



Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 124101

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छत्रपती शाहू महाराज शिक्षण संस्था संचलित

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 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



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Dept. of Panchakarma
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Jeshwan

Principal
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- Yogya swedana karma vinirnaya
- Swedana karma
- Upadrava nirikshana & kartavya

Paschat karma

- Swedanottar vishrama
- 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
- Dhumpna



Principals

Principal

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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 / Asthapana yogya
- Snehana & Swedana
- Mansopchara

b) Pradhana karma-

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



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- Basti Vyapada Chikitsa

c) Paschat karma-

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

) 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
- Other shodhana.

5) Raktamokshana: -

a) Purva karma:

- Yogya atur vichara
- Upakaran siddhata
- Atur siddhata



W. Raktam

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b) Pradhana karma:

- Prayog /Vyadhana karma
- 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 patient 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 patient 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.



over all

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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 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.

Reshmah

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Analysis of Suvarnaprashan in Children

Introduction: Suvarnaprashan programme conducted in our CSMSS Rugnalay since 2011. In last year (2024) total 417 children get benefited on pushya nakshatra.

Suvarnaprashan is an ancient Ayurvedic practice involving the administration of Suvarna bhasma with medhya ghrita preparations to boost immunity and promote overall health in children.

Historical Context: Suvarnaprashan finds its roots in ancient Ayurvedic texts, where gold is believed to have medicinal properties that enhance longevity and vitality. It was traditionally administered to children to fortify their immune systems and cognitive functions.

Method of Administration: Suvarnaprashan is typically administered as a medicated ghee (clarified butter) containing Suvarna bhasma (powdered gold) along with other herbs. The dosage and frequency vary depending on the age and health of the child.

Current Scientific Understanding:

1. **Immune System Modulation:** Gold nanoparticles have shown potential in modulating the immune response.
2. **Neurological Benefits:** Suvarnaprashan have neuroprotective effects, enhancing cognitive function in children.

Benefits:

- **Immune Support:** Suvarnaprashan strengthens the immune system, potentially reducing the frequency of infections. It enhances memory power.
- **Developmental Aid:** It supports overall growth and development in children, including cognitive functions.

This analysis provides a balanced overview of Suvarnaprashan, highlighting its traditional roots, potential benefits.

[Signature]

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Address : Kanchanvadi Chhatrapati Shikshan Sanstha, Chhatrapati Sambhajinagar- 431 011. (M.S.) कांचनवाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम.एस.)
Ayurved Mahavidyalaya & Rugnalaya, Kanchanvadi Chhatrapati Sambhajinagar.
Tel : (0240) 2379248, 2646464, 2379035 Fax : (0240) 2646222.
Email: principal@csmssayurved.com, principalcsmssayu@gmail.com. Website : www.csmssayurved.com



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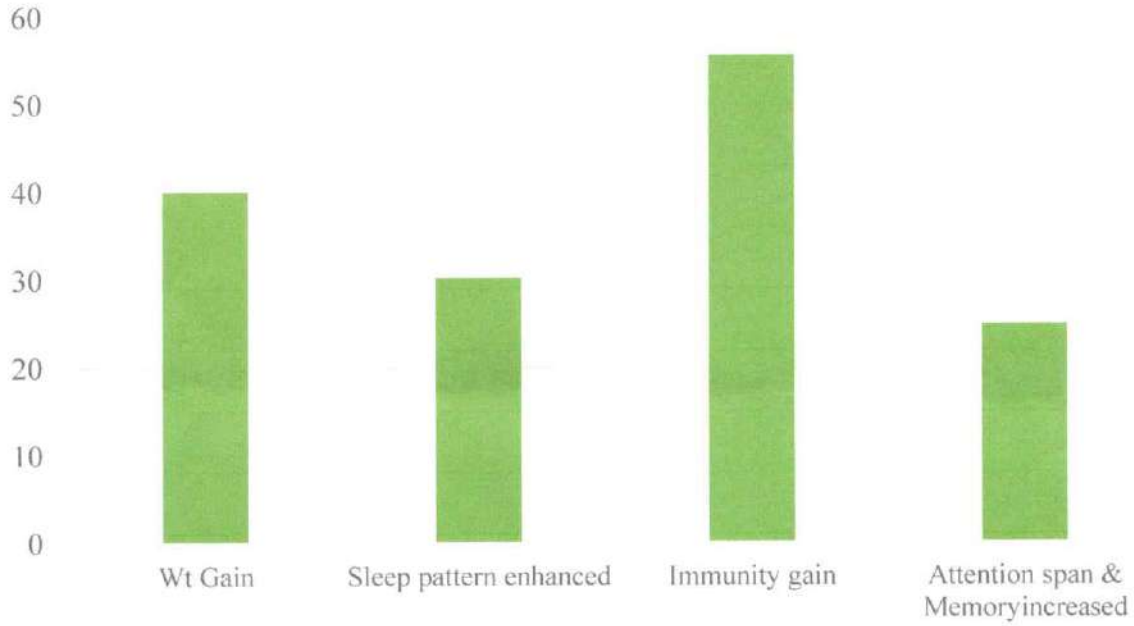


Department of Kaumarbhritya

Impact of Suvarnaprashan in Children 2024

Analysis

Analysis of Suvarnaprashan impact 2024



H.O.D. & Professor

Dept. of Kaumarbhritya

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DETAILS OF SUVARNA PRASH CAMPS 2024

Sr. No.	Nature of the camp	Date	Place	General/Specific Disease	Number of Patients Treated
1	Suvarna Prash Camp	10-Jan-24	C.S.M.S.S. Ayurved Hospital, Chatrapati Sambhajinagar.	Immunization (Balrog)	3
2	Suvarna Prash Camp	23-Jan-24	C.S.M.S.S. Ayurved Hospital, Chatrapati Sambhajinagar.	Immunization (Balrog)	36
3	Suvarna Prash Camp	20-Mar-24	C.S.M.S.S. Ayurved Hospital, Chatrapati Sambhajinagar.	Immunization (Balrog)	26
4	Suvarna Prash Camp	16-Apr-24	C.S.M.S.S. Ayurved Hospital, Chatrapati Sambhajinagar.	Immunization (Balrog)	37
5	Suvarna Prash Camp	14-May-24	C.S.M.S.S. Ayurved Hospital, Chatrapati Sambhajinagar.	Immunization (Balrog)	46
6	Suvarna Prash Camp	10-Jun-24	C.S.M.S.S. Ayurved Hospital, Chatrapati Sambhajinagar.	Immunization (Balrog)	32
	Suvarna Prash Camp	8-Jul-24	C.S.M.S.S. Ayurved Hospital, Chatrapati Sambhajinagar.	Immunization (Balrog)	36
8	Suvarna Prash Camp	5-Aug-24	C.S.M.S.S. Ayurved Hospital, Chatrapati Sambhajinagar.	Immunization (Balrog)	29
9	Suvarna Prash Camp	31-Aug-24	C.S.M.S.S. Ayurved Hospital, Chatrapati Sambhajinagar.	Immunization (Balrog)	30
10	Suvarna Prash Camp	27-Sep-24	C.S.M.S.S. Ayurved Hospital, Chatrapati Sambhajinagar.	Immunization (Balrog)	46
11	Suvarna Prash Camp	24-Oct-24	C.S.M.S.S. Ayurved Hospital, Chatrapati Sambhajinagar.	Immunization (Balrog)	37
12	Suvarna Prash Camp	21-Nov-24	C.S.M.S.S. Ayurved Hospital, Chatrapati Sambhajinagar.	Immunization (Balrog)	32
13	Suvarna Prash Camp	18-Dec-24	C.S.M.S.S. Ayurved Hospital, Chatrapati Sambhajinagar.	Immunization (Balrog)	27
TOTAL CAMP					417


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क्र.	दिनांक	वार	सुवर्णप्राशन	वजन	उंची
1	25/1/2024	गुरुवार			
2	22/2/2024	गुरुवार			
3	20/3/2024	बुधवार			
4	16/4/2024	मंगळवार			
5	14/5/2024	मंगळवार			
6	10/6/2024	सोमवार			
7	8/7/2024	सोमवार			
8	5/8/2024	सोमवार			
9	31/8/2024	शनिवार			
10	27/9/2024	शुक्रवार			
11	24/10/2024	गुरुवार			
12	21/11/2024	गुरुवार			
13	18/12/2024	बुधवार			

NATIONAL IMMUNIZATION SCHEDULE

Vaccine	When to Given	Max. Age	Dose	Route	Date
BCG	At Birth	Till 1 year age	0.1 ml	Intra Dermal	
Hepatitis B	At Birth	Within 24 hours	0.5 ml	Intramuscular	
OPV - 0	At Birth as early possible	Within 15 days	2 drops	Oral	
OPV 1, 2 & 3	At 6, 10 & 14 weeks	Till 1 year of age	2 drops	Oral	
Rota Virus	At 6, 10 & 14 weeks	Till 1 year of age	5 drops	Oral	
IPV	6 & 14 weeks	Up to 1 year of age	0.1 ml	Intramuscular	
Pentavalent 1, 2 & 3	At 6, 10 & 14 weeks	Till 1 year of age	0.5 ml	Intramuscular	
Measles / MR-1 1st Dose	9 - 12 completed month	Given till 5 year of age	0.5 ml	Subcutaneous	
Japanese Encephalitis	9 - 12 completed months	Till 15 years	0.5 ml	Subcutaneous	
Vitamin A	16 months, then 1 dose every 6 months	Till 5 year of age	2 ml (2 lakhs IU)	Oral	
DPT Booster 1	16 - 24 months	7 year	0.5 ml	Intramuscular	
Measles/ MR-2 2nd Dose	16- 24 months	Till 5 year of age	0.5 ml	Subcutaneous	
OPV Booster	16-24 months	Till 5 year of age	2 drops	Oral	
Japanese Encephalitis 2nd Dose	16 - 24 months		0.5 ml	Subcutaneous	
Vitamin A	16 months, then 1 dose every 6 months	Till 5 year of age	2 ml (2 lakhs IU)	Oral	
DPT Booster 2nd Dose	5-6 years	7 years	0.5 ml	Intramuscular	
TT	10 years to 16 years		0.5 ml	Intramuscular	

JSMSS

Since
1986



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AYURVED MAHAVIDYALAYA & RUGNALAYA

Kanchanwadi, Paithan Road, Chhatrapati Sambhajinagar. Ph. 0240-2646464

Department of Kaumarbhritya (Balroga)
Suvarna Prashana
Schedule Card - 2024

Date : / / 2024

Name : _____

Date of Birth : / / 20

Age : _____ Years _____ Months Sex - M ☐ F ☐

Mother's Name : _____

Address : _____

Mob. No : _____



**HAMARA AYUSH,
HAMARA SWASTHYA.**



KEEP YOUR BABY ONE STEP AHEAD.

BENEFITS OF SUVARNA PRASHANA
(Reference – Kashyapa Samhita)

- Given from 6 months to 16 years.
- Boosts immunity against diseases, increases grasping power, sharpness, analyzing power, strengthens memory.
- Improves physical strength • Prevents from infections.
- Prevents from diseases occurring due to seasonal change.
- Protects from different kinds of allergies • Prevents toxic effect of contaminated food
- Improves digestion • Tones up skin luster

DR. SHRIKANT G. DESHMUKH
PRINCIPAL

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S
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KANCHANWADI, PAITHAN ROAD, CHHATRAPATI SAMBAJINAGAR.

FOR FOLLOW UP, REGISTRATION AND INQUIRY
DEPARTMENT OF KAUMARBHRITYA

DR. K. S. RATNAPARKHI (HOD)

DR. K. K. FADNAVIS 9665415867

DR. L. N. PATOLE 9673813834

DR. A. B. JATAL 8275297743

DR. P. V. BULBULE 8208041614

क्र.	दिनांक	वार	सुवर्णप्राशन	वजन	उंची
1	14/01/2025	मंगळवार			
2	10/02/2025	सोमवार			
3	10/03/2025	सोमवार			
4	07/04/2025	सोमवार			
5	03/05/2025	शनिवार			
6	30/05/2025	शुक्रवार			
7	27/06/2025	शुक्रवार			
8	24/07/2025	गुरुवार			
9	21/08/2025	गुरुवार			
10	17/09/2025	बुधवार			
11	14/10/2025	मंगळवार			
12	10/11/2025	सोमवार			
13	08/12/2025	सोमवार			

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Vitamin A	16 months, then 1 dose every 6 months	Till 5 year of age	2 ml (2 lakhs IU)	Oral	
DPT Booster 1	16 - 24 months	7 year	0.5 ml	Intramuscular	
Measles/ MR-2 2nd Dose	16- 24 months	Till 5 year of age	0.5 ml	Subcutaneous	
OPV Booster	16-24 months	Till 5 year of age	2 drops	Oral	
Japanese Encephalitis 2nd Dose	16 - 24 months		0.5 ml	Subcutaneous	
Vitamin A	16 months, then 1 dose every 6 months	Till 5 year of age	2 ml (2 lakhs IU)	Oral	
DPT Booster 2nd Dose	5-6 years	7 years	0.5 ml	Intramuscular	
TT	10 years to 16 years		0.5 ml	Intramuscular	



KEEP YOUR BABY ONE STEP AHEAD.

BENEFITS OF SUVARNA BINDU PRASHANA (Reference – Kashyapa Samhita)

- Given from 6 months to 16 years.
- Boosts immunity against diseases, increases grasping power, sharpness, analyzing power, strengthens memory.
- Improves physical strength • Prevents from infections.
- Prevents from diseases occurring due to seasonal change.
- Protects from different kinds of allergies • Prevents toxic effect of contaminated food • Improves digestion • Tones up skin luster

DR. SHRIKANT G. DESHMUKH
PRINCIPAL

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S
AYURVED MAHAVIDYALAYA & RUGNALAYA
KANCHANWADI, PAITHAN ROAD, CHHATRAPATI SAMBHAJINAGAR.

FOR FOLLOW UP, REGISTRATION AND INQUIRY
DEPARTMENT OF KAUMARBHRITYA

DR. K. S. RATNAPARKHI (HOD)

DR. K. K. FADNAVIS 9665415867

DR. L. N. PATOLE 9673813834

DR. A. B. JATAL 8275297743

DR. P. V. BULBULE 8208041614

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Kanchanwadi, Paithan Road, Chhatrapati Sambhajinagar. Ph. 0240-2646464

Department of Kaumarbhritya (Balroga) Suvarna Bindu Prashana Schedule Card - 2025

Date : / / 2025

Name : _____

Date of Birth : / / 20

Age : ____ Years ____ Months Sex - M ☐ F ☐

Mother's Name : _____

Address : _____

Mob. No : _____



**HAMARA AYUSH,
HAMARA SWASTHYA.**



Suwarnaprashan camp 2024





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Suvarnbinduprashan Photos 2024-25



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काचनवाडी, ४०१ १०१

बालरोग विभाग - सुवर्ण प्राशन शिबीर

सुवर्ण प्राशनाचे फायदे

- १ सुवर्ण प्राशनामुळे प्रतिकार क्षमता वाढते व त्यामुळे बाळ वारंवार आजारी पडत नाही.
- २ बाळाच्या शारीरिक व मानसिक वाढीसाठी मदत करते.
- ३ सुवर्णप्राशनाच्या नियमित डोसमुळे बाळाची बौद्धिक क्षमता, स्मरणशक्ती, आकलन क्षमता वाढते.
- ४ बाळाची पचन क्षमता वाढते.
- ५ बाळाचा शारीरिक व बौद्धिक विकास लवकर होतो.
- ६ ऋतुबदलांमुळे बाळाला होणाऱ्या आजारांना प्रतिकार होतो.
- ७ वेगवेगळ्या अॅलर्जीपासून बाळाचे संरक्षण होते.

- पुढील सुवर्ण प्राशन शिबीर -

वार : शनिवार दि. २१/०८/२०२१ वेळ : सकाळी ०९.०० ते दुपारी ०३.००

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AYURVED MAHAVIDYALAYA & RUGNALAYA
Kanchanwadi, Aurangabad

Dept. of Kaumarbhritya

SOP-SUVARNA BINDU PRASHAN

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

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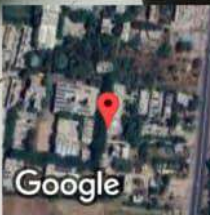
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