



KMCT AYURVEDA MEDICAL COLLEGE

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TO WHOM SO EVERIT MAY CONCERN

This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge.

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K.M.C.T. AYURVEDA
MEDICAL COLLEGE



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**INTEGRATION OF DIFFERENT SYSTEMS OF HEALTH CARE IN
THE TEACHING HOSPITAL.**



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INSTITUTIONAL POLICY OF INTEGRATION

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Details of integration in terms of number of departments, faculty/ consultants involved, clinical conditions considered for integration.

Sl.NO	Name of the department / faculty/ consultants involved	Clinical Condition	System of medicine
1.	Department of medicine KMCT Medical College Mukkam	Pre & post-surgical management, Hemodialysis catheter care, management of life-threatening condition, management of conventional medicine.	Modern system of medicine
2.	Department of obstetrics and Gynecology KMCT Medical College, Mukkam	Normal delivery, LSCS,	Modern system of medicine
3.	Department of pediatrics KMCT Medical College, Mukkam	Neo -natal care	Modern system of medicine
4.	Department of surgery KMCT Medical College, Mukkam	Surgical conditions like laparotomy, hernioplasty, Hemiorrhaphy, fractures	Modern system of medicine
5.	Physiotherapist KMCT Medical College, Mukkam	For rehabilitation	Modern system of medicine
6.	Department of medicine KMCT Medical College , Mukkam	Emergency management, critical care	Modern system of medicine



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**INTEGRATED TREATMENT PROTOCOLS OF VARIOUS CLINICAL
CONDITIONS**

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Integrated treatment protocols of various clinical conditions.

Clinical condition	Ayurvedic treatment principal	Need of conventional medical intervention	Physiotherapy intervention	Yoga intervention
Obesity or Hypothyroidism	<ol style="list-style-type: none"> 1. Snehapana with Tila taila 2. Sarvanga abhyanga with Dhanwatharam taila 3. Sarvanga svedana with Nirgundi patra 4. Virecana with Avipatti churna and Eranda taila 5. Udvartana with ruksha / kashaya aushadhis like Kolakulathadi churna 6. Niruha Basti every day with lekhana aushadhi like Triphala kvatha 7. Oral medicaments having medahara or lekhana action like <ul style="list-style-type: none"> - Triphala guggulu - Varunadi kvatha - Arogyavardhini vati etc are given 	<ol style="list-style-type: none"> 1. Medicaments if any are reduced as per the suggestions of conventional medical consultant 2. For any medical emergency conventional medical consultant is approached. 	<p>Patient education, Aerobic exercise, Pain management, Obesity control exercise</p>	<p>Tadasana Padahasthasana Trikonasana Pavanamuktasana Setubandasana Uthithapadasana Bhujangasana Shalabhasana Ushtrasana Paschimottanasana shashankasana Kapalabhati Anuloma viloma</p>
Diabetes mellitus – Madhumeha	<ol style="list-style-type: none"> 1. Snehapana with panchatikta ghritha 2. Sarvanga abhyanga with Dhanwathara taila or bala taila 3. Sarvanga svedana with Nirgundi patra 4. Virecana with Avipatti churna and Eranda taila 5. Niruha Basti with tikta aushadi everyday 6. Nasya with Bramhi ghritha in case of stress 7. Oral medicaments having tikta and kashaya rasa like <ul style="list-style-type: none"> - Meshashringi - Jambu bija are given 	<ol style="list-style-type: none"> 1. Conventional anti hyperglycemic medicaments, if any are reduced as per the suggestions of conventional medical consultant 2. Conventional medical consultant is having poor glycemic control. 3. For any other medical emergency – conventional medical consultant is approached 	<p>Patient education, Aerobic exercise, Pain management</p>	<p>Ardhachakrasana Padahasthasana Trikonasana Pavanamuktasana Setubandasana Bhujangasana Dhanurasana Paschimottanasana Ardhamatsyendrasana, Vakrasana shashankasana Kapalabhati anuloma viloma Bhramari</p>



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<p>Rheumatoid Arthritis / Ankylosing Spondylitis - Aamavata</p>	<ol style="list-style-type: none"> 1. Vardhamana Pippali Rasayana Prayoga 2. Sarvanga Bashpa Svedhana with Nirgundi Patra 3. Baluka svedana 2-3 times/day 4. Mridhu virechana Eranda taila after completion of vardhamana pippali 5. Niruha basti with vatahara Aushadhi like Dashamoola Kvatha everyday 6. Suddha Guggulu Lepa on painful joints 7. Vatahara and Aamapachana Aushadies like <ul style="list-style-type: none"> - Rasnapanchaka / Erandamula kvatha - Yogaraja Guggulu - Simhanada Guggulu - Ashvagandha churna - Suddha bhallataka etc are given 	<ol style="list-style-type: none"> 1. Conventional immune suppressants and pain killers/ anti-inflammatory medicaments if any are reduced as per the suggestions of conventional medical consultant 2. For any medical emergency conventional medical consultant is approached 	<p>Stretching, Strengthening, Flexibility exercise, Pain management, Aerobic exercise.</p>	<p>Loosening exercises, Virabhadrasana Parsvakonasana Ardhakatichakrasana,, Trikonasana Utkatasana Bhujangasana Vakrasana Marjariasana (cat cow pose) BanddhaKonasana Dandasana</p>
<p>Parkinsons disease - Kampa vata</p>	<ol style="list-style-type: none"> 1. Sarvanga Abhyanga with Narayana/ Bala/ Pinda Taila 2. Sarvanga Svedana with Nirgundi Patra 3. Mridu Virecana with Avipatti Churna and Eranda taila 4. Niruha Basti with Vatahara Aushadi for one day 5. Matra basti with Narayana/ Bala/ Pinda taila everyday 6. Snehapana with bala taila - 20-30ml twice a day 7. Nasya with Bala taila 8. Shirobhasti with Narayana/ bala/ Dhanwatharam taila 	<ol style="list-style-type: none"> 1. conventional medicines are being continued or reduced as per the suggestions of conventional medical consultant 2. for any medical emergency - conventional medical consultant is approached 	<p>Stretching, Strengthening, Balance training, Coordination Exercises, Gait training</p>	<p>Anuloma viloma Pranayama and Meditation.</p> <p><i>Signature</i></p> <p>PRINCIPAL C.T. AYURVEDA COLLEGE</p>



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	9. Vatahara Aushadi like - Balamoola kvatha			
Neurological and Musculoskeletal diseases - Vata vyadhi	<ol style="list-style-type: none"> 1. Sarvanga abhyanga with Narayana/ Bala/ Pinda taila 2. Sarvanga svedana with Nirgundi patra 3. Mridu virecana with Avipatti churna and Eranda taila 4. Niruha basti with Vatahara Aushadhi for one day 5. Matra basti with Narayana/ bala/ Pinda Taila every day 6. Snehapana with Bala Taila 20-30 ml twice a day 7. Nasya with Narayana/ Bala Taila (where CNS is involved) 8. Shirobasti with Narayana/Bala Taila (where CNS is involved) 9. Griva Basti/ Kadi basti/ Janu basti with Narayana taila, Upanaha/ Pinda Svedana with Nirgundi patra is given as per the requirement. 10. Vatahara aushadi like <ul style="list-style-type: none"> - Balamoola kvatha - Yogaraja Guggulu are given as per need 	<ol style="list-style-type: none"> 1. Conventional medicines are being continued or reduced as per the suggestions of conventional medical consultant 2. For any medical emergency conventional medical consultant is approached 	<p>Stretching, Strengthening, Balance Training, Coordination Exercise, Gait Training, Aerobic Exercise, Pain Management, Manual Therapy</p>	<p>Trikonasana Virabhadrasana Salabhasana Bhujangasana baddhakonasana Marjariasana Dandasana Ushtrasana Adhomukhasvanasana, Anuloma viloma, Medication</p>

ambha



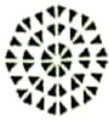
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Skin Diseases	<ol style="list-style-type: none">1. Snehapana with Panchatikta ghrita2. Sarvanga abhyanga with Jatyadi/ Marichadi taila3. Sarvanga svedana with Nirgundi/ Nimba patra4. Vamana with Madana Phala pippali/ or Virechana with Avipatti churna, Eranda taila and Draksha kvatha are performed as per indication5. Niruha basti with tikta aushadhi everyday6. Rakta mokshana as per need7. Rakta shodhana / Kushtaghna/ Kandughna Aushadis like<ul style="list-style-type: none">- Manjishthadi kvatha- Haridra khanda etc are given8. Rasayana for tvacha like<ul style="list-style-type: none">- Kaishora guggulu- Bhumyamalaki, Bhrahmi, Guduchi are given	For any medical emergency – conventional medical consultant is approached	Pain Management	Meditation Anuloma viloma Pranayama
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