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INNOVATION AND
ENTREPRENEURSHIP
DEVELOPMENT CENTRE





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STANDARD OPERATING PROCEDURES

PANCHAKARMA

DOCUMENT NAME	STANDARD OPERATING PROCEDURE- PANCHAKARMA	
DOCUMENT NUMBER	KMCT/SOP/07	
DATE OF ISSUE	01/06/2023	
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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00 DATE: 01-06-2023 Page Page 3 of 45

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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 4 of 45

Sl No	Index	Page No
1.	Front sheet	1
2.	Amendment sheet	2
3.	Index	4
4.	Introduction	5
5.	Objectives	5
6.	Scope	5
7.	Department Hierarchy	5
8.	Staff structure	5
9.	Job description.	5
10.	Policy	6
11.	Standard Operating Procedures	7
12.	Reference	49

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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023 Page Page 5 of 45

1.B. Introduction:

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

2.B. Objectives: Providing better treatment to patients

3.A. SCOPE

This policy is applicable in all procedures like Panchakarma

4.B. Department Structure:

Medical superintendent



Operation manager




Therapist


5.B. 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 caring 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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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023 Page Page 6 of 45

6.8. 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 Medications

Practitioner 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-pare 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 Therapists. In case of specific mobility requirements a wheel chair or stretcher is used.

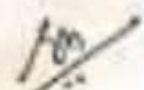


7.6 Prevention of Wrong Procedure/Side/Date and Wrong Patient:


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

The same 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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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 7 of 45

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

7.B. STANDARD OPERATING PROCEDURES:

General regimen:

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

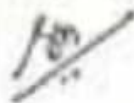


Vamana


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 Nucleo 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 Phanta and Lavana Jala is administered till Sarvyak Shuddha lakshana is noted.
- After procedure do kabalaen by give patient hot water added salt. Then do dhosmapanem by using Hladiradi vafli. Do kabalaen and dhosmapanem in the same way as we are doing it after sneha.

ABHYANGA

Abhyanga is defined as an ayurvedic procedure of application of sneha dravya 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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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 8 of 45

Materials required:

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

Pre operative procedures:

Oil in Ekangyaka 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 sirushyanga, lukewarm oil is selected.

Procedure:

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

Then karsakhyanga should be done. Pains and painabhyanga are also done prior to the main process. The oil heated should be applied uniformly by two therapists on both sides of the dros' 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. Lumb 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 sacrum 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 procedures:

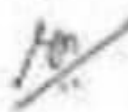
Patient should take complete rest for 15 to 20 minutes in comfortable position. Rasnadi-choceta should be applied on head. When the patient feels appetite, take light food according to vikram, digestive power & uttara. If the patient is intolerant for sweating, proper sweating should be done immediately after abhyanga.

SODHANANGA ACCHASNEHAPANA.

Acchasana is the oral intake of medicated or non medicated sneha in required quantities for a limited time period without mixing food articles other than prakasapadravyas. It can be samana or rochana. In this, sneha alone should be given in the morning at 7.00am, after the digestion of sneha, darivagadhatu sneha should be given.

Materials required:

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

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4. Metal therapy-2

Ahara parichala, Agni & Madha parichala, Vyadhi-Bala parichala should be thoroughly done. Prasa (medhana) is to be done with Holistrum as varshana deksha pachana drugi.

Herzoyal 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 strengthening or abhisyandi. The patient should take good sleep at night. Next evening hepatic digestion can be assessed based on lagnava, udgatalabhi, vegnava etc. After the daily routine, patient is prepared for anushana.

Precautions:

Dosage of the snaha (oil) to be decided according to age, health, prakriti, vikriti, dosha and agribala. It may be in between 50-75 ml for girls and 30-60 ml for tails on the first day. The dose for the next day should be fixed after assessing the time taken for digestion.

Patient should be seated in a comfortable position and snaha should be given in empty stomach. After giving the snaha, 1. Then the patient should wash the face and mouth with hot water to remove the taste of snaha. When there is pain, warm water can be given. If hunger occurs he/she can take kani as he/she gets proper appetite. Same procedure is followed in the following days.

Duration:

Anushana may be continued till sarvash arigraha lakshana like varshalocana, agnirupeti, anantana and infernal stool, ankadwaga, soffness and rigidity of body parts are seen, i.e. usually from 3 to 7 days. If they are not seen even after 7 days, anushana should be stopped. After 1-3 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 anushana period but he/she should not sleep during the day time. Loose can be given to snaha to avoid nausea. Warm vlogs should be given when the snaha 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 free of fat content should be continued and variety of recipes should be avoided.



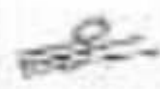
Complications and management:

Indigestion, vomiting, nausea, weakness, agnirupetya, headache, constipation, fever, diarrhea, hirsuta etc. may be seen. In such conditions, stop anushana immediately. Ujvama, varana, arsha's m. padana dravya can be given according to the condition.

Meaning of the word anushana is to give down.

CHIRONA PANDA SWEDA (Chikitsa)

Chikitsa pinda sweda is one among snaha sweda. It is done with the balance of various chikitsa (acidly madhaka, sarshpa, anushana, shranana, snaha etc.). It can be done as snaha or sweda according to the condition. In arigraha pinda sweda, oil is applied over the body as well as the

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

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

Materials required:

1. Suitable choorna(coarse/finer)- 1 kg/ kulachadhi 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. Rasnadi choorna- 5g
10. Truval-2
11. Medicated rasna choorna- Q.S.
12. Massagers -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 Rasnadi choorna/ oil should be applied on the head. Other therapies like rasnadi choorna, rasnadi choorna + lemon juice/ panikootika 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 potali should be done, no need of kneading and massaging with the potali. Barb 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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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

- Supine
- Sitting

It can be applied locally also. Samyak swastha lakshanas must be looked for.

Postoperative procedure:

After the procedure, tala should be removed with cotton and Hastadi choorna should be applied over moorha. 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. *Fainting*- Due to increased temperature. Treat appropriately.
3. *Rashes*- Apply malha 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 vatarogas, especially with kaphahasthaha.

Materials required:

1. Dhanyamla- 4 litres
2. Vessels- 4
3. Soft towels- 3
4. Oil for talam-10 ml
5. Hastadi Choorna- 5g
6. Kernel/Plastic ring with pointed tip-2
7. Gauze-1
8. Cotton ear plugs-2
9. Muscova- 2
10. Navadhanyam QS
11. Shad dhata choornam QS

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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

REV No: 00

DATE: 01-06-2023

Page Page 12 of 45

12. Chunan payu 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 dromi; talpa should be kept on head and sarvangi abhyanga should be done. Sometimes abhyanga is not done according to the condition of the patient. Gause should be tied around the head above the eyebrows. Ears should be plugged with gause. 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/traps by two attendants standing on either sides of the dromi. 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 gause are removed & nasyadi 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.

Complications and management:


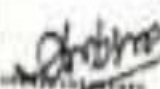

Chills & rigors- It usually occurs due to uneven maintenance of the temperature of dhanyamla or prolonged time gap between the changing up of fresh warm dhanyamla or if body is exposed to cold breeze immediately after the procedure. In this condition, body is covered with thick cloth or warm liquid for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


JAMBEERA PINDA SWEDA

The Jambira pinda sweda is performed with the bolus of Jambira fruit pieces. This is mainly applied in vatapitta predominant conditions. It is usually done in frozen shoulder/plantar fasciitis and traumatic conditions. It is sopshaha, rooksha & Thocksha.

Materials required:

1. Jambira (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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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 13 of 45

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

Preparation of pottali:

Ingredients are fried 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 Razadi choorna should be applied. The patient should be advised to take complete rest for half to one hour.

Precautions:

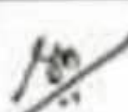


1. While preparing the medicine care should be taken to prevent charring
2. Tie the pottalis firmly to avoid leaking of the contents during the procedure
3. The therapists on either side should apply the bolus simultaneously in a synchronized manner

Complication and management:

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

Burn- Apply madhu and ghrita, preferably Shatadhoosa Ghrita.

KAYASEKA WITH KWATHA/Dhanyamla

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

Materials required:

1. Suitable kwatha/Dhanyamla - 4 liters
2. Kernel/frags 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. Dhanvatharam gulika- 2 + hot jeeraka water 1 glass
11. Mauseurs -4
- 12.
- 13.
14. T-Bandage -1

Preparation of medicine:
Pre operative procedure:

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

Procedure:

The kwatha for seka should be heated on the stove. The temperature of the kwatha must be around 40°C. Two mauseurs standing on either sides of the patient should pour kwatha in a uniform stream through the kernels/frags 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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**STANDARD OPERATING PROCEDURE-
PANCHAKARMA**

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. Burn- Sandhivasta Ghrita application.

BASPIA SWEDA

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

Materials Required

Nigandali/Variya pota and water quantity sufficient

Baspa swedana yanta

Tissue paper/soft towel

Pre-Operative Procedures:

Take consent for the procedure and evaluate patient safety 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 yanta, with head outside the box.

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

Maintain the steam until the patient has forehead sweating.

Duration: Done till the patient attain *anuryak switra 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 anirya

KAYASEKA WITH OIL

Kayaseka is a *swedana* 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 *swedana* & *swedana* simultaneously. *Pizhichil* is a modified form of kayaseka developed by Keralaeya vaidya & 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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**STANDARD OPERATING PROCEDURE-
 PANCHAKARMA**

3.	Soft towels- 2
4.	Oil for taken- 10 ml
5.	Rasnaadi choorna-3 g
6.	Gauze (60 cm) -1
7.	Earplugs-2
8.	
9.	Sterile plastic scrapers -2
10.	Dhanwantharam Galka- 2
11.	Luke warm water- Q.S.
12.	Massters -4
13.	T-Bandage -1
14.	Pichichil machine-1
15.	
16.	

Pre operative procedure:

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

Procedure:


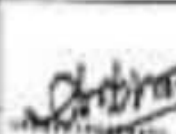

An amount of 6 liters of medicated oil (selected according to the condition of the patient) is poured into the pichichil machine where it is heated. This oil is then directed through a tube on to the patient's body. The temperature of the oil is maintained at 42-45 degree Celsius with the help of a thermostat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

- Supine
- Right lateral
- Left lateral
- Prone
- Sepsie

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 use of 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.

Kayanka can be done using kernel also. In fact, oil should be filled in the kernel & poured on the body after checking the temperature by pouring on the dorsum 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. Talam should be removed and appropriate choosma like Rasnadi is applied on the head. Pathi Kalyanam should be given for drinking. Take rest for 1/2 an hour and take bath. Head bath can be done with amalaki kwatha and body with crandakwatha 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. Stream 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*- Shatadhoosa Ghrita application

TALAPOTHICHIL

Thalapothichil 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 Thalapothichil.

Poorvakarma

Sambhara Sangha:-

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

Taila

Padmapatra/Kadali patra

Cloth

Stove


Vessel

Long sleep of cloths

Preparation of medicine:-

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

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		REV No: 00
	STANDARD OPERATING PROCEDURE- PANCHAKARMA	DATE: 01-06-2023
		Page Page 18 of 45

Preparation of patient:-

Advised to remove hair (Keshha Mirdana)

Shiro-abhyanga is done with nishtha 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 Kaska 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 in lake warm water.

GREEVA BASTI

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

Materials required

Masha Churra - 300 gm.

Greeva basti ring - 1

Indicated taila - 500ml.

Vessels - 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 high 5 cm.

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

Preparation of Patient:-

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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 19 of 45

The person undergoing greevabasti is made to lie in prone position on dhanu in empty stomach

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

Procedure:

After it glazed with some water to make it leak proof. Lockdown indicated file is slowly poured in to it. When this locked down it replaced with warmer one.

Duration:

The procedure is continued upto rasyak svrasa lakshana appear

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

Post-Operative Procedure

Dough is removed and tveda 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 timely 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 burnet or rashes appear the entire procedure has to be stopped.

KSHERADHOOMA

Ksheradhooma is a Nadi sweda which is a type of Oudana sweda . The therapeutic efficacy of Nadi sweda varies according to the drava used. Ksheradhooma is a stigidha sweda. 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 Ksheradhooma, steam is generated by boiling milk and Belavasa/ Dashamoola/ Vacha kashtha. It is mainly practiced in the management of Arlita, Pakshagataam, Divasvartita, Hamastambha.

Materials required:

1. Chair-1
2. Milk-500 ml
3. Bala kwatha-500 ml
4. Oil for abhyanga- 50 ml
5. Oil for nadi- 10 ml (Rasadi dhoomam/ Rasadi choomam- oil)
6. Rasadi chooma- 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 kwatha: 500g of crushed Balaswada is boiled with 2 liters 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, face head, neck, shoulder & 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 rasnadi choorna should be applied. Kambhari or gandhadi 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 stevens 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 vatakapahara). It is a form of ushna sweda.

Materials required:

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**STANDARD OPERATING PROCEDURE-
PANCHAKARMA**

1. Leaves (Brinda, Tamarind leaves, Karisochi Leaf, Aśledakam, Moringa leaves, Vatam kolliyile A/ka palm chopped into pieces) - 1 kg
2. Grated coconut- 100g
3. Sliced lemon and Garlic- 2
4. Cotton cloth (45 cm X 45cm): 4 pieces
5. Tags- 4
6. Vessels (for frying leaves and for heating potalis)- 2
7. Oil-
 - For frying leaves -200ml
 - For heating potalis-250ml
 - For abhyanga- 100 ml
 - For talam- 10 ml
8. Rautali choorna- 5g
9. Tesulu- 2
10. Musouri -2
11. Saindhava-25gms
12. T-Dosage- 1
13. Stove-1

Different medicinal powders can be added, if necessary.

Preparation of potali:

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

Pre operative measure:

The patient should be seated with leg extended over the dromi facing to the East. Abhyanga should be performed with prescribed medicated oil all over the body for about 10 minutes. Talam with suitable oil/choorna should be applied.

Procedure:

The prepared potali 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 dromi. Care should be taken to maintain the temperature throughout the procedure by reheating the potalis.

Post operative procedure:

Wipe off the oil from the body using clean dry towel. Remove talam & apply Rautali 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 snehadravys can be used. It is indicated in-

1. Bala, Vriddha and those who cannot perform panchakramas of Acchhapata, but require shodhana therapies.
2. Whenever immediate shodhana is intended.
3. It is podhana, brinshana as well as shodhana poorvakarma.
4. Especially useful below 10yrs & 70 onwards.

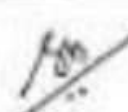
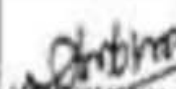

Materials required:


1. Ghrita - 5-10ml
2. Tumbler-1
3. Spoon-1
- 4.
5. Shanti powder /Saindhava Lavanam QS
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	REV No: 00
		DATE: 01-06-2023
		Page Page 23 of 45

The word 'PINDA' means bolus. Pinda sweda refers to the sudation performed by bolus of drugs. Shashtika pinda sweda is performed in cakra 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 tridosahghna. Through a sweda karma, it has hrishnata 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 made of bronze)
 - d. A plate for carrying heated potali
9. Stove-1
10. Oil for talam- 10ml
11. Rasnadi choorna- 5g
12. Suitable oil for abhyanga-100ml
13. Tissue paper/towel- 2
14. Massages -2
15. Coconut leaf for scraping


Preparation of the medicine:

Balamoola kwatha- 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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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 24 of 45

The soaked rice should be divided into 4 equal parts and put into 4 pieces of cotton cloths. The three corners should be folded neatly together so as to come under the fourth corner and the fourth fold is used to cover the other three corners 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 threads of the sac leaves a tail at the top of the bolus, for holding it with ease. Conventionally, the size of a bolus is half kernel of a modern rice grain.

Pre operative procedure:

The patient should be seated with leg extended over the dais and talism should be applied with suitable oil. Abhyanga should be then performed with prescribed oil for about 10 minutes. Out of 4 gottals, 2 are kept in the stomach of Indrasole kwatha and milk (1.5 liters of each was already kept for two gottals), which should be put on a stove with caudala leaf.

Procedure:

2 warm boluses should be gently applied in a spot raised caused by the two therapists on two sides of dais. 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 hot boluses after reheating by dipping in milk kwatha mixture. The process should be continued till the patient gets *svayak vaiva* (sweat) or until the contents of the boluses exhausted. This procedure is done in the seven positions as in *kyasaka* or as advised by the physician.

Duration:

45 minutes - 1 hour, preferably slow it is between 700kps to 600kps. The procedure can be stopped if the medicine in the boluses or the milk mixture is exhausted.

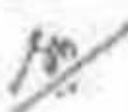


Post operative procedure:


At the end of the procedure, the medicine remained over the body should be scrapped off with the coconut leaves or with any similar device and the body is wiped dry with tissue paper or soft towels. After that medicated oil should be applied. Talism should be removed and Rasakhi churna applied over the head. *Pitta 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 soaking 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 sweating.

Complications and management:

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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 25 of 45

- 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.
- Fainting:** Due to increased body temperature or low heat threshold of the patient or atiyoga of kriyakraus. Sprinkle cold water over the face and body, and put talam with appropriate medicated oil and choorna. Drakshadi Kashaya can be given internally.
- Rashes:** Due to heat intolerance of the patient of pitta prakriti. Apply madhu & grita, preferably Shataahvata Grita or Mustveran.

SHIBODHARA WITH OIL

It is a type of Ishya usha, in which suitable milk is continuously poured on the forehead 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:

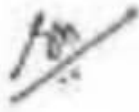


- Shibodhana device-1
- Van- 1
- Suitable oil-1 Litres
- Gauze- 1
- Cotton earplugs-2
- Soft pillow covered with resin-1
- Stove
-
- Oil for Talam-10ml
- Rasnadi choorna- 5g
- Soft towels-2
- Dhara patra-1
- Attendents-2


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	REV No: 00
		DATE: 01-06-2023
		Page Page 26 of 45

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 dorsi 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 (33- 40°C) and poured into the dharastra. A continuous stream of oil should be allowed to fall on the entire forehead, while oscillating the dharastra 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.

Duration: 15-30 minutes for the required 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 Moordhasnana, where cotton/gauze soaked with oil is kept on the head by tying for a prescribed time. It is indicated in most of the shavengas, especially of vatiga type, hair loss, graying of hair and psychological disorders.

Materials required:

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

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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 27 of 45

4. Gauze (60cm)- 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:

Fenata- Stop the procedure and treat accordingly.


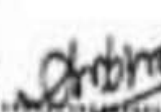

SHIROVASTI


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 sneehasthala. 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. Rexin/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	REV No: 00
		DATE: 01-06-2023
		Page Page 28 of 45

8. Rausah choornu- 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 wrapped 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 wrap 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 vastipataka 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 vastipataka 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.

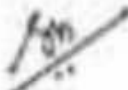


Postoperative procedure:


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. Rausah choornu is rubbed over the head. Tava not 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 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.

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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 29 of 45

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

Complications and management:

- Sneezing and rhinitis*- Talam with Rasnadi choorna and Jambhira swarasa, dhoomapana with Haridra dhooma vati
- Neck pain*- Local massage
- Heaviness of head*- Stop the procedure and treat accordingly
- Fainting, Headache & 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:


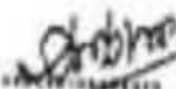

- Shirodhara device -1
- Vessels-3 (To prepare takra, to prepare amalaki kwatha, to take out takra from dromi)
- Towel- 3
- Cotton plugs- 2
- Gauze piece(60 cm)- 2
- Amalaki Choorna- 200gm
- Milk- 1.5 litres
- Musta- 50gm
- Triphala- 250gm
- Oil for talam- 10 ml
- Rasnadi Choorna- 5 gm
- Kentil- 1
-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


Preparation of the medicine:

a) 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.

b) Amalaki kwatha: 200g of dried Amalaki fruit boiled with 8 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	REV No: 00
		DATE: 01-06-2023
		Page Page 36 of 45

Since it is done as a shantana 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 gears 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 dhum pat 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 dhumvati 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:

The head should be wiped with towel and moradhi 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 shoda. In such case the procedure is stopped immediately and the patient is managed with a shodhokara.


UPANAMA SWEDA

Upatanu is a type of shanga sweda. The word upatanu means to tie. It can be done with or without heating the medicine. It is usually done in Oron arthritis, low back pain, neck pain, tennis elbow & vataksaktanam.

Materials required:

1. Medicinal powders (Utanayani choorna/Katarachukarb choorna etc. according to the drakagradhanya) - 50-100gm
2. Bandage cloth (15 cm X 2 m) - 1
3. Leaves of Eucaly, Adha etc. (to cover the area) - Q.S.
4. Anila dravya (Dhatryani/ Takra/ Vinagar) - 50-100 ml
5. Oil for abhyanga- 10 ml
6. Saindhava-10gm

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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 31 of 45

7. Inly-50gm
8. Activin craps-1
9. Atensol-1
- 10.

Pre operative procedure:

Medicine for upanaha can be made with or without heating according to disease. Churna, Saindhava, tala, ashla dravya are added in order to make a paste. Then it must be heated in case of asagni upanaha up to 30°C-41°C or applied as such in case of nitagry upanaha. 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 upanaha dravya. The part is cleaned and abhyanga should be done locally with lukewarm oil, if indicated. The prepared upanaha dravya should be pasted on the affected part thickly and uniformly about 1-2 cm thickness and is covered with available Vatahara patra (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 done for about 12 hours. Bandhana is not mandatory. Bandhana is usually done in changa upanaha. In sarvanga upanaha it is done as samasaweda. Apply suitable bandage in a position comfortable for the patient.

Post operative procedure:

After removing upanaha 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 upanaha 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 redish discoloration and burning sensation. Stop the procedure temporarily and manage the condition accordingly. Local application with drugs like Thikthakam keram/Eladi kera is advised. The treatment can be resumed within few days.


VALUKA SWEDA

Valuka 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 Sandhigatahavatham, Anavatham etc.

Materials and methods:

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

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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 32 of 45

2. Cotton cloth (45 cm X 45 cm) - 4
3. Tag - 4
4. Vessel (iron) - 1
5. Rasadi 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 droma with leg extended.

Procedure:

The patient should sit comfortably exposing the part to be sudated. 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 positions as mentioned in Kayastika. Same pottalis can be used for three days.

Post operative procedure:

After procedure Rasadi choorna should be applied over mooshtha. 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 Shatakhutha Ghrita can be advised.


JANUVASTHI

This is a practical modification of snigdhavasta, where wadded sutra is allowed to stand over knee area for a prescribed period of time. It can be used in Janushoola caused by degenerative joint diseases, but contraindicated in inflammatory conditions.

Materials required

Prescribed Tails - 200ml.

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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 33 of 45

Black gram flour – 500gm.

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 spoons of flour should be mixed with water loosely to form a paste. The thick dough should be shaped as about of 3 inch 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 (SNEHA) VASTHI

It is used in two ways as a supportive treatment for arthapana in different protocols like yoga, kala, karmavasthi and as a kerala snehavasthi in the form of matravasthi. Mainly used in conditions of vatha for the purpose of snehana but in some casts like arsas, vashi like Pippalyadi Anuvasana can be given.

Materials required:

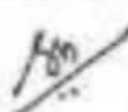


1. Enema syringe-1
2. Gloves-1
3. Vasech-1
4. Anuvasana tails / ghrita (shikkam paka) – 150ml
5. Shathakappa 15gm
6. Rock salt 5gm
7. Rectal tube- 1
8. Hot water for warming the sneha.
- 9.

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.
- Warmed sneha 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 vashinetra is carefully introduced into the anal canal in the direction of vertebral column.
- Snehadravya should be pushed with uniform force not too slow not too fast.
- A little amount of snehadravya should be retained in the container and vashinetra 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 urge.
- 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: Hingvastadi/ ashla/ Vaiswansa choorna/Dharwantharam gulika

NASYAM

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

Materials required: (for navana)

- Nasya oil - Q.S.
- Oil for abhyanga - Q.S.
- Nasyapota/nasyawazya, calibrated dropper/gaunt to instill the nasya drug.
- Pillow, chair for dhocmazanya, table, Cotton pad, gaunt to protect eyes while swedana.
- For swedana -- cotacle, appropriate swedana materials for tapasweida (cloth/ towel/ hot water bag) or Nadi sweda is preferred.
- Gokarna

**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
 - Sheeta kala - afternoon
 - Sharad and vasantha - morning
 - Greechma - 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 parvas (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 (50 µl)
- Sneha nasya 7/10 bindu respectively

Poorna karma

- Patient is advised to wash face and mouth with lukewarm water.
- Abhyanga is done over sthira, jalata, kapaala, greeva & skanda.
- Shirasabhyanga is enough. Nadisweda or tapasweda can be done. Abhyanga over palm and sole can be done. Dhoomapana can be done for srotosweda (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 (unihwajathiri).
- Dhoomapana can be done for srotosweda, if necessary.

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		REV No: 00
	STANDARD OPERATING PROCEDURE- PANCHAKARMA	DATE: 01-05-2023
		Page Page 36 of 45

- 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, shanda.
- Milda swedana can be done in the above mentioned areas with suitable method (Hasthasweda or vachnasweda).
- 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 kartha shuffli.
- The talam should be wiped off and dry powder (used for preparing talam) is gently rubbed over the anterior forehead.
- It is advisable not to take any type of food 2 hrs prior to and 1 hour after nasya.
- No atishaya anagrasa is indicated in nasya.
- Advise to patient to take rest at room without keeping pillow lay down straight for next 45-60 mins, 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 sinns and if the head is more bent dravya may enter mastoidangs and cause complications like headache, dizziness etc.
- If the spitting is not done properly, or medicine is swallowed, it will cause kaphrodakha, 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, sneezing, rhinorrhoea, and head ache.
- Patient must avoid exposure to dust, sun breeze, drinking excessive water, alcohol, unka dravya, bathing, excessive walking etc. Head bathing should be avoided during nasya period

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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 37 of 45

(since nasya nhas are almost sama anarhas), if half is not contraindicated it can be given after 3hrs.

Avasperda nasya

It is usually administered for 2 purposes- shamhiana 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 pathra, andraka kanda
2. Mortar & pestle
3. Clean white cotton cloth (Coloured cloth should not be used)
4. Honey, swasa 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 toxic to the patient, (but it can be diluted with milk.

Dose

4-8 bindu

Preparation of the patient

Abhyanga and sweda depends on doshaavastha and purpose of nasya. In pravruttha/ drava dosha - without or with sirimuro sweda. In apravrutta / Sandra dosha, abhyanga and oshtha sweda can be done. If done for shamhiana purpose swedana should not be done.

Procedure is similar to masha nasya

Pradhmana nasya

It produces profuse dasha 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 micropulverizer 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

Sirodhoornayana : Kshemabala nasya

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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page 38 of 45

Nasal bleeding : Decarva swasa + honey nasya, vasa swarasa.

Kshavadiu- repeated sneezing : Saha nasya with ksheerashala 10l

Precautions

Do a very minute test dose before using theokshera 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


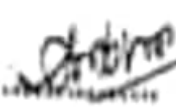

Nirooha is the procedure where, combinations of medicaments are administered through rectal route, for local as well as systemic effects. Depending on the dose and nature of ingredients, Nirooha is of several types like Ksheeravasthi, Yavana, Vasthataravasthi etc

Materials required:-

1. Mortar and pestle
2. Vasthinethra
3. Plastic covers 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 Ahthyanga
13. Medicaments as per prescription, in the required quantity
14. Churner
15. Sterile rectal tube of size-

Preparation of Vasthidravaya:

- Initially Saindhava is put in the Kshalwa 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**

- Then appropriate kvatha is prepared 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 lukewarm by keeping over a hot water bath.
- This mixture is churned well with the help of a churner.
- When it is lukewarm (Sukleshna), and comfortable for the patient, it is transferred to enema syringe (vasi putaka) having sufficient thickness and then vasi naha of leather or plastic is tied to it very well with plugging the other tip with a cotton vatti.

Time of administration

- Madhyama kinchidavartha, Natharabharbitha
- This time varies depending on draka and kala and is generally in between 10-- 11am.

Purvakarman of Niruha

- The procedure is usually done in empty stomach
- Those who are Shaktana and Kshema are asked to take very light food in early morning.
- Sarwaga Abhyanga and veda 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 ghee/medicated 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 haemorrhoids, or any other obstruction.
- Hold the rectal tube in the left hand and putaka 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 putaka is pressed slowly and steadily to push the vasthadravya into the patient's rectum.
- Patient is asked to count up to 30 and to breathe deeply through the mouth during introduction.
- Rectal tube is withdrawn with a little amount of medicament retained in the putaka to avoid the entry of air.

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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page 40 of 45

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

Panchatikarma

- 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 luke warm water.
- Then diet according to dosha vitiation and satvya is given (preferably rice with madhuyosha or manjarasa).
- 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 ahyanga, sweda, deepana amakrasana drugs are advised.
- Immediate evacuation without retention: - Another vartha with less lavana, ushma and quantity should be administered immediately after ruling out sphincteral incontinence.
- Giddiness, Low pulse, Cold extremities, Delirium: - Console the patient, Foot and elevation, Hot drink, Warming extremities. Drugs like Sidhamakaradhwaja, Drakshadi kashaya, Dharwantharam galha etc can be given.
- Vomiting: - Usually subsides without specific management. Drugs like Chandrakalam, Dharwantharam galha, Dukabadi kadaya, Mayonapichabhutana etc can be given.
- Anaphylactic reaction: - Skin eruptions, Itching, Urticaria, Dyspnoea etc. Careful history taking to identify known allergens and avoiding them. Haridrakhasada, Thrikatu with sitha, Chandanasavun, 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 gadavartha can be introduced into anal canal for evacuation.




VIRECHANA


Virechana is a procedure in which the prakopita doshas are expelled through gadamarga by the administration of medicines through oral route. Medicines are used in different forms like choorna, kwatha, staba, klyna etc, depending on the condition of the patient.

Materials required

- Virechana costadba

Common Drugs and dosage

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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 41 of 45

1. Avipati Choorna with hot water- 25-30gm
 2. Belantula guda
 3. Trivra lehya 20-40 gm
 4. Manibada guda
 5. Patanjooladi Kwatha - up to 90-180ml
 6. Eranda taila preparations - 25-50 ml
- Take warm water

Pre operative procedures




- Sampak bahya & ahyarsa sechana and swedana should be ensured.
- Swedana is done generally in the form of abhyanga and oshana sweda for three days.
- Food regimen of drava ushra dhanamkta rasa should be followed
- Asha mahavrya 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 snehana kaha, i.e. three and half hours after sun rise.

Procedure

- Virechana oshadha 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 sutradaka, madhu, milk, triphala kashaya, porradhi kashaya, draksha rasa, shala rasa etc. are used.
- Patient is advised to wash face with cold water and mouth with luker 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 hold 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 vega 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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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 03-06-2023
		Page Page 42 of 45

- Physician should record the vital data of the patient at regular intervals.
- Patient is observed for the samyak Virodhana lakshana like
 1. Initial expulsion of stools followed by Pitta (observed as golden yellow colored viscous fluid with a characteristic bilious odour) and at 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 local abdominal stimulation is advised.
- After ensuring jatraushahakakshanas, subsiding of Vegas, the patient is advised to take bath in lukewarm water followed by samsarjanakrama.
- Enough quantity of water is to be administered to avoid dehydration

Post-operative procedure

After getting proper appetite, samasajam karma should be done according to satrya & vyadhi ranging from light drava ahara to gava ahara, as per shukhi and digestive power. Kanji with more water -kanji with less water - sice with madga yatha -if man sag rita with meat soup is advised for 3/2/1 annakala depending on shukhi. Three annakala are practised per day if agrobala 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 izman.

2. Feeble pulse, Glóidness, Collapse.

Sidhamahamajam with honey and betel juice, Dashahedi kashaya, Dhanswadharan gúla can be given in this condition.

3. Adhmanam

Swedana should be done locally at abdominal region.

4. Apravriti of Vega

Utrajalapana, Swadana.

5. Kasata




Thrikata with sifu is given.


6. Udarasata

Utrajalapana, Swedana. Hingvaschad Churna can be given if necessary.

7. Dehydration: tender coconut water.

8. Electrolyte imbalance: tender coconut water, chinaka pani, lime juice with sugar & salt. Avoid colored ORS solution since it causes gastritis.

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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 43 of 49

Precautions:

- The selected medicine should be made palatable by adding proper adjuvant.
- Intake of kaphasankasaka shana should be avoided on the previous day
- Virchanasohashta can be administered in divided dose within very short duration to avoid immediate vomiting if necessary.
- Time of administration should be immediately after kaphasala
- 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 panchath karma.

RAKTA 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 rakta mokshana works, such patients are posted for this procedure.

Here we are doing mainly types of rakta moksha.

- 1) Jalaukavacharanam - blood letting by using leech
- 2) Sringam - blood letting by creating vacuum
- 3) Prachanam - blood letting done by puncturing the site
- 4) Siravyadham - blood letting done by puncturing the vein.

Jalaukavacharanam 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 saturated 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 Dettol solution and dressed with turmeric powder. Daily dressing is done with turmeric powder till the wound is healed completely.


Sringam

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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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023 Page Page 44 of 45

- 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 on a kidney tray and disposed it 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.

Pracharam:

This method is adopted in kaphaja conditions

- Instruments required-**
- Action crepe bandage 10 cm- 1
 - Sterile blade or needle-1
 - Dressing set-1
 - Tray to collect blood-1
 - Antiseptic solutions
 - Kidney trays-2

Procedure- Patient is comfortably laid on a table. The action crepe bandage is wrapped tightly above the area where the pracharam 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.




Stryasakti- 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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	STANDARD OPERATING PROCEDURE- PANCHAKARMA	REV No: 00
		DATE: 01-06-2023
		Page Page 45 of 45

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

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