







STANDARD OPERATING PROCEDURES
PANCHAKARMA

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AMENDMENT SHEET

Sl.No.	Section no & page no	Details of the Amendment	Reasons	Signature of the Preparatory authority	Signature of the Approval authority

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**STANDARD OPERATING PROCEDURE-
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**STANDARD OPERATING PROCEDURE-
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1.0. Introduction:

To provide general guidelines for handling patient undergoing various clinical procedures like Panchakarma

2.0. Objectives: Providing better treatment to patients

3.0. SCOPE

This policy is applicable in all procedures like Panchakarma

4.0. Department Structure:

Medical superintendent



Operation manager



Therapist

5.0. Staff and Structure

No of technicians (sanctioned post) – 4 male therapist and 4 female therapists

Job description

- Observe patients doing tasks, ask them questions, and review their medical history
- Evaluate a patient's condition and needs
- Develop a treatment plan for patients, laying out the types of activities and specific goals to be accomplished
- Help people with various disabilities with different tasks.
- Demonstrate exercises that can help relieve pain for people with chronic conditions
- Educate a patient's family and employer about how to accommodate and care for the patient
- Recommend special equipment, such as wheelchairs and cutting aids, and instruct patients on how to use that equipment.
- Assess and record patients' activities and progress for patient evaluations, for billing, and for reporting to physicians and other healthcare providers
- Perform as advised by the doctor.

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6.0. POLICIES:

7.1 Qualification of staff:

All procedures will be performed by trained and credentialed staff under supervision of doctors.

7.2 Pre-procedure Assessment:

All patients shall go a pre procedure examination which would include vital signs, general wellbeing intake output etc.

7.3 Pre-procedure Preparations and Medication

Panchakarma unit maintain written instruction for pre-preparation of patients required for each type of procedure. Nursing units will use checklist based on the instructions to check and record whether the required preparatory activities for the clinical procedure has been performed. The nurse responsible for pre-pareing patient will sign the checklist and in the absence of one will record the status of preparation with time in the nursing note section of the clinical case record.

7.4 Informed Consent

Consent for the patients and/or relatives for the clinical procedure should be obtained by the clinician performing the procedure or a clinician who member of the team / unit in the specified format after explaining the following details:

1. Nature of Procedure
2. Reason for the procedure.
3. Expected Outcome.
4. Risk Involved
5. Expected duration of recovery
6. Other treatment options etc.

The consent is obtained from the patient and/or the surrogate (Refer Informed consent Policy) as per the hospital's policy a day prior to the scheduled date for the procedure

7.5 Transfer of Patient to Procedure Area:

The patient is accompanied and directed to treatment room by Therapist. In case of specific mobility requirements a wheel chair or stretcher is used.




7.6 Prevention of Wrong Procedure/Side/ Site and Wrong Patient:

The prevention of wrong site/side/procedure and patient begins with the pre procedure evaluation of the patient.

The area is strengthened adhering to Panchakarma checklist for therapist

7.7 Post Procedure process:

- Post procedure patient is observed for giddiness or weakness. If required the vitals are checked

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- Once the patient is found stable he/she is transferred to room.

7.8. STANDARD OPERATING PROCEDURES:
General regimen:




- Food should not be taken at least 1 hour before the procedure.
- Easily digestible food should be preferred.
- Hot water should be used for all purposes.
- Day sleep should be avoided; take proper sleep at night.
- Avoid exposure to breeze, sunlight and cold atmosphere.

Vamana

- Items required-
- PHANTAM - 2.5 LITRES
- Big bucket- 2
- Milk- 2 litres
- Spoon- 1
- Glass- 8
- Medicine Bowl - 1
- Honey- 100 ML
- Vamana Dravya- 20 gms
- Hot water- 3 litres (collected from Neechy filter)
- Saindhava Lavana 100 gms
- Keep milk in temperature adequate for the patient to drink. Administer 5 glasses of milk to the patient or until the patient feels full stomach. Then the Vamana dravya added with honey is administered and for 20 minutes no medicine will be administered.
- If Vamana vega is not seen then phanta is administered to the patient. After each vega Panta and Lavana Jala is administered till Sarayak Shuddha lakshana is noted.
- After procedure do kabalen by give patient hot water added salt. Then do dhosrapanam by using Haridra varti. Do kabalen and dhosrapanam in the same way as we are doing it after nasya.

ABHYANGA

Abhyanga is defined as an ayurvedic procedure of application of unsha dravyas over body with certain amount of (very mild) pressure in specific directions. It can be applied to the whole body or locally. Many of the prevalent modern massage techniques are the modified forms of abhyanga.

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Materials required:

1. Oil/medicated oil 100-150 ml
2. Vessel (200 ml capacity)
3. Massage:(Whole body-2, Ekanga-1,For children below 10-1)

Pre operative procedure:

Oil in Ekangaka or madhyamapaka should be selected according to climate, prakriti and disease condition of the patient. The oil is heated up to 38°C-44°C. Take sufficient oil in bowl and keep over boiled water. For sirahthyanga, lakshman oil is selected.

Procedure:

Patient should be seated on the dromi table, with leg extended. The oil with optimum temperature should be applied to head, first over the anterior fontanelle and then the whole scalp.

Then kramathyanga should be done, Patis and padathyanga are also done prior to the main process. The oil heated should be applied uniformly by two therapists on both sides of the dromi table. Start massaging scalp, head and move down to neck, upper back, shoulders, upper arms, forearms & hands, then chest, abdomen, low back, lower limbs.

Abhyanga should be done in sitting/ supine/ right lateral/ left lateral positions or all positions. Avoid prone position in patients with chronic diseases of lung, heart, GIT. Upper back should be massaged in upward down direction. Limb joints should be massaged in circular manner and muscles in linear manner. Umbilical region is massaged in circular manner.

Supine position: U.Limb, Shoulder & neck, Umbilical region, Lower limbs & region from surman to flanks are more concentrated. Left lateral-Back, L.Limb & Hip are more concentrated. Rt.Lateral-Back, Rt.Limb & Hip. If prone- Mild spinal massage is given.

Duration: Usually 45-60 minutes.

Post operative procedure:

Patient should take complete rest for 15 to 20 minutes in comfortable position. Rasadi choorna should be applied on head. When the patient feels appetite, take light food according to dhatus, digestive power & satya. If the patient is intolerant for sweats, proper sweats should be done immediately after abhyanga.

SOBHANANGA ACCHASNEHAPANA.

Aachapana is the oral intake of medicated or non-medicated snaha in required quantities for a limited time period without mixing food articles other than prahishapacharyas. It can be samana or sodhana. In this, snaha alone should be given in the morning at 7:00am; after the digestion of snaha, darupachana shas should be given.

Materials required:

1. Snaha-Q.S.
2. Measuring jar-1
3. Warm Water-Q.S.

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4. Nasa tantula-2

Azara parakula, Agni & Madha parakula, Vyadhi-Bala parakula should be thoroughly done. Proper rookhana is to be done with Bhaktanam-avahanam- deepana- pachana drugs.

Heracetyl routine for agni & kashipanchaka and for allergic test (Usually 20-60 ml). On the previous day, the patient should be given light food which is not astringent or astringent. The patient should take good sleep at night. Next evening bowel digestion must be assessed based on laghava, udghatavaha, vegbhava etc. After the daily routine, patient is prepared for anachapana.

Procedure:

Dosage of the nasa must be decided according to age, health, prakriti, vikriti, deha and agnibala. It must be in between 30-75 ml for girls and 30-60 ml for boys on the first day. The dose for the next day should be fixed after assessing the trial takes for digestion.

Patient should be seated in a comfortable position and nasa should be given in empty stomach. After giving the nasa, the patient should wash the face and mouth with hot water to remove the taste of nasa. When thirst occurs, warm water can be given. If hunger occurs he/she can take kani or before gets proper appetite. Same procedure is followed in the following days.

Duration:

Shilpana may be continued till anachapana laghava like vasavahana, agnigrehi, anachapana and anachapana, anachapana, udghata and nigdaha of body parts are seen, i.e. usually from 3 to 7 days. If they are not seen even after 7 days, anachapana should be stopped. After 1-2 days of rookhana, it can be started again.

For various purpose it should be continued till symptoms subside.

Post operative procedure:

Patient should take rest during the anachapana period but he/she should not sleep during the day time. Leases can be given to avoid nausea. Warm vishgi should be given when the nasa is completely digested and good appetite occurs.

Precautions:

1. Before starting and during the process patient should be on strict regime. Hot and liquid diet (use of fat content) should be continued and variety of recipe should be avoided.

Complication and management:

Indigestion, vomiting, nausea, weakness, apathy, headache, constipation, fever, diarrhea, bloating etc. may be seen. In such conditions, stop anachapana immediately. Ujwala, warm water, anchi's an-pachana drugs can be given according to the condition.

Meaning of the word anachapana is to give down.

CHOORNA PANDA SYEDHA (Rookha)

Choorna panda syedha is one among chandana syedha. It is done with the balance of various choorna/medhya madhaka, sarshapa, shilapishya, shirumam, masi etc. It can be done as anachapana or rookha according to the condition. In anachapana syedha, oil is applied over the body as well as the

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potalis are heated in oil. The potalis can be heated by the steam of boiling drava dravyas like Dharyanda in specific condition.

Materials required:

1. Suitable choorna(coarse/fin)- 1 kg/ kalathadi sweda choorna 250gm,
2. Lemon- 10
3. Coconut-1
4. Mustard oil-200ml
5. Rock salt-25gm
6. Cotton cloth (45 cm X 45 cm)- 4
7. Tags- 4
8. Vessels (iron)- 2
9. Rawadi choorna- 5g
10. Turu-2
11. Medicated steam choorna- Q.S.
12. Maceas -2
13. Prescribed Oil QS
14. Gas stove-1
15. Soap- 1
16. Shampoo- 1
17. T-Bandage -1

Pre operative procedure:

The powder should be fried in the vessel till it attains a golden brown colour. It should be divided into 4 equal parts and tied into 4 potalis. Patient should be seated on the table/droni and Rawadi choorna/ oil should be applied on the head. Other tholam like mamadi choornam, tizadi choornam + lemon juice/ panikorka leaf juice etc should be considered according to condition.

Procedure:

The hot potali should be gently applied over the body, after confirming the temperature by applying potalis on dorsum of hand of therapist (42°C-45°C). Just pressing the body with potalis should be done, no need of kneading and massaging with the potali. Both potalis are used alternately after reheating to maintain uniform temperature throughout the procedure (Reheating is done either by keeping potali in oil. Same potali can be used for three days. For whole body, it should be done for about 30-45 minutes.

- Supine
- Right lateral
- Left lateral
- Prone.

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- Supine
- Sitting

It can be applied locally also. Sameek twisna lakshana must be looked for.

Postoperative procedure:

After the procedure, tala should be removed with cotton and Rasnadi choorna should be applied over moontha. Patient should take complete rest for at least half an hour and should take bath in hot water below neck and cold water on head if indicated.

Precautions:

1. Care should be taken to prevent charring while frying choorna and also while reheating the pattalis.
2. If the patient feels any discomfort or attains good perspiration at any time during the treatment, the therapy should be stopped.
3. 6.00am to 6.00pm.

Complications and management:




1. *Shivering*- Due to uneven distribution of temperature or if body is exposed to cold breeze immediately after the procedure. In such condition, cover the body with thick cloth, give warm liquid for drinking or give hot fomentation.
2. *Fatigue*- Due to increased temperature. Treat appropriately.
3. *Rashes*- Apply madhu and ghrita.


DHANYAMLA DHARA/DHANYAMLA KAYA SEKA

It is a type of kayasika, included under drava sweda. Dhanyamla is included under Sandhana kalpana. It is used in vataragas, especially with kaphashleetha.

Materials required:

1. Dhanyamla- 4 litres
2. Vessels- 4
3. Soft towels- 3
4. Oil for tala- 10 ml
5. Rasnadi Choorna- 5g
6. Kernal/Plastic ring with pointed tip-2
7. Gaze-1
8. Cotton ear plugs-2
9. Massers- 2
10. Navadhanyam QS
11. Shad dhara choornam QS

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12. Churnam payse QS
13. Kirbi thuni-4
14. Stove- 1
15. Soap- 1
16. Shampoo- 1
17. T-Bandage -1

Pre operative procedure:

Patient should sit on the dorsi; talon should be kept on head and sarvangi abhyanga should be done. Sometimes abhyanga is not done according to the condition of the patient. Gaze should be tied around the head above the eyebrows. Ears should be plugged with gauze. The patient should be covered with a thin cloth below the neck. This procedure may also be practiced without covering the body.

Procedure:

Warm Dhanyamla is poured with kernels/frags by two attendants standing on either sides of the dorsi. The temperature should be around 40°C. Dhara should be poured at a medium speed and from a height of 6-12 cm. This is to be done in the seven positions mentioned in Kayastka. Can be done hot or cold according to condition. Take new dhanyamla each day.

Post operative procedure:

After dhara clean the body & head using the soft towel. Ear plugs and gauze are removed & rasundi choorna is applied to the head. Rest is advised for 20-30 minutes and then asked to take bath if patient wishes.

Duration: 60minutes X 7 to 14 days. Preferably done in morning hours in moderate climate.

Complication and management:

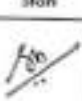
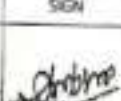

Chills & rigors- It usually occurs due to uneven maintenance of the temperature of dhanyamla or prolonged time gap between the changing up of fresh warm dhanyamla or if body is exposed to cold breeze immediately after the procedure. In this condition, body is covered with thick cloth or warm liquid for drinking or hot fermentation should be given.

JAMBHEERA PINDA SWEDA

The Jambheera pinda sweda is performed with the bhasa of Jambheera fruit pieces. This is mainly applied in vatukagha predominant conditions. It is usually done in frozen shoulder, plantar fasciitis and traumatic conditions. It is saptothana, rookotha & Thakotha.

Materials require:

1. Jambheera (chopped into pieces) - 750 g
2. Saindhava powder - 30 g
3. Turmeric powder - 60 g
4. Cotton cloth (45cm X 45cm) - 4
5. Threads - Q.S.

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6.	Vessels for heating	- 2
7.	Suitable oil for talam	- 10 ml
8.	Rasadi choorna	- 5 g
9.	Suitable oil for abhyanga	- 100 ml.
10.	Oil for releasing the pottali	- Q.S
11.	Soft towels	- 2
12.	Masseur	- 2
13.	Attendant	- 1
14.	T-Bandage	-1

Preparation of pottali:

Ingredients are freed in appropriate quantity of oil and are divided into four equal parts and pottalis are made accordingly. (coconut & egg yolk can be added according to condition)

Pre operative procedure:

The patient should be seated with leg extended over the dorsi and talu is applied with suitable oil/choorna.

Procedure:

Abhyanga should be performed with suitable medicated oil. Out of the four pottalis, the two pottalis should be heated up to 40°C-45°C by keeping on the hot pan containing suitable oil. This pottali should be applied to the patient as per the general procedure for about 30-45 minutes.

Post operative procedure:

After the procedure body should be wiped with clean towel, talam should be removed and Rasadi choorna should be applied. The patient should be advised to take complete rest for half to one hour.

Precautions:




1. While preparing the medicine care should be taken to prevent churning
2. Tie the pottalis firmly to avoid leaking of the contents during the procedure
3. The therapists on either side should apply the bolus simultaneously in a synchronized manner

Complication and management:

Fainting: Sprinkle cold water on face, put talam with suitable oil and medicated choornas. Drakshadi kashaya can be given internally.

Bleed: Apply madhu and ghrita, preferably Shatadhoona Ghrita.

KAYASEKA WITH KWATHA/Dhanyamla

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Kayaseka with **kashaya** is a variety of **drava sweda** in which the warm **kwatha** is poured all over the body. **Mainly** it is indicated in **Vatavyadhi** with **kapha** or **pitta anbandha**. Drugs can be selected as per **Dosha** condition. It can be done **locally** or **generally**.

Materials required:

1. Suitable **kwatha/Dhanyanda** - 4 liters
2. **Kernel/drugs** with pointed tip- 2
3. **Vessels** (5 liters)- 1
4. **Soft towels**-2
5. **Oil for talam**- 10ml
6. **Ramadi choorna**- 5gm
7. **Suitable oil for abhyanga**-100 ml
8. **Gauze** (60cm) -1
9. **Earplugs**-2
10. **Dhaavatharam gulika**- 2 + hot **jeeraka water** 1 glass
11. **Masours** -4
- 12.
- 13.
14. **T-Bandage** -1

Preparation of medicine:
Pre operative procedure:

Patient should sit on the **drumi** with **minimum cloths**. **Abhyanga** is to be performed to **head and body** if prescribed, in **specific conditions**, this **procedure** may be done without **abhyanga**.

Procedures:

The **kwatha** for **seka** should be heated on the **stove**. The **temperature** of the **kwatha** must be around **40°C**. Two **masours** standing on either sides of the **patient** should pour **kwatha** in a **uniform stream** through the **kernel/drugs** from a height of **6-9 inches**. The **process** should be carried out in **seven positions** as mentioned in **kayaseka** with **oil**. **Kwatha** flowing out should be **collected** and used after **reheating**. **Fresh kwatha** is used **every day**. If no **massage** is to be done, **cover body** with **thin cotton cloth**.

Post operative procedure:

Body should be **cleaned** with **soft towel**. **Talam** should be **removed** and **appropriate/ Ramadi choorna** should be **applied** on the **head**. **Take rest** for **half hr**.

Duration:

45minutes-1 hour for 3, 7, 14 days

Precautions:

1. **Temperature** should be **maintained** at the **same level** through out the **procedure**.

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2. Steam should be uniform and continuous.

Complications:

1. Hypotension, Giddiness, Fatigue- cold water is sprinkled over the face.
2. Fainting- stop the procedure and treat accordingly.
3. *Bhruv- Shudhista* Ghrita application.

BASPIA SWEDA

Baspa sweda is an Ayurvedic procedure of application of medicinal/ plain steam over body.

Materials Required

Niganda/Nirba pots and water quantity sufficient

Baspa swedana yatra

Tissue paper/soft towel

Pre-Operative Procedure:

Take consent for the procedure and evaluate patient history before procedure as per pre-procedure check list.

Leave should be selected according to prakriti and disease condition of patient.

Procedure:

Patient should be seated in baspa swedana yatra, with head outside the box.

Then maintain the steam in the baspa swedana yatra according to patient's sensitivity.

Maintain the steam until the patient has formal sweating.

Duration: Done till the patient attain satisfactory svina lakshana

Post-Operative procedure:

Patient should take complete rest in comfortable position.

Patient can take bath in lukewarm water.

When the patient feels appetite, take light food according to illness, digestive power and season.

KAYASEKA WITH OIL

Kayaseka is a snigdhasweda in which the warmed oil is poured all over the body/specific part for a stipulated period, in a specific manner. It has the advantage of producing snehana & swedana simultaneously. Pichichil is a modified form of kayaseka developed by Keralaaya vaidyas & extensively practiced. This process is described here.

Materials required:

- | |
|------------------------------------|
| 1. Suitable oil-6 liters |
| 2. Cotton cloth (40 cm x40 cm)- 4 |

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3. Soft towels -2
4. Oil for talam- 10 ml
5. Ramadi choorna-3 g
6. Gauze (60 cm) -1
7. Earplugs-2
8.
9. Sterile plastic sponges -2
10. Dhanwantharam Gulaak- 2
11. Lake warm water-Q.S.
12. Massagers -4
13. T-Bandage -1
14. Pibhichal machine-1
15.
16.

Pre operative procedure:

Patient should sit on the dhoti with legs extended, with minimum cloth. Talam is applied with suitable oil/choorna. Gauze should be tied around the head above the eyebrows. Bars should be plugged with cotton. Patient is laid on the patty on prone. Oil smeared all over the body (mild abhyanga).

Procedure:


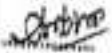

An amount of 6 liters of medicated oil (selected according to the condition of the patient) is poured into the pibhichal machine where it is heated. This oil is then directed through a tube on to the patient's body. The temperature of the oil is maintained at 42-45 degree Celsius with the help of a thermostat in the pibhichal machine. The filter in the pibhichal machine ensures the hygiene of the oil. A continuous and regular flow is also attained with free machine. This procedure is done in seven different positions as given below.

- Supine
- Right lateral
- Left lateral
- Prone
- Seated

The oil once taken will be used for 7 days, since the medicated oil is costly. But there will be loss in quantity due to day by day use, and this lost quantity of oil is replaced with one or sufficient amount of oil on the fourth day. The whole oil is changed on the eighth day completely. The oil will be subjected to gravity filtration daily to remove the water content.

Kayastha can be done using kernel also. In this, oil should be filled in the kernel & poured on the body after checking the temperature by pouring on the forearm of therapist's own hand.

Post operative procedure:

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

The oil is wiped off with the help of coconut leaves/tongue cleaners. Body should be cleaned with soft towel. Tala should be removed and appropriate choorna like Rasnadi is applied on the head. Pachi Kadirayan should be given for drinking. Take rest for ½ an hour and take bath. Head bath can be done with amalaki kwatha and body with cranialkwatha if prescribed.

Duration:

45 minutes-1 hour for 3,5,7 days

Time of procedure:

6.00am to 6.00pm

Precautions:

1. Temperature should be maintained at the same level through out the procedure.
2. Steam should be uniform and continuous.

Complications:

1. Fainting- stop the procedure and treat accordingly.
2. Fever-stop the procedure and treat accordingly.
3. Hypotension, Giddiness, Fatigue- treat accordingly.
4. Burns- Shatadhosha Gleeta application

TALAPOTHICHIL

Talapothichil can be categorised under Lepa. "Thala" means scalp and "Pothichil" means covering.




Kalka is applied on the scalp with a specific thickness and is covered with a plantain leaf for a specific time period is known as Talapothichil.

Poorvakarma
Sambhara Sangha:-

Oushadha dravya (Eg: Amalaki, musta, manduka parni, brahmi, medhanya oushadha dravya etc.)

Tala
Padmaspetra/Kadali patra
Cloth
Save
Vessels
Long sleep of cloths
Preparation of medicine:-

Kalka should be prepared with churna of amalaki, musta, mandukaparni, brahmi, Panchagandha pose is prepared by mixing churna with buttermilk.

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**
Preparation of patient:-

Advised to remove hair (Keshha Mardana)

Shiro-abhyanga is done with masha taila

Patient is allowed to sit comfortably on knee height chair.

PRADHANA KARMA

A cloth is tied around the head above the levels of ears and eyebrows. Then prepared Kalka is pasted on the scalp such an order that paste is first applied on the front followed by the right side followed by backside, followed by left side so that a small central portion is left unpasted

Now oil is poured to this unpasted area. Paste is covered completely with the plantain leaf or lotus leaf. After covering the paste with leaf another cloth strand is tied above this leaf to keep it in position.

DURATION - 30 - 60 minutes

PASHCHAT KARMA

After the stipulated time period paste is completely removed.

Rasnadi Churna is applied over the vertex

Bath is take warm water.

GREEVA BASTI

The word greeva refer to neck. Retaining of oil inside the ring of masha dough constructed over greeva pradaha is called as greevabasti.

Materials required

Masha Churna - 300 gm.

Greeva basti ring - 1

Indicated taila - 500ml.

Vesicle - 3

Water bath - 1

Sponge/Cotton/Spoon - 1

Pre-operative Procedure

Preparation of masha dough:-

The finely powdered black gram flour is well mixe with sufficient quantity of warm water and koed to make it dough.

It is made into slab like structure having length about 45 - 60 cm,thickness if 3cm and hight 5 cm.

Steel or plastic ring can also be used for constructing the paali.

Preparation of Patient:-

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**STANDARD OPERATING PROCEDURE-
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The person undergoing groovabasti is made to lie in prone position on floor in empty stomach

The prepared macha dough is fixed well in circular shape over the groove(cervical vertebral column.)
 If groove bathi ring is used then macha dough is placed around the ring from inside and outside.

Procedure

After it glued with some water to make it lock proof. Lockworm indicated file is slowly poured in to it. When this locked down it replaced with warm one.

Duration

The procedure is continued upto *saaryak arisava lakshana* appear

It is done for 7,14,21 days as per the severity of the disease.

Post-Operative Procedure

Dough is removed and *avala abhyanga* is given over the nape of neck. The person is made to take rest for a while.

Precautions

Leakage is prevented by pasting the dough tightly over the area.

Care must be taken that oil should not spill out while pouring into inner surface of dough rim.

Uniform temperature must be maintained through out the procedure.

While pouring the oil, temperature should be checked

If complication like herpes or rashes appear the site then procedure has to be stopped.

KALERAADHOMA

Kaleraadhoma is a Nadi sweda which is a type of Udara sweda . The therapeutic efficacy of Nadi sweda varies according to the drava used. Kaleraadhoma is a *stagnasweda*. In Nadi sweda, a tube of appropriate length attached to an apparatus containing drava is used to direct the steam appropriately to the area which is to be treated. In Kaleraadhoma, steam is generated by boiling milk and *Bala swala'* *Dashamoola'* *Vacha kantha*. It is mainly practiced in the management of *Astha*, *Pakshyagata*, *Dhivastarbhita*, *Hematarbhita*.

Materials required:

1. Chair-1
2. Milk-500 ml
3. Bala kwatha-500 ml
4. Oil for *abhyanga*- 50 ml
5. Oil for *swala*- 10 ml (*Ramadhilohorana'* *Ramadhilohorana'* oil)
6. Rasadi choorna- 5 g
7. Nadi sweda apparatus-1-pot covered with leaf, pressure cooker 2-3 liter
8. Rubber tube-2mtr.

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

9. Gauze piece at end of mouth of tube to avoid spilling
10. Lotus petals-Q.S.
11. Blanket-1
12. Cotton towel-1
13. Cloth for wrapping eyes-1
14. Attendant-1

Preparation of medicine:

Bala kowla: 500g of crushed Balakowla is boiled with 2 litres of water & 500ml of milk and reduced to 500ml. This is used to generate steam for the therapy.

Pre operative procedure:

Patient should be seated in a chair and talam should be applied with suitable oil. Abhyanga should be done over face, forehead, neck, shoulders chest. The eyes should be covered with cotton cloth after placing lotus petals or with rose water over both lids. The head and neck portion is covered from the back with a blanket.

Procedure:

The patient should sit comfortably for the procedure. Then steam from the apparatus is directed over face, neck, chest & shoulder. Special care should be taken to avoid burns and to get uniform steam. The procedure should be continued up to the appearance of sweat. It is done for about 5-15 minutes. Intermittent opening of the mouth is to be done.

Post operative procedure:

Soft cotton wet cloth are removed from the eyes and sweat is wiped off with a soft towel. Talam is to be removed and rasunadi choorna should be applied. Kalsara or gendhwa should be done with proper medicines. The patient should take complete rest.

Precautions:

1. Eyes should be tied to protect them from heat.
2. Move the pipe of steam apparatus frequently to avoid burns.
3. Ideal time to perform the procedure is between 7-10 am and 4-6 pm.

Complications and management:


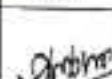

Fainting- Take appropriate measures.

Burns- Apply ghee, preferably Shatadrasa Ghee.

PATRA POTTALI SWEDA

The word "patra pottali" is derived from two words, patra means leaves and pottali means bundle. Patra pottali sweda refers to the sudation performed by specially prepared bundle of medicinal leaves (generally varakaphara). It is a form of ushna sweda.

Materials required:

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

1. Leaves (Branch, Tamarind leaves, Karisochi Leaf, Aññalodakam, Moringa leaves, Vatam kolliyala Añka palm chopped into pieces) - 1 kg
2. Grated coconut- 100g
3. Sliced leaves and Garlic- 2
4. Cotton cloth (45 cm X 45cm): 4 pieces
5. Taps- 4
6. Vessels (for frying leaves and for heating pottali)- 2
7. Oil:-
 - For frying leaves -200ml
 - For heating pottali-250ml.
 - For abhyanga- 100 ml
 - For talam- 10 ml
8. Rasnadi choorna- 5g.
9. Tenuks- 2
10. Muscovis- 2
11. Saindhava-25gms
12. T-Standage- 1
13. Stove-1

Different medicinal powders can be added, if necessary.

Preparation of pottali:

The fresh leaves should be washed in water and chopped into small pieces. The leaves, grated coconut & sliced leaves should be mixed thoroughly and fixed together in 100 ml of appropriate oil till coconut shavings attain a brown tinge. It should be divided in to four equal parts and made into pottali. (Average weight of a standard pottali is 300-350 gm)

Pre operative measure:


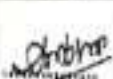

The patient should be seated with leg extended over the dorsi facing to the east. Abhyanga should be performed with prescribed medicated oil all over the body for about 10 minutes. Talam with suitable oilchoorna should be applied.

Procedure:

The prepared pottali should be heated with suitable oil in a hot iron pan up to 42-46°C. It should be applied after checking the temperature throughout the body with mild pressure in seven prescribed positions by two attendants standing on both sides of the dorsi. Care should be taken to maintain the temperature throughout the procedure by reheating the pottali.

Post operative procedure:

Wipe off the oil from the body using clean dry towel. Remove talam & apply Rasnadi choorna. Patient should be advised to take rest.

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

Duration: 45 minutes to 1 hour

Precautions:

1. Care should be taken to prevent charring while frying leaves and also while reheating the potalis.
2. Every time the therapist should ensure the temperature of the potali by placing it over their own dorsum of hand. Also enquire the patient whether the temperature is bearable.
3. If the patient feels any discomfort or attains good perspiration at any time during the treatment the therapy should be stopped.
4. Ideal time to perform the procedure is between 7-11 am & 3-6 pm.

Complications:

1. Burns
2. Fainting

Suitable measures should be taken.

SADYAH SNEHA

Procedure of administering sneha in short duration or single day and getting the desired effect of snehana instantaneously is known as sadya sneha. It is a type of abhyantara sneha where in sneha dravya is used in combination with dietary preparations. Medicated and non-medicated snehadrovyas can be used. It is indicated in-

1. Bala, Vriddha and those who cannot perform paribarakramas of Achapata, but require shodhana therapies.
2. Whenever immediate shodhana is intended.
3. It is poshana, brimhana as well as sodhana poorvakrama.
4. Especially useful below 10yrs & 70 onwards.


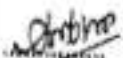

Materials required:

1. Ghrita - 5-10ml
2. Tumbler-1
3. Spoon-1
- 4.
5. Shanti powder /Saindhava LavatangQS
6. Shanti Water QS

Procedure:

Evening whole body abhyanga + whole body steam bath. Patient should be given hot peya and advised to take before it cools down.

SHASHTIKA PINDA SWEDA

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

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The word 'PINDA' means bolus. Pinda sweda refers to the solution performed by bolus of drugs. Shashtika pinda sweda is performed in chakra or sarvanga with the bolus of boiled Shashtika shali with Balamoola kwatha and ksheera. The main properties of Shashtika are snigdha, guru, sthira, sheeta and tridoshaghna. Through a sweda karma, it has trishnana guna.

Materials required:




1. Shashtika shali-800gm
2. Balamoola-300g
3. Water- Q. S.
4. Cow's milk-2litres
5. Cotton cloth (45cm X 45cm)- 4 pieces
6. Threads(75cm)- 8
7. Vessels-
8. Cooker-1
 - a. For preparing kwatha
 - b. For cooking rice
 - c. To heat the boluses in mixture of kwatha and milk during the procedure (5 liters capacity with wide mouth mode of bronze)
 - d. A plate for carrying heated potali
9. Stove-1
10. Oil for talim- 10ml
11. Rasnadi choorna- 5g
12. Suitable oil for abhyanga-100ml
13. Tissue paper/towel- 2
14. Massers -2
15. Coconut leaf for scraping


Preparation of the medicine:

Balamoola kwartha- 300gm of Balamoola is clean, crushed and boiled in 12 liters of water and reduced to 2 liters.

Shashtika rice cooking- In 1.5 liters of Balamoola kashaya and 1.5 liters of milk, 500 g of Shashtika rice should be added and boiled till it becomes thick and semisolid. Sufficient quantity of hot water can be used for proper cooking of the rice. Another method is that the Shashtika rice can be semi cooked in pure water, gradually added milk and kwatha; cooked again.

Preparation of the boluses:

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The cooked rice should be divided into 4 equal parts and put into 4 pieces of cotton cloth. The three corners should be folded neatly together so as to come under the fourth corner and the fourth fold is used to secure the other three corner folds underneath. One end of the thread is held tight with left hand and the other end is wound around the folds. In short, the boluses should be tied in such a way that the mouth of the sac leaves a tail at the top of the bolus, by holding it with ease. Conventionally, the size of a bolus is half kernel of a mustard cocoon.

Pre operative procedure:

The patient should be seated with leg extended over the dorsi and a talism should be applied with suitable oil. Abhyanga should be then performed with prescribed oil for about 10 minutes. Out of 4 gattis, 2 are kept in the mixture of Bolusamsa Kwatha and milk (1.5 liters of each was already kept for this purpose), which should be put on a stove with medium heat.

Procedure:

2 warm boluses should be gently applied in a spaced round manner by the two therapists on two sides of dorsi. It is followed by a gentle massage with other hand. 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 relay of the four boluses after reheating by slipping in milk Kwatha mixture. The process should be continued till the patient gets shivering or skin lachrym or until the contents of the boluses exhausted. This procedure is done in the seven positions as in kayastika or as advised by the physician.

Duration:

45 minutes - 1 hour, preferable slow it is between 70bars to 600pes. The procedure can be stopped if the medicine in the boluses or the milk mixture is exhausted.




Post operative procedure:

At the end of the procedure, the medicine remained over the body should be wiped off with the coconut leaves or with any similar device and the body is wiped dry with tissue paper or soft towels. After that moistened oil should be applied. Talism should be removed and Rasavali chakra applied over the head. Pakti Kashaya: Kashaya can be given for drinking. The patient should take complete rest for at least half an hour.

Precautions:

1. During the preparation of the rice, care should be taken to avoid over/under cooking and should be stirred frequently for the better extraction and cooking.
2. The bolus firmly is avoid leaking of contents during resting.
3. The therapists in both the sides of the patient should massage with the bolus in a synchronized manner.
4. Ensure uniformity of pressure and temperature on all the body parts.
5. Boluses should be applied with sufficient warmth (45°C-50°C)
6. The therapy should be stopped at any time if the patient gets good perspiration or shivering.

Complications and management:

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

1. **Shivering:** It usually occurs due to the uneven distribution of temperature or prolonged time gap in between the taking up of new boluses; or if body is exposed to cold breeze immediately after the procedure. Allow the patient to take rest cover with a blanket and give warm liquid diet.
2. **Fainting:** Due to increased body temperature or low heat threshold of the patient or atiyoga of kripakarma. Sprinkle cool water over the face and body, and pat talam with appropriate medicated oil and choorna. Desakshadi kashaya can be given internally.
3. **Rashes:** Due to heat intolerance of the patient of pitta prakriti. Apply madhu & ghrita, preferably Shataghrita Ghrita or Narivenna.

SHIBODHARA WITH OIL

It is a type of balya snaha, in which suitable tala is continuously poured on the fore head and then allowing to flow over the scalp from a specific height. It is usually done in Anxiety, Insomnia, Neurological, Psychological, and Psychosomatic disorders.

Materials required:


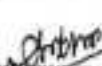

1. Shodhana device-1
2. Vam- 1
3. Suitable oil-1.5litres
4. Gauze- 1
5. Cotton swabs-2
6. Soft pillow covered with resin-1
7. Stand
- 8.
9. Oil for Talam-10ml
10. Rasnadi choorna- 5g
11. Soft towels-2
12. Dhara patra-1
13. Attendants-2

Specification of Dhara patra and varti:

Dhara patra should be 5-6 inches depth with wide open mouth, round at the bottom with a capacity of approximately 2 litres. There should be a hole in the size of little finger at its centre of the bottom. There should be three holes with equal distance to the ridges of the patra, to tie up three strings for the purpose of hanging over the stand.

Dhara varti is a wick or a string of loose cotton threads with a free end of about 4 inches coming out through the hole of dhara vessel. The threads of the wick should be packed only just firmly as not to slip of the hole, but loose enough to permit a continuous and uniform flow of the liquid that is poured in to the dhara vessel.

Pre operative procedure:

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

Ashyaga should be done over the face, neck, shoulder and chest. (Whole body ashlyaga can also be done) Gauze is tied around the head above the eyebrows of the patient. After closing the eyes cotton is kept over the eye lids and it should be tied with proper bandage. Ear plug should be applied.

Procedure:

Patient should lie in supine position on the dhoori with a pillow under the neck and the shirodhara device should be placed near his head. Eyes should be covered to protect from oil with cotton and gauze. Its height should be fixed such that oil should fall from a height of 4-5 inches in a continuous stream of little finger thickness. Oil should be heated just above body temperature (34- 40°C) and poured into the dharaani. A continuous stream of oil should be allowed to fall on the entire forehead, while oscillating the dharaani to cover the entire head. Uniform oscillation is required for uniform dhara. Simultaneous massage with other hand should also be done. The heating and circulation of the oil is ensured with a shirodhara machine. This will also help in maintaining the constant temperature and regulated flow.

Post operative procedure:

Gauze and earplugs should be removed and head must be wiped off with the towel. Rasnadi choorna should be applied over the head.

Duration: 15-30 minutes for the specified number of days. It may be done at 8.00am to 5.00pm.

Precautions:

1. Special care should be taken to prevent falling of the oil into the eyes.
2. Patient should not sleep during the procedure.
3. Moderate height, thickness and speed of the fluid flow should be maintained.
4. Hair of the patient should be shaved as much as possible.

Complications:-




1. Fainting.
2. Headache.
3. Rhinitis.
4. Coldness of feet.

SHIROPICHU

This is a variety of Moordhanila, when is cotton/gauze soaked with oil is kept on the head by tying for a prescribed time. It is indicated in most of the shrothanga, especially of vataja type, hair loss, graying of hair and psychological disorders.

Materials required:

1. Suitable maha-10 ml (just above body temperature.)
2. Cotton- Q.S.
- 3.

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

4. Gauze (50cm)- 1
5. Vessel (200ml)- 1
6. Rasnadi choorna- 5gm
7. Soft towel- 1
8. Attendant-1
9. Armed chair-1

Pre operative procedure:

Remove hair completely from the head for better therapeutic efficacy. It may also be done without removing the hair.

Procedure:

Patient should sit comfortably. Massage the head with lukewarm oil (around 40°C). Place the cotton over the scalp uniformly with a thickness of 2 cm. Gauze piece is tied around the head above the eyebrows, to hold the cotton in place and to prevent oozing of oil into the face. Pour the lukewarm oil (around 40°C) over the Bregma region so that sufficient quantity reaches the scalp.

Post operative procedure:

After the prescribed time, gauze and cotton should be removed. Wipe the head and Rasnadi choorna should be applied.

Duration: 30minutes -1hour, for required number of days.

Complication and management:

Precaution- Stop the procedure and treat accordingly.


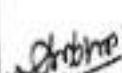

SHIROVASTI

Introduction:

Shirovasti is a procedure in which the medicated oil is allowed to stay over the head for the prescribed time. It is one among the moedhatana. It is beneficial to do Shirovasti after proper purificatory procedures. But in cases where shodhana is not necessary it can be done directly.

Materials required:

1. Racin/leather (75 cm X 20 cm)- 1
2. Black gram flour - 200 g
3. Tails - 1.5 litres
4. Cotton ribbon (120 cm X 10 cm)- 2 strips, moderately tough, clean and dry
5. Spoon -1
6. Vessel (2 litre) -1
7. Large vessel- 1

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

8. Rasnah choorna- 5 g
9. Oil for abhyanga- 100 ml
10. Soft towel- 2
- 11.
12. Armed chair of knee-height- 1
13. Attendant- 2

Pre operative procedure:

Shave the head completely. Do generalized abhyanga. Keep cotton cloth in both ears to prevent the entry of oil in to the ear. Bowel and bladder should be emptied.

Procedure:

The patient should be properly seated in an armed chair. The strip of cloth smeared with the paste of black gram flour is to be wound round the head 2 cm above the eye brows. It should be tight enough to prevent leaking of the oil, but not causing any discomfort. The resin or leather should be fixed over the strip and the junctions are sealed with black gram paste. Another layer of cloth strip smeared with the black gram paste is wrapped over this, sealing the junction of resin and skin layer. The medicated oil is warmed to just above body temperature and poured into the vaustapaka with a strip of cloth touching the scalp and oil being poured from the other end or a long piece of coconut leaflet held obliquely inside the vaustapaka 2-3cm above the scalp. The oil is filled up to a height of 2-3cm above the hair root. To maintain the temperature, some amount of oil should be replaced with warm oil at regular intervals. The procedure should continue till secretions through nose, throat and eyes are observed. In case of run statters of these lakshams the time should be fixed as 30 minutes for Kapha, 40 minutes for Pitta and 50 minutes for Vata. The patient should sit comfortably with eyes closed. Temperature of the oil should be just above body temperature. During procedure gentle massage to neck and shoulders should be done frequently. Movements of neck should be prevented.




Postoperative procedure:

At the end of the procedure, a passage is made above the ear, to remove the oil. Oil over the head must be wiped out with a dry cloth, and abhyanga is done over head, shoulder, palms and soles. Rasnadi choorna is rubbed over the head. Take rest for one hour and then, patient should take bath with lukewarm water.

Time: 3-6 pm, for 7 days

Precautions:

1. Ensure that there is no hole in the junction of the cap before pouring to check leakage of oil.
2. Ensure the uniformity of the tails temperature.
3. Should not heat oil over direct fire, heat through boiling water.
4. Patient should not sleep, sneeze, and laugh during the treatment.
5. Avoid cold food items, cold breeze exposure.

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

- Avoid very hot and cold conditions.
- Avoid head bath if the disease is contra indicated for the same such as Ardita.

Complications and management:

- Sweating and rashitis*- Talam with Rasnadi choorna and Jambhira swarasa, dhoompana with Haridra dhooma vari
- Neck pain*- Local massage
- Heaviness of head*- Stop the procedure and treat accordingly
- Fainting, Nausea & Shivering*- Treat accordingly.

TAKRA DHARA

Takra dhara is a variety of shirodhara, in which medicated buttermilk is poured in a continuous stream over the forehead, in a specified manner.


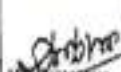

Materials required:

- Shirodhara device -1
- Vessels-3 (To prepare takra; to prepare amalaki kwatha; to take out takra from dromi)
- Towels- 3
- Cotton plugs- 2
- Gauze piece(60 cm)- 2
- Amalaki Choorna- 200gm
- Milk- 1.5 litres
- Musta- 50gm
- Triphala- 250gm
- Oil for talam- 10 ml
- Rasnadi Choorna- 5 gm
- Keroli- 1
- Attendants- 2

Preparation of the medicine:

- Takra:** 1.5 litres of milk diluted with 4 times water is boiled with 100g of skinned and crushed Musta tied in a muslin bag, and is reduced to the original quantity of milk. The bag of medicament is taken out and squeezed well. When cooled, this prepared milk is fermented by the addition of a little sour buttermilk over night. Next morning the fermented medicated curd is churned by adding 500ml of Amalaki kwatha. The butter is removed completely and this mixture is used for dhara after filtering.
- Amalaki kwatha:** 200g of dried Amalaki fruit boiled with 3 litres of water and reduced to 2 litres. 1.5 litres of Amalaki kwatha is used to mix with buttermilk & 500ml of that is used to wash the head after the procedure.

Pre-operative measures:

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

Since it is done as a shastha therapy no panchakarma is needed. The application of oil on head and body is usually done as a practice. Suitable oils according to raga are selected by the physician for this purpose. The eyes should be covered with eye pads and gloves should be tied around the head above the eyebrows. The ear should be plugged with two cotton pieces.

Procedure:

The patient should lie in supine position on the dorsi. A small pillow should be placed under the neck. The dhumra pot should be kept in such a way as to allow steady flowing of the liquid, poured into it, over the forehead of the patient. The tip of dhumra should be 4-5 cm above the forehead of the patient and total wick length should be 8-10cm. The takra falling should be poured again into the vessel after collecting it from the dorsi. The vessel should always be kept oscillating so that the takra will fall into the patient's entire forehead without interruption.

In short all the procedures are same as shirodhara, but takra should not be heated or reused.

Time to perform the procedure:

Generally the treatment is done in the morning hours, between 7.00am-8.00pm.

Duration:

The process should be done daily for a period of 7 to 14 days. The duration of treatment as well as the time period is according to the nature of the disease and the physical condition of the patient. It is done usually for a fixed time (45minutes to 1 hour).

Post-operative procedure:

Their head should be wiped with towel and merrali choorna is applied. Patient is advised to take rest for a period same as the period of the procedure.

Complications and management:




Shivering is observed in some patients due to excess shrota. In such case the procedure is stopped immediately and the patient is managed with rasapachara.

UPANAMA SWEDA

Upanaha is a type of ekanga sweda. The word upanaha means to tie. It can be done with or without heating the medicine. It is usually done in Dhoos arthritis, low back pain, neck pain, tennis elbow & vatahastakam.

Materials required:

1. Medicinal powders (Jatamaysi choorna/Kotturichukari choorna,etc. according to the drakagradhanya) - 50-100gm.
2. Bandage cloth (15 cm X 2 m) - 1
3. Leaves of Eucalyptus, Adha etc. (to cover the arm) - Q.S.
4. Arisa dravya (Dhanyani/ Talra/ Vinaga) - 50-100 ml
5. Oil for abhyanga - 10 ml
6. Saindhava - 10gm

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

7. Intly-50gm
8. Action craps-1
9. Attention-1
- 10.

Pre operative procedure:

Medicine for sponsha can be made with or without heating according to disease. Chorna, Sindhara, tala, anla dravya are added in order to make a paste. Then it must be heated in case of asagni sponsha up to 39°C-41°C or applied as such in case of ritagri sponsha. Skin sensitivity should be tested before tying.

Procedure:

The patient should be allowed to be in a comfortable position, exposing the joint or body part to be tied with sponsha dravya. The part is cleaned and abhyanga should be done locally with lukewarm oil, if indicated. The prepared sponsha dravya should be parted on the affected part thickly and uniformly about 1-2 cm thickness and is covered with available Vairaha putra (after slight warming). Then it should be tied with a bandage cloth. According to region, suitable bandaging techniques should be adopted. It is usually done in the night so that it can be loose for about 12 hours. Bandhana is not mandatory. Bandhana is usually done in changa sponsha. In sarvanga sponsha it is done as sutrasandha. Apply suitable bandage in a position comfortable for the patient.

Post operative procedure:

After removing sponsha dravya from the body, the part should be washed well with lukewarm water. The process should be done on consecutive days for prescribed period.

Precautions:

1. The bandage should not be too tight or too loose.
2. The sponsha dravya must be of suitable consistency, so that it should not fall off from its position.
3. It should not be applied to wounds.
4. Check the sensitivity of the skin before the procedure.

Complications and management:




Sometimes some drugs may produce itching and reddish discoloration and burning sensation. Stop the procedure temporarily and manage the condition accordingly. Local application with drugs like Thikthakam keram/Eladi keram is advised. The treatment can be initiated within few days.

YALUKA SWEDA

Yaluka sweda is done as a rookshakriya. It can be done in whole body or locally on a specific part. It relieves pain and inflammation. Commonly done as changa sweda in Sandhigathavatham, Annavatham etc.

Materials and methods:

1. Sand - 1kg (River sand is preferred.)

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

- | | |
|---------------------------------|-------|
| 2. Cotton cloth (45 cm X 45 cm) | - 4 |
| 3. Tag | - 4 |
| 4. Vessel (iron) | - 1 |
| 5. Ramadi choorna | - 5gm |
| 6. Towel | - 1 |
| 7. Attendants | - 2 |

Preparation of pottali:

Clean sand, which is devoid of gravel and other waste materials, collected from a neat place is used for this purpose. It should be washed and dried. A vessel preferably of iron is placed on a stove and sand is heated. Pottalis are made using this sand. If required crystalline salt can be added. Pottalis are reheated using sand bath.

Pre operative procedure:

The patient should be seated on the dhoti with leg extended.

Procedure:

The patient should sit comfortably exposing the part to be treated. The hot pottali should be gently applied over the body, after confirming the temperature. Just pressing the body with pottali is advised; no need of kneading. The pottalis should be used alternately after reheating to maintain uniform temperature throughout the procedure. For whole body, it should be done for about 15-20 minutes in the 7 postures as mentioned in Kayastika. Same pottalis can be used for three days.

Post operative procedure:

After procedure Ramadi choorna should be applied over mosedha. Patient should take complete rest for at least half an hour.

Precautions:

1. The sand used should be neat and clean devoid of gravel.
2. Temperature must be kept optimal to prevent burns.
3. Ensure there is no hole in the pottali through which sand may leak.

Complications and management:




Common complication is burn for which application of Marivetta and Shatadhotha Ghrita can be advised.

JANUVASTHI

This is a practical modification of staghosweda, where warmed ancha is allowed to stand over knee area for a prescribed period of time. It can be used in Janbhoota caused by degenerative Joint diseases, It contraindicated in inflammatory conditions.

Materials required

Prescribed Tails - 200ml.

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

Black gram flour - 500gms.

Cotton ribbon (1 inch X 1 meter) -1

Hot water - Q S

Vessels (plate, glass tumbler, spoon, pan)

Razer - 1

Cotton - Q S

Towels - 2

Attendant - 1

Pre-Operative procedure

The black gram flour should be thoroughly mixed with hot water to make a thick dough. 1-2 table spoon of flour should be mixed with water loosely to form a paste. The thick dough should be shaped an about of 3 inches height, 1 inch width and length sufficient to form a ring around the required area. Usually it should be 30 cm for a medium sized adult.

ANUVASANA (SNEHAL VASTHI)

It is used in two ways as a supportive treatment for asthapana in different protocols like yoga, kala, karnavasthi and as a kavalasnehavasthi in the form of natravasthi. Mainly used in conditions of vatha for the purpose of snehana but in some cases like arsa, vasthi like Pippalyadi Anuvasana can be given.

Materials required:




1. Enema syringe-1
2. Gloves-1
3. Vessel-1
4. Anuvasana tails / ghruta (shikkam paka) - 150ml
5. Shothakoppa 15gm.
6. Rock salt 5gm.
7. Rectal tube- 1
8. Hot water for warming the snaha.
- 9.

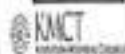
Preoperative procedure-

Food is given just before Anuvasana as prescribed by the physician.

Procedure:-

- After taking food patient should walk little distance.
- Then advise the patient to lie down on the left lateral position with his right leg flexed at knee and hip, left leg kept straight and left hand below the head.
- Warmud snaha is taken in polythene cover.

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**STANDARD OPERATING PROCEDURE-
PANCHAKARMA**

- Wearing the hand gloves, per rectal examination is carried out to rule out loaded rectum, or any other obstruction.
- Then the vashtintra is carefully introduced into the anal canal in the direction of vertebral column.
- Snehadryas should be pushed with uniform force not too slow not too fast.
- A little amount of snehadryas should be retained in the container and vashtintra is removed slowly.

Time of administration:

Usually between 1-2pm. (Just after lunch)

Post operative:-

- Patient should lie supine.
- Mild massage over abdomen is given.
- Bend his legs at the knee, and buttocks are hit by his heels.
- Patient is allowed to lie with pillow under his thighs.
- Patient is advised to attend his legs.
- For all purpose warm water should be used.
- Till the sneha comes out, patient is not allowed to eat anything.
- Usually sneha comes out with faces within 1/2-4 hours.

Complications:-

Abdominal pain:

Rx: Hingvastuadi/ adha/ Vaiswerna choorna/Dharwadharum gulika

NASYAM

This is a procedure where in medicaments are instilled into nasal cavity in dothas especially pertaining to uterine, to achieve desired multidimensional effects.

Materials required: (for nasya)

- Nasya oil - Q.S.
- Oil for abhyanga - Q.S.
- Nasyaperta/nasyawaya, calibrated dropper/gum to instill the nasya drug.
- Pillow, chair for dhoomrasaya, table, Cotton pad, gauze to protect eyes while swedana.
- For swedana - consult, appropriate swedana materials for tapasweda (cloth/ towel/ hot water bag) or Nadi sweda is preferred.
- Gokarna

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

- Saline water /Medicated water for kavala
- Karpooradi or haridradi dhooma varthi/Guggulu dhooma varthi. Other suitable drugs can also be used according to the type of Nasya with paper cone.
- Disposable sterile plastic container for spitting(preferably transparent)
- Clean cotton towels, tissue paper etc for cleansing

Time of administration




- According to dosha predominance
 - Kapha - morning
 - Pitta - afternoon
 - Vata - evening
- In swastha
 - Sneha kala - afternoon
 - Sharat and vasantha - morning
 - Greeshma - evening
 - Varsha - cloudless day with sunshine
- Age group eligible for nasya
 - 7-80 years

Dose determination of nasya

- When index finger is dipped upto two parnas (joints) in drava dravya and taken out the amount of dravya falling from it is considered as one bindu. Approximately one bindu is 0.5 ml (1/2 ml)
- Sneha nasya 7/10 bindu respectively

Poorna karma

- Patient is advised to wash face and mouth with lake warm water.
- Abhyanga is done over shiras, talata, krpala, greva & shanda.
- Shiroabhyanga is enough. Nadisveda or tapasveda can be done. Abhyanga over palm and sole can be done. Dhoomapana can be done for srotosodha (in case of nasal congestion).
- Eyes are bandaged with a clean gauze piece and cotton pad with rose water over closed eyelids
- Thani Nadi sveda is done (urdhwajathu).
- Dhoomapana can be done for srotosodana, if necessary.

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

- Patient is made to lie in supine position with slightly elevated legs and head extended backwards.

Pradhana karma


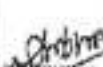

- The medicine mildly warmed over a water bath.
- The prescribed dose of medicine is taken in the grikarna or sterile dropper (commonly used) and poured into either nostril closing the other in a continuous single stream.
- Immediately after instillation of medicine mild massage is done over pari, pada, greva, shanka.
- Mrida swedana can be done in the above mentioned areas with suitable method (Haridhawa or vana sweda).
- Patient is asked to inhale the medicine with moderate force and to spit it through mouth turning head to either side alternatively without rising from the cot.
- Patient is made to lie in the same position for 100 मात्रा काल (3-5 minutes)

Paschat karma

- Dhosopana is done with appropriate drugs according to the type of Nasya.
- Kavala with medicated decoction / saline water is done to attain kartha shuffli.
- The talam should be wiped off and dry powder (used for preparing talam) is gently rubbed over the anterior fontanelle.
- It is advisable not to take any type of food 2 hrs prior to and 1 hour after nasya.
- No shibho anopana is indicated in nasya.
- Advise to patient to take rest at room without keeping pillow lay down straight for next 45-60 minutes, and avoid face wash and drinking cold water. Can use hot water or warm water.

Precautions

- While positioning the patient for nasya, if the head is not sufficiently bent the nasya dravya will not enter sinuses and if the head is more bent dravya may enter mastoid and cause complications like headache, dizziness etc.
- If the spitting is not done properly, or medicine is swallowed, it will cause kaphardhoka, agatmanalya and the disease aggravates.
- If patient spits on one side only, then proper spreading of medicine won't take place.
- If the patient talk, sneezes, laughs or gets angry or excessively moves his head while doing nasya, the nasya dravya won't reach expected site and instead causes complications like cough, sinusitis rhinorrhoea, and head ache.
- Patient must avoid exposure to dust, sun breeze, drinking excessive water, alcohol, sneka dravya, bathing, excessive walking etc. Head bathing should be avoided during nasya period

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(since nasya when are almost sama swedha), if both is not contraindicated it can be given after Shwas.

Avaperda nasya

It is usually administered for 2 purposes- shamdhana and sodhana. It is named so because the medicine has to be squeezed for obtaining the nasya dravya.

Materials required

1. Drug in wet form- Eg: talasi patha, andaka kanda
2. Mortar & pestle
3. Clean white cotton cloth (Coloured cloth should not be used)
4. Honey, swaras etc should be added.

Preparation of medicine

Paste of the required medicine is prepared and squeezed in a clean cloth to get juice. If the medicine is thecalme to the patient, then it can be diluted with milk.

Dose

4-8 bindu

Preparation of the patient

Ashyang and sweda depends on doshaswatha and purpose of nasya. In pravrutta/ drava dosha - without or with minimum sweda. In apavrutta / Sonda dosha, ashyang and ooshma sweda can be done. If done for shamdhana purpose swedana should not be done.

Procedure is similar to marsha nasya.

Pradhama nasya

It produces profuse dosha sodhana. Drug is used in the form of fine powder.

Materials required

1. Six inches long straw (Preferably tetrapack piercing straw)
2. Fine powder obtained from micropulveriser or filtered with 200 number mesh or similar coarse cloth.

Dose

1-2 pinches


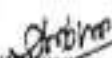

Procedure

The powder is filled in the straw and blown into the nostril.

Complication

Severe burning sensation : Nasya with sugar dissolved cold water, plain gritha nasya

Sirodhoornayana : Kshembola nasya

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

Nasal bleeding : Decoction swasa + honey nasya, vasa swasa.

Khavadi- repeated sneezing : Secha nasya with kashersala 10l

Precautions

Do a very minute test dose before using thekshara nasya (Both the doctor and patient-in dose of milligrams). The blowing should not be done by a person with infections that could be spread by touch/droplets/breath air.

NIROOHA


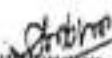

Nirooha is the procedure where, combinations of medicaments are administered through rectal route, for local as well as systemic effects. Depending on the dose and nature of ingredients, Nirooha is of several types like Kasharavasti, Yajana, Vaitharanavasti etc

Materials required:-

1. Mortar and pestle
2. Vasthantira
3. Plastic enema bag 1 & 1/2 liter capacity Traditional Vasthi putaka
4. Hot water
5. Utensils
6. Good quality fine sieve
7. Cotton towel
8. Measuring apparatus
9. Cotton thread-1/2 meter
10. Cotton
11. Sterile glove.
12. Oil for Abhyanga
13. Medicaments as per prescription, in the required quantity
14. Churner
15. Sterile rectal tube of size-

Preparation of Vasthidrava:

- Initially Sandhana is put in the Khatwa yantra and it is powdered well
- Madhu is added in thin stream triturating properly to ensure a homogeneous mixture.
- It is followed by the mixing of appropriate tailam in required quantity mentioned in the yoga slowly by the side of the mortar and it is continuously stirred until it attains a uniform consistency.
- The kalka, which is the fine paste of drugs mentioned in the yoga is added little by little along with proper grinding with pestle.

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**STANDARD OPERATING PROCEDURE-
PANCHAKARMA**

- This appropriate kwacha is required amount as per yoga is added slowly and properly mixed.
- The Asava, if mentioned in the yoga if needed, is added at last followed by proper stirring.
- The mixture is filtered through a fine sieve and finally made lakshana by keeping over a hot water bath.
- This mixture is churned well with the help of a chaman.
- When it is lukewarm (Sukhishna), and comfortable for the patient, it is transferred to mamsa syringe (vasi pataka) having sufficient thickness and then vasi neta of bronze or plastic is tied to it very well with plugging the other tip with a cotton wati.

Time of administration

- Madhyama kshudhavartha, Nativabhabhita
- The time varies depending on draka and kala and is generally in between 10 – 11 am.

Purvakarma of Nirooka

- The procedure is usually done in empty stomach
- Those who are Saksama and Kshema are asked to take very light food in early morning.
- Saranga Ahhyanga and vata should be done before the procedure..

Pradhakarman:

- Position of the patient

1. Patient is asked to lay on a cot of knee-height, in left lateral position.
2. His left lower limb extended and right lower limb flexed at knee and hip.
3. His left upper limb is kept folded under his head.

Procedure

- A small amount of plain glycerinated oil/lubricating gel is smeared over the rectal tube as well as the anus of the patient for lubrication.
- Wearing the hand gloves, per rectal examination is carried out to rule out haemid rectum, or any other obstruction.
- Hold the rectal tube in the left hand and pataka in the right hand.
- Evacuate the air and close the tip of the rectal tube with left index finger.
- The rectal tube is then gently introduced into the anus and pataka is pressed slowly and steadily to push the vathidhavya into the patient's rectum.
- Patient is asked to count up to 50 and to breathe deeply through the mouth during introduction.
- Rectal tube is withdrawn with a little amount of medicament remained in the pataka to avoid the entry of air.

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- If the patient feels the urge for defecation during the procedure, he is allowed to pass stools after removing vashinethra and the remaining medicine is administered later.

Paśchatikarma

- Patient is asked to lie in supine position till the urge for defecation occurs.
- He is asked to clear the bowels as many times he feels Vega and advised to take bath in lukewarm water.
- Then diet according to deha situation and satmya is given (preferably rice with madhuposhha or manjarika).
- Blood pressure, pulse rate, time of retention, number of evacuations and if discomforts any are observed.
- He is asked to take rest and light food is given at night.

Complications

- Abdominal discomfort and pain - after careful evaluation about the cause appropriate management can be adopted. General measures like abhyanga, sweda, deepana anulomana drugs are advised.
- Immediate evacuation without retention: - Anulom vashā with less lavana, ushna and quantity should be administered immediately after ruling out sphincter incontinence.
- Giddiness, Low pulse, Cold excretion, Delirium: - Console the patient, Foot end elevation, Hot drinks, Warming excretions. Drugs like Sidhamakaradiwaja, Doshohadi kashaya, Dharaartharam galika etc can be given.
- Vomiting: - Usually subsides without specific management. Drugs like Chandrakalarusa, Dharaartharam galika, Doshohadi kashaya, Mayasarpichabbhasena etc can be given.
- Anaphylactic reaction: - Skin eruptions, Itching, Urticaria, Dyspnoea etc. Careful history taking to identify known allergens and avoiding them. Histidakhada, Thrikatu with sita, Chandanamavum, Draksharistam etc can be given.
- Long retention: - Known causes like obstruction of anal canal by pile mass, enlarged prostate, fecal matter etc should be excluded. Rubber tube or specific gadavartika can be introduced into anal canal for evacuation.

VIRECHANA

Virechana is a procedure in which the protapita doshas are expelled through gadamarga by the administration of medicines through anal route. Medicines are used in different forms like choorna, kwatha, sneha, lehya etc, depending on the condition of the patient.

Materials required

- Virechana oshadha

Common Drugs and dosage

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1. Avipati Choorna with hot water- 25-30gm
2. Beharula guda
3. Trivra lehya 20-40 gm
4. Manibada guda
5. Patolmooladi Kwatha - up to 90-100ml
6. Eranda taila preparations - 25-50 ml
- Luko warm water

Pre operative procedures


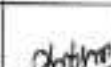

- Sanyak bahya & aharyara rochana and swedana should be ensured.
- Swedana is done generally in the form of aharyaga and ooshana sweda for three days.
- Food regimen of drava indra dhanwaka rasa should be followed
- Ashta matavyanya bhaves should be avoided.
- On the day of Virechana, the following things should be ensured before administering the medicine
 1. Proper sleep in the previous night
 2. Proper digestion of previous day's food
 3. Proper elimination of natural urges

Time of administration

After: shukra kala, i.e. three and half hours after sun rise.

Procedure

- Virechana ooshadha is administered in empty stomach. if needed virechana drugs can be given in divided doses which should be completely administered in 15 mts.
- Proper anupana like sutradhaka, madhu, milk, triphala kashaya, porooli kashaya, draksha rasa, ihlu rasa etc. are used.
- Patient is advised to wash face with cold water and mouth with luko warm water and is advised to smell substances like lemon, cardamom etc to prevent vomiting.
- Patient is advised to take rest in the bed and wait till the urge for defecation occurs.
- The patient should not force or held the urge and should use warm water for all purposes.
- Whenever he feels thirsty, he should drink little quantity of warm water sip by sip till vegas appear.
- Each vegs should be observed keenly and should be informed to the doctor.
- He can take rest, but shouldn't sleep in between the Vegas.

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- Physician should record the vital data of the patient at regular intervals.
- Patient is observed for the samyak Virechana lakshana like
 1. Initial expulsion of stools followed by Pitta (observed as golden yellow colored viscous fluid with a characteristic bilious odour) and last Kapha (mucous)
 2. Lightness of the body
 3. Subsiding of Vega by itself without causing excessive weakness (even if kaphasta is not seen)
- If the patient doesn't get any urge for defecation, after the previous Vega for a long time, hot water drink and mild fecal abdominal stimulation is advised.
- After ensuring jeernaushadhalaktana, subsiding of Vegas, the patient is advised to take bath in lukewarm water followed by srasanjana karma.
- Enough quantity of water is to be administered to avoid dehydration

Post-operative procedure

After getting proper appetite, samasajana karma should be done according to uttara & vyadhi ranging from laghu drava ahara to ghrta ahara, as per shakti and digestive power. Kashi with more water - kashi with less water - rice with madga yasha -if non veg rice with meat soup is advised for 3/2/1 annabala depending on shakti. Three annabala are practical per day if agraaha is good.

Complication and management:

1. Nausea and vomiting

It may occur at the time of intake of medicine and during the procedure. To avoid the feeling of nausea, the patient is advised to smell lemon.

2. Feeble pulse, Gliddiness, Collapse.

Sihirahanaadrasajana with honey and betel juice, Dehalochi kashaya, Dhanyawarhana galka can be given in this condition.

3. Adhoman

Swedana should be done locally at abdominal region.

4. Apravriti of Vega

Uthrajalapana, Swedana.

5. Kasata

Thrikata with sista is given

6. Ufarsasala

Uthrajalapana, Swedana. Hinguvachak Churna can be given if necessary

7. Dehydration: tender coconut water.

8. Electrolyte imbalance: tender coconut water, chizuka puri, lime juice with sugar & salt. Avoid coloured ORS solution since it cause gastritis.

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**
Precautions:

- The selected medicine should be made palatable by adding proper adjuvant.
- Intake of kaphobhaktikarakas ahars should be avoided on the previous day
- Virahanachadru can be administered in divided dose within very short duration to avoid immediate vomiting if necessary.
- Time of administration should be immediately after kaphaleka
- Indulgence in any other activity should be strictly avoided like watching TV, excessive talking etc.
- Intake of excess water should be avoided
- Ensure proper administration of vega before administering panchakarma.

RAKTHA MOKSHANA

This procedure is carried out after all the other panchakarma procedures are completed. The patients do not get complete relief after the appropriate panchakarma therapies and also in some conditions where only raktha mokshana works, such patients are posted for this procedure.

Here we are doing mainly types of raktha moksha.

- 1) Jalakavachamanam – blood letting by using leech
- 2) Sengam – blood letting by creating vacuum
- 3) Prachaman – blood letting done by puncturing the site
- 4) Saravyadanam – blood letting done by puncturing the vein.

Jalakavachamanam vidhi.

This method is done mostly in pitta predominant condition.

Pre operative procedure: The leech which should be used is washed in clean running water, and immersed in a turmeric solution. When it becomes active, it is ready to use.

Procedure: the site where the therapy has to be performed is thoroughly cleaned with clean fresh water. Then a minor wound is created at the site with a sterile surgical knife. On the wound the leech is placed and allowed to suck the blood.




Post operative procedure: When the leech finish sucking the wounded site is cleaned with Detol solution and dressed with turmeric powder. Daily dressing is done with turmeric powder till the wound is healed completely.

Sengam

This method is done in vata predominant condition.

Pre-operative procedure:-

- Instruments required –**
- a) Dressing set-1
 - b) Sterile blade-1

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c) Suction pump -1
d) Sringan -1

Operative procedure- The site is cleaned thoroughly with antiseptic liquid. Small multiple incisions are made on the site with the sterile blade. The sringan which is connected to the suction apparatus is placed over the site. A vacuum 600 mmHg is generated inside the sringan. Nearly 50-100 ml of blood is collected in this manner. The blood which has oozed out is collected in a kidney tray and disposed off safely. The wounded site is dressed with betadine. The patient is advised not to wet it for 24 hours.

The wound will be healed within 24 hours.

Pracharan:-

This method is adopted in Kaphaga conditions

Instruments required- Action crepe bandage 10 cm -1

Sterile Blade or needle -1

Dressing set -1

Tray to collect Blood -1

Antiseptic solution

Kidney trays -2

Procedure- Patient is comfortably lied on a table. The action crepe bandage is wrapped tightly above the area where the pracharan has to be done. The site is thoroughly cleaned with Dettol solution. Small multiple pricks or incisions are made on the site. The blood oozing out is collected in a tray. When the bleeding is stopped the bandage is removed and the area is cleaned with antiseptic solution. The wounds are dressed and patient is advised to take rest for few days.

Srivyadham- this is a procedure done by opening the vein.

Instruments required- Action Crepe Bandage 10 cm -1

Scalp vein set or sterile blade -1


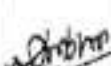

Kidney tray -1

Syringe (if necessary) -1

Procedure- patient is comfortably laid on a table. The action crepe bandage is wrapped around just above the site tightly. The site is wiped with antiseptic lotion and the selected vein is punctured with a blade or a scalp vein set. The blood oozing is collected in kidney tray. When the bleeding is stopped the bandage is removed and the area is cleaned with antiseptic solution. The wounds are dressed and patient is advised to take rest for few days.

REFERENCE

- A. Standard Reference**
 • NABH Standard Book
B. Document Reference

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- NABH Standard Book
- Medicine preparation book
- C. Statutory Reference
- All applicable laws

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