

KMCT AYURVEDA MEDICAL COLLEGE

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TO WHOMSOEVER IT MAY CONCERN

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



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Aradhana



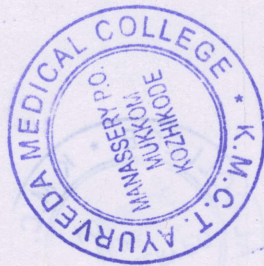


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EDUTAINMENT



Antora

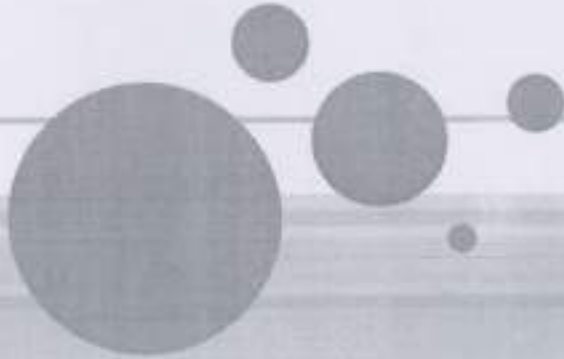
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KRIYAKALPA



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PUTAPAKA

- The procedure of putapaka is similar to tarpana, but the ingredients, preparation of medicine and durations are different.
- Putapāka can be done after tarpana or independently

○ स्नेहपीता तनुरिव क्लान्ता दृष्टिहि सीदति।
तर्पणानन्तरं तस्माद् दृग्बलाधानकारिणम्।
पुटपाकं प्रयुञ्जीत पूर्वोक्तेष्वेव यक्ष्मसु।।

(अ.ह.सू.24/12-13)



Putapaka
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TYPES

- स्नेहनो लेखनीयश्च रोपणीयश्च सा त्रिधा
(Su.U 18/21)
- स त्रिविधः स्नेहनो लेखनः प्रसदनश्च
(AS.Su 33/5)

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TYPES

o Su.U 18/21

Snehana

Lekhana

Ropana (Vagbhata – Prasadana)

Snehana Putapaka

o हितः स्निग्धोऽतिरुक्षस्य। (सु उ. 15/22)

o स वाते स्नेहनः । (अह.सू. 33/13)

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○ भूशयप्रसहानूप मेदोमज्जवसामिषैः ।

स्नेहन पयसा पिष्टः जीवनीयैश्च कल्पयेत् ॥

(अ.ह.सू. 24/14-15)

Animal fat of Bhushaya (living under burrows), Prasaha (food obtained by snatching) and Anupa (living in watery regions) or with jeevaniya drugs macerated with milk are used



Handwritten signature in green ink, likely of a faculty member or official, written over a blue stamp that reads "K.M.C.T. AYURVEDA MEDICAL COLLEGE".

Lekhana Putapaka

- मृगपक्षि यकृन्मांस मुक्तायस्तान सैन्धवैः ।
स्रोतोजशंखफेनालैः लेखन मस्तुकल्कितैः ॥

(अह सू 24/15)

Liver and flesh of wild animals and birds, mukta(pearl),
ayas(iron), tamra(copper), saindhava(rocksalt),
srotonjana(antimony sulphide), sankha(conch shell),
phena(coral), ala(orpiment), macerated with mastu



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Prasadana Putapaka

○ मृगपक्षिकृन्मज्जवसान्त्र हृदयामिषैः ।
मधुरैः सघृतै स्तन्य क्षीर पिष्टः प्रसादनम् ।।

(अ.ह.सू. 24/16-17)

Done with liver, bonemarrow, muscle fat, intestine, heart and
meat of animals and birds and drugs of sweet taste, macerated
with stanya and cow's milk, mixed with ghee



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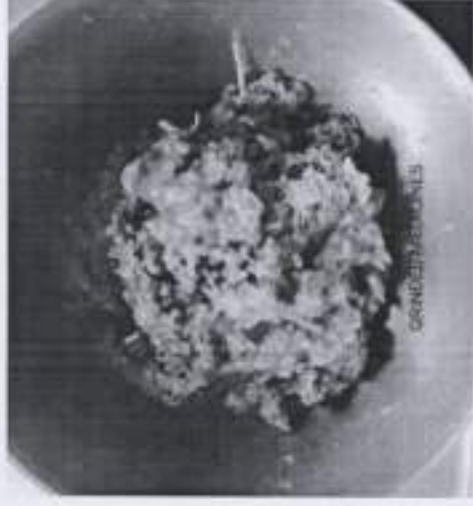
RETAINING TIME

SL. NO.	TYPE	MATRAKALA
1	LEKHANA	100
2	SNEHANA	200
3	PRASADANA	300



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PUTAPAKA VIDHI (Ah.Su 24/17-20)



Kalka – vilva matra



Snehana- urubuka
Lekhana- vata
Prasadana- amboja



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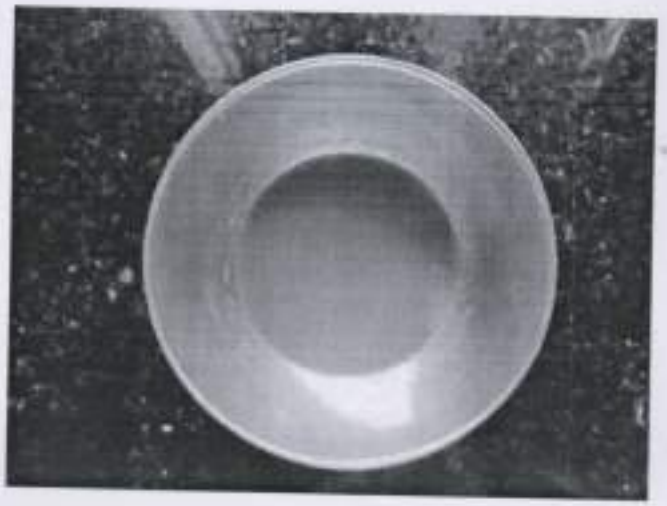


Dhavagni- snehana
Dhanvana agni- lekhana
Gomaya agni- prasadana

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CONTRA INDICATION

- Tarpana and Putapaka is contraindicated to those who are unfit for Nasya

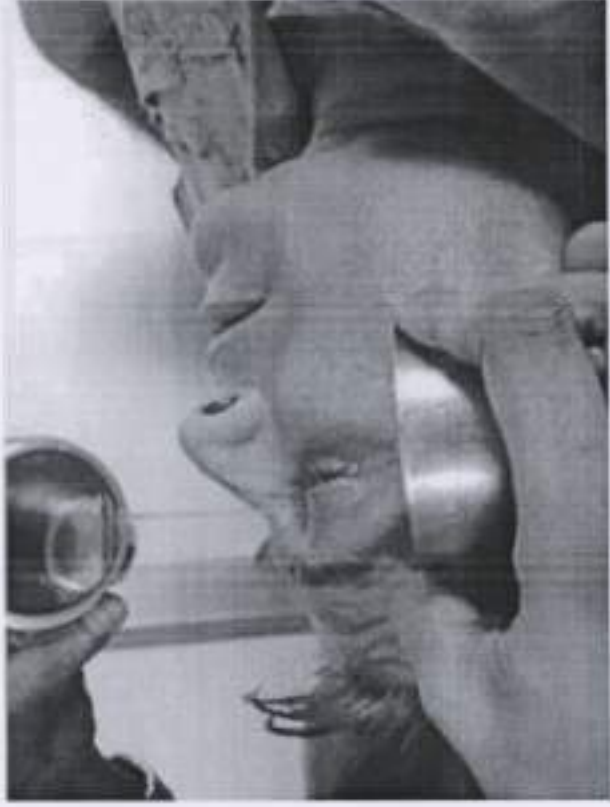
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SEKA

- सेकस्तु सूक्ष्मधाराभिः सर्वास्मिन् नयने हितः ।
मीलिताक्षस्य मर्तस्य प्रदेय श्वतुर अङ्गुलात् ।।

(Sa.U 13/1-2)



Dr. S. S. S.
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CLASSIFICATION

TYPE	INDICATION	DURATION	TIME
Snehana	Vataja Netra roga	400 matakala	Evening
Lekhana	Kaphaja netra roga	200 matakala	Morning
Ropana	Pitta and Raktaja netra roga	600 matakala	Noon

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VIDHI

Poorvakarma

- Patient should lie on supine position with closed eye
- Both the eyes should be cleaned properly
- Cotton plugs should be kept in both ears.

Pradhana karma

- Lukewarm medicine should be poured over the closed eye from a height of 4 angula at Kaneenika pradesha
- Poured medicine should collect in a kidney tray which is kept at Apanga pradesha



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Paschat Karma

- Eyes should be cleaned properly

SAMYAK YOGA AND MITHYA YOGA

Similar to those of Tarpana and Putapaka

Paschat Karma
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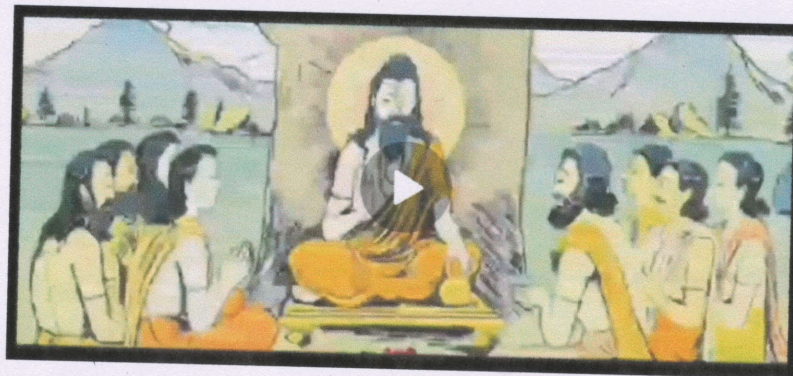
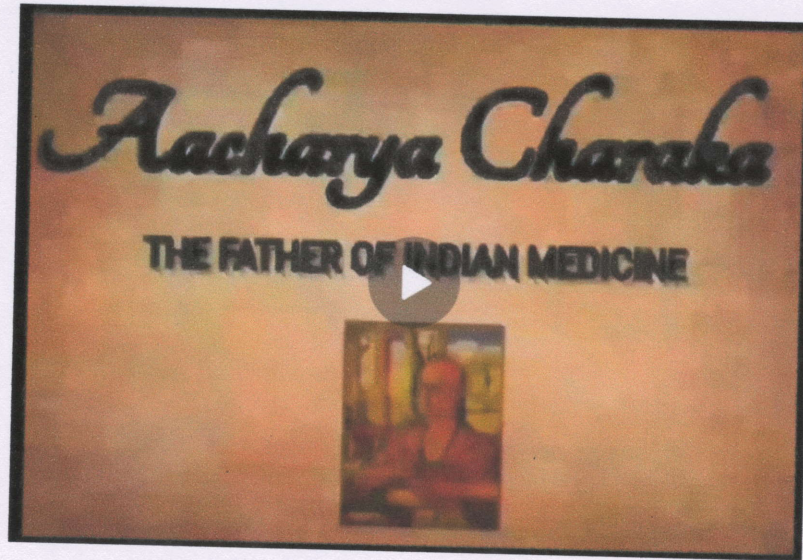




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A SHORT VIDEO REGARDING ACHARYA CHARAKA



U. Anand
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