



CSMSS
Ayurved Mahavidyalaya & Rughnalaya
Kanchanwadi, Aurangabad




Activities towards improvement of clinical documentation

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New initiatives in administering Panchakarma procedures

- 1) **Abhyanga:** - An individually prepared herbal – oil massage designed to deeply penetrate the skin relax the mind- body, stimulates arterial and Lymphatic circulation. It enhance the peristaltic movement of stomach and intestine so hunger of baby increase and baby needs more food so weight increased in LBW baby. Most useful Abhyanga by Coconut- oil.
- 2) **Pinda Swedana:** - A deep cleansing treatment using rice cooked in milk and herbs that is massage into joints and tissues which is very useful in neuromuscular weakness.
- 3) **Swedana:**- An herbalized steam bath, during head and heart are kept cool while the body is heated to remove mental, emotional and physical toxins lodged deeply in the tissues it will help to baby circulation.
- 4) **Shirodhara:**- A warm, gentle and methodic pouring of herbalized oil over the forehead synchronizing brain waves profoundly coordinating and calming the mind, body and spirit. In children who suffer from ADHD, Migraine and Half headache are having excellent result of Shirodhara. Now day's mechanical system amiable for fix drop rate of Shoridhara.
- 5) **Vamana:** - Vamana eliminate the Khapa causing the excess mucus. In children mrudu Vamana can be done with Milk, Juice of sugarcane and adding drugs in Milk which is helpful for Bronchial Asthma and Respiratory infection. Vagbhata explain the Garbodhkalin Vamana in Birth asphyxia.
- 6) **Virechana:** - Virechana eliminate the Pitta from GIT. In children due to Sukumar we can use in adolescent child for Tamak Shawas with Mrudu Drugs.
- 7) **Basti:** - Charka explains Bast is total Chikitsa. In children we can use latex catheter which is more soft and easily going to anus. We can use only Asthanapan Basti.
In children we can use UttarBasti for urine retention with Tail.
- 8) **Nasya:** - Nasya is a detoxifying therapy for respiratory tracts. In children we can use Prtimarshya Nasya and in Cerebral Palsy patient.
- 9) **Ratamokshana:** - Withdraw of blood from body is a totally contraindicated in children so this Karma will not do in children.


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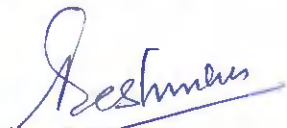
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List of instrnments of Panchakarma

Sr. No	ITEM	Available unit
1.	Dharapathi with Stand - single joint & brass work, length 275 cm [9feet], width 76 cm [2½ feet], thickness 10 cm [4 inch], wood - Neem	11
2.	Steam Bath Chamber ,Sitting type – Fibre, with height adjustable Stool [pressure gauge, temperature gauge, valve with tubal	10
3.	Shirodhara stand – Ordinary , wood - Anjili	12
4.	Sirodhara Vessel – Wood	2
5.	Sirodhara Vessel – Fibre	6
6.	Sirodhara Vessel - Mud	4
7.	Sirovasthi Cap – Rexine	4
8.	Vasthi Nethram – Bronze	2
9.	Mathra Vasthi nethram – steel	2
10.	Awagaha Tub – Fibre & Plastic	6
11.	Vamanpeedh – steel	1
12.	Gokarnam [Big size] - Bronze	1
13.	Idol – Dhanwanthari [Wooden]	1
14.	Mortar and pistle [Big size]	2
15.	Bronze - lamp	2
16.	Bronze – kindi (Aluminium)	2
17.	Transfer vessel	4
18.	Awagaha Tub Stand	1
19.	Vasthi Nethram – Disposable	50
20.	MathraVasthi Yantram [Disposable]	20
21.	Mathra vasthi netram [Disposable]	100
22.	Dhoomapana Yantra	2
23.	Basti putaka	50




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Pindswed

Locomotion is a main objectives of human being. In many cases of CP,MR, GDD and traumatic Injury the movement of body parts are hampered in this case muscle power decreased.

Pindswed is a upkalpana of Panchkarma, Pindswes is easy process for increased muscle tone and muscle power so children can able to movement rather than they today.

Pindswed Contains

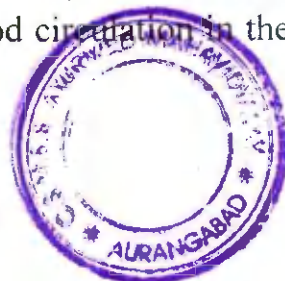
- 1) Ashwangandha
- 2) Shatawari
- 3) Bala
- 4) Atibala
- 5) Steam Rice
- 6) Milk

Process: Shashtika Shali (Special Variety of Rice), Cow Milk, picece of white cloth necessary items for cooking of Kwath. 'Bala Moola is chosen for preparation of Kwath, Cow milk id added along with Shashtika Shali rice and prepared. The other half part of Kwatha is mixed and used as Moola Kwatha during procedure.

Method od Administration: Taila for about 15 Min. are taken and dipped in the mixture of Bala Moola Kwath and Cow milk which is simultaneously boiled. This Pottali is rubbed and equeezed midly on the patient. After the procedure is completed the Shashtika is crapped from the body and Taila applied over the body with mild massge.

Uses:

- 1) Increased circulation by stimulating, reduce swelling and water retention, relives joint and muscular pain.
- 2) Enhances flexibility and movements of joint.
- 3) Improves blood circulation in the kin and improves it's colour and complexion.



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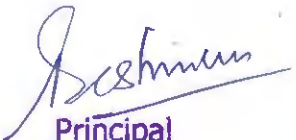


- 4) Nutrition to tissues.
- 5) Prevanation of Degenration of tissues.
- 6) Reducing the Spasticity, joint deformities and prevent contractures.

Duration: Each session of thi treatment take about 40 to 50 Min.
and duration strats from 1 day to 7 days also increased upto 21
days.

In CSMSS Ayurved Mahavidyalaya, Aurangabad, Number of
patient treated with this Pindswed and data recorded:




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PRINCIPAL

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugulaya,
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