

# WHY SHAATA?

Prevention is better than cure, an old adage still stands true. A stitch in time saves nine.

# APP WORKFLOW

- Case creation, assess the required support , liaison between MD, Pharmacy, Lab according to geographic location, close the submitted case and get reimbursed via Shaata funds.
- SHAATA follows strict guidelines with shraman data policy, HIPAA guidelines and Shaata caregivers will be provided privileged rights to shaata app and aid shaata leadership in providing seamless and time sensitive care.

FOUNDATION SHAATA SHRAVAK	H E A L T H RECORD DIKSHARSTHI : RAJENDRA SURI DOB : 01/01/1961 LAST LOCATION : MOHANKHEDA, M.P. OVERALL HEALTH RISK BLOOD GROUP B+ B+	VISITATION Date: 01/02/2023 Doctor: Dr. Amit Shah
MEDICAL ADMIN CASE TRACKERS	Case History   DATE SYMPTOM DOCTOR CAREGIVER SEV.   01/02/2023 Shortness of Breath Dr. Amit Shah Bhavna jain Image: Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2"Colspan="2">Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspan="2"Colspa	Caregiver: Bhavna Shah Symptoms : Shortness of Breath <u>vitals:</u> BP - 85/122 Oxy - 98 <u>Prescription :</u>
SHAATA APP - ROLE BASED DIGITAL APP PLATFORM - MAP CENTRIC VIEW FOR QUICK INFO. - CASE TRACKING - EMERGENCY CODE RED - NON MEDICAL NEEDS - PAYMENT TRACKING - OPT-IN FOR DOCTORS - ALTERNATE TREATMENT (AYURVEDA) - GOOGLE PLAY STORE   APPLE IOS	Notes: Activities   01/03/2023 Bhavna Jain: Uploaded lab results [Activity]   01/03/2023 Bhavna Jain procured Atrovent and Zithromax from Alphesh   Chemist 01/04/2023 Dr Amit shah:   01/04/2023 Dr Amit shah: Blood report normal , Lungs show   improvement 01/09/2023 Admin : Transferring case to Dr. Bhatia Cardiologist for new symptoms reported [Activity]   01/10/2023 Bhavna Jain : open for ayurvedic treatment if possible	1. Atrovent Inhalation as needed   2. Zithromax 5mg 2 times/day   Notes:   suffering from Acute shortness of Breath   suggested lung Xray and blood test   Lab Results:   Blood Test.pdf Lungs Xray.pdf   Fee :   Rs. 800 paid via Gpay

# SHAATA CASE STUDIES

1. 45-year-old female shramaniji had severe asthma and breathing problems. On first visit and md consultation prednisone and short acting inhaler was prescribed.Shramniji felt the short-term relief and post chaturmas went on vihaar to another location.

Shortly after a few months she experienced the same symptoms and not wanting to bother or seek help continued with another round on prednisone and went on for around 5 yrs plus without any medical intervention.

Steroids definitely kicked in with the projected side effects with unmonitored dosing and severe bone fractures were determined leading to severe osteoporosis requiring surgery for hip replacement.

# TIMELY INTERVENTION AND REGULAR FOLLOW-UP WOULD HAVE SAVED THE ADVERSE IMPLICATIONS OF SELF MONITORED REGIMEN PROVIDED BY SHRI SANGH IN TERMS OF VAIYAVVACH.

2. 50 yr old nav dikshit sadhuji was incorporating sayyam values and everything that ensued with panch mahavrat bindings. Daily routine lifestyle of being sadhu went on without any notice or symptoms of heart problems until one night woke up with severe chest pain and was hospitalized at a hospital in Ahmedabad and underwent bypass surgery.

In the event timely checkup was done the possible causes of heart attack would have been confronted in a timely manner and appropriate regimen would have reduced the chances of heart attack and prolonged the need for emergency surgery.

# IN AN EVENT MEDICAL SERVICE WAS NOT AVAILABLE IN TIMELY MANNER THE OUTCOME WOULD HAVE BEEN LIFE THREATENING.

3. 55 year old female sadhviji encounters severe migraines, back pain and incontinence. Unable to discuss the problem to Shree Sangh and managing incontinence was a big challenge as is incurring nurse like care provided by the disciples. In medical realm the problem could have been easily rectified and managed in a manner where sadhviji could focus on diksha jivan without such severe blocks.

# SADHVIJI CARRIED FILES FROM DIFFERENT STATES AND DIFFERENT DOCTORS JUST IN THE HOPE THAT SOMEONE COULD HELP HER WITH LONG TERM RESOLUTION.

- 4. 40 yr old sadhviji provided a hand written note of her problems read by our shaata founder with the need to help her with voice box and stutter issues. Sadhviji would practice maun for days to soothen the pain from talking or swallowing and to date has not found any solutions. They have visited several states and few doctors with different regimens but no solution to exact problem with one long term managed solution followed by a specialty provider.
- 5. 50-year-old sadhviji when I went for guruvandan were found in extreme back pain, bearing a smile on face and still dedicated in swadhyay. She used a very normal grocery plastic bag with hot water to relive the pain and improvised selfcare with possible available medical equipment. Upon further physical evaluation of the back I was shocked to find the amount of muscle mass loss as if a hard brick was cemented in the lower back. Sadhviji underwent surgery for both back and KNEES BUT TIMELY GUIDANCE OF OSTEOPOROSIS AND GOCHRI GRAHAN WOULD HAVE PROLONGED THE AILMENT.

#### MANY SUCH AILMENTS GO UNNOTICED, UNMONITORED AND UNCARED FOR-TOGETHER LET'S STRIVE TO PROVIDE EVIDENCE BASED MEDICINE AND SHAATA TO OUR SHRAMAN ANGAAR.

# About Us:

SHAATA registered as a Public Limited Company under section 8 of the Companies Act, 1956. Broad-based Constitution ensures participation of all shri JAIN Sangh as a caregiver to JAIN shramans in alliance with healthcare professionals worldwide.

### Vision Mission:

Shaata strives to be a trusted platform incorporating JAIN VALUES for SHRAMANS to support medical needs and consultations, considering lifestyle restrictions and minimalism in pursuing healthcare needs while being balanced in attributing longevity to Shraman health. We envision a long-term platform for Jain Sangh to serve all vaiyavacch needs with accessibility across the world.

Spiritual intelligence is the need of upcoming generations and preserving the shraman health is a way to tie up the modern gadget bound generation to a gadget free world of shramans.

# **Objectives:**

- SHAATA is a telemedicine platform to serve healthcare needs and proactive disease state management for Jain Sadhu Sadhvi and tailors to all the VAIYAVACCH needs in ordinance with Jain faith.
- We strive to provide real-time care for acute ailments and provide free service MD consults, lab testing, pharmacy services and emergency health via 108 services.
- We cater to ayurvedic consultations, medication supplies, and support with durable medical equipment to our shramans.
- We provide a platform for eHealth records for the Jain shraman Sangh and increase the interoperability amongst health professionals.
- Shaata is an avenue to bridge the care Gaps.

As SHAATA SHRAVAK you will have access to Shaata app with a preferred caregiver login and first hand opportunity to be on the frontlines as shraman vaiyavacch sevak.

### WHY SHAATA SHRAVAK?

- A way to give back to the community.
- A way to find support for all dikshit sadhu- sadhviji in your family.
- A way to have a healthcare system, SOS system in crucial times at fingertips to be able to provide needed support to our shramans.
- As SHAATA SHRAVAK you will have access to Shaata app with a preferred caregiver login and first hand opportunity to be on the frontlines as shraman vaiyavacch sevak.