



Chhatrapati Shahu Maharaj Shikshan Sanstha's

Ayurved Mahavidyalaya & Rughnalaya

Department of Panchkarma



Kanchanwadi, Paithan Road, Chhatrapati Sambhajinagar

Maharashtra-4311011



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CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

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SOP's OF PANCHKARMA DEPARTMENT

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STANDARD OPERATING PROCEDURES OF PANCHAKARMA:

1.SOP's of SHODHANARTHA ACCHAPANANA

Acchapana is the consumption of medicated or non-medicated sneha (ghee or oil) in specific quantities for a short time, without food except for certain additives (prakshepadravayas). It can be for shamana or shodhana purposes. Sneha is taken early morning, and once it's digested, a liquid-based diet is given.

Materials required:

- | | |
|----------------------------------|----------------|
| 1. Sneha-Q.S. | 6. Cloth-1 |
| 2. Measuring jar-1 | 7. Lemon-1 |
| 3. Water boiled with Shunti-Q.S. | 8. Cotton-Q.S. |
| 4. Glass-1 | 9. Gauze-1 |

Pre- Procedure for Acchapana (Sneha Intake)

Examination: Atura pareeksha (patient assessment), Agni & Matra pareeksha (digestive and metabolic assessment), and Vyadhi-Bala pareeksha (disease strength) must be completed.

Preparation: Rookshana (drying therapy) with takrapana, udwartana, and deepana-pachana drugs.

Test Dose: A small quantity (20-50 ml) of sneha is given for agni, koshta, and allergy testing.

Pre-Snehapana: On the prior day, light food (vilepi) is given, avoiding excess oily and heavy food. The patient should have good sleep, and digestion is evaluated the next morning based on laghutwa, udgarashuddhi, vegotsarga etc.

Pre-Sneha Investigations:

Blood: RE, LFT, sugar levels, RFT, lipid profiles.

Urine & Stool: Routine examination (RE).

Procedure:

Sneha Dosage: Determined by age, health, prakriti, vikriti, dosha, and agnibala. Generally, 30-50 ml for grita, 20-40 ml for taila, on the first day. Adjust the next day's dose based on digestion time. For vasa & majja maximum 50 ml can be given.



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Administration: Sneha is given within half an hour of sunrise, on an empty stomach, in a seated position. Warm water (Shunti jala) is given afterward, followed by hot water for washing the face and mouth. Same procedure is followed in the following days.

Duration: Snehapana continues until signs of samyak snigdha lakshanas appear, like vatanulomana, agnideepti, soft unformed stool, snehodvega, and body softness, usually 3-7 days. If not seen by day 7, stop and restart after 1-3 days of rookshana. For shamana, continue until symptoms subside.

Post procedure: During snehapana, the patient should rest but avoid daytime sleep. Lemon can be used to prevent nausea. Once sneha is fully digested and appetite returns, warm vilepi is given.

Precautions:

A strict regime must be followed, with only hot, fat-free liquid diets and no variety of recipes. Snehapana should be administered in moderate weather, avoiding extreme heat, cold, or cloudy skies.



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2. SOP's of VAMANA

Vamana is the therapeutic procedure where forceful expulsion of vitiated doshas occurs through mouth following administration of Vamanoushadhi.

Materials required:-

1. Large Basin -1
2. Medium sized vessel – 2
3. Steel glass (capacity-250ml)-2
4. Table spoon -2
5. Khalwa yantra -1
7. Chair with arm rest -1
8. Cotton cloth- 2
9. Hot water bath vessel -1
10. Stove-1
6. Stool-1

Pre- procedure:-

1. Preparation of the patient:-

The patient should be made samyaka snigdha by proper snehapana. On attaining samyak snigdha lakshanas, abhyanga and ushmasweda are done on next day. On the second day abhyanga and ushmasweda.,kaphothkleshakara aharas are given in the evening just before the vamana day. Counselling to the patient is done.

2. Preparation of medicine:-

- Vamanadravya: 1. Madanaphalachoorna-3 to 5 gms
- 2. Vachachoorna-2-3 gms
- 3. Yashtimadhu choornam-7.5 gm
- 4. Honey-QS
- 5. Saindhava-10 gm
- Milk/Yashtimadhu phanta - 7 to 8 litres
- Hot water-QS
- Karpooradi or Haridradi varthi- 1
- Oil- QS



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Procedure

The patient is first anointed with oil and given svedana, early morning. Seated facing a basin (Vaman Peeth), the patient drinks glasses of milk or yashtimadhu phant till akanthapan to ease vomiting and prevent complications. The vamana medicine (Lehyam) is then administered. Vomiting should begin within 48 minutes, and signs like sweating, horripilations, distention, and salivation are observed. The patient leans forward to vomit, while another person supports the two flanks and forehead, and the umbilical region is pressed and back is massaged in upward direction. Dravadravyas are given if needed again. If vomiting is difficult, the throat is tickled gently. Vamana continues until samyak lakshanas like pittanta or body lightness are achieved.

Post procedure:

The patient should be asked to wash his face with luke warm water followed by Dhoomapana with karpooradi or haridradi varti. Then either in same evening or next day morning after being hungry and taking bath with warm water patient adheres to samsarjana krama.



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3. SOP's of VIRECHANA

Virechana expels aggravated doshas through the rectum using suitable oral medicines in forms like choorna, kwatha, sneha, or lehya, based on the patient's condition.

Materials required

- Virechana oushadha-**
- Choorna and lehyam** – 10 to 40 gms
 - Kashaya-** 20 ml to 100 ml
 - Taila-** 25 ml – 50 ml

- Luke warm water

Pre- procedures for Virechana

This include proper internal snehapan and external snehana, along with swedana, usually through abhyanga and ushma sveda for three days. A diet of drava ushna dhanwokta rasa should be followed, and the asta mahavarjyakar bhavas must be avoided. On the day of Virechana, ensure the patient has had proper sleep, digestion of the previous day's food and elimination of natural urges before administering the medicine.

Time of administration: After sleshma kala, i.e. three and half hours after sun rise.

Procedure for virechana:

The Virechana medicine is given on an empty stomach, with proper anupanas like warm water, honey, milk, or herbal decoctions (e.g., triphala kashaya, patoladi kashaya) are used. The patient is advised to wash the face with cold water, rinse the mouth with lukewarm water, and smell substances like lemon or cardamom to prevent nausea.

Afterward, the patient rests in bed, awaiting the urge to defecate without forcing or holding it. Warm water is used for all purposes, and small sips of warm water are taken to quench thirst until vegas (bowel movements) occur. Each vega should be monitored and reported to the physician, who records vital signs regularly. The patient may rest but should avoid sleeping during the process.



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Post- procedures for Virechana:

Samsarjana Krama, is followed in 3/2/1 annakala, progressing from light (laghu drava ahara) to heavy (guru ahara) foods, based on individual tolerance (satmya), disease (vyadhi), purification (shuddhi), and digestive power, depending on digestive strength (agnibala).



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4. SOP's of NIROOHA VASTHI

A procedure where medicated combinations in liquid form are administered rectally for local and systemic effects. Depending on the dose and nature of ingredients, Nirooha is of several types like Ksheeravasthi. Yapana, Vaitharanavasthi etc

Materials required:-

1. Mortar and pestle
2. Vasthinethra
3. Good quality fine sieve
4. Measuring apparatus
5. Cotton thread-1/2 meter
6. Oil for Abhyanga
7. Medicaments as per prescription in the required quantity
8. Polythene cover of at least 1&1/2-liter capacity/ Traditional Vasthi putaka
9. Hot water
10. Utensils
- 11 Cotton towel
12. Cotton
13. Sterile glove.
14. Churner

Preparation of Nirooha (Rectal Enema):

Saindhava (rock salt) is powdered in a Khalwa Yantra, mixed with Madhu (honey) to create a homogenous mixture. Tailam (oil) is added gradually, stirring continuously. Kalka (fine paste of drugs) and Kwatha (decoction) are added incrementally, grinding thoroughly. Avapa (optional ingredient) is added last, followed by filtering and warming. The mixture is churned, then transferred to a plastic cover (vasti putaka) attached to a bronze or plastic vasti netra, sealed with a cotton varti, and warmed to a comfortable temperature (Sukhoshna) for administration.

Time of administration (Madhyahne kinchidavarthe, Nathibubhukshitha)

This time varies depending on desha and kala and is generally in between 10-11am.

Pre procedure of Nirooha

The procedure is usually done in empty stomach. Those who are sukumara and ksheena are asked to take very light food in early morning. Sarvanga abhyanga and sveda should be done before the procedure.



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Pradhanakarma:

Position of the patient

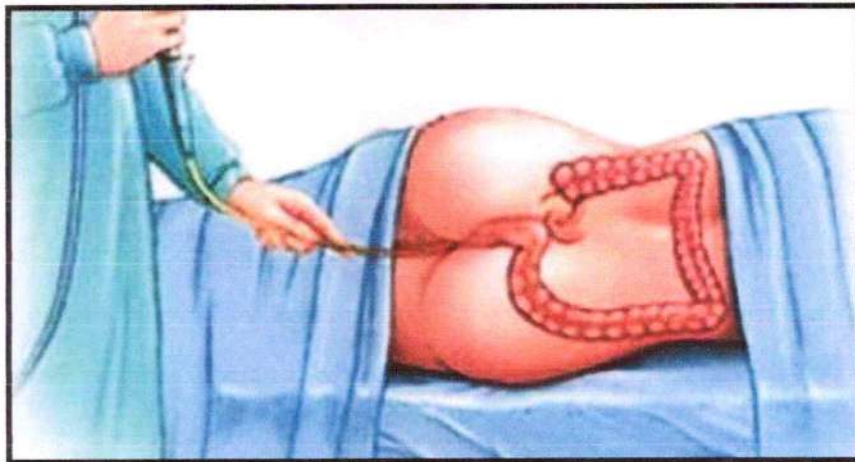
1. Patient is asked to lie on a cot of knee-height, in left lateral position.
2. His left lower limb extended and right lower limb flexed at knee and hip.
3. His left upper limb is kept folded under his head.

Procedure:

A small amount of ghee or medicated oil is applied to the tip of the vastinetra and the patient's anus for lubrication. After donning gloves, a rectal exam is performed to check for obstructions. Holding the vastinetra in the left hand and the putaka in the right, the plug is removed, air is expelled, and the tip is closed with the left index finger. The vastinetra is gently inserted into the anus while the putaka is pressed to release the vasthidravaya into the rectum. The patient is asked to count to 30 and breathe deeply. Vastinetra is withdrawn, leaving a small amount of medicine in the putaka to prevent air entry. If the patient feels the urge to defecate, the vastinetra is removed, and the remaining medicine is given later.

Post procedure:

The patient lies in a supine position until the urge to defecation arises, then clears the bowels as needed and bathes in lukewarm water. A diet appropriate for their dosha, such as rice with mudgayoosha or mamsarasa, is given. Vital signs, retention time, evacuations, and any discomfort are monitored. The patient is advised to rest, and a light meal is provided at night.



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5. SOP's of Anuvasana Vasthi /Matra Vasthi / Sneha Vasthi

In this procedure kevala sneha is used and also it is used as supportive treatment for asthapanana in protocols like yoga, kala, karma vasthi.

Materials required:

1. Plastic polythene cover/ traditional putaka with vasthinetra
2. Gloves
3. Vessels
4. Taila/ghrita (Madhyam paka) – As per required based on dosha avastha.
5. Hot water for warming the sneha.

Pre procedure-

Food is given just before Anuvasana/ Sneha vasthi as prescribed by the physician.

Procedure-

After eating, the patient should walk briefly, then lie on their left side with the right leg flexed and the left leg straight, using the left hand under the head. Warm sneha is prepared, and after wearing gloves, a rectal exam is done to check for obstructions. The vasthinetra is gently inserted into the anal canal, and the snehadravaya is pushed with steady, moderate force. A small amount is retained in the container, and the vasthinetra is slowly withdrawn.

Time of administration-

After having food.

Post procedure-

The patient should lie supine, with a mild abdominal massage given. Legs are bent at the knees, and heels are tapped against the buttocks, with a pillow placed under the thighs. The patient is advised to respond to urges, using only warm water. Until the sneha is expelled, usually within 1-5 hours along with feces, no food is allowed.



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6. SOP's of NASYA

This procedure involves instilling medicaments into the nasal cavity to treat doshas affecting the uttamanga. achieving various therapeutic effects.

Materials required:

1. Nasya oil-Q.S.
2. Oil for abyanga-Q.S.
3. Pillow, chair for dhoomanasya, table, cotton pad, gauze, lotus petals to protect eyes while swedana.
4. For swedana boiling water, towels or arrangement for nadi swedana (pressure cooker without weight, long heat resistant flexible pipe), appropriate swedana materials for tapasweda (cloth/towel/hotwaterbag}.
5. Gokarna
6. Warm water for kavala
7. Karpooradi or haridradi dhooma varti / Other suitable drugs can also be used according to the type of Nasya with paper cone.
8. Disposable sterile plastic container for spitting (preferably transparent)
9. Clean cotton towels, cotton, tissue paper etc for cleansing

Time of administration

According to dosha predominance

Kapha - morning

Pitta - afternoon

Vata -evening

In swasthas

Sheeta kala-afternoon

Sharat and vasantha - morning

Greeshma-evening

Varsha -cloudless day with sunshine

Age group eligible for nasya: 7-80 years

Dose determination of nasya

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When index finger is dipped upto two parwas (joints) in drava dravya and taken out the amount of dravya falling from it is considered as one bindu. Approximately one bindu is 0.5 ml.(for oil)
Sneha nasya 10/8/6 bindu respectively for uttama, madhyama and avara matra

Pre procedure-

The patient is advised to wash their face and mouth with lukewarm water. Shiroabhyanga is performed on the head, forehead, and neck, followed by nadisweda or tapasweda if needed. Abhyanga can also be done on the palms and soles. The eyes are covered with gauze after placing lotus petals and cotton. The patient lies supine with legs slightly elevated and head extended backward.

Procedure-

The medicine is mildly warmed in a water bath, and the prescribed dose is poured into one nostril using a gokarna while the other nostril is closed. Afterward, a gentle massage is applied to the hands, feet, neck, and shoulders. Mridu swedana, using hasthasweda or vasanasweda, can be done in these areas. The patient inhales the medicine with moderate force and spits it out.

Post procedure-

Dhoomapana is done with appropriate drugs based on the type of Nasya. Kavala with warm water is performed for kantha shudhi. The talam is wiped off, and the dry powder used for talam is gently rubbed on the anterior fontanelle.

Naatidrava annapana is indicated in nasya.



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RAKTAMOKSHAN

7. SOP's of SIRAVEDHA

Siravedha, a bloodletting therapy in Ayurveda, is performed using 18 needles and is mainly applied in **Pitta-dominant** conditions. It is effective in treating **Sarvanga Rakta Dushti**, a systemic vitiation of blood. By removing excess blood, Siravedha helps balance aggravated Pitta, reducing inflammation and detoxifying the body. This therapy is commonly used for managing Pitta-related disorders such as skin diseases and inflammation.

STANDARD OPERATING PROCEDURE:

MATERIALS REQUIRED:

- | | |
|-----------------------|--------------|
| • 18 number of needle | Kidney tray |
| • Cotton spirit swab | Bandage |
| • Tourniquet | Plain cotton |

Pre – Procedure:

Obtain Informed Consent: Explain the procedure, benefits, risks, and alternatives to the patient. Ensure they understand and willingly consent to the therapy.

Evaluate Patient Safety:

Check the patient's vital signs (pulse, blood pressure, etc.) Assess the dosha balance, especially for Pitta dominance, and confirm that Siravedha is appropriate. Rule out any contraindications, such as severe anemia, hypotension, pregnancy, or bleeding disorders.

Positioning: The patient should be asked to lie down comfortably, with the area to be treated exposed for easy access. Ensure that the environment is calm and sterile.

Procedure:

First identify a prominent vein suitable for the procedure. Apply a tourniquet tightly above the selected site to help visualize the vein better. Once the vein is prominent, clean the area thoroughly



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with a cotton spirit swab to ensure sterility. Using an 18-gauge needle, carefully puncture the vein and allow blood to flow. Monitor the patient's condition and continue the procedure until approximately 100 to 150 ml of blood is drawn, depending on the individual's health status.

Post procedure:

The patient should be advised to rest for 30 minutes. During this time, conduct a post-procedure evaluation, including checking vital signs and ensuring there are no signs of excessive bleeding or discomfort. All findings from the evaluation should be carefully documented in the patient's file for future reference and follow-up care.



Prakash

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8. SOP's of JALAUKA VACHARANA

DEFINITION

Jalaukavacharana is a therapeutic procedure in Ayurveda that involves the application of **nirvisha jalauka** (non-poisonous leeches) to draw out impure blood from the body. It is primarily used in **Pitta-dominant conditions**, where excess heat and inflammation need to be reduced. This treatment helps balance aggravated Pitta, alleviating symptoms such as skin disorders, inflammation, and other blood-related issues.

STANDARD OPERATING PROCEDURE:

MATERIALS REQUIRED:

- Jalauka
- Kidney tray bandage
- Vessel with full of water
- Cotton swab
- Turmeric powder

PREPARATION OF JALAUKA:

Before applying the jalauka, keep in water of turmeric powder for 5 minutes.

Pre- Procedure:

Before Jalaukavacharana, explain the procedure to the patient and get their consent. Check their vital signs and make sure there are no health issues that could cause problems. Have the patient sit comfortably and expose the area where the treatment will be done. Follow the safety checklist to ensure everything is ready.

Procedure:

To begin Jalaukavacharana, first identify the proper site for leech application. Clean the area with a water swab to ensure cleanliness. If the leech (jalauka) doesn't attach, apply a drop of milk / blood on the site to encourage it. Gently place the leech on the chosen spot.

Post procedure:

Dressing should be done with turmeric powder and close with bandage.

The patient should be advised to rest for 30 minutes.

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Standard Operating Procedures of Panchakarma

(Allied Karma's)

9. SOP's of ABHYANGA

DEFINITION

Abhyanga is an Ayurvedic Sneha application technique using gentle pressure in specific directions, either full-body or localized.

Materials required:

1. Oil/medicated oil:100-150 ml Vessel:200 ml capacity
2. Tissue paper/soft towel: Q.S.
3. Green gram powder/medicated snana choorna/medicated soap: Q.S.
4. Massuers: (Whole body-2, Ekanga-1, For children below 10-1)

Pre-procedure:

Oil in kharapaka or madhyamapaka should be selected according to climate, prakriti and disease condition of the patient. The oil is heated up to 38°C-44°C.

Procedure:

1. Patient seated on table with legs extended.
1. Apply warm oil to head, ears, palms, and soles.
2. Massage sequence: head, neck, back, shoulders, arms, hands, chest, abdomen, lower limbs.
3. Change positions: sitting, supine, lateral and prone.
4. Techniques: circular (joints, umbilical), linear (muscles), upward-downward (upper back).
5. Focus areas: vary by position.
6. Finish by wiping off excess oil.

Duration: Usually 45-60 minutes.

Post procedure:

1. Rest for 30 minutes in a comfortable position.
2. Bath in lukewarm water using medicated soap or snana choorna.
3. Apply choorna on head after bathing.
4. Eat light food when hungry, tailored to illness, digestion, and suitability.
5. If indicated, perform swedana (sweating therapy) immediately after abhyanga, before bathing.

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10. SOP's of JAMBEERA PINDA SWEDA

DEFINITION

Jambeera Pinda Sweda uses a bolus of Jambeera fruit pieces to treat Vata-Kapha predominant conditions, typically applied in cases of frozen shoulder, plantar fasciitis, and traumatic conditions, with sophahara, rooksha & teekshna properties.

Materials required:

Jambeera (chopped into pieces) -750 g	Rasnadi chooma-5 g
Saindhava powder -30 g	Suitable oil for abhyanga-100ml
Turmeric powder—60g	Oil for reheating the pottali- Q.S
Cotton cloth (45cm X 45cm)-4	Soft towels-2
Vessels for heating Suitable oil for talam-2	Masseurs-2
Threads- Q.S.	Attendant-1

Preparation of pottali:

Ingredients are fried in appropriate quantity of oil and are divided into four equal parts and pottalis are made accordingly.

Pre procedure:

The patient should be seated with leg extended over the droni and talam is applied with suitable oil/chooma.

Procedure:

Abhyanga should be performed with suitable medicated oil. Out of the four pottalis, the two pottalis should be heated up to 40°C-45°C by keeping on the hot pan containing suitable oil. This pottali should be applied to the patient as per the general procedure for about 30-45 minutes.

Post procedure:

After the procedure body should be wiped with clean towel, talam should be removed and Rasnadi choorna should be applied. The patient should be advised to take complete rest for half to one hour.

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11. SOP's of PATRA POTTALI SWEDA

DEFINITION

A form of ushma sweda using a pottali of medicinal leaves (patra), typically Vatakaphahara, to induce sweating.

Materials required:

- | | |
|--|---------------------------------------|
| 1. Leaves (chopped into pieces) - 1 kg | Grated coconut-100g |
| 2. Sliced lemon-2 | Cotton cloth (45 cm X 45cm): 4 pieces |
| 3. Rasnadi choorna-5g | Towels-2 & Tags-4 |
| 4. Saindhava-5-10 gms | Masseurs-2 & Attendant-1 |
| 5. Vessels (for frying leaves and for heating pottalis)-2 | |
| 6. Oil-for frying leaves-100ml, for heating pottalis-250ml, for abhyanga- 100 ml for talam-10 ml | |

Different medicinal powders can be added, if necessary.

Preparation of pottali:

Prepare Patra Pottali by washing and chopping fresh leaves, mixing with grated coconut and sliced lemon, frying in 100ml oil until coconut turns brown, then dividing into 4 equal parts (300-350gm each) and making into Pottali.

Pre procedure

Seat patient with leg extended over droni, facing east. Perform 10-minute abhyanga with prescribed oil, then apply talam with suitable oil or choorna.

Procedure:

Heat pottali in oil to 42-46°C, then apply to body in 7 positions with mild pressure, using two attendants. Reheat as needed to maintain temperature throughout procedure.

Post procedure:

It is followed by administration of Gandharvahasthadi kashayam, wiping off the oil with a clean towel, covering the body with a thin blanket for 10-15 minutes, removing the talam and applying Rasnadi choorna, and finally advising a hot water bath after 30 minutes, as per the disease.

Duration: 45 minutes to 1 hour.


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12. SOP's of SHASTISHALI PINDA SWEDA

DEFINITION

Shashtika pinda sweda is performed in ekanga or sarvanga with the bolus of boiled Shashtika shali with Balamoola kwatha and ksheera.

MATERIALS REQUIRED:

1. Shashtika shali-500g
2. Balamoola-750g 3. Water-Q. S.
4. Cow's milk-3litres
5. Cotton cloth(45cm X 45cm)- 4 pieces
6. Threads(75cm)-8
7. Tissue paper towel-2
8. Vessels- For preparing kwatha, For cooking rice, to heat the boluses in mixture of kwatha and milk during the procedure (5 litres capacity with wide mouth made of bronze), plate for carrying heated pottali.
- 9.Coconut leaves/tongue cleaner-2
- 10.Suitable oil for abhyanga-100ml
- 11.Rasnadi choorna- 5g
- 12.Oil for talam-10ml
13. Stove-1
14. Masseurs-2
15. Attendant-1

Preparation of the medicine:

Boil 750g of crushed Balamoola in 12L water, reducing to 3L. Cook 500g Shashtika rice in 1.5L Balamoola kwatha and 1.5L milk until thick and semisolid, adding hot water as needed. Alternatively, semi-cook rice in water, then add milk and kwatha, cooking until done.

Preparation of the boluses:

Divide cooked rice into 4 equal parts, place each in a cotton cloth, and tie into bundles with a small tuft at the top for easy handling. Each bundle should be roughly the size of half a coconut kernel.


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Pre-procedure

Seat patient with leg extended on droni, apply talam with oil, and perform 10-minute Abhyanga. Then, heat 2 boluses in a mixture of 1.5L Balamoola kwatha and 1.5L milk over moderate heat.

Procedure

Apply 2 warm pottalis to both sides of droni in synchronised manner, followed by gentle massage. Ensure bearable heat by testing on therapists' hands. Relay pottalis to maintain temperature, repeating until patient reaches desired state or pottalis are exhausted. Perform in 7 positions as in kayaseka or as advised by physician.

Duration:

Duration: 45-60 minutes, ideally between 7-11 am or 4-6 pm. Procedure can be stopped when medicine or milk mixture is exhausted.

Post procedure

1. Wipe body with clean towel.
2. Apply medicated oil.
3. Remove talam, apply Rasnadi choorna on head.
4. Offer Gandharvahastadi kashaya for drinking.
5. Rest for 30 minutes, then warm water bath.
6. Record post-procedure evaluation in patient's file.

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13. SOP's of CHOORNA PINDA SWEDA (Rooksha)

DEFINITION

It is a type of ushma sweda that utilizes hot pouches (pottalis) filled with medicated powders (choornas) such as Methika, Sarshapa, Sathapushpa, and Jatamansi. It can be administered in two ways: Snigdha (with oil application) or Rooksha (without oil). Additionally, pottalis can be heated using steam from boiling liquids like Dhanyamla in specific cases, offering a versatile and targeted approach to therapy.

Materials required:

- | | |
|--------------------------------------|-----------------------------|
| 1. Suitable chooma(coarse fine-1 kg) | Rasnadi chooma-5g |
| 2. Cotton cloth (45cm X 45cm)-4 | Towel-1 |
| 3. Tags-4 | Medicated snana chooma Q.S. |
| 4. Vessels (iron) 2 | Masseurs- 2, Attendant-1 |

Pre-procedure:

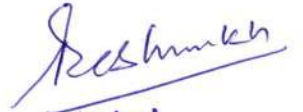
1. Fry the powder in a vessel until golden brown.
2. Divide into 4 equal parts and tie into 4 pottalis.
3. Patient sits on the droni table with Rasnadi choorna applied to the head.
4. Other thalams (head applications) like Navaneeth and Bala, Amalaki and Takra, etc. may be used as needed.

Procedure:

Check temperature (42°C-45°C) on therapist's hand before applying. Gently press pottalis onto the body, without kneading or massaging. Alternate pottalis after reheating to maintain uniform temperature. Reheat by vessel or steam from dhanyamla/water. Use for 3 days, 30-45 minutes, in 7 positions (as in kayaseka) for whole body or locally. Monitor for Samyak Swinna Lakshanas (proper sweating signs).

Post procedure:

After the procedure, gently remove the talam and pottali residue with cotton and apply Rasnadi chooma to the head. Then, rest for at least 30 minutes to allow the body to fully absorb the benefits. Finally, take a hot water bath if recommended for your specific condition (roga), to further enhance the therapeutic effects.



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14. SOP's of VALUKA SWEDA

DEFINITION

It is done as a rookshakriya. It can be done in whole body or locally on a specific part. It relieves pain and inflammation. Commonly done as ekangasweda in Sandhigathavatam, Amavatam etc.

Materials and methods:

- | | |
|--|---------------------|
| 1. Sand-1kg (River sand is preferred.) | Rasnadi choorna-5 g |
| 2. Cotton cloth (45 cm X 45 cm)-4 | Towel- 1 |
| 3. Tag-4 | Masseurs-2, |
| 4. Vessel (iron) – 1 | Attendant-1 |

Preparation of pottali:

1. Collect clean sand, free of debris, from a neat place.
2. Wash and dry the sand.
3. Heat the sand in an iron vessel.
4. Use the hot sand to make pottalis (bundles).
5. Add crystalline salt if needed.
6. Reheat pottalis using a sand bath.

Pre-procedure:

The patient should be seated on the droni with leg extended.

Procedure:

Patient sits comfortably, exposing the area to be treated. Apply hot pottali (after checking temperature) with gentle pressure, no kneading. Alternate pottalis after reheating to maintain uniform temperature. Same pottalis can be reused for 3 days.

Duration: 30 -45 minutes, in 7 positions (as in Kayaseka).

Post procedure:

Apply Rasnadi chooma (hair oil) to the head. Rest for at least 30 minutes. Take a hot water bath if indicated.



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15. SOP's of SARVANGA BASHPA SWEDANA

DEFINITION

An Ayurvedic procedure where medicated/plain steam is applied to the body using a Bashpaswedana yantra (steam device), promoting relaxation, detoxification, and overall well-being.

MATERIALS REQUIRED:

Nirgundi/ Nimba Patra /Eranda/Shigru etc and water Quantity sufficient.

Bashpa Swedana Yantra

Tissue paper/soft towel

Pre procedure

1. Obtain patient consent and ensure safety via pre-procedure checklist.
2. Select leaves according to patient's prakriti (constitution) and disease condition.
3. Prepare sufficient steam in the Bashpaswedana yantra (steam device) for the procedure.

Procedure

1. Place patient in the steam box with head outside.
2. Adjust steam levels according to patient's sensitivity.
3. Maintain steam until patient exhibits forehead sweating, indicating effective treatment.

DURATION: It should be done till patient have samyakaswedana lakshana (e.g Perspiration on forehead)

Post procedure

1. Rest in a comfortable position.
2. Bath in lukewarm water with medicated soap.
3. Eat light food when hungry, tailored to illness, digestion, and satmya (individual tolerance).
4. Record post-procedure evaluation in patient's file.



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16. SOP's of NADI SWEDANA

DEFINITION

Targeted steam therapy using a Nadiswedana yantra to apply medicated/plain steam to specific body areas of body.

MATERIALS REQUIRED

Nirgundi/ Nimba Patra/ shigru/Eranda/Karanj/Tulasi and water Quantity sufficient.

Nadi Swedana Yantra

Tissue paper/soft towel :1

Pre procedure

1. Obtain consent and ensure safety.
2. Select leaves based on patient's prakriti and condition.
3. Prepare steam in Nadiswedana yantra.

Procedure

1. Seat patient on a stool.
2. Apply steam at a comfortable distance, adjusting for sensitivity.
3. Cover body/part with cloth if needed.
4. Maintain steam until forehead/local sweating occurs.

Post procedure

1. Rest comfortably.
2. Bathe in lukewarm water with medicated soap.
3. Eat light food when hungry, tailored to illness and tolerance.
4. Record post-procedure evaluation in patient's file.



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17. SOP's of AVAGAHA SWEDA

DEFINITION

Avagaha sweda is a sudation therapy where the patient sits or lies in a tub of medicated liquid, inducing fomentation and sweating, with "avagaha" meaning to immerse.

Materials required:

- 1 Bath tub (5.60 X 2.60 X 1.403-1)
2. Vessels-2
3. Suitable dravadravya-40-60 litres (sarvanga)/10-15 litres (adhakaya)
4. Oil for abhyanga- 100 ml
5. Oil for talam-10ml
6. Choorna for talam-Q.S
7. Towel tissue paper-1
8. Attendent-1

Preparation of medicine:

According to the disease condition suitable dravadravya is selected. It should be poured into the tub with a temperature preferably 38°C-42°C.

Pre procedure:

Apply talam on head with oil and choorna, perform abhyanga with medicated oil on umbilicus to thighs or whole body as needed, or skip abhyanga in certain cases.

Procedure:

Sit patient in tub with medicated liquid, submerging lower body above umbilicus or up to neck for Sarvanga avagaha sweda, replacing cooled liquid with warm to maintain uniform temperature.

Post procedure:

After treatment, patient exits tub, body wiped with towel, talam removed with dry towel, prescribed choorna applied, then rest for 30 minutes to 1 hour before bathing with lukewarm water.



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18. SOP's of KSHEERADHOOMA

DEFINITION

Ksheeradhooma is a type of ushma snigdha sweda (steam therapy) produced by using milk and Balamoola Dashamoola Vacha kwatha to generate steam, primarily used to treat conditions like Ardita, Jihvastambha, Hanustambha, and Swarabhanga.

Materials required:

- | | |
|--|-------------------------|
| 1. Chair-1 | Rasnadi choorna- 5 g |
| 2. Milk-500 ml | Lotus petals-Q.S. |
| 3. Bala kwatha-500 ml | Blanket-1 |
| 4. Oil for abhyanga- 50 ml | Cotton towel-1 |
| 5. Cloth for wrapping eyes-1 | Masseurs-1, Attendent-1 |
| 6. Oil for talam-10 ml (Navaneetam+Balachoonam is optional) | |
| 7. Nadisweda apparatus-1-pot covered with leaf, pressure cooker 2-3 litre Rubber tube-2metre. Gauze piece at end of mouth of tube to avoid spilling. | |

Preparation of medicine:

Bala kwatha: 500g of crushed Balamoola is boiled with 2 litres of water & 500ml of milk and reduced to 500ml. This is used to generate steam for the therapy.

Pre procedure:

Sit patient in chair, apply talam with oil, perform abhyanga on face, forehead, neck, shoulder, and chest, cover eyes with lotus petals and cotton cloth, and wrap head and neck with a blanket from behind.

Procedure:

Sit patient comfortably, direct steam from apparatus onto face, neck, chest, and shoulders, avoiding burns and ensuring uniform steam, until sweating appears (5-15 minutes), with intermittent mouth opening.

Post procedure:

Remove lotus petals, wipe sweat with towel, remove talam, apply rasnadi choorna, perform kavalam or gandoosha with suitable medicine, and have patient rest completely.

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19. SOP's of DHANYAMLA DHARA

DEFINITION

Dhanyamla is a type of kayaseka (sudation therapy) and drava sweda, used to treat vatarogas (vata disorders) with kaphanubandha (kapha association), especially included under Sandhana kalpana.

Materials required:

- | | |
|--|-------------------------|
| 1. Dhanyamla-4 litres | Gauze-1 |
| 2. Oil for talam-10 ml | Vessels-4 |
| 3. Oil for abhyanga- 100 ml | Masseurs-2, Attendant-1 |
| 4. Rasnadi Choorna-5g | Cotton ear plugs-2 |
| 5. Kernel/Plastic mug with pointed tip-2 | Soft towels-3 |

Pre procedure:

The patient should sit on the droni with talam on their head, and undergo sarvanga abhyanga if suitable for their condition. A gauze tie is then placed above the eyebrows, ears are plugged with gauze, and the patient is covered with a thin cloth below the neck, although the body can also be left uncovered.

Procedure:

Warm Dhanyamla is poured over the patient from a height of 6-12 cm at a medium speed by two attendants, in seven specific positions, at a temperature of around 40°C, which can be adjusted to hot or cold depending on the patient's condition, using freshly prepared Dhanyamla each day.

Post procedure:

After dhara clean the body & head using the soft towel. Ear plugs and gauze are removed & rasnadi choorna is applied to the head. Rest is advised for 1 hour and then asked to take bath. Abhyangam before bath is optional.

Duration: 45minutes for 7 days. Preferably done in morning hours in moderate climate.



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20. SOP's of TAKRA DHARA

DEFINITION

Takra dhara is a variety of shirodhara, in which medicated buttermilk is poured in a continuous stream over the forehead, in a specified manner.

Materials required:

1. Shirodhara device-1
2. Amalaki Choorna: 200g
3. Milk: 1.5 litres
4. Musta: 100g
5. Rasnadi Choorna: 5 g
6. Attendants-2 Vessels-3 (To prepare takra; to prepare amalaki kwatha, to take out takra from droni)
7. Towels: 3
8. Cotton plugs: 2
9. Gauze piece (60 cm): 2
10. Oil for talam: 10 ml

Preparation of the medicine:

a) Takra: 1.5 litres of milk diluted with 4 times water is boiled with 100g of skinned and crushed Musta tied in a muslin bag, and is reduced to the original quantity of milk. The bag of medicament is taken out and squeezed well. When cooled, this prepared milk is fermented by the addition of a little sour buttermilk overnight. Next morning the fermented medicated curd is chumed by adding 500ml of Amalaki kwatha. The butter is removed completely and this mixture is used for dhara after filtering.

b) Amalaki kwatha: 200g of dried Amalaki fruit boiled with 8 litres of water and reduced to 2 litres. 1.5 litres of Amalaki kwatha is used to mix with buttermilk & 500ml of that is used to wash the head after the procedure.

Pre procedure

No poorvakarma needed, oil application on head and body is optional, eyes covered with pads, gauze tied above eyebrows, and ears plugged with cotton.

Procedure:

The patient is positioned supine on a droni with a neck pillow, and the dhara pot is carefully placed to ensure a steady, continuous flow of takra onto the forehead, with the tip of the dharavarti held 4-5cm above, mirroring the shirodhara procedure.


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Time to perform the procedure:

Generally the treatment is done in the morning hours, between 7-10 am. If necessary, it can be done between 4-6 pm.

Duration:

The process should be done daily for a period of 7 to 14 days. The duration of treatment as well as the time period is according to the nature of the disease and the physical condition of the patient. It is done usually for a fixed time (45minutes to 1 hour).

Post procedure:

After the dhara, the head is washed with Amalaki kwatha. Then head should be wiped with towel and rasnadi choorna is applied. Patient is advised to take rest for a period same as the period of the procedure, then to take bath.

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21. SOP's of KAYASEKA WITH KWATHA

DEFINITION

Kayaseka with kashaya is a drava sweda treatment where warm kwatha is poured over the body, mainly for Vatavyadhis with kapha or pitta association, using drugs selected based on the dominant dosha.

Materials required:

- | | |
|------------------------------------|----------------------------------|
| 1. Suitable kwatha - 4 liters | Rasnadi choorna-5 g |
| 2. Kernel/mugs with pointed tip- 4 | Suitable oil for abhyanga-100 ml |
| 3. Vessels (5 liters)-4 | Gauze (60cm)-1 9. Earplugs-2 |
| 4. Soft towels-2 | Gandharvahastadi Kashaya-90 ml |
| 5. Oil for talam-10ml | Medicated water- Q.S. |
| 6. Masseurs -2 | Attendant – 1 |

Preparation of medicine:

800 gram of drug is boiled in 16 litres of water & reduced to half quantity.

Pre procedure:

Patient sits on droni with minimal clothing, talam applied with oil, gauze tied above eyebrows, ears plugged with cotton, and undergoes abhyanga (unless contraindicated in specific conditions).

Procedure:

Kwatha is heated to 40°C, then poured uniformly from 6-9 inches height by two masseurs in seven positions, collecting and reheating the runoff, using fresh kwatha daily, and covering the body with a thin cloth if no massage is required.

Post procedure:

Body should be cleaned with soft towel. Talam should be removed and appropriate/ Rasnadi choorna should be applied on the head. Gandharvahastadi Kashaya should be given for drinking. Bathing can be done after a rest of 1 hour.

Duration:

45minutes-1 hour for 7, 14 or 21 days.



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22. SOP's of KAYASEKA WITH OIL

DEFINITION

Kayaseka is a snigdhasweda treatment where warmed oil is poured over the body or specific part, producing snehana and swedana simultaneously, with Pizhichil being a modified form developed and practiced by Keraleeya vaidyas.

Materials required:

- | | |
|-------------------------------------|-----------------------------|
| 1. Suitable oil-3 litres | Soft towels-2 |
| 2. Cotton cloth (40 cm x40 cm)-4 | Rasnadi chooma-5 g |
| 3. Vessels (5 liters) -3 | Gauze (60 cm) -1 Earplugs-2 |
| 4. Oil for talam 10 ml | Hot waterbath-1 |
| 5. Coconut leaves/tongue cleaners-2 | Medicated water-Q.S. |
| 6. Gandharvahastadi kashaya- 90 ml | Masseurs-2 & Attendant-1 |

Pre procedure:

Patient sits on droni with legs extended, minimal clothing, talam applied with oil/choorna and karmapoorana, gauze tied above eyebrows, ears plugged with cotton, and mild abhyanga (oil smear) on the body.

Procedure:

Heated oil (42°C-45°C) is poured in a uniform stream from 6-9 inches height, in seven positions, with gentle massage, collecting and reheating runoff, using fresh oil daily or reusing for 3 days with sediment removal and addition of fresh oil, with options for kernel or modern equipment use.

Post procedure:

Post-treatment the oil is wiped off with coconut leaves/tongue cleaners, body cleaned with soft towel, talam removed, Rasnadi choorna applied on head, Gandharvahastadi Kashaya consumed, rest for an hour, then bath with amalaki kwatha for head and erandakwatha for body.

Duration:

45 minutes-1 hour for 7, 14 or 21 days.



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23. SOP's of SHIROPICHU

DEFINITION

A type of Moordhnitaila where oil-soaked cotton/gauze is tied to the head for a set time, used to treat vataja disorders, hair loss, graying, and psychological issues.

Materials required:

1. Suitable sneha-50-100 ml. (just above body temperature.)
2. Cotton-Q.S.
3. Hot waterbath- Q.S.
4. Gauze (60cm)-1
5. Vessel (200ml)-1
6. Rasnadi choorna-5g.
7. Soft towel-1
8. Attendant-1
9. Armed chair-1

Pre-procedure:

Remove hair completely from the head for better therapeutic efficacy. It may also be done without removing the hair.

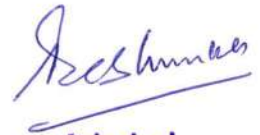
Procedure:

Sit patient comfortably, massage head with lukewarm oil (40°C), apply cotton uniformly (2cm thick) to scalp, secure with gauze above eyebrows, and pour lukewarm oil over Bregma region to saturate scalp.

Post procedure:

After the prescribed time, gauze and cotton should be removed. Wipe the head and Rasnadi choorna should be applied. Bathing can be done after 1hour.

Duration: 30minutes - 1hour, for required number of days.



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24. SOP's of SHIROVASTI

DEFINITION

The Procedure where medicated oil is retained on the head for a set time, a type of moordhataila, ideally done after purificatory procedures, but can be done directly if not necessary.

Materials required:

- | | |
|--|--------------------------|
| 1. Rexin/leather (75 cm X 20 cm)-1 | Spoon-1 |
| 2. Black gram flour - 200 g | Taila-1.5 litres |
| 3. Vessel (2 litre) -1 | Large vessel-1 |
| 4. Rasnadi choorna-5 g | Oil for abhyanga- 100 ml |
| 5. Soft towel-2 | Hot waterbath-1 |
| 6. Armed chair of knee-height- 1 | Attendent-2 |
| 7. Cotton ribbon (120 cm X 10 cm)-2 strips, moderately tough, clean and dry. | |

Pre-procedure:

Shave the head completely. Do generalised abhyanga. Keep cotton cloth in both ears to prevent the entry of oil in to the ear. Bowel and bladder should be emptied.

Procedure:

Seat patient comfortably, wrap black gram paste-smear cloth around head 2cm above eyebrows, secure rexin/leather over cloth, and add another cloth layer. Warm medicated oil to body temperature, pour into vastiputaka via cloth or coconut leaflet, filling to 2-3cm above hair root, replacing with warm oil at intervals. Continue until secretions appear through nose, throat, and eyes, or for 30-50 minutes based on dosha, keeping patient comfortable with eyes closed, gentle neck/shoulder massage, and preventing neck movement.

Post procedure:

After Shirovasti, create a passage above the ear to drain oil, wipe head with dry cloth, perform abhyanga on head, shoulders, palms, and soles, apply rasnadi choorna on head, rest for 1 hour, then bathe with lukewarm water.

Time: 3-6 pm, for 7 days



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25. SOP's of SHIRODHARA WITH OIL

DEFINITION

A bahya sneha treatment where oil is continuously poured onto the forehead, flowing over the scalp from a specific height, used to treat anxiety, insomnia, neurological, psychological, and psychosomatic disorders.

Materials required:

- | | |
|--|----------------------------|
| 1. Shirodhara device-1 | Suitable oil-1.5litres |
| 2. Soft pillow covered with rexin-1 | Gauze-1& Cotton earplugs-2 |
| 3. Hotwaterbath-1 & Nadisweda device-1 | Vessels-3 Attendants-2 |
| 4. Oil for Talam-10ml & Rasnadi choorna- 5g | Soft towels-2 |
| 5. Varti- 1 4-inch free end, passing through the dhara vessel's hole, packed firmly enough to stay in place, yet loose enough for continuous and uniform liquid flow. | |
| 6. Dhara patra-1.-It must be a vessel with a 5-6-inch depth, wide mouth, round bottom, 2-liter capacity, a small hole at the center of the bottom, and three equally spaced holes for tying strings to hang it from a stand. | |

Pre-procedure:

Abhyanga done on face, neck, shoulder, chest (or whole body). Then, tie gauze around head above eyebrows, cover eyes with cotton and secure with bandage, and apply earplugs.

Procedure:

Patient lies supine on droni with neck pillow, shirodhara device overhead, eyes covered with cotton and gauze, device height adjusted for oil to fall from 4-5 inches with little finger thickness, uniform flow is ensured, oil heated to 38-40°C, poured into dharapatra, and a continuous stream falls on forehead while oscillating to cover entire head, with simultaneous massage and oil recollection, reheating, and reuse.

Post procedure:

Remove gauze and earplugs, wipe head with towel, apply Rasnadi choorna, and take hot water bath if prescribed after 1 hour. Later, wash hair with lukewarm water.

Duration: 45-60 minutes for the required number of days. It may be done at 4-6 pm or 7-11 am.

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26. SOP's of KATIVASTHI

DEFINITION

A local snigdha sweda where warm oil is applied to the lower back (katipradesha) for a set time, using black gram paste to retain the oil, with the patient in prone position, effective for localized lesions, and can be adapted for other areas like neck (Greeva Basti), knee (Janu Basti), chest (Ura Basti), etc.

Materials required:

1. Black gram flour-250g
2. Suitable oil-150-250ml
3. Vessel-3
4. Spoon-1
5. Cotton-Q.S.
6. Hot waterbath-1
7. Attendent-1

Pre procedure:

Mix black gram flour with warm water to form a thick paste, shape into a flat slab (45-60 cm long, 3 cm thick, 5 cm high) or use steel/plastic rings. Patient lies prone, exposing lower back (kati), and the dough is applied in a circular shape, ensuring no oil leakage.

Procedure:

Warm oil in hot water bath, pour slowly into the ring, and maintain temperature at 40-45 ° C by replacing small amounts as needed. After prescribed time, remove oil with cotton.

Post procedure:

After removing the dough, the body part is cleaned with lukewarm water and the patient is allowed to take rest.

Duration: 30 minutes 1 hour. Usually it is done for 7 days.

Time of procedure: 7-11 am or 4-6 pm

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27. SOP's of JANUVASTHI

DEFINITION

A modified form of snigdha sweda, where warmed sneha is applied to the knee area for a set time, used to treat Janushoola (knee pain) caused by degenerative joint diseases, but not recommended for inflammatory conditions.

Materials required:

1. Prescribed taila-200 ml
2. Black gram flour-500 g
3. Cotton ribbon (3-inch x 1 meter)-1
4. Hot water-Q.S.
5. Vessels and plate, glass tumbler, spoon, pan -4
6. Razer-1
7. Cotton-Q.S.
8. Towels-2
9. Attendent-1

Pre procedure:

Mix black gram flour with hot water to form a thick dough and loose paste, shape into a 3-inch high, 1-inch wide ring (30 cm long for a medium adult), expose and shave the knee joint if hairy depending on the treatment area.

Procedure:

Clean the knee area, apply flour dough like a ring, seal with paste and cotton ribbon to prevent oil leakage. Set it, then warm oil to 38-40°C, pour into the dough ring, 2 inches above skin level, and maintain temperature by replacing oil as needed, allowing it to remain for the prescribed time.

Post procedure:

Remove oil, clean area with dry cotton towel, and have patient rest in same position for 30 minutes.

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28. SOP's of UDAVARTANA

DEFINITION

Udvardana is a dry massage technique where medicinal powder is applied in an upward direction across the entire body, excluding the upper chest area above the clavicle, to stimulate underlying tissues. This is mainly applied in Kapha - Meda predominant conditions.

MATERIALS REQUIRED:

- Prescribed medicine powder which astringent in taste
- Vessels
- Face mask

PREPARATION OF MEDICINE:

Certain quantity of medicinal powder is taken in a bowl and made into a paste by gradually adding sufficient water to achieve the desired consistency.

Take sufficient quantity of medicine powder in bowl.

Pre procedure

Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist. The patient should be laid on table. Face of the patient/masseurs should be cover with mask if they have allergy to dust.

Procedure

Udvardana should be performed with paste of powder. Apply medicine paste on the body in upward direction. Then rub the powder of medicine in same manner. Udvardana should be done in supine, right lateral, prone and left lateral position.

DURATION: 30 min

Post procedure

Wipe body with a clean towel, advise patient to rest for 30 minutes to 1 hour. If Swedana is planned, advise patient to undergo Swedana followed by a warm water bath. Post procedure evaluation of patient should be written in patient's file.

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आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

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29. SOP's of UPANAHA

DEFINITION

Upanaha is a type of ekanga sweda. It paste of medicinal choorna is applied over the affected part .If upanaha is done during day, it is removed at night and if done during night, it is removed in the morning. It is usually done in osteoarthritis, Tennis elbow & vata predominant conditions.

Materials required:

1. Medicinal powders (Nagaradi choorna/Jatimayadi choorna Kottamchukadi choorna etc, according to the doshapradhanya)-50-100g
2. Bandage cloth (15 cm X 2m)-1
3. Leaves of Eranda, Arka etc. (to cover the area) - QS
4. Amla dravya (Dhanyamla/ Takra/ Vinegar)-50-100 ml
5. Oil for upanaha-50 ml
6. Oil for abhyanga-30 ml
7. Saindhava-20-30 g
8. Atendent-1

Pre procedure:

Mix choorna, Saindhava, taila, and amla dravya to form a paste. Heat to 39-41°C for Sagni Upanaha or use as is for Niragni Upanaha. Perform skin sensitivity test before application.

Procedure:

Position the patient comfortably, exposing affected area. Clean and apply lukewarm oil locally if needed. Apply prepared Upanaha paste (1-2 cm thick) uniformly, cover with Vatahara leaves (warmed), and secure with a bandage. Typically done at night for 12 hours. Bandaging is optional, usually used in Ekanga Upanaha, and adapted for Sarvanga Upanaha as Sankarasweda. Ensure comfortable bandage positioning.

Post procedure:

Remove Upanaha paste, wash area with lukewarm water, and repeat process daily for prescribed duration.



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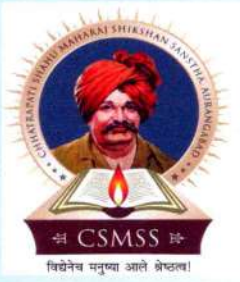
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Chhatrapati Shahu Maharaj Shikshan Sanstha's

Ayurved Mahavidyalaya & Rugnalaya

Department of Kaumarbhritya



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1. SOP OF SNEHAN & SWEDAN

1. Patient received in Kaumarbhritya OPD.
2. Consultant examined the patient writes down his observations & treatment.
3. Then patient is sent to Kaumar Panchakarma procedure-room with junior resident Doctor.
4. Total procedures is conducted under all aseptic precautions along with under guidelines by junior resident Doctor.
5. For Snehana prescribed Taila should be used and Swdenada type of Swdea should be administered.
6. After whole procedure patient have to sit for about 1/2 hr. in post Panchakarma room.
7. After that period consultant re-examine the patient for all vital signs & then allow going ward/home.



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2. SOP's of Pinda Sweda

a. Poorvakarma/ Preprocedural instructions to therapist & Patient-

Two therapist 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 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.



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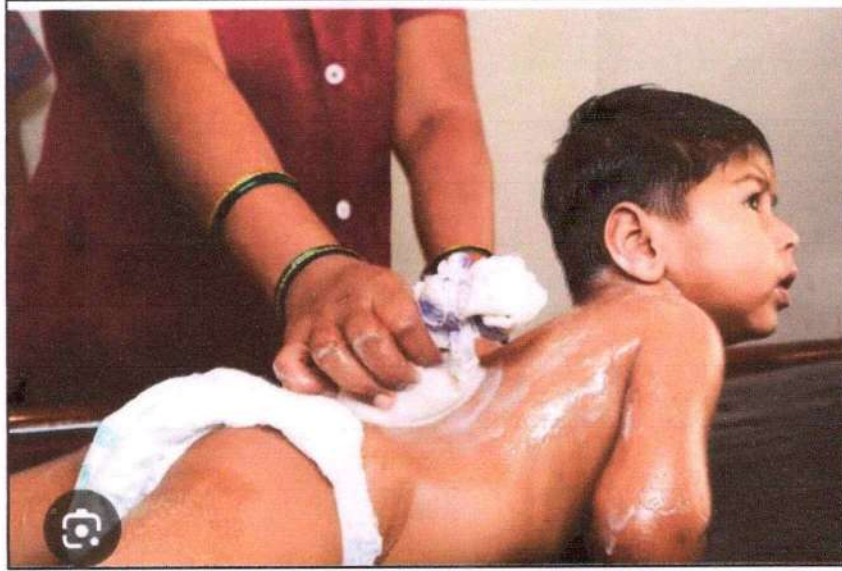
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SOP's of Monitoring -

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

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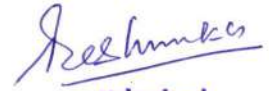
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3. SOP's OF MRUDU VIRECHAN

1. Patient Received in Kaumarbhritya OPD.
2. Consultant examined the patient & writes down his observations & treatment.
3. Then patient is sent to Panchakarma procedure-room with junior resident Doctor.
4. Total procedure is conducted under all aseptic precautions along with under guidelines by junior resident Doctor.
5. The dose of Mrudu Virechan given as per age.
6. After whole procedure patient have to sit for about 1/2 hr. in post Panchakarma room.
7. After that period consultant re-examine the patient for all vital signs & then allow going ward / homing.



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4. SOP's of Matra Basti

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 give 3n left lateral position on the table & the right knee is flexed on abdomen & left hand flexed below temporal region of the head.

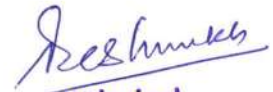
b. Pradhana karma/ post procedural instructions to therapist & Patient-

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 3/4th 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 adviced to turn into supine position & take rest for 10-20 minutes. Afterward the patient should avoid contact of cold, breeze & water. The procdure may be repeated for 5, 7, 10.....21 days as per prescription be doctor.



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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 -

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.



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5. SOP's for Nasya

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 -

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

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6. SOP's OF SHIROPICHU

1. Patient Received in Kaumarbhritya OPD.
2. General examinations are done by respective consultant.
3. Consultant examined the patient & writes down his observations & treatment.
4. Then patient is sent to Kaumar Panchakarma procedure-room with junior resident Doctor.
5. Total procedures are conducted under all aseptic precautions along with under guidelines by junior resident Doctor.
6. After whole procedure patient has to sit for about 1/2 hr. in post Panchakarma room.
7. After that period consultant re-examine the patient for all vital signs & then allow going ward / homing



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7. SOP's OF SHIROBASTI

1. Patient Received in Kaumarbhritya OPD.
2. Consultant examined patient & writes down his observations & treatment.
3. Then patient is sent to Kaumar Panchakarma procedure-room with junior resident Doctor.
4. Total procedure is conducted under all aseptic precautions along with under guidelines by junior resident Doctor. (Time for Shirobasti 20 to 30 minute)
5. After whole procedure patient has to sit for about 1/2 hr. in post Panchakarma room.
6. After that period consultant re-examine the patient for all vital signs & then allow going ward / homing.



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8. SOP's Shirodhara

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 -

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

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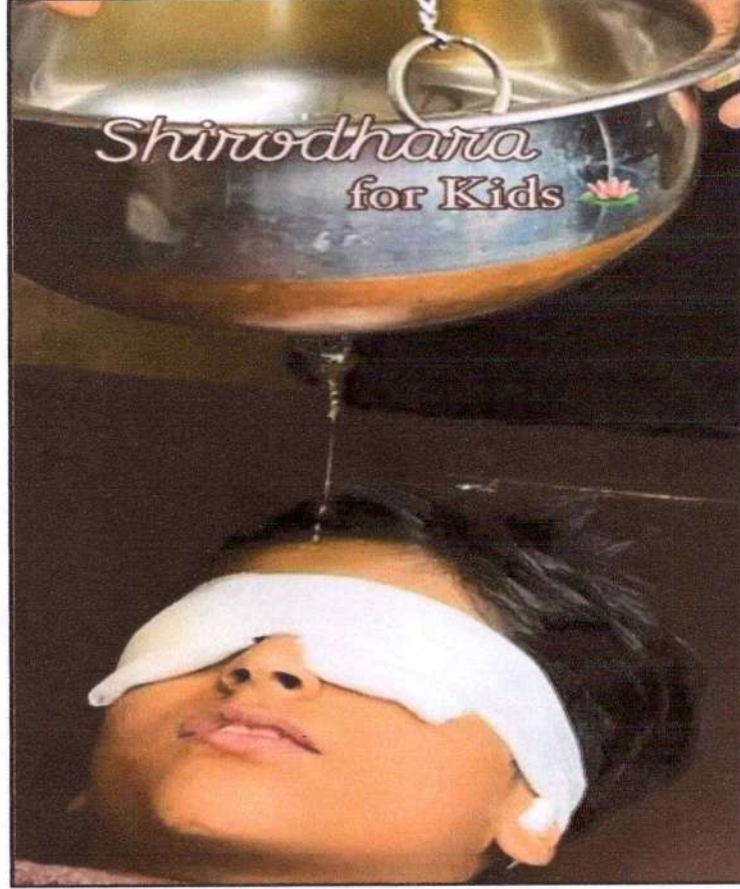
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Aeshmuresh
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9. SOP's - SUVARNA BINDU PRASHAN

1. The child is received at Kaumarbhritya OPD.
2. Then child is registered in the Suvarna bindu prashan camp register at the OPD of Kaumarbhritya 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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आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

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10. SOP's -VACCINATION

1. The child is received at Kaumarbhritya OPD.
2. Weight of every child is also noted.
3. Consultant examined the patient and according to the schedule vaccine note on OPD paper.
4. The Senior Resident give the Vaccination to the child.
5. The dose of the vaccination is given according to age & schedule.
6. During the administration of vaccination to each patient the provider of the vaccination washes his hands & instills the desired dose of vaccination according to route of administration or site.
7. The child is then monitor for half an hour & examine for any side effects/adverse effects & his vital examination done & recorded. After that, patient allowed to go home.
8. During the whole procedure monitoring of child done.
9. Analgesic Syrup prescribed to the patient.



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11. SOP's - NEBULIZATION

1. The patient is received at Kaumarbharitya OPD.
2. The Weight of every patient is also noted.
3. Then the patient is examined by consultant if necessary, then advised nebulization.
4. The dose of the nebulization drugs or solution is given according to the patient's age & weight.
5. Nebulization to patient given by sister under supervision of Junior Resident.
6. During the nebulization procedure to each patient the provider washes his hands & instills the desired dose of nebulization drugs or solution in the container with normal saline or Distilled water.
7. After nebulization the patient is monitor for 20 minute & examine for any side effects or adverse effect, after that, patient allowed going home.



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12. SOP's for the Complication during Kaumar Panchkarma

At any Emergency during Kaumar Panchkarma, Immediate calls to medical officer and Post Graduate student on Duty and Inform to Department of Kaumarbhritya. Patient brought into casualty and Emergency Protocol activated as below

- 1) A – Airway
- 2) B – Breathing
- 3) C – Circulation
- 4) D – Drug

1) When BP rise in Children can do

- Oral Depin tablet (2.5 mg below 10 kg wt. and 5 mg to 20 kg wt. With 10 mg above 20 kg wt.by Sublingual)
- Check BP after 20 Min
- NO IV fluids

2) When Syncope in children can do

- Maintain Airway
- Nasal O2 and watch on Spo2 and Heart Rate
- If necessary, Bag and Mask Ventilation
- BP monitoring and EMU scale monitoring
- Close observation till Spo2 at 98% and No sign of Shock

3) When Temperature of body rise can do

- Record Temperature
- Oral/IV Paracetmol (15 mg/kg/wt. for Oral Route and 5 -10 mg/kg/wt. for IV Route)
- Cold Sponging
- Record of Temperature and Heart Rate

4) When BSL Low can do

- Check BSL
- If below 30 mg/dl then IV 10% D 2 ml/kg in 15 min.
- Check BSL after 30 min.
- Observation on Consensus and Sensorium
- IV Fluids DNS



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5) When Vertigo can do

- Check BP and Below for Age at 60% percentile
- Head low position
- IV fluids NS – 2ml/kg stat
- Observation on Blood Pressure, Heart Rate.
- Record of Blood Pressure every 30 min.

6) When excess segregation in Oral and Nose can do

- Check Spo2 and Heart Rate
- Monitor Spo2
- Oral and Nasal suction



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