



It is all in  
the roots!

## DISCHARGE SUMMARY

Membership No : \_\_\_\_\_ Admission No. : \_\_\_\_\_

Name : Bappaditya Mukherjee W/O.S/O.D/O : \_\_\_\_\_

Date Of Admission : 23/08/2025 Date Of Discharge : 15/10/25 Date Of Next Visit : \_\_\_\_\_

Clinical Symptoms At The Time Of Admission : C/O → Increased body weight  
K/C/O Obesity (grade-II) Since 7 years. K/C/O → (L+) foot drop Since 2025  
C/O → Pain in the lower back Since 21 years.

Weight : 86.5 kg BP : 116/106 <sup>mmHg</sup> HbA1c → 13.70 (June 2025) PPBS : \_\_\_\_\_

Clinical Symptoms At The Time Of Discharge : (\*) Muscle Power & Strength of  
the left has regained properly (Muscle Power → 5/5)  
(\*) weight reduction of 7.7 kg (86.5 - 78.8)  
(\*) The HbA1c became significantly reduced (HbA1c → 13.70 June 2025)  
(HbA1c → 6.03 Oct 2025)

Weight : 78.8 kg BP : 120/80 <sup>mmHg</sup> HbA1c → 6.03 (Oct 2025) PPBS : \_\_\_\_\_

### Special Suggestions :

- 1 Follow the diet protocol
- 2 Follow the yoga protocol
- 3 Follow the home remedies (like → G+ pain; Cold hip bath)
- 4 Follow the pranayama & meditation
- 5 Follow the yog-Nidra before sleep (at bed time)
- 6 fasting once in a week (Fruit fasting or Juice fasting)
- 7 Post-meal walking (10-15 min) is necessary.

**Avoid:** Tea, Coffee, Sugar, Oily & Fried Food, Chilli, Masala, Non-Veg, Food Preparations Made Up Of Maida Soft Drinks, Fast Food, Tinned Food, Confectionary & Synthetic Food, Sweets, Refined Food, Jams, Jelly, Alcoholic Drinks, Tobacco & Smoking etc.

### Advice For Nature Cure:

**Morning:** Enema/ Mud Pack 30 Min/ Spinal Massage/ Abdominal Lapet

**Afternoon:** Mud Pack/ Hip Bath/ Local Steam/ Hot Pack/ Whole Body Mud Bath/ Hot & Cold Compress.

**Night:** Mud Pack/ Abdominal Pack/ Hip Bath/ Spinal/ Massage/ Hot Foot Bath.

## DIET CHART

### 6.00 A.M. (Morning)

For \_\_\_\_\_ Days

6.00 Am. Take 2-4 Glasses Of Warm/ Natural Water Then Walk For 20-30 Minutes

6.15 Am. (Herbal Juice)

Aloevera/ Ashwagandha/ Basil/ (Tulsi)

Bottle Gourd/ Bitter Gourd/ Diabetic Juice

Mix Herbal-Basil + Ashwagandha + Aloevera Punarnava + Ashwagandha

Wheat Grass/ Barley Grass

Fennel (Saunf)/ Coriander Water

### 7.30 A.M. (Herbal Tea/ Health Drink)

For \_\_\_\_\_ Days

Basil + Ginger + Cardamom With Honey/ Without Honey

Mix Herbal Tea/ Green Tea Mix Herbal Tea With Milk + Black Raisin + Fig + Almond + Walnut

Milk (Warm/ Cold) Barley Water Honey + Lemon Juice

### 8.00 A.M. (Breakfast)

For \_\_\_\_\_ Days

Coconut Water/ Honey Lemon Juice

Seasonal Fruit Juice, Vegetable Dhokla/ Vegetable Idli

Vegetable Bhel (Murmura/ Khakhra/ Sprouted Grains)

Single Fruit, Mix Fruits

Vegetable Poha, Vegetable Upma, Vegetable Oatmeal

Mix Sprouted Grain

Butter Milk/ Curd

### 12.15 P.M. (Lunch)

For \_\_\_\_\_ Days

Vegetable Chapati/ Green Uttapam

Vegetable Daliya/ Vegetable Khichadi/ Vegetable Idli

Green Dosa/ Mung Chilla/ Steamed Vegetable

Green Dal / Vegetable Kadi/ Mix Salad/ Vegetable Soup

Curd/ Butter Milk/ Green Chutney/ Sprouted Grains

Roasted Papad/ Natural Sweet Dish/ Mix Fruits

### 4.00 P.M. (Post Lunch)

For \_\_\_\_\_ Days

Honey + Lemon Juice/ Honey Water/ Coconut Water

Seasonal Fruit Juice/ Mix Fruits/ Barley Water

Fennel (Saunf) Water/ Herbal Tea/ Green Tea

Herbal Juice (Brahmi Juice/ Punarnava Juice)

### 7.15 P.M. (Dinner)

For \_\_\_\_\_ Days

Vegetable Chapati/ Green Uttapam/ Vegetable Daliya/ Vegetable Oats

Vegetable Khichdi/ Vegetable Idli

Mix Salad/ Steamed Veg

Vegetable Soup/ Green Chutney

Sprouted Methi/ Roasted Papad/ Mix Fruits

### 8.30 P.M. (Health Drink)

For \_\_\_\_\_ Days

Honey Water/ Honey + Lemon Juice/ Methi Water

Barley Water/ Milk (Warm Cold/ Fruits/ Ajwain Water)

Coconut Water/ Triphala Water/ Brahmi Juice

Punarnava Juice/Fennel-Seed water with/ Without Honey

Mr. Mukharjee  
52 yr 1 male

Ht = 165cm  
wt = 79.1  
BMI = 29.1 kg/m<sup>2</sup>  
% BF = 30.8 kg  
kg mman = 26.7 kg

91.3 kg → 79.1 kg  
4 months.  
(3 months MEMBT)

5.00 - wakes up  
6-7 am - yoga (assisted)  
- chia seed water - bf.

10.30-11.00 - coconut water (not very regular)  
body massage.

lunch - Paneer sauted / boiled kala chano.  
12.00 - 1 bowl salad, - carrots / cucumber / quinoa (dressing) ↓ kungund.  
1-2 glass buttermilk.

4.30 - juice // 2nd massage  
5.00 pm - gym - 1 hour  
- 6 30 mins - Physiotherapy

6.00 pm - 1 bowl salad + lemon / chia seeds.  
Dinner

6.30-7.30 - swim.

Medical History:

Family: mother side - DM / obese.  
died due to obesity / DM +  
Heart attack

Not married

101 kg. (2018) → 79.1  
NIMBA.

2012 - (DM) 2018 on metformin (500mg) +  
statin - started with DM med.

tea / coffee - 1cup  
↑  
~~Spa~~

back pain - slip disk

2004. Sp for spine.

2010 - obesity and then DM - t.

} NAFLD → diagnosed.

↳ drop food - steroids - last month.

Depression - on med - on / off.

⊕. Glits / days → urine colour → yellow

# Bappaditya's Diet Chart ⇒

⊛ 5:00am - 5:15am ⇒ Wake up Call + Daily Bowel cleansing  
 (Warm Water // Soaked Chia seeds Water)

⊛ 5:30am - 6:30am ⇒ Yoga / Exercise / Aerobic / Swimming / Gym / Walking - brisk

⊛ 6:30am - 7:00am ⇒ Soaked dry fruits & Nuts  
 [Flax seeds + Almond + Walnuts + Pumpkin seeds + Sunflower seeds + Watermelon seeds + Methi / Fenugreek seeds + Pista + Black Raisins]

⊛ 7:00am - 9:00am ⇒ Preparation for College students  
 Self Reading (Swadhyaya)

⊛ 9:00am - 10:00am ⇒ Bathing + Getting Ready for College

⊛ 10:00am - 10:45am ⇒ BRUNCH

- Pomegranate Sauté ⇒ Everyday (+) Raw Salads
- White egg (3) ⇒ (Avoid Egg yolk Every 3rd day) (+)
- Chicken (50gms) ⇒ (Every 10th day) (+)

Cucumber + Onion  
 Capsicum + garlic  
 Carrot + Tomatoe  
 Radish + Methi  
 Flax seeds + sprout  
 Coriander leaves +  
 Chat masala +  
 Paper Powder +  
 Ginger

⊛ 11:00am ⇒ Leave for work (University work)

⊛ 11:00am - 2:00pm ⇒ College / University work

- \* 2.15 pm - 2.30 pm ⇒ Coffee
- \* 3.00 pm - 3.30 pm ⇒ GH Park (Hot Bag on Umbilicus + Cold Bag on Lower back)
- \* 3.45 pm - 4.15 pm ⇒ Early Dinner

Coconut Water (+) Raw Salads ⇒ Same like  
Brunch/Lunch

BUT  
\* No Paneer / white egg  
or Chicken

- \* 4.15 pm - 5.00 pm ⇒ Leave for Gym & Swimming
- \* 5.00 pm - 8.00 pm ⇒ GYM (+) SWIMMING
- \* 8.00 pm - 8.30 pm ⇒ Return to home
- \* 8.30 pm - 9.00 pm ⇒ One Single Fruit

Apple / Pears / Guava

Boiled Seeds Water (or) ⇒ {  
Cumin seeds +  
Fennel seeds +  
Carson seeds

- \* 9.00 pm - 9.30 pm ⇒ Hot foot Bath
- \* 9.30 pm - 5.00 am ⇒ Sleeping ⇒ (Good Night)

Special Note ⇒

- Post meal walking (30 mins after every meal 10-15 mins of walk)
- Meditation daily Twice morning → 15 mins  
Night → 15 mins
- Long sitting work more than 1 hour is avoided (Do Soleus exercise at office)

NMBA  
SMO  
DR. PRANAB DAS  
15/10/21

# Bappaditya's Diet Chart

\* 5:30am - 6:00am ⇒ (Wake up Call) + (Soaked) chia seeds water

\* 6:00am - 7:15am ⇒ YOGA / EXERCISE / WALKING  
AEROBICS / GYM / SWIMMING

\* 7:15am - 7:45am ⇒ SOAKED DRY FRUITS & NUTS  
↓  
(Flax seeds + Almond + walnuts + Pista + Water-melon seeds + Sunflower seeds + Methi seeds + Flax seeds + Pumpkin seeds +)

\* 10:30am - 11:00am ⇒ BRUNCH  
↓  
Every 3<sup>rd</sup> day 3 Egg white  
Every 10<sup>th</sup> day chicken 50gm  
Pancake Saute (OR) Rajma + Raw Salads  
(Cucumber + Carrot + Tomatoes + Onion + Radish + Capsicum + Sprouts + Methi + Coriander leaves + flax seeds + chat masala + Papaya Powder + Ginger)

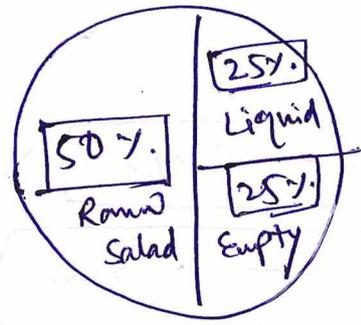
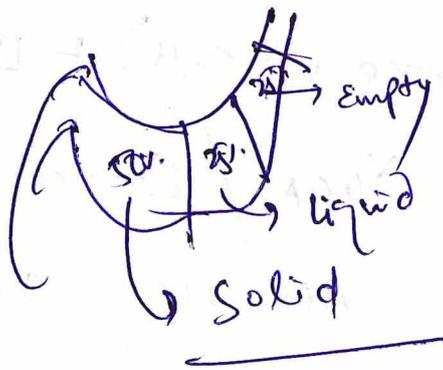
\* 1:30pm - 2:00pm ⇒ SINGLE FRUIT  
↓  
Blue-Berries / Pine-Apple / Guava / Apple  
(OR) Pears

\* 5:00pm - 5:15pm ⇒ COCONUT WATER / CHIA SEED WATER

\* 6:30pm - 7:00pm ⇒ DINNER  
↓  
Raw Salads + (Carrot + Radish + Cucumber + Tomatoes + Capsicum + Onion + Methi + Coriander leaves + Flax seeds + chat masala + Papaya)

\* 8:30pm - 9:00pm ⇒ VC Oil / TROPHALA WATER (OR) Cumin + fennel + Cassia seeds boiled water

NAMBA  
Dr. Prasad Das  
15/10/15



15 oct - 15 Jan '26

- 8 kgs less

# Health Monitor

„INDICATE Health Risks - RATE professionally - REACT prophylactically“

## Body Composition Analyser MC-780

Mr Bapaditya Mukherjee  
(male 52 Years)

Measures on 14-10-2025 at 09:38 clock

Mode: NORMAL

Fat Mass: 26.4 kg  
=33.5 %

Fat Free Mass: 52.4 kg

Visceral Fat: 17 level

Metabolic Age: 67 Years

Height: 165 cm

Weight: 78.8 kg

BMI: 28.9 kg/m<sup>2</sup>

Basal Metabolic Rate: 6113 kJ  
=1460 kcal

Muscle Mass: 49.7 kg

Skeletal Muscle Mass: 25.1 kg  
=31.8 %

Bone Mass: 2.7 kg

Body Water: 32.1 kg  
=40.7 %

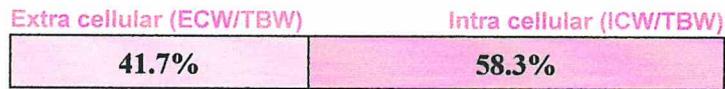
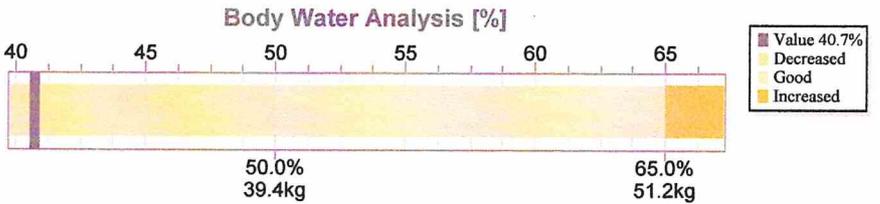
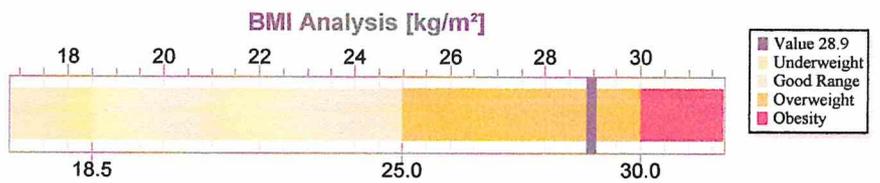
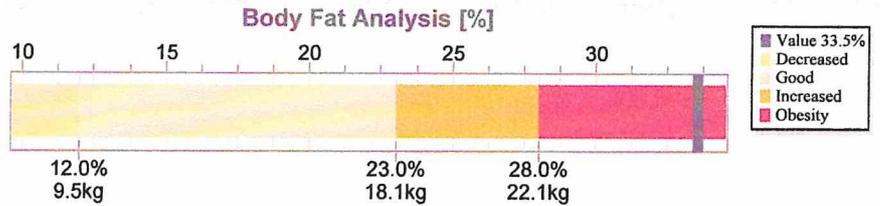
Phase angle: 6.0 °

Impedance: 623 Ohm

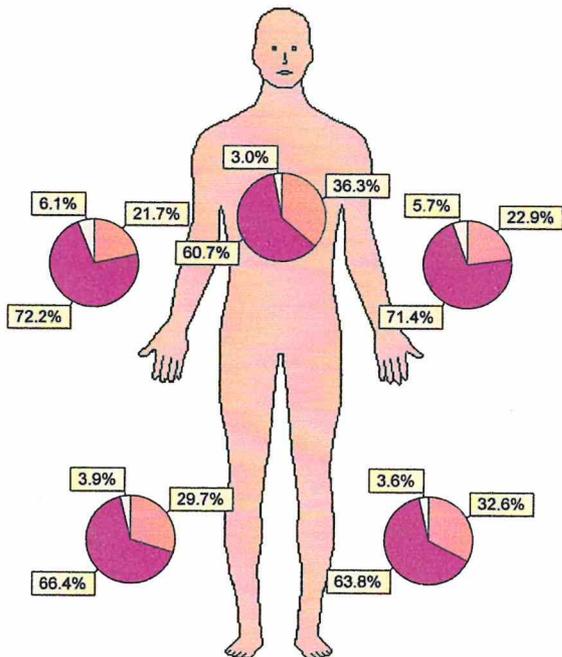
ECW: 13.4 kg

ICW: 18.7 kg

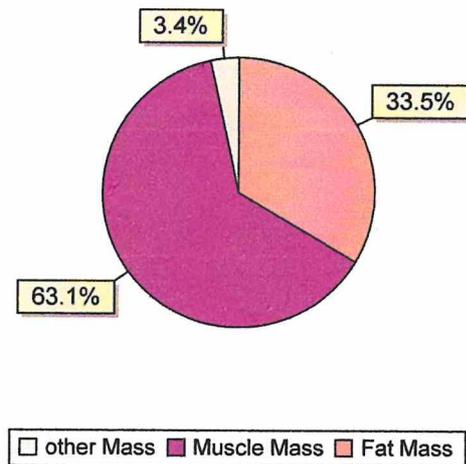
ECW/ICW: 0.72



Segment Distribution	Trunk	Right Arm	Left Arm	Right Leg	Left Leg	Total
Fat Mass	17.3kg	0.8kg	0.8kg	3.7kg	3.8kg	26.4kg
Muscle Mass	28.9kg	2.6kg	2.5kg	8.3kg	7.4kg	49.7kg
other Mass	1.4kg	0.2kg	0.2kg	0.5kg	0.4kg	2.7kg



### Body Mass Distribution





# Health Monitor

„INDICATE Health Risks - RATE professionally - REACT prophylactically“

## Body Composition Analyser MC-780

Mr Bapaditya Mukherjee  
(male 51 Years)

Measures on 27-08-2025 at 09:58 clock

Mode: **NORMAL**

Fat Mass: **33.4 kg**  
=38.6 %

Fat Free Mass: **53.1 kg**

Visceral Fat: **20 level**

Metabolic Age: **66 Years**

Height: **165 cm**

Weight: **86.5 kg**

BMI: **31.8 kg/m<sup>2</sup>**

Basal Metabolic Rate: **6272 kJ**  
=1498 kcal

Muscle Mass: **50.3 kg**

Skeletal Muscle Mass: **24.8 kg**  
=28.7 %

Bone Mass: **2.8 kg**

Body Water: **32.1 kg**  
=37.1 %

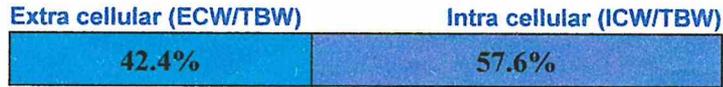
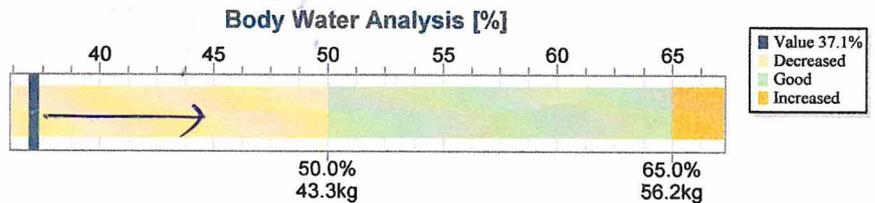
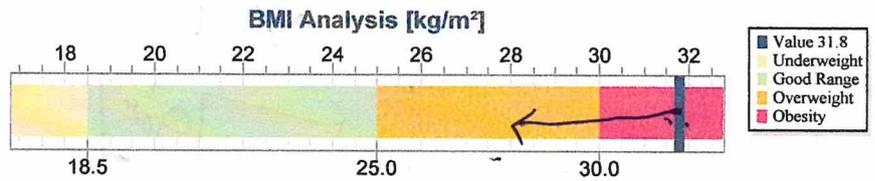
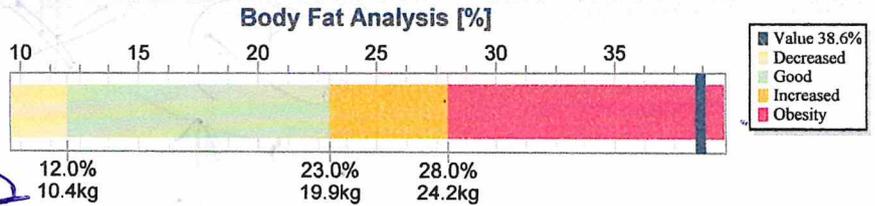
Phase angle: **5.7 °**

Impedance: **605 Ohm**

ECW: **13.6 kg**

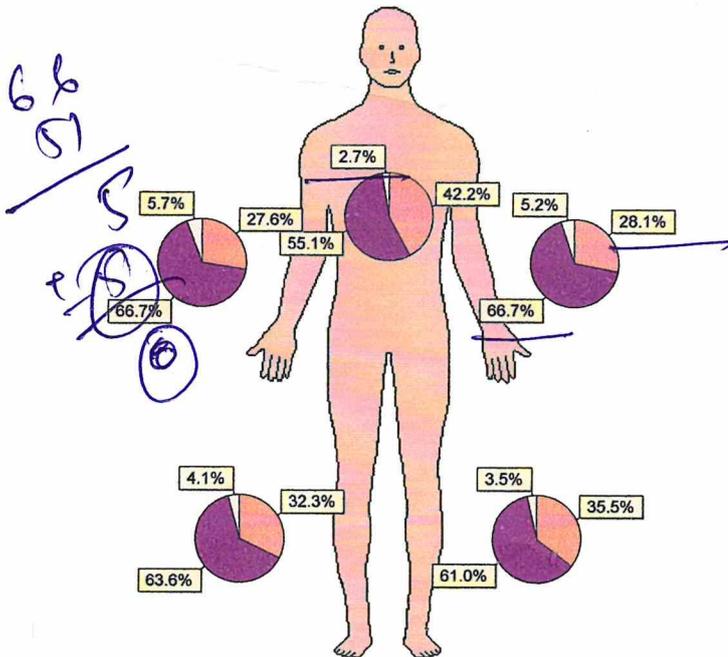
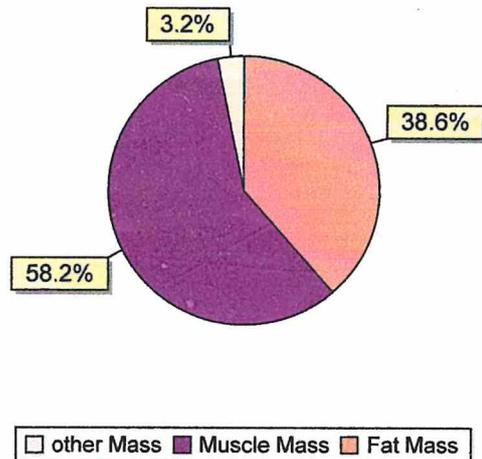
ICW: **18.5 kg**

ECW/ICW: **0.74**



Segment Distribution	Trunk	Right Arm	Left Arm	Right Leg	Left Leg	Total
Fat Mass	22.9kg	1.1kg	1.0kg	4.2kg	4.2kg	33.4kg
Muscle Mass	29.9kg	2.6kg	2.4kg	8.2kg	7.2kg	50.3kg
other Mass	1.5kg	0.2kg	0.2kg	0.5kg	0.4kg	2.8kg

### Body Mass Distribution



# Health Monitor

„INDICATE Health Risks - RATE professionally - REACT prophylactically“

## Body Composition Analyser MC-780

Mr Bapaditya Mukherjee  
(male 51 Years)

Measures on 28-07-2025 at 08:51 clock

Mode: **NORMAL**

Fat Mass: **31.8 kg**  
=38.0 %

Fat Free Mass: **52.0 kg**

Visceral Fat: **20 level**

Metabolic Age: **66 Years**

Height: **165 cm**

Weight: **83.8 kg**

BMI: **30.8 kg/m<sup>2</sup>**

Basal Metabolic Rate: **6117 kJ**  
=1461 kcal

Muscle Mass: **49.3 kg**

Skeletal Muscle Mass: **24.7 kg**  
=29.4 %

Bone Mass: **2.7 kg**

Body Water: **32.2 kg**  
=38.4 %

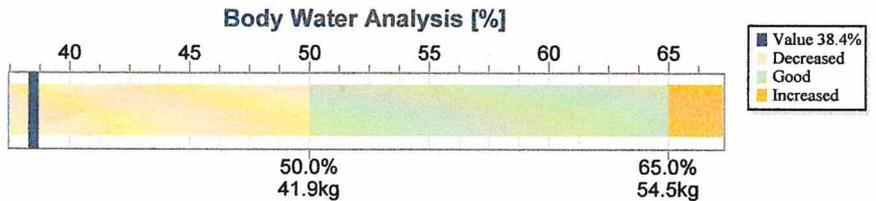
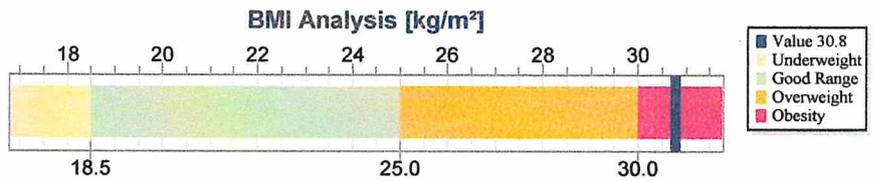
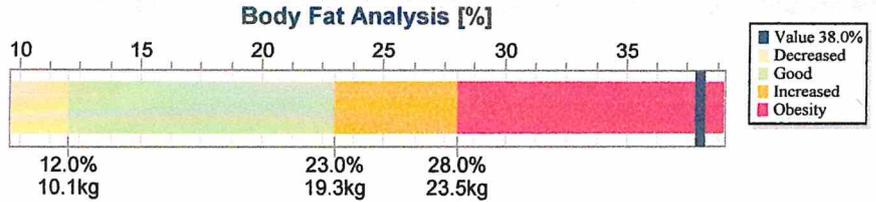
Phase angle: **5.4 °**

Impedance: **594 Ohm**

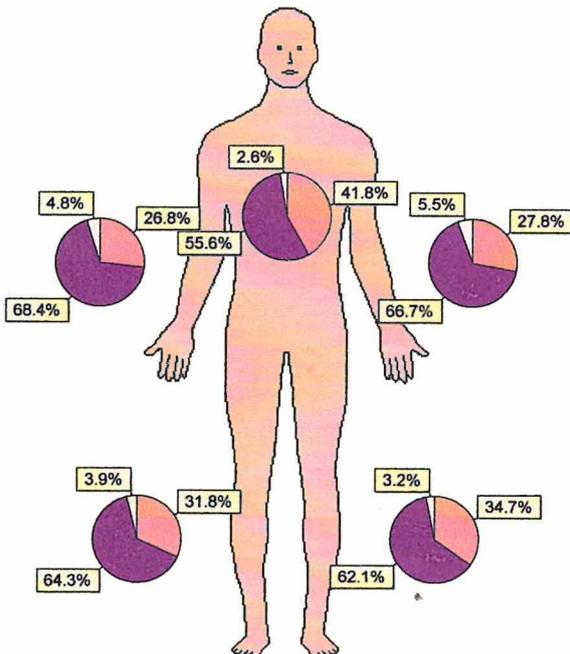
ECW: **13.8 kg**

ICW: **18.4 kg**

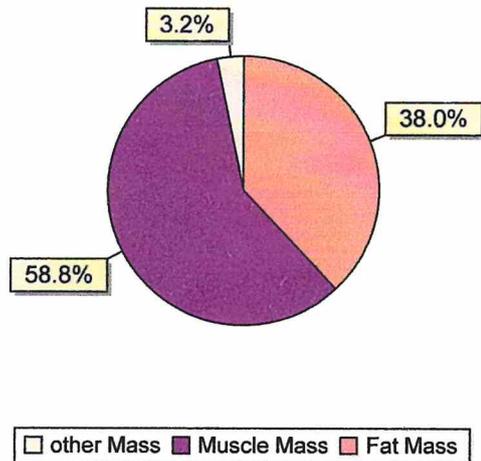
ECW/ICW: **0.75**



Segment Distribution	Trunk	Right Arm	Left Arm	Right Leg	Left Leg	Total
Fat Mass	21.8kg	1.0kg	1.0kg	4.0kg	4.0kg	31.8kg
Muscle Mass	29.0kg	2.6kg	2.4kg	8.1kg	7.2kg	49.3kg
other Mass	1.4kg	0.2kg	0.2kg	0.5kg	0.4kg	2.7kg



### Body Mass Distribution



WT X 10 - 20 gm

900 - 1800 gm

(V+LSF)

# Health Monitor

„INDICATE Health Risks - RATE professionally - REACT prophylactically“

## Body Composition Analyser MC-780

mr Bapaditya MUKherjee  
(male 51 Years)

Measures on 15-06-2025 at 11:07 clock

Mode: **NORMAL**

Fat Mass: **36.9 kg**  
=40.4 %

Fat Free Mass: **54.4 kg**

Visceral Fat: **22 level**

Metabolic Age: **66 Years**

Height: **165 cm**

Weight: **91.3 kg**

BMI: **33.5 kg/m<sup>2</sup>**

Basal Metabolic Rate: **6465 kJ**  
=1544 kcal

Muscle Mass: **51.6 kg**

Skeletal Muscle Mass: **25.3 kg**  
=27.7 %

Bone Mass: **2.8 kg**

Body Water: **32.6 kg**  
=35.7 %

Phase angle: **5.7 °**

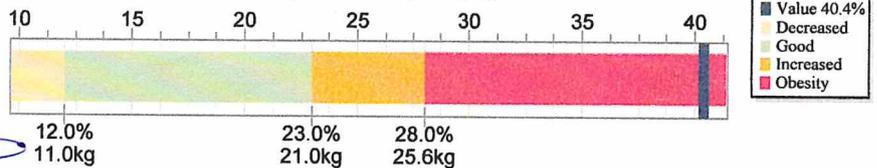
Impedance: **606 Ohm**

ECW: **13.7 kg**

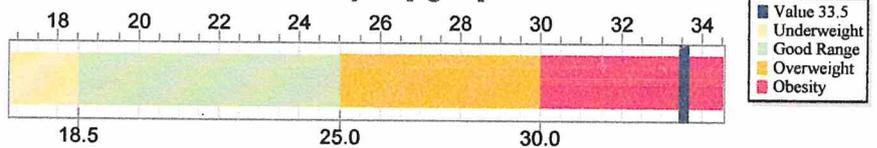
ICW: **18.9 kg**

ECW/ICW: **0.72**

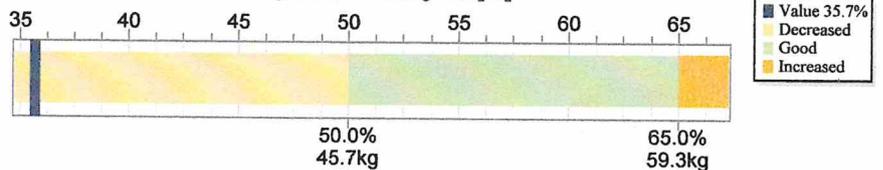
Body Fat Analysis [%]



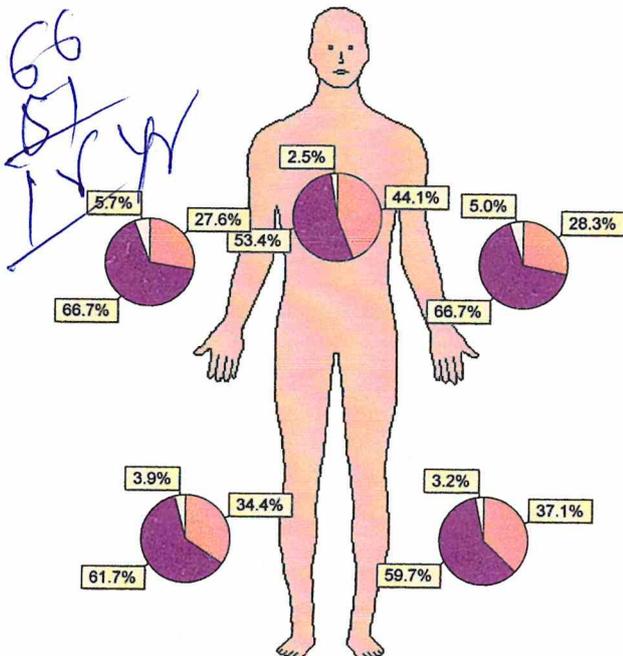
BMI Analysis [kg/m<sup>2</sup>]



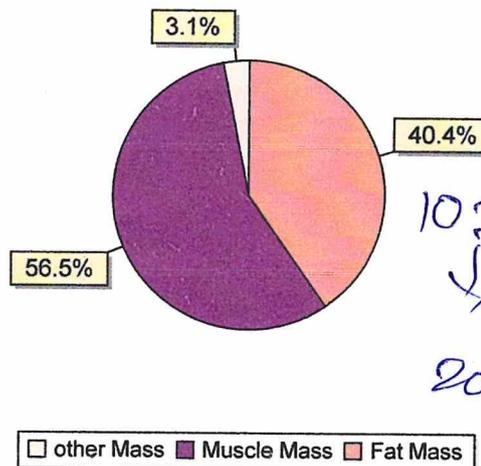
Body Water Analysis [%]



Segment Distribution	Trunk	Right Arm	Left Arm	Right Leg	Left Leg	Total
Fat Mass	25.6kg	1.1kg	1.0kg	4.6kg	4.6kg	36.9kg
Muscle Mass	31.0kg	2.6kg	2.4kg	8.2kg	7.4kg	51.6kg
other Mass	1.5kg	0.2kg	0.2kg	0.5kg	0.4kg	2.8kg



Body Mass Distribution



# Health Monitor

„INDICATE Health Risks - RATE professionally - REACT prophylactically“

## Body Composition Analyser MC-780

mr Bapaditya MUKherjee  
(male 50 Years)

Measures on 03-08-2024 at 11:24 clock

Mode: **NORMAL**

Fat Mass: **30.8 kg**  
=35.9 %

Fat Free Mass: **55.0 kg**

Visceral Fat: **19 level**

Metabolic Age: **65 Years**

Height: **165 cm**

Weight: **85.8 kg**

BMI: **31.5 kg/m<sup>2</sup>**

Basal Metabolic Rate: **6481 kJ**  
=1548 kcal

Muscle Mass: **52.1 kg**

Skeletal Muscle Mass: **26.8 kg**  
=31.2 %

Bone Mass: **2.9 kg**

Body Water: **34.2 kg**  
=39.9 %

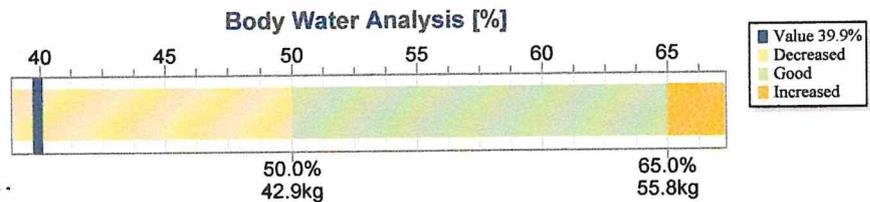
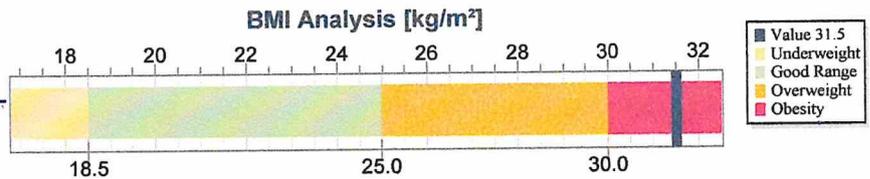
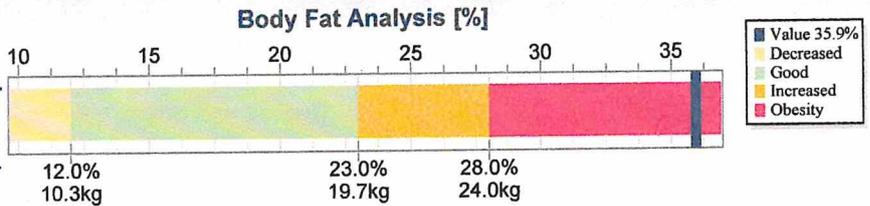
Phase angle: **6.0 °**

Impedance: **581 Ohm**

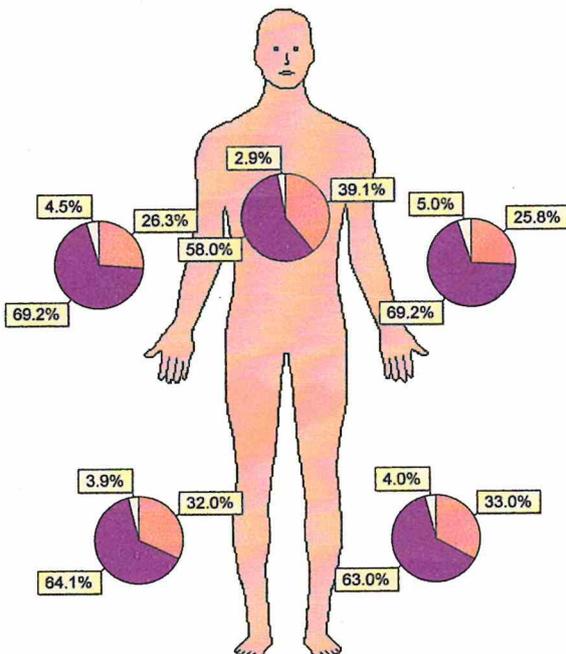
ECW: **14.2 kg**

ICW: **20.0 kg**

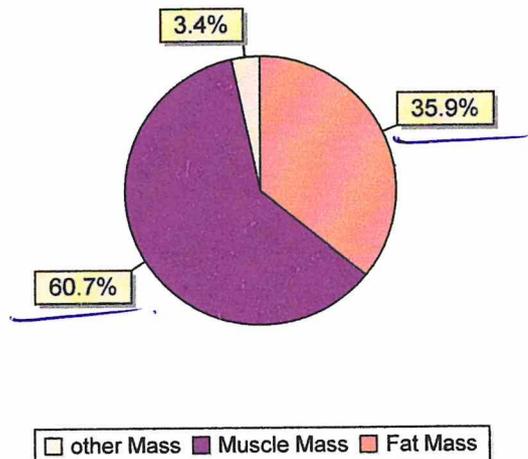
ECW/ICW: **0.71**



Segment Distribution	Trunk	Right Arm	Left Arm	Right Leg	Left Leg	Total
Fat Mass	20.4kg	1.0kg	1.0kg	4.2kg	4.2kg	30.8kg
Muscle Mass	30.3kg	2.7kg	2.7kg	8.4kg	8.0kg	52.1kg
other Mass	1.5kg	0.2kg	0.2kg	0.5kg	0.5kg	2.9kg

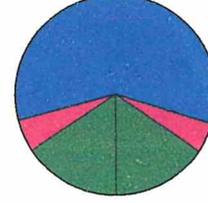
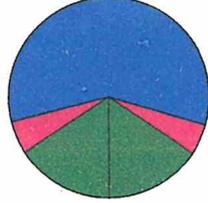
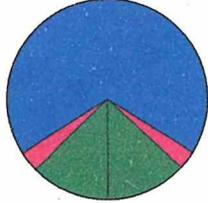


### Body Mass Distribution



**Segment Distribution Symmetry**

	<b>Fat</b>	<b>Fat Free Mass</b>	<b>Predicted Muscle Mass</b>
Total:	37.5% (33.6kg)	62.5% (55.9kg)	59.2% (53.0kg)
Trunk:	41.1% (22.8kg)	58.9% (32.7kg)	56.2% (31.2kg)
Right Arm:	26.9% (1.1kg)	73.1% (2.9kg)	67.5% (2.7kg)
Left Arm:	27.6% (1.0kg)	72.4% (2.7kg)	67.6% (2.5kg)
Right Leg:	32.8% (4.3kg)	67.2% (8.9kg)	63.6% (8.4kg)
Left Leg:	33.6% (4.4kg)	66.4% (8.7kg)	62.6% (8.2kg)



# Health Monitor

„INDICATE Health Risks - RATE professionally - REACT prophylactically“

## Body Composition Analyser MC-780

mr Bapaditya MUKherjee  
(male 50 Years)

Measures on 15-07-2024 at 13:23 clock

Mode: **NORMAL**

Fat Mass: **33.6 kg**  
=37.5 %

Fat Free Mass: **55.9 kg**

Visceral Fat: **21 level**

Metabolic Age: **65 Years**

Height: **165 cm**

Weight: **89.5 kg**

BMI: **32.9 kg/m<sup>2</sup>**

Basal Metabolic Rate: **6624 kJ**  
=1582 kcal

Muscle Mass: **53.0 kg**

Skeletal Muscle Mass: **26.8 kg**  
=29.9 %

Bone Mass: **2.9 kg**

Body Water: **34.2 kg**  
=38.2 %

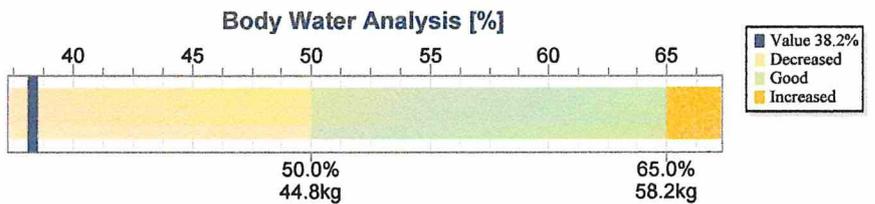
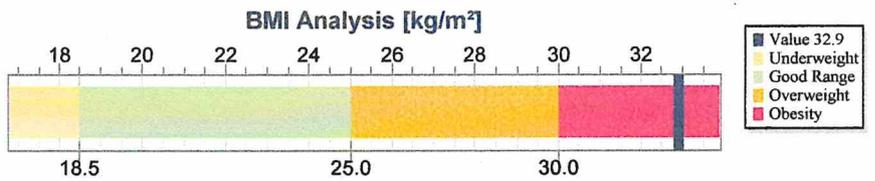
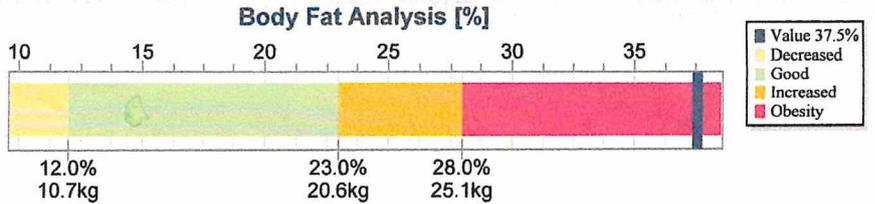
Phase angle: **6.1 °**

Impedance: **582 Ohm**

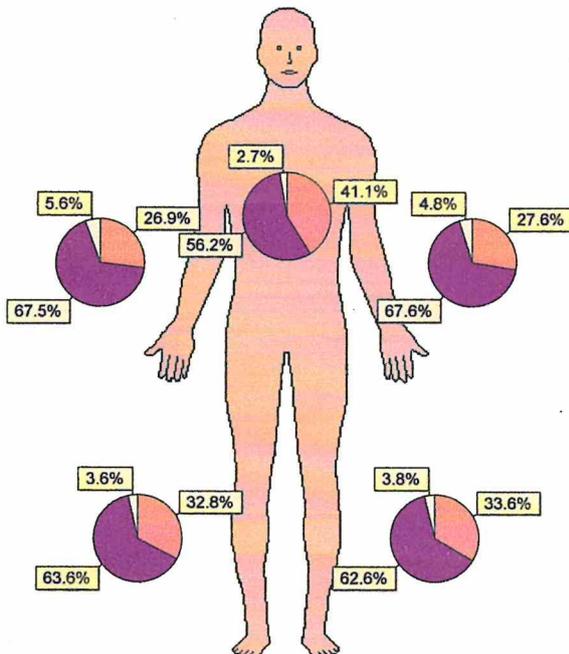
ECW: **14.2 kg**

ICW: **20.0 kg**

ECW/ICW: **0.71**



Segment Distribution	Trunk	Right Arm	Left Arm	Right Leg	Left Leg	Total
Fat Mass	22.8kg	1.1kg	1.0kg	4.3kg	4.4kg	33.6kg
Muscle Mass	31.2kg	2.7kg	2.5kg	8.4kg	8.2kg	53.0kg
other Mass	1.5kg	0.2kg	0.2kg	0.5kg	0.5kg	2.9kg



### Body Mass Distribution

