



**DR. G.D. POL FOUNDATION'S
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI**

Phone : 022- 27744406

Fax: 27749895

E-Mail : ymtayurved@drgdpolfoundation.org

Institutional Area, Sector-4, Kharghar, Navi Mumbai 410210

A) PROTOCOLS INCORPORATING PRINCIPLES OF AYURVEDA AND THEIR IMPLEMENTATION

1. Determine your Dosha: Schedule a consultation with an Ayurvedic consultant to determine your Dosha (Vata, Pitta, Kapha) and identify any imbalances or health concerns opd & ipd patient .
2. Follow a Dosha-Specific Diet: Adjust your diet based on your Dosha. For example:
 - Vata: Include Tail, Sneha Pradhan, warm, cooked, and grounding foods like soups, stews, and root vegetables. Avoid cold and raw foods.
 - Pitta: Emphasize Ghreeta pardhan diet and cooling foods like cucumber, coconut, and leafy greens. Limit spicy and acidic foods.
 - Kapha: Focus on light, warm, and dry foods like legumes, spicy herbs, and bitter vegetables. Include Honey in day to day routine diet. Reduce heavy and oily foods.
3. Practice Mindful Eating: Eat in a calm and peaceful environment, chewing your food thoroughly and savouring each bite. Avoid overeating or eating when emotionally stressed.
4. Daily Routine (Dinacharya):
Wake up early: Rise before sunrise to align with natural Vegas (urges).

**VD. SANJEEV YADAV
PRINCIPAL**

**Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..**



DR. G.D. POL FOUNDATION'S
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI

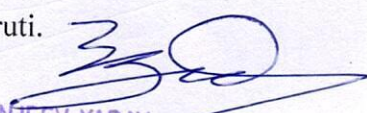
Phone : 022- 27744406

Fax: 27749895

E-Mail : ymtayurved@drgdpolfoundation.org

Institutional Area, Sector-4, Kharghar, Navi Mumbai 410210

-
- Jivha Nirlekhana (Tongue scraping): Gently scrape your tongue to remove accumulated toxins.
 - Kawal & Gandush (Oil Pulling): Swish a tablespoon of organic sesame or coconut oil in your mouth for 5-10 minutes to improve oral hygiene.
 - Abhyanga (Oil massage): Massage your body with warm oil (such as sesame or coconut) to nourish and soothe your skin and muscles.
 - Yoga and Meditation: Incorporate a daily yoga and meditation practice to promote balance and relaxation.
 - 5. Hydration: Stay hydrated by drinking lukewarm water throughout the day. Avoid iced beverages as they can disturb digestion.
 - 6. Ayurvedic Herbs and Supplements: Take specific herbs and supplements recommended by your Ayurvedic consultant to support your Dosha balance and overall well-being. c.g. Chavanprasha Rasayana
 - 7. Panchakarma: Undergo periodic Panchakarma therapies as recommended by your Ayurvedic consultant to cleanse and rejuvenate your body. This may include therapies like Vamana (medicated emesis), Virechana (medicated purging), Basti (medicated enema), Nasya (nasal administration of herbs) and Raktamokshana (bloodletting)
 - 8. Exercise: Engage in regular physical activity that is suitable for your Doshik prakruti.


VD. SANJEEV YADAV
PRINCIPAL
Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..



DR. G.D. POL FOUNDATION'S
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI

Phone : 022- 27744406

Fax: 27749895

E-Mail : ymtayurved@drgdpolfoundation.org

Institutional Area, Sector-4, Kharghar, Navi Mumbai 410210

For example:

- Vata: Gentle exercises like yoga, walking, and swimming.

- Pitta: Moderate intensity workouts like biking, hiking, or dancing.

- Kapha: Vigorous exercises like running, aerobics, or weightlifting.

9. Stress Management: Incorporate stress-reducing activities like Pranayama (breathing exercises), Meditation, Music therapy and Aromatherapy. Take time for self-care practices like warm baths, massages, or spending time in nature. Spend quality time with your family members and friends by going to trips or arranging some get together, enjoying functions and festivals with each other, etc.

10. Sleep Routine: Prioritize getting enough restful sleep by establishing a consistent sleep schedule. Create a soothing bedtime routine by incorporating calming activities like Omkar, reading or practicing gentle stretches.

11. Regular Follow-ups: Stay connected with your Ayurvedic consultant for regular check- ups and adjustments to your protocol as needed. They can monitor your progress and provide ongoing guidance and support.

12 Padabhyanga (foot massage) for relaxation , sleep , eyes disorder etc

13 Rutucharya Followed sesonal panchakarma .

VD. SANJEEV YADAV
PRINCIPAL
Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..



**DR. G.D. POL FOUNDATION'S
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI**

Phone : 022- 27744406

Fax: 27749895

E-Mail : ymtayurved@drgdpolfoundation.org

Institutional Area, Sector-4, Kharghar, Navi Mumbai 410210

Note- Ayurveda is a holistic approach to health, and its principles are meant to be customized and adapted to each individual's unique needs and constitution. It is important to consult with a qualified Ayurvedic practitioner to develop a personalized protocol that aligns with your specific goals and health concerns.

1 To issue hospital card / opd case paper to the patient

2 To issue swparate OPD & IPD files

OPD file for day care procedure and IPD file advisory admission as per minor or major cases to take over.

3 Maintenance of separate OPD & IPD register.

Name of the patient is registered in separate OPD or IPD register according to the framework of related procedure .

4 Written consent of the patient

Proper written consent is taken of the patient with the signature of patient and relative including explanation of the procedure of panchakarma risk involved mechanism of the procedure and outcome. Relative / Guardian / Care takers consent is considered for Kaumar Panchakarma.

5 Maintenance of admission and discharge register.

A separate provision is made of registering the admitted and discharged patients separately.

6 Proper billing with receipt and prescription during discharge.

Bill receipt and prescription is given to the patient as per the procedure and follow up is explained on the counter and OPD as well.

V.D. SANJEEV YADAV
PRINCIPAL
DR. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..