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**SOPs OF DEVELOPMENT, IMPLEMENTATION, MONITORING AND
REVISIONS OF SOPs.**

**DETAILS OF NEW INITIATIONS IN ADMINISTERING PANCHAKARMA
PROCEDURES (SOP'S) -**

In pediatrics patients, panchakarma procedures are equally effective as they are in adults but must be given due consideration. Shodhana chikitsa (detoxification therapy) includes panchakarma which is ultimate mind body healing experience for detoxifying the body, strengthening the immune system, restoring balance and wellbeing. It is one of the effective healing modality in ayurvedic treatment.

Panchakarma are:

1. VAMANA (THERAPEUTIC EMESIS)
2. VIRECHANA (THERAPEUTIC PURGATION)
3. BASTI (MEDICATED ENEMA)
4. NASYA (NASAL INSUFFLATIONS)
5. RAKTAMOKSHANA (BLOOD CLEANSING AND PURIFICATION THERAPY)

Prior to panchakarma, purva karma (preparatory measures) like deepana and pachana (appetiser and digestive) snahana (oleation) and wedana (sudation) are

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given to the patients. After the panchakarma, samsarjana karma (a special diet regimen) is advocated as post operative measures.

Childhood is very crucial period where child picks up growth and developments with respect to physical, mental and social aspect. In paediatric patients: dosha (bioelements), dushya (blood, bones etc) and malas (waste products of body) which are responsible for different vyadhis (diseases) are same as found in adults. They differed on their quantity which is small in children based on body weight, age and strength of child.

Dhatri stanya dushti (vitiation of milk in wet nurse) play main role for causing disease in ksheerada avastha balaka (milk sucking babies). Hence, in such condition shodhana should be done both in dhatri (wet nurse) as well as shishu (infant).


PURVA KARMA:

Deepana and Pachana: Panchakarma procedure deepana and pachana should be done for obtaining niram avastha of doshas. Hot water boiled with piece of dry ginger or dry coriander can be used in pediatric patients, it relieves ama (toxic accumulation) at the level of kosta (abdomen).

Snehana is the process of oiling of the body by using medicated oil and ghee internally and externally. Out of these ghrita is considered as the best.

1. SWEDANA

Procedure :- It is the process where sweating (sudation) is induced artificially by which it relieves heaviness, stiffness, and coldness of the body.


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Types:- Kashyapa mentioned 8 types of swedana karma –
hast,pradeha,nadi,prastara,sankar,upnaha,avgaha and parisheka

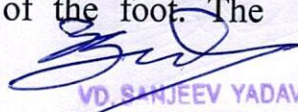
- 1) Hasta sweda-upto 4 months of age
- 2) Pinda sweda- after 6 years age SHASHTIKA SHALI PINDA SWEDA(SANKAR SWEDA).this is the common method of swedana used in pediatric patient in which specific part or whole body made to perspire by the application of shastika shali (a variety of rice) in the form of pottalis (boluses tied in cotton cloth)

Material and Equipments :

Panchakarma droni ,gas stove ,vessel, cotton piece ,(1ft*1ft) ,cotton thread, medicated oils for abhyanga(ksheera bala taila),medicated decoction (dasmoola kwath),cow milk- 1 litres ,shastika shali (special variety of rice) - 500 gm

PROCEDURE :

Shastika shali (A variety of rice) is cooked with milk and decoction of dashmoola. This cooked rice is to be kept in pieces of cloth to make pottallis (boluses tied in a cotton cloth). Remaining decoction and milk should be mixed and heated at low temperature to dip the boluses for warming the pottali . After creating pottalis,patients should be massaged with suitable warm oil and then warm pottalis is gently applied . One must ensure that the heat of these boluses is bearable to the patient by touching them over the dorsum of the foot. The


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procedure takes about half to one hour .After all the procedure ,the body should be wiped off with dry soft towels and the patient is advised to take rest for at least half an hour and then take a bath with warm water.

CONTRAINDICATIONS:

Dagdha(burnt),Acute fever,Kamala(jaundiced),Shwas(asthma),Kas(cough),Pratishaya,Pittaroga,madhumi(diabetic),jadya,kathinya and ruksha sharira(heaviness,stiffness,dryness of body)karshya(emaiciated)Vata rogas(hemiplegic,cerebral palsy)Chhardi(Vomiting),Trishna(dehydrated)Rheumatic and degenrative conditions Raktapitta(bleeding disorders),Obstruction to mala(stool),Mutra(urine)and shukra(semen)Hridaya rogas(cardiac diseases),vishart(poisoned).

a) VAMANA:

Procedure:- Vamana is a bio-cleansing procedure used for the elimination of doshas mainly kapha) accumulated in the upper gastrointestinal tract.Kashyapa mentioned that,babies who emit vitiated milk from the stomach will never suffer from diseases.

MATERIALS AND EQUIPMENTS:

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Comfortable seat (vamana peetha), bucket, vessels (mugs., glass, bowl, towels, apyhmomometer, weighing scales, ecg machines, thermometer, measuring glass etc).

VAMANA DRAVYA AND DOSAGES:

Vamana drug given in quantity which equals to

1. vidanga phala (fruit of embelia ribes)-kashyapa
2. 2 to 3 seeds of apamarga with honey and sugar-vaideha janaka
3. 1.5, 2 or 3 pala (60 to 120ml)-Vridha kashyapa
4. Others-milk-750ml yastimadhu kwath; 750ml lavanodaka; 500ml.

PROCEDURE:

After all preparatory procedures the patient is advised to sit comfortably in a chair then a mixture of milk or yastimadhu kwath is to be given a full stomach . The medicines for women should be administered in proper quantity acc. To the age , strength , season etc . Bouts of vaman start within 10- 15 min after giving the medicines. During bouts of vaman the masseur should massage the back and chest of the patient in upward direction to stimulate the urge for bouts of vomiting . If not vomited out the pharynx may be gently irritated with a finger or kamalanal(stem of lotus). Ascertain samyak vaman lakshana(desired sign of emesis) and advice to the patient take complete rest followed by samsarjana karma(controlled

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diet and lifestyle). Assessment criteria of vaman procedure are mentioned in the classics.

Criteria of assessment:

Criteria	Vaigiki parikshan	Maniki parikshan
Jaghanya(mild)	4	1 prastha(640ml)
Madhyama(moderate)	6	1.5prastha(960ml)
Pravar(excellent)	8	2prastha(1280ml)

Contraindications:


Ajeerna(Indigestion)- Acute peptic ulcer kasa(cough), Shwas(bronchial asthma), Atikrisha(emaciated body), madhumeha(diabetes), Bala(young children), Unmada(schizophrenia), Shrantta(exhausted), Kushtha(skin disease), Pipasita(thirsty), Peenas(sinusitis), Kshudhita(hungry), Shleepad (filariasis), Hridroga(cardiac diseases)

Complication of vaman therapy:

Weakness, dryness of throat, giddiness, vataroga(neuromuscular disorder), fresh bleeding.

b) VIRECHAN:

Procedure: It is a procedure where vitiated doshas (mainly pitta) are eliminated from lower gastrointestinal tract through the anal route. Therapeutic purgation


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administered very cautiously in paediatric patients because there is a chance of severe complications of dehydration.

Material and Equipments:

Attached toilet is a must, towels, bedsheets, etc.

Medicines:

Kashyap mentioned that eranda taila (castor oil) and shankhini oil(euphoria oil) superior for virechan karma. Preparation of jayphala(purging croton) should be avoided in paediatric patients for purgation.

Dose of purgatives mentioned depend upon age, sex, strength of the patient and state of disease. Purgation will start after three hours of taking medicine. Warm water may be given when the patient feels thirsty or the urge for evacuation is not felt sufficient. When the evacuation of bowel is complete as per the lakshan described for samyak virechan(desired purgation). After virechan karma patient is advised to take rest and follow samsarjana karma.

Assessment criteria for virechan karma are mentioned in the classics

Assessment criteria for virechan karma:

Criteria	Vaigiki parikshan	Maniki parikshan
Jaghanya(mild)	10	2 prastha(1280ml)
Madhyama(moderate)	20	3prastha(1920ml)
Pravara(excellent)	30	4 prastha(2560ml)

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Contraindications:

Constipation, krimi(worm infestation), kamala(jaundice), chronic fever navajwara(acute fever), eczema, allergic dermatitis, etc. Krishsa(emaciated patient), pakshagata(hemiplegia), rajyakshama(tuberculosis), madhumeha(diabetes), arbuda(tumour), garbhini(pregnant women), tamak shwasa(bronchial asthma), hridroga(cardiac problems), galganda(goitre).

Complication:

Malena, prolapsed rectum, dehydration, giddiness, shock.

c) BASTI (MEDICATED ENEMA)

Procedure: It is the procedure where the medicine in suspension form is administered through rectum or genitourinary tract bastiyantra (specific apparatus). Among all therapeutic procedures, basti is superior because it is like amruta (nectar) in a child patient and the most appropriate remedial measure for vata dosha.

Equipments:

Bastiputaka (polythene bag having 1lt. capacity), basti netra (nozzle), lavatory facilities, others (thread, vessels, churner, heating apparatus, table/bench, towel, hot water for bath, etc.)

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Ingradients of basti:

Medicated oils for basti, kwatha(decoction)and kalka(paste) made from prescribed medicine, madhu(honey), saindhava(rock salt)

Types of basti; (Classified into many ways);

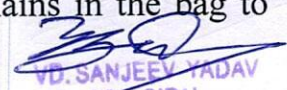
1. Asthapana/kashaya/Niruha basti- Decoction based enema
2. Anuvasana/Sneha basti/Matra basti-oil based enema
3. Uttarbasti- if above bastis given by genitourinary route then called uttarbasti.

Matra(does)of basti basti dravyas:

	Sneha basti matra	Niruha basti matra
1-3yr	3karsha(30ml)	9karsha(90ml)
4yr	1pala(40ml)	3pala(120ml)
6yr	1prasruta(80ml)	3prasruta(240ml)
12yr	2prasruta(160ml)	6prasruta(480ml)
>16yr	4prasruta(320ml)	12prasruta(960ml)

Procedure:

The patient is advised to lie down in the left lateral position. Small amount of oil is applied on the patient's anus and bastinetra. The basti netra (nozzle) is gently inserted into anal canal up to a specific length and bastiputaka containing mixture (basti dravya) is pressed with a uniform pressure. The pressure continues till only a small quantity of fluid remains in the bag to


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avoid air insertion. Then the nozzle is removed gently and the patient is allowed to lie down on supine position till he feels the urge to excrete. The maximum time specified for retention of basti dravya is 48 minutes. After evacuation of the bowel; the patient may take a hot water bath and follow samsarjana karma. Niruha bastis are not to be given alone wherever required must be given alternatively with sneha basti. Arrangement of sneha basti in the beginning, niruha bastis and sneha bastis alternatively later followed by sneha bastis in the last is done in three specific patterns according to total number of bastis, the severity of diseases and condition of the patient etc.. These are : (as per Kashyapa) 32

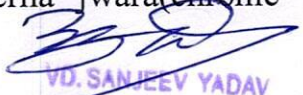
- Karma basti 30 in number (6niruha, 24 sneha)
- Kala basti 15 in number (3niruha, 12 sneha)
- Yoga basti 8 in number (3niruha, 5 sneha)
- Chaturbhadrakalpa 12 in number (4sneha, 4 niruha, 4 sneha)

Commonly used basti basti yogas:

Madhutailika basti, Bala guduchyadi basti, patolnimabadi basti, vaitarana basti, mustadi yapan basti, tikta kshira basti.

Contraindications of basti:

Vata roga(hemiplegia, muscular dysytophy), Krisha (emaciated body), Aamavata(juvenile rheumatoid arthritis), Amatisara(acute diarrhoea), Ashmari(kidney stone, bladder stone), chardi(vomiting), jeerna jwara(chronic


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d) NASYA (NASAL INSUFFLATIONS):

Procedure: It is the process of administration of medicines through nostrils. Nasya is indicated mainly in aggravated and accumulated doshas(disease causing factor) of head and neck.

Materials: Chair, panchakarma table, gokarna(a type of vessel), oil for massaging, towel.

Medicine: Panchendriya vardhan taila, dhanvantara taila, anu taila, shadbindu taila, shunthi choorna for pradhama nasya.

Types of nasya:

Kashyapa mentioned two types of nasya, namely brihana(purana), nasya and Karshana(shodhan) nasya.

Dose of marsha nasya and pratimarsha nasya-

Marsha nasya matra (dose):

Uttam matra(maximum dose)-10 drops

Madhyam matra(medium dose)- 8 drops

Hriswa matra(mild dose)- 6drops

Pratimarsha nasya -2 drops

Procedure- The patient should sit or lie down in a comfortable posture, the applied gentle massage over the head, forehead and face followed by mild swedana. Slightly warm oil should be instilled in the prescribed dose in each nostril. After


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that gentle massage is to be performed on the plantar and palmer regions, shoulder and back. The patient is allowed to spit if the patient feels discomfort due to oil in the throat. After all procedures, oil on the face is to be wiped off and advised to the patient for gargling with warm water.

Contraindications:

Shirashula(headache),nav peenas(acute rhinitis), urdhwajatrugata roga(ENT disorders), Ajeerna (indigestion), Ardita(facial paralysis), immediately after taking food and water, pakshaghat(erbs palsy), kas (cough), vat roga(delayed milestone), shwas (bronchial asthma), vyanga(hyper pigmentation), after blood letting.


e) JALAUKAVACHARANA (LEECH THERAPY):

It is one of the types of raktamokshan (blood cleansing and purification therapy)which is included in panchakarma (five bio-purification procedures)by vaghbata. Jalouka (leech) commonly used for the purpose of raktamokshan in child patients, old people, ladies and those who are rich, fearful and sophisticated.

Material:

Vessel of water, leeches, powdered cow dung, mustard and turmeric paste, milk, wet cloth, powdered rice and salt powder.

Procedure:


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The leeches should be grasped and paste of mustard with turmeric in water should be applied all over the body of the leech. After that leeches kept in a vessel of water for a period of muhurta(48 minutes) till they got rid of their tiredness. Following that, try to attach leeches to the desired site of the body if they don't stick then pour drop of blood/milk or scratching may be done to withdraw some blood by which leech easily sticks to that site.

When leech mouth gets stuck and its middle portion gets elevated assuming the horseshoe shaped indicates that leech is sucking well and should be covered with wet cloth. Leech withdrawn from application site if patient feels pricking pain or itching which indicated leech has started to suck pure blood. After leech has fallen away its body should be massaged by dry rice powder, oil, salt powder to carry easily. Then its hind portion is held by he left hand in between thumb and finger and gently squeezed by right hand till its completely emptied.


Indication:

Vidradhi (abscess), gulma (lump), arsha (piles), kushtha (skin disorder), vatrakta (sclerosis), visarpa (pemphigus), vicharchika (eczema), netraroga (eye disorders), shiroroga (headache), kantharoga (throat disease), ahiputana (napkin rash).

Complication:

Infection, anaemia, leech migration, allergic reaction.

Scientific observation: Hirudin a potent anti coagulant found in leech saliva, inhibits conversion of fibrinogen to fibrin thus preventing blood clotting.


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INTRODUCTION:

Ayurved, an ancient Indian System of Medicine, has been in vogue from times immemorial to impart natural healing for various ailments. The system was nurtured by ancient scholars on the basis of sound underlying philosophy, oriental methodology and practices Prevalent in that era. This system is believed to be quite safe and free from side effects as it is more close to nature.

Ayurvedic treatment comprises two major parts viz. Samshodhana Chikitsa (Bio Cleansing

therapy) and Samshaman Chikitsa (Pacifying therapy). Samshaman Chikitsa consists of conservative treatment like Langhana, Pachana, drug administration etc. SamshodhanaChikitsaenvisages Panchakarma treatment which is basically a Bio-cleansing regimen intended to eliminate the toxic elements from the body and thereby enhances the immunity of the body.

Samshodhana Chikitsa is considered superior to Samshamana Chikitsa as the chances for recurrence of the disease so treated are remote.

Pancakarma increases the acceptability of body to various therapeutic regimens like Rasayana (Rejuvenation) and Vajikarana (Aphrodisiac). Thus, Panchakarma therapy is believed to impart radical elimination of disease causing factors and maintain the equilibrium of Doshas. Five fold measures to be comprehended as Pancakarma are:

1. Vamana (Therapeutic Emesis)

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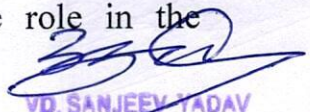
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2. Virechana (Therapeutic Purgation)
 3. Anuvasana (Medicated Oil Enema)
 4. Asthapana (Medicated Decoction Enema)
 5. Nasya (Nasal administration of Medicaments) Description of these five procedures is available in Charaka Samhita Kalpa Sthana, Shusruta Samhita Chikitsa Sthana and Ashtanga Hridya Sutra Sthana. Vagabhatta in Ashtanga Hridya has enumerated five types of samshodhanas i.e.

1. Niruha
2. Vamana
3. Virechana
4. Nasaya
5. Rakatmokshana

•Prior to these five Pradhan Karmas (main procedures), Purva Karma (preparatory measures) given to the patient are:

- Pachana (Ama Pachana & Deepana medicines like Chitrakadi Vati may be given)
- Snehana (Oleation) and
- Swedana (Sudation)

After the main procedures, Pashchat Karma (Samsarjana Karma), a special diet and life Regimen (period of convalescence) is advocated as post operative measures. Panchakarma Therapy plays a definite role in the


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management of diseases especially of neuromuscular, rheumatologic and gastrointestinal origin. In addition to this Panchakarma procedures are utilized for the purpose of preservation, maintenance and conservation of health and the promotion of longevity.

The Samshodhana Chikitsa (Bio-cleansing therapy) of Ayurveda, which includes Panchakarma treatment, basically intends to eliminate the toxic elements from the body and thereby enhance the immunity of the body.

Various Panchakarma procedures like. Vamana (Therapeutic Emesis), Virechana (Therapeutic Purgation) and Anuvasana (Medicated Oil Enema) use oil liberally, thereby removing toxic fat

soluble waste materials. Prior to the five Pradhan Karmas (main procedures), Purva Karma (preparatory measures) i.e. Bahya Snehana (External oiling) and Sarvanga Swedana (Whole

Body Sudation) are given to the patient. These procedures further help in removing toxic materials from the body. The Swedana procedure using hot steam increases the local skin blood flow thereby enhancing the exchange process. It is known that the fat soluble toxic substances are stored in the body fat.

In Ayurvedic practice of Panchakarma, Dosha (fault or disease), Prakriti (body constitution), Kala (season), drug availability etc. are always of prime concern.

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Purva Karma (preparatory measures) SNEHANA (OLEATION)


Snehana stands for lubrication of body systems by the administration of fatty substances internally and externally. Snehapana (internal administration of sneha) is an important preparatory procedure for Panchakarma. Four types of Snehana dravyas are mentioned in the classics viz. Ghrita (Ghee), Taila (Oil), Vasa (Fat) and Majja (bone marrow). Out of these Ghrita is considered as the best.

Snehana (Oleation) includes:

- Abhyantara Snehana (Internal Oleation)
- Bahya snehana (External Oleation) Abhyantara snehana is again classified into Achhapana and Vicharana. Achhapana is the oral intake of medicated or non medicated Sneha (Ghee/ oil) without mixing with food or other medicinal preparations and used for the purpose of softening and lubricating of body tissues prior to the Shodhana therapy .

Materials required:

- Medicated ghee or oil according to the requirement.
- Measuring glass
- Hot water for drinking.


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Medicines commonly used:

- Panchatikhtak Ghrita
- Maha tiktaka Ghrita
- Sukumara Ghrita.
- Triphala Ghrita etc.

Man Power:

- Ayurvedic Physician : 1
- Attendant/ Nurse : 1

Procedure for Snehapana:

Agnibala may be assessed in the patient prior to Snehapana, so as to assess the dose of Sneha dravya (Hina, Madhyama, Uttama, Hrisyasi matra). For the patient with unknown doshas, agni etc. one may start with Hrisyasi matra (which digests within one yama).

The patient who is intended to undergo Snehapana is to take the Sneha in the morning (within 15 minutes of sunrise) in the prescribed dose based on his Agnibala (digestive capacity), nature of disease, condition of body etc. The usual dosage is between 30 to 40 ml for Ghrita on the firstday. The dose for the next day should be fixed after assessing the time taken for digestion. Hot Water is given in small doses to enhance digestion (Deepan, Pachana). Snehapana may be continued till Samyak Snigdha

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Lakshanas (symptoms of desired effect) are Observed and usually it is obtained within 3 to 7 days.

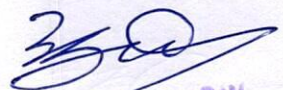
Usual practice of increasing order of Snehapana dosage:

Sr no	days	qunantity
1	1	30 ml
2	2	60 ml
3	3	90 ml
4	4	120 ml
5	5	150 ml
6	6	180ml
7	7	210 ml

The dose of snehapana may vary from patient to patient.

Indications:

- Swedya, Samshodhya (Persons undergoing sudation and bio cleansing procedures)
- Ruksha Sharira (Roughness in the body)
- Nithyamadya (Alcoholic)
- Krisha (Debility)


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-
- Timira (Premature cataract)
 - Vatarogas (Neuromuscular disorders)
 - Kasa (Cough)
 - Shwasa (Dyspnoea)
 - Hikka (Hiccough)
 - Swarbheda (Hoarseness of voice), etc.

Contraindications:

- Sthoola (Obese)
- Kaphaja Vikaras (Kapha disorders)
- Atisara (Diarrhoea)
- Raktapitta (Bleeding disorders) etc.

Regimen during Snehapana:

- Rest
- Avoid day sleep
- Take Rice gruel after feeling hungry (when consumed Sneha is digested).
- Hot water regimen
- Avoid airy weather


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Complications and management:

- Indigestion
- Vomiting
- Nausea
- Anorexia
- Headache
- Constipation etc.

In such conditions, Snehapana should be discontinued and fasting, Deepana, Pachana(Digestive) drugs may be given based on the patient/ disease condition.

Scientific observation:

Oleation pacifies Vata; lubricates and softens the Doshas. It improves digestion, regularizes bowels, improves the strength and complexion and prevents premature ageing.

SWEDANA

Swedana is a process to induce sweating (sudation) artificially in a patient/volunteer who has already undergone Snehana. Swedana is of four types –

- (i) Tapa Sweda
- (ii) Ushma Sweda
- (iii) Upnaha Sweda

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(iv) Drava Sweda

Snehana and Swedana constitute Poorvakarmas. The patient is given Snehapana for 3-7 days depending upon the appearance of Samyak Snehan Lakshan which is considered as the endpoint of Snehana. Snehana is followed by Swedana and Swedana in turn is followed by Vamana/Virechana Procedure.

Types of Swedana (on the basis of induction of heat):

1. Thermal (Sagni Sweda)-13
2. Non Thermal (Niragni Sweda)-10

Types of Swedana (on the basis of application of heat):

1. Local (Ekanga Sweda)
2. General (Sarvanga Sweda)

Types of Swedana (on the basis of nature of heat):

1. Moist heat (Snigdha Sweda)
2. Dry heat (Rooksha Sweda)

Types of Swedana (on the basis of intensity of heat):

1. High Sweat (Maha Sweda)

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2. Medium Sweat (Madhyama Sweda)

3. Low Sweat (Durbala Sweda)

Indications of Swedana:

- Stiffness (Stambha)
- Heaviness (Gourava)
- Cold (Sheeta)
- Following Snehapana

- Pain
- Dryness
- Vatadosha/ Obstruction to Mala, Mutra and Shukra
- Prior to Panchakarma Procedures, as a Poorvakarma.
- Swedana is given to even infants by using warm hands.

Contra indications of Swedana:

- Dagdha (burnt)
- Vishapeeta (Poisoned)
- Madapeeta (Alcoholic)
- Trishita (Thirsty/dehydrated)
- Nidranasha (Insomnia)
- Chhardi (vomiting)

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-
- Rakta pitta (Bleeding disorders)
 - Hridya Rogas (Cardiac Diseases)
 - Raktaja & Pittaja Vikaras

VASHPA SWEDA (STEAM BATH)

This is a kind of medication by which medicated steam is applied to the patient's body for a certain period of time to get perspiration. It removes stiffness, heaviness and coldness from the body.

For this purpose Bashpa Sweda Yantra is required. Medicinal herbs /decoction is kept boiling in the Bashpa Sweda Yantra from where the steam is generated and applied all over the body or anyspecific part through a tube or pipe. The patient is advised to lie down or sit down inside the steam chamber after massage with warm oil.

Materials and Equipments:

- Medicated kwathas (Decoction)
- Suitable oil for massage
- Bashpa Sweda Yantra/ Steam Chamber
- Bed-sheet
- Towel etc

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Medicated kwathas (Decoction):

- Usually Dashamoola is used:
- Bilwa (Aegle marmelos)
- Agnimadha (Premna integrifolia)
- Shyonaka (Oroxylum indicum)
- Patala (Ptereospermum suaveolens)
- Gambhari (Gmelina arborea)
- Brihati (Solanum indicum)
- Kantakari (Solanum xanthocarpum)
- Gokshura (Tribulus terrestris)
- Shaliparni (Desmodium gangeticum)
- Prishniparni (Uraria picta)
- Tulasi (Ocimum sanctum)
- Nirgundi (Moola / patra) (Vitex negundo)
- Eranda Moola (Ricinus communis), may also be used.

Oils for massage:

- Mahanarayana Taila
- Tila taila,
- Nirgundi taila,
- Dhanwantara taila etc.(as indicated by physician)


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Man power:

- Ayurvedic Physician : 1
- Masseur : 1

Mode of administration/ procedure:

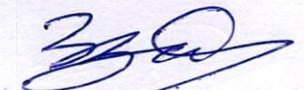
Patients are to be massaged properly with suitable oil for 30-45 minutes all over the body. Then the patient is advised to lie down inside the Bashpa Sweda Yantra. Patient is to remain inside the yantra for 15-20 minutes or till he gets proper perspiration (SamyakswinnaLakshana. Prior to Virechana it is recommended for 3 days and for Vamana one day. At the end of the procedure, the patient may come out of the chamber and the sweat is wiped off with a towel.

Bath is advised with lukewarm water

Indications:

Neuromuscular disorders - Hemiplegic, Paraplegia, sciatica etc
Neuromuscular disorders - Hemiplegic, Paraplegia, sciatica etc Rheumatologic problems - Rheumatoid arthritis, Osteoarthritis, Post fracture, Stiffness of joints, etc. Rejuvenation therapy .

Contraindications:


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Visarpa – Erysipelas , Timira – cataract , Madhumeha – Diabetes Mellitus ,
Raktapitta – Bleeding Disorders, Atisara – Diarrhoea

Complications and management :

Fainting – Sprinkle cold water on the face; apply suitable oil, Drakshadi kwatha internally can be given. Burns – Apply Madhu (Honey), Ghrita (Ghee), Ghritakumari (Aloe vera) and other Suitable treatments.

Dietary regimen:

Light (liquid or semisolid) diet is advised throughout the procedure.

Scientific explanation:

Swedana liquefies the Doshas and facilitates bringing them to Koshta, where they can be expelled by subsequent Panchakarma procedures.

EXTERNAL APPLICATIONS ABHYANGA (MASSAGE)

Abhyanga can be defined as the procedure of application of Sneha Dravya over the body with mild pressure. Abhyanga word is derived from 'Abhi' upsarga and 'anga' dhatu. Thustaila/ghrita/vasa etc. are rubbed over the body in directions comfortable to the patient. It Improves strength and alleviates Vata. Abhyanga is a type of Bahya Snehana. It can be performed as a

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therapeutic procedure as well as preventive procedure.

Materials and Equipments:

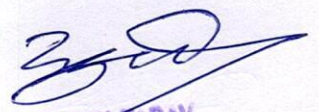
- Abhyanga table - 1
- Medicated oil - 100 to 150ml
- Vessel - 200ml. capacity
- Tissue paper/soft towel
- Green gram powder/ Medicated Snana Churna/ Medicated soap

Oils commonly used in the Abhyanga:

- Sahachar taila
- Murchit Til taila
- Dhanvantara taila
- Vishagarbha taila
- Ksheera bala taila
- Muriveena Taila etc.
- As per Physician Advice.

Man power:

- Ayurvedic Physician : 1
- Masseur : 2


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Procedure:


The patient is made to sit on the Abhyanga table with leg extended. The oil is to be heated to optimum temperature and

applied over the head, ears, and soles of feet. Then the oil should be applied uniformly with mild pressure over the body by two masseurs standing on both sides of

the table. Massage is to be started from umbilicus, to neck, upper back, shoulders, upper arms, forearms, hands and then chest, abdomen, low back and lower limbs. Abhyanga should be done in sitting, supine, and prone position. At the end of the procedure the oil on the body is wiped off with tissue paper or towels.

Duration:

Usually 30 = 40 minutes Post operative procedure Patient should take complete rest for half to one hour in a comfortable manner. Bath can be taken with hot water and medicated powder (Snana churna) or soap may be used to remove the oil and to clean the body. Light semisolid digestible diet may be advised **after a bath.**


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Indications:

- Rheumatological problems- Arthritis, Lumbago etc.
- Neuromascular disorder = Pakshavadha (hemilegia), Pangu paramlegia) & Gridhrasi (Sciatica)
- Vriddhavastha (Old age)
- Shirahshula (Headache)
- Angamarda (Bodyache)
- Rejuvenation of the body

Contraindications:

- Navajwara (Acute fevers)
- Ajeerna (Indigestion)
- Raktapitta (Hemorrhagic disorders)
- Atisara (Diarrhoea)
- Immediately after Panchakarma

Actions:

- It provides smoothness and improves the luster of the skin.
- It takes care of body-exhaustion
- It controls Vata (Neurological disorders)
- It improves vision
- It induces sound sleep

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-
- It strengthens the body and gives longevity

Scientific explanation: The Abhyanga with oils provides stimulation to the nerves. It improves the sensory motor integration. It also gives passive exercise to the muscles thereby strengthening them. The gentle pressure used during massage relaxes the muscles. Abhyanga also removes skin dryness and improves skin luster.

SHASHTIKA SHALI PINDA SWEDA (NAVARAKIZHI)

Shashtikashali pinda sweda also known as Navarakizhi is a Kerala specialty of treatment in which the whole body or any specific part is made to perspire by the application of heated medicinal rice (Navara) puddings externally in the form of boluses tied up in a cotton cloth.

Materials and Equipments:

- Panchakarma Droni - 1
- Gas Stove - 1
- Vessels - 2 or 3
- Cotton pieces (1ft x 1 ft) - 4 no.
- Cotton thread - 2mtrs
- Towel
- Hot water for bath

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Medicated oils commonly used for Abhyanga:

- Mahamasha taila
- Dhanwantara taila
- Ksheera bala taila
- Karpasasthyadi taila
- Ashvagandha Bala taila
- Quantity required: approx.100ml

Medicated kwatha:

- Dashmoola Kwatha/ Balamoola Kwatha – 3 litres

Others:

- Cows milk – 3 litres
- Shastika shali (Special variety of rice) 300- 500 gm

Man power:

- Ayurvedic Physician : 1
- Masseur : 2
- Attendant : 2

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Mode of administration/ procedure:

300 to 500 gm of Shashtika shali (specific variety of rice, which is yielded after 60 days) is

cooked with 1.5 liters of milk and decoction of Balamoola (root of Sidacordifolia) or Dashamoola. This mixture is to be kept in four pieces of cloth to make 4 boluses. Another portion of decoction and milk of the same quantity should be mixed and heated in low temperature to dip the above boluses for warming the Pottali (Kizhi). The patient should be properly massaged with suitable warm oil all over the body and head. The warm Pottalis (kizhi) should be gently applied in synchronized manner by two masseurs on two sides of droni. 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 use of four boluses. The process should be continued till the patient gets Samyak Swinna Lakshana. This process is also done in sitting, supine or prone positions as per the requirement.

Post-operative procedure:

At the end of the procedure, the paste of medicine remaining over the body should be scrapped off with palm leaves or in similar way and the body should be wiped off with dry soft towels. Then Taila swab is to be removed and Rasnadi churna is applied over the scalp. Medicated oil

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should be applied over the body . The patient should take complete rest for at least half an hour and then take a bath with warm water.

Duration:

The total duration of the procedure may be 45 to 60 minutes. The procedure is usually performed for 7, 14 or 21 days according to the requirement.

Indications:


- Neuromuscular disorders - Hemiplegia, Paraplegia, Muscular wasting
- Diseases of joints -Osteoarthritis and other degenerative conditions
- Rejuvenation therapy

Contraindications:

- Acute fever
- Inflammatory and painful conditions, Myalgia
- Gastrointestinal problems like Diarrhoea, digestive disorders etc,
- Respiratory disorders - Cough, Breathing difficulty, Infections etc

Dietary regimen:

Light vegetarian diets consisting of liquids or semi solids are usually prescribed during the course of the treatment.


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Scientific

explanation: By performing this procedure, massage, heat and pressure are provided to the body simultaneously with nourishment to the muscles and nerve endings.

UPANAHA (POULTICE)

Upanaha is one type of Swedana (sudation) in which the medicines are made into a pasta after boiling with suitable liquid and applied over a specific area. It is to be covered with Vatahara leaves and bandaged with thick cloth which can be removed after 12 hours.

Materials:

- Fine powder of prescribed drugs -50gms
- Taila/ Ghrita -15-25 ml
- Amla dravya (Dhanyamla/ Curd) -50-100ml
- Saindhava (rock salt) -20-30gms
- Leaves of Eranda (Ricinus communis) QS
- Thick cotton/ woolen cloth QS
- Vessel -1
- Stirrer (Spoon) -1

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Man power:


- Ayurvedic Physician : 1
- Masseur : 1

Procedure:

Saindhava and powdered drugs are to be taken in a vessel along with sufficient quantity of Taila/Ghrita and Amla dravya and then heated. This mixture is stirred continuously till it becomes a thick paste. Warm oil should be applied in the area where Upanaha is to be done. Then the above paste with bearable heat should be applied. The area where the paste is applied should be covered with Eranda patra or other prescribed leaves and bandage to be done with thick cotton cloth. This can be removed and cleaned after 8 – 12 hours followed by oil to be applied

Indications:

- Head ache
- Arthritis
- Bursitis
- Frozen shoulder
- Varicose vein
- Tumor
- Plantar fasciitis
- Cervical spondylosis


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Contraindications:

- Severe inflammation of skin
- Infections

It is a type of Swedana (sudation) that imparts heat to a specific area resulting in reduction of swelling and pain. It improves the blood circulation and thus, mobilizes the waste materials of that area.

PATRA PINDA SWEDA

Patra Pinda Sweda refers to the Swedana (sudation) performed by specially prepared bolus of medicinal leaves. In this process leaves of Vatahara drugs are cut into pieces and fried with rocksalt and suitable medicated oil. This hot mixture is tied in cotton cloth as boluses for application over the body.

Materials and Equipments:

- Panchakarma Droni - 1
- Frying pan - 1
- Vessels for heating - QS
- Gas stove - 1

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Ingredients:

- Leaves of various herbs (chopped into pieces) -1 kg
- Grated coconut -100 gms
- Rock salt -15 gms
- Lemons - 2
- Medicated oil - 100ml
- Garlic -2
- Shatapushpa -15 gms
- Sarshapa -15 gms
- Methi Dana -15 gms

The leaves commonly used:

- Eranda (Ricinus communis)
- Amlika (Tamarindus indica)
- Karanja (Pongamia glabra)
- Shigru (Moringa oleifera)
- Dhatura (Datura metel)
- Arka (Calatropis procera)
- Nirgundi (Vitex Negundo)
- Nimba Patra (Azadiracta Indica)

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The Medicated Kwatha:

- Gandharva Hastadi Kwatha – 60 ml. (orally)

Commonly used oils:

- Karpasasthyadi taila
- Kottamchukkadi taila
- Balaashwagandhadi taila
- Dhanwantara taila etc.

Man power:

- Ayurvedic Physician : 1
- Masseur : 2

Mode of administration/ procedure: The leaves and lemon are cut into very small pieces and fried with medicated oil and rock salt, garlic, shatapushpa, sarshapa, methi dana in a frying pan by giving proper heat. The mixture so prepared is put into a small piece of cloth and tied up into two boluses. The bolus (pottali) should be gently applied in a synchronized manner. This bolus is applied hot to the skin already smeared with warm medicated oil. To maintain its temperature, the bolus is intermittently kept warm by heating on the frying pan.

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Post-operative procedure:

At the end of the procedure the body should be wiped off with a dry soft towel. Gandharvahastadi Hastadi Kwatha is to be given orally. The patient should take complete rest for at least an hour and then be allowed to take a bath with warm water.

Indications:

- Neuromuscular disorders - Pakshavadha (Hemiplegia), Gridhrasi (Sciatica)
- Rheumatological conditions - Arthritis due to various reasons-Amavata,
- Sandhivata, Katishula, Avabahuka etc.

Contraindications:

- Taruna Jwara (Acute fever)
- Atisara (Diarrhoea)
- Raktapitta (Hemorrhagic disorders)
- Twak Vikara (Infective eczema, Psoriasis etc.)

Dietary regimen:

Light diet preferably liquids and semisolids.

Scientific explanation:

It is a kind of Swedana (sudation) where heat, pressure and oil are applied

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simultaneously with some Vatahara drugs. So this may stimulate and strengthen neuromuscular system resulting in reduction of pain and inflammation.

SHIRODHARA

Shirodhara is a type of Murdha taila (Application of oil to the Head/ scalp), in which prescribed medicated oil/ liquid is continuously poured over the forehead and then allowed to flow over the scalp from a specific height for a certain period of time.


Materials and Equipments:

- Shirodhara device – 1
- Dhara table – 1
- Suitable liquids for Shirodhara – 3 litres

Medicines:

Any of the following:

Oils: Tila tailam – Sesame oil , Bala tailam , Brahmi taila , Ksheerbala tail , Jatamansi tail etc


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Other liquids:

- Buttermilk prepared with Amalaki (*Emblica officinalis*), Mustha
- Decoction of Yashtimadhu (*Glycyrrhiza glabra*) or jatamansi
- Milk
- Coconut water

Man Power:

- Ayurvedic Physician : 1
- Attendant : 2

Mode of administration/procedure: The patient is to be massaged on the head with suitable oil. In certain cases whole body massage is also done before Shirodhara. Patient should lie in supine position on the Droni with a pillow under the neck and the Shirodhara device is placed over the head. Its height is fixed in such a way that suitably warm oil/ medicated liquids should fall from a height of 8 to 10 cm in a continuous stream of the thickness of a little finger over the forehead. The oil/ liquid poured is recollected and reheated just above the body temperature and again poured in the Dhara Patram. The attendant should move the vessel to both sides of the forehead so that the flow of liquid reaches both sides properly. After this process, the oil is to be wiped off and the patient is advised to take a bath

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with medicated warm water after half an hour.

Duration:

It may be done for 7, 14 or 21 days as per the severity of the disease.

Indications:

- Cerebrovascular disorders - Hemiplegia
- Cerebral palsy
- Facial palsy
- Headache
- Insomnia
- Cervical Spondylitis
- Anxiety Neurosis

- Other psychological disorders
- Eye diseases of neurological origin etc.

Contraindications:

- Space occupying lesion in the brain
- Glaucoma
- Fever
- Conjunctivitis

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• Inflammatory conditions of head

Dietary regimen:

Light diet, preferably semi solids and liquids

Scientific explanation: Constant flow of liquid in a specified manner relaxes the mind calms and tranquilisers the patients its specific vata.

SHIROLEPANA

Shirolepana is a procedure of application of paste of medicines on head for a specific period of time.

Materials Required:

- Musta (Cyperus rotundus) 10-20gm.
- Dried Dhatri phala (Emblica officinalis) - 250 gm
- Takra (Butter milk) - 500 ml.
- Taila (Suitable oil) - 20 ml.
- Lotus leaves - QS
- Rasnadi Choorna (Pluchea lanceolata) – QS

Preparation of Takra & Paste: Milk is boiled with Musta (Cyperus rotundus). Curd is made from this boiled and cooled milk. Takra is prepared

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from this curd and Amalaki (*Emblica officinalis*) is to be soaked in Takraf Overnight. The next day, paste is prepared from this mixture.

Preparation of the patient & Procedure: The head of the patient is to be shaved and medicated oil applied over the body and scalp. Patient has to sit comfortably in a chair and Varti is to be tied around his head. Thereafter paste should be applied on his head with a thickness of 3 inches. At the center, a dip (trench) is prepared and tailais poured into it. Lotus leaves are to be covered on the applied paste and tied around the head. After one hour, lotus leaves and the paste should be removed. Afterwards the head is to be washed and Rasnadi Choorna is to be applied.

Man power:

- Ayurvedic physician : 1
- Attendant : 1

Time and Duration : Morning between 8 am to 10 am daily. The course of treatment may be continued for 7 days or 14 days .

Indications:

- Nidranasa (Sleeplessness)
- Shirahshula (Headache)

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-
- Pitta Raktaja Shirorogas
 - Twak Rogas (Psoriasis, Eczema etc.)

Contraindications:

Cold, Fever, Sinusitis and other inflammatory conditions.

Diet:

Normal diet

Scientific

observation: It provides tranquility to the head and brain soothes the mind and nourishes the brain cells. It is found very effective in mental retardation, loss of memory and in psychiatric problems.

SHIROVASTI

Shirovasti is a type of Murdha taila, in which the medicated oil is kept over the head with the help of a cap fixed for a prescribed period of time.

Materials & equipments required:

- Rexene/ leather cap (75cm X 25cm) - 1

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-
- Black gram floor - 250gms
 - Medicated oil - 1.5 litres
 - Cotton cloth (5cm X 60cm) - 2
 - Gas Stove - 1
 - Hot water bath - 1
 - Vessels - 3
 - Rasnadi churna (*Pluchea lanceolata*) - 5gm
 - Arm chair - 1

Medicated oils commonly used :

- Dhanwantara taila
- Narayana taila
- Balataila
- Ksheerabala taila
- Chandanadi taila
- Karpasasthyadi taila

Method of administration & Procedure: The patient is made to sit comfortably in a armed chair .The strip of cloth smeared with paste of black gram powder should be wound around the head 2 cm above the eyebrows. It must be tight enough to prevent leaking of oil, but not causing any discomfort. Then the cap is to be fixed over the strip and the junctions are to


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be sealed with black gram paste. To seal the junctions leak free, another layer of cloth smeared with the paste is also applied over the cap. The medicated oil heated just above the body temperature is to be slowly poured inside the cap over the head without any discomfort to the patient. The oil is to be filled up to a height of 5 cm above the scalp. Temperature of the oil (warmness) is to be maintained by replacing it with warm oil at regular intervals. The process is to be continued for 45 minutes. At the end of the procedure, the oil is to be taken out by dipping cotton pieces and squeezing in a container so as to recollect the oil. After this the cap is removed and head Wash is done. After wiping off the oil with a clean and dry towel, Rasnadi Churna is applied. Gentle massage is performed on the shoulder, neck, forehead and back.

Man Power:

- Ayurvedic Physician : 1
- Attendant : 1

Duration and time: The usual course of therapy is 7 days and is usually done in the afternoon or evening (between 3 and 5 PM) for an average time of 45 minutes.

Indications:

- Neurological disorders such as Hemiplegia, Facial palsy

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-
- Numbness
 - Sleeplessness
 - Dryness of mouth and nose
 - Eye diseases
 - Severe /chronic diseases of head

Contraindications:

- Acute inflammatory conditions
- Infections

Dietary regimen:


Light diet, liquids and semisolids are preferable.

Scientific observations:

- Treatment for Vata vikaras of head
- Useful in neurological complaints, chronic diseases, etc.
- Strengthens the organs in the head and soothes the mind

KATI VASTI

Kativasti is a procedure in which comfortably hot medicated oil is kept over the lumbosacral area or any adjacent part for a certain period of time with the help of a cap-like hollow structure.


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Materials and Equipments:

- Panchakarma table - 1
- Vessels - 3
- Spoon - 1
- Cotton QS
- Hot water for bath - 1
- Medicated oil - 1Lt.
- Black gram powder - 1 Kg.
- Dashamula Kwatha for Nadi Sweda

Medicines:

Any of the following Medicated oils can be used:

- Karpasasthyadi taila
- Sahacharadi taila
- Masha taila
- Dhanvantara taila
- Kottumchukkadi taila.
- Mahanarayana taila

Mode of administration/ procedures: Black gram powder is to be mixed with sufficient quantity of water to make a thick paste(dough). It is then rolled into a flat slab like structure having length of about 45 to 60

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-
- Lumbo sacral pain - Lumbar spondylosis, PIVD etc.
 - Neuro muscular disorders - Gridhrasi (Sciatica), Katishula

Contraindications:

- Acute fever
- Acute stage of Rheumatoid arthritis
- Inflammatory or infective conditions
- Haemorrhagic disease
- Kidney disease

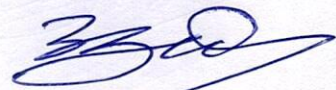
Dietary regimen:

Normal diet

Scientific explanation: Keeping the medicated oil for specific period of time on the affected area may nourish the nerves, muscles and joints in the particular region. The heat of the oil also gives passive fomentation. It gives relief from symptoms. Janu basti, Manya basti and Sushumna basti all these procedures are similar as Katibasti only difference is area of application. As per the area nomenclature is given to the procedure.

Main Procedures Vaman (Therapeutic Emesis)

Vamana means to induce vomiting; it is a bio-cleansing measure meant for the elimination of doshas (mainly kapha) accumulated in the upper gastrointestinal


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tract(Amasaya). Vamana is a treatment of choice in Kaphaja disorders.

Materials and Equipments:

- Comfortable seat (Arm chair) (Vamana Peetha) : 1
- Bucket : 1 Vessels : 3 [Mug, Glass, bowl, towels, B.P.Instruments, Weighing Scale, Thermometer, Measuring Glass etc.]

Vamana Yoga – (Ingredients in approx. quantities):

- Yashatimadhu Fanta: 100 ml
- Madanphala (Randia dumatorum) pippali : Antarnakh Mushti of patient (10-15gms approx..)
- Rock Salt : 5gm
- Madhu (Honey) :20ml

The Vamak Yoga mentioned above is commonly used but it also differs with different diseases like Shitapitta, Kushtha etc.

Others:

- vMedicated oil for application on chest, back abdomen : 100ml
- Milk : 2.5 ltrs.
- Madhuyashti Kwatha : 2.5-3 ltrs.
- Lavanodaka : 1.5 ltrs.

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cm, thickness of 2-3 cm and height 5 cm. Selected patient should undergo Abhyanga (massage) all over the body and then Nadi sweda (Medicated steam) on the low back & legs. Patient is advised to lie down in a prone position. The prepared dough is to be fixed on the lumbosacral area in circular shape, taking care not to cause any leakage of oil. The oil should be heated up to warmth over the water bath and poured slowly inside the ring. Its uniform temperature must be maintained throughout the process by replacing warm oil. The oil is to be kept for 30-40 minutes. After the prescribed time, oil is to be removed by dipping cotton and squeezing in a container. Dough can be removed afterwards, and the area is to be wiped off followed by cleaning with lukewarm water. Thereafter the patient is advised to take rest. Oil used once may be filtered and reused for next two days. 4th day the oil to be used should be fresh.

Man power:

- Ayurvedic physician : 1
- Attendants : 2

Time and duration: 30- 40 minutes daily. The course of treatment may be continued for 7 days to 14 days.

Indications:

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Man Power:

- Ayurvedic Physician : 1
- Masseur : 1
- Attendant : 2

Mode of drug administration/ procedure: The patient is to be prepared for Vamana by performing purvakarma properly as indicated and prescribed kaphotklesha dravyas like Curd Rice, Curd, Ice-Cream, Basundi, Shreekhand, Kheeretc. on the previous day of Vamana.

On the day of Vamana –


Kapha Dosha is excited in the patient by administering apprx.2-2.5 liters of cow milk in the morning.

Administering medicine for Vamana – emesis therapy –

Determining the nature of his bowels (Intestines – Koshta), the emetic drug is administered. The physician should administer a dose of Madanaphala pippali, Yashtimadhu Fanta Honey, Rock salt (Vamak Yoga) of 120ml

Vamana Vidhi – Procedure of Vamana therapy-

After consuming the medicine, he should wait for 20 minutes for the commencement of vomiting. Then yashtimadhu phanta is given gradually


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upto 2.5-3 liters . If the bouts are not coming up easily, he should tickle his throat with his fingers without injuring the throat,.Sitting on a seat of the height of one knee, the bouts of vomiting should be held supported by another person.His umbilical region and back should be massaged in upward direction.The physician should very carefully observe the vomit in the sputum ascertain the number of urges and should conclude therapy as to whether the therapy has been well administered, inadequately administered or administered in excess. It is from this observation that the physician can determine the further line of action. So he should very carefully observe the vomiting urges.

Position of patient during vomiting: It is at this stage that the patient should be asked to sit on a bed of knee height, comfortable, well covered and equipped with a bed-sheet, towel, pillow and cushion. A spittoon should be kept nearby. The caretaker of the patient should support his head, sides, press the navel and massage the back of the patient. How many bouts of vomiting?
Heenayoga – Minimum bouts – 4 bouts Madhyamavega – Moderate – 6 bouts Atiyoga – Maximum bouts – 8 bouts Vomiting should be allowed till the appearance- coming out of Pitta. This is appreciated by expulsion of bile or yellow sticky material, at the end. Coming out of Pitta indicates complete expulsion of KaphaDosha.

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Vegas (bouts) of Vamana:

According to No. of bouts (Vegas) Vamana may be classified into-

- Jaghanya vamana –4 vegas (bouts)
- Madhyama vamana – 6 vegas (bouts)
- Pravara vamana – 8 vegas (bouts).

Post Vaman Regimen : When Samyak yoga of Vamana is observed the patient should clean his mouth and face with warm water and Dhumapana with the prescribed drugs e.g. Haridra (Curcuma longa), is to be performed. In the evening the patient may be instructed to take a hot water bath. When the patient is having a good appetite, Samsarjana karma is to be followed.

Indications:

- Gastric problems - Amlapitta (Acid peptic disorders), indigestion etc.
- Respiratory diseases - Kasa (Cough), Shwasa (bronchial Asthma)
- Other diseases - such as Madhumeha (Diabetes), Unmanda (Schizophrenia), Peenasa (Sinusitis), Kushtha (Skin diseases), Granthi (Tumour), Shlipada (Filariasis)

Contraindications:

- Acute peptic ulcer
- Atikrisha (Emaciated body)
- Bala (Children)

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-
- Vridha (Old age)
 - Garbhini (Pregnancy)
 - Shranta (Exhausted)
 - Pipasita (Thirsty)
 - Kshudhita (Hungry)
 - Hridroga (Cardiac disorders)

Complications of Vamana therapy:

Atiyoga (excessive) of vamana may cause –

- (i) Froth in vomitus
- (ii) Haematemesis
- (iii) Weakness
- (iv) Dryness of throat
- (v) Feeling of darkness
- (vi) Giddiness
- (vii) Vatarogas
- (viii) Fresh bleeding

Scientific observation : Certain diseases originate due to accumulation/ vitiation of phlegm/ Kapha. The elimination of this dosha will help to prevent and cure the diseases.

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VIRECHANA (THERAPEUTIC PURGATION)

Virechana is the procedure by which the vitiated Doshas are eliminated through the anal route. It is the treatment of choice for Pitta predominant conditions.

Materials and Equipments:

- Attached toilet (lavatory)
- Towels, Bed sheets etc.

Medicines:

Any of the following medicines may be selected according to the condition of the patient:

- Trivrit (Operculina turpethum) - Avaleha
- Eranda (Castor oil)
- Tab. Abhayadi Modak.
- Tab. Icchabhedirasa.
- Tab. Aaraghwadhakapilla vati.
- Kashaya of Haritaki, Kutaki, Argawadh & Trivrit is given in a Quantity of 100ml
- Mrudwika Fanta

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Man power:

- Ayurvedic Physician (for supervision) : 1
- Attendant : 1

Mode of administration/procedure:

Selected patients should undergo first Purvakarma i.e. Snehapana for 3-7 days, then Abhyanga & Swedana for three days. The medicine for purgation is to be given in the morning at 8 AM preferably on empty stomach. Usually the purgation will start after three hours. Warm Water may be given in small doses, when the patient feels thirsty or the urge for evacuation is not felt sufficient. Cold water should be used for drinking when the preparation of Jayaphala is used for purgation. When the evacuation of bowel is complete as per the lakshanas described for Samyak virechana, the patient is advised to take complete rest. Thereafter Samsarjana karma isto be followed as per the directions of the physician. Assessment criteria of virechana procedure are elaborately mentioned in the classics (Jaghanya- 10 Vegas, Madhyama- 20 Vegas, Pravara- 30 Vegas).

Indications:

- Gastrointestinal disorders - Constipation, Krimi (Worm infestation), Kamala (Jaundice)
- Dermatological disorders - Eczema, Allergic dermatitis etc.

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-
- Other major conditions - Pakshaghat (Hemiplegia), Jeerna Jwara (Chronic fever), Madhumeha (Diabetes), Arbuda (Tumour), TamakShwasa (Bronchial Asthma), Galganda (Goitre), etc.

Contraindications:


- Navajwara (Acute fevers)
- Krisha (Emaciated patients)
- Rajayakshma (Tuberculosis)
- Garbhini (Pregnant women)
- Hridroga (Cardiac problems)

Complications:

The complications during Virechana therapy may be in the form of Ayoga / Atiyoga.

Symptoms of Ayoga:

1. Hridya Ashuddhi (Heaviness of Precordium)
2. Udara Ashuddhi (heaviness of abdomen)
3. Aruchi (Anorexia)
4. Kapha-pitta ulklesha
5. Kandu (itching)
6. Daha (burning sensation)


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-
7. Pitika (eruptions)
 8. Peenasa (sinusitis)
 9. Obstruction of Vata & Mala

Symptoms of Samyak Virechana : the symptoms of samyak virechan are opposite to that of Ayoga Symptoms of Atiyoga .

1. Malena
2. Prolapse of rectum
3. Thirst
4. Giddiness
5. Sunken eyes

Scientific observations: This process cleans the channels by the removal of accumulated waste products, undigested material and the toxins mainly from the gut (Gastrointestinal tract). It enhances the appetite, power of digestion and absorption of food.

Benefits of Samshodhana:

Samshodhana (Vamana & Virechana) procedures provide the following benefits:

- Clarity of the mind
- Strength to the sense organs

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-
- Stability to the tissues
 - Improves the digestion
 - Slows down the Ageing process

VASTI (MEDICATED ENEMA)

Vastikarma is the procedure by which the medicines in suspension form are administered through rectum or genitourinary tract using Vastiyatra. It is the most important procedure among Panchakarma procedures and the most appropriate remedial measure for Vatadosha..

Materials and Equipments:

- Vastiputaka - 1
- Vasti netra (Nozzle) - 1
- Lavatory facilities
- Others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)

Medicines- usual ingredients:

- Medicated oils for Abhyanga
- Swedana Karma materials

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-
- Medicated oils for Vasti
 - Kwatha (Decoction) & Kalka (Paste) made from prescribed medicines –
 - Madhu (Honey)
 - Saindhava (Rock-salt)

Man Power:

- Ayurvedic Physician : 1
- Masseur : 1

Types of Vasti (Classified into many ways):

According to the nature of medicine used, two types of enemas are:
Astapana/Kashaya/ Niruha Vasti - Decoction based enema Anuvasana/ Sneha Vasti - Oil based enema
Matra (dose) of Vasti dravyas: It depends upon age, sex, strength (bala) of the patient and state of Doshas / disease.

NIRUHA VASTI/ KASHAYA VASTI (DECOCTION ENEMA):

Decoction enema is given before meals (i.e. 8-9 AM) and usually consists of
Medicated oil/ghee : 50ml Madhu (Honey) : 50ml Decoction made from
prescribed drugs : 500ml Shatahwa kalka : 10gm Rock salt 6 gm.

Preparation of Vasti Dravya:

Powdered rock-salt is added to honey and stirred in a clean vessel with a pestle.

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Oil is added to this mixture little by little and again stirred. Then paste of Shatahwa followed by decoction is to be added little by little quantitatively and mixed properly to make homogeneous emulsion, and heated gently in a water bath (slightly above body temperature). This mixture is poured into a Vastiputaka.

Procedure:

Vastipranidhana – the method of administraterating Vasti

The Vastidravya or medicine should be prepared as explained above i.e. Saindhavalavana (rock salt), Makshika (honey), Sneha (medicated oil or ghee or both), Kalka (herbal paste of medicines) and Kwathaor Kashaya (Herbal decoction) should be mixed in that order and a homogenous liquid prepared.

The Vastinetra (nozzle) and Vastiputaka (can or container) of the Basti apparatus should be assembled and tied properly. The patient should be advised to evacuate his bowel and bladder before administration of enema. Following this, the patient is made to sleep on a table specially designed for Vasti treatment. Abhyangashould be given with medicated oils acc. to disease condition. Later swedana or fomentation should be given. The prepared medicines are now filled in the Vastiputaka.

The tip of the Vastinetra should be blocked with the tap so that the medicines do not rush out of the nozzle (catheter) while the putaka is being filled. The tap should be turned off until the container is filled.

While administering vasti, the tap can be turned on. Now, the Basti apparatus is

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ready to be used.

Positioning of patient –

Left lateral position Taking a sterile pad of cotton dipped in medicated oil the anal orifice should be smeared to make it unctuous and lubricated. This facilitates easy entry of vastinetra (nozzle or catheter). The Vastinetra or enema catheter now should gently be inserted into the anal canal, parallel to the spinal column. Before doing so, the tap of the netra is off and should be on. Now with both hands the Vastinetra should be inserted & evacuating the vastidravya gradually. The hands of the physician or therapist should not tremble or shake while administering the drug .

While administering vasti, the patient is asked to take deep breaths so that the medicine enters the intestines easily.

The patient should be advised to stay in that position for 30 matrakala (approximately ½ minute). The butts should be lightly tapped with closed fists. The patient is made to sleep on his back (supine). Gentle massage is given over the abdomen from left to right in circles, in the reverse direction of large intestine so as to help the medicines to move up into the large intestine. The patient is asked to gradually take a breath in and breathe out. Holding the toes of the patient, both his lower limbs should be lifted to 90 degrees and bent at the knees such that the heels touch the butts and again the limbs are extended. This process is done 8-10 times. All these will help the

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movement of medicine into the intestine and to stay there for a few minutes, which is intended.

Vasti Pratyagamana and Nireekshana – (The return of Vasti medicine, observations related to it) The time in which the Basti medicine comes out of the gut is called 'Pratyagamana Kala' or time of return of medicine. The pratyagamanakala for Niruha Basti is said to be 1 muhurta (48 minutes approximately).

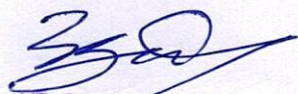
This is the maximum 'time of stay' of medicine in the gut. The vasti medicine should not stay in the gut for a time period beyond 1 muhurta.

These are known as:

- Karmavasti - 30 in number (12 Niruha, 18 Anuvasana)
- Kalavasti - 16 in number (6 Niruha, 10 Anuvasana)
- Yogavasti - 8 in number (3 Niruha, 5 Anuvasana).

Commonly used Vasti Yogas:

- Panchatikhtak Ksheera vasti
- Erandamoola vasti
- Lekhan vasti
- Vaitarana vasti


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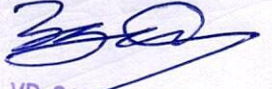
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Indications:

- Neurological disorders - Hemiplegia, Paraplegia, Sciatica, Parkinson's disease etc.
- Rheumatological disorders - Gout, Rheumatoid Arthritis, Lumbago, OsteoArthritis, Myalgia etc.
- Digestive disorders
- Chronic Fever
- Secondary Amenorrhea, etc.

Contraindications:

- Urakshata (Chest Injuries)
- Krisha (Emaciated body)
- Amatisara (Diarrhoea with mucus)
- Chhardi (Vomiting)
- Kasa (Cough)
- Swasa (Asthma)
- Madhumeha (Diabetes)
- Arsha (Piles)
- Shoona Payu (Inflamed Anus)
- Kritahara (Immediately after taking food)
- Udakodara (Ascitis)


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• Garbhini (Pregnant woman)

1. SNEHA VASTI (OIL ENEMA): Administration of medicated oil through anal /genitourinary route is called Sneha vasti. The dosage through anal route may vary from 100 ml to 250 ml according to the Doshika Predominance, disease condition / patient's condition etc. The usual time of administration is afternoon immediately after lunch.

Procedure:

After Abhyanga and Swedana, the patient is advised to lie down in left lateral position. The Vastidravya (Sneha) is administered in a similar manner as Niruha vasti. As it is a retention enema, the contents should be allowed to retain inside for a minimum period of three hours and all efforts are to be done for the same. It is not harmful even though it is retained for one day.

Indications:

- Neurological & Arthritic conditions - Katishoola (backaches), Gridhrasi (Sciatica) and other Vata vyadhis
- Jeerna Jwara (chronic fevers)

Contraindications:

- Arsha (Piles)

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-
- Bhagandara (Fistula)
 - Raktapitta (bleeding disorders)
 - Navajwara (Acute fever)
 - Pushpita (menstrual period)
 - Pandu (Anemia)
 - Kamla (Jaundice)
 - Prameha (Diabetes)
 - Peenasa (Sinusitis)
 - Sthoola (Obese)

 - Krimi Koshtha (Worm infestation)
 - Galganda (Thyroid disorders)
 - Shlipada (Filariasis)

MATRA VASTI:

Matra vasti is the method of administration of medicated oil in small dose, which can be given

daily and is totally harmless. It is a type of Sneha Vasti and indications are similar to Snehavasti. It can be indicated irrespective of age and no precautionary measures are required. The usual dosage is 60 ml.

Indications:


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-
- Vyayama (excess physical and mental exertion)
 - Madyapana (Alcoholism)
 - Dourbhalya (Debility)
 - Vataroga (Neurological disorders)
 - Bala, Vriddha (Children & Elderly persons) etc.

Complications during Vasti Cikitsa: The complications of Vasti are dealt in detail in texts (Caraka Samhita Siddhi Sthana) **There are**

- Doshas (defects) of Netra (nozzle) – 8 types
- Doshas of vasti - 8 types
- Doshas of vastidata (technician) – 10 types
- Snehavasti vyapat – 6 types

These may result into various symptoms related with:

- Local anal injury
- GIT symptoms like pain in the abdomen, vomiting etc.
- Generalized symptoms like murchha, angamarda etc.
- Management is done accordingly.

NASYA (NASAL INSUFFLATIONS)

Administration of medicines through nostrils is called Nasya. Nasya is indicated mainly in aggravated and accumulated Doshas of head and neck.


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Materials and Equipments:

- Chair
- Droni/ Panchakarma table
- Gokarna (special type of vessel)
- Oil for massage
- Towel

Medicines:

Commonly used oils are-

- Dhanvantara taila
- Anu taila
- Ksheera Bala taila
- Shadbindu taila
- Pancha Indriya vardhan Taila etc.
- Medicated Powder in Pradhamana Nasya
- Medicated Juice in Avapida Nasya
- Medicated Smoke in Dhooma Nasya

Types of Nasya:

1. Snehanasya
(a) Marsha Nasya (b) Pratimarsha Nasya
2. Avapida nasya (when kalka/swarasa of leaf/ fruit etc. are used)


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3. Shirovirechana nasya (when tikshna dravyas are used)

4. Pradhamana nasya (insufflations of drug-powder)

Types of Nasya (according to action) :

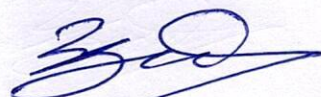
Virechana Nasya , Brimhana Nasya , Shaman Nasya,

Man power:

- Ayurvedic Physician : 1
- Masseur : 1

Doses of Nasya:

Matra	Marsha	Avapid
		a
Uttama matra	10 drops	8 drops
Madhyam matra	8 drops	6 drops
Hriswa matra	6 drops	4 drops


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Procedure:

The patient should sit or lie down in a comfortable posture. He has to undergo a gentle massage over the head, forehead and face followed by mild Swedana. Slightly warm oil should be instilled in the prescribed dose in each nostril. Gentle massage is to be performed on the plantar and palmer regions, shoulder and back. The patient is allowed to spit if patient feels discomfort due to oil in the throat. After completion of the procedure, oil on the face is to be wiped off and complete rest is advised to the patient. Gargling with hot water may follow. Dhoomapana (inhalation of medicated smoke) through the mouth may be given after Nasya. Dose of the oil: 4-8 drops per sitting. Duration of the treatment: 7-14 days.

Indications:

- Shirashula (Headache)
- Udharwajatrugata- Roga (E.N.T. diseases)
- Ardita (Facial paralysis)
- Manyastambha (Cervical spondylitiss)
- Timira (cataract)
- Vyanga (Hyper pigmentation)


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Contraindications:

- Pregnancy
- Immediately after taking food, water, alcohol etc.
- Ajeerna (Indigestion)


RAKTAMOKSHANA

Introduction:

Raktamokshana is considered as one of the Panchakarma by Sushruta & Vagbhatta Acharya. Rakta is one of the major dushya which is removed by this method.

Shalyatantra considered as siravedha is aardhachikitsa, so this tells the importance of raktamokshana. Raktamokshana (Bloodletting)

Ayurveda advocates five bio-purificatory methods for treating various diseases in which Raktamokshana bloodletting is one of the ancient and important parasurgical procedures described in Ayurveda for the treatment of various diseases. Of them, Jalaukavacharana or Leech Therapy has gained greater attention globally, because of its medicinal values. Jaloka is one of the tools for raktamokshana among shringa, jalauka, alaboo and pracchhan. In the case of ladies and children Jaloka is mildest in all the methods used for bloodletting.


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Symptoms of Samyaka Vishravana (Proper Bloodletting)

Feeling of lightness in the body, mitigation of suffering, the subsiding severity of the disease & cheerful of mind are the symptoms of proper vishravan

Storage and maintenance of Jalauka-

The leech will survive quite happily in a cool place provided the temp, Does not exceed 15 -20degree Leech should be stored in a well labelled container having multiple pores on the top for proper aeration. Avoid direct exposure to sunlight to the leeches. Water should be replaced after 2 to 3 day. About 50 leeches can be kept in one gallon(4 liter) of water.

Method of Jalauka Application:

Purva Karma (Pre-Procedure Protocols)

It includes following steps-

- 1- Purification of Leech by pouring the Leech in water mixed with turmeric powder.
- 2- Part preparation – Cleaning of part of the body to which

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leech is going to be applied. Pradhana Karma (Main Procedure Protocols)

Before application prick, the skin with a sharp and sterile needle so that drop of blood comes out then applies the Leech through its front end and covers the leech with wet cotton. If the leech is not ready to suck the blood from the body part then application of madhu, Ghrit, or butter should be done.

Observation of leech during blood sucking

While sucking the blood following signs appears in the body of leech

- a. Gradual distension in the central portion of the body.
- b. Itching and burning sensation at the site of bite.
- c. Pulsations on the body of the leech may be visible.

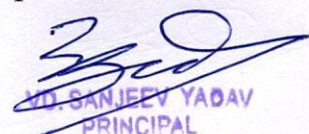
Removal of Leech

After 30-70 minutes the leech removes itself, or by application of turmeric powder on the mouth of the leech.

Paschata Karma (Post Procedure Protocols)

Care of wound after detachment of leech .There is a triangular wound created by the mouth of leech. The blood came out from the wound . The bleeding from the wound is checked by application of tight bandaging with the use of Yastimadhu or turmeric powder Emesis of Sucked blood.

Induction of emesis the leech that is applied to the lesion undergoes a process


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of Vamana so that the same leech can be applied next time to the same patient. For the vamana of leech, turmeric powder is applied over the mouth of leech.


The leech vomits out all the blood sucked by it to get purified. Sometimes pressing of Leech from caudal to front end is required for proper emesis. After proper vamana, Leech should be put in fresh water, where it swims swiftly and then settles down. Replace the leech in a clean jar aquarium.

Precaution during Leech Application:

1. Bleeding and clotting time of the patient should be normal.
2. Gentle handling of leech.
3. Cover the leech with wet cotton.

Indications:

Jalaukavacharan can be used in different ayurvedic diseases like- Vidradhi (Abscess), Gulma (Abdominal swelling), Arsha (Piles), Kushtha (Skin disease), Vatarakta (Gout), Krostrukashirsha (Infective arthritis), Sandhi gataroga (Arthritis), Kantharoga (Goiter), Netraroga (Eye diseases), Granthi (Nodular swelling), Arbuda (Cancer), Shlipada (Filaria), Vidarika (Crackle), Vishadamshttra (Insect bite), Visharpa (Erysipelas), Siroroga (Diseases of scalp), Dantaveshta (Pyorrhea) and Plastic and reconstructive surgery .


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Contraindications:

Jalaukavacharan should be avoided in following conditions

- Sarvangashotha (Generalized oedema)
- Udarroga (abdominal diseases)
- Shosa (Tuberculosis)
- Ksheena (Emaciation)
- Garbhini (Pregnancy)

**LIST OF ESSENTIAL EQUIPMENTS REQUIRED FOR SETTING UP
OF A PANCHAKARMA THEATRE**

- 1) Massage table : 2 Length: 7 feet(Wooden/ Fibre) Width: 3 feetHeight: 2.5 feet
- 2) Panchkarma Droni (Dhara Droni) : 2 Length: 9 feetWidth: 2.5 feetHeight: 2.5 feet
- 3) Shirodhara Vessels : 2
Stainless steel vessels 3
litre capacity
- 4) Vasti Netra (disposable) : 30 no.
- 5) Nasya applicator/ dropper : 2
- 6) Geysers : 1
- 7) Hot fomentation instruments : 2(Steam chamber)
- 8) Leather Cap (for ShiroVasti) : 2

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- 9) Gas Stove/heating apparatus : 2
10) Tub (for Avagaha sweda) : 2
11) Small vessels, Spoons : 4

MEDICINES COMMONLY USED IN PANCHAKARMA
THERAPYTAILAS (OILS)

1. Anu taila
2. Tila taila
3. Brahmi taila
4. Nirgundi taila


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-
6. Dhanwanthara taila
 7. Eranda taila
 8. Karpasaasthyadi taila
 9. Kottamchukkadi taila
 10. Ksheerabala taila
 11. Lakshadi taila
 12. Mahamashadi taila
 13. Mahanarayana taila
 14. Murchit Til Taila
 15. Sahacharadi Taila
 16. Murieena Taila

CHURNAS/ AVALEHA/ RASA

(Powders/ Confectionery/ Herbomineral preparations)

1. Jatamansayadi Churna
2. Dashamula Kwatha Churna
3. Trivrit Avaleha/ Hridya virechan
4. Madanaphaladi Churna
5. Upanaha Churna

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6. Kalyanaka Avaleha
7. Icchabhedi Rasa
8. Abhayadi Modak
9. Rasnadi Churna

OTHERS

1. Balamula (Root of *Sida cordifolia*)
2. Nirgundi (*Vitex negundo*)
3. Amalaki churna (*Emblica officinalis*)
4. Dhatura (*Datura metel*)
5. Musta (*Cyperus rotundus*)
6. Trivrit (*Operculina turpethum*)
7. Aragwadha (*Cassia fistula*)
8. Goghrita (Ghee)
9. Saindhava lavana (Rock salt)
10. Madhu (Honey)
11. Shatawha (*Anethum sowa*)
12. Leaves of Karanja (*Pongamia pinnata*), Shigru (*Moringa oleifera*), Arka (*Calotropis procera*), Eranda (*Ricinus comunis*), Amlika (*Tamarindus indica*), Padmaka (*Nelumbo nucifera*) etc.
13. Vacha (*Acorus calamus*)


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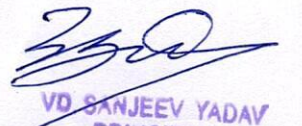
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14. Mudga and Masha Churna (Green and black gram powder)
 15. Shashtika Shali Dhanya (a variety of rice yield after sixty days)
 16. Takra (Butter milk)
 17. Dugdha (Milk)
 18. Narikela jala (Coconut water)

STAFF REQUIRED FOR PANCHAKARMA SPECIALITY CENTER

1. Medical Superintendent MD (Ay.) in Kayachikitsa (Panchakarma)
2. Panchakarma specialist (Male) MD (Ay.) 1
3. Panchakarma specialist (Female) MD (Ay.) 1
4. Resident Medical Officers 2
5. Male Masseurs (Panchakarma technicians) 4
6. Female Masseurs (Panchakarma technicians) 4
7. Staff nurses (Round the clock) 3
8. Kitchen staff 1
9. Cleaning services 4
10. Pharmacist 2
11. Record keeper 1



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