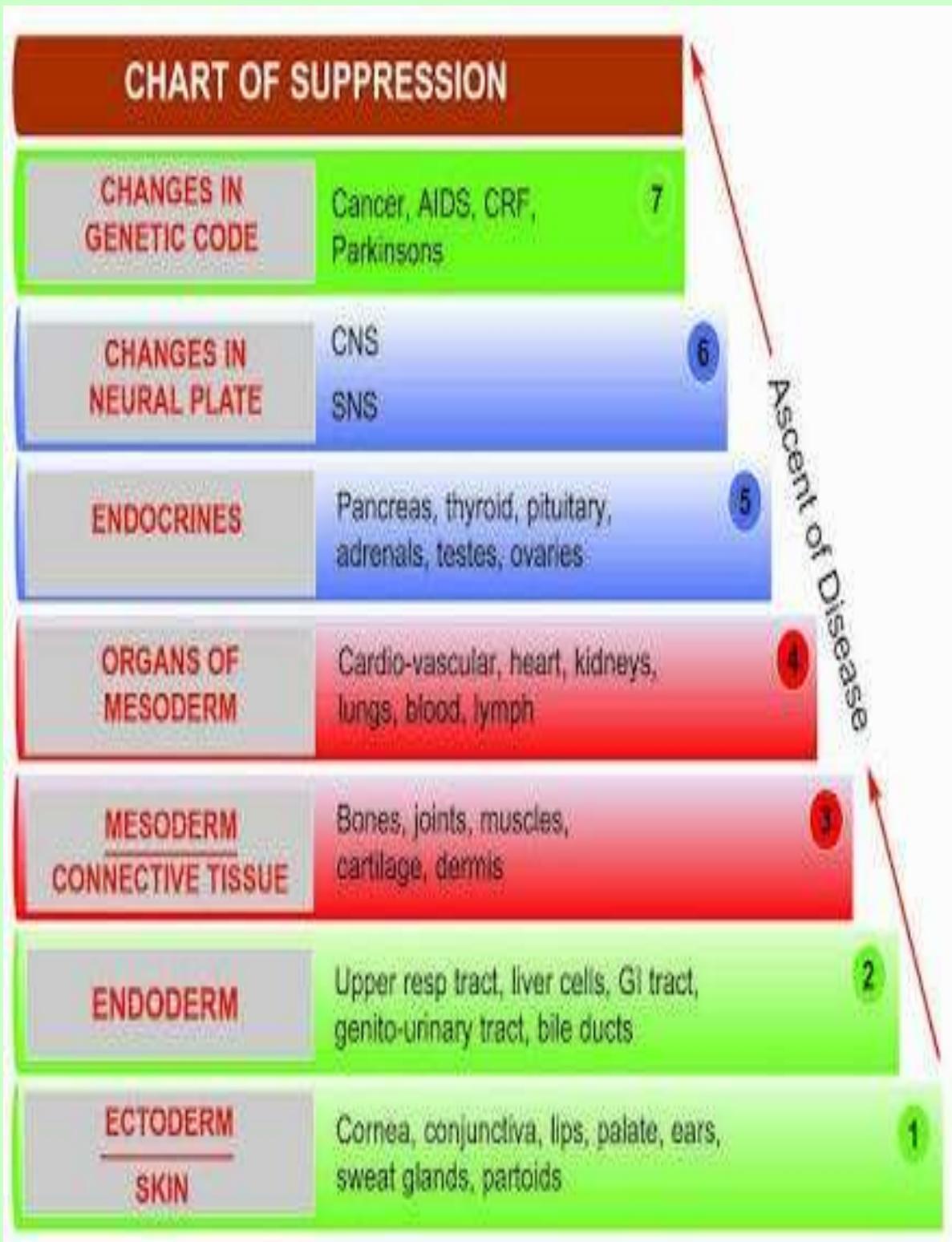
4.If there is severe burning sensation while urinating, take Alkasol up to 4 times a day, dissolved in 1 spoon of water.

5.If there is a lot of swelling, take Dytor 5mg in the morning and 5mg in the evening.

6.If blood pressure is very high, take Amlodipine 5mg or 10mg.

7.If you are experiencing severe breathlessness, take Deriphyllin Retard 150mg or 300mg, once or twice a day.

CHART OF SUPPRESSION



Nano Homeopathy Research & Wellness Centre
Vaccination & Health Guidance for Kidney Patients

 Vaccination Schedule

1. Pneumococcal Vaccination

- . 1st Dose: Inj. Prevenar 13, 0.5 ml IM – Week 0
- . 2nd Dose: Inj. Pneumovax 23, 0.5 ml IM – After 8 weeks

2. Influenza

- . Inj. Vaxigrip, 0.5 ml IM – Once per year

3. Hepatitis B (If HBsAg is negative)

- . Inj. Engerix-B / Shanvac-HB, 2 ml IM total (1 ml in each deltoid)
- . Titer Check: Anti HBs IgG at 3 months
- . Protective Level: >10 MIU/ml for kidney patients

Recommended Doses:

- . 1st Dose: Day 0
- . 2nd Dose: 1 Month
- . 3rd Dose: 2 Months
- . 4th Dose: 6 Months

(Applicable in cases of significant chronic kidney disease)

Health Tips

- Maintain a healthy lifestyle: Daily yoga, brisk walks, and meditation.
- Avoid fatty, oily, and fried foods.
- Limit salt substitutes and potassium-rich items: • LONA • SODA LITE • Tata Lite • Black Salt • Low-sodium variants

Avoid These Without Physician's Advice

NSAIDs:

- Brufen
- Voveron
- Nimulid
- Combiflam
- Indomethacin

Safe Medicines You May Take (When Needed)

Symptom	Safe Medicine Options
Bodyache / Fever	Paracetamol, Ultracet, Tramadol, Tolperitas
Abdominal Pain	Drotin DS
Vomiting	Domstal, Emeset
Cold / Runny Nose	Allegra 120 mg (1 tab as needed)
Loose Motions	Loperamide (only once)
Acidity	Pantocid D

Chronic Kidney Disease (CKD): A Patient's Guide

What is CKD?

Chronic Kidney Disease (CKD) is a condition where the kidneys slowly lose their ability to filter waste and excess fluid from the blood. Over time, this leads to a build-up of waste in the body, which can affect overall health.

What is eGFR?

eGFR (estimated Glomerular Filtration Rate) is a blood test that measures how well your kidneys are filtering blood.

- It is calculated from your creatinine level, age, sex, and sometimes race.
- Normal eGFR is 90 or above.
- Lower eGFR values indicate reduced kidney function.

Stages of CKD (Based on eGFR)

Stage	eGFR (ml/min/1.73 m ²)	Description
Stage 1	90 or above	Kidney damage with normal function
Stage 2	60–89	Mild decrease in kidney function
Stage 3a	45–59	Mild to moderate decrease
Stage 3b	30–44	Moderate to severe decrease
Stage 4	15–29	Severe decrease in function
Stage 5	Below 15	Kidney failure (end-stage)

Common Symptoms

CKD often progresses silently. Symptoms may include:

- Tiredness or weakness
- Swelling in legs, ankles, or hands
- Changes in urination (frequency, color, or foam)
- Nausea or loss of appetite
- Shortness of breath
- Difficulty concentrating or confusion
- Less Urine
- BP Fluctuation
- High Temperature 102° F
- Chill shiver and Fever

What Causes CKD?

- Diabetes (high blood sugar)
- High blood pressure
- Kidney inflammation (e.g., glomerulonephritis)
- Genetic diseases (e.g., polycystic kidney disease)
- Long-term use of certain painkillers or drugs
- Urinary tract blockages

How is CKD Diagnosed?

- Blood tests: For creatinine and eGFR
- Urine tests: For protein or blood in urine
- Ultrasound or CT scan: To view kidney structure
- Kidney biopsy: In some cases to determine the cause

Can CKD Be Treated?

CKD can be reversed (upto some extent) & progression can often be slowed through:

- Controlling blood pressure and blood sugar
- Healthy diet: Low salt, low protein, fluid control
- Medications: To manage BP, anemia, bone health, etc.
- Regular exercise
- Avoiding NSAIDs and harmful substances
- Homeopathic Medicines

When is Dialysis or Transplant Needed?

If eGFR drops below 15 and symptoms worsen, dialysis or kidney transplant may be required to replace lost kidney function. However, in these cases Homeopathic Medication might improve lost kidney function and improve Quality of Life.

Tips for Living with CKD

- Follow medical advice closely
- Monitor your blood pressure at home
- Choose kidney-friendly foods
- Drink the right amount of fluids
- Avoid smoking and alcohol
- Stay physically active (with doctor's advice)

Vitamin Chart for Patients

Vitamin	Key Benefits	Food Sources
A	Healthy eyes & skin	Carrots, spinach, sweet potato
B1	Energy, nerve health	Whole grains, nuts
B2	Growth, skin health	Milk, eggs, greens
B3	Energy, digestion	Chicken, tuna, peanuts
B6	Brain & immune support	Bananas, fish, potatoes
B9 (Folic Acid)	Red blood cells, pregnancy health	Leafy greens, beans
B12	Nerves, blood health	Meat, dairy, eggs
C	Immunity, healing	Oranges, peppers, strawberries
D	Strong bones	Sunlight, milk, fish
E	Protects body cells	Nuts, seeds, vegetable oils
K	Blood clotting, bones	Leafy greens, broccoli

Mineral Chart for Patients

Mineral	Key Benefits	Food Sources
Calcium	Strong bones/teeth	Milk, yogurt, leafy greens
Iron	Prevents anemia	Red meat, spinach, lentils
Zinc	Wound healing, immunity	Meat, legumes, dairy
Magnesium	Muscles & nerves	Nuts, whole grains, greens
Potassium	Heart, muscles	Bananas, potatoes, oranges
Iodine	Thyroid health	Iodized salt, seafood
Selenium	Antioxidant	Brazil nuts, seafood
Phosphorus	Bone & energy support	Meat, beans, dairy

List of Spiritual Practices to Be Followed by Patients

- **Prayer** – Includes prayer, worship, namaz, supplication, devotional practices.
- **Meditation** – Focusing the mind to promote calmness, awareness, and inner peace.
- **Shadow Work** – A process of self-reflection to embrace and integrate your hidden or repressed traits to boost personal growth.
- **Breath Work** – Breathing exercises to enhance physical, mental, and spiritual well-being. Techniques involve conscious and systematic breathing to reduce stress, process emotions, and build awareness and healing.
- **Intentional Journaling** – Writing your goals, emotions, thoughts, and progress to support personal development and self-reflection.
- **Chanting** – Repetition of mantras or sounds for spiritual focus and mental calmness.
- **Positive Affirmations** – Repeating uplifting statements to boost self-esteem and encourage positive thinking.
- **Moon Bathing** – Lying under moonlight or using moon-charged water during full/new moons to absorb healing lunar energy.
- **Sea Bathing** – Bathing in the sea for its therapeutic and restorative effects.
- **Fasting** – Voluntary abstention from food for spiritual clarity and detoxification.
- **Grounding** – Walking barefoot on sand, grass, or earth to absorb natural energy and stabilize mood.

- **Music** – Listening to soothing or uplifting music for emotional and spiritual nourishment.
- **Solitude** – Spending time alone for reflection and inner peace.
- **Nature Walking** – Walking in natural settings to calm the mind and connect with the environment.
- **Spiritual Detox** – Practices aimed at cleansing the body and mind of negative energy.
- **Yoga** – Physical, mental, and spiritual discipline for harmony and health.
- **Self-Love** – Practicing self-acceptance, kindness, and nurturing your emotional well-being.
- **Hobby** – Engaging in enjoyable activities to reduce stress and foster creativity.
- **Mental Decluttering** – Removing mental noise through rest, mindfulness, and focus.
- **Attending a Spiritual or Religious Service** – Participating in collective spiritual or religious gatherings for inspiration and community.
- **Having Pets** – Keeping pets to experience love, joy, and emotional healing.
- **Practicing Mindfulness** – Being fully present in the moment with awareness, clarity, and acceptance.
- **Laughter Club (Laughter is the Best Medicine)** – Group sessions involving laughter exercises, breathing, and stretching to boost health.
- **Sound Healing** – Using instruments, music, tones, and vibrations to balance the body, mind, and spirit through deep relaxation and energy clearing.

Instructions for Patients Receiving Medicine via Courier:

1. Please save your registration number and a photo of your registration card on your phone.
2. The clinic has two phone numbers: 7052991111 and 05224071199. Save both. If one is busy, call the other. If your call is not answered, please send a WhatsApp message to 7052991111.
3. Clinic hours are from 10 AM to 8 PM. Calls can be answered during this time only. WhatsApp messages can be sent any time, 24/7.
4. Some patients keep calling repeatedly, even while the doctor is already on a call with another patient. Please avoid this, as it disrupts the consultation.
5. Whenever you need to speak or order medicine, you will need to provide your card number. Assistance can only be given after checking your file.
6. If you don't provide your registration number, it takes a long time to find your file, and you'll have to wait.
7. The clinic receives many calls daily—from both new and existing patients. If we're unable to answer, please send a WhatsApp message as a reminder.
8. Sometimes, due to a high number of patients or short staffing, we may miss your call or fail to note down your request. Please remind us via WhatsApp.
9. Every day from 10:30 AM to 12 PM, missed calls and all WhatsApp messages are checked to ensure none are missed.
10. All patients outside Lucknow should note that medicines are sent via Speed Post, as other couriers do not accept medicines or liquids.
11. It may take up to a week for the medicine to arrive. So, please contact the clinic and place your order before your medicine runs out.
12. Once your medicine is couriered, you can ask for the tracking number to check its delivery status.

13. If any staff member speaks rudely or acts negligently, try to record the conversation and send it. Appropriate action will be taken.
14. Understand clearly how to use the medicines.
15. Learn the diet chart, magnet instructions, and exercise guidelines carefully. If you forget to ask when collecting medicine, you can call between 11 AM and 3 PM the next day.
16. If you need to carry liquid medicine, put a small dot on the bottle cap to prevent spillage. Patients should understand that calling the doctor repeatedly for minor issues is not appropriate.
17. For queries like clinic address, directions, timings, appointment info, or how to take medicine—please talk to the staff, not the doctor.
18. Patients should understand that the doctor receives calls from all over India and abroad. It is not possible to remember each patient's details.
19. To discuss your condition or medicine with the doctor, your case file (kept at the reception) must be referred to.
20. When you call reception and provide your registration number, your file will be taken out and shown to the doctor. Only then can the doctor assist you.
21. Even if you call the doctor directly, the full process in point 19 will still need to be followed for proper advice.
22. To help the doctor understand your issue, send clear photos of your latest reports (blood, urine, ultrasound) via WhatsApp to the above number.
23. Make sure the photo clearly shows the patient's name, date, test values, and reference ranges on the right side.
24. Also send the prescription or papers from the hospital or doctor currently treating you.

25. Do not send more than 10 reports or prescriptions at a time. Sending 40–60 pages at once is not helpful.
26. If possible, write down your current health concerns and keep it with you or send it via WhatsApp so you don't forget anything.
27. When the clinic is crowded or during meetings/conferences, responses may take a day. Please be patient.
28. Always schedule your appointment and note your appointment number. Provide your phone number so you can be informed in case of cancellations due to emergencies—this way, you won't have to return without meeting the doctor.
29. All medicines should ideally finish at the same time. You can adjust drops (doses) as needed.

Instructions for Patients Visiting the Clinic

1. Please save a photo of your registration number and card on your phone.
2. The clinic has two phone numbers: **7052991111** and **05224071199**. Save both. If one is busy, call the other. If neither responds, send a WhatsApp message to **7052991111**.
3. Clinic timings are **10 AM to 8 PM**. Calls will only be answered during this time. You may WhatsApp at any time.
4. Please avoid calling repeatedly if the line is busy. It disturbs conversations with other patients.
5. Always mention your registration/card number when calling for any query or medicine.
6. If you don't mention your registration number, locating your record will take time, and you'll have to wait.
7. We receive many calls daily—both from new and existing patients. If your call is missed, kindly send a reminder via WhatsApp.
8. Missed calls and WhatsApp messages are checked every morning between **10:30 AM and 12 PM**.
9. If any clinic staff speaks rudely or acts irresponsibly, try to record the conversation and send it. Proper action will be taken.
10. Before leaving the clinic, check your reports, prescription, and medicine carefully.

11. Understand clearly how to take the medicine.
12. Learn how to follow the diet chart, magnet instructions, and exercise instructions. If you couldn't ask during your visit, you may call between **11 AM and 3 PM** the next day.
13. If you need to carry liquid medicine, seal the bottle tightly to prevent leakage.
14. Refrain from calling the doctor for minor matters repeatedly.
15. For questions like clinic address, timings, appointments, and dosage method—ask the staff, not the doctor.
16. Patients must understand that the doctor receives calls from all over India and abroad. It's not possible to remember all cases.
17. For updates or medicine changes, the doctor needs to check your case sheet, which is kept at the reception.
18. Call the reception and share your registration number. They will retrieve your file and show it to the doctor. Only then can the doctor guide you.
19. Even if you call the doctor directly, they must follow the same process for proper advice.
20. To help the doctor understand your condition, send clear photos of your latest reports (blood, urine, ultrasound) on WhatsApp.

21. Ensure that the patient's name, date, test values, and reference ranges are clearly visible in the photo.
22. Also send prescriptions from any hospital or doctor where treatment is ongoing.
23. Do not send more than 10 reports or documents at once. Sending 40–60 pages at once is not helpful.
24. Try to write down your health issues and symptoms or send them on WhatsApp so you don't forget to mention anything important.
25. During busy days, conferences, or meetings, it may take a day to respond. Please be patient.
26. Always take an appointment before visiting and register your phone number. If the appointment is canceled due to an emergency, you will be informed.
27. All your medicines should finish around the same time. You may adjust the dosage accordingly.
28. Try to visit on the appointment date given by the clinic. If not possible, inform the clinic in advance.
29. The clinic remains open from **10 AM to 8 PM** daily. Medicines will be dispensed even if the doctor is not present.

Instructions for New Patients

1. Firstly, New patients have to deposit Rs. 500 as consultancy fees and send their reports on the clinic number or give personally. Patient will be connected to a Jr. Doctor for initial and detailed case taking which might even take an hour.
2. Patient can talk to Jr. Doctor as per his convenience, he can come directly to clinic or do it from comfort of his home.
3. Patient should be true to a doctor and tell truth, so that right medications can be given
4. Patient should have patience, because first visit might take some time.
5. After taking patients case, Jr. doctor will send his Psychoanalysis / Repertorization to the Sr. doctor, then Sr. doctor will evaluate and prescribe medications, precautions, diet plan and other relevant instructions.
6. Patients can also opt for an online consultation and receive their medicines through a Local Courier (Swiggy, Porter) or if out of city through renowned national courier.
7. Patients will be given a Registration Card, which they need to save and show in their next appointment.
8. Next appointment date will be given by the staff and patient should consult doctor on next visit on the date mentioned in the slip.
9. Kindly take receipt of the payment done.
10. Patient has to follow a proper Diet Chart.
11. Patients have to take their medication on time, as indicated.

12. Please note that there are two numbers of clinic, one mobile (7052991111) and one landline (0522-4071199), if mobile phone is busy don't call again and again on that number, instead give a call on landline (0522-4071199). If by any chance both numbers are busy, left a message on whatsapp number (7052991111), clinic staff will get back to you.
13. All your medicines should finish around the same time. You may adjust the dosage accordingly.
14. The clinic remains open from 10:00 am to 8:00 pm daily. Medicines will be dispensed even if the doctor is not present.

Diet Chart

Salt: grams in 24 hrs

Water:

Monitor Daily:

BP, PR, Weight, O2, BS, U/O (urine output in 24 hours)

Step Counter, Yoga, Meditation, Deep Breathing, Sleep

Allowed Foods

Grains:

Bread, porridge, roti, semolina, poha, upma, khichdi, idli, dosa, suji halwa, tikki, cutlets, biscuits, rice, dalia, boiled rice, paratha, sandwich, pulao made with bottle gourd or ridge gourd, broken wheat upma, etc.

Vegetables:

Gourd, bottle gourd, pumpkin, ridge gourd, boiled spinach, yellow and green zucchini, boiled carrots, fenugreek, cabbage, turnip greens, broccoli, tinda.

Pulses that can be taken:

Boiled moong dal, washed urad dal, masoor dal, boiled arhar dal, boiled urad, soybeans.

Sources of Protein:

Milk (boiled and cooled), curd, paneer, soybean products, tofu, egg white, fish, boiled chicken, moong dal soup, etc.

Buttermilk:

Only unsweetened, no salt.

Fruits:

Apple, papaya, pomegranate, pineapple, guava, coconut water, homemade ghee, mustard oil.

Avoid

Very salty foods:

Pickles, papad, chutneys, coconut chutney, soda, Eno salt.

Raw Vegetables and Salads:

Spinach, lettuce, onion, garlic, tomato, coriander, broccoli, cucumber, etc.

Raw Vegetables:

Cauliflower, cabbage, tomato, lemon, orange, capsicum, raw beetroot, raw carrots, sugarcane, etc.

Unacceptable Grains:

Maida (white flour), suji (refined semolina), all-purpose flour, refined wheat flour, corn flour, etc.

Processed and Bakery Foods:

Cakes, pastries, patties, biscuits, fried snacks, namkeen, coconut oil, vanaspati ghee, deep-fried items, fast food, Chinese food, noodles, samosas, puri, kachori, bhature, chowmein, burgers, sauces, cheese, cold drinks, Coke, Pepsi.

Also Avoid:

Smoking, alcohol, junk food.

White Foods:

Refined sugar, white bread, liver items (like goat liver), red meat, chicken, beef, pork.

Fruits to Avoid:

Guava, pear, litchi, avocado, jamun, bel, mango, orange, lemon, dates, banana, apple, watermelon, etc.

Instructions for taking Medicines

1. The Directions for using medicines are mentioned in the medicine bottles.
2. E.g. if it is mentioned 10 boond 4 baar, it means you need to take medicines 10 times 4 times in a day (morning, afternoon, evening, before sleep), and if it is 8 times a day, you should divide it accordingly (you can take the medicines every 2 hours).
3. Clear bottle medicine can be taken directly without water, however, Brown bottle medicines can be taken with little water.
4. Medicines are given for 1 week, 10 days, 2 weeks, or 4 weeks, etc.; please note that medicines are given for a particular time and should be consumed within that particular time. Further, consult the doctor when the medicines are about to finish.
5. Between 2 Homeopathic medicines, there should be a gap of 2-3 minutes.
6. It is better to clean your tongue before taking a medicine and not eat anything $\frac{1}{2}$ hours before and after.
7. Avoid Strong Flavors for 1 hour before and after taking medicines: Coffee, mint, camphor, onions, and garlic can reduce effectiveness.
8. You can take Homeopathic medicines along with Allopathic Medicines if required; it's safe. There should be a gap of $\frac{1}{2}$ hour between Homeopathic and Allopathic medicines.
9. The medicine quantity in a particular bottle is for a specific time, e.g., if medicines are given for 2 weeks, they should be finished in that time with the dosage mentioned; however, in some cases, the medicine might end before time due to excess dosage. If by any chance our medicine ends a little sooner than the time mentioned, don't worry; you have taken the medication required for that particular period.

Diseases Successfully Treatable with Homeopathy

Serious and Chronic Diseases <ul style="list-style-type: none">• Kidney failure• Liver damage• Coma / Unconsciousness• Paralysis• Cancer• Heart Disease• Hypertension•	Stomach and Liver Diseases <ul style="list-style-type: none">• Liver cirrhosis• Itching on liver• Swelling on liver / Jaundice• Gallbladder stones• Liver / Gallbladder cancer• Intestinal / stomach ulcers• Irritable bowel syndrome• Acidity / Gas• Piles / Fistula / Constipation
Mental Disorders <ul style="list-style-type: none">• Depression• Insomnia• Schizophrenia• Anxiety disorders• Alzheimer's Disease• Demetia	Bone, Joint, and Respiratory Disorders <ul style="list-style-type: none">• Joint pain, arthritis, osteoarthritis• Neck and back pain, sciatica• Bone fracture / injury
Women's Diseases <ul style="list-style-type: none">• Leucorrhoea / White discharge• Irregular menstruation• Infertility• Fibroids in uterus• Ovarian cysts• Breast lumps	Children's Diseases <ul style="list-style-type: none">• Nightmares• Intestinal worms• Bedwetting• Poor academic performance• Exam anxiety

Diseases Successfully Treatable with Homeopathy

<ul style="list-style-type: none">• Cancer	
Common Diseases <ul style="list-style-type: none">• Obesity• Dengue• Swine flu• Sneezing• Diabetes• Body weakness• Itching• Bacterial infections	Thyroid Diseases <ul style="list-style-type: none">• Goiter• Hypothyroidism• Hyperthyroidism• Swelling / cancer in thyroid• Nodular goite
Skin and Hair Diseases <ul style="list-style-type: none">• Hair fall• Premature greying• Bald patches (Alopecia)• Ringworm• Scalp boils / lice• Acne / pimples• White patches• Psoriasis• Eczema• Boils• Keloids• Moles / Warts• Lichen planus• Molluscum contagiosum	Men's Diseases <ul style="list-style-type: none">• Prostate swelling• Sexual problems

HOMEOFIRST

Introducing Homeofirst: Your Homeopathy First-Aid- Kit

The Homeofirst Homeopathy First Aid Kit is a convenient and holistic solution for common ailments such as fever, cough, loose motion, stress, and stomach-related issues. Designed for the whole family, including children, this kit offers natural, side-effect-free care as your first line of defence.

Why Choose Homeofirst?

- **Holistic and Natural:** Provides remedies that work with your body's natural healing mechanisms.
- **Safe for All Ages:** Suitable for children and adults.
- **Prevents Suppression:** Unlike allopathic medicines that can suppress symptoms and lead to bigger health problems, these remedies address the root cause.

As a patron of Homeopathy, you can purchase this kit at an introductory price of Rs. 800 only (original cost Rs. 1200/-).

The medicines have to be taken 5-10 drops every 15 minutes to 1 hourly to 4 times a day depending on the severity of symptoms.

For any further assistance contact 7052991111, 05224071199

Take the first step towards safer, natural care for your family with the Homeofirst kit.

Few Important Questions related to Job, Work, Business

Important Questions Related to Job, Work, and Business

1. Tell me about yourself and your behavior.

(Share any 10 points about your nature or personality)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

2. What is something about yourself that makes you feel proud?

(Or something for which others have appreciated you)

3. What is something about yourself that you don't like?

Or something others have criticized you for.

(It could be a habit or trait you want to change but are struggling with.)

4. What was the happiest day or moment of your life?

5. What was the saddest or worst day or moment of your life?

6. What about the following emotions or states:

1. Anger
2. Crying or Weeping
3. Perfectionism or Being Picky
4. Preference for Company or Being Alone
5. Needing Comfort
6. Feelings of Revenge
7. All types of Fears

7. Share their 3 biggest wishes.

1.

2.

3.

8. If money, health, and time were not a problem, what would you do in your free time?

OR

If you had only one day to live, what would you want to do on that day?

NANO HOMEOPATHY INSTITUTE OF RESEARCH & WELFARE



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