



**CSMSS**  
**Ayurved Mahavidyalaya & Rugnalaya**  
Kanchanwadi, Aurangabad



**SOPs for Karna-prakshalan And Netradhawan**

**Procedure-**

- Examination & diagnosis of patient.
- Procedure explained And Informed consent of patient .
- Given Siting position for Karna-prakshalan & Lying for Netradhawan.
- Medicated Kwath ,Swaras ,Normal saline used for dhawan.
- The ear & eye washed with all precaution & then cleaned with cotton swab .
- Cotton swab put into ear canal after procedure.
- Patient Observed for 15 to 20 min. after procedure & then relieve with necessary instructions.
- After netradhawan patient advice to use dark goggles.



*Beshmen*

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**S.O.Ps for Kriyakalpa**

**Tarpan/ Putpak**

Tarpan is the procedure to fill the eye with medicated ghee to nourish the eye and treat various eye diseases as per ayurvedic classics.

Material required for procedure- Table, cotton, Urad pali, medicated ghee

Procedure-

- Examination & diagnosis of patient.
- Procedure explained And Informed consent of patient .
- Given supine position & make urad pali around the eyes.
- Medicated ghee made lukewarm by putting it into hot water.
- The eye is filled with ghee till eye lashes are fully deepen.
- Ask the patient to blink slowly.
- Duration of retention of ghee in matras decided according to diseases.
- Remove ghee by making hole to uradpali at outer canthus.
- Remove urad pali and clean the eyes & face with dry cotton.
- Patient Observed for 1 hr after procedure & then relieve with necessary instructions.
- In Putpaka instated off Ghee Swars or Quath ( decoction) is used.



*Deeshmesh*

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**SOPs for Karnapooran-**

Material required- Syringe, Siddha tail, cotton.

**Procedure**

- Examination & diagnosis of patient.
- Procedure explained And Informed consent of patient .
- Patient is advised to lie down on table suitable position.
- Siddha tail made lukewarm by putting it into water bath.
- Then lukewarm oil poured into ear drop by drop with syringe till canal is fully filled.
- Retention of oil for 10-20 min.(As per tolerance of patient)
- Massage the post auricular area during the retention period.
- Remove the oil with help of cotton & Syringe.
- Then cotton swab put into ear canal.
- Then patient is relieved with necessary instructions.



  
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*Jeshmukh*

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**Aschyotan/ Parishek**

Aschyotan/ Parishek is the procedure to fill the eye with medicated ghee to nourish the eye and treat various eye diseases as per ayurvedic classics.

Material required for procedure- Table, cotton, Urad pali, medicated ghee

Procedure-

- Examination & diagnosis of patient.
- Procedure explained And Informed consent of patient.
- Given supine position.
- Medicated decoction is put into eye Aschyotan.
- Lukewarm decoction is poured on closed eye is Parishek.
- Ask the patient to blink slowly.
- And clean the eyes & face with dry cotton.
- Patient Observed for 1 hr. after proceduré & then relieve with necessary instructions.



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- Documents are certified by HOD and hospital superintendent.
- We use software for maintaining these records.
- Urad pali is replace by swimming goggles to make the procedure easy and comfortable.
- All the Medicines used for kriya kalpa are thoroughly examined before used and kept in sterile condition.
- Therapist are periodically trained to minimize the errors.



*Reshmi*

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