



Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 3401

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छत्रपती शाहू महाराज शिक्षण संस्था संचलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



Protocol of Panchakarma:

Different types of treatment modalities with respect to Seasonal Panchakarma:

SNEHANA KARMA

Purvakarma

- Bahya abhyanatara vichara
- Snehya asnehya vichara
- Snehya prakara
- Atur pariksha
- Snehana kalavadhi evum matra
- Snehapurvak bhijanadi vyavastha
- Snehanartha 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
- Yogya swedana karma vinirnaya
- Swedana karma



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- 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 shastra.as 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

c) Paschat karma-

- Atur pariharya Vishay
- Dhumpana



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- 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 vinirnaya & 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
- Anuvasan / Asthapanana yogya
- Snehana & Swedana
- Mansopchara

b) Pradhana karma-

- Basti pradana
- Atur paricharya & observation
- Vega vinirnaya & plan



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- 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 sidhata & asana
 - Atur paricharya & observation
 - Symptomwise observation & efforts
 - Vyapada Chikitsa
- c) Paschat karma-
- Atur pariharya Vishay
 - Samsarjana karma
 - Other shodhana.

5) Raktamokshana:-

- a) Purva karma:
- Yogya atur vichara
 - Upakaran siddhata
 - Atur siddhata
- b) Pradhana karma:
- Prayog /Vyadhana karma



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- Nirikshana evum upchara

c) Paschat karma :-

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

Protocols for Diet Regime For Panchakarma (Paschat karma)–

Lifestyle modification involves healthy eating, physical-mental soundness and altering long-term habits. Examples of Lifestyle modification are numerous and include, apart from what we eat and drink, physical activity, weight reduction, smoking, and stress.

Thus keeping these effects in due diligence, each and every patients prior to undergoing Panchakarma are advised with Dietary & Lifestyle modifications (Pathya & Apathya) necessary to be carried out during the procedure as well as after the procedure.

Various Protocol as per the requirement of the patient in pertinence to his health are provided viz.

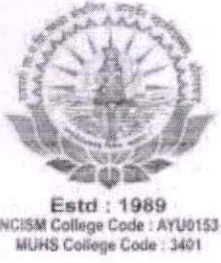
- Samsarjana krama(Diet Regime)
- Vihar (Lifestyle Regime (Daily Chores)
- Psychological Management.

Generally patients have understanding that during panchakarma there are some do and donts regimen to be followed. To every patients availing panchakarma ,proper guidance about ahara and vihara with respect to disease and in general are given. A pathya chart are provided to the patients. The interested patients are also guided to take knowledge of yoga and pranayama from the swasthavrutta department experts.



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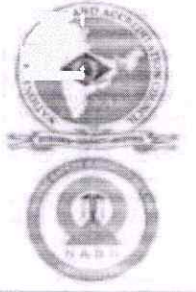
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SOP - SUVARNA BINDU PRASHAN

1. The child is received at Kaumarbhritya OPD.
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 senior resident 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 parent about the Suvarnaprashan.



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