



DR. G.D. POL FOUNDATION'S
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
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SOP FOR NASYA

- Temperature is checked by infrared gun
- Patient's hands are sanitized.
- Whole procedure is explained to the patient
- Therapy table sanitization is done.
- Patient is given supine position
- Person doing the procedure sanitizes hands.
- Snehan – massage with til oil – is done over forehead, nose and face is done for 10 minutes
- Swedan – steam fomentation – is done over face for 10 minutes
- Head is tilted at 45°
- 6 drops of medicine (Anu tel etc.) are instilled in each nostril
- Patient is asked to breath in and out
- After spitting out secretions the patient is asked to gargle with warm water
- Patient is informed to avoid exposure of cold air or water to the face after nasya for 2 hours
- The therapy table is sanitized

SOP FOR TARPAN

- Temperature is checked by infrared gun
- Patient's hands are sanitized.
- Whole procedure is explained to the patient
- Therapy table sanitization is done.
- Patient is given supine position
- Person doing the procedure sanitizes hands.
- Snehan – massage with til oil – is done over forehead, nose and face is done for 5 minutes
- Swedan – steam fomentation – is done over face for 5 minutes
- Head is tilted at 45°
- 4 drops of medicine (Anu tel etc.) are instilled in each nostril
- Patient is asked to breath in and out
- After spitting out secretions the patient is asked to gargle with warm water
- Swimming goggles (with hole in the glass) are fitted over the eyes
- Melted medicated warm ghee is poured in the eyes
- Patient is asked to blink and blinks are counted.


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- After completion of expected blink count, medicated ghee is removed from gogle with the help of syringe.
 - Eyes are cleaned with warm water
 - Therapy table is sanitized again

SOP FOR ANJAN

- Temperature is checked by infrared gun
- Patient's hands are sanitized.
- Complete procedure is explained to the patient
- Therapy table sanitization is done.
- Patient is given supine position
- Person doing the procedure sanitizes hands.
- One eye of patient is opened with one hand and patient is asked to look up
- The drug used for anjana is applied in the lower fornix with the help of shalaka.
- Patient is asked to close the eye and move the eye.
- Excess lacrimation is wiped off with cotton,
- Whole procedure is repeated on other eye if necessary
- Patient is asked to stay in supine position till the burning or irritation caused by anjan is subsided.
- Therapy table sanitization is done again.

SOP FOR BIDALAK

- Temperature is checked by infrared gun
- Patient's hands are sanitized.
- Complete procedure is explained to the patient
- Therapy table sanitization is done.
- Patient is given supine position
- Patient is asked to close both eyes
- Person doing the procedure sanitizes hands.
- Drug for bidalak is mixed with water and paste is made
- Medicine paste is applied over the lids of the affected eye. Lid margin is excluded from the application.
- Bidalak is kept for 10 minutes and it is not let to dry
- Paste is wiped off with the use of moist gauze piece.
- Therapy table sanitization is done again.


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SOP FOR PARISHEK

- Temperature is checked by infrared gun
- Patient's hands are sanitized.
- Complete procedure is explained to the patient
- Therapy table sanitization is done.
- Patient is given supine position
- Patient is asked to close both eyes
- Person doing the procedure sanitizes hands.
- Liquid used for parishek is poured on the lids with a continuous thin stream
- The liquid is collected in a container kept near outer canthus
- Eyes are cleaned with cotton
- Therapy table sanitization is done again.

SOP FOR PARISHEK

- Temperature is checked by infrared gun
- Patient's hands are sanitized.
- Complete procedure is explained to the patient
- Therapy table sanitization is done.
- Patient is given supine position
- Patient is asked to close both eyes
- Person doing the procedure sanitizes hands.
- Bolus of crushed medicine is kept over the eyes for 15 minutes
- Medicine is removed after 15 minutes
- Eyes are cleaned with cotton
- Therapy table sanitization is done again.

SOP FOR KARNAPURAN

- Temperature is checked by infrared gun
- Patient's hands are sanitized.
- Whole procedure is explained to the patient
- Therapy table sanitization is done.
- Patient is given lateral position (opposite to the affected ear)
- Person doing the procedure sanitizes hands.
- Ear is massaged with warm til oil for 5 minutes followed by fomentation for 5 minutes

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- Warm medicated oil is poured in the affected ear and is kept for definite time (varies according to the disease).
 - Patient is asked to take supine position and the medicated oil is removed from ear
 - Cotton swab is kept in ear for 1 hour
 - Therapy table sanitization is done again.

SOP FOR KARNADHUPAN

- Temperature is checked by infrared gun
- Patient's hands are sanitized.
- Whole procedure is explained to the patient
- Therapy table sanitization is done.
- Patient is given sitting position
- Person doing the procedure sanitizes hands.
- Ear toileting is done
- Medicated smoke is made to enter the ear intermittently for 10 minutes
- Ear cleaning is done again.
- Therapy table sanitization is done again.

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