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# आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

## AYURVED MAHAVIDYALAYA & RUGNALAYA

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### SOPs of Panchakarma:

Different types of treatment modalities with respect to Panchakarma:

### SNEHANA KARMA

#### Purvakarma

- Bahya abhyanantara vichara
- Snehya asnehya vichara
- Snehya prakara
- Atur pariksha
- Snehana kalavadhi evum matra
- Snehapurvak bhijanadi vyavastha
- Snehanaartha dravya sangraha

#### Pradhan karma

- Snehaprashan
- Sneha ajirna lakshana evum parikshana
- Snigdha- asnigdha parikshan
- Snehavyapad observation & treatment

#### Paschat karma

- Ushnodaka pana
- Pariharya kaal
- Bramhacharya etc palana
- Proper diet plan

### SWEDANA KARMA

#### Purva karma:

- Atur yogyata(Swedana arha)
- Atur parikshana
- Dravya sangraha
- Kaala vichar

#### Pradhan karma

- Atur parikshana
- Yogy swedana karma vinirnaya



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Chhatrapati Shahu Maharaj Shikshan Sanstha's  
Ayurved Mahavidyalaya & Rugnalaya,  
Kanchanwadi, Chhatrapati Sambhajinagar.

Address : Kanchanwadi, Palthan Road, Chhatrapati Sambhajinagar- 431 011. (M.S.) कांचनवाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१०११ (महाराष्ट्र)

Tel.: (0240) 2379248, 2646464, 2379035 Fax : (0240) 2646222.

Email : principal@csmsayurved.com, principalcsmsayu@gmail.com, Website : www.csmsayurved.com



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- Swedana karma
- Upadrava nirikshana & kartavya

### Paschat karma

- Swedanottar vishrama
- Upadrava chikitsa
- Aahar
- Pariharya vishaya

The vamana , virechana, vasthi, nasya are done in patients according to the guidelines by Ayurved Shastras in Three Steps :-

1. Purva karma
2. Pradhan karma
3. Paschat karma.

Nasya is practised when the child has completed seven years, vamana ,and virechana is practised when the child has completed ten years, and so on. Vasthi is practised in one year child also .

All systemic illnesses are been treated in our institute considering the condition of the patient.

### 1) Vamana:-

#### a) Purva karma-

- Sambar sangraha
- Atur pariksha
- Dravya and Dose for vamana as Vamak-and Vamanopaga
- Previous Night Diet
- Snehana & Swedana
- Mansopchara

#### b) Pradhana karma-

- Yog sewana
- Atur paricharya & observation
- Vega vinirnaya & plan
- Symptomwise observation & efforts
- Vyapada Chikitsa



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### c) Paschat karma-

- Atur pariharya Vishay
- Dhumpana
- Samsarjana karma
- Santarpana
- Other shodhana.

### 2) Virechana:-

#### a) Purva karma-

- Sambar sangraha
- Atur pariksha
- Dravya and Dose for virechana as Virechak and Virechanopaga
- Previous Night Diet
- Snehana & Swedana
- Mansopchara

#### b) Pradhana karma-

- Yog sewana
- Atur paricharya & observation
- Vega vinimaya & plan
- Symptomwise observation & efforts
- Vyapada Chikitsa

#### c) Paschat karma-

- Atur pariharya Vishay
- Samsarjana karma
- Santarpana
- Other shodhana

### 3) Basti:-

#### a) Purva karma-

- Sambar sangraha
- Atur pariksha & basti yogya
- Dravya and Dose for basti
- Previous Night Diet



*Kanchanwadi*  
Principal

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Ayurved Mahavidyalaya & Rugnalaya,

Kanchanwadi, Chhatrapati Sambhajinagar.

Address : Kanchanwadi, Palthan Road, Chhatrapati Sambhajinagar- 431 011. (M.S.) कांचनवाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम.एस.)

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- Anuvasan / Asthapana yogya
- Snehana & Swedana
- Mansopchara

### b) Pradhana karma-

- Basti pradana
- Atur paricharya & observation
- Vega vinirnaya & plan
- Symptomwise observation & efforts
- Basti Vyapada Chikitsa

### c) Paschat karma-

- Atur pariharya Vishay
- Basti pratyagam nirikshana
- Samsarjana karma
- Santarpana
- Other shodhana

### 4) Nasya :-

#### a) Purva karma-

- Sambar sangraha
- Atur pariksha: Age & Kaala vichara
- Dravya and Dose for Nasya
- Previous Night Diet
- Snehana & Swedana
- Mansopchara

#### b) Pradhana karma-

- Atur sidhhata & asana
- Atur paricharya & observation
- Symptomwise observation & efforts
- Vyapada Chikitsa

#### c) Paschat karma-

- Atur pariharya Vishay
- Samsarjana karma



*Jeshmeen*  
Principal

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Ayurved Mahavidyalaya & Rugnalaya,

Address : Kanchanwadi, Palthan Road, Chhatrapati Sambhajinagar- 431 011. (M.S.) कांचनवाडी, पैठण रोड, छत्रपती शाहू महाराज शिक्षण संस्था, सांबाजीनगर, ४३१०११ (महाराष्ट्र)

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- Other shodhana.

### 5) Raktamokshana:-

#### a) Purva karma:

- Yoga atur vichara
- Upakaran siddhata
- Atur siddhata

#### b) Pradhana karma:

- Prayog /Vyadhana karma
- Nirikshana evum upchara

#### c) Paschat karma :-

- Vrana karmopchar
- Upadrav chikitsa
- Pariharya Vishay
- Shaman aushadhi chikitsa
- Other Panchakarma plan



Principal

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### SOP's of Development, Implementation, Monitoring & Revision of SOP's

Frequently carried out Pediatric Panchakarma & Poorvakarma-

#### 1. SOP's of Development for Matra Basti-

SOP's of development are based on 3 steps-

##### a. Poorvakarma/ Preprocedural instructions to therapist & Patient-

The therapist should be well trained in administering Basti to children. He should be able to handle the resistant child with tender care.

The patient should have sufficient meal before procedure. He should be first given massage all over body or locally at abdomen with prescribed medicated oil. It should be followed by Petisweda or Nadisweda all over body or locally at abdomen.

Then patient should be given left lateral position on the table & the right knee is flexed on abdomen & left hand flexed below temporal region of the head.

##### b. Pradhana karma/ post procedural instructions to therapist & Patient-

The therapist should be ready with pre filled syringe with prescribed lukewarm medicated oil in prescribed dose, the rubber catheter of suitable gauge number according to age of patient should be fixed over the tip of syringe. The air bubbles from catheter & syringe should be removed. Therapist should wear gloves.

Then anal opening of patient is anointed with oil. He then asked to take deep breaths & warned about the insertion of catheter. After 3/4<sup>th</sup> insertion of length of catheter in anal canal without any resistance, the oil in the syringe should be pushed in. The force of this push should not be too slow or too fast.

##### c. Pashchat karma/ post procedural instructions to Therapist & Patient-

After complete administration of oil in anal canal, the catheter is removed from it & the buttocks are given small slaps in order to help the administered oil reach deep in the gut. Then the patient is advised to turn into supine position & take rest for 10-20 minutes. Afterward the patient should avoid contact of cold, breeze & water. The procedure may be repeated for 5, 7, 10.....21 days as per prescription be doctor.



*Reshman*

Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's  
Ayurved Mahavidyalaya & Rugnalaya,  
Kanchanwadi, Chhatrapati Sambhajnagar.

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### SOP's of implementation-

Charts & pamphlets will be printed for patients to get thoroughly knowledge about procedure & pre-procedural & post procedural instructions.

### SOP's of Monitoring -

Feedback form will be filled by the patient after completion of the course.

And feedback form for doctors after completion of course regarding its efficacy will be filled up.



*Reshmanus*

Principal  
Chhatrapati Shahu Maharaj Shikshan Sanstha's  
Ayurved Mahavidyalaya & Rugnalaya,  
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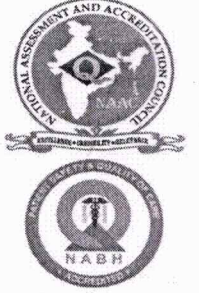
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### 2. SOP's of Development for Nasya-

SOP's of development are based on 3 steps-

#### a. Poorvakarma/ Preprocedural instructions to therapist & Patient-

Pediatric patients up to 7 years of age are advised Pratimarsha nasya, hence they can take meal before the procedure. After 7 years of age, the patients can be advised Marsha nasya, so before procedure such patients should avoid meal. Afterwards patient should lie in supine position. Suitable oil massage done at face (covering all paranasal sinuses), forehead, ears, neck & shoulders which is then followed by fomentation with hot towel or with local Nadi sweda.

#### b. Pradhana karma/ post procedural instructions to therapist & Patient-

The room for Nasya procedure should be devoid of high breeze. Patient's neck should be slightly extended. Prescribed dose of lukewarm medicated oil should be taken into dropper. The tip of nose should be slightly raised with the middle finger & oil is poured in each nostril. Index & ring fingers are used to close the nostrils alternatively. Patient is asked to inhale the medicine slowly. The sole, shoulder, neck, ear; palms of patient should be gently massaged afterwards.

#### c. Paschat karma/ post procedural instructions to Therapist & Patient-

Patient is asked to sputum which came in mouth. Kaval or Gandush or Dhupan should be done depending upon age & condition of patient.

#### SOP's of implementation-

Charts & pamphlets will be printed for patients to get thoroughly knowledge about procedure & preprocedural & post procedural instructions.

#### SOP's of Monitoring -

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*[Signature]*

Principal

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### 3. SOP's of Development for Shirodhara-

SOP's of development are based on 3 steps-

#### a. Poorvakarma/ Preprocedural instructions to therapist & Patient-

The room for conduction of Shirodhara should be well equipped with Dhara patra, Drava (oil or kwatha) & Shirodhara table. The therapist should be alert, well trained, able to handle any crisis. Patient should lay down in supine position on the Shirodhara table with calm mind. The vaidya should counsel the patient & its guardian regarding the nature of the shirodhara. Patient's eyes should be closed with the cotton pad.

#### b. Pradhana karma/ post procedural instructions to therapist & Patient-

Patient should not move during the procedure. Dhara patra should be retained above the centre of the head of the patient. Dhara should be initially started at centre of the head for 5 mins. Later, the dhara should be oscillated from centre to lateral side of the head. Height of dhara patra should be 4 Angula from the head. Temperature of the drava should be maintained throughout the procedure. Continuous flow is maintained. It should be done for 35 mins. At the end of the procedure, again dhara should be poured at the center of the head for 5 mins.

#### c. Pashchat karma/ post procedural instructions to therapist & Patient-

Thorough head wash with lukewarm water. Removal of cotton pads from eyes & wiping them with clean cloth. Take head bath with lukewarm water. Avoid exposure to cold, dust & wind.

### SOP's of implementation-

Charts & pamphlets will be printed for patients to get thoroughly knowledge about procedure & preprocedural & post procedural instructions.

### SOP's of Monitoring -

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*Jeeshmun*

Principal

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### 4. SOP's of Development for Shashti Shali Pinda Sweda-

SOP's of development are based on 3 steps-

#### a. Poorvakarma/ Preprocedural instructions to therapist & Patient-

Two therapists should be ready with all the equipments required for Shashti shali pinda pottalis in cloths. One therapist should perform the procedure while other therapist should transfer the pottali from patient's body to the balamoola kwatha to warm it. The patient should be seated with leg extended over the table & Padabhyanga (sole massage) should be done with suitable oil. Then whole body massage should be done with prescribed oil for 10 mins. One pottali should be kept in balamoola kwatha vessel on stove & other should be used for the procedure.

#### b. Pradhana karma/ post procedural instructions to therapist & Patient-

One warm pottali should be gently applied over the body of the patient. & it should be followed by a gentle massage with other hand. The heat of the bolus or pottali should be bearable to patient by touching it over the dorsum of the hand of the therapist. The temperature of the pottali should be maintained throughout the procedure by another therapist by alternately dipping it in the balamoola kwatha vessel. The process should be continued till patient gets samyak swinna lakshana or until the contents of pottali exhausted. The whole position is done in 7 positions. It takes approximate 45 mins to 1 hr. to complete. Preferable time is between 7 – 11 am & 4- 6 pm.

#### c. Pashchat karma/ post procedural instructions to Therapist & Patient-

The medicine remained over body should be wiped out by clean cloth or towels. It should be followed by abhyang of medicated oil. Rasnadi choorna applied over the head. The patient is asked to take complete rest after procedure & he is advised to take laghu ahara. Patient should avoid contact with cold breeze, water.

### SOP's of implementation-

Charts & pamphlets will be printed for patients to get thoroughly knowledge about procedure & preprocedural & post procedural instructions.

### SOP's of Monitoring -

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*Jeshman*  
Principal  
Chhatrapati Shahu Maharaj Shikshan Sanstha's  
Ayurved Mahavidyalaya & Rugnalaya,  
Kanchanwadi, Chhatrapati Sambhajinagar.

Address : Kanchanwadi, Paithan Road, Chhatrapati Sambhajinagar- 431 001 (M.S.) कान्चनवाडी, पाठान रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम.एस.)

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