



# CSMSS

## Ayurved Mahavidyalaya & Rugnalaya

Kanchanwadi, Aurangabad



### 8.1.3. Promotion of Seasonal Panchakarma Protocol

As considering public health values & health awareness department of Panchakarma promotes seasonal panchakarma and life style modification.

The department aims to galvanize total public health as well as eradication of disease. As per an objective of department, department is practicing life style modification & seasonal Panchakarma. From the establishment of department, have designed there step protocol to perform panchakarma for health awareness and life style modification. Department has yearly assigned vasantik vama shibir in vasant rutu & basti panchakarma shibir in varsha rutu. Department also have organized health awareness camps in educational institute.

#### The first step of protocol is:

- Planning panchakarma.
- Publicity through rural and urban areas through pomlets & posters, newspapers and through articles.

#### The second step of protocol is:

- Inauguration of camp with the help of competent authority of institution & guest.
- To do health check-up throughout the day with prior registration.
- To perform the karma on the planned day.

#### The third step of protocol is:

- To give the institution regarding dietary regimen.
- To follow pathya and apathya.
- To publish the program through the newspaper.

The number of seasonal panchkarma from 2016 till 2021 attached through this documentary proof.

In winter season, the department of panchkarma is doing all allied panchakarma like massage, steam bath (snehan/swedan), each & every year. As per life modification plans, we are also doing murdhni tailam, pizichil, udvartanam, different pinda swedan, talpodichil, padabhyanga, netra tarpanam.

The department have organized public health awareness camps for (young age groups) teenagers, middle age groups & senile in previous years.

The department has organized guest lectures for awareness of specific diseases like asthma day, Alzheimer day & for addiction withdrawal.



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### 8.1.3 Protocols incorporating Principles of Ayurveda and their implementation

Institute incorporate protocols for arranging Various Panchakarma Shibir based on season

Viz Vasantik vamaana Shibir in Vasanta ritu, Virechana Shibir in Sharada, vasthi shibir in Varsha. Such shibir are arranged for the benefit of the society and for creating awareness in general public regarding panchakarma. Because of such shibir, the concept of panchakarma has reached to grassroot level of society.

Protocols for arranging the shibir – Its been arranged at institutional level with proper channels and with due permission of higher authorities and also by advertising in local news paper.

Protocols of panchakarma incorporating principles of Ayurveda-

The pathya charts are given to the patients.

During every panchakarma ,regimen of do's and don'ts are explained to the patient.

For every Panchakarma -Poorvakarma, pradhana karma, paschat karma and after that samsarjana krama to be followed are well explained to the patients.

The patients are encouraged to follow the regimen.

The patient having diseases are also been treated according to the dosha avastha.The required panchakarma with allied karmas are incorporated in treatment protocol.



### **8.1.3 Protocols for Diet Regime and Lifestyle modifications –**

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

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

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

- Diet Regime
- Lifestyle Regime (Daily Chores)
- Stress Management & Psychological related advice.
- Yoga & Exercise