



# KMCT AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences.

## 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.

*Anitha*

PRINCIPAL  
K.M.C.T. AYURVEDA  
MEDICAL COLLEGE



Manassery PO, Mukkam, 673602, Kozhikode, Kerala  
☎ 0495-229 4664 ✉ ayurveda@kmct.edu.in  
🌐 [www.kmctayurvedacollege.org](http://www.kmctayurvedacollege.org)



INNOVATION AND  
ENTREPRENEURSHIP  
DEVELOPMENT CENTRE





# KMCT AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences.

## SOPS OF DEVELOPMENT, IMPLEMENTATION, MONITORING AND REVISION OF SOPS



*[Signature]*  
PRINCIPAL  
K.M.C.T. AYURVEDA  
MEDICAL COLLEGE

Manassery PO, Mukkam, 673602, Kozhikode, Kerala  
☎ 0495-229 4664 ✉ ayurveda@kmct.edu.in  
🌐 [www.kmctayurvedacollege.org](http://www.kmctayurvedacollege.org)



INNOVATION AND  
ENTREPRENEURSHIP  
DEVELOPMENT CENTRE





**KMCT**  
AYURVEDA MEDICAL COLLEGE

## STANDARD OPERATING PROCEDURES

### SHALAKYATANTRA

<b>DOCUMENT NAME</b>	<b>STANDARD OPERATING PROCEDURE- SALLYATANTRA</b>	
<b>DOCUMENT NUMBER</b>	KMCT/SOP/11	
<b>DATE OF ISSUE</b>	01/06/2023	
<b>PREPARED BY</b>	Designation	ASSOCIATE PROFESSOR (Dept. of Shalakyatantra)
	Name	Dr. SHARON P VALS
	Signature	
<b>VERIFIED BY</b>	Designation	PRINCIPAL
	Name	Dr. SUBHASREE G H
	Signature	
<b>APPROVED BY</b>	Designation	MEDICAL SUPERINTENDENT
	Name	Dr. SARUN MOHAN
	Signature	



PRINCIPAL  
K.M.C.T. AYURVEDA  
MEDICAL COLLEGE





KMCT AYURVEDA MEDICAL COLLEGE  
HOSPITAL, MUKKAM KOZHIKODE 673602

**STANDARD OPERATING PROCEDURE-  
SHALAKYATANTRA**

DOC  
No:

KMCT/SO  
P/11

REV  
No:

00

DATE:


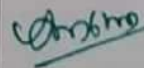

01-06-2023

Page

Page 2 of  
44


**AMENDMENT SHEET**

Sl. No	Section no & page no	Details of the Amendment	Reasons	Signature of the preparatory authority	Signature of the approval authority

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	





	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHICODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 3 of 44

### CONTROL OF THE STANDARD OPERATING PROCEDURE

The holder of the copy of this manual is responsible for maintaining it in good and safe condition and in a readily identifiable and retrievable.

The holder of the copy of this manual shall maintain it in current status by inserting latest amendments and when the amended versions are received.

Quality Department is responsible for issuing the amended copies to the copyholders, the copyholder should acknowledge the same and He/ She should return the obsolete copies to the Quality Department. The amendment sheet, to be updated (as and when amendments received) and referred for details of amendments issued.

The manual is reviewed once a year and is updated as relevant to the hospital policies and procedures. Review and amendment can happen also as corrective actions to the non-conformities raised during the self-assessment or assessment audits by NABH.




The authority over control of this manual is as follows:

PREPARED BY	VERIFIED BY	APPROVED BY
ASSOCIATE PROFESSOR	PRINCIPAL	MEDICAL SUPERINDENT
Dr. SHARON P VALS	Dr. SUBHASREE G H	Dr. SARUN MOHAN

The procedure manual with original signatures of the above on the title page is considered as 'Master Copy', and the photocopies of the master copy for the distribution are considered as 'Controlled Copy'.

### Distribution List of the Procedure:

SL No	Designation	Copy Type
•	Quality coordinator	Master copy
•	Incharge shalakyatantra – Male	Controlled copy
•	Incharge shalakyatantra – Female	Controlled copy

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	



KMCT AYURVEDA MEDICAL COLLEGE  
HOSPITAL, MUKKAM KOZHICODE 673602

**STANDARD OPERATING PROCEDURE-  
SHALAKYATANTRA**

DOC  
No:

KMCT/SO  
P/11

REV  
No:

00

DATE:

01-06-2023


Page

Page 4 of  
44

Sl.No	Index	Page No
1.	Front sheet	1
2.	Amendment sheet	2
3.	Control of the SOP	3
4.	Index	4
5.	Introduction	5-7
6.	SOP- NETRA SEKA	8- 10
7.	SOP- ASCHYOTANA	10-11
8.	SOP- PINDI	12- 13
9.	SOP- VIDALAKA	13-15
10.	SOP- ANJANAM	15-17
11.	SOP- TARPANA	18-20
12.	SOP- PUTAPAKA	21-23
13.	SOP- KARNA DHOOPANA	23-25
14.	SOP- KAVALA	26-27
15.	SOP- SHIRODHARA WITH OIL.	28-30
16.	SOP- SHIROPICHU	30-31
17.	SOP- SHIROVASTI	32-34
18.	SOP- NASYAM	34-37
19.	SOP- AVAPEEDA NASYA	37-39
20.	SOP- PRATISARANA	39-41
21.	SOP- KARNA PURANA	41-44

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	



	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHICODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 5 of 44

### 1.0. Introduction

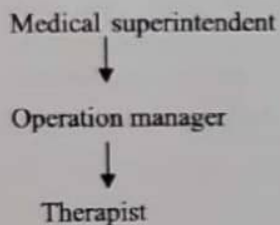
To provide general guidelines for handling patient undergoing various clinic procedures like Shalakya Tantra

**2.0. Objectives:** Providing better treatment to patients.

### 3.0. Scope

This policy is applicable in all procedures like Shalakya Tantra.




### 4.0. Department Structure:




### 5.0. Staff and Structure

#### 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 eating 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.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	



	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 6 of 44

## 6.0. POLICIES:

### 6.1. Qualification of staff:

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

### 6.2. Pre- procedure Assessment:

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

### 6.3. Pre- procedure Preparations and Medications

Shalakyatantra 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-paring patient will sign the checklist and in the absence on one will record the status of preparation with time in the nursing note section of the clinical case record.

### 6.4. 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


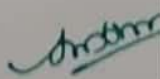
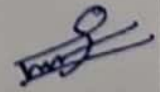
### 6.5. Transfer of Patient to Procedure Area:

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


### 6.6. 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 same is strengthened adhering to shalakyatantra checklist for therapist.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	



	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 7 of 44




**6.7. Post Procedure process:**


- Post procedure patient is observed for giddiness or weakness. If required the vitals are checked
- Once the patient is found stable he/she is transferred to room.

**7.0. STANDARD OPERATING PROCEDURES:**

**General regime:**

- Food should not be taken at least 1 hour before the procedures.
- 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

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINTENDENT Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 8 of 44

## NETRA SEKA

This is the procedure in which the medicaments are poured on closed eyes continuously from the height of 4 Angula for a specific duration as per the Dosha involved.

1. **Scope** :Acute condition of eye disease , Abishyandha etc
2. **purpose**: provide standard operating procedure to conduct seka

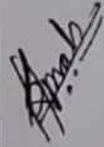
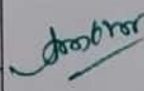

Time duration: approximately 5 min to 10 min duration depending on disease condition and dosha.


### 3. Types

- Snehana - Indicated in Vataja Netra Vikara. It should be performed for 400 Matra Kaala and during Aparahna (evening) with lukewarm Snigdha, Madhura, Amla and Lavana Aushadha.
- Ropana - Indicated in Pitta and Raktaja Netra Vikara. It should be performed for 600 Matra Kaala and during Madhyahna with Sheeta, Madhura. Tikta Kashaya Aushadha.
- Lekhana- Indicated in Kaphaja Netra Vikara. It should be performed for 200 to 300 Maatra kaala and during Poorvahna. It should be done with lukewarm Katu, Tikta, Kashaya Aushadha.

### Materials required

- Seka pot
- Varthi
- Cotton
- Kidney tray
- Lukewarm water

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	

 <b>KMCT</b> AYURVEDA MEDICAL COLLEGE	<b>KMCT AYURVEDA MEDICAL COLLEGE</b> <b>HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE-</b> <b>SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 9 of 44

#### Instruction for therapist

- Wear mouth mask and hair cap.
- Nails should be cut.
- Do not use nail polish.
- Female staff must tie/put up their hair.
- Do not wear bangles and rings.
- Clean the hands with liquid soap and wipe with a dry towel before and after the procedure.
- Wear sterile hand gloves

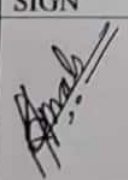


#### 4. Procedure

##### a) Poorva karma (Pre procedure)


- In a treatment room devoid of Excessive light and wind.
- Collect all the pre-cleaned and autoclaved utensils
- Clean all the required raw drugs and medication as advised
- Explain the procedure to the patient
- Patient should lie on supine position with closed eyes
- Both the eyes and surrounding areas should be cleaned properly with a piece of sterilized cotton dipped in lukewarm water and then with dry cotton . Use separate cotton pieces for both eyes
- Cotton plugs should be kept on both ears

##### b) Pradhana karma

- Luke warm medicine taken in a seka pot should be poured over the closed eye from a height of 4 angula at kaneenika pradesha to the apanga pradesha in oscillatory motion
- The flow of medicine should be continuous in the form of a small twin thread
- Poured medicine should collect in a kidney tray which is kept at 2 angula below the apanga pradesha,
- Used medicine collected in kidney tray should be discarded

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINTENDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	



 <b>KMCT</b> AYURVEDA MEDICAL COLLEGE	<b>KMCT AYURVEDA MEDICAL COLLEGE</b> <b>HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/10
	<b>STANDARD OPERATING PROCEDURE-</b> <b>SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 10 of 44

### Paschat Karma

- Eye should be cleaned properly
- Advised not to look at bright objects, avoid kaphavardhaka aahara

## ASCHYOTANA

In this process medicine is instilled in the opened eye from 2 Angula (4 inches) height for specific time according to Dosha.

Aaschyotana is the first line of treatment in the eye diseases.

**Scope:** Inflammatory conditions of eye; shophakandu, gharsa, ruk, toda, raga, bheda

**Duration:** approximately 5 to 10 min

### **Types:**




1. Snehana Aschyotana: 10 drops
2. Lekhana Aschyotana: 8 drops
3. Ropana Aschyotana: 12 drops


### **Materials required**

- Small vessel/conchshell/gokarnika
- Varthi
- Cotton
- Eyewash cup
- Lukewarm water

### **Instruction for therapist**

- Wear mouth mask and hair cap.
- Nails should be cut.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINTENDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 11 of 44

- Do not use nail polish.
- Female staff must tie/put up their hair.
- Do not wear bangles and rings.
- Clean the hands with liquid soap and wipe with a dry towel before and after the procedure.
- Wear sterile hand gloves

### Procedure

#### a) Poorva karma

- The patient should be comfortably lying down in supine position, in kriyakalpa theatre.
- These drugs can be held either in a conch shell, small vessels or in a piece of cotton
- The eye is opened by by left hand, stretching and pressing Apanga pradhesa

#### b) Pradhanakarma


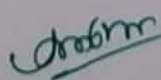

- Hold medicine to be instilled in right hand, prescribe dose of medicine is instilled to the Kaneenika sandhi or drishti madhya.
- The medicine should fall on the eye from a height of two angula approx 4 inches.
- Then close the eyes for a while (100 vak matra, 2.5 minutes)


#### c) Paschatkarma

- The medicines remaining in the eye, should be wiped out with a piece of cotton or soft cloth immedietly.
- A mild fomentation with warm water is beneficial in kapha-vata diseases.

### Contra-indication

Contraindicated at night

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 12 of 44

## PINDI

Pindi is the modification of Vidalaka.

Instead of directly applying the pastes to eyelid, they are packed in cotton cloth and are kept tightly over the eyelids.

### Scope


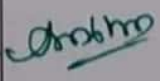

- Abhishyandha
- Early stages of netra roga

### Materials required


- Medicine preparing utensils
- Cotton pad
- Gauze/kora cloth
- Lukewarm water
- Small vessel

### General Instructions for therapist

- Wear mouth mask and hair cap.
- Nails should be cut.
- Do not use nail polish.
- Female staff must tie/put up their hair.
- Do not wear bangles and rings.
- Clean the hands with liquid soap and wipe with a dry towel before and after the procedure.
- Wear sterile hand glove

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	



	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 13 of 44

### Procedure

#### a) Poorvakarma

The patient should be made to lie on supine position in a room devoid of wind, sunrays, dust etc. Eyes are cleaned with a cotton ball dipped in lukewarm water.

#### b) Pradhana karma

The paste of medicinal drug is applied on cotton cloth and then placed over eyelids.

#### c) Paschatkarma

After the paste starts to dry up, cotton pad is removed. Later the lids should be cleaned using lukewarm water and cotton.

#### Contra-indication

Contra indicated at night

## VIDALAKA

Vidalaka is the application of medicated paste to the outer surface of the eyelids excluding the eyelashes.



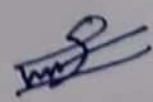
**Scope:** Daha, Upadeha, Ashru, Shophya, Raga, Toda, Paka, Kandu, Gharsha.


#### Types:

- Doshaghna Lepa :  $\frac{1}{4}$  Angula
- Vishaghna Lepa :  $\frac{1}{3}$  Angula
- Varnya Lepa :  $\frac{1}{2}$  Angula

#### Materials required

- Cotton ball
- Lukewarm water

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 14 of 44

- Kidney tray
- Vessel

#### General Instructions for therapist

- Wear mouth mask and hair cap.
- Nails should be cut.
- Do not use nail polish.
- Female staff must tie/put up their hair.
- Do not wear bangles and rings.
- Clean the hands with liquid soap and wipe with a dry towel before and after the procedure.
- Wear sterile hand glove.

#### Procedure

##### a) Poorvakarma



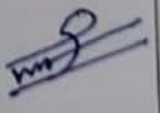
- The patient should be made to lie on supine position in a room devoid of wind, sunrays, dust etc.
- Eyes are cleaned with a cotton ball dipped in luke warm water.


##### b) Pradhanakarma

- The medicinal powder is mixed with appropriate liquid and made in to a paste form.
- It is then applied over the closed eyelids excluding the eyelashes and allow to dry.
- After the application of medicine, following measures are contra indicated – Excessive speaking, jokes, anger, grief, weeping, wandering under the sun, day sleep. Otherwise, they may produce itching/ drynes of the skin, cold and disturbed vision

##### c) Paschatkarma

After the paste starts to dry up, it should be moistened by adding water and removed. Later the lids should be anointed with oil or cleaned using luke warm water.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 15 of 44

**Contra-indication**

Contraindicated at night.

**ANJANAM**

Anjana is a procedure of applying medicinal pastes or powders to the inner side of lower lids.

**1. Scope:**

Netrakandu, Abhishyanda, drishti rogas etc where consultant advice as treatment and in healthy patients as a preventive measure.

**2. Purpose**




Provide Standard Operating Procedure to conduct Anjana Kriyakalpa

**3. Types**


- Lekhanam
- Ropanam
- Prasadhanam

**Materials required**

- Anjana shalaka
- Cotton
- Lukewarm water
- Eye wash cup
- Medicines for Anjana procedure
- Kidney tray
- Medicate kwatha

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	



	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 16 of 44

**General instructions to the therapist:**

- Wear mouth mask and hair cap
- Nails should be cut
- Do not use nail polish.
- Female staff should tie/put up their hair
- Do not wear bangles and rings
- Clean the hands with liquid soap and wipe with a dry towel before and after the procedure
- Wear sterile hand glove.

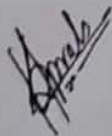
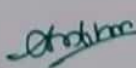
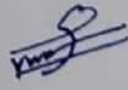
**4. Procedure**


**a) Poorva karma**

- Sitting position will be given to conduct procedure. With due assurance attendant will relax patient and to avoid anxiety of patient
- Procedure will be explained to the patient.
- Both eyes and surrounding areas should be cleaned properly with a piece of separate sterilized cotton dipped in lukewarm water and then with dry cotton.

**b) Pradhana karma**

- Lower eyelid is retracted with index finger of left hand, patient is asked to look upside which helps to expose inner surface of lower lid. Shalaka with medicine is hold in the right hand, and is moved from innercanthus to outer canthus.
- After applying the anjana, the patient is asked to close the eyelids gently and to rotate eyeballs, which aids the perfect spread of medicine in the eyes.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	

 <b>KMCT</b> AYURVEDA MEDICAL COLLEGE	<b>KMCT AYURVEDA MEDICAL COLLEGE</b> <b>HOSPITAL, MUKKAM KOZHICODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE-</b> <b>SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 17 of 44

- Matra of Anjana is decided by consultant doctor as per the severity of disease of eyes or according to the doshas

**c) Pashchat karma**

- Doshas dissolve and comes out in the state of lacrimation, after it Netra prakshalana (eye wash) with appropriate medicinal kwatha is done.
- Post kriyakalpa pathyapthya like avoid direct sun rays , irritant objects , long persist exposure to Sunrays

**Precautions**




- Avoid excess pressure.
- Time and season of administration should neither be too hot nor cold and sky should not be cloudy.


**Complications and management**

- In case of allergic reactions like rash, itching etc., stop the procedure and ask the patient to take bath. Inform the vaidya immediately.

**Contra Indication**

- Shrama ,Udavarta , Jwara
- Rudita, Madhya, Krodha, Bhaya
- Ama lakshana of netra
- Shiro dosha ,vegaavarodha

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHICODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 18 of 44

## TARPANA

### Scope




Eye diseases like dry eye syndrome, drushti mandya, computer vision syndrome, abhighatha adhimantha etc


**Time duration:** Depending on disease and dosha invoved

Vata - 1000 matrakala  
Pitha - 600 matrakala  
Kapha - 500 matrakala  
Swastha - 500 matrakala

### MATERIALS REQUIRED

- Cotton
- Medicated ghee
- Masha
- Steel bowl
- Kidney tray
- Luke warm water
- Varti
- Gokarnika/small vessel
- Dhoopanayantra
- Dhoomavarti
- Stove

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 19 of 44

### General instructions to the therapist

- Wear mouth mask and hair cap
- Nails should be cut
- Do not use nail polish.
- Female staff should tie/put up their hair
- Do not wear bangles and rings
- Clean the hands with liquid soap and wipe with a dry towel before and after the procedure
- Wear sterile hand glove.

### PROCEDURE




#### POORVA KARMA

##### Patient preparation


- Tarpana should be administered only after confirmation of no infection in eyes.
- Administered only after kaya and shirashodhana
- Timing - During sadharana kala in the morning or evening only after the digestion of any food taken previously.
- Position - The patient should lie on his back free from direct sunrays, wind and dust.

##### Preparation for procedure

- Both eyes and surrounding areas should be cleaned properly with a piece of separate sterilized cotton dipped in lukewarm water and then with dry cotton.
- A pali should be made with masha around the orbit ,to a height of 2 angula
- Warming the ghee using double boiling method

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	



	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 20 of 44

### PRADHANA KARMA




- The patient will be asked to close the eyes and over the closed eyes, liquefied Ghrita will be poured very slowly upto the level of tip of eyelashes.
- Patient will be instructed to close and open his/her eyes (nimesha & unmesha).
- This is continued for a specific period
- The medicated liquid will be drained out through the hole made near the outer canthus to a kidney tray using a shalaka.


### PASHCHAT KARMA

- Eyes are cleaned properly with cotton dipped in luke warm water
- Dhoomapana is advised with a Haridra varti
- Patient is advised to avoid seeing very bright object or distant sky immedietly after tarpana
- In the evening and night, eyes should be packed with cooling jasmine flower buds .
- Patient advised to wear dark goggles.

### CONTRAINDICATION

- Cloudy day, very hot day, very cold day
- Mentally worried person, after physical exhaustion, giddiness
- When complications like inflammation ,redness ,severe pain etc. persists in eye

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 21 of 44

## PUTAPAKA

The procedure of putapaka is similar to tarpana , but the ingredients, preparation of medicine and duration are different.


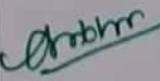

Putapaka can be done after tarpana .


### TYPES

- Snehana– 100 matra kala
- Lekhana – 200 matra kala
- Prasadhana – 300 matra kala

### MATERIALS REQUIRED

- Cotton
- Medicine
- Masha
- Kidney tray
- Luke warm water
- Varti
- Gokarnika/small vessel
- Dhoopanayantra
- Dhoomavarti
- Stove
- Steel bowl

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHICODE 673602</b>	DOC No:	KMCT/SO P/11
		REV No:	00
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	DATE:	01-06-2023
		Page	Page 22 of 44

**General instructions to the therapist:**

- Wear mouth mask and hair cap
- Nails should be cut
- Do not use nail polish.
- Female staff should tie/put up their hair
- Do not wear bangles and rings
- Clean the hands with liquid soap and wipe with a dry towel before and after the procedure
- Wear sterile hand glove.

**PROCEDURE**




**POORVA KARMA**


**Patient preparation**

- Putapaka should be administered only after confirmation of no infection in eyes.
- Administered only after tarpana
- Timing - During sadharana kala in the morning or evening only after the digestion of any food taken previously.
- Position - The patient should lie on his back free from direct sun rays, wind and dust.

**Preparation for procedure**

- Both eyes and surrounding areas should be cleaned properly with a piece of separate sterilized cotton dipped in lukewarm water and then with dry cotton.
- A pali should be made with masha around the orbit, to a height of 2 angula

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	

 <b>KMCT</b> AYURVEDA MEDICAL COLLEGE	<b>KMCT AYURVEDA MEDICAL COLLEGE          HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE-          SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 23 of 44

### PRADHANA KARMA

- The patient will be asked to close the eyes and over the closed eyes medicine will be poured very slowly upto the level of tip of eyelashes
- Patient will be instructed to close and open his/her eyes (nimesha & unmesha).
- This is continued for a specific period
- The medicated liquid will be drained out through the hole made near the outer canthus to a kidney tray with a shalaka.

### PASHCHAT KARMA

- Eyes are cleaned properly with cotton dipped in luke warm water
- Patient is advised to avoid seeing very bright object or distant sky immedietly after tarpana
- In the evening and night, eyes should be packed with cooling jasmine flower buds
- Patient is adviced to wear dark goggles.

## KARNA DHOOPANA




Ancient smoking technique to achieve asepsis

### Scope


Karna srava, karnapaka, krimikarna and conditions where consultant advice as treatment

### Purpose

Provide standard operating procedure to conduct karnadhoopana Kriyakalpa

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	



	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 24 of 44

### Material requirement

- Dhoomavarti
- Paper cone
- Oil/Ghrita
- Forceps
- Candle
- Match stick


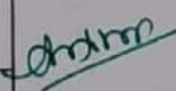

### General instructions to the therapist:


- Wear mouth mask and hair cap
- Nails should be cut
- Do not use nail polish.
- Female staff should tie/put up their hair
- Do not wear bangles and rings
- Clean the hands with liquid soap and wipe with a dry towel before and after the procedure
- Wear hand glove

### PROCEDURE

#### a) PURVA KARMA

- Take consent for the procedure and evaluate patient safety for before procedure
- Patient is advised to sit on a chair
- Mop the ear, if discharge is present.
- Dip the Dhoomvarti into Oil/Ghrita, and then light it by putting it on fire.
- When the Varti becomes red hot hold it with forceps.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 25 of 44

**b) PRADHANA KARMA**

- Put the broader end of the paper cone over the ear of the patient and hold the Varti at another end.
- Gently blow the smoke in the direction of ear in slanding position.
- Repeat the same procedure for 10 minutes.

**c) PASHCHAT KARMA**

- Put a piece of cotton into the ear.
- Post procedure evaluation should be written in patient's file

**Precautions**

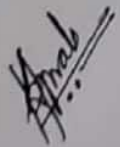


- Avoid long duration of procedure
- Avoid directing to posterior wall of ear canal
- Care to be taken to avoid burns during the procedure by hot medicine.
- Time and season of administration should neither be too hot nor cold and sky should not be cloudy.


**Complications and management**

- In case of burns apply shatadhoutagritam to the part.
- In case of allergic reactions like rash, itching etc., stop the procedure and ask the patient to take bath. Inform the vaidya immediately.

**Contraindications**

Ear drum perforation, Ear bleeding, Meniere's diseases and High fever.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 26 of 44

## KAVALA

Kavala is a procedure of movement of any liquid easily in the oral cavity for certain duration.

**Scope:** mouth ulcer, all mouth related diseases.

### Types


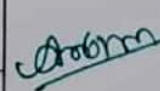

- Snehi/Snaihika (Lubricating)
- Prasadi/Prasadana (mitigating/cooling)
- Samshodhana/Shodhi (purificatory)
- Ropana (healing)


### Materials required

- Oil for Abhyanga
- Hot water
- Medicine (Oil/Ghrita/Kwathaetc)
- Bowl
- Napkin
- Stove
- Spitting vessel

### General instruction to the therapist

- Wear mouth mask and hair cap. Nails should be cut.
- Do not use nail polish.
- Female staff must tie/put up their hair.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINTENDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHICODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 27 of 44

- Do not wear bangles and rings.
- Clean the hands with liquid soap and wipe with a dry towel before and after the procedure.

### Procedure

#### a) Poorvakarma:

- The patient made to sit in a comfortable knee height chair in a room devoid of heavy breeze and direct sunlight but having enough light.
- He must have completed Dantadhavana, Jihwanirlekhana, Malavisarjana Karmas.
- Then Mrudu Snehana and Swedana over Bhaala, Gala, Nasa, Nayana, Lalalata.
- The Dravya used for Kavala should be warmed by double boiling so that it is warmed indirectly.

#### b) Pradhanakarma:



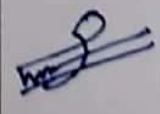
- The patient is given the medicated dravya to hold in the mouth and asked to move or gargle it by tilting the head slightly backwards.
- Care should be taken so that the Dravya is not swallowed.
- After the Samyak Lakshanas are found the client is asked to spit the Dravya out.

#### c) Paschatkarma:


- After spitting out the Dravya, the oral cavity should be cleaned with warm water

### Contra-indication

Contraindicated in Visha, Moorcha, Mada, Shosha, Raktapitta, KupitaAkshi, Kupita Mala, Ksheena and Rooksha Rogi.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	



	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 28 of 44

## SHIRODHARA WITH OIL




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


### Materials required

1. Shirodhara device-1
2. Varti- 1
3. Suitable oil-1.5litres
4. Gauze- 1
5. Cotton earplugs-2
6. Soft pillow covered with rexin-1
7. Stove
8. Droni
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 to 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.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 29 of 44

Dhara varthi 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

Abhyanga should be done over the face, neck, shoulder and chest. (Whole body abhyanga 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 droni 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 (38- 40oC) and poured into the dharapatra .
- A continuous stream of oil should be allowed to fall on the entire forehead, while oscillating the dharapatra 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 attained 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.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	



	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 30 of 44

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

**Precautions:**

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

**Complications and management**

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


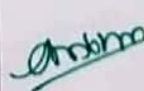

**SHIRO PICHU**


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

**Materials required**

Suitable sneha-10 ml.(just above body temperature.)

1. Cotton- Q.S.
2. Gauze (60cm)- 1
3. Vessel (200ml)- 1
4. Rasnadi choorna- 5gm
5. Soft towel- 1
6. Attendant-1
7. Armed chair-1

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	

 <b>KMCT</b> AYURVEDA MEDICAL COLLEGE	<b>KMCT AYURVEDA MEDICAL COLLEGE</b> <b>HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE-</b> <b>SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 31 of 44

### 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 40oC).
- 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 40oC) 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 -1 hour, for required number of days.

### Complication and management

Peenasa- Stop the procedure and treat accordingly.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	



	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHICODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 32 of 44

## 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 moordhataila. It is beneficial to do Shirovasti after proper purificatory procedures. But in cases where shodana is not necessary it can be done directly.


### Materials required:

1. Rexin/leather (75 cm X 20 cm)- 1
2. Black gram flour - 200 g
3. Taila – 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. Rasnadi choorna- 5 g
8. Oil for abhyanga- 100 ml
9. Soft towel- 2
10. Armed chair of knee-height- 1
11. Attendent-2
12. Large vessel-1

### 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.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	

 <b>KMCT</b> AYURVEDA MEDICAL COLLEGE	<b>KMCT AYURVEDA MEDICAL COLLEGE</b> <b>HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE-</b> <b>SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 33 of 44


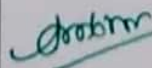

**Procedure:**


- 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 rexin or leather should be fixed over the strap and the junctions are sealed with black gram paste.
- Another layer of cloth strap smeared with the black gram paste is wrapped over this, sealing the junction of rexin and skin layer.
- The medicated oil is warmed to just above body temperature and poured into the vastiputaka 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 vastiputaka 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 non attainment of these lakshanas 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

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINTENDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHICODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 34 of 44

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

### Complications and management:




1. Sneezing and rhinitis- Talam with Rasnadi choorna and Jambheera swarasa, dhoomapana with Haridra dhooma varti
2. Neck pain- Local massage
3. Heaviness of head- Stop the procedure and treat accordingly
4. Fainting, Headache & Shivering. Treat accordingly.

## NASYAM


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

### Materials required: (for navana)

1. Nasya oil- Q.S.
2. Oil for abyanga - Q .S.
3. Nasyapeeta/nasyasayya, calibrated dropper/gauze to instill the nasya drug.
4. Pillow, chair for dhoomanasya, table, Cotton pad, gauze to protect eyes while swedana.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	



	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 35 of 44

5. For swedana – console, appropriate swedana materials for tapasweda {cloth/ towel/ hot water bag} or Nadi sweda is preferred.
6. Gokarna
7. Saline water /Medicated water for kavala
8. Karpooradi or haridradi dhooma varthi, Guggulu dhooma varthi or Other suitable drugs can also be used according to the type of Nasya with paper cone.
9. Disposable sterile plastic container for spitting (preferably transparent)
10. Clean cotton towels, tissue paper etc for cleansing

#### Time of administration

According to dosha predominance

- Kapha - morning
- Pitta - afternoon
- Vata - evening




In swasthas


- Sheeta 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 parwas (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. (for oil)
- Sncha nasya 7/10 bindu respectively

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHICODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 36 of 44

#### Poorva karma




- Patient is advised to wash face and mouth with luke warm water.
- Abyanga is done over shiras, lalata, kapala, greeva & skanda.
- Shiroabhyanga is enough. Nadisweda or tapasweda 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
- Then Nadi sweda is done (urdhwajathru).
- Dhoomapana can be done for srotoshodana, if necessary.
- 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 gokarna 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 pani, pada, greeva, skanda.
- Mridu swedana can be done in the above mentioned areas with suitable method (Hasthasweda or vasanasweda).
- 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 matra kala (3-5 minutes)

#### Paschat karma

- Dhoomapana is done with appropriate drugs according to the type of Nasya.
- Kavala with medicated decoction / saline water is done to attain kantha shudhi.
- The talam should be wiped off and dry powder (used for preparing talam) is gently rubbed Over the anterior frontanale.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHICODE 673602</b>	DOC No:	KMCT/SO P/11
		REV No:	00
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	DATE:	01-06-2023
		Page	Page 37 of 44

- It is advisable not to take any type of food 2 hrs prior to and 1 hour after nasya.
- Na atidrava annapana is indicated in nasya.
- Advise to patient to take rest at room without keeping pillow lay down straight for next 45-60 minute, and avoid face wash and drinking cold water. Can use hot water or warm water.

#### Precautions

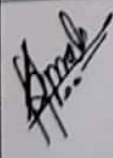


- While positioning the patient for nasya, if the head is not sufficiently bent the nasya dravya will not enter shiras and if the head is more bent dravya may enter mastulunga and cause complications like headache, dizziness etc.
- If the spitting is not done properly, or medicine is swallowed, it will cause kaphotklesha, agnimandya 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, sneha dravya, bathing, excessive walking etc. Head bathing should be avoided during nasya period

### AVAPEEDA NASYA


It is usually administered for 2 purposes- sthambhana 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: tulasi pathra, ardraka kanda
2. Mortar & pestle
3. Clean white cotton cloth (Coloured cloth should not be used)
4. Honey, swarasa etc should be added.

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	



 <b>KMCT</b> AYURVEDA MEDICAL COLLEGE	<b>KMCT AYURVEDA MEDICAL COLLEGE</b> <b>HOSPITAL, MUKKAM KOZHICODE 673602</b>	DOC No:	<b>KMCT/SO</b> <b>P/11</b>
	<b>STANDARD OPERATING PROCEDURE-</b> <b>SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 38 of 44

### Preparation of medicine

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

**Dose :** 4-8 bindu

### Preparation of the patient

- Abhyanga and sweda depends on dosha avastha and purpose of nasya.
- In pravruttha/ drava dosha – without or with minimum sweda. In apravrutta / Sandra dosha, abhyanga and ooshma sweda can be done.
- If done for sthambhana purpose swedana should not be done.
- Procedure is similar to marsha nasya

### Pradhamana 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 powders obtained from micropulveriser or filtered with 200 number mesh or similar cotton 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
- Sirodhoomayana : Ksheerabala nasya

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 39 of 44

- Nasal bleeding : Doorva swrasa + honey nasya, vasa swarasa.
- Kshavadhu- repeated sneezing : Sneha nasya with ksheerabala 101

#### Precautions

- Do a very minute test dose before using theekshna 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.

## PRATISARANA

A procedure of local application of drugs in the diseases of oral cavity

#### Scope


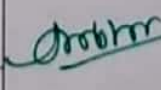
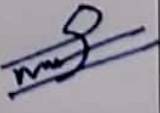
Mukharogas like danthamoola rogas ,jihwa rogas, sarvasara mukha rogas and in near condition where consultant advice as treatment


#### Purpose

Provide standard operating procedure to conduct pratisarana kriyakalpa

#### Material requirement

- Sterile gloves
- Powdered drug
- Honey
- Ghrita
- Saindhava

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHICODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 40 of 44

- Water
- Bowl

**General instructions to the therapist**

- Wear mouth mask and hair cap
- Nails should be cut
- Do not use nail polish.
- Female staff should tie/put up their hair
- Do not wear bangles and rings
- Clean the hands with liquid soap and wipe with a dry towel before and after the procedure




**Procedure**

**a) PURVA KARMA**


- Take consent for the procedure and evaluate patient safety before procedure
- Patient is advised to sit comfortably on a chair.
- Take the medicine into a bowl, add honey/Ghrita/ Both to make a smooth paste

**b) PRADHANA KARMA**

- Ask the patient to wear gloves.
- Ask the patient to take the medicine on a finger tip and apply it over the affected area.
- Advise the patient to rub the medicine gently for 5 minutes

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	



	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
		REV No:	00
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	DATE:	01-06-2023
		Page	Page 41 of 44

### C) PASHCHATA KARMA

- Clean the medicine with a cotton ball and discard it.
- Clean the oral cavity with lukewarm water gargles
- Post procedure evaluation should be written in patient's file

#### Precautions

- Avoid excess volume of drugs
- Care to be taken to avoid burns during the procedure by hot medicine.
- Time and season of administration should neither be too hot nor cold and sky should not be cloudy.

#### Complications and management

- In case of burns apply shatadhoutagritam to the part.
- In case of allergic reactions like rash, itching etc., stop the procedure and ask the patient to take bath. Inform the vaidya immediately.

## KARNA PURANA




In this procedure medicine is instilled into the ear canal and retained for specific time.


#### Scope

Karna roga like karnashoola , karma ksheda , karma nada ,karnabadhira , swastha and condition where consultant advised as treatment

#### Purpose

Provide standard operating procedure to conduct karnapurana kriyakalpa

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	SIGN
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINTENDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 42 of 44

### MATERIAL REQUIREMENT

- Medicine (Sneha/Swarasa/Kwath etc)
- Hot water bag
- Taila for Abhyanga
- Stove
- Table
- Cotton varti
- Dropper/ gokarna
- Kidney tray
- Vessels



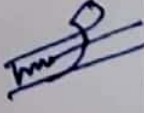
### General instructions to the therapist


- Wear mouth mask and hair cap
- Nails should be cut
- Do not use nail polish.
- Female staff should tie/put up their hair
- Do not wear bangles and rings
- Clean the hands with liquid soap and wipe with a dry towel before and after the procedure
- Wear sterile hand glove

### Procedure

#### a) PURVA KARMA

- Take consent for the procedure and evaluate patient safety before procedure as per pre-procedure checklist

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINTENDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	

	<b>KMCT AYURVEDA MEDICAL COLLEGE HOSPITAL, MUKKAM KOZHIKODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE- SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 43 of 44

- Patient is advised to lie down on a table in right or left lateral position.
- The area around the ear is massaged with lukewarm oil.
- First massage the auricle and then massage post auricular area, infra auricular area and pre-auricular area in circular motion for 5 min till the oil gets absorbed.
- Give hot fomentation with hot water bag for 10 minutes or until mild fomentation is felt
- Put the bowl of medicine into lukewarm water and make it warm

**b) PRADHANA KARMA**


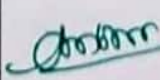

- Check the temperature of the medicine to be instilled into the patient's ear.
- If the medicine is sufficiently warm; instill it into the ear drop by drop with the help of dropper or a gokarna till the whole canal is full.
- Retain the medicine till 100 Matra, 500 Matra, 1000 Matra according to condition
- Massage the post auricular area during the retention period.

**c) PASHCHATA KARMA**


- Remove the oil from the ear canal with the help of cotton wick.
- Cleaning of external auditory canal and keeping big cotton swab in the external auditory canal
- Post procedure evaluation should be written in patient's file

**Precautions**

- Avoid excessive volume of drugs
- Care to be taken to avoid burns during the Procedure by hot medicine
- Time and season of administration should neither be too hot nor cold and sky should not be cloudy

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	
ASSOCIATE PROFESSOR Dr SHARON P VALS		PRINCIPAL Dr. SUBHASREE G H		MEDICAL SUPERINDENT Dr. SARUN MOHAN	



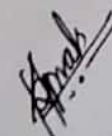


 <b>KMCT</b> AYURVEDA MEDICAL COLLEGE	<b>KMCT AYURVEDA MEDICAL COLLEGE</b> <b>HOSPITAL, MUKKAM KOZHICODE 673602</b>	DOC No:	KMCT/SO P/11
	<b>STANDARD OPERATING PROCEDURE-</b> <b>SHALAKYATANTRA</b>	REV No:	00
		DATE:	01-06-2023
		Page	Page 44 of 44

### Complications and management

- In case of burns apply shatadhoutagritam to the part.
- In case of allergic reactions like rash, itching etc., stop the procedure and ask the patient to take bath. Inform the vaidya immediately.

### Contra Indication

Fever, acute inflammation, severe ear infection, haemorrhagic disorders, indigestion ,diarrhoea

PREPARED BY	SIGN	VERIFIED BY	SIGN	APPROVED BY	
ASSOCIATE PROFESSOR		PRINCIPAL		MEDICAL SUPERINDENT	
Dr SHARON P VALS		Dr. SUBHASREE G H		Dr. SARUN MOHAN	