



8.1.3. Promotion of Seasonal Panchakarma Protocoi

As considering public health values & health awareness department of Panchakarma promotes seasonal panchakarma and life style modification.

The department aims to galvanize total public health as well as eradication of disease. As per an objective of department, department is practicing life style modification & seasonal Panchakarma. From the establishment of department, have designed there step protocol to perform panchakarma for health awareness and life style modification. Department has yearly assigned vasantik vama shibir in vasant rutu & basti panchakarma shibir in varsha rutu. Department also have organized health awareness camps in educational institute.

The first step of protocol is:

- Planning panchakarma.
- Publicity through rural and urban areas through handbills & posters, newspapers and through articles.

The second step of protocol is:

- Inauguration of camp with the help of competent authority of institution & guest.
- To do health check-up throughout the day with prior registration.
- To perform the karma on the planned day.

The third step of protocoi is:

- To give the institution regarding dietary regimen.
- To follow pathya and apathya.
- To publish the program through the newspaper.

In winter season, the department of panchkarma is doing all allied panchakarma like massage, steam bath (snehan/swedan), each & every year. As per life modification plans, we are also doing murdhni tailam, pizichil, udvartanam, different pinda swedan, talpodichil, padabhyanga, netra tarpanam.

The department have organized public health awareness camps for young age group, middle age group & senile.

The department has organized guest lectures for awareness of specific diseases like asthma day, Alzheimer day & for addiction withdrawal.



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DEPT- KAUMARBHRITYA

PROTOCOL- SUVARNA BINDU PRASHAN

1. The child is received at Kaumarbhritya OPD after the temp. & saturation (O2) checked at hospital entrance
2. Then child is registered in the Suvarna bindu prashan camp register at the OPD of Kaumarbhitya with his basic information.
3. The weight of every child is also noted. The SR provides the suvarnaprashan to child.
4. The dose of the Suvarna bindu prashan is given according to the children age.
The provider of the Suvarna bindu prashan washes the hands, shakes the suvarnaprashan bottle & instills the desired dose of suvarnaprashan in the child mouth.
5. The child is then monitored for half an hour. During this period the child is not allowed to eat or drink anything.
6. During monitoring if any symptoms arise it is treated symptomatically.
7. The parents of the children are provided with schedule card for the Suvarna bindu prashan & the feedback form is also filled by them about the procedure.

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