
	ALL INDIA INSTITUTE OF AYURVEDA	
	Document No. AIIA/PANCHKARMA/SOPMANUAL/01	Issue date: 18/01/2021
	Standard Operative Procedures Manual (SOP)	Issue No.: 1.2/SI. No. 111
	Prepared By: Dr. Santosh Kumar Bhatted Dr Prasanth D	Rev. date: 06/01/2021 Rev No.: 02
		Approved By: Prof.(Dr.) Tanuja Manoj Nesari,


**ALL INDIA INSTITUTE OF AYURVEDA
DEPARTMENT OF PANCHKARMA**

SOP MANUAL

Doc No: AIIA/PANCHKARMA/SOPMANUAL/01


PREPARED BY	Dr. Santosh Kumar Bhatted, Professor, Shalakya Tantra
REVISED BY	Dr Prasanth D , Assistant Professor, Shalakya Tantra
POLICY REVIEWED BY	Dr. Rajagopala S, Additional Medical Superintendent
POLICY APPROVED BY	Prof.(Dr.) Tanuja Manoj Nesari, Director 



	ALL INDIA INSTITUTE OF AYURVEDA	
	Document No. AIIA/PANCHKARMA/SOPMANUAL/01	Issue date: 18/01/2021
		Issue No.: 1.2/SI. No. 111
	Standard Operative Procedures Manual (SOP)	Rev. date: 06/01/2021
		Rev No.: 02
Prepared By: Dr. Santosh Kumar Bhatted Dr Prasanth D	Approved By: Prof.(Dr.) Tanuja Manoj Nesari,	

AMENDMENT SHEET

Sl. No.	Section No & Title along with Page No	Details of amendment		Signature of preparatory authority	Signature of approval authority
		Before Amendment	To be changed		
1.	Title page Pg. 1	Reviewed by Prof.(Dr.) S K Gupta	Changed as Reviewed by Dr Rajagopala S		
2.	Title page Pg. 1	Approved by Prof Abhimanyu Kumar	Changed as Approved by Prof.(Dr.) Tanuja Manoj Nesari		
3.	Dosage of Snehapana Page no. 3	Not mentioned	According to Agnibala Mridu Agni – 30ml Madhyama Agni – 50ml Tikshan Agni – 75ml		
4.	Vamana Yoga (ingredients with approx. quantity) Page no. 12	Madhuyashti Kwatha- 1.5 lit Lavanodaka- 1.5 lit	Madhuyashti kwatha- 3lit Lavanodaka- 3lit		
5.	Virechana Karma SOP Page no. 22		Can be added Patient must avoid cold air, in contact with water, should stay in a closed room		
6.		Not mentioned	SOP of siravedha		

	ALL INDIA INSTITUTE OF AYURVEDA	
	Document No. AIIA/PANCHKARMA/SOPMANUAL/01	Issue date: 18/01/2021
	Standard Operative Procedures Manual (SOP)	Issue No.: 1.2/Sl. No. 111
		Rev. date: 06/01/2021 Rev No.: 02
Prepared By: Dr. Santosh Kumar Bhatted Dr Prasanth D	Approved By: Prof.(Dr.) Tanuja Manoj Nesari,	



ALL INDIA INSTITUTE OF AYURVEDA
STANDARD OPERATING PROCEDURE OF PANCHKARMA
THERAPIES

CHIEF EDITOR

Prof. Dr. Abhimanyu Kumar Director AIIA

ASSOCIATE EDITORS

Dr. Santosh Kumar Bhatted

Associate Professor, H.O.D Panchkarma (AIIA)

Dr. Prasanth D

Assistant Professor, Department of
Panchkarma(AIIA)

CONTRIBUTORS

Dr. Ramanuj Soni, Dr. Jitendra Gauttam,


Dr. Jitender Kumar, Dr. Ram Lakhan Meena,

Dr. Hanumant Nirmal, Dr. Aosemba jamir

(P.G. Scholars -2016-17 - AIIA)

ALL INDIA INSTITUTE OF AYURVEDA

(An Autonomous Body Under The Ministry of AYUSH, Govt of India)
 Mathura Road, Gautampuri, Sarita Vihar, New Delhi-110076

	ALL INDIA INSTITUTE OF AYURVEDA	
	Document No. AIIA/PANCHKARMA/SOPMANUAL/01	Issue date: 18/01/2021
	Standard Operative Procedures Manual (SOP)	Issue No.: 1.2/Sl. No. 111
		Rev. date: 06/01/2021 Rev No.: 02
Prepared By: Dr. Santosh Kumar Bhatted Dr Prasanth D	Approved By: Prof.(Dr.) Tanuja Manoj Nesari,	

ACKNOWLEDGEMENT

We express our heartfelt gratitude to **Prof Dr. Abhimanyu Kumar**, Director of “**All India Institute Of Ayurveda**” for his valuable guidance and encouragement to start this small piece of work. The authors of this book are also very grateful to **C.C.R.A.S** for its publication of “**A PRACTICAL HANDBOOK OF PANCHKARMA PROCEDURES**” which has served as a base for the construction of this book.



From

**Dr. Ramanuj Soni, Dr. Jitendra Gauttam,
Dr. Jitender Kumar, Dr. Ram Lakhana Meena,
Dr. Hanumant Nirmal, Dr. Aosemja Jamir
(P.G. Scholars 2016-17 - AIIA)**

INDEX

Sl.No.	Index	Page No.
01	Introduction	01
02	Snehna	02
03	Swedana	06
04	Bashpa Sweda	08
05	Vamana	12
06	Virechana	18
07	Vasti	24
08	Nasya	34
09	Abhyanga	38
10	Kaya Seka (Pizhichil)	42
11	Shasti Shaali Pinda Sweda	46
12	Avgaha Sweda	51
13	Upnaha	53
14	Patra Pinda Sweda	56
15	Churna Pinda Sweda	60
16	Shiro Dhara	63
17	Shiro Lepam	65
18	Shiro Vasti	68
19	Kati Vasti	71
20	Uro Vasti	75
21	Akshi Tarpana	77
22	Greeva Vasti	80
23	Janu Vasti	83
24	Jambeer Pinda Sweda	86
25	Nadi Sweda	90
26	Lavana Pinda Sweda	93
27	Ruksha Churna Pinda Sweda	96
28	Ksheera Dhuma	99
29	Shiro Picchu	102
30	Udwartana	105
31	Paschata Karma	108
32	Siravedha	
33	Annexure-I (Formats of Karma)	109
34	Annexure-II (Standard prescriptions)	133
35	Annexure-III (Feedback Form)	136

INTRODUCTION

Ayurveda the science of life originated from the creator Bhrama itself is the traditional system of Indian medicine. It is a stream of knowledge passed down from generation to generation since entirety parallel to the Vedic literature.

In Ayurveda treatment is broadly classified into Shamana and Shodhana. Shamana therapy deals with the pacification of Doshas whereas Shodhana therapy deals with the elimination of Doshas from the body. Panchakarma is categorised under the shodhana therapy.

Panchakarma therapy is believed to impart radical elimination of disease causing factors and maintain the equilibrium of Doshas. Five fold measures comprehended as Panchakarma are:

1. *Vamana (Therapeutic Emesis)*
2. *Virechana (Therapeutic Purgation)*
3. *Anuvasana (Medicated Oil Enema)*
4. *Asthapana (Medicated Decoction Enema)*
5. *Nasya (Nasal Insufflations)*

This Standard operating procedure of Panchakarma is written with a view to impart simple and basic knowledge of the procedures conducted in All India Institute of Ayurveda.



SNEHANA (OLEATION)

Snehana stands for lubrication of body systems by the administration of fatty substances internally and externally. *Snehapana* (internal administration of *Sneha*) is an important preparatory procedure for *Panchakarma*. Four types of *Snehana dravyas* are mentioned in the classics viz. *Ghrita* (Ghee), *Taila* (Oil), *Vasa* (Fat) and *Majja* (bone marrow). Out of these *Ghrita* is considered as the best.

***Snehana* (Oleation) includes:**

1. *Abhyantara Snehana* (Internal Oleation)
2. *Bahya Snehana* (External Oleation)

Abhyantara Snehana is again classified into *Achchha Pana* and *Vicharana*. *Achchha Pana* is the oral intake of medicated or non medicated *Sneha* (Ghee / oil) without mixing with food or other medicinal preparations and used for the purpose of softening and lubricating of body tissues prior to the *Shodhana* therapy.

Material required:

1. Medicated ghee or oil according to the requirement
2. Measuring glass
3. Hot water for drinking (boiled with *Shunthi+Dhanyaka*)

Medicines commonly used:

1. *Indukanta Ghrita*
2. *Mahatiktaka Ghrita*
3. *Sukumara Ghrita*
4. *Dhanwantara Taila*
5. *Ksheera Bala Taila* etc.

Man Power:

- | | | |
|------------------------|---|---|
| 1. Ayurvedic Physician | : | 1 |
| 2. Attendant/ Nurse | : | 1 |

Procedure for *Snehapana*:

Agnibala (digestive power) may be assessed in the patient prior to *Snehapana*, so as to assess the dose of *Sneha dravya* (unctuous substance) (*Hrisva*/mild, *Madhyama*/medium, *Uttama*/high). For the patient with unknown *doshas*, *agni* etc. one may start with *Hrasiyasi matra* (which is digested within two *yamas*/hours).

The patient who is intended to undergo *Snehapana* is to take the *Sneha* in the early morning (within 15 minutes of sunrise) in the prescribed dose based on his *Agnibala* (digestive capacity), nature of disease, condition of body etc. According to *Agnibala*, *Mridu Agni* – 30ml, *Madhyama Agni* – 50ml, *Tikshan Agni* – 75ml. The usual dosage is between 50 to 75ml for *Ghritha* and 30 to 50 ml for *Taila* on the first day. The dose for the next day should be fixed after assessing the time taken for digestion. Hot water boiled with a piece of *Shunthi* (dry ginger) + *Dhanyaka* (dry coriander seeds) is given in small doses to enhance the digestion (*Deepana*, *Pachana*).

Snehapana (internal administration of unctuous substance) may be continued till *Samyaka Snigdha Lakshanas* (symptoms of desired effect) are observed and usually it is obtained within 3 to 7 days.

Usual practice of increasing order of *Snehapana* dosage:

First day	:	50ml
Second day	:	100ml
Third day	:	150ml
Fourth day	:	200ml
Up to 7 th day	:	350ml

Indications:

1. *Swedya*, *Samshodhya* (Persons eligible for sudation and biocleansing procedures)
2. *Ruksha Sharira* (Roughness in the body)
3. *Nithyamadya* (Alcoholic)
4. *Krishna* (Emaciated)
5. *Timira* (Premature cataract)
6. *Vatarogas* (Neuromuscular disorders)
7. *Kasa* (Cough)
8. *Shwasa* (Dyspnoea)
9. *Hikka* (Hiccough)
10. *Swarabheda* (Hoarseness of voice), etc.

Contraindications:

1. *Sthoola* (Obese)
2. *Kaphaja Vikaras* (*Kapha* disorders)
3. *Atisara* (Diarrhoea)
4. *Raktapitta* (Bleeding disorders) etc.

Regimen during *Snehapana*:

1. Rest
2. Avoid day sleep
3. Take Rice gruel after feeling hungry (when consumed *Sneha* is digested).

Complications and management:

1. Indigestion
2. Vomiting
3. Nausea
4. Anorexia
5. Headache
6. Constipation etc.

In such conditions, *Snehapana* should be discontinued and fasting, *Deepana* (Stomachic), *Pachana* (Digestive) drugs may be given based on the patient/ disease condition.

Scientific observation:

Oleation pacifies *Vata*; lubricates and softens the *Doshas*. It improves digestion, regularizes bowels, improves the strength and complexion and prevents premature ageing.

N. B. After completing *Snehana* (oleation), *Swedana* (sudation) is to be carried out (1-3 days) based on the patient/ disease condition.

सर्वे सन्तु निरामयाः

SNEHANA

Procedure:

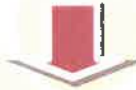
Prepare the patient physically & mentally.



Assess Agni Bala and calculate dose of Sneha according to it.



Early in the morning around 6:00AM required amount of Sneha is taken in a measuring glass and the patient is asked to consume it.



Patient is advised to follow Pathya and avoid Apathya.



Note the time taken for digestion of Sneha and calculate dose for the next day based on it.



Repeat the process for consecutive 3-7 days till Samyag Snigdha Lakshana is observed.



SWEDANA (Sudation)

Swedana is a process to induce sweating (sudation) artificially in a patient/volunteer who has already undergone *Snehana*. *Swedana* is of four types-

1. *Tapa Sweda*
2. *Ushma Sweda*
3. *Upanaha Sweda*
4. *Drava Sweda*

Snehana and *Swedana* constitute *Poorvakarmas*. The patient is given *Snehapana* for 3-7 days depending upon the appearance of fat in stool which is considered as the end point of *Snehana*. *Snehana* is followed by *Swedana* and *Swedana* in turn is followed by *Vamana* procedure.

Types of *Swedana* (on the basis of induction of heat):

1. Thermal (*Sagni Sweda*)-13
2. Non Thermal (*Niragni Sweda*)-10

Types of *Swedana* (on the basis of application of heat):

1. Local (*Ekanga Sweda*)
2. General (*Sarvanga Sweda*)

Types of *Swedana* (on the basis of nature of heat):

1. Moist heat (*Snigdha Sweda*)
2. Dry heat (*Rooksha Sweda*)

Types of *Swedana* (on the basis of intensity of heat):

1. High Sweat (*Maha Sweda*)
2. Medium Sweat (*Madhyama Sweda*) निरामयाः
3. Low Sweat (*Durbala Sweda*)

General features of *Swedana Dravyas*:

The medicines which produce *Sweda* are generally having properties like: *Ushma*/warm, *Tikshna*/sharp, *Sara*/slimmy, *Snigdha*, *Sukshma*/sub, *Rooksha*/rough, *Sthira*/stable, *Drava*/liquid, *Guru*/heavy.

Indications of *Swedana*:

According to Charaka, *Swedana* relieves:

- Stiffness (*Stambha*)
- Heaviness (*Gourava*)
- Cold (*Sheeta*)

Stambha Gourava Sheetagnam Swedanam Swedakarakam

Stambhanam Stambhayati yat gatimantam chalam dhruvam (Charak Sutra-22/11)

Indications of *Swedana*:

1. Following *Snehana*
2. Stiffness of the body
3. Pain
4. Cold
5. Heaviness
6. Dryness
7. *Deranged Vatadosha/* Obstruction to *Mala/stool, Mutra/urine* and *Shukra/semen*
8. Prior to *Panchakarma* Procedures, as a *Poorvakarma*
9. *Swedana* is given to **even infants by using warm hands**

Contra indications of *Swedana*:

1. *Dagdha* (Burnt)
2. *Vishapeeta* (Poisoned)
3. *Madyapeeta* (Alcoholic)
4. *Trishita* (Thirsty/dehydrated)
5. *Nidranasha* (Insomnia)
6. *Chhardi* (Vomiting)
7. *Raktapitta* (Bleeding disorders)
8. *Hridaya Rogas* (Cardiac Diseases)

VASHPA SWEDA (STEAM BATH)

This is a kind of sudation by which medicated steam is applied to the patient's body for a certain period of time to get perspiration. It removes stiffness, heaviness and coldness from the body¹⁵.

For this purpose *Vashpa Sweda Yantra* (A steam-bath chamber) is required. Medicinal herbs /decoction is kept boiling in the *Vashpa Sweda Yantra* from where the steam is generated and applied all over the body or any specific part through a tube or pipe. The patient is advised to lie down inside the steam chamber after massage with warm oil. A thick cotton sheet may be used to cover the body to get proper perspiration.

Material and Equipments:

1. Medicated *kwathas* (Decoction)
2. Suitable oil for massage (*Mahanarayana Taila, Dhanwantara Taila* etc.)
3. *Vashpa Sweda Yantra*/ Steam Chamber
4. Bed-sheet
5. Cloth
6. Towel etc.

Medicated *Kwathas* (Decoction):

1. Usually *Dashamoola* is used:
2. *Bilwa* (*Aegle marmelos*)
3. *Agnimantha* (*Premna integrifolia*)
4. *Shyonaka* (*Oroxylum indicum*)
5. *Patala* (*Ptereospermum suaveolens*)
6. *Gambhari* (*Gmelina arborea*)

7. *Brihati (Solanum indicum)*
8. *Kantakari (Solanum xanthocarpum)*
9. *Gokshura (Tribulus terrestris)*
10. *Shaliparni (Desmodium gangeticum)*
11. *Prishniparni (Uraria picta)*
12. *Tulasi (Ocimum sanctum)*
13. *Nirgundi (Moola / patra) (Vitex negundo)*
14. *Eranda Moola (Ricinus communis)*, may also be used.

Oils for massage:

1. *Maharararyana Taila*
2. *Rasnadi taila*
3. *Nirgundi taila*
4. *Dhanwantara taila* etc.(as indicated by physician)

Man power:

- | | |
|--------------------------|---|
| 1. Ayurvedic Physician : | 1 |
| 2. Masseur : | 1 |

Mode of administration/ procedure:

Patients are to be massaged properly **with suitable** oil for 30-45 minutes **all over the** body. Then the patient is advised to lie down inside the *Vashpa Sweda Yantra* and **cover the** body with a blanket. Patient is to remain inside the *yantra* for 15-20 minutes or till he gets proper perspiration (*Samyakswinna Lakshana*). Prior to *Virechana* it is recommended for 3 days and for *Vamana* one day. At the end of the procedure, patient **may come** out of the chamber and the sweat is wiped off with a towel. Bath is advised **with luke warm** water according to the physician's choice

Indications:

Neuro muscular disorders - Hemiplegia, Paraplegia, sciatica etc

Rheumatological problems

Rheumatoid arthritis, Osteoarthritis, Post fracture stiffness of joints etc.

Rejuvenation therapy

Contraindications:

<i>Visarpa</i>	-	Erysipelas
<i>Timira</i>	-	Cataract
<i>Madhumeha</i>	-	Diabetes Mellitus
<i>Raktapitta</i>	-	Bleeding disorders
<i>Atisara</i>	-	Diarrhoea

Possible Complications and management:

Fainting	-	Sprinkle cold water on the face, apply suitable oil, <i>Drakshadi kwatha</i> internally can be given.
Burns	-	Apply <i>Madhu</i> (Honey), <i>Ghrita</i> (Ghee), <i>Ghritakumari</i> (Aloe vera)

Dietary regimen:

Light (liquid or semisolid) diet is advised.

Scientific explanation:

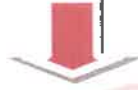
Swedana liquefies the deranged *Doshas/metabolic* wastes and facilitate to bring them to *Koshtha*, (alimentary canal or Central part of the body) where they can be expelled out by subsequent *Panchakarma* procedures.

सर्वे सन्तु निरामयाः

BASHPA SWEDA

Procedure:

Pottali of Medicated Churna is made and is cooked with water in the cooking chamber to optimum temperature for production of medicated steam.



Patient is asked to remove clothes except inner garments.



Patient is gently massaged with suitable lukewarm medicated oil.



Patient is made to lie down in supine position in the Bashpa Sweda Chamber.



Bashpa Sweda Machine is switched ON.



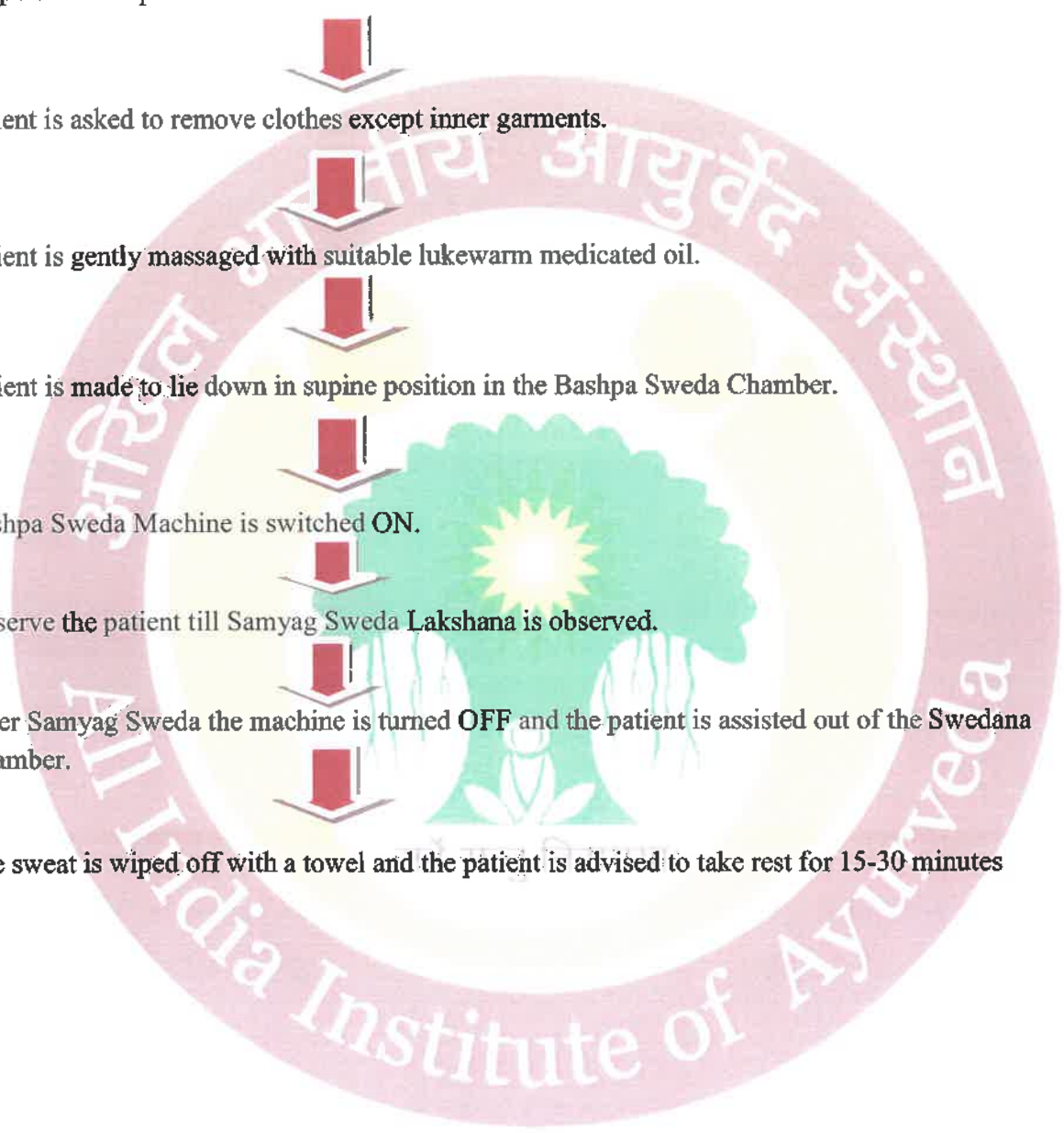
Observe the patient till Samyag Sweda Lakshana is observed.



After Samyag Sweda the machine is turned OFF and the patient is assisted out of the Swedana Chamber.



The sweat is wiped off with a towel and the patient is advised to take rest for 15-30 minutes



VAMANA (THERAPEUTIC EMESIS)

Vamana means to induce vomiting; it is a bio-cleansing measure meant for the elimination of *doshas* (mainly *Kapha*) accumulated in the upper gastro intestinal tract (*Amasaya*). *Vamana* is a treatment of choice in *Kaphaja* disorders.

Materials and Equipments:

- Comfortable seat (Arm chair) (*Vamana Peetha*) : 1
- Bucket : 1
- Vessels : 3

[Mug, Glass, bowl, towels, B.P.Instruments, Weighing Scale, ECG Machine, Thermometer, Measuring Glass etc.]

Vamana Yoga (Formulation to induce vomiting):

Ingredients in approx. quantities:

- *Vacha* (*Acorus calamus*) powder : 2 gm
- *Madanaphala* (*Randia dumatorum*) powder : 4 gm
- Rock Salt : 5 gm
- *Mādhu* (Honey) : 15 ml

Others:

- Medicated oil for application on chest, back, abdomen : 100 ml

(*Mahanarayan Taila*, *Ksheerabala Taila*, *Chandanbala Taila*, *Lakshadi Taila*, *Dhanwantara Taila* etc. may be used according to *Dosha* and disease).

- Milk : 1.5 ltr.
- *Madhuyashthi Kwatha* (Decoction of *Glycyrrhiza glabra*) : 3 ltr.
- *Lavanodaka* (Salted water) : 3 ltr.

Man Power:

- Ayurvedic Physician : 1
- Masseur : 1
- Attendant : 2

Mode of drug administration/ procedure:

The patient is to be prepared for *Vamana* by performing *Purvakarma* properly as indicated and is prescribed to take *Kaphotklesha dravyas* like fish, *masha* (black gram), *payasam* (rice cooked in milk with ghee) etc. on the previous day of *Vamana*.

Vamana is to be conducted in the morning preferably between 7 to 8 A.M. If the patient is on empty stomach, *Yavagu* (specific type of rice preparation made from 1:6 ratio of rice and water) with ghee may be given before performing the *Vamana*. After *Snehan* and *Swedana*, the patient is to be advised to sit comfortably in a chair (*Vaman peetha*). Afterwards mixture of milk or *Madhuyashthi Kwatha* (*Vamanopaga dravya*) is to be given full stomach. *Vacha* powder with honey is given to lick in between. At the last sip of the decoction *Madanaphala* powder with honey is given to be licked.

The medicines for *Vamana* should be administered in proper quantity, according to the age, strength, constitution, season etc. Usually, *Vamana* starts within 10-15 minutes after giving the medicine. While the patient is vomiting, masseur should massage back and chest in upward direction. To stimulate the urge for the bouts of vomiting, warm water mixed with *Saindhava* (*Lavanodaka*) or milk should be given repeatedly. Assessment criteria of *vamana* procedure are elaborately mentioned in the classics. Usually the fluid comes out within 48 minutes. If not vomited out the pharynx may be gently irritated with a finger or *Kamalanala* (stem of lotus).

***Vegas* (bouts) of *Vamana*:**

According to No. of bouts (*Vegas*) *Vamana* may be classified into-

- *Jaghanya Vamana*/mild emesis - 4 *vegas* (bouts)

- *Madhyama Vamana*/Moderate emesis - 6 *vegas* (bouts)
- *Pravara Vamana*/Excellent emesis - 8 *vegas* (bouts)

Post *Vamana* regimen:

When *Samyak yoga* (appropriateness) of *Vamana* is observed the patient should clean his mouth and face with warm water and *Dhumapana* (medicated smoking) with the prescribed drugs e.g. *Haridra* (*Curcuma longa*) is to be performed. In the evening, the patient may be instructed to take hot water bath. When the patient is having good appetite, *Samsarjana krama* (Controlled diet and lifestyle) is to be followed. Semi solid diet preferably rice gruel may be given.

Indications:

- **Gastric problems** - *Amlapitta* (Acid peptic disorders), **indigestion etc.**
- Respiratory diseases - *Kasa* (Cough), *Shwasa* (bronchial Asthma)
- **Other diseases** - Such as *Madhumeha* (Diabetes), *Unmada* (Schizophrenia), *Peenasa* (Sinusitis), *Kushtha* (Skin diseases), *Granthi* (Tumour), *Shlipada* (Filariasis)

Contraindications:

- Acute peptic ulcer
- *Atikrisha* (Emaciated body)
- *Bala* (Children)
- *Vridha* (Old age)



- *Garbhini* (Pregnancy)
- *Shranta* (Exhausted)
- *Pipasita* (Thirsty)
- *Kshudhita* (Hungry)
- *Hridroga* (Cardiac disorders)

Complications of *Vamana* therapy:

Atiyoga (excessive) of *Vamana* may cause -

- (i) Froth in vomitus
- (ii) Hematemesis
- (iii) Weakness
- (iv) Dryness of throat
- (v) Feeling of darkness
- (vi) Giddiness
- (vii) *Vatarogas* (neuro-muscular disorders)
- (viii) Fresh bleeding

Scientific observation:

Certain diseases originate due to accumulation/ **viti**ation of phlegm/ *Kapha*. The elimination of this *dosha* will help to prevent and cure the disease.



VAMANA

Procedure:

Purva Karma:

Sneha Pana & Swedana

Diet which causes Kapha utkleshana on the night prior to the day of Vamana

Pradhana Karma:

Patient is gently massaged with warm oil.

Sarvanga Swedana is done.

Patient is made to sit on the Vamana Chair.

Patient is made to drink Madhuyashti Kwath to full stomach.

Patient is asked to lick Vacha Churna with honey in between.

सर्वे सन्तु निरामयाः

Madanphala Churna with honey is given at the last sip of decoction.



Wait for initiation of Vamana.



Assess and note down the No. of Vegas and signs & symptoms of inadequate, proper or excessive Vamana.

Paschat Karma: Patient is advised proper Samsarjana karma.

Vitals of the patient is checked regularly.



VIRECHANA (THERAPEUTIC PURGATION)

Virechana is the procedure by which the vitiated *Doshas* are eliminated through the anal route. It is the treatment of choice for *Pitta* predominant conditions.

Material and Equipments:

- Attached toilet (lavatory) is a must.
- Towels, Bed sheets etc.

Medicines:

Single drugs:

Any of the following medicines may be selected according to the condition of the patient:

- | | | |
|--|---------------|---------------|
| • <i>Trivrit</i> (<i>Operculina turpethum</i>) | - root powder | - 5 gm |
| • <i>Aragvadha</i> (<i>Cassia fistula</i>) | - fruit pulp | - 10 gm |
| • <i>Eranda</i> (Castor oil) | - oil | - 15 to 25 ml |

Compound preparations:

Any of the following medicines may be selected according to the condition of the patient:

- | | | |
|--|---|---------------------------|
| • <i>Ichhabhedi Rasa</i> | - | 60-120 mg with cold water |
| • <i>Kalyana Guda/ Manibhadra Guda</i> | - | 10-15 gm |
| • <i>Bindu Ghrita</i> | - | 4-5 drops |
| • <i>Hingu triguna Taila</i> | - | 15-25 ml |
| • <i>Avipattikara Churna</i> | - | 10-20 gms |

Man power:

- | | | |
|---|---|---|
| • Ayurvedic Physician (for supervision) | : | 1 |
| • Attendant | : | 1 |

Mode of administration/procedure

Selected patient should undergo first *Purvakarma* i.e. *Snehapana* for 3-7 days, then *Abhyanga* & *Swedana* for three days. The medicine for purgation is to be given in early morning at 6 AM preferably on empty stomach. Usually the purgation will start after three hours. Warm water may be given in small doses, when the patient feels thirsty or the urge

for evacuation is not felt sufficient. Cold water should be used for drinking when the preparation of *Jayaphala* is used for purgation. When the evacuation of bowel is complete as per the *lakshanas* (features) described for *Samyak Virechana* (proper purgation), the patient is advised to take complete rest. Thereafter *Samsarjana krama* is to be followed as per the directions of the physician. Assessment criteria of *Virechana* procedure are elaborately mentioned in the classics:

(*Jaghanya* (mild)- 10 *Vegas*, *Madhyama* (moderate) - 20 *Vegas*, *Pravara* (Excellent) - 30 *Vegas*).

Indications:

- | | | |
|-------------------------------|---|--|
| i. Gastrointestinal disorders | - | 6. Constipation, <i>Krimi</i> (Worm infestation), <i>Kamala</i> (Jaundice) |
| ii. Dermatological disorders | - | Eczema, Allergic dermatitis etc. |
| iii. Other major conditions | - | <i>Pakshaghat</i> (Hemiplegia), <i>Jeerna Jwara</i> (Chronic fever), <i>Madhumeha</i> (Diabetes), <i>Arbuda</i> (Tumour), <i>Tamak Shwasa</i> (Bronchial Asthma), <i>Galganda</i> (Goitre), etc. |

Contraindications:

1. *Navajwara* (Acute fevers)
2. *Krishna* (Emaciated patients)
3. *Rajyakshma* (Tuberculosis)
4. *Garbhini* (Pregnant women)
5. *Hidroga* (Cardiac problems)



Complications:

The complications during *Virechana* therapy may be in the form of *Ayoga* (inadequate purgation) / *Atiyoga* (excessive purgation).

Symptoms of *Ayoga*:

1. *Hridaya Ashuddhi* (heaviness of pericardium)
2. *Udara Ashuddhi* (heaviness of abdomen)
3. *Aruchi* (anorexia)
4. *Kapha-pitta utklesha* (accumulation of sputum in throat or gastric reflux)
5. *Kandu* (itching)
6. *Daha* (burning sensation)
7. *Pitika* (eruptions)
8. *Peenasa* (sinusitis)
9. Obstruction of *Vata & Mala*

Symptoms of *Samyak Virechana*

The symptoms of *Samyak Virechana* are opposite to Symptoms of *Ayoga*.

Symptoms of *Atiyoga*

1. **Malena**
2. Prolapse of rectum
3. Thirst (dehydration)
4. Giddiness
5. Sunken eyes

Scientific observations

This process cleans the channels by the removal of accumulated waste products, undigested material and the toxins mainly from the gut (Gastrointestinal tract), which have moved here by sudation. It enhances the appetite, power of digestion and absorption of food.

Benefits of Samshodhana:

Samshodhana (Vamana & Virechana) procedures provide the following benefits:

1. Clarity of the mind
2. Strength to the sense organs
3. Stability to the tissues
4. Improvement of digestion
5. Slowing down of Ageing process



VIRECHANA

Procedure:

Purva Karma: Sneha Pana & Swedana

Pradhana Karma:

Patient is gently massaged with warm oil.

Sarvanga Swedana is done.

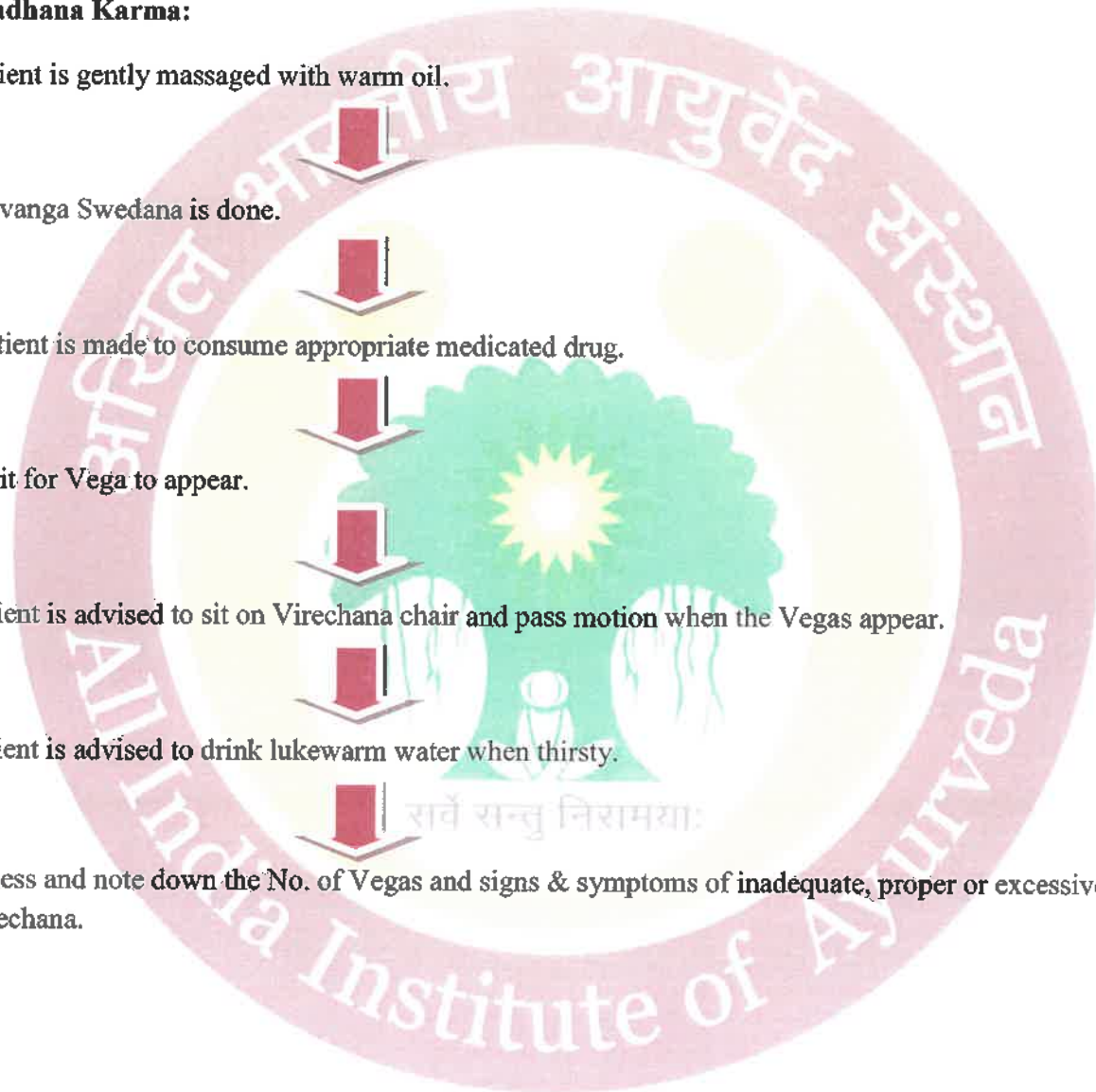
Patient is made to consume appropriate medicated drug.

Wait for Vega to appear.

Patient is advised to sit on Virechana chair and pass motion when the Vegas appear.

Patient is advised to drink lukewarm water when thirsty.

Assess and note down the No. of Vegas and signs & symptoms of inadequate, proper or excessive Virechana.



Paschat Karma: Patient is advised proper Samsarjana karma.

Vitals of the patient is checked regularly.

Patient must avoid cold air, in contact with water, should stay in a closed room.



VASTI (MEDICATED ENEMA)

Vastikarma is the procedure by which the medicines in suspension form are administered through rectum or genitourinary tract using *Vastiyantara* (Specific apparatus). It is the most important procedure among *Panchakarma* procedures and the most appropriate remedial measure for *Vatadosha*.

Materials and Equipments:

1. *Vastiputaka* (Bladder or polythene bag approx. 1.5 Lt. capacity) - 1
2. *Vasti netra* (Nozzle) - 1
3. Lavatory facilities
4. Others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)

Medicines- usual ingredients:

1. Medicated oils for *Abhyanga*
2. *Swedana Karma* materials
3. Medicated oils for *Vasti*
4. *Kwatha* (Decoction) & *Kalka* (Paste) made from prescribed medicines -
5. *Madhu* (Honey)
6. *Saindhava* (Rock-salt)

Man Power:

1. Ayurvedic Physician : 1
2. Masseur : 1

Types of *Vasti* (Classified into many ways):

According to the nature of medicine used, two types of enemas are:

1. *Astthapana/Kashaya/ Niruha Vasti* - Decoction based enema
2. *Anuvasana/ Sneha Vasti* - Oil based enema

***Matra* (dose) of *Vasti dravyas*:**

It depends upon age, sex, strength (*bala*) of the patient and state of *Doshas* / disease.

Apparatus for Vasti:

Vasti yantra is composed of a *Vastiputaka* (animal bladder/polythene bag) and *Vastinetra* or nozzle made up of metals like gold, silver, copper, etc. (*Charak Siddhi* 3/7). The length of *Vastinetra* may be 6 to 12 fingers according to age of the patient (*Sushrut Cikitsa* 35/8).

1. NIRUHA VASTU/ KASHAYA VASTI (DECOCTION ENEMA):

Decoction enema is given before meals (i.e. 8-9 AM) and usually consists of

Medicated oil/ghee	:	240 ml
Madhu (Honey)	:	180 ml
Decoction made from prescribed drugs	:	480 ml
Shatahwa kalka	:	30 gm
Rock-salt	:	15 gm

Preparation of Vasti dravya

Powdered rock-salt is added to honey and stirred in a clean vessel with a pestle. Oil is added to this mixture little by little and again stirred. Then paste of *Shatahwa* followed by decoction is to be added little by little quantity and mixed properly to make homogenous emulsion, and heated gently in a water bath (slightly above body temperature). This mixture is poured into a *Vastiputaka* (polythene bag/processed animal bladder) and fixed with *Vasti Netra* (tied by using thread).

Procedure

Having undergone *Abhyanga* and *Swedana*, the patient is advised to lie down in left lateral position. Little quantity of oil is applied on patient's anus and nozzle of *Vasti yantra*. The nozzle is gently inserted into the anal canal up to a specific length and *Vastiputaka* containing mixture is pressed with a uniform pressure. The pressure is continued till only small quantity of fluid remains in the bag (to avoid air insertion). Then the nozzle is removed gently and the patient is allowed to lie down on supine position till he feels urge to excrete.

The *Vasti dravya* along with faeces normally comes out within 10 minutes when a full dose of *Niruha Vasti* is given. The maximum time specified for retention of *Vasti dravya* is 48 minutes⁴¹. After evacuation of the bowel, the patient may take hot water bath and semi solid diet.

Usually *Niruha Vastis* are not to be given alone. Wherever required, *Niruha Vasti* must be given alternatively with *Sneha Vasti*. Arrangement of *Sneha Vastis* in the beginning, *Niruha Vastis* and *Sneha Vastis* alternatively later followed by *Sneha Vastis* in the last is done in three specific patterns according to total number of *Vastis*, the severity of disease and condition of the patient etc. These are known as:

1. *Karma Vasti* - 30 in number (12 *Niruha*, 18 *Anuvasana*)
2. *Kala Vasti* - 16 in number (6 *Niruha*, 10 *Anuvasana*)
3. *Yoga Vasti* - 8 in number (3 *Niruha*, 5 *Anuvasana*).

Commonly used *Vasti Yogas*:

1. *Madhutailika vasti*
2. *Bala guduchyadi vasti*
3. *Patolanimbadi vasti*
4. *Vaitarana vasti*

Indications :

- a. Neurological disorders - Hemiplegia, Paraplegia, Sciatica, Parkinson's disease etc.
- b. Rheumatological disorders - Gout, Rheumatoid Arthritis, Lumbago, Osteo Arthritis, Myalgia etc.
- c. Digestive disorders
- d. Chronic Fever
- e. Secondary Amenorrhea, etc.

सर्वे सन्तु निरामयाः

Contraindications:

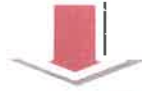
- 1) *Urakshata* (Chest Injuries)
- 2) *Krishha* (Emaciated body)
- 3) *Amatisara* (Diarrhoea with mucus)
- 4) *Chhardi* (Vomiting)
- 5) *Kasa* (Cough)
- 6) *Shwasa* (Asthma)
- 7) *Madhumeha* (Diabetes)
- 8) *Arsha* (Piles)
- 9) *Shoona Payu* (Inflamed Anus)
- 10) *Kritahara* (Immediately after taking food)
- 11) *Udakodara* (Ascitis)
- 12) *Garbhini* (Pregnant woman)



NIRUHA VASTI

Procedure:

Prepare the Niruha Basti medicine according to prescription.



Abhyanga followed by Swedana is done to the patient.



The patient is made to lie down in left lateral position.



Check the temperature of the medication and load it in the Vasti Putak.



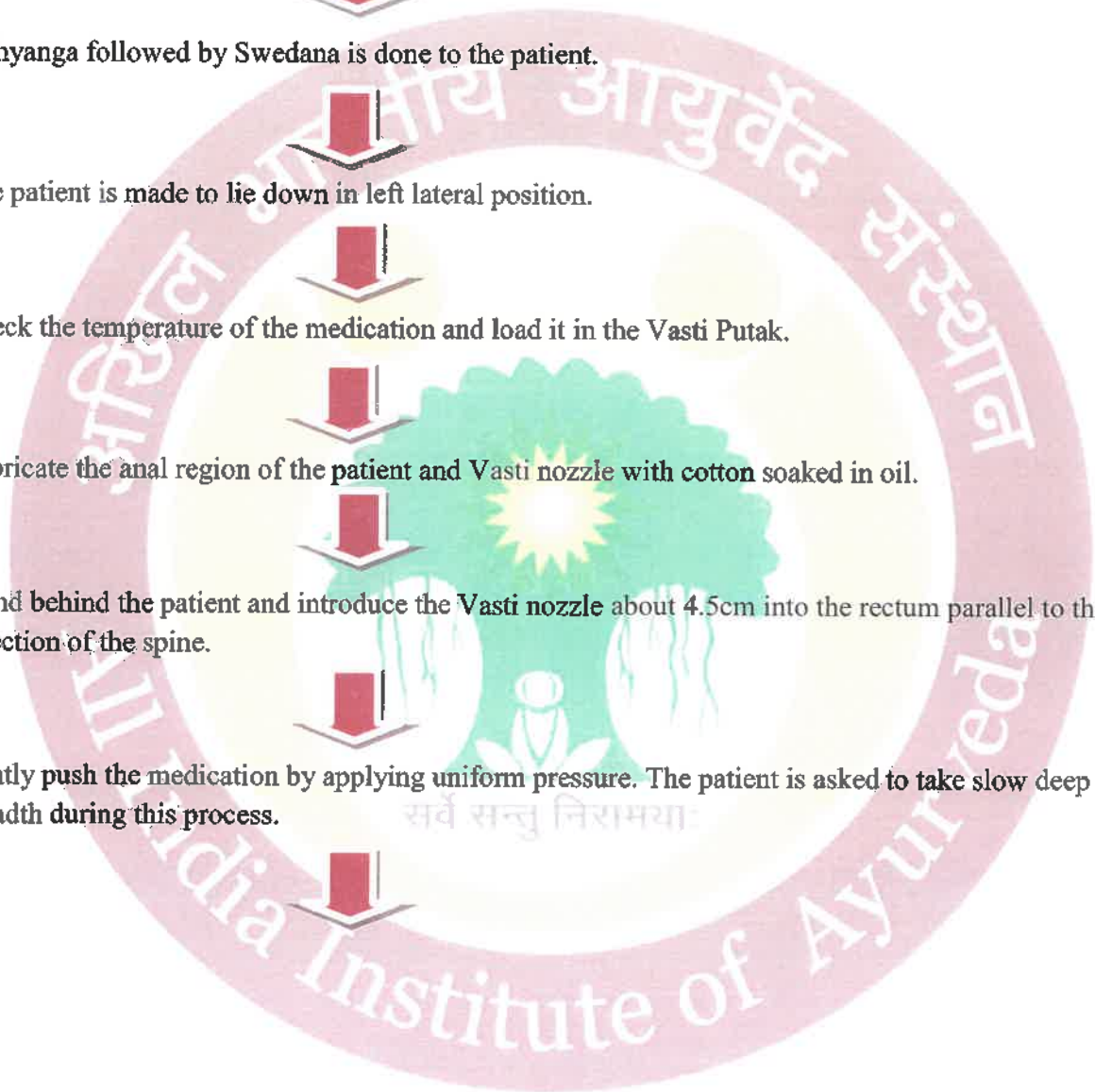
Lubricate the anal region of the patient and Vasti nozzle with cotton soaked in oil.



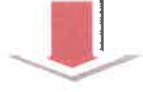
Stand behind the patient and introduce the Vasti nozzle about 4.5cm into the rectum parallel to the direction of the spine.



Gently push the medication by applying uniform pressure. The patient is asked to take slow deep breath during this process.



After introducing the medicine take out the Vasti nozzle gently.



Place a cotton swab soaked with oil in the anal region and massage the gluteal region of the patient.



The patient is asked to remain in the same position for 15minutes.



2. **SNEHA VASTI (OIL ENEMA):**

Administration of medicated oil through anal /genitourinary route is called *Sneha vasti*. The dosage through anal route may vary from 100 ml to 250 ml according to the *Doshik* predominance, disease condition / patient's condition etc. The usual time of administration is afternoon immediately after lunch.

Procedure:

After *Abhyanga* and *Swedana*, the patient is advised to lie down in left lateral position. The *Vastidravya (Sneha)* is administered in similar manner as *Niruha vasti*. As it is a retention enema, the contents should be allowed to retain inside for a minimum period of three hours and all efforts are to be done for the same. It is not harmful even though it is retained for one day.

Indications:

- 1) Neurological & Arthritic conditions
- 2) *Jeerna Jwara* (chronic fevers)

Contraindications:

- 1) *Raktapitta* (bleeding disorders)
- 2) *Navajwara* (Acute fever)
- 3) *Pushpita* (menstrual period)
- 4) *Pandu* (Anemia)
- 5) *Kamala* (Jaundice)
- 6) *Prameha* (Diabetes)
- 7) *Peenasa* (Sinusitis)
- 8) *Sthoola* (Obese)
- 9) *Krimi* (Worm infestation)
- 10) *Galganda* (Thyroid disorders)
- 11) *Shlipada* (Filariasis)

MATRA VASTI:

Matra vasti is the method of administration of medicated oil in small dose, which can be given daily and is totally harm less. It is a type of *Sneha vasti* and indications are similar to *Sneha vasti*. It can be applied irrespective of age and not much precautionary measures are required. The usual dosage is 60-80 ml.

Indications:

- 1) *Vyayama* (excess physical and mental exertion)
- 2) *Madyapana* (Alcoholism)
- 3) *Dourbalya* (Debility)
- 4) *Vataroga* (Neurological disorders)
- 5) *Bala, Vriddha* (Children & Elderly persons) etc.

Complications during *Vasti Cikitsa*:

The complications of *Vasti* are dealt in detail in texts (*Caraka Samhita Siddhi Sthana*).

There are:

- 1) *Doshas* (defects) of *Netra* (nozzle) - 8 types
- 2) *Doshas of vasti* - 8 types
- 3) *Doshas of vastidata* (technician) - 10 types
- 4) *Snehavasti vyapat* - 6 types

These may result into various complications like :

- 1) Local anal injury
- 2) GIT symptoms like pain in abdomen, vomiting etc.
- 3) Very rarely generalized symptoms like *murchha* (synlope), *angamarda* (bodyache) etc. Management is done accordingly.

MATRA VASTI

Procedure:

Prepare the Matra Basti medicine according to prescription.

Abhyanga followed by Swedana is done to the patient.

The patient is made to lie down in left lateral position.

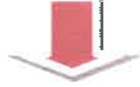
Check the temperature of the medication and load it in the Vasti Putak.

Lubricate the anal region of the patient and Vasti nozzle with cotton soaked in oil.

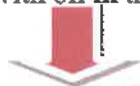
Stand behind the patient and introduce the Vasti nozzle about 4.5cm into the rectum parallel to the direction of the spine.

Gently push the medication by applying uniform pressure. The patient is asked to take slow deep breath during this process.

After introducing the medicine take out the Vasti nozzle gently.



Place a cotton swab soaked with oil in the anal region and massage the gluteal region of the patient.



The patient is asked to remain in the same position for 15 minutes.



NASYA (NASAL INSUFFLATIONS)

Administration of medicines through nostrils is called *Nasya*. *Nasya* is indicated mainly in aggravated and accumulated *Doshas* of head and neck.

Materials and Equipments:

- 1) Chair
- 2) *Droni/ Panchakarma* table
- 3) *Gokarna* (special type of vessel)
- 4) Oil for massage
- 5) Towel

Medicines:

Commonly used oils are-

- 1) *Dhanvantara taila*
- 2) *Anu taila*
- 3) *Ksheera Bala taila*
- 4) *Shadbindu taila*
- 5) Medicated Powder in *Pradhamana Nasya*
- 6) Medicated Juice in *Avapida Nasya*
- 7) Medicated Smoke in

***Dhooma Nasya* Types of *Nasya*:**

1. *Snehanasya*
(a) *Marsha Nasya* (b) *Pratimarsha Nasya*
2. *Avapida Nasya* (when *Kalka/Swarasa* of leaf/ fruit etc. are used) *Shirovirechana*
3. *nasya* (when *Tikshna dravyas* are used for cleansing of sinuses) *Pradhamana*
4. *nasya* (insufflations of drug-powder)

Types of *Nasya* (according to action):

1. *Virechana Nasya*
2. *Brimhana Nasya*
3. *Shamana Nasya*

Man power:

- Ayurvedic Physician : 1
- Masseur : 1

Doses of *Nasya*:

<i>Matra</i>	<i>Marsha</i>	<i>Avapida</i>
<i>Uttama matra</i> (maximum dose)	10 drops	8 drops
<i>Madhyam matra</i> (medium dose)	8 drops	6 drops
<i>Hriswa matra</i> (mild dose)	6 drops	4 drops

Pratimarsha nasya matra: 2 drops

Time of *Pratimarsha nasya*

1. In the night
2. In the day
3. After food
4. After *Vamana*
5. After day sleep
6. After traveling
7. After exhaustion
8. After sexual relation
9. After *Siroabhyanga* (head massage)
10. After *Gandoosha* (gargles)
11. After urination
12. After *Anjana*
13. After defecation
14. After teeth cleaning
15. After laughing

Procedure:

The patient should sit or lie down in a comfortable posture. He has to undergo gentle massage over the head, forehead and face followed by mild *Swedana*. Slightly warm oil should be instilled in the prescribed dose in each nostril. Gentle massage is to be performed on the plantar and palmar regions, shoulder and back. The patient is allowed to spit if patient feels discomfort due to oil in the throat. After completion of the procedure, oil on the face is to be wiped off and complete rest is advised to the patient. Gargling with warm water may follow *Dhoomapana* (inhalation of medicated smoke) through mouth may be given after *Nasya*.

Dose of the oil: 4-8 drops per sitting,

Duration of the treatment: 7-14 days.

Indications:

- 1) *Shirahshula* (Headache)
- 2) *Urdhwajatrugata-Roga* (E.N.T. diseases)
- 3) *Ardita* (Facial paralysis)
- 4) *Manyastambha* (Cervical spondylitis)
- 5) *Timira* (Cataract)
- 6) *Vyanga* (Hyperpigmentation)

Contraindications:

- 1) **Pregnancy**
- 2) Immediately after taking food, **water, alcohol etc.**
- 3) *Ajeerna* (Indigestion)

**NASYA****Procedure:**

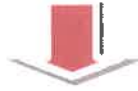
Make the patient to sit comfortably on a chair.



Abhyanga followed by mild *Swedana* is done to the patients face.



Heat the prescribed medicated oil to a favourable temperature.



Check the temperature of the medicated oil.



Put the required amount of medicine with the help of a cotton swab.



The patient is asked to spit out the oil if he/she feels irritation in the throat.



The patient is asked to remain in the same position for about 15minutes.



ABHYANGA (MASSAGE)

Abhyanga can be defined as the procedure of application of *Sneha Dravya* over the body with mild pressure. *Abhyanga* word is derived from 'Abhi' *upsarga* and 'anga' *dhatu*. Thus *taila/ghrita/vasa* etc. are rubbed over the body in directions comfortable to the patient. It improves strength and alleviates *Vata*. *Abhyanga* is a type of *Bahya Snehana*. It can be performed as therapeutic procedure as well as preventive procedure.

Materials and Equipments:

- 1) *Abhyanga table* - 1
- 2) Medicated oil - 100 to 150ml
- 3) Vessel - 200 ml. capacity
- 4) Tissue paper/soft towel
- 5) Green gram powder/ Medicated *Snana Churna*/ Medicated soap

Oils commonly used in the *Abhyanga*:

- 1) *Masha taila*
- 2) *Narayana taila*
- 3) *Dhanvantara taila*
- 4) *Karpasasthyadi taila*
- 5) *Ksheera bala taila*

Man power:

- 1) Ayurvedic Physician : 1
- 2) Masseur : 2

Procedure:

The patient is made to sit on the *Abhyanga table* with leg extended. The oil is to be heated to optimum comfortable temperature and applied over the head, ears, and soles of feet. Then the oil should be applied uniformly with mild pressure over the body by two masseurs standing on both sides of the table. Massage is to be started from scalp, head and move down to neck, upper back, shoulders, upper arms, forearms, hands and then chest, abdomen, low back and lower limbs. At the end of the procedure the oil on the body is wiped off with tissue paper or towels.

Duration:

Usually 30 - 40 minutes.

Post operative procedure

Patient should take complete rest for half to one hour in a comfortable manner. Bath can be taken with hot water and medicated powder (*Snana churna*) or soap may be used to remove the oil and to clean the body. Light semisolid digestible diet may be advised after bath.

Indications:

- 1) Neuromuscular disorders - *Pakshavadha* (Hemiplegia), *Shaishaveeya-*
 - a. *vata* (Poliomyelitis) *Pangu* (Paraplegia) and
 - b. *Gridhrasi* (Sciatica) etc.
- 2) Rheumatological problems- Arthritis, Lumbago etc.
- 3) *Vridhnavastha* (Old age)
- 4) *Shirahshula* (Headache)
- 5) *Angamarda* (Bodyache)
- 6) Rejuvenation of the body

Contraindications:

- 1) *Navajwara* (Acute fevers)
- 2) *Ajeerna* (Indigestion)
- 3) *Raktapitta* (Hemorrhagic disorders)
- 4) *Atisara* (Diarrhoea)
- 5) Immediately after *Panchakarma*

Actions:

- 1) It provides smoothness and improves luster of the skin.
- 2) It takes care of body-exhaustion
- 3) It controls *Vata* (Neurological disorders)
- 4) It improves vision
- 5) It induces sound sleep
- 6) It strengthens the body and gives longevity

Scientific explanation:

The Abhyanga with oils provides stimulation to the nerves. It improves the sensory motor integration. It also gives passive exercise to the muscles thereby strengthening them. The gentle pressure used during massage relaxes the muscles.

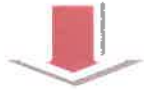
Abhyanga also removes skin dryness and improves skin lustre.



ABHYANGA

Procedure:

Prescribed medicated oil is heated to the required optimum temperature.



Patient is asked to remove clothes except inner garments.



Patient is made to lie down in supine position on the Abhyanga table.



Temperature of the oil is checked and massage is done gently starting from the head and progressed downward



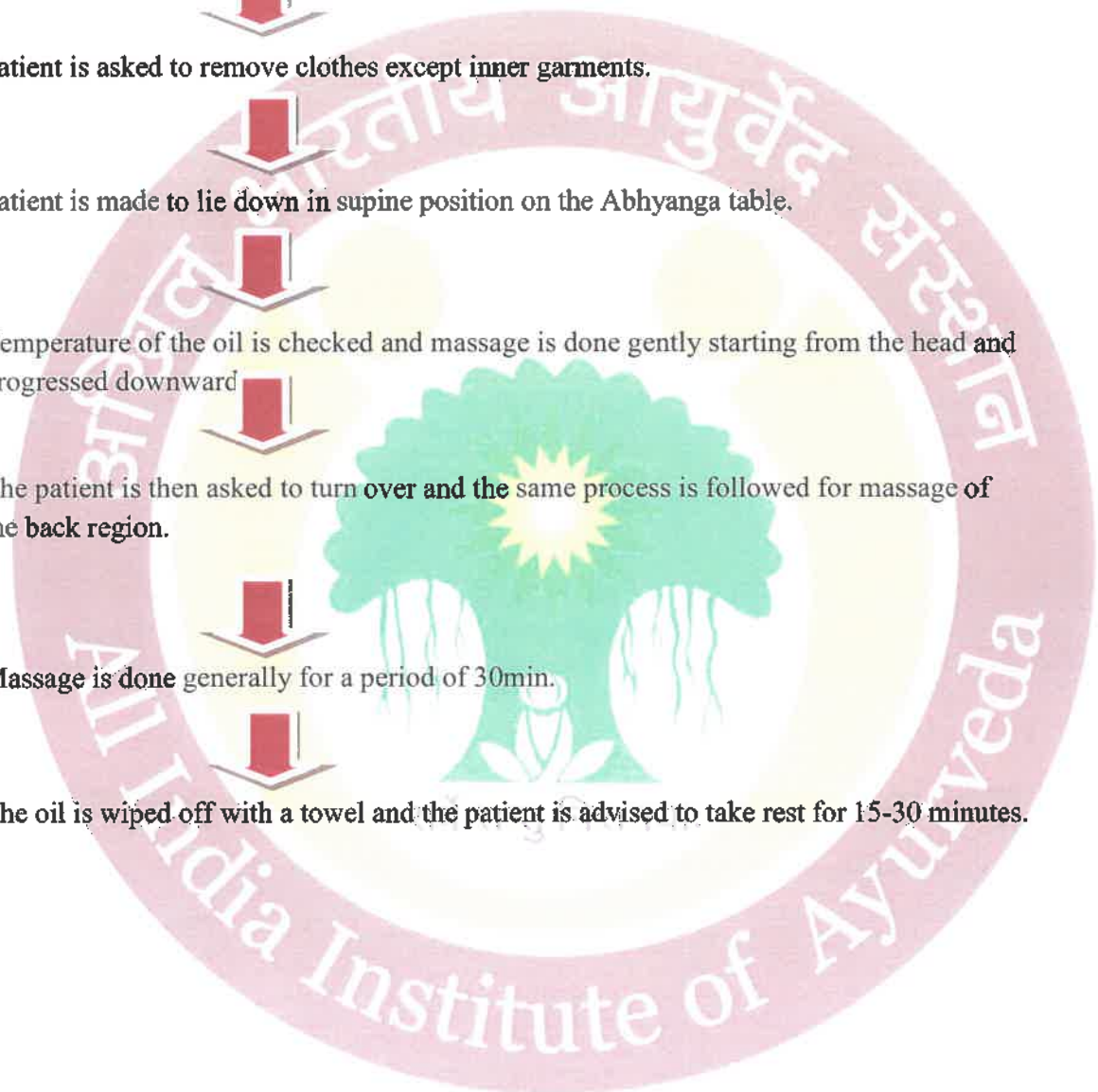
The patient is then asked to turn over and the same process is followed for massage of the back region.



Massage is done generally for a period of 30min.



The oil is wiped off with a towel and the patient is advised to take rest for 15-30 minutes.



KAYASEKA (PIZHICHIL)

Kayaseka or Pizhichil with oil is a modified form of *Parisheka Sweda* developed as a specialty of Kerala. Pizhichil is the process by which the body is made to perspire by means of pouring warm medicated oil in a specific manner. It is a preparatory procedure of *Panchakarma* which has the advantage of producing *Snehana* and *Swedana* effect at the same moment.

Materials and Equipments:

- 1) *Panchakarma Pizhichil Droni* - 1
- 2) Cotton cloth (40X40 cms) - 1 piece
- 3) Warm water for bath
- 4) Towel/ tissue paper to wipe the oil from the body
- 5) Piece of cloth rolled lengthwise, to be tied around the forehead to prevent flow of oil to the eyes.

Medicines:

- 1) Medicated oil as per the prescription of physician. - 5 to 6 liters
- 2) Medicated oil for head - 10 ml
- 3) *Rasnadi churna* - 5 gms
- 4) *Gandharva hasthadi kashaya* - 60 ml

Man Power:

- | | | |
|------------------------|---|---|
| 1) Ayurvedic Physician | : | 1 |
| 2) Masseurs | : | 2 |
| 3) Attendant | : | 2 |

Procedure:

The patient should be made to sit on the *Droni* with legs extended. Rolled cotton cloth has to be tied above the ears around the head at the level of forehead. The eyes should be covered with a band of cloth. Ears should be plugged with cotton and oil is to be applied all over the body. Gentle massage is to be performed by two masseurs attending either side of the patient.

The oil for *Kayaseka* is to be heated by keeping the vessel on a hot water bath. The temperature of oil must be comfortable to the patient. The oil should flow in uniform stream from a height 12 to 20 cms or as per the condition of the disease / patient.

Post process measures:

After *Kayaseka*, the body of the patient is to be massaged gently and oil to be wiped off with clean towel over the scalp and body. Then fresh oil is to be applied all over the body and covered with blanket or cotton cloth. Rest is advised for few minutes followed by hot water bath. *Rasnadi churna* is to be applied over the scalp and *Gandharva hasthadi kwatha* (60 ml) is to be given orally.

Duration:

The duration of the procedure may be 30-45 minutes and usually performed for 7, 14 or 21 days according to the condition of the disease/ patient.

Use of Oil:

It is desirable to use fresh medicated oil for *Kayaseka* every day. But as it is very costly, the same oil may be reheated, filtered and used for further three days. Another quantity of fresh oil is again to be taken and used as before for the next three days. The quantity of oil preserved after 1st and 2nd course of treatment can be used for the 7th day after heating and removing the sediments. Being completed the course of seven days; the residual oil is to be discarded.

Indications:

- 1) Neuromuscular disorders - Hemiplegia, Paraplegia, Peripheral
a. Neuropathy and other
Degenerative conditions, Muscular
and Ligamentous injuries

2) Orthopaedic & Rheumatological

problems -

Rheumatoid Arthritis Osteoarthritis, other Degenerative joint disorders, Contusion injuries, Post fracture stiffness of joints, Dislocation of joints

3) Rejuvenation therapy

Contraindications:

- 1) Painful inflammatory conditions
- 2) Acute stages of fever
- 3) Gastro intestinal problems - Diarrhoea, Digestive disorders etc.
- 4) Respiratory disorders - Cough, Breathing difficulty, Infections etc.

Dietary regimen:

Normal diet can be prescribed. For rejuvenation, meat soups can also be given.

Scientific explanation

This process stimulates **neuromuscular system**; **increases** the peripheral circulation, **improves** the functions of skin, **sense organs** and **provides** nourishment.



PIZHICHIL

Procedure:

Prescribed medicated oil is heated to the required optimum temperature.



Patient is asked to remove clothes except inner garments.



Patient is made to lie down in supine position on the Pizhichil table.



Temperature of the oil is checked and the Pizhichil machine is turned on and oil is allowed to pour down uniformly all over the anterior surface of the body.

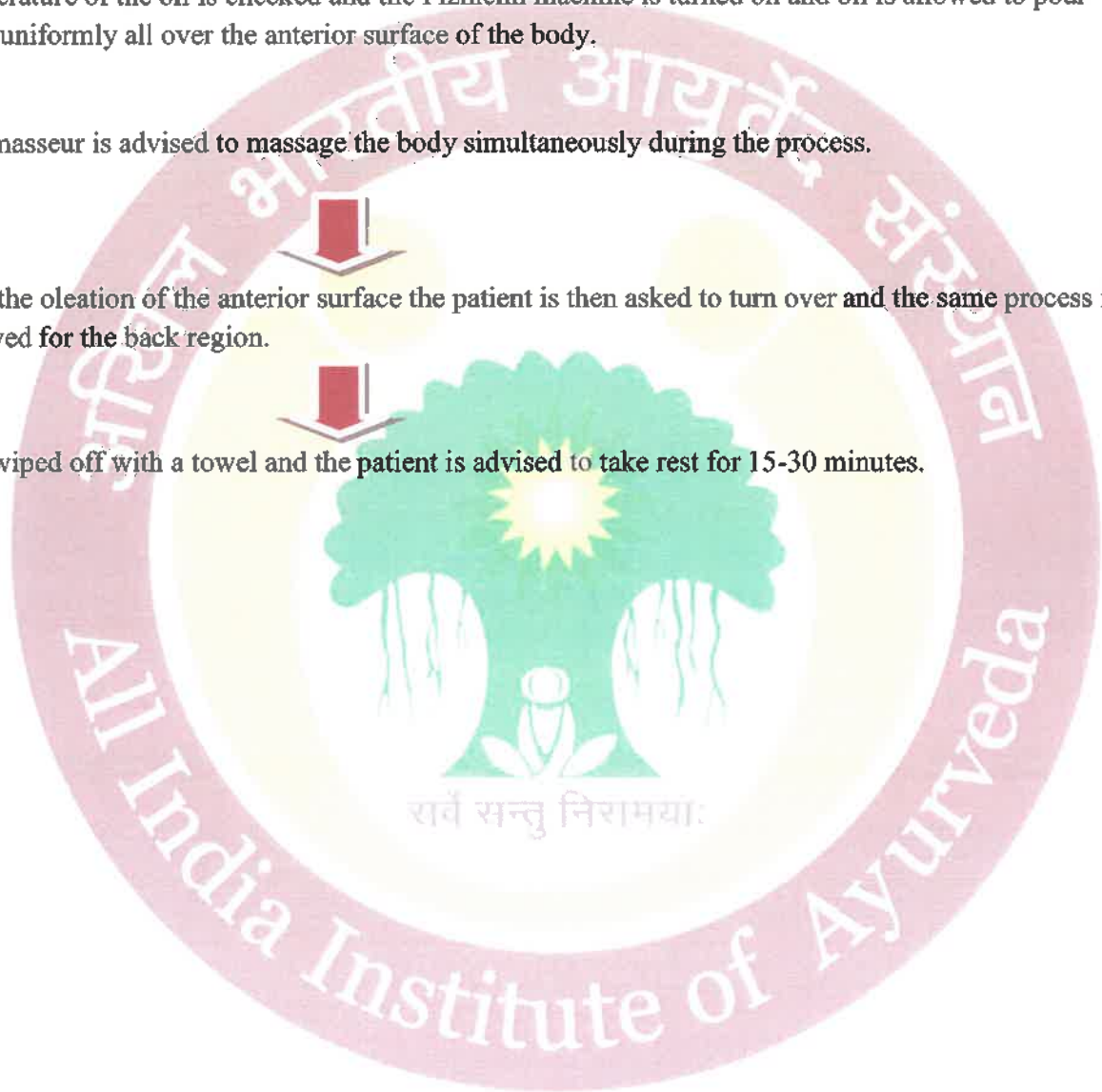
Two masseur is advised to massage the body simultaneously during the process.



After the oleation of the anterior surface the patient is then asked to turn over and the same process is followed for the back region.



The oil is wiped off with a towel and the patient is advised to take rest for 15-30 minutes.



SHASHTIKA SHALI PINDA SWEDA (NAVARAKIZHI)

Shashtikashali pinda sweda also known as *Navarakizhi* is a Kerala specialty of treatment in which the whole body or any specific part is made to perspire by the application of heated medicinal rice (*Navara*) puddings externally in the form of boluses tied up in a cotton cloth.

Materials and Equipments:

- 1) *Panchakarma Droni* - 1
- 2) Induction - 1
- 3) Vessels - 2
- 4) Cotton thread - 2 metre
- 5) Markin cloth - 1 metre.
- 6) Towel
- 7) Hot water for bath

Medicated oils commonly used for *Abhyanga*:

- 1) *Mahamasha taila*
- 2) *Dhanwantara taila*
- 3) *Ksheera bala taila*
- 4) *Karpasasthyadi taila*
- 5) *Ashvagandha Bala taila*

Quantity required: approx.100 ml

Medicated Kwatha:

- 1) *Dashamoola Kwatha/Balamoola Kwatha* - 3 litres
- 2) *Gandharva Hastadi Kwatha* - 60 ml (orally)

***Amalaki Kalka* (paste of *Emblica officinalis*):**

- 1) Paste prepared after boiling in butter milk - 100 gm

Others:

- | | |
|--|-------------------|
| 1) Cow's milk | - 1 litre per day |
| 2) <i>Shastika shali</i> (Special variety of rice) | - 500 gm |

Man power:

- | | | |
|------------------------|---|---|
| 1) Ayurvedic Physician | : | 1 |
| 2) Masseur | : | 2 |
| 3) Attendant | : | 2 |

Mode of administration/ procedure:

500 gm of *Shastika shali* (specific variety of rice, which is yielded after 60 days) is cooked with 1.5 liters of milk and decoction of *Balamoola* (root of *Sida cordifolia*) or *Dashamoola*. This mixture is to be kept in two pieces of cloth to make 2 boluses. Another portion of decoction and milk of the same quantity should be mixed and heated in low temperature to dip the above boluses for warming the *Pottali* (*Kizhi*). The patient should be properly massaged with suitable warm oil all over the body and head. The warm *Pottalis* (*kizhi*) should be gently applied in synchronized manner by two masseurs on two sides of *droni*. They should ensure that the heat of the boluses is bearable to the patient by touching them over the dorsum of their hand. The temperature of the boluses should be maintained throughout the procedure by continuous use of two boluses. The process should be continued till the patient gets *Samyak Swinna Lakshana*.



Post operative procedure:

At the end of the procedure, the paste of medicine remaining over the body should be scrapped off with palm leaves or in similar way and the body should be wiped off with dry soft towels. Then *Taila* swab is to be removed and *Rasnadi churna* is applied over the scalp. Medicated oil should be applied over the body and *Gandharva hasthadi kwatha* is given orally. The patient should take complete rest for at least half an hour and then take a bath with warm water.

Duration:

The total duration of the procedure may be 45 to 60 minutes. The procedure is usually performed for 7, 14 or 21 days according to the requirement.

Indications:

- | | | |
|----------------------------|---|--|
| 1) Neuromuscular disorders | - | Hemiplegia, Paraplegia, Muscular wasting |
| 2) Diseases of joints | - | Osteoarthritis and other degenerative conditions |
| 3) Rejuvenation therapy | | |

Contraindications:

- Acute fever
- Inflammatory and painful conditions, Myalgia
- Gastro intestinal problems like Diarrhoea, Digestive disorders etc,
- Respiratory disorders - Cough, Breathing difficulty, Infections etc

Dietary regimen:

Light vegetarian diet consisting of liquids or semisolids are usually prescribed during the course of the treatment.

Scientific explanation:

By performing this procedure, massage, heat and pressure are provided to the body simultaneously with nourishment to the muscles and nerve endings.

SHASTI SHAALI PINDA SWEDA

Procedure:

Cook 500gm of shast shaali rice with 1.5 litre of milk and 500ml of medicinal decoction in a big vessel till the rice becomes soft.

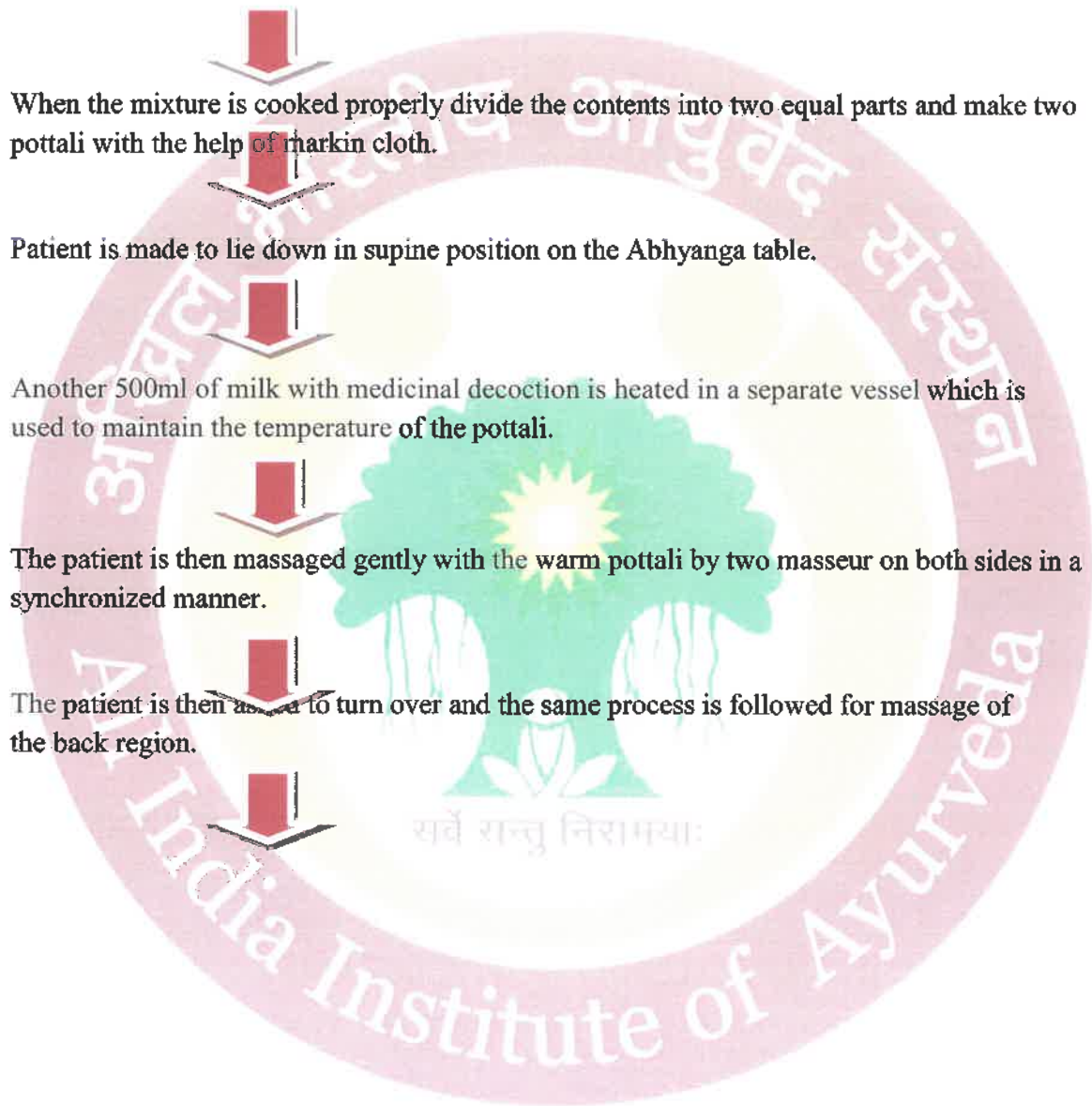
When the mixture is cooked properly divide the contents into two equal parts and make two pottali with the help of markin cloth.

Patient is made to lie down in supine position on the Abhyanga table.

Another 500ml of milk with medicinal decoction is heated in a separate vessel which is used to maintain the temperature of the pottali.

The patient is then massaged gently with the warm pottali by two masseur on both sides in a synchronized manner.

The patient is then asked to turn over and the same process is followed for massage of the back region.



Massage is done for 30-45minutes.



The body of the patients body is wiped off with a towel and is advised to take rest for 15-30 minutes.



AVAGAHA SWEDA (SITZ BATH)

Avagaha sweda is a type of *Swedana* (sudation) in which the patient is made to sit/ lie in a tub containing medicated decoction for a certain period of time so as to give fomentation to the body.

Materials and Equipments:

- 1) Bath Tub (6 ft x 2.6 ft x 1.4 ft) - 1
- 2) Vessels - 2
- 3) Decoction of medicinal plants - 40-60 litres
- 4) Oil for *Abhyanga* - 100ml
- 5) Towel/ tissue paper etc.

Medicines:

Usually the following Decoctions are used for this purpose

- 1) *Sahaachara kwatha*
- 2) *Nirgundi kwatha*
- 3) *Dashamoola kwatha*

Man power:

- 1) Ayurvedic Physician : 1
- 2) Masseur : 2

Mode of administration/ procedure:

The patient should be massaged properly and advised to sit in the tub (containing warm decoction) for 20 to 30 minutes. It should be ensured that the lower part of the body is submerged in the decoction. To maintain continuous uniform temperature, fresh warm liquid may be added to the decoction after small intervals. After completion of this procedure, body should be wiped off. The patient should be advised to take hot water bath followed by light food. *Gandharva hastadi kwatha* is to be given afterwards for drinking. The treatment may be given for 3-7 days or as per Physician's directives based on patient / disease condition.

Indications:

- 1) Lumbo sacral pain and degenerative conditions
- 2) Neurological problems of hip and lower limbs
- 3) Lower gastro intestinal problems
- 4) Urogenital problems like renal calculi, retention of urine etc.
- 5) *Bhagandara* (Fistula-in-ano)
- 6) *Arsha* (Piles)

Contraindications:

- 1) *Nava Jwara* (Acute fevers)
- 2) *Atisara* (Diarrhoea)
- 3) *Prasuta* (Purpuration)
- 4) *Madhumeha* (Diabetes)

Dietary regimen:

Light easily digestible diet preferably liquids and semisolids.

Scientific explanation:

This is a process in which stimulation to nerves and relaxation to muscles is provided through heat and fomentation to the back, perineum, thighs and lower abdomen. It is also a local treatment for *Arsha* (piles) and *Bhagandara* (fistula).



UPANAHA (POULTICE)

Upanaha is one type of *Swedana* (sudation) in which the medicines are made in to a paste after boiling with suitable liquid and applied over a specific area. It is to be covered with *Vatahara* leaves and bandaged with thick cloth which can be removed after 12 hours. *Acharya Chakrapani* described the *Upanaha sweda* as of two types (i.e. *Sagni, Niragni*).

Materials

1) Fine powder of prescribed drugs	- 50 gms
2) <i>Taila/ Ghrita</i> (Medicated oil/ghee)	- 15-25 ml
3) <i>Amla dravya</i> (<i>Dhanyamla/ Curd</i>)	- 50-100 ml
4) <i>Saindhava</i> (Rock salt)	- 20-30 gms
5) Leaves of <i>Eranda</i> (<i>Ricinus communis</i>)	- QS
6) Thick cotton / woolen cloth	- QS
7) Vessel	- 1
8) Stirrer (Spoon)	- 1

Man power:

1) Ayurvedic Physician	: 1
2) Masseur	: 1

Procedure:

Saindhava and powdered drugs are to be taken in a vessel along with sufficient quantity of *Taila/ Ghrita* and *Amla dravya* and then heated. This mixture is stirred continuously till it becomes thick paste. Warm oil should be applied in the area where *Upanaha* is to be done. Then the above paste with bearable heat should be applied. The area where the paste is applied should be covered with *Eranda patra* or other prescribed leaves and bandage to be done with thick cotton cloth. This can be removed and cleaned after 8 - 12 hours followed by oil to be applied.

Indications:

- 1) Headache
- 2) Arthritis
- 3) Bursitis
- 4) Frozen shoulder
- 5) Varicose vein
- 6) Tumor
- 7) Plantar fasciitis
- 8) Cervical spondylitis

Contraindications

- 1) Severe inflammation of skin
- 2) Infections

Diet:

Normal diet

Scientific observation:

It is a type of *Swedana* (sudation) that imparts heat to a specific area resulting into reduction of swelling and pain. It improves the blood circulation and thus, mobilizes the waste materials of that area.



UPNAHA

Procedure:

Prescribed medicinal drug is cooked in medicated oil to form a paste.



Patient is massaged with warm medicated oil on the area where upanaha is to be applied.

Then the part is covered with leaves.



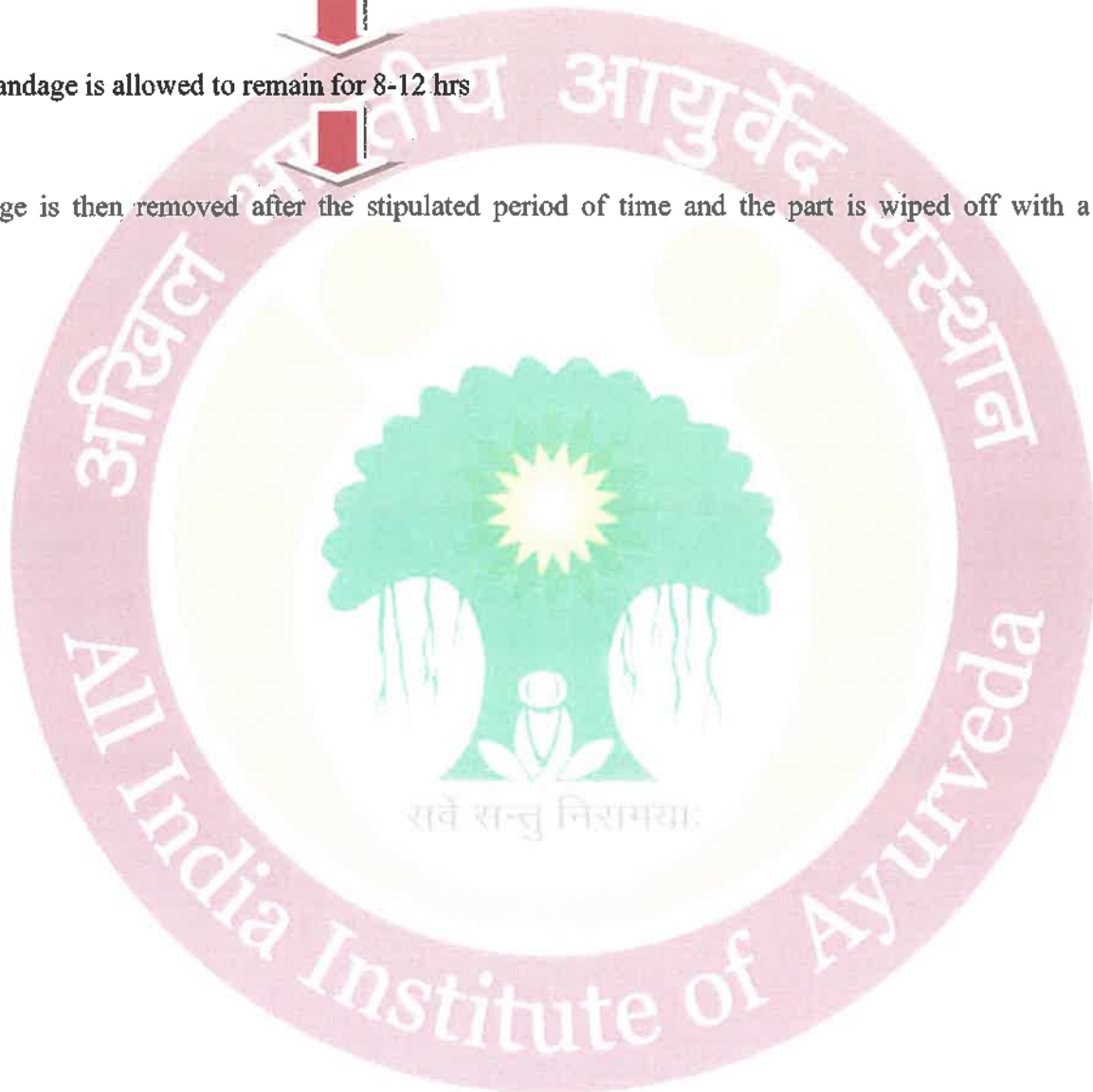
Then the warm paste of drug is applied over the leaf and tied with a bandage.



The bandage is allowed to remain for 8-12 hrs



The bandage is then removed after the stipulated period of time and the part is wiped off with a soft towel.



PATRA PINDA SWEDA

Patra Pinda Sweda refers to the *Swedana* (sudation) performed by specially prepared bolus of medicinal leaves. In this process leaves of *Vatahara* drugs are cut into pieces and fried with rock salt and suitable medicated oil. This hot mixture is tied in cotton cloth as boluses for application over the body.

Material and Equipments:

- | | |
|-----------------------------|----------|
| a. <i>Panchakarma Droni</i> | - 1 |
| b. Frying pan | - 1 |
| c. Vessels for heating | - QS |
| d. Gas stove | - 1 |
| e. Markin cloth | - 1metre |

Ingredients:

- | | |
|--|-----------|
| 1) Leaves of various herbs (chopped into pieces) | - 1 kg |
| 2) Grated coconut | - 100 gms |
| 3) Rock salt | - 15 gms |
| 4) Lemons | - 2 No. |
| 5) Medicated oil | - 100 ml |

The leaves commonly used:

- 1) *Eranda (Ricinus communis)*
- 2) *Amlika (Tamarindus indica)*
- 3) *Karanja (Pongamia glabra)*
- 4) *Shigru (Moringa oleifera)*
- 5) *Dhatuira (Datura metel)*
- 6) *Arka (Calatropis procera)*

The Medicated Kwatha:

- 1) *Gandharva hastadi kwatha* - 60 ml. (orally)

Commonly used oils:

- 1) *Karpasasthyadi taila*
- 2) *Kottamchukkadi taila*
- 3) *Balaashwagandhadi taila*
- 4) *Dhanwantara taila*

Man power:

- | | | |
|------------------------|---|---|
| 1) Ayurvedic Physician | : | 1 |
| 2) Masseur | : | 2 |

Mode of administration/ procedure:

The leaves and lemon are cut into very small pieces and fried with medicated oil and rock salt in a frying pan by giving proper heat. The mixture so prepared is put into a small piece of cloth and tied up into two boluses. The bolus (*pottali*) should be gently applied in synchronized manner. This bolus is applied hot to the skin already smeared with warm medicated oil. To maintain its temperature, the bolus is **intermittently kept** warm by heating on the **frying pan**.

Post operative procedure:

At the end of the procedure, body should be wiped off with dry soft towel. *Gandharva hastadi kwatha* is to be given orally. The patient should **take complete rest** for at least an hour and then allowed to take bath with warm water.

Indications:

- | | |
|---------------------------------|---|
| 1) Neuro muscular disorders - | 4) <i>Pakshavadha</i> (Hemiplegia), <i>Gridhrasi</i> (Sciatica) |
| 2) Rheumatological conditions - | 5) Arthritis due to various reasons-
<i>Amavata, Sandhivata, Katishula, Avabahuka</i> etc. |

Contraindications:

- 1) *Taruna Jwara* (Acute fever)
- 2) *Atisara* (Diarrhoea)
- 3) *Raktapitta* (Hemorrhagic disorders)
- 6) *Twak Vikara* (Infective eczema, Psoriasis etc.)

Dietary regimen:

Light diet preferably liquids and semisolids.

Scientific explanation:

It is a kind of *Swedana* (sudation) where heat, pressure and oil are applied simultaneously with some *Vatahara* drugs. So this may stimulate and strengthen neuromuscular system resulting in reduction of pain and inflammation.

PATRA PINDA SWEDA

Procedure:

Cut the prescribed medicinal leaves into small pieces. Chop 2 pieces of lemon and remove its seeds. Similarly prepare other raw materials if listed in prescription.

Heat the medicated oil in a large vessel. Put leaves, lemon, salt etc orderly and cook till the leaves becomes soft and brownish.

When the mixture is cooled properly divide the contents into two equal parts and make two pottali with the help of marking cloth.

Patient is made to lie down in supine position on the Abhyanga table.

Another 100ml of medicated oil is heated in a separate vessel which is used to maintain the temperature of the pottali.

The patient is then massaged gently with the warm pottali by two masseur on both sides in a synchronized manner.

The patient is then asked to turn over and the same process is followed for massage of the back region.

Message is done for 30-45minutes.

The oil is wiped off with a towel and the patient is advised to take rest for 15-30 minutes.



CHURNA PINDA SWEDA

Churna Sweda is a kind of *Swedana* (sudation) given by powder of various herbs made as *pottalis* (bolus) and application of these *pottalis* over the body after heating.

Material and Equipments:

- 1) Medicinal powder : 500 gm
- 2) Markin coth : 1 metre
- 3) Rock Salt : 15-30 gm
- 4) Oil : 25-50 ml
- 5) Induction : 1
- 6) Others - Cotton cloth, thread, *Panchakarma Droni*, frying pan, big spoon

Medicines:

Any of the following

- 1) *Kola Kulutthadi churna*
- 2) *Jatamanshyadi churna*
- 3) *Tilamashadi churna*

The Medicated Kwatha:

- 1) *Gandharva hastadi kwatha* - 60 ml. (orally)

Commonly used oils:

- 1) *Karpasasthyadi taila*
- 2) *Kottamchukkadi taila*
- 3) *Balaashwagandhadi taila*

Man Power

- 1) Ayurvedic Physician : 1
- 2) Masseur : 2

Mode of administration/ procedure:

Powder of medicinal plants / seeds, lemon, rock salt are mixed together and fried with medicated oil. This mixture is tied up in a cotton cloth to prepare a bolus. This bolus is heated in oil and applied with mild pressure over the body after gentle massage.

Post operative procedure:

At the end of the procedure body should be wiped off with dry soft towel. *Gandharva hastadi kwatha* is to be given orally. The patient should take complete rest for at least an hour and then allowed to take bath with warm water.

Indications:

- 1) Neuro muscular disorders - Myalgia, *Gridhrasi* (Sciatica) etc
- 2) Rheumatological conditions- Arthritis due to various causes
- 3) Cervical spondylitis

Contraindications:

- 1) Acute inflammatory conditions
- 2) Acute fevers
- 3) Haemorrhagic disorders
- 4) Pregnancy

Dietary regimen:

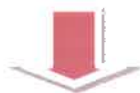
Light food preferably liquids and semisolids

Scientific explanation:

It is a kind of fomentation that stimulates nerve endings, relaxes muscles and relieves pain.

**CHURNA PINDA SWEDA****Procedure:**

Divide the medicinal churna into two equal parts (250gms) and make two pottali with the help of marking cloth.



400ml of medicated oil is heated in a vessel which is used to heat and maintain the temperature of the pottali.



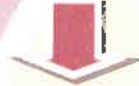
Patient is made to lie down in supine position on the Abhyanga table.



The patient is then massaged gently with the warm pottali by two masseur on both sides in a synchronized manner.



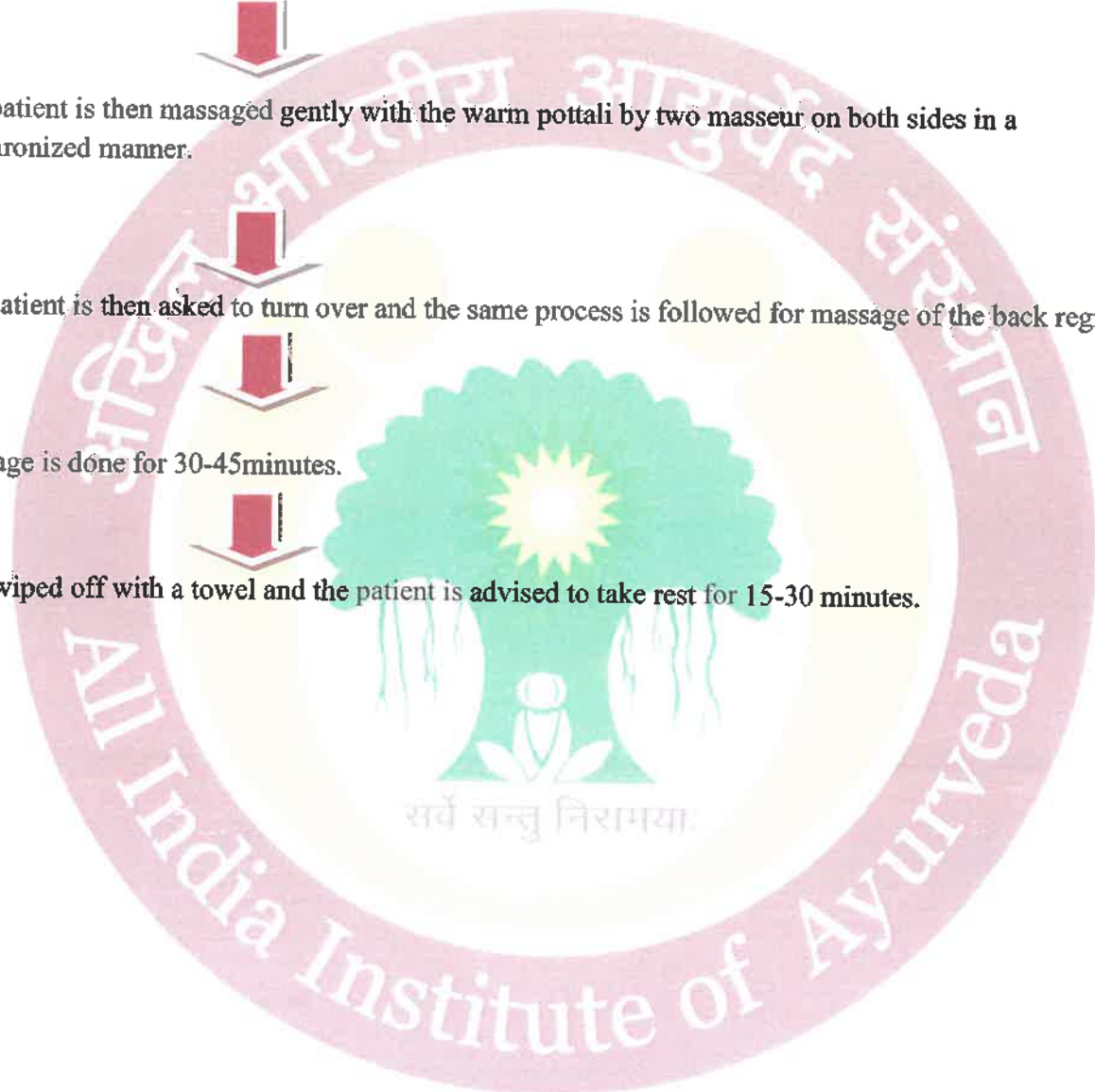
The patient is then asked to turn over and the same process is followed for massage of the back region.



Massage is done for 30-45minutes.



The oil is wiped off with a towel and the patient is advised to take rest for 15-30 minutes.



SHIRODHARA

Shirodhara is a type of *Murdha taila* (Application of oil to the Head/ scalp), in which prescribed medicated oil/ liquid is continuously poured over the forehead and then allowed to flow over the scalp from a specific height for a certain period of time.

Material and Equipments:

- 1) *Shirodhara device* - 1
- 2) *Dhara table* - 1
- 3) Suitable liquids for *Shirodhara* - 3 litres

Medicines:

Any of the following:

Oils:

- 1) *Karpasasthyadi taila*
- 2) *Ksheera bala taila*
- 3) *Chandanadi taila*
- 4) *Dhanvantara taila*
- 5) *Narayana taila*.

Other liquids:

- 1) Buttermilk prepared with *Amalaki (Emblica officinalis)*.
- 2) Decoction of *Yashtimadhu (Glycyrrhiza glabra)*
- 3) Milk
- 4) Coconut water

Man Power:

- 1) Ayurvedic Physician : 1
- 2) Attendant : 2

Mode of administration / procedure:

The patient is to be massaged on the head with suitable oil. In certain cases whole body massage is also done before *Shirodhara*. Patient should lie in supine position on the *Droni* with a pillow under the neck and the *Shirodhara device* is placed over the head. Its height is fixed in

such a way that suitably warm oil/ medicated liquids should fall from a height of 8 to 10 cm in a continuous stream of the thickness of a little finger over the forehead. The oil/ liquid poured is recollected and reheated just above the body temperature and again poured in the *Dhara Patram*. The attendant should move the vessel to both sides of the fore head so that the flow of liquid reaches both sides properly. After this process, the oil is to be wiped off and the patient is advised to take bath with medicated warm water after half an hour.

Duration:

It may be done for 7, 14 or 21 days as per the severity of the disease.

Indications:

- 1)Cerebrovascular disorders - Hemiplegia
- 2)Cerebral palsy
- 3)Facial palsy
- 4)Headache
- 5)Insomnia
- 6)Cervical Spondylitis
- 7)Anxiety Neurosis
- 8)Other psychological disorders
- 9) Eye diseases of neurological origin

Contraindications:

- 1)Space occupying lesion in the brain
- 2)Glaucoma
- 3)Fever
- 4)Conjunctivitis
- 5) Inflammatory conditions of head

Dietary regimen:

Light diet, preferably semisolids and liquids

Scientific explanation:

Constant flow of liquid in a specified manner relaxes the mind, calms and tranquilizes the patients. It pacifies *Vata*.

SHIROLEPANA

Shirolepana is a procedure of application of paste of medicines on head for a specific period of time.

Material Required:

1) <i>Musta</i> (<i>Cyperus rotundus</i>)	-10-20 gm.
2) Dried <i>Dhatri phala</i> (<i>Emblica officinalis</i>)	- 250 gm
3) <i>Takra</i> (Butter milk)	- 500 ml.
4) <i>Taila</i> (Suitable oil)	- 20 ml.
5) Lotus leaves	- QS
6) <i>Rasnadi Churna</i> (Powder of <i>Pluchea lanceolata</i>)	- QS

Preparation of *Takra* & Paste:

Milk is boiled with *Musta* (*Cyperus rotundus*). Curd is made from this boiled and cooled milk. *Takra* is prepared from this curd and *Amalaki* (*Emblica officinalis*) is to be soaked in *Takra* for overnight. The next day paste is prepared from this mixture.

Preparation of the patient & Procedure:

The head of the patient is to be shaved and medicated oil applied over the body and scalp. Patient has to sit comfortably in a chair and *Varti* is to be tied around his head. Thereafter paste should be applied on his head with a thickness of 3 inches. At the center, a dip (trench) is made and *taila* is poured into it. Lotus leaves are to be covered on the applied paste and tied around the head. After one hour, lotus leaves and the paste should be removed. Afterwards head is to be washed and *Rasnadi Churna* is to be applied.

Man power:

1) Ayurvedic physician	:	1
2) Attendant	:	1

Time and duration:

Morning between 8 AM to 10 AM for one hour daily.

The course of treatment may be continued for 7 days or 14 days.

Indications:

- 1) *Nidranasha* (Sleeplessness)
- 2) *Shirahshula* (Headache)

3) *Pitta Raktaja Shirorogas* (Diseases of head due to vitiated *Vata* & blood)

4) *Twak Rogas* (Psoriasis, Eczema etc.)

Contraindications:

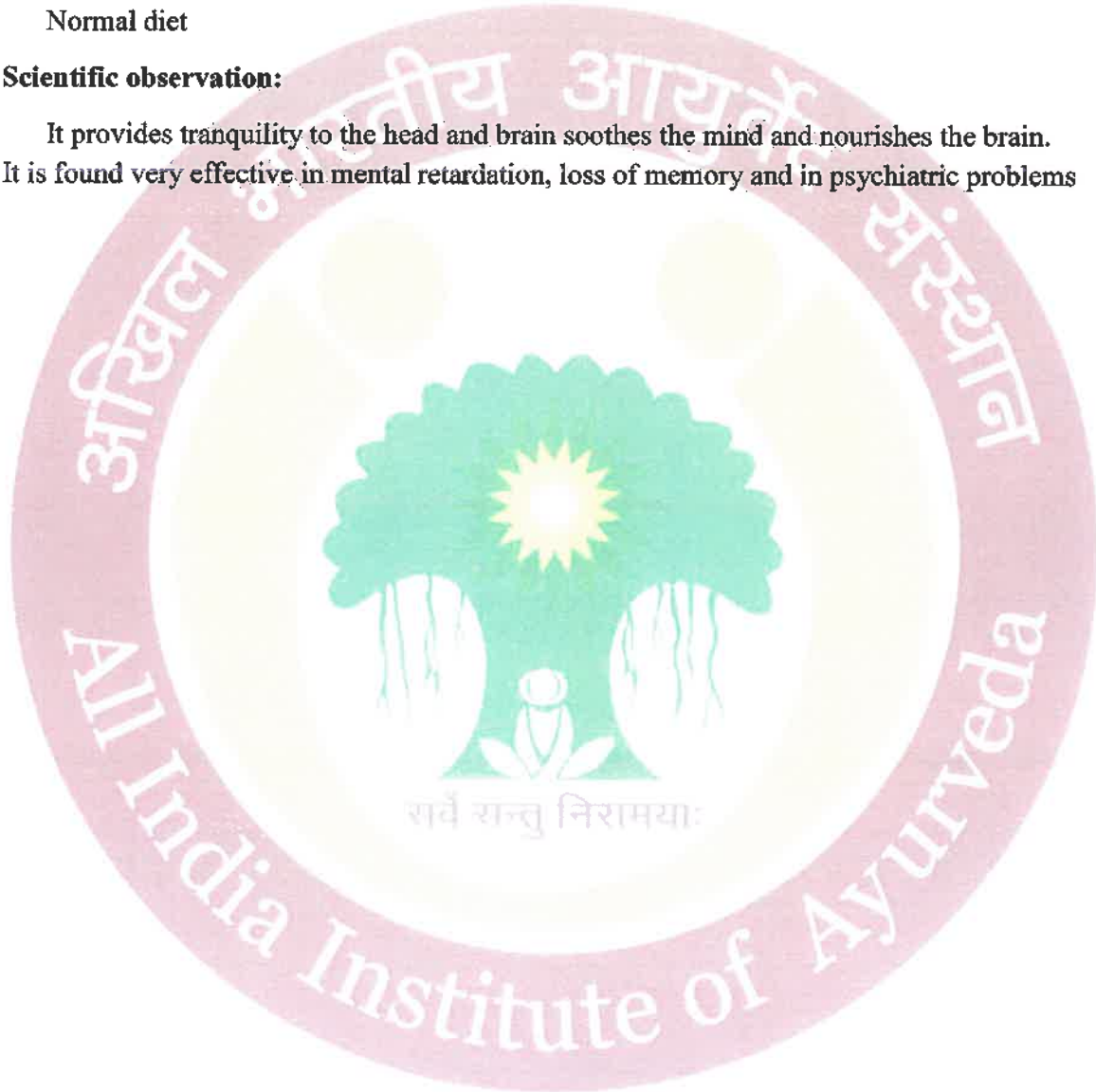
Cold, Fever, Sinusitis and other inflammatory conditions.

Diet:

Normal diet

Scientific observation:

It provides tranquility to the head and brain soothes the mind and nourishes the brain. It is found very effective in mental retardation, loss of memory and in psychiatric problems



SHIRODHARA

Procedure:

A piece of cloth measuring about 3cm broad and ½ metre long is rolled into a thread. It is then tied around the head about 2cm above the eye brow of the patient

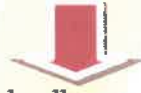


The prescribed medicine is set in the oil chamber and the machine is turned on for heating.

Patient is made to lie down in supine position on the Shirodhara table.



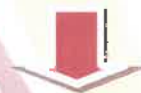
Now after checking the temperature of the oil the pump machine is turned on and the warm medicated oil starts flowing over the forehead of the patient.



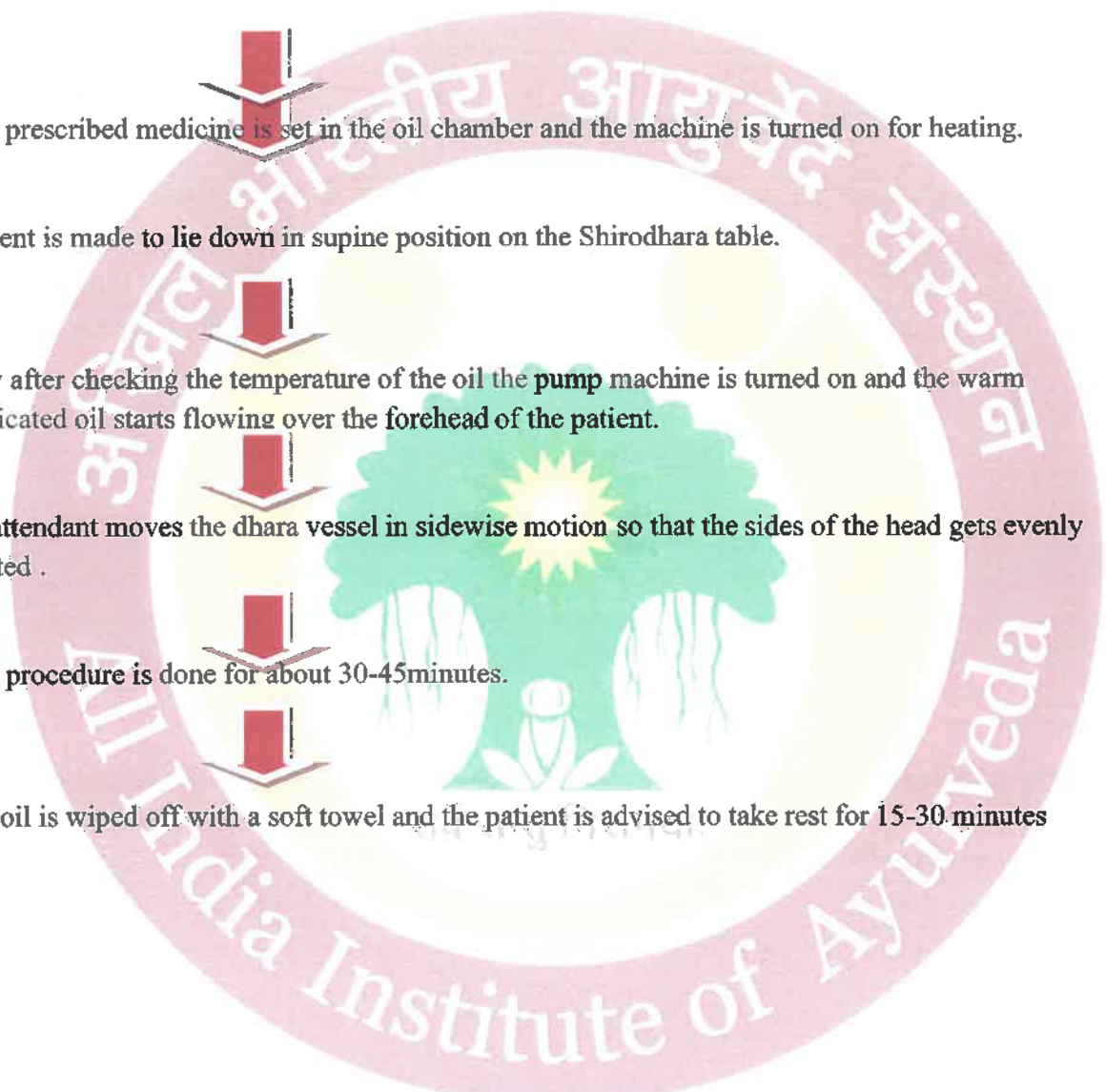
An attendant moves the dhara vessel in sidewise motion so that the sides of the head gets evenly oiled .



This procedure is done for about 30-45minutes.



The oil is wiped off with a soft towel and the patient is advised to take rest for 15-30 minutes



SHIRO VASTI

Shiro vasti is a type of *Murdha taila*, in which the medicated oil is kept over the head with the help of a cap fixed for a prescribed period of time.

Material & equipments required:

1)Rexene/ leather cap (75 cm X 25 cm)	- 1
2)Black gram floor	- 25 0gms
3)Medicated oil	- 1.5 litres
4)Cotton cloth (5 cm X 60 cm)	- 2
5)Induction	- 1
6)Hot water bath	- 1
7)Vessels	- 3
8) <i>Rasnadi churna</i> (Powder of <i>Pluchea lanceolata</i>)	- 5 gm
9)Arm chair	- 1

Medicated oils commonly used :

- 1) *Dhanwantara taila*
- 2) *Narayana taila*
- 3) *Bala taila*
- 4) *Ksheerabala taila*
- 5) *Chandanadi taila*
- 6) *Karpasasthyadi taila*

Method of administration & Procedure:

The patient is made to sit comfortably in an armed chair .The strip of cloth smeared with paste of black gram powder should be wound around the head 2 cm above the eye brows. It must be tight enough to prevent leaking of oil, but not causing any discomfort. Then the cap is to be fixed over the strip and the junctions are to be sealed with black gram paste. To seal the junctions leak free, another layer of cloth smeared with the paste is also applied over the cap. The warm oil is slowly poured into the cap after checking the temperature of the oil.

Temperature of the oil (warmness) is to be maintained by replacing with warm oil at regular intervals. The process is to be continued for 45 minutes.

At the end of the procedure, the oil is to be taken out by dipping cotton piece and squeezing in a container so as to recollect the oil. After this the cap is removed and head wash is done. After wiping off the oil with clean and dry towel, *Rasnadi churna* is applied. Gentle massage is performed on shoulder, neck forehead and back.

Man Power:

- | | | |
|-----------------------|---|---|
| 1)Ayurvedic Physician | : | 1 |
| 2)Attendant | : | 1 |

Duration and time:

The usual course of therapy is 7 days and is usually done in the afternoon or evening (between 3 and 5 PM) for an average time of 45 minutes.

Indications:

- 1)Neurological disorders such as Hemiplegia, Facial palsy
- 2)Numbness
- 3)Sleeplessness
- 4)Dryness of mouth and nose
- 5)Eye diseases

Contraindications:

- 1)Acute inflammatory conditions
- 2)Infections

Dietary regimen:

Light diet, liquids and semisolids are preferable.

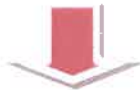
Scientific observations:

- 1) Treatment for *Vata vikaras* of head
- 2) Useful in neurological complaints, chronic diseases, etc.
- 3) Strengthens the organs in the head and soothes the mind.

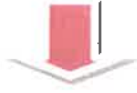
SHIRO VASTI

Procedure:

Make the patient to sit comfortably on a chair.



Strip of cloth smeared with black gram flour is tied 2cm above the patients eyebrow.



Vasti cap is fixed on the patients head and is sealed with paste of black gram flour.



Another cloth smeared with black gram flour is tied over the head.



Warm medicated oil is filled into the cap with the help of a sponge.

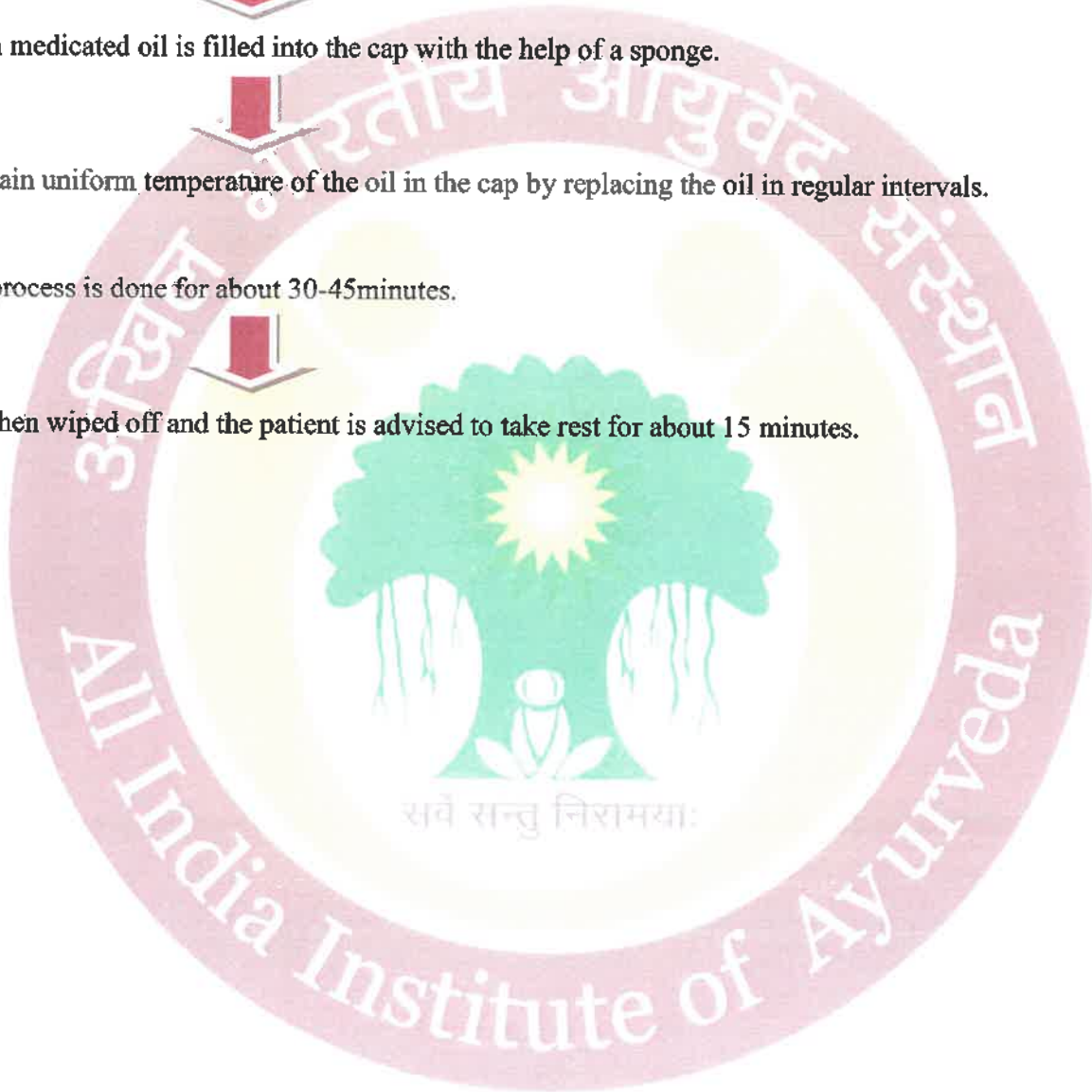


Maintain uniform temperature of the oil in the cap by replacing the oil in regular intervals.

This process is done for about 30-45minutes.



The oil is then wiped off and the patient is advised to take rest for about 15 minutes.



KATI VASTI

Kati vasti is a procedure in which comfortably hot medicated oil is kept over the lumbosacral area or any adjacent part for a certain period of time with the help of a cap like hollow structure.

Material and Equipments:

- 1) *Panchakarma table* - 1
- 2) Vessels - 3
- 3) Spoon - 1
- 4) Cotton QS
- 5) Hot water for bath - 1
- 6) Medicated oil - 1 Lt.
- 7) Black gram powder - 1 Kg.
- 8) *Dashamula Kwatha* for *Nadi Sweda*

Medicines:

Any of the following Medicated oils can be used:

- 1) *Karpasasthyadi taila*
- 2) *Sahacharadi taila*
- 3) *Masha taila*
- 4) *Dhanvantara taila*
- 5) *Kottumchukkadi taila.*
- 6) *Mahalarayana taila*

Mode of administration/ procedures:

Black gram powder is to be mixed with sufficient quantity of water to make a thick paste (dough). It is then rolled into a flat slab like structure having length of about 45 to 60 cm, thickness of 2-3 cm and height 5 cm. Selected patient should undergo *Abhyanga* (massage) all over the body and then *Nadi sweda* (Medicated steam) on the low back & legs. Patient is advised to lie down in prone position. The prepared dough is to be fixed on the lumbosacral area in a circular shape, taking care not to cause any leakage of oil.

The oil should be heated up to warmth over the water bath and poured slowly inside the ring. Its uniform temperature must be maintained throughout the process by replacing warm oil. The oil is to be kept for 30-40 minutes. After the prescribed time, oil is to be removed by dipping cotton and squeezing in a container. Dough can be removed afterwards, and the area is to be wiped off followed by cleaning with lukewarm water. Thereafter the patient is advised to take rest. Oil used once may be filtered and reused for next two days. 4th day the oil to be used should be fresh.

Man power:

- 1) Ayurvedic physician : 1
2) Attendants : 2

Time and duration:

30-40 minutes daily.

The course of treatment may be continued for 7 days or 14 days.

Indications:

- 1) Lumbo sacral pain -
2) Neuro muscular disorders -

Contraindications:

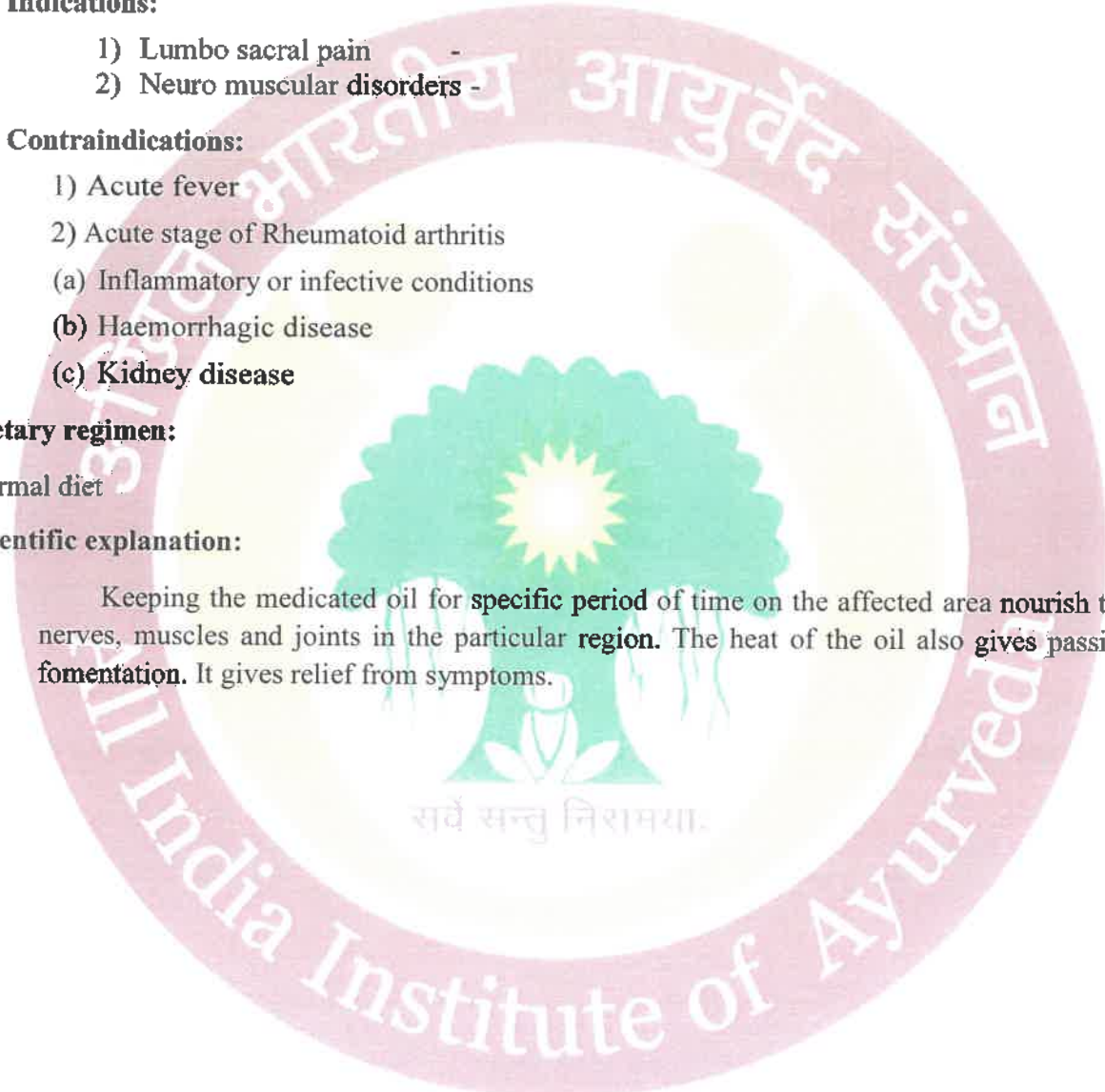
- 1) Acute fever
2) Acute stage of Rheumatoid arthritis
(a) Inflammatory or infective conditions
(b) Haemorrhagic disease
(c) Kidney disease

Dietary regimen:

Normal diet

Scientific explanation:

Keeping the medicated oil for **specific period** of time on the affected area **nourish** the nerves, muscles and joints in the particular **region**. The heat of the oil also **gives** passive **fomentation**. It gives relief from symptoms.



KATI VASTI

Procedure:

Thick roll of dough 2-3cm thick and 45-60 cm in length is made with black gram flour.

Abhyanga and Nadi sweda is done to the patient.

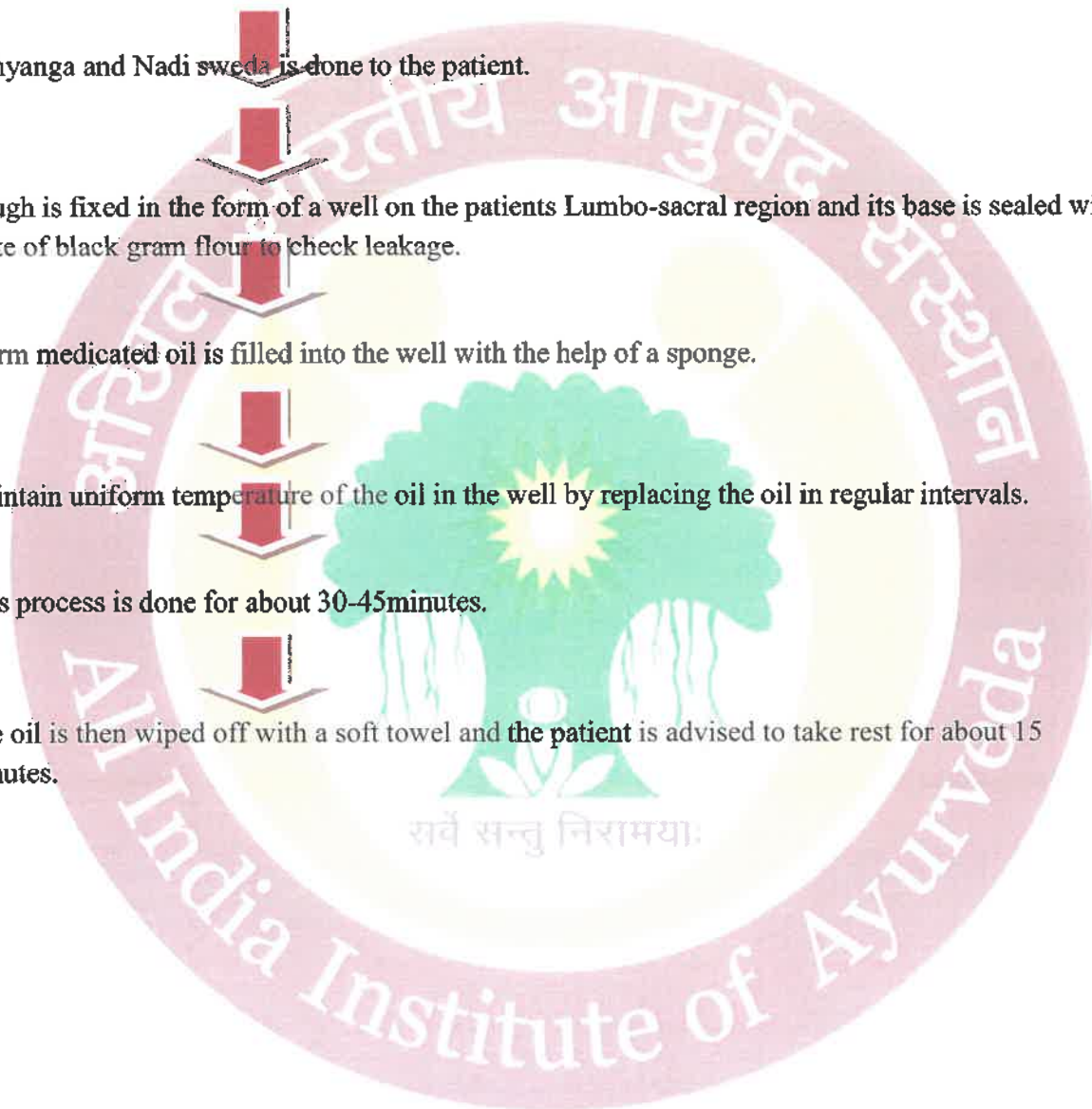
Dough is fixed in the form of a well on the patients Lumbo-sacral region and its base is sealed with paste of black gram flour to check leakage.

Warm medicated oil is filled into the well with the help of a sponge.

Maintain uniform temperature of the oil in the well by replacing the oil in regular intervals.

This process is done for about 30-45minutes.

The oil is then wiped off with a soft towel and the patient is advised to take rest for about 15 minutes.



URO VASTI

Retaining warm medicated oil on specific area of chest for a specified period of time is called *Uro Vasti*.

Material and Equipments:

- 1) *Panchakarma table* - 1
- 2) *Medicated oil* - 500 ml
- 3) *Black gram powder* - 500 gm - 1 Kg.
- 4) *Cotton gauze* - QS

Medicated oil (any of the following):-

- 1) *Karpasasthyadi taila*
- 2) *Panchaguna taila*
- 3) *Balaashwagandhadi taila*
- 4) *Bala taila*
- 5) *Narayana taila*
- 6) *Kottumchukkadi taila*

Man Power:

- 1) *Ayurvedic Physician* : 1
- 2) *Masseur* : 1

Mode of administration/ procedure;

Black gram powder is made in to dough by mixing it with water. The patient has to lie down in supine position. A trough is to be made with this dough on chest or heart region. Medicated oil has to be filled in it and retained for 30 to 40 minutes. After the specified time, the oil is to be removed with the help of cotton gauze. Thereafter, trough can be removed and oil wiped off. The patient is to be advised to take rest. Usually the procedure is done for 7 days.

Indications:

- 1) *Muscular pain/stiffness of the chest*
- 2) *Chronic injury of Chest*

Contraindications:

- *Status asthmaticus*
- *Tuberculosis*
- *Bleeding disorders*

Dietary regimen:

Normal diet

Scientific explanation;

Keeping the medicated oil for specific period of time on the affected area may nourish the nerves, muscles and joints in that particular part.

URO VASTI

Procedure:

Thick roll of dough 2-3cm thick and 45-60 cm in length is made with black gram flour.

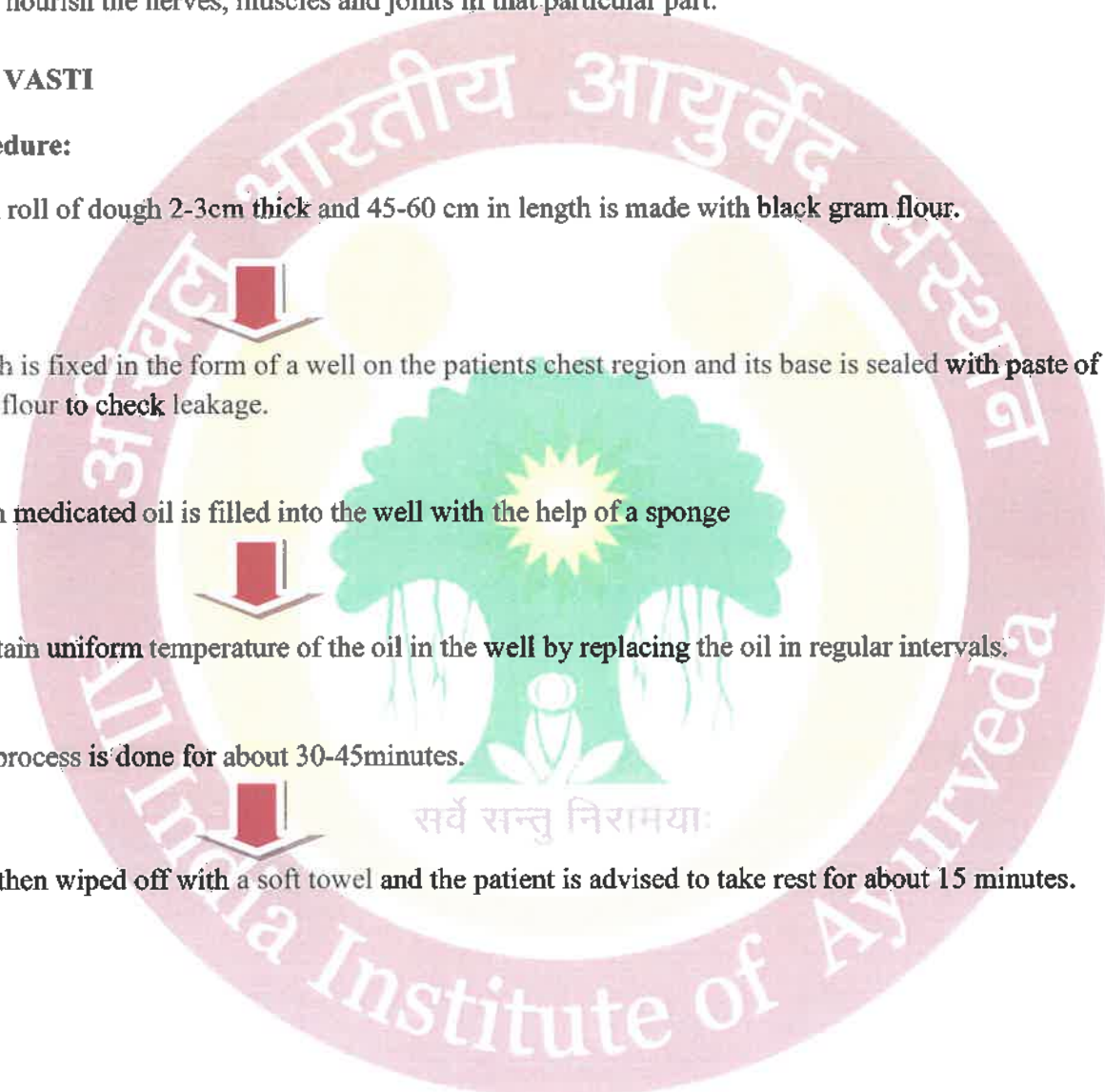
Dough is fixed in the form of a well on the patients chest region and its base is sealed with paste of black gram flour to check leakage.

Warm medicated oil is filled into the well with the help of a sponge

Maintain uniform temperature of the oil in the well by replacing the oil in regular intervals.

This process is done for about 30-45minutes.

The oil is then wiped off with a soft towel and the patient is advised to take rest for about 15 minutes.



TARPANA

In this process, medicated ghee is retained over eyes for 15-20 minutes.

Material and Equipments:

- 1) *Panchakarma Droni* - 1
- 2) Medicated Ghee - 50 ml
- 3) Black gram powder - 250 gm

Medicines:

The following medicated ghee preparations are commonly used.

- 1) *Jeevantyadi Ghrita*
- 2) *Patoladi Ghrita*
- 3) *TriphalaGhrita*

Man power:

- 1) Ayurvedic Physician : 1
- 2) Attendant : 1

Procedure:

Black gram powder is to be made in to dough by using water. The patient is to be advised tpo lie down in supine position. Gentle massage is to be done on hesd eyes and face. A trough is to be made with this dough around both eyes, approximately 2 cm in height around the eyes. Medicated ghee (a little below body temperature but in liquid form) is to be filled inside the trough. It is to be kept for 15-20 minutes and then the ghee is to be collected by the gauze. The face should be wiped off with clean dry towel. Thereafter eyes should be covered with the leaves of lotus or petals of rose and the patient is **to be advised** to sit away from the sunlight for a day. It may be **done for 7 to 14 days.**

Indications:

- a. Ophthalmological conditions
- b. Xerophthalmia

Contraindications

- 1) Conjunctivitis

Scientific explanation:

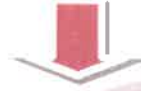
This process may nourish the structures in the eyes. It strengthens the optic nerve.



AKSHI TARPANA

Procedure:

Thick roll of dough 2cm thick and 20 cm in length is made with black gram flour.



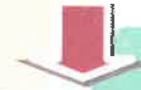
Dough is fixed in the form of a well 2cm in height encircling the patients eye and its base is sealed with paste of black gram flour to check leakage.



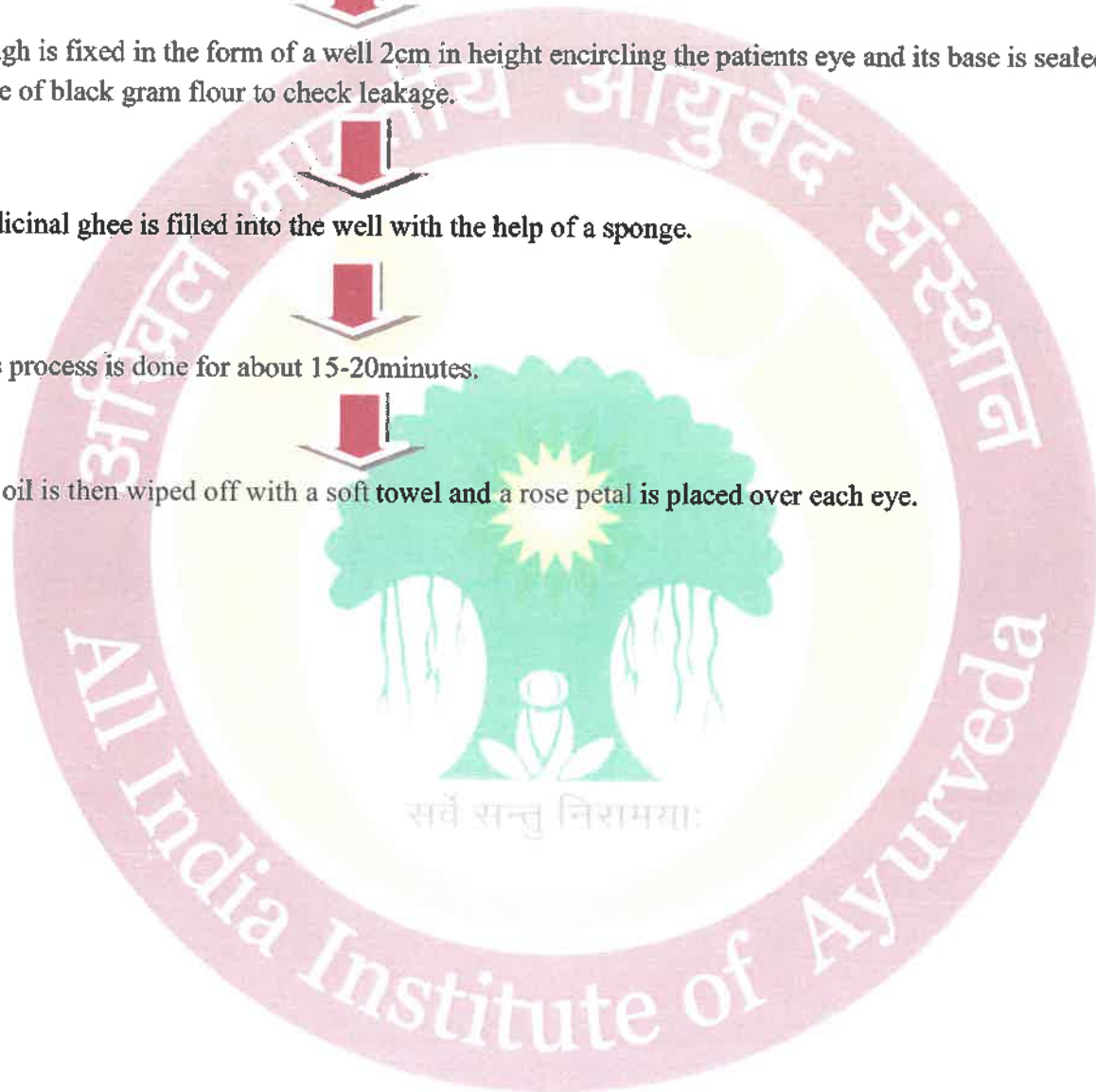
Medicinal ghee is filled into the well with the help of a sponge.



This process is done for about 15-20minutes.



The oil is then wiped off with a soft towel and a rose petal is placed over each eye.



GREEVA BASTI

The procedure of applying heat to the cervical region by retaining warm medicated oil with in a specially formed frame on this area is popularly known as *GREEVA BASTI*.

Materials and requirements:

1. *Abhyanga* table 1
2. *Masha* powder – 250 gm
3. Medicated oil – 200 ml
4. Sauce pan 1
5. Sponge Piece 1

Man power :

- 1) Ayurvedic Physician – 1
- 2) Masseur – 1

Mode of administration/procedure :

First make dough from *masha* powder by adding warm water. Prepare round pit of about 10-15 cm long , thickness of 3 cm and height of 5 cm. Oil is selected as per condition. Ask the patient to lie down in prone position with forehead resting on flexed arms. Prepared dough is fixed on the back of the neck of the patient in circular shape like a mini tank. Steel or plastic ring can be used. Ensure proper sealing to avoid leakage of oil. Then the prescribed medicated oil should be made warm and after ensuring the tolerable temperature oil should be poured inside the tank along the sides. The temperature of the oil should be maintained at 40 to 48 degree celcius by replacing a small quantity with sponge after reheating. Procedure should be done for 30 minutes for a period of 7 days.

After procedure :

After removing the oil and dough the neck and shoulder are massaged with circular and linear strokes. The part is given fomentation with the towel dipped in hot water.

Indications :

- 1) CERVICAL SPONDYLYSIS
- 2) Musculo skeltal manifestations of neck
- 3) Disc prolapsed
- 4) Ankylosing Spondylitis etc.

Contraindications:

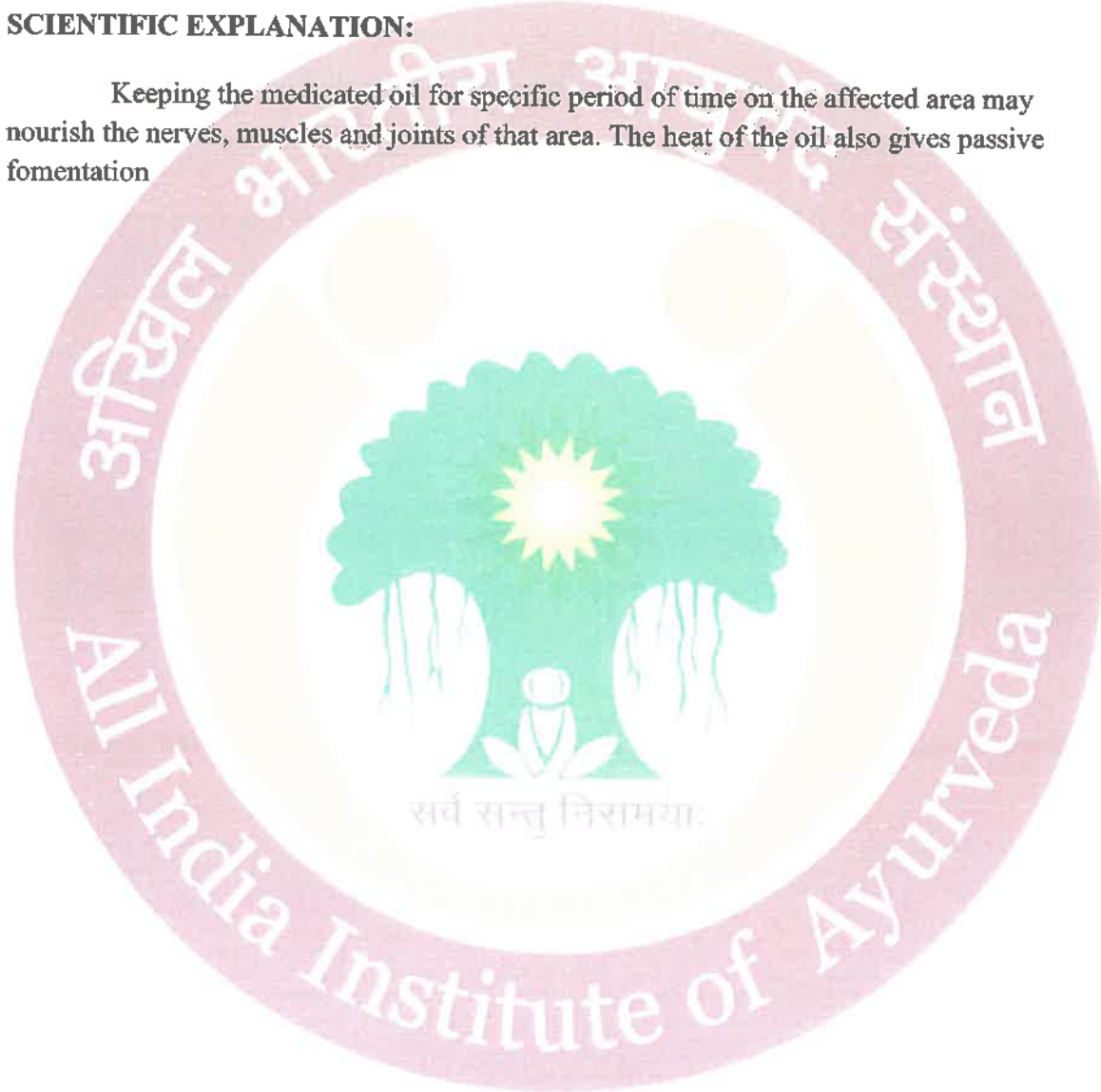
Acute inflammatory conditions.

DIETARY REGIMEN:


Normal diet.

SCIENTIFIC EXPLANATION:


Keeping the medicated oil for specific period of time on the affected area may nourish the nerves, muscles and joints of that area. The heat of the oil also gives passive fomentation

**GREEVA VASTI****Procedure:**

Thick roll of dough 2-3cm thick 5cm high and 45-60 cm in length is made with black gram flour.




Dough is fixed in the form of a well on the region of the patients cervical spine and its base is sealed with paste of black gram flour to check leakage.




Warm medicated oil is filled into the well with the help of a sponge.



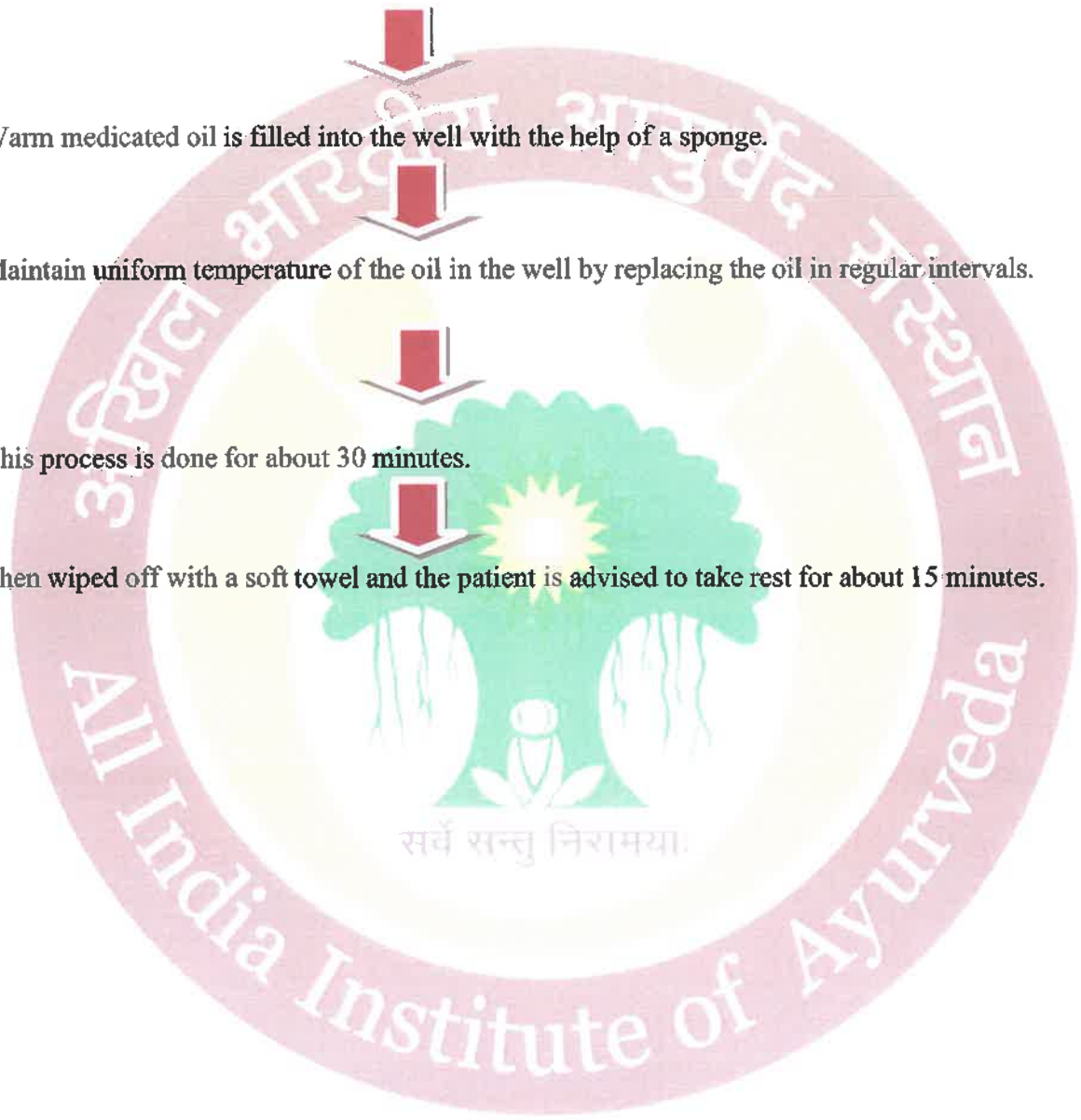
Maintain uniform temperature of the oil in the well by replacing the oil in regular intervals.



This process is done for about 30 minutes.



The oil is then wiped off with a soft towel and the patient is advised to take rest for about 15 minutes.



JANU VASTI

The procedure in which retaining of warm medicated oil is retained with in a specially formed frame over the knee region is popularly known as *Janu Vasti*.

Material and medicines required:

- 1) *Abhyanga* table – 1
- 2) *Masha* powder – 250 gm for one knee
- 3) Medicated oil – 300 ml
- 4) Sauce pan – 1
- 5) Sponge Piece – 1

Man power:

- 1) Ayurvedic Physician – 1
- 2) Masseur – 1

Mode of administration/Procedure :

First make dough from masha powder by adding warm water. Prepare round pit of about 10-15 cm long , thickness of 3 cm and height of 5 cm. *Janubasti* can be carried out in four different locations of knee joint. Supine position of the client with knee extended is ideal for treating anterior part of knee joint, Popliteal area in prone, Medial and lateral part of knee in lateral positions. For comfort a pillow can be supported below knee. Prepared dough is fixed to the area in circular shape. Steel or plastic ring can be used. Ensure proper sealing and to avoid leakage of oil. Then the prescribed medicated oil should be warmed and after ensuring the tolerable temperature oil should be poured inside along the sides of dough. The temperature of the oil should be maintained at 40 to 48 degree celcius by replacing a small quantity with sponge after reheating. Procedure should be done for half to one hour for a period of 7 days.

After procedure:

After removing the oil and dough the part is massaged with circular and linear strokes. The part is given fomentation with the towel dipped in hot water.

Indications:

Painful knee conditions like OSTEOARTHRITIS, LIGAMENT INJURIES, MENISCAL TEAR and RHEUMATOID ARTHRITIS.

Contraindications:

Acute inflammatory conditions of knee.

Dietary Regimen:

Normal diet.

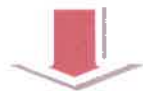
Scientific explanation:

Keeping the medicated oil for specific period of time on the affected area may nourish the nerves, muscles and joints of that area. The heat of the oil also gives passive fomentation.

**JANU VASTI****Procedure:**

Thick roll of dough 2-3cm thick 5cm high and 45-60 cm in length is made with black gram flour.

Abhyanga and Nadi sweda is done to the patient.



Dough is fixed in the form of a well on the anterior surface of the patients knee and its base is sealed with paste of black gram flour to check leakage.



Warm medicated oil is filled into the well with the help of a sponge.



Maintain uniform temperature of the oil in the well by replacing the oil in regular intervals.

This process is done for about 30-45minutes.



The oil is then wiped off with a soft towel and the patient is advised to take rest for about 15 minutes.



JAMBEERA PINDA SWEDA

Jambeera Pinda Sveda is performed with the bolus of *jambeera* pieces. This is mainly applied vatakapha predominant conditions.

Materials and Equipments :

1. *Jambeera* - 1 kg
2. *Saindhava* - 10 gm
3. *Lahsun* -70 gm
4. Turmeric power -30 gm
5. Markine cloth -1 meter
6. Threads -2
7. Vessel for heating -2
8. *Karpsyaditaila* -500 ml
9. *Jatamaiyadichurna* - 200 gm

Man power :

1. Ayurvedic physician - 1
2. Masseur - 2

Preparation :

First add 100 ml of *karpsyaditaila* in to frying pan. To this add crushed garlic and lemon pieces and fry till it turns to light tinged brown. Later on add *saindhava* and turmeric powder and mix well. It should be divided in to 2 equal parts and made in to pottalies with markin cloth. Tie the pottalies firmly to avoid leaking of the contents during the procedure.

Mode of administration :

Abhayanga should be performed with prescribed medicated oil. The two pottalies should be heated up to 40 degree by keeping on the hot pan containing prescribed oil. This pottali should be applied to the patient as per the general procedure.

Duration :

This procedure is done for about 30 – 45 minutes

After procedure :

After the procedure body should be wiped with clean towel and The patient will be allowed to take rest for 15-30 minutes. The patient should take bath after 2 hours.

Indication :

1. Frozen shoulder
2. Planter fasciitis
3. Traumatic condition

Contraindication :

1. Pregnancy
2. Haemorrhagic disorder
3. *Taruna jvara*
4. Inflammatory conditions

Dietary regimen:

Light food preferably liquids and semisolids.

JAMBEER PINDA SWEDA

Procedure:

Chop the pieces of lemon and remove its seeds.

Heat the medicated oil in a large vessel. Put lemon, garlic, salt, turmeric powder etc orderly and cook till the lemon becomes soft and brownish.

When the mixture is cooked properly divide the contents into two equal parts and make two pottali with the help of markin cloth.

Patient is made to lie down in supine position on the Abhyanga table.

Another 100ml of medicated oil is heated in a separate vessel which is used to maintain the temperature of the pottali.



The patient is then massaged gently with the warm pottali by two masseur on both sides in a synchronized manner.



The patient is then asked to turn over and the same process is followed for massage of the back region.

Massage is done for 30-45minutes.

The oil is wiped off with a towel and the patient is advised to take rest for 15-30 minutes.



NADI SVEDA

Nadi sveda is a type of *Agni sveda* in which *Svedana* is done by vapours obtained by boiling liquids in a vessel through *Nadi*(pipe).

Materials and equipment

1. *Nadi svedan yantra*
2. Herbs for preparing the decoction
3. Medicated oil for Abhyanga

Commonly used Medicine

1. *Dashmool*
2. *Erand mool*

Man Power

1. Ayurvedic physician -1
2. Masseur -2

Mode of administration :

Take the prescribed medicine and prepare the decoction in *nadi sveda yantra*. The decoction in the *nadi svedana yantra* is boiled to generate the steam. Then the oil is applied to the body part of the patient that is to be subjected to *svedana* treatment. The flow of the steam through the nozzle is adjusted. Then the steam is made to fall on body part to be subjected to *svedana* from a convenient distance.

After procedure :

After observing the symptoms indication of proper effect *svedana* the patient is allowed to take rest for few minutes and then he may be allowed to take bath.

Indications

1. Neuro muscular disorders - hemiplegia, paraplegia, sciatica etc.
2. Rheumatological problems – rheumatoid arthritis, osteoarthritis etc.

Contraindications

1. *Taruna jvara*
2. *Raktpitta*
3. *Tvak vikara*
4. Haemorrhagic disorders
5. Pregnancy

Dietary regimen

Light food preferably liquids and semi solids.



NADI SWEDA

Procedure:

Pottali of Medicated Churna is made and is cooked with water in the cooking chamber to optimum temperature for production of medicated steam.



Patient is asked to remove clothes except inner garments.




Patient is gently massaged with suitable lukewarm medicated oil.



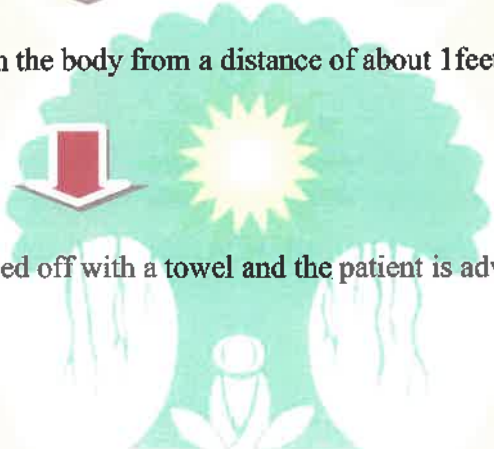

Patient is made to lie/sit down depending upon the part to be fomented.



Swedana of the patient is started when the steam starts appearing from the nadi yantra.



Steam is allowed to fall upon the body from a distance of about 1 feet in a to and fro motion.



After Samyag Sweda the sweat is wiped off with a towel and the patient is advised to take rest for 15-30 minut

सर्वे सन्तु निरामयाः

LAVANA PINDA SVEDA

Lavanapindasveda is performed with *saindhavalavana*. It is very helpfull in *kapha vikara*.

Materials and Equipments

1. *Saindhava* - 500 gm
2. Markine cloth -1 meter
3. Vessel for heating -1
4. Induction cooker -1

Man power :

1. Ayurvedic physician - 1
2. Masseur - 2

Preparation :

Make two *pottalies* with markin cloth containing 250 gm *saindhava lavana*.

Mode of administration :

The two *pottalies* should be heated up to 40 degree by keeping on the hot pan containing *Valuka powder*. This *pottali* should be applied to the patient as per the general procedure.

Duration :

This procedure is done for about 30 – 45 minutes

After procedure :

After the procedure body should be wiped with clean towel and The patient will be allowed to take rest for half to one hour. The patient should take bath after 2 hours.

Indication :

1. *Aamvata*
2. *Tamakshvasa*
3. *Kapha disesae*

Contraindication :

1. Pregnancy
2. Haemorrhagic disorder
3. *Tarunajvara*
4. Inflammatory conditions

Dietary regimen:

Light food preferably liquids and semisolids.



LAVANA PINDA SWEDA

Procedure:

Divide the rock salt into two equal parts (250gms) and make two pottali with the help of marking cloth.



2kg of sand is heated in a vessel which is used to heat and maintain the temperature of the pottali.



Patient is made to lie down in supine position on the Abhyanga table.

The patient is then massaged gently with the warm pottali by two masseur on both sides in a synchronized manner.

The patient is then asked to turn over and the same process is followed for massage of the back region.

Massage is done for 30-45minutes.

The oil is wiped off with a towel and the patient is advised to take rest for 15-30 minutes.

ROOKSHA CHOORNA PINDA SVEDA

It is one among the ushmasveda. It is done by powder of various herbs made as pottalis and application of these pottalis over the body after heating.

Materials and equipments:

1. Abhyanga tabe - 1
2. Suitable choorna – 500 gm
3. Markin cloth – 1 m
4. Cotton thread – 2
5. Sand – 1kg
6. Vessel - 1

Medicines:

Commonly *KOLA KULATHADI CHHORNA, JATAMAYADI CHOORNA* are used.

Man power:

1. Ayurvedic physician – 1
2. Masseur – 2

Procedure:

First 2 *pottalis* are made with the prescribed *choorna* each with 250 gm approximately and side by side we will heat sand in the vessel. Then *pottalis* should be heated on hot sand. Patient should lie down on table and hot *pottali* should be gently applied over the body after confirming the temperature by applying *pottalis* on the dorsum of hand. Both *pottalies* are used alternatively after reheating to maintain uniform temperature throughout the procedure. Same *pottali* can be used for three days. It can be applied locally also. It should be done for 30 – 45 minutes for a period of 7 days.

After procedure:

Patient should take rest for half an hour and should take bath with hot water.

Indications:

- i. Kapha diseases,
- ii. Ama diseases as Rheumatoid arthritis and
- iii. Medoroga.

Contraindications:

1. Acute inflammatory conditions
2. Acute fever
3. Haemorrhagic disorders
4. Pregnancy

Dietary regimen:

Light food preferably liquids and semisolids.

RUKSHA CHURNA PINDA SWEDA

Procedure:

Divide the medicinal churna into two equal parts (250gms) and make two pottali with the help of markin cloth.

2kg of sand is heated in a vessel which is used to heat and maintain the temperature of the pottali.

Patient is made to lie down in supine position on the Abhyanga table.

The patient is then massaged gently with the warm pottali by two masseur on both sides in a synchronized manner.

The patient is then asked to turn over and the same process is followed for massage of the back region.

Massage is done for 30-45minutes.

The oil is wiped off with a towel and the patient is advised to take rest for 15-30 minutes.

KSHEERA DHOOMA

Ksheeradhoom is a *Nadisveda*, which is a type of *ushmasveda*. *Ksheeradhooma* is a *snigdha sveda*. In this procedure steam is generated by boiling milk and *Balamool/Dashmool* in automatic machine.

Materials and Equipments :

1. Milk - 500 ml
2. *Balamool / Dashmool* - 500 ml
3. Oil for abhyanga - 50 ml
4. *Rasnadichurna* - 5 gm
5. Blanket - 1
6. Eye pad - 1
7. Chair - 1
8. *Nadisveda* apparatus - 1

Man power :

1. Ayurvedic physician - 1
2. Masseur - 2

Mode of administration/procedure :

The patient should sit comfortably for the procedure. Then steam from the apparatus is directed over face, neck, chest, shoulders. Special care should be taken to avoid burns and to get uniform steam. The procedure should be **continued** up to the appearance of sweat. Intermittent opening of the mouth is to be done.

Duration :

It is done for about 15 minutes.

Indication :

1. *Ardita*
2. *Jihvastambha*
3. *Hanustambha*
4. *Swarabhanga*

Contraindications :

1. Eye disorders
2. Haemorrhagic disorders
3. Pregnancy
4. Inflammatory conditions

Dietary regimen :

Diet preferably liquid and semisolid diet.



KSHEERA DHUPANA

Procedure:

Pottali of Medicated Churna is made and is cooked with milk in the cooking chamber to optimum temperature for production of medicated steam.

Patient is asked to remove clothes except inner garments.

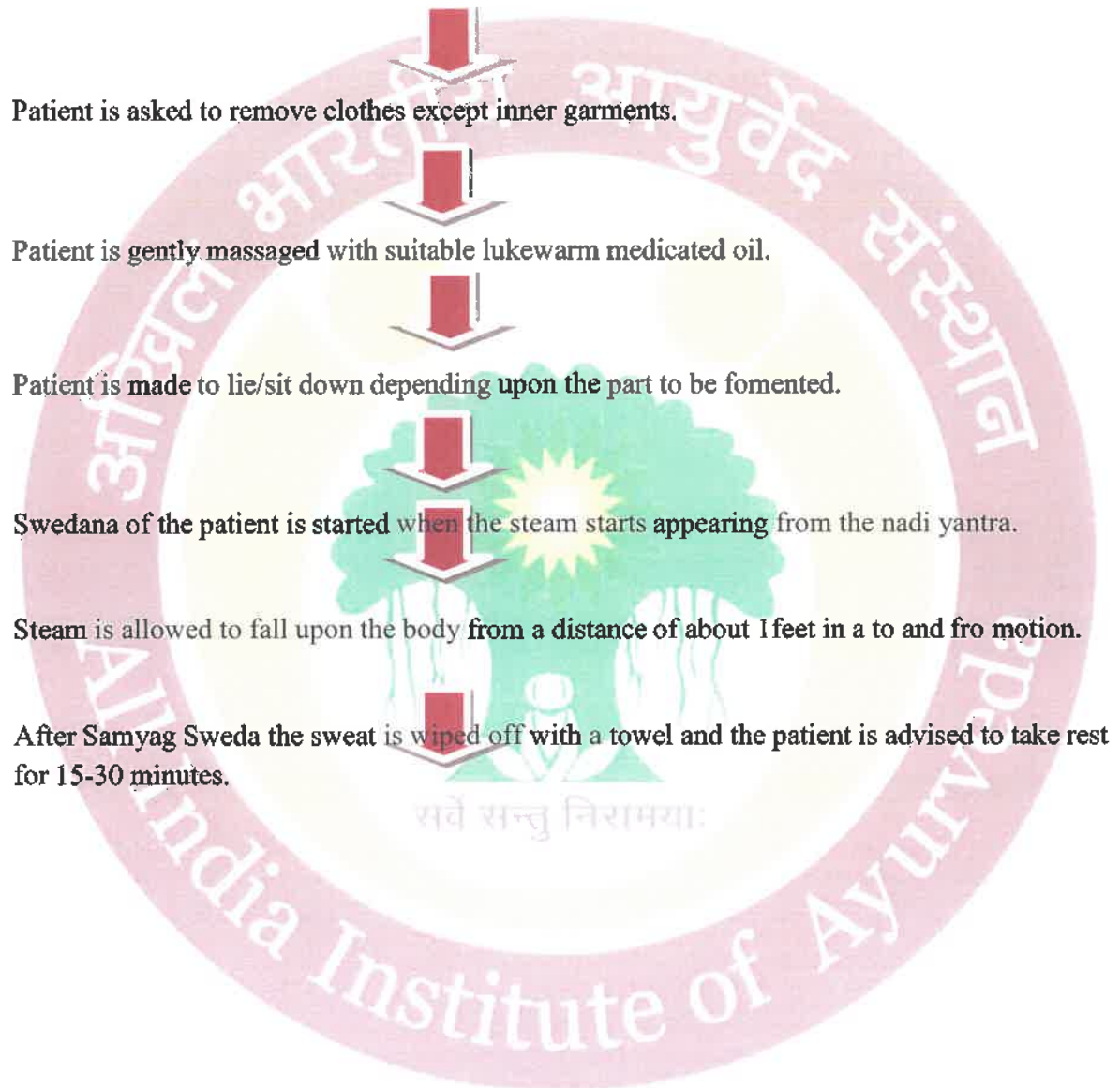
Patient is gently massaged with suitable lukewarm medicated oil.

Patient is made to lie/sit down depending upon the part to be fomented.

Swedana of the patient is started when the steam starts appearing from the nadi yantra.

Steam is allowed to fall upon the body from a distance of about 1 feet in a to and fro motion.

After Samyag Sweda the sweat is wiped off with a towel and the patient is advised to take rest for 15-30 minutes.



SHIRO PICCHU

A simple procedure of applying the medicated oil to the anterior fontanalle using a cotton pad impregnated with oil, is known as shiropichu.

Materials and equipments :

1. Knee high chair - 1
2. Cloth for wiping the body - 1
3. 3 inches wide round thick cotton pad - 1
4. Cotton cloth for bandaging - 1
5. Medicated oil as per prescription - 100 ml

Commonly used medicines :

1. *Balaashvagandhaditaila*
2. *Tilataila*

Man power :

- i. Ayurvedic physician - 1
- ii. Messaur - 2

Mode of administration/procedure :

Placing the cotton pad soaked in medicated oil on the centre region of head for certain period is the procedure of shiropichu. Oil is heated in a water bath to make it lukewarm. About 10 ml of oil is poured on the pad. Oil spreads in the pad soaking it completely. After placing the pad on head, a square of cloth is used for bandaging.

Duration :

The state is undisturbed for 2 -3 hours.

Indication :

1. Hair fall
2. Burning sensation in the scalp
3. Splitting of hair
- Parkinsonism

Contraindication :

1. Traumatic conditions
2. Pregnancy

After procedure:

The patient should be asked to take rest for some time and then may be allowed to take head bath.

Dietary regimen:

Normal diet can be prescribed.



SHIRO PICCHU

Procedure:

Make the patient to sit comfortably on a chair.

A cotton pad is cut into 3sq.inch. dimension.

Cotton pad is soaked in prescribed medicated oil.

It is then placed over the anterior fontanelle and tied with a bandage.

The cotton pad is kept in place for 2-3 hours.

The cotton pad is then removed and the oil is wiped off with a soft towel.



UDVARTANA

This is a method of massaging the body either with powders or oils in opposite directions is called as *Udvartana*. It is also called as *Sharira parimarjana*. This massage is done in *pratiloma* direction.

Material and equipments:

1. Abhayanga table - 1
2. Small bowl - 1
3. Herbal powder or oil as per prescription

Commonly used powders for udvartana:

1. Kolakulathadi churna
2. Kottam chukkadi churna
3. Triphla churna

Man power :

1. Ayurvedic physician -1
2. Masseur -2

Mode of administration/procedure:

Application of medicated oil or dusting of herbal powder on the body followed by massage in a direction opposite to that of hair is the procedure of *udvartana*. Client in minimum dress is made to lie down on the *Abhayanga* table. *Udvartana* is carried out in different position of the client that includes supine, left lateral, prone and right lateral position. Whole procedure of *udvartana* completes in about half an hour.

Post operative procedure:

Patient is asked to take rest for about 15 minutes and then allowed to take bath.

Indications:

1. Reduce weight in Obese patients
2. Reduces excess of oiliness in the skin

Contraindications:

1. Acute inflammatory conditions
2. Acute fevers
3. Haemorrhagic disorders
4. Pregnancy

Dietary regimen:

Light food preferably liquids and semisolids

Benefits:

1. Opening of circulatory channels
2. Increase metabolic functions
3. Enhances the beauty of skin
4. Increase the tint of the skin

UDWARTANA

Procedure:

Prescribed medicated oil is heated to the required optimum temperature or the medicated churna to be used is kept ready in a bowl.

Patient is asked to remove clothes except inner garments.

Patient is made to lie down in supine position on the Abhyanga table.

Massage is done gently with oil or churna in pratiloma direction.



The patient is then asked to turn over and the same process is followed for massage of the back region.



Massage is done generally for a period of 30min.



The oil/churna is wiped off with a towel and the patient is advised to take rest for 15-30 minutes.



PASHCHAT KARMA (POST OPERATIVE REGIMEN)

The patient should take complete rest for a period of time as specified by the physician. *Pashchat Karma* is done as the patient requires to regain the strength of *Dhatus* and to come to normalcy.

Peyadi Samsarjana Krama is to be followed in all cases undergone *Panchakarma* procedures i.e., liquids, semisolids and solid diet is given successively. The patient should use hot water for all purposes and should observe *Brahmacharya* (Celibacy) during *Pashchat Karma*. Sleeping in day time is to be avoided and proper sleep in the night is to be maintained. Natural urges should not be controlled forcibly. The patient should be free from physical and mental exertion and should not be exposed to smoke, excess cold, sun rays, wind etc. Traveling, sitting idle for a long time and talking in a high voice are to be avoided.



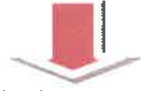
SIRAVEDHA:

Patient preparation:

1. Make sure patient had conducted BT (bleeding time) and CT (clotting time) evaluations.
2. Patient should be provided Snigdha Yavagu prior to Siravedha.

Procedure:

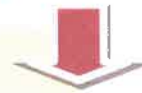
Local Abhyanga with advised oil and Nadi Swedana done



Find the visible large veins to the prescribed areas or bind a tourniquet above the prescribed area where Siravedha is to be done



Gently prick the visible veins with butterfly cannula (20 no.) and let the blood flow out



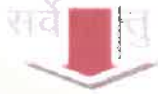
After 30-50ml blood comes out and flow ceases, gently remove the needle



Sprinkle Yashti churna on the pricking area



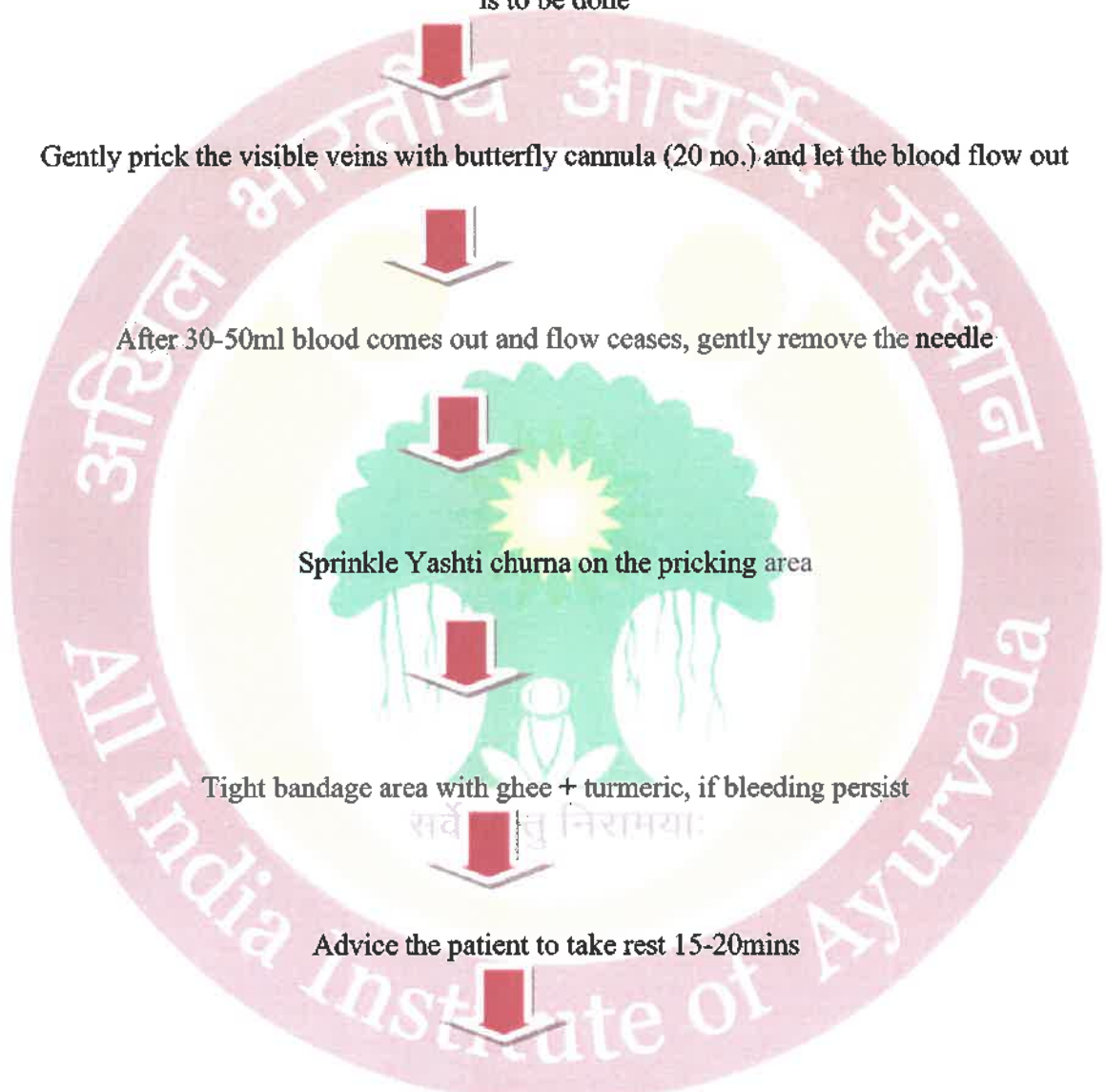
Tight bandage area with ghee + turmeric, if bleeding persist



Advise the patient to take rest 15-20mins



Provide ample liquid diet



ANNEXURE-I

Panchakarma Procedure Guidelines

VAMAN KARMA

Vaman Types.....Vaman Name.....

Patient Name - Age/Sex Diagnosis-

Panchakarma Indication Samshodhan Rasayana

1. Purvakarma(Preparatory Procedure) Examination of Patient:

	Before	After	Before	
Temperature			Atur Bala	
Pulse			Kostha	
R.R.			Vayadhi Bala	
Weight			Agni Bala	
B.P				

Do's & Don'ts(Pathya & Apathya) explained to the patient. Yes/No

सर्वे सन्तु निरामयाः

DO'S	DON'TS
Drink luke warm water frequently	Speaking loudly
When hungry eat light food only	Travelling by jerky vehicle
Go to bed early and wake up early	Excessive walking and exercise
Sneh should be taken warm preferably before sunrise	Continuous sitting
Stay in a close warm room as far as possible	Eating before the previous meal is digested
Note the time of hunger after Snehan everyday	Heavy diet
Gentle Yoga and Stretching is recommended	Sleeping during day time
Take bath with luke warm water only	Coitus

Consent Form Filled:

Yes/No



PATIENT DECLARATION

I, Mr./Mrs./Miss.....S/o, W/o, D/o..... am willing to take part in the treatment course. The details have been clearly explained to me and I am willing to abide by the instruction given to me with regards to periodic examinations and other treatment procedures. I alone will be responsible for any of the Results that may arise from not obeying the instructions of the concerned physician.

Signature of the Witness

Signature of the

Patient (Relation with the patient)

मैं श्री / श्रीमती / कुमारी S/O D/O W/O अपनी मर्जी से इस चिकित्सा
प्रक्रिया को अपना

चाहता/चाहती हूँ। मुझे इस चिकित्सा प्रक्रिया को स्पष्ट रूप से समझाया गया है
और मैं सभी नरदोषों को नियंत्रित करने के लिए तैयार हूँ। मैं चिकित्सा के
नरदोषों का पालन नहीं करने से उत्पन्न किसी भी परीणाम के लिए उत्तरदायी हूँ।

Signature of the Witness

Signature of the

Patient (Relation with the patient)

सर्वे सन्तु निरामयाः

Appratus/Material.....

Abhyang

<u>Sneh for Abhyang</u>	<u>Date and Duration</u>	<u>Observation</u>

Swedan

<u>Type</u>	<u>Date and Duration</u>	<u>Observation</u>
	<u>1.</u> <u>2.</u>	

Basti Yoga - Balashwandha Oil/Saindahavadi Oil/Sahacharadi Oil/Dhanvantram Oil/Narayan Oil/Ksheerbala Oil In recommended dose after adding Saindhav lavana (as **prescribed**) and Soya Powder (as prescribed).

Diet- Light diet to be used **few minutes before administration** of Basti.

2. PRADHAN KARMA (MAIN PROCEDURE)

Basti administration

<u>Time of Basti administration-</u>	am/pm
<u>Position pf patient-</u>	left lateral
<u>Retention period</u>	

Features of Samvyak/Asamvyak/Ativog:

Samvyak : Pratyetya saktam/Sashakrichcha tailam/Raktadi buddhindriyaah Samprasadha/Swapnanuvrati/Laghuta Balam cha/Srashtascha Vegaah

Avog: Adha Sharirodhara Bahu Prashtha Parshtha Parshewshu/ Ruk Ruksha Kharam cha gatram.

Ativog: Hrillas/Moh/Klam/Saad/Murccha/Parikartika.

Complications (if any) **Line of Management.....**

- Treatment** a)
b)
c)

3. PASHCHAT KARMA (POST PROCEDURE)

Diet- Usna jal to be given when required. light food to be taken throughout the course of Basti.

Planning for the next

Basti/Procedure.....

Parihar kaal-Dvigun i.e. double the number of days of Basti administration



ANNEXURE-I

Panchakarma Procedure Guidelines

VIRECHAN KARMA

Virechan Types.....Virechan Name.....

Patient Name - Age/Sex Diagnosis-

Panchakarma Indication Samshodhan Rasayana

1. Purvakarma(Preparatory Procedure) Examination of Patient:

	Before	After	Before	
Temperature			Atur Bala	
Pulse			Kostha	
R.R.			Vayadhi Bala	
Weight			Agni Bala	
B.P				

Do's & Don'ts(Pathya & Apathya) explained to the patient. Yes/No

DO'S	DON'TS
Drink luke warm water frequently	Speaking loudly
When hungry eat light food only	Travelling by jerky vehicle
Go to bed early and wake up early	Excessive walking and exercise
Sneh should be taken warm preferably before sunrise	Continuous sitting
Stay in a close warm room as far as possible	Eating before the previous meal is digested
Note the time of hunger after Snehpan everyday	Heavy diet
Gentle Yoga and Stretching is recommended	Sleeping during day time
Take bath with luke warm water only	Coitus

Consent Form Filled:

Yes/No

PATIENT DECLARATION

I, Mr./Mrs./Miss.....S/o, W/o, D/o..... am willing to take part in the treatment course. The details have been clearly explained to me and I am willing to abide by the instruction given to me with regards to periodic examinations and other treatment procedures. I alone will be responsible for any of the Results that may arise from not obeying the instructions of the concerned physician.

Signature of the Witness

Signature of the

Patient (Relation with the patient)

मैं श्री / श्रीमती / कुमारी S/O D/O W/O
प्रिया को अपना

अपनी मर्जी से इस चिकित्सा

विहिता/विहिती हूँ। मुझे इस चिकित्सा प्रिया को स्पष्ट रूप से समझाया गया है और मैं सभी नर्देशों का पालन करने के लिए तैयार हूँ। मैं चिकित्सा के नर्देशों का पालन नहीं करने से उत्पन्न किसी भी परीणाम के लिए उत्तरदायी हूँ।

Signature of the Witness

Signature of the

Patient (Relation with the patient)

सर्वे सन्तु निरामयाः

Appratus/Material.....

Abhyang

<u>Sneh for Abhyang</u>	<u>Date and Duration</u>	<u>Observation</u>

Swedan

<u>Type</u>	<u>Date and Duration</u>	<u>Observation</u>
	<u>1.</u> <u>2.</u>	

Basti Yoga - Balashwandha Oil/Saindahavadi Oil/Sahacharadi Oil/Dhanvantram Oil/Narayan Oil/Ksheerbala Oil In recommended dose after adding Saindhav lavana (as prescribed) and Soya Powder (as prescribed).

Diet- Light diet to be used few minutes before administration of Basti.

2. PRADHAN KARMA (MAIN PROCEDURE)

Basti administration

<u>Time of Basti administration-</u>	am/pm
<u>Position pf patient-</u>	left lateral
<u>Retention period</u>	

Features of Samyak/Asamyak/Atiyog:

Samyak : Pratyetya saktam/Sashakrichcha tailam/Raktadi buddhindriyaah Samprasadha/Swapnanuvrati/Laghuta Balam cha/Srashtascha Vegaah

Ayog: Adha Sharirodhara Bahu Prashtha Parshtha Parshewshu/ Ruk Ruksha Kharam cha gatram.

Atiyog: Hrillas/Moh/Klam/Saad/Murccha/Parikartika.

Complications (if any) **Line of Management**.....

- Treatment**
- a)
 - b)
 - c)

3. PASHCHAT KARMA (POST PROCEDURE)

Diet- Usna jal to be given when required. light food to be taken throughout the course of Basti.

Planning for the next

Basti/Procedure.....

Parihar kaal-Dvigun i.e. double the number of days of Basti administration of



ANNEXURE-I

Panchakarma Procedure Guidelines

ASTHAPANA BASTI

Asthapana Basti Types.....Asthapana Basti Name.....

Patient Name - Age/Sex Diagnosis-

Panchakarma Indication Samshodhan Rasayana

1. Purvakarma(Preparatory Procedure) Examination of Patient:

	Before	After	Before	
Temperature			Atur Bala	
Pulse			Kostha	
R.R.			Vayadhi Bala	
Weight			Agni Bala	
B.P				

Do's & Don'ts(Pathya & Apathya) explained to the patient. Yes/No

DO'S	DON'TS
Drink luke warm water frequently	Speaking loudly
When hungry eat light food only	Travelling by jerky vehicle
Go to bed early and wake up early	Excessive walking and exercise
Sneh should be taken warm preferably before sunrise	Continuous sitting
Stay in a close warm room as far as possible	Eating before the previous meal is digested
Note the time of hunger after Snehan everyday	Heavy diet
Gentle Yoga and Stretching is recommended	Sleeping during day time
Take bath with luke warm water only	Coitus

Consent Form Filled:

Yes/No

PATIENT DECLARATION

I, Mr./Mrs./Miss.....S/o, W/o, D/o..... am willing to take part in the treatment course. The details have been clearly explained to me and I am willing to abide by the instruction given to me with regards to periodic examinations and other treatment procedures. I alone will be responsible for any of the Results that may arise from not obeying the instructions of the concerned physician.

Signature of the Witness

Signature of the

Patient (Relation with the patient)

मैं श्री/श्रीमती/कु मारी S/O D/O W/O अपनी मर्जी से इस चिकित्सा प्रक्रिया को अपना

विहता/विहती हूँ। मुझे इस चिकित्सा प्रक्रिया को स्पष्ट रूप से समझाया गया है और मैं सभी नर्देशों का पालन करने के लिए तैयार हूँ। मैं चिकित्सा के नर्देशों का पालन नहीं करने से उत्पन्न किसी भी परीणाम के लिए उत्तरदायी हूँ।

Signature of the Witness

Signature of the

Patient (Relation with the patient)

सर्वे सन्तु निरामयाः

Appratus/Material.....

Abhyang

<u>Sneh for Abhyang</u>	<u>Date and Duration</u>	<u>Observation</u>

Swedan

<u>Type</u>	<u>Date and Duration</u>	<u>Observation</u>
	1. 2.	

Basti Yoga - Balashwandha Oil/Saindahavadi Oil/Sahacharadi Oil/Dhanvantram Oil/Narayan Oil/Ksheerbala Oil In recommended dose after adding Saindhav lavana (as prescribed) and Soya Powder (as prescribed).

Diet- Light diet to be used few minutes before administration of Basti.

2. PRADHAN KARMA (MAIN PROCEDURE)

Basti administration

<u>Time of Basti administration-</u>	am/pm
<u>Position pf patient-</u>	left lateral
<u>Retention period</u>	

Features of Samyak/Asamyak/Ativog:

Samyak : Pratyetya saktam/Sashakrichcha tailam/Raktadi buddhindriyaah Samprasadha/Swapnanuvrati/Laghuta Balam cha/Srashtascha Vegaah

Ayog: Adha Sharirodhara Bahu Prashtha Parshtha Parshewshu/ Ruk Ruksha Kharam cha gatram.

Ativog: Hrillas/Moh/Klam/Saad/Murccha/Parikartika.

Complications (if any) Line of Management.....

- Treatment a)
b)
c)

3. PASHCHAT KARMA (POST PROCEDURE)

Diet- Usna jal to be given when required. light food to be taken throughout the course of Basti.

Planning for the next

Basti/Procedure.....

Parihar kaal-Dvigun i.e. double the number of days of Basti
administration of Panchakarma



ANNEXURE-I

Panchakarma Procedure Guidelines

ANUVASANA BASTI

Anuvasna Basti Types.....Anuvasana Basti Name.....

Patient Name - Age/Sex Diagnosis-

Panchakarma Indication Samshodhan Rasayana

1. Purvakarma(Preparatory Procedure) Examination of Patient:

	Before	After	Before	
Temperature			Atur Bala	
Pulse			Kostha	
R.R.			Vayadhi Bala	
Weight			Agni Bala	
B.P				

Do's & Don'ts(Pathya & Apathya) explained to the patient. Yes/No

DO'S	DON'TS
Drink luke warm water frequently	Speaking loudly
When hungry eat light food only	Travelling by jerky vehicle
Go to bed early and wake up early	Excessive walking and exercise
Sneh should be taken warm preferably before sunrise	Continuous sitting
Stay in a close warm room as far as possible	Eating before the previous meal is digested
Note the time of hunger after Snehan everyday	Heavy diet
Gentle Yoga and Stretching is recommended	Sleeping during day time
Take bath with luke warm water only	Coitus

Consent Form Filled:

Yes/No

PATIENT DECLARATION

I, Mr./Mrs./Miss.....S/o, W/o, D/o..... am willing to take part in the treatment course. The details have been clearly explained to me and I am willing to abide by the instruction given to me with regards to periodic examinations and other treatment procedures. I alone will be responsible for any of the Results that may arise from not obeying the instructions of the concerned physician.

Signature of the Witness

Signature of the

Patient (Relation with the patient)

मैं श्री / श्रीमती / कुमारी S/O D/O W/O
प्रक्रिया को अपना

अपनी मर्जी से इस रिकर्सा

विहता/विहती हूँ। मुझे इस रिकर्सा प्रक्रिया को स्पष्ट रूप से समझाया गया है और मैं सभी निर्देशों का पालन करने के लिए तैयार हूँ। मैं रिकर्सा के निर्देशों का पालन नहीं करने से उत्पन्न किसी भी परिणाम के लिए उत्तरदायी हूँ।

Signature of the Witness

Signature of the

Patient (Relation with the patient)

सर्वे सन्तु निशमयाः

Appratus/Material.....

Abhyang

<u>Sneh for Abhyang</u>	<u>Date and Duration</u>	<u>Observation</u>

Swedan

<u>Type</u>	<u>Date and Duration</u>	<u>Observation</u>
	<u>1.</u> <u>2.</u>	

Basti Yoga - Balashwandha Oil/Saindahavadi Oil/Sahacharadi Oil/Dhanvantram Oil/Narayan Oil/Ksheerbala Oil In recommended dose after adding Saindhav lavana (as prescribed) and Soya Powder (as prescribed).

Diet- Light diet to be used few minutes before administration of Basti.

2. **PRADHAN KARMA (MAIN PROCEDURE)**

Basti administration

<u>Time of Basti administration-</u>	am/pm
<u>Position pf patient-</u>	left lateral
<u>Retention period</u>	

Features of Samyak/Asamyak/Atiyog:

Samyak : Pratyetya saktam/Sashakrichcha tailam/Raktadi buddhindriyaah Samprasadha/Swapnanuvrati/Laghuta Balam cha/Srashtascha Vegaah

Avog: Adha Sharirodhara Bahu Prashtha Parshtha Parshewshu/ Ruk Ruksha Kharam cha gatram.

Atiyog: Hrillas/Moh/Klam/Saad/Murccha/Parikartika.

Complications (if any) Line of Management.....

Treatment a)

b)

c)

3. **PASHCHAT KARMA (POST PROCEDURE)**

Diet- Usna jal to be given when required. light food to be taken throughout the course of Basti.

Planning for the next

Basti/Procedure.....

Parihar kaal-Dvigun i.e. double the number of days of Basti administration of



ANNEXURE-I

Panchakarma Procedure Guidelines

NASYA KARMA

Nasya Types.....NasyaName.....

Patient Name - Age/Sex Diagnosis-

Panchakarma Indication Samshodhan

Rasayana

1. Purvakarma(Preparatory Procedure) Examination of Patient:

	Before	After	Before	
Temperature			AturBala	
Pulse			Kostha	
R.R.			VayadhiBala	
Weight			Agni Bala	
B.P				

Do's&Don'ts(Pathya&Apathya) explained to the patient. Yes/No

DO'S	DON'TS
Drink luke warm water frequently	Speaking loudly
When hungry eat light food only	Travelling by jerky vehicle
Go to bed early and wake up early	Excessive walking and exercise
Sneh should be taken warm preferably before sunrise	Continuous sitting
Stay in a close warm room as far as possible	Eating before the previous meal is digested
Note the time of hunger after Snehan everyday	Heavy diet
Gentle Yoga and Stretching is recommended	Sleeping during day time
Take bath with luke warm water only	Coitus

Consent Form Filled: Yes/No



PATIENT DECLARATION

I, Mr./Mrs./Miss.....S/o, W/o, D/o..... am willing to take part in the treatment course. The details have been clearly explained to me and I am willing to abide by the instruction given to me with regards to periodic examinations and other treatment procedures. I alone will be responsible for any of the Results that may arise from not obeying the instructions of the concerned physician.

Signature of the Witness **Signature of the**
Patient (Relation with the patient)

मैं श्री/श्रीमती/कुमारी..... S/O D/O W/O अपनी मर्जी से इस रिक्रिक्त्सा प्रक्रिया को अपना रहा हूँ। मुझे इस रिक्रिक्त्सा प्रक्रिया को स्पष्ट रूप से समझाया गया है और मैं सभी निर्देशों का पालन करने के लिए तैयार हूँ। मैं रिक्रिक्त्सा के निर्देशों का पालन नहीं करने से उत्पन्न किसी भी परीणाम के लिए उत्तरदायी हूँ।

Signature of the Witness **Signature of the**
Patient (Relation with the patient)

सर्वे सन्तु निरामयाः

Appratus/Material.....

Abhyang

<u>Sneh for Abhyang</u>	<u>Date and Duration</u>	<u>Observation</u>

Swedan

<u>Type</u>	<u>Date and Duration</u>	<u>Observation</u>
	1. 2.	

Basti Yoga-Balashwandha Oil/Saindahavadi Oil/SahacharadiOil/DhanvantramOil/Narayan Oil/KsheerbalaOil In recommended dose after adding Saindhavlavana (as prescribed) and Soya Powder (as prescribed).

Diet-Light diet to be used few minutes before administration of Basti.

2. PRADHAN KARMA(MAIN PROCEDURE)

Basti administration

<u>Time of Bastiadministration-am/pm</u>
<u>Position pf patient-left lateral</u>
<u>Retention period</u>

Features of Samyak/Asamyak/Atiyog:

Samyak:Pratyetyasaktam/Sashakrichchatailam/RaktadibuddhindriyaahSamprasadha/Swapnanuvrati/Lagh utaBalamcha/SrashtaschaVegaah

Ayog: AdhaSharirodhara Bahu PrashthaParshthaParshewshu/ RukRukshaKharam cha gatram.

Atiyog:Hrillas/Moh/Klam/Saad/Murccha/Parikartika.

Complications (if any) Line of Management.....

Treatment

a

b)

c)

3. PASHCHAT KARMA(POST PROCEDURE)

Diet-Usna jal to be given when required.light food to be taken throughout the course of Basti.

Planning for the next

Basti/Procedure.....

Pariharkaal-Dviguni.e. double the number of days of Basti administration.



ANNEXURE-I

Panchakarma Procedure Guidelines

ROOKSHANA

Rookshana Type.....Rookshana Name.....

Patient Name - Age/Sex- Diagnosis-

Panchakarma Indication Samshodhan

Rasayana

4. Purvakarma(Preparatory Procedure) Examination of Patient

		1 st day	2 nd day	3 rd day	4 th day	5 th day	6 th day	7 th day
B.P	Before							
	After							
Pulse	Before							
	After							
R.R	Before							
	After							

Do's & Don'ts (Pathya & Apathya) explained to the patient. Yes/No

DO'S	DON'TS
Drink luke warm water frequently	Speaking loudly
When hungry eat light food only	Travelling by jerky vehicle
Go to bed early and wake up early	Excessive walking and exercise
Sneh should be taken warm preferably before sunrise	Continuous sitting
Stay in a close warm room as far as possible	Eating before the previous meal is digested
Note the time of hunger after Snehan everyday	Heavy diet
Gentle Yoga and Stretching is recommended	Sleeping during day time
Take bath with luke warm water only	Coitus

Consent Form Filled:

Yes/No



PATIENT DECLARATION

I, Mr./Mrs./Miss.....S/o, W/o, D/o..... am willing to take part in the treatment course. The details have been clearly explained to me and I am willing to abide by the instruction given to me with regards to periodic examinations and other treatment procedures. I alone will be responsible for any of the Results that may arise from not obeying the instructions of the concerned physician.

Signature of the Witness **Signature of the Patient (Relation with the patient).**

मैं श्री/श्रीमती/कुमारी..... S/O D/O W/O अपनी मर्जी से इस रिक्रिक्त्सा प्रक्रिया को अपना रहा/रही हूँ। मुझे इस रिक्रिक्त्सा प्रक्रिया को स्पष्ट रूप से समझाया गया है और मैं सभी निर्देशों का पालन करने के लिए तैयार हूँ। मैं रिक्रिक्त्सा के निर्देशों का पालन नहीं करने से उत्पन्न किसी भी परीणाम के लिए उत्तरदायी हूँ।

Signature of the Witness **Signature of the Patient (Relation with the patient)**

Appratus/Material.....

Rookshana Type- Udwartana/R.C.P.S/SarvanagKwathDhara/BalukaSweda

सर्वे सन्त निरामयाः

<u>Name of Rookshana</u>	<u>Date</u>	<u>Duration</u>		<u>Observation</u>		
		<u>Hours</u>	<u>Min.</u>	<u>Samyak</u>	<u>Avog</u>	<u>Atiyog</u>

Rookshana Yoga—K.C.Churna/TriphalaChurna/Baluka/Dashmool Kwath/Erandmulad iKwath in recommended quantity as prescribed.

Diet-Light diet to be used few minutes before administration of Rookshana.



Features of Samyak/Asamyak/Atiyog:

Samyak :Samyak :Sheet

Nash,StabhNash,ShoolNash,GauravNash,AngMriduta,Swedshrav,vyadhiHani,Laghuta,sukhata,Mal-Mutrasamyakkaal Pravarti,Kshut,Trishna.

Ayog:Aprgunatvamvaat,StabdhGatrata,GuruGatrata,Glani,AtiTrishna,U devstana. **Atiyog:**Pitta

Prakopa,Murcha,SharirSadanata,Trishna,SharirDaha,AngDaha,Durbalata,SandhiPeeda,Bhranti,ShfoU tpatti,Klam.

Complications (if any) Line of Management.....

Treatmenta)

b)

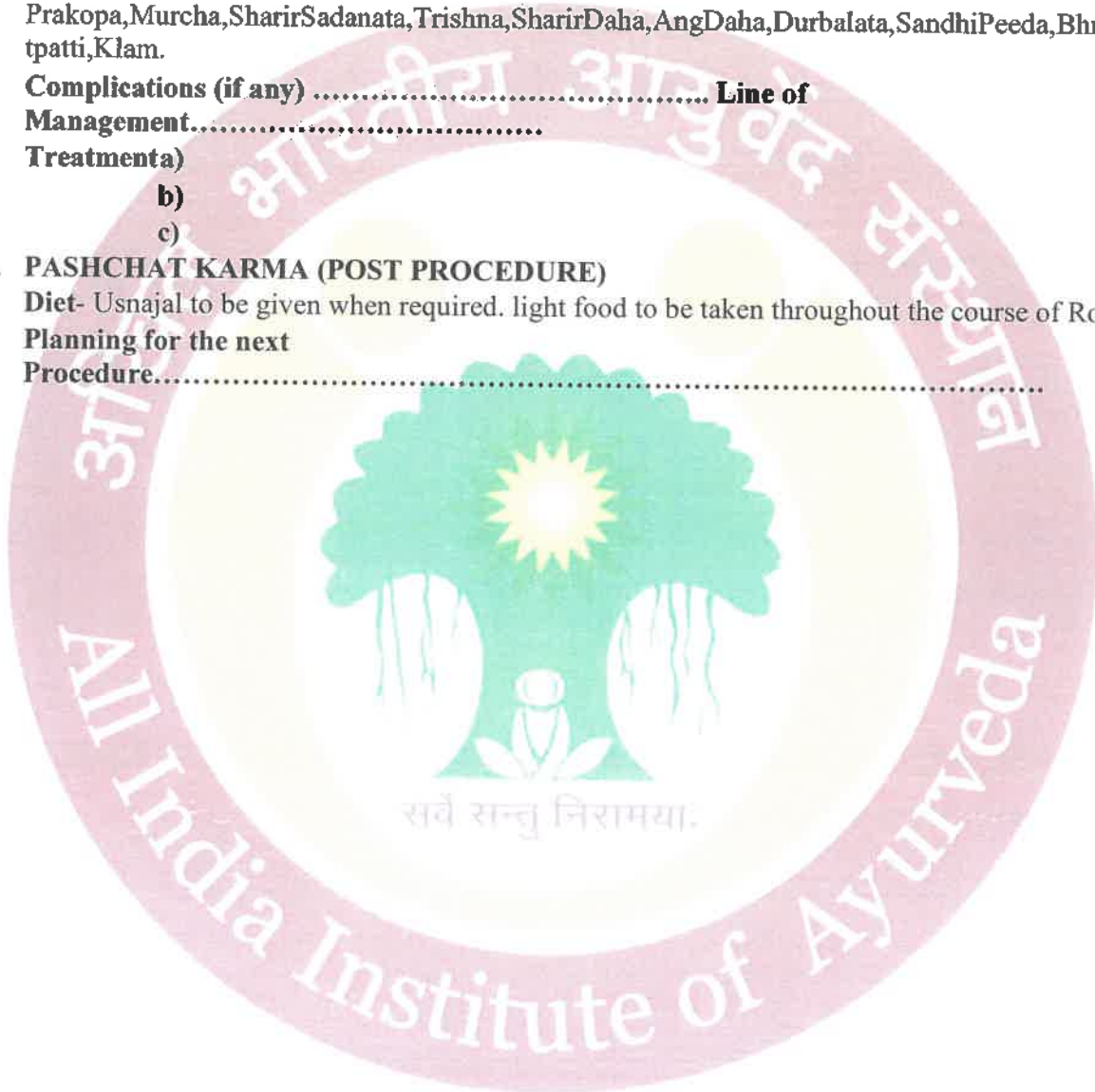
c)

5. PASHCHAT KARMA (POST PROCEDURE)

Diet- Usnajal to be given when required. light food to be taken throughout the course of Rookshana.

Planning for the next

Procedure.....



ANNEXURE-I

Panchakarma Procedure Guidelines

SNEHANA

Snehana Type.....Snehana Name.....

Patient Name - Age/Sex- Diagnosis-

Panchakarma Indication Samshodhan

Rasayana

1. Purvakarma(Preparatory Procedure) Examination of Patient:

		1 st day	2 nd day	3 rd day	4 th day	5 th day	6 th day	7 th day
B.P	Before							
	After							
Pulse	Before							
	After							
R.R	Before							
	After							

सर्वे सन्तु निरामयाः

Do's & Don'ts (Pathya & Apathya) explained to the patient. Yes/No

DO'S	DON'TS
Drink luke warm water frequently	Speaking loudly
When hungry eat light food only	Travelling by jerky vehicle
Go to bed early and wake up early	Excessive walking and exercise
Sneh should be taken warm preferably before sunrise	Continuous sitting
Stay in a close warm room as far as possible	Eating before the previous meal is digested
Note the time of hunger after Snehan everyday	Heavy diet
Gentle Yoga and Stretching is recommended	Sleeping during day time
Take bath with luke warm water only	Coitus

Consent Form Filled:

Yes/No



PATIENT DECLARATION

I, Mr./Mrs./Miss.....S/o, W/o, D/o.....am willing to take part in the treatment

course. The details have been clearly explained to me and I am willing to abide by the instruction given to me with regards to periodic examinations and other treatment procedures. I alone will be responsible for any of the Results that may arise from not obeying the instructions of the concerned physician.

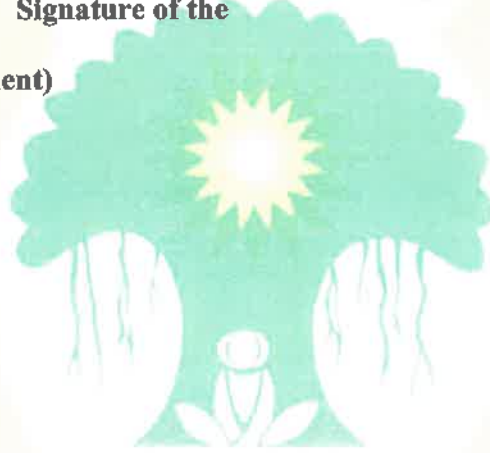
मैं श्री / श्रीमती / कुमारी S/O D/O W/O अपनी मर्जी से इस चिकित्सा

प्रक्रिया को अपना जिम्मेवारी/ जिम्मेवारी हूँ। मुझे इस चिकित्सा प्रक्रिया को स्पष्ट रूप से समझाया गया है और मैं सभी निर्देशों का पालन करने के लिए तैयार हूँ। मैं चिकित्सा के निर्देशों का पालन नहीं करने से उत्पन्न किसी भी परिणाम के लिए उत्तरदायी हूँ।

Signature of the Witness

Signature of the

Patient (Relation with the patient)



सर्वे सन्तु निरामयाः

Appratus/Material.....

Snehana Type- SarvangAbhyang/SthanikAbhyang/Kati Basti/JaanuBasti/GrivaBasti/HrudBasti

Name of Snehana	Date	Duration		Observation		
		Hours	Min.	Samyak	Avog	Ativog

Snehana Yoga –Til Tail/K.C.Tail/Murivenna Tail/Kshirbala Tail/Dhanvantar Tail in recommended quantity as prescribed.

Diet- Light diet to be used few minutes before administration of Snehana.

Features of Samyak/Asamyak/Ativog:

Samyak

:Vatanuloman/Agnideepan/Snigdhpurish/Asamhatpurish/Angmriduta/AngSnigdghata/TwakSaithilya /Glani/AngLaghuta/SnehUdvega.

Avog: Grithitpurish/Rukshapurish/VaatAvrodh/Agni durbalata/Kharata/Rukshata.

Ativog:Panduta/Guruta/Jadata/PurishAvipakvata/Tandr/Aruchi/Hrilaas/Bhaktdvesh/MukhShrav/Guddaha/Pravahika /PurishAtipravarti.

Complications (if any) Line of Management.....

Treatmenta)

b)

c)

2. PASHCHAT KARMA (POST PROCEDURE)

Diet- Usnajal to be given when required. Light food to be taken throughout the course of Snehana.

Planning for the next

Procedure.....

ANNEXURE-I

Panchakarma Procedure Guidelines

SNIGDHA SWEDA

SnigdhaSwedaType.....SnigdhaSweda Name.....

Patient Name - Age/Sex- Diagnosis-

Panchakarma Indication Samshodhan

Rasayana

1. Purvakarma(Preparatory Procedure) Examination of Patient:

		1 st day	2 nd day	3 rd day	4 th day	5 th day	6 th day	7 th day
B.P	Before							
	After							
Pulse	Before							
	After							
R.R	Before							
	After							

सर्वे सन्तु निरामयाः

Do's & Don'ts(Pathya&Apathya) explained to the patient. Yes/No

DO'S	DON'TS
Drink luke warm water frequently	Speaking loudly
When hungry eat light food only	Travelling by jerky vehicle
Go to bed early and wake up early	Excessive walking and exercise
Sneh should be taken warm preferably before sunrise	Continuous sitting
Stay in a close warm room as far as possible	Eating before the previous meal is digested
Note the time of hunger after Snehan everyday	Heavy diet
Gentle Yoga and Stretching is recommended	Sleeping during day time
Take bath with luke warm water only	Coitus

Consent Form Filled:

Yes/No



PATIENT DECLARATION

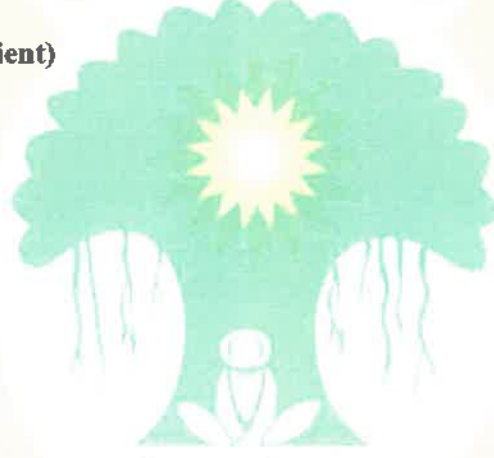
I, Mr./Mrs./Miss.....S/o, W/o, D/o.....am willing to take part in the treatment course. The details have been clearly explained to me and I am willing to abide by the instruction given to me with regards to periodic examinations and other treatment procedures. I alone will be responsible for any of the Results that may arise from not obeying the instructions of the concerned physician.

मैं श्री / श्रीमती / कृ मारी S/O D/O W/O अपनी मर्जी से इस चिकित्सा प्रक्रिया को अपनाना चाहता/चाहती हूँ। मुझे इस चिकित्सा प्रक्रिया को स्पष्ट रूप से समझाया गया है और मैं सभी इनके शर्तों को पालन करने के लिए तैयार हूँ। मैं चिकित्सा के इनके शर्तों का पालन नहीं करने से उत्तरदायी हूँ।

Signature of the Witness

Signature of the

Patient (Relation with the patient)



सर्वे सन्तु निरामयाः

Appratus/Material.....

SnigdhaSweda Type-P.P.S/J.P.S/N.S/V.S

<u>Name of SnigdhaSweda</u>	<u>Date</u>	<u>Duration</u>		<u>Observation</u>		
		<u>Hour</u> s	<u>Min.</u>	<u>Samva</u> k	<u>Ayog</u>	<u>Ativog</u>

SnigdhaSweda Yoga –NirgundiPatra/Ark Patra/ErandPatra/K.C.Tail/Murivenna Tail/SaindhavNamak/Soya/Haridra/Jambeer/K.C.Churna/DashmoolKwath/ErandmuladiKwath in recommended quantity as prescribed.

Diet- Light diet to be used few minutes before administration of SnigdhaSweda.

Features of Samyak/Asamyak/Ativog:

Samyak :Sheet

Nash,StabhNash,ShoolNash,GauravNash,AngMriduta,Swedshrav,vyadhiHani,Laghuta,sukhata,Mal-Mutrasamyakkaal Pravarti,Kshut,Trishna.

Ayog:Aprgunatvamvaat,StabdhGatrata,GuruGatrata,Glani,AtiTrishna,U

devstana. **Ativog**:Pitta

Prakopa,Murcha,SharirSadanata,Trishna,SharirDaha,AngDaha,Durbalata,SandhiPeeda,Bhranti,ShfotUtpatti,Klam.

Complications (if any) **Line of**

Management.....

Treatmenta)

b)

c)

2. PASHCHAT KARMA (POST PROCEDURE)

Diet- Usnajal to be given when required. light food to be taken throughout the course of SnigdhaSweda.

Planning for the next

Procedure.....



ANNEXURE-II



ALL INDIA INSTITUTE OF AYURVEDA, SARITA VIHAR,
NEW DELHI - 110044 STANDARD PANCHAKARMA OPD/IPD –
PRESCRIPTIONS & REQUIREMENTS

S.No.	Name of Procedure	Material Required
01.	Sarvanga Abhyanga	Medicine quantity- 100ml/day Masseur- 02
02.	Sthanika Abhyanga	Medicine quantity- 50ml/day Masseur- 01
03.	JanuBasti	Medicine quantity-800ml for 7 days Masseur- 01 Black gram powder- 100gm/joint Sponge-01
04.	Kati/Greeva/PrishtaBasti	Medicine quantity-800ml for 7 days Masseur- 01 Black gram powder- 500gms Sponge-01
05.	NadiSveda/bashpaSveda	Medicine quantity-100mg powder for 7 days Masseur- 01
06.	RukshaChurnaPindaSveda	Cloth 1 metre for 2 pottali Medicine quantity- 250gm per pottali 2 pottali for whole body 1 pottali for a part of body Masseur-2
07.	ChurnaPindaSveda	Medicine quantity-250gm per pottali Masseur- 02 Markin Cloth 1 metre for 2 pottali

1. Patients should be asked to bring towel, its size decided as per the procedure.
2. Economically poor patients may not be asked to bring medicine prescribed for BashpaSweda/Nadisweda if the prescribed medicine is already set in the steam chamber.
3. Check the amount of medicine left with the patient after every procedure to ascertain that he/she comes with the required amount of medicine for the remaining consecutive procedure.

S.NO.	Name of Procedure	Material Required
08.	JamberPindaSveda	Jamber - 8 for 1 pottali Saindhava- 50gm Medicinal powder- 50 gm Oil- 200ml Markin Cloth- 1 metre for 2 pottali Masseur- 02
09.	Patra PindaSveda	Leaves (Prescribed)-250gm per pottali Garlic- 50gm Lemon- 2 Coconut- ½ Haldi – 100 gm Oil- 200ml Rock salt/Common salt- 50gm. Markin Cloth 1 metre for 2 pottali Masseur- 02
10.	ValukaSveda	Sand- 1kg Rock salt/common salt-50gm Markin Cloth 1 metre for 2 pottali Masseur- 02
11.	LavanaPindaSveda	Salt(hard pieces)- 250gm per pottali Markin Cloth 1 metre for 2 pottali Masseur- 02
12.	ShastikaShaliPindaSveda	Rice- 1kg for 7days Milk- 2 packet toned milk per day Balamula- 250 gm Markin Cloth 1 metre for 2 pottali Masseur- 02
13.	Shirodhara	Medicated Oil- 1.5 litre Base oil (tilataila/coconut oil)-1 litre Decoction- 2 litre Butter milk- 2 litre Milk -1½ litre Small cotton bandage 1/ day Attendant -01 Masseur- 02
14.	ShiroBasti	Medicated Oil- 1 litre Black gram powder -500gm(on first visit then collect as per requirement) Masseur- 02

S.NO.	Name of Procedure	Material Required
15.	ShiroPichu	Medicated Oil- 200ml Cotton roll- 01(200gm) Attendant -01 Markin cloth-1/2 metre
16.	Snehapana	600-700 ml ghee/ tilataila (prescribed) Measuring glass -01 Hot water flask- 01 Glass/ bowl- 01
17.	Vamana karma	SaindhavaLavana- 50gm Honey -100ml Yashtimadhu- 500gm Milk-2 litre(Varies) Vacha-5gm(varies) Madanphalachurna- 20gm Measuring glass- 01 Attendant -01
18.	Virechana	Drug- Not less than 100gm(Check prescription) Anupana- 200ml(As prescribed) Glass - 02 Bowl- 01
19.	Nasya Karma	Oil-50ml Drug-05ml/dose (varies acc to condition) Flask-01 Attendant -01
20.	Matra/AnuvasanaBasti (May vary acc to diseased condition)	50-80ml oil for MatraBasti (calculateacc to prescription) Aleast 150 ml/day (calculate acc to prescription) Saindhava- calculate acc to prescription Shatapushpa powder-calculate acc to prescription Disposable gloves Attendant -01
21.	NiruhaBasti (May vary acc to diseased condition)	Depends from basti to basti. Calculate acc to prescription. Attendant -01
22.	Raktamokshana	Scalp vein set 20 Number minimum 3/procedure Disposable gloves 1 pair/procedure Cotton roll- 200 gm Tourniquet-1 Attendant -01

ANNEXURE-III



ALL INDIA INSTITUTE OF AYURVEDA
PANCHKARMA PROCEDURE FEEDBACK FORM

Please tick the most appropriate

EFFECT OF PANCHKARMA

Are you satisfied with the outcome of the procedure

1.Yes

2.No

3.Not Sure

How much relief do you feel after adopting the panchkarma procedure?

1.As desired

2.Satisfactory

3.Not Satisfactory

AMBIENCE

Our Panchkarma Setup And layout?

1.Loved it

2.Stylish

3.Good

4.Did not like it

SERVICE

Was Our Panckkarma Staff Skilled?

1.Perfect Service

2.Acceptable

3.Disorganised

4.Poor Service

Name

:

Email: