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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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- 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
- 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 / 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



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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.



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SOP OF SNEHAN & SWEDAN

1. Patient received in Kaumarbhritya OPD.
2. Consultant examined the patient writes down his observations & treatment.
3. Then patient is send 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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SOP 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 of implementation-

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



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आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 134101

(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.)



SOP 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.

Prashant

Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
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MUNH College Code : 124101

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SOP OF MRUDU VIRECHAN

1. Patient Received in Kaumarbhritya OPD.
2. Consultant examined the patient & writes down his observations & treatment.
3. Then patient is send 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.



Reshman

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

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

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

Then anal opening of patient is anointed with oil. He then asked to take deep breaths & warned about the insertion of catheter. After 3/4th 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 advised to turn into supine position & take rest for 10-20 minutes. Afterward the patient should avoid contact of cold, breeze & water. The procedure may be repeated for 5, 7, 10.....21 days as per prescription by doctor.

SOP of implementation-

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



Prashant Kumar

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Field : 1969
NCISM College Code : AYU0153
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CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

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SOP 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.

Prashant

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NCISM College Code : AYU0153
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SOP 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 of implementation-

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

SOP 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.



Principal

Principal

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MUSH College Code : 124101

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SOP 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 send 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

[Signature]

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NCISM College Code : AYU0953
MHA College Code : 134101

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SOP OF SHIROBASTI

1. Patient Received in Kaumarbhritya OPD.
2. Consultant examined patient & writes down his observations & treatment.
3. Then patient is send 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.

(Signature)

Principal

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SOP 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 of implementation-

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

SOP 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



Reshma

Principal

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Estd : 1959
NCISM College Code : AYU0153
MHES College Code : 124181

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SOP 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



Prashant

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ESTD : 1989
NCISM College Code : AYU6153
MLHS College Code : 134101

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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

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

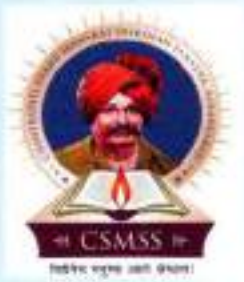
- Check Spo2 and Heart Rate
- Monitor Spo2
- Oral an Nasal suction

Principals

Principal

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

Ayurved Mahavidyalaya & Rugnalaya

Department of Kaumarbhritya



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Maharashtra-4311011



Estd : 1989
NCISM College Code : AYU0153
MHS College Code : 3421

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आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

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Principals
Principal

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

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.



Prashant Kulkarni
Principal

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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 chooma 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.



Dr. Anurag

Principal

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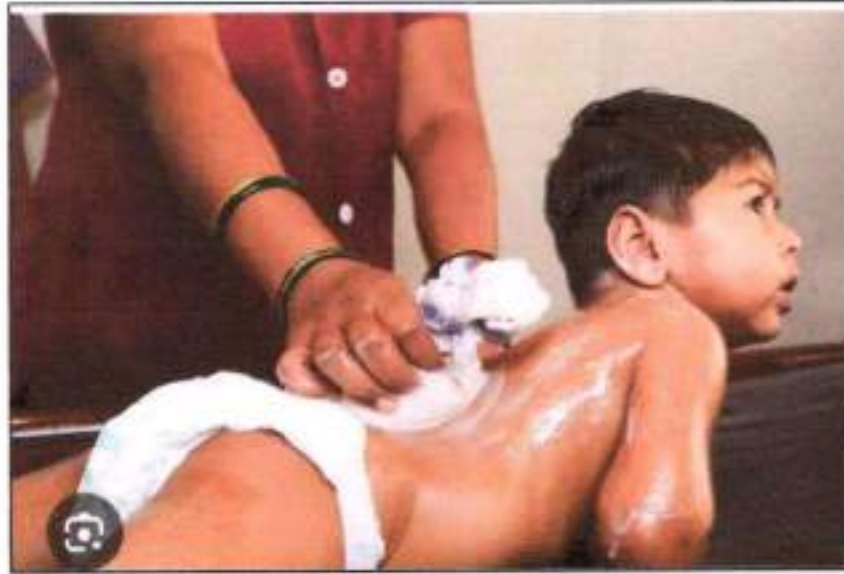
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SOP's of Monitoring -

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

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



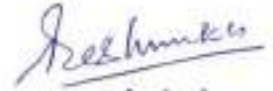
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Kanchanwadi, Chhatrapati Sambhajinagar.

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 3rd 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-

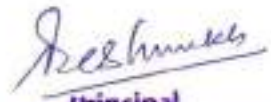
The therapist should be ready with pre-filled syringe with prescribed lukewarm medicated oil in prescribed dose, the rubber catheter of suitable gauge number according to age of patient should be fixed over the tip of syringe. The air bubbles from catheter & syringe should be removed. Therapist should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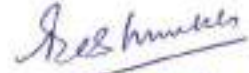


Beshmukh
Principal

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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

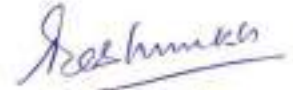


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7. SOP's OF SHIROBASTI

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 shiordhara. 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-

Thourough 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.

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




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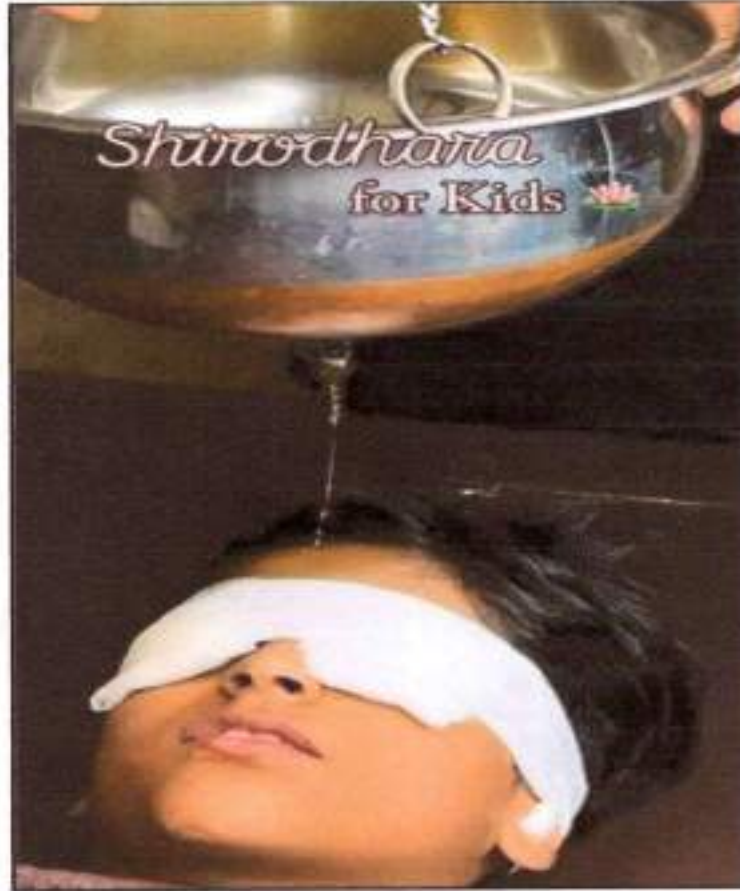
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9. SOP's - SUVARNA BINDU PRASHAN

1. The child is received at Kaumarbhritya OPD.
2. Then child is registered in the Suvama 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 suvamaprashan to child.
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 suvamaprashan bottle & instills the desired dose of suvamaprashan 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 Suvama bindu prashan & the feedback form is also filled by parent about the Suvamaprashan.



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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.



Reshma
Principal

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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 Paracetamol (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



Beshmukh
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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



Reshmi

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