



DEPARTMENT OF PANCHAKARMA SOP FOR PROCEDURE

Prepared on: 05/01/2012

Revision 1 (R1) : 02/01/2017

Revision 2 (R2) : 04/01/2021

A. SNEHANA (INTERNAL OLEATION)

1. Introduction

Snehana stands for oleation of whole body by the administration of fatty substances (oils and ghrita) internally and externally. Snehapana (internal administration of Sneha-oils and ghrita) is an important preparatory procedure for Panchakarma. Four main 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 because of its properties.

Snehana (Oleation) includes:

- Abhyantara Snehana (Internal Oleation)
- Bahya Snehana (External Oleation)

Abhyantara Snehana: - Internal oleation classified into Achchha Pana (only snehanana dravya) and Vicharana snehana (snehana dravya mixed with food)

Achchha Pana

Oral administration of medicated Sneha (Ghee / oil) without mixing with food or other medicinal preparations and used for the purpose of oleation and lubrication of body tissues prior to the Shodhana therapy.

2. Requirement

a. Requirement-Manpower

- i. Ayurvedic Physician: 1
- ii. Attendant/ Nurse: 1

b. Requirement-Material

- i. Medicated ghee or oil according to the requirement
- ii. Measuring glass
- iii. Saindhava (Rock Salt)
- iv. Hot water for drinking (boiled with Shunthi+Dhanyaka) and for all purpose use ^{R1.i}.
- v. Panchatikta Ghrita, Indukanta Ghrita, Mahatiktaka Ghrita, Sukumara Ghrita, Dadimadi Ghrit, Triphala Ghrit, Goghrit ^{R2ii} etc.

3. Pre operative

- Agnibala (digestive power) and Koshta assessment should be done in the patient prior to Snehapana.
- For the patient with unknown doshas, agni etc. one may start with Hrasiyasimatra (which is digested within two yamas/hours).

4. Operative

- The patient who is intended to undergo Snehapana is to take the Sneha early 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 50 ml for Ghrita and 20 to 30 ml for Taila on the first day.
- The dose for the next day should be fixed after assessing the time taken for digestion and agnipradurbhava.
- Snehapana (internal administration of unctuous substance) may be continued till Samyaka Snigdha 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:

First day : 30ml

Second day : 60ml

Third day : 90ml

Fourth day : 120ml

Up to 7thday :210ml

5. Post operative

- Hot water and yusha (gruel) is given in small doses to enhance the digestion (Deepana, Pachana).
- Patient is advice to avoid ashtomahadoshakar bhava.
- Avoid day sleep
- Avoid travelling and direct contact with air

B. ABHYANGA (EXTERNAL OLEATION / MASSAGE)

1. Introduction

Abhyanga can be defined as the procedure of application of Snehya Dravya over the body with mild pressure. Abhyanga word derived from 'Abhi' upsarga and 'anga' dhatu. Thus, taila/ ghrita/ vasa etc. 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 therapeutic procedure as well as a preventive procedure.

2. Requirement

i. Requirement-Manpower

- | | |
|-------------------------|---|
| 1. Ayurvedic Physician: | 1 |
| 2. Masseur: | 2 |

ii. Requirement-Material

- | | | |
|--|------------------------|---------------|
| 1. Abhyanga table | -1 | |
| 2. Medicated oil | c.g. Ksheerabala taila | -100 to 150ml |
| 3. Vessel | | -200ml. |
| 4. Tissue paper/soft towel | | |
| 5. Chicken pea powder (Besan)/ Red lentil powder (Massure) ^{R1iii} / Medicated Snana Churna (Utane)/ Medicated soap | | |

3. Pre operative

- The patient is undressed with minimal cloths.
- The patient is made to sit on the Abhyanga table with leg extended.
- Oil is heated in hot water water tub bath table

4. Operative

- The oil is to be heated to optimum comfortable 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 scalp, head and move down to neck, upper back, shoulders, upper arms, for arms, hands and then chest, abdomen, low back and lower limbs.
- Abhyanga should be done in sitting, supine, right lateral and left lateral position, prone position.
- At the end of the procedure the oil on the body is wiped off with tissue paper or towels.

5. Post operative ^{R2iv}

- Patient should take complete rest for half to one hour in a comfortable manner.
- Bath can be taken with hot water and (paste of Utane and Massure powder) 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 bath.

6. Safety Precautions

- Care should be taken to avoid excessive heating of sneha dravya.
- The gentle pressure used during massage relaxes the muscles.

7. Emergency Management.

- Abhyanga should stop immediately and symptomatic treatment should be given to patient.

Manjasha

H. O. D.
Panchakarma Dept.
Shri Saptashrungi Ayurved,
College & Hospital,
Nashik

C. Bashpa Sweda (Steam Bath)

1. Introduction

- This is a kind of sudation 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 (A steam-bath chamber) 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 any specific part through a tube or pipe. The patient is advised to lie down inside the steam chamber after massage with warm oil.

2. Requirement

➤ Requirement-Manpower

- i. Ayurvedic Physician : 1
- ii. Masseur : 1

➤ Requirement-Material

- i. Medicated kwathas (Decoction)
- ii. Suitable oil for massage (Mahanarayana Taila, Dhanwantara Taila etc.)
- iii. Bashpa Sweda Yantra/ Steam Chamber
- iv. Bed-sheet
- v. Cloth
- vi. Towel etc.

Medicated Kwathas (Decoction):

- vii. Usually Dashamoola is used
 - Bilwa (Aegle marmelos)
 - Agnimantha (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)
- viii. Nirgundi (Moola / patra) (Vitex negundo)
- ix. Eranda (Moola/ patra) (Ricinus communis)

- x. Triphala (Amalaki, Haritaki, Bibhitaki)
- xi. Sahachar (Barleria prionitis) ^{R1v}
- xii. Tulasi (Ocimum sanctum)
- xiii. Bala mool (Sida cordifolia)
- xiv. Vasa (Adhatoda vasika)
- xv. Gomutra, Kangi or Dhanyamla may also be used. ^{R2vi}

3. Pre operative

- Patient should be in minimum cloths
- Patients are to be massaged properly with suitable oil for 30-45 minutes all over the body

4. Operative

- 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 gets proper perspiration (Samyak swinna Lakshana).
- Prior to Virechana it is recommended for 3 days and for Vamana one day.

5. Post operative

- At the end of the procedure, patient may come out of the chamber and the sweat is wiped off with a towel.
- Bath is advised with luke-warm water according to the physician's choice
- Light (liquid or semisolid) diet is advised after the procedure

6. Safety Precautions

- Direct contact of steam with body part should be avoided.
- Excessive heating and excessive perspiration is avoided

7. Emergency Management

- **Fainting**—Sprinkle cold water on the face, apply suitable oil, Drakshadikwatha internally can be given.
- **Burns**—Apply Madhu (Honey), Ghrita (Ghee), Shatadhaut ghrita ^{R1vii}, Ghritakumari (Aloe vera) and
Other suitable treatment.

D. Vamana (Therapeutic Emesis)

1. Introduction

- Vamana means to induce vomiting; it is a bio-cleansing measure meant for the elimination of doshas (mainly Kapha) accumulated in the upper gastro intestinal tract (Amasaya). Vamana is a treatment of choice in Kaphaja disorders.

2. Requirement

a. Requirement-Manpower

- i. Ayurvedic Physician :1
- ii. Masseur :1
- iii. Attendant :2

b. Requirement-Material

- i. Comfortable seat (Arm chair) (Vamana Peetha):1
- ii. Bucket with measurements :1
- iii. Vessels: 3
- iv. Others: [Mug, Glass, bowl, towels, B.P. Instruments, Weighing Scale, ECG Machine, Thermometer, Measuring Glass, Pulse oximeter ^{R2viii} etc.]

Vamana Yoga ^{R1ix} (Formulation to induce vomiting): Ingredients in approx.

- i. Vacha (Acorus calamus) powder: 1- 3gm
- ii. Madanaphala-pippali churna (Randia dumatorum) powder: 3 to 6 gm depends upon patients
- iii. Madanphala (in whole phala churna): 10 to 15 gms
- iv. Rock Salt : 2 - 5gm
- v. Madhu (Honey):
- vi. Others: Quantity sufficient
- vii. Medicated oil for application on chest, back, abdomen:100 ml
 - a. Mahanarayan Taila,
 - b. Ksheerabala Taila,
 - c. Chandanbala Taila,
 - d. Lakshadi Taila,
 - e. Dhanwantara Taila
 - f. Any Vataghna oil etc. may be used according to Dosha and disease.
- viii. Other Vamanopag Dravyas/ Akanthapanart
 - Milk: 2 lits
 - Ikshuras: 2-3 lits

- Nimbawaras: sos ^{R2x}
- Lavanodaka (Salted water): 1-2 liter
- Madhuyashthi Kwatha (Decoction of Glylirrhiza glabra): 3- 5 liter

ix. Madhu: sos

x. Madanphala + Vacha + Saindhav combination should be used in 4:2:1 proportion ^{R1xi}

3. Pre operative

- Deepana, Pachana, snehana and swedana should be done properly prior to Vamana.
- The patient is to be prepared for Vamana by performing Purvakarma properly as indicated and is prescribed to take Kaphotklesha dravyas like sweets, masha (black gram), payasam (rice cooked in milk with ghee) etc. on the previous day of Vamana.
- Vamana is to be conducted in the morning preferably between 7 to 8 A.M. After abhyanga and sarvanga Swedana.

4. Operative

- Patient is to be advised to sit comfortably in a chair (Vamana peetha).
- Milk or MadhuyashthiKwatha (Vamanopaga dravya) is to be given full stomach around 1-2 liter.
- Mdanphaladi yoga (semisolid paste of madanphala, vacha, saindhava, and honey) is given to be licked. The medicines for Vamana should be administered in proper quantity, according to the age, strength, constitution, season etc.
- Vamana starts within 15- 30 minutes after giving the medicine. While the patient is vomiting, masseur should massage back in upward direction and attendant can press in umbilical area. To stimulate the urge for the bouts of vomiting.
- Yashtimadhu kwatha should be given repeatedly.
- After madanphala yoga came out in vomitus Lavanodaka can be given to patient.
- Whenever ayurvedic physician assessed samyaka Vamana lakshanas, Vamana has to be stopped.
- Assessment criteria of Vamana procedure are elaborately mentioned in the classics. Usually the fluid comes out within 48 minutes.
- If not vomited out the pharynx may be gently irritated with a finger and vacha powder.
- **Vegas (bouts) of Vamana:**
According to No. of bouts (Vegas) Vamana may be classified into-

JaghanyaVamana/mild emesis	- 4 vegas (bouts)
MadhyamaVamana/Moderate emesis	- 6 vegas (bouts)
PravaraVamana/Excellent emesis	- 8 vegas (bouts)

5. Post operative

- When Samyak yoga (appropriateness) of Vamana is observed the patient should clean his mouth and face with warm water.
- Dhumapana (medicated smoking) with the prescribed drugs e.g. Haridra, (Curcuma longa) vacha, Eladi Gana dravyas^{R1xii} and ghee is to be performed.
- In the evening, the patient may be instructed to take hot water bath.
- When the patient is having good appetite, Samsarjana krama (Controlled diet and lifestyle) is to be followed for 3 to 7 days depends upon the Shudhi prakaras.
- Semi solid diet preferably rice gruel may be given.


6. Safety Precautions

- The medicines for Vamana should be administered in proper quantity, according to the age, strength, constitution, season etc.
- Do not overstrain person during Vamana

7. Emergency Management: - Vamana may cause^{R2xiii}

- Froth in vomitus
- Hematemesis
- Weakness
- Dryness of throat
- Feeling of darkness
- Giddiness
- Vatarogas (neuro-muscular disorders)
- Fresh bleeding
- Bodyache

Emergency management include stop treatment immediately if fresh bleeding is there give Shankha bhasma or Laksha Churna chatan


H. O. D.
Panchakarma Dept.
Shri Saptashruni Ayurved,
College & Hospital,
Nashik

E. Virechana (Therapeutic Purgation)

1. Introduction

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.

2. Requirement

a. Requirement-Manpower-

- i. Ayurvedic Physician (for supervision) : 1
- ii. Attendant : 1

b. Requirement- Material, Attached toilet (lavatory) is a must. Towels, Bed sheets etc.

Virechana yoga- ^{R1xiv}

Single drugs:

- i. Trivrit (*Operculina turpethum*) - root powder– 10 gm
- ii. Aragvadha (*Cassia fistula*)- fruit pulp– 10-15 gm
- iii. Eranda (*Castor oil*)- oil– 30 to 70 ml

Compound preparations:

- iv. Trivrit Awaleha- 30 to 70 gms
- v. Hridya virechana - 30 to 70 gms
- vi. Ichhabhedi Rasa -60 to 120 mg with cold water
- vii. Kalyana Guda/ Manibhadra Guda- 10 to 15 gm
- viii. Abhayadimodaka- 250 to 500 mg
- ix. Hingutriguna Taila-15 to 25 ml
- x. Avipatti Churna-10 to 20 gms

3. Pre operative:-

- Selected patient 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 early morning around 8 to 9AM preferably on empty stomach

4. Operative

- Usually the purgation will start after one to three hours. Warm water/ cold water may be given in small doses (Depend upon medicine used), 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 Jaypala is used for purgation.

- Vega of Virechana- Jaghanya (mild)- 10 Vegas, Madhyama (moderate)- 20 Vegas, Pravara (Excellent)-30 Vegas
- When the evacuation of bowel is complete as per the lakshanas (features) described for Samyak Virechana (proper purgation), the patient is advised to take complete rest.

5. Post operative-

- There after samsarjana karma (Controlled diet and lifestyle) is to be followed as per the direction of physician.

6. Safety Precautions: -

- The medicines for Virechana should be administered in proper quantity, according to the age, strength, constitution, season etc.
- Look for the signs and symptoms of dehydration, if appears stop the treatment

7. Emergency Management-Virechana may cause-

- Flatulance
- Prolapse of rectum
- Thirst (dehydration)
- Giddiness
- Sunken eyes

Emergency Management includes stop the treatment

Abhyanga (Massage)

Manjusha
H. O. D.
Panchakarma Dept.
Shri Saptashrungi Ayurved,
College & Hospital,
Nashik

6. Safety Precautions

- Care should be taken to avoid excessive heating of snehadravya

7. Emergency Management

- Indigestion, Vomiting, Nausea, Anorexia, Headache, Constipation etc.
- In such conditions, Snehapana should be discontinued and fasting, Deepana (Stomachic), Pachana (Digestive) drugs may be given based on the patient/ disease condition. For proper digestion of snehadravayashunthi siddha Jala can be given in each patient.

Scientific observation:

- Oleation pacifies Vata; lubricates and softens the Doshas. It improves digestion, regularizes bowels, improves the strength and complexion and prevents premature ageing.
- **N. B.** After completing Snehana (oleation), Swedana (sudation) is to be carried out (1- 3 days) based on the patient/ disease condition

T. Manjusha

H. O. D.
Panchakarma Dept.
Shri Saptashrungi Ayurved,
College & Hospital,
Nashik

F. Basti (Medicated Enema)

1. Introduction-

Basti karma is the procedure by which the medicines in suspension form are administered through rectum or genitourinary tract using Basti yantra (Specific apparatus). It is the most important procedure among Panchakarma procedures and the most appropriate remedial measure for Vata Dosha. It is called half treatment in Panchakarma

2. Requirement ^{R1xv}

a. Requirement-Manpower Ayurvedic Physician:1, Masseur:1

b. Requirement-Material ^{R2xvi}

- Basti putaka -- 1
 - For Niruha Basti (polythene bag/ Enema pot approx. 1.5 Lt. capacity)
 - For Sneha Basti (Glycerin syringe approx. 150 ml capacity)
- Basti netra (Simple rubber catheter)- 1
- Others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)
- Medicated oils for Abhyanga
- Swedana Karma materials
- For Sneha Basti - Medicated oils
- For Niruha Basti - Kwatha (Decoction) & Kalka (Paste) made from prescribed medicines
 - Madhu (Honey)
 - Saindhava (Rock-salt)
 - Medicated oils

3. Pre operative-

For Sneha Basti (Oil Enema)

- Sarwanga or sthanikabhyanga and swedana
- It is given just after meals
- It includes the ingredients like medicated oil- 240ml saindhav-5gm
- Mix the above mentioned drug in a proper manner to prepare in emulsified form

For Niruha Basti (Decoction enema)-

- Sarwanga or Sthanikabhyanga and Swedana

- The Niruha basti is given before meals (i.e. 8-9 AM). It consist of Medicated oil or ghee -60ml, Madhu- 45ml, decoction of prescribed drugs- 300ml, Putiyavanyadi kalka- 10 gms, Rock salt-4 gm
- **Preparation of Basti dravya-** ^{R2xvii} Powdered rock-salt is added to honey and stirred in a clean vessel with a pestle. Luke worm Oil is added to this mixture little by little and again stirred. Then paste of , Putiyavanyadi kalka followed by decoction is to be added little by little quantity and mixed properly to make homogenous emulsion, and heated gently in a water bath (slightly above body temperature). Mixture gets filtered from filter. This mixture is poured into a Bastiputaka (polythene bag/ processed animal bladder/Enema Pot) and fixed with Basti Netra (tied by using thread).

4. Operative:-

- **Arrangement of Sneha Bastis** 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 disease and condition of the patient etc. These are known as:
 - a. Karma Basti :- 30 in number (12 Niruha, 18 Anuvasana)
 - b. Kala Basti:- 16 in number (6 Niruha, 10 Anuvasana)
 - c. Yoga Basti:- 8 in number (3 Niruha, 5 Anuvasana).
- **For Niruha Basti**
 - After Abhyanga and Swedana, the patient is advised to lie down in left lateral position. Little quantity of oil is applied on patient's anus and nozzle of Bastiyantra. The nozzle is gently inserted into the anal canal up to a specific length and Bastiputaka containing mixture is pressed with a uniform pressure. The pressure is continued till only small quantity of fluid remains in the bag (to avoid air insertion). Then the nozzle is removed gently and the patient is allowed to lie down on supine position till he feels urge to excrete. The Basti dravya along with faeces normally comes out within 10 minutes when a full dose of Niruha Basti is given. The maximum time specified for retention of Basti dravya is 48 minutes. After evacuation of the bowel, the patient may take hot water bath and semi solid diet. Usually Niruha Bastis are not to be given alone. Wherever required, Niruha Basti must be given alternatively with Sneha Basti.

Operative for Sneha Basti:-

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

5. Post operative

- **Niruha Basti** - After defecation patient has to take bath followed by light food.
- **Anuvasana /Sneha Basti** – Head low position, tap buttock 3 times, massage palm and soles, anticlock wise massage over abdomen.

6. Safety Precautions

- Care should be taken while inserting Basti netra in anus.
- Observation of Niruha Basti pratyagamana kala (45 min to 1 hour)

7. Emergency Management:- These may result into various complications like:

- Local anal injury
- GIT symptoms like pain in abdomen, vomiting etc.
- Very rarely generalized symptoms like murchha (syncope), angamarda (bodyache) etc.
Management is done accordingly

Toerijasha
H. O. D.
Panchakarma Dept.
Shri Saptashrunji Ayurved,
College & Hospital,
Nashik

G. Nasya (Nasal Insufflations):-

1. **Introduction-** Administration of medicines through nostrils is called Nasya. Nasya is indicated mainly in aggravated and accumulated Doshas of Supraclavicular region.

2. Requirement

- a. Requirement-Manpower-
- Physician -1,
 - Attendant-1

3. Requirement-Material ^{R1xviii}

- Chair
- Droni / Panchakarma table
- Dropper
- Oil for massage
- Towel

Medicines: Commonly used oils are- ^{R2xix}

- Dhanvantara taila
- Anutaila
- KsheeraBala taila
- Shadbindu,taila
- Vacha taila
- Panchendriyawardhan taila

4. Pre operative:-

- Gentle massage over the head, forehead and face followed by mild swedana

5. Operative:-

- The patient should sit or lie down in a comfortable posture
- After proper snehana and 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.
- Dose of the oil: 4-8 drops per setting.
- Duration of the treatment: 7-14 days.

6. Post operative:-

- After completion of the procedure, oil on the face is to be wiped off and complete rest is advised to the patient.
- Gargling with warm water followed by Dhoomapana (inhalation of medicated smoke) through mouth given after Nasya.

7. Safety Precautions:-

- Proper selection of the medicine and the dose for the condition of the patient

8. Emergency Management:- It can cause,

- Headache
- Giddiness
- Running nose etc.

Management

- Mild swedana over head
- Rest

Talariyasha

H. O. D.

**Panchakarma Dept.
Shri Saptashrungi Ayurved,
College & Hospital,
Nashik**

H. Raktamokshana (Therapeutic Bloodletting)

Introduction

Raktamokshana is a process of bloodletting through different methods for raktadushti kar vyadhis or pitta related vyadis mainly also for surgical disorders.

Raktamokshana is mainly of two types- a) Sirawedha

b) Jalaukawcharan

a) Sirawedha:

1. Introduction

Therapeutic bloodletting for the purpose of removing vitiated blood with the help of suchiwedha (by Scalp vein set) is known as Sirawedha

2. Requirement

a. Requirement-Manpower-

Physician -1,

Attendant-1

b. Requirement-Material

- Scalp vein set with Sterile needle
- Kidney tray
- Gauze piece
- Sterile gloves
- Spirit swabs

3. Pre operative:

- Take consent for the procedure and evaluate patient safety for before procedure
- Cleaning of local area with help of spirit swabs.
- Visualization of Veins by tying tourniquet over the area of sirawedha.

4. Operative:

- Prick the vein with the help of sterile needle upto blood flow.
- Monitor the BP of the patient during the procedure.
- Keep check on blood quantity, colour, thickness.
- Remove needle after stopping of blood flow.

5. Post operative:

- After removal of needle, dressing should be done.
- Advice patient to take a rest for 15 to 20 minutes.
- Monitor the BP and other signs of ayoga or atiyoga.

6. Safety precautions

- All the aseptic precautions should be taken in consideration.
- Avoid multiple pricking.
- Avoid cross section of vein.

7. Emergency Management

- Fainting
- Giddiness
- Hypo-tension

Emergency management include stop treatment immediately, give IV fluids if required


H. O. D.
Panchakarma Dept.
Shri Saptashrungi Ayurved,
College & Hospital,
Nashik

b) Jalaukawcharan:

1. Introduction

Therapeutic application of medicinally usable leech for the purpose of removing vitiated blood is known as Jalaukawcharan.

2. Requirement

- a. Requirement-Manpower-
Physician -1,
Attendant-1
- b. Requirement-Material
 - Medicinally usable leeches (Nirvisha Jalauka)
 - Water pot
 - Kidney tray
 - Haridra
 - Milk
 - Sterile needle
 - Gauze piece
 - Sterile gloves

3. Pre operative:

- Take consent for the procedure and evaluate patient safety for before procedure
- Preparation of local parts
- Preparation / activation of Jalauka by keeping it in water pot with haridra powder dusting.

4. Operative:

- Application of Jalauka manually with or without use of Milk drop/ skin prick by needle
- Observation of hooking of Jalauka for complete fixation of Jalauka
- Application of wet gauze piece over Jalauka
- Observation of proper suction movement of Jalauka up to self-removal of Jalauka.
- Remove Jalauka manually by dusting of Haridra Powder only if it pains or presence of tingling sensation is there.

5. Post operative:

- After removal of Jalauka, dusting of Haridra powder should be done on operated part to stop the bleeding.
- Tight pressure bandage should be given on operated part.
- Jalauka Vamana should be done by classical method of Haridra Powder dusting and finger pressure by thumb and index finger on Jalauka.
- Drop the Jalauka in clean water pot for rest.

6. Safety precautions

- One-time applied Jalauka should not be used for next 7 days.
- Preservation of Jalauka should be done properly.

- Jalauka used in one patient should not be used in another patient. It should be patient personalized.
- Jalauka Vamana should be performed gently and not vigorously.

7. Emergency Management

- Itching
- Redness
- Inflammation signs

Emergency management include stop treatment immediately; remove the Jalauka by haridra application over sucker. Haridra lepan or Bilwadi gulika lepan , Application of Maha-agada, Anti-inflammatory medication if required.

Manjusha
H. O. D.
Panchakarma Dept.
Shri Saptashrungi Ayurved,
College & Hospital,
Nashik

I. Kaya Seka (Pizhichil)

1. Introduction

Kayaseka or Pizhichil with oil is a modified form of Parisheka Sweda developed as a specialty of Kerala. Pizhichil is the process by which the body is made to perspire by means of pouring warm medicated oil in a specific manner. It is a preparatory procedure of Panchakarma which has the advantage of producing Snehana and Swedana effect at the same moment.

2. Requirement

a. Requirement-Manpower

- Ayurvedic Physician: 1
- Masseurs: 2
- Attendant: 2

b. Requirement-Material

- Panchakarma Droni (Dhara table)-1
- Pillow (soft and comfortable) - 1
- Cotton cloth (40 X 40 cms) - 4 pieces
- Kindi or Dhara patra 5 liter capacity ^{R1xx} - 4 no.
- Warm water for bath
- Towel/ tissue paper to wipe the oil from the body
- Heating arrangements (stove etc.)
- Piece of cloth rolled lengthwise, to be tied around the forehead to prevent flow of oil to the eyes.
- **Medicines:**
- Medicated oil as per the prescription of physician. - 5 to 6 liters
- Medicated oil for head- 10 ml
- Rasnadi churna - 5 gms
- Gandharva hasthadi kashaya - 60 ml

3. Pre operative

- The patient should be made to sit on the Droni with legs extended. Cotton swab (Taila Pichu) is to be applied over the scalp after soaking in suitable oil and Karnapurana (application of oil in the ears) is to be done. The rolled cotton cloth has to be tied above the ears around the head at the level of forehead. Ears should be plugged with cotton and oil is to be applied all over the body. Gentle massage is to be performed by two masseurs attending either side of the patient.

4. Operative

- The oil for Kayaseka is to be heated by keeping the vessel on a hot water bath. The temperature of oil must be comfortable to the patient. Then piece of cloth is to be dipped in the warm oil and squeezed over body with the right hand. Simultaneously gentle massage is done with left hand. The oil should flow in uniform stream from the thumb facing down wards from a height 12 to 20 cms. As per the condition of the disease / patient, the process is to be continued in seven days.

Positions as given below.

- **Positions for Kayaseka:**

Basically three positions Sitting, Supine and prone are described but practically following seven positions can be followed:

1. Sitting
2. Supine
3. Left lateral
4. Prone
5. Right lateral
6. Supine
7. Sitting

5. Post operative

- After Kayaseka, the body of the patient is to be massaged gently and oil to be wiped off with clean towel over the scalp and body. Then fresh oil is to be applied all over the body and covered with blanket or cotton cloth. Rest is advised for few minutes followed by hot water bath. Rasnadi churna is to be applied over the scalp and Gandharva hasthadi kwatha (20 ml) is to be given orally.

Duration:

- The duration of the procedure may be 45 to 60 minutes and usually performed for 7, 14 or 21 days according to the condition of the disease/ patient.

6. Safety Precautions

- Care should be taken to avoid Painful inflammatory conditions, Acute stages of fever
- Avoid excess heating of oil
- Monitor vitals during treatment

7. Emergency Management

- **Fainting** : - Stop treatment, head low position , IV Dextrose manage accordingly

J. SHASHTIKA SHALI PINDA SWEDA (NAVARAKIZHI)

1. Introduction

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 .

2. Requirement ^{R1xxi}

a. Requirement-Manpower

i. Ayurvedic Physician:	1
ii. Masseur:	2
iii. Attendant:	2

b. Requirement-Material

• Panchakarma Droni	- 1
• Gas Stove	-1
• Vessels	- 2 or 3
• Cotton pieces (1ft x 1 ft)	- 4 no.
• Cotton thread	- 2 mtrs
• Palm leaves/ Banana leaves	- 8 - 10 in No.
• Towel	
• Hot water for bath	

Medicated oils commonly used for Abhyanga:

- Mahamasha taila
- Dhanwantara taila
- Ksheerabala taila
- Karpasasthyaditaila
- BalaAshvagandha taila
- Narayan taila
- Balaguduchyadi taila
- Sahachar taila
- Quantity required: approx.100 ml

J. SHASHTIKA SHALI PINDA SWEDA (NAVARAKIZHI)

1. Introduction

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 .

2. Requirement ^{R1xxi}

a. Requirement-Manpower

i. Ayurvedic Physician:	1
ii. Masseur:	2
iii. Attendant:	2

b. Requirement-Material

• Panchakarma Droni	- 1
• Gas Stove	-1
• Vessels	- 2 or 3
• Cotton pieces (1ft x 1 ft)	- 4 no.
• Cotton thread	- 2 mtrs
• Palm leaves/ Banana leaves	- 8 - 10 in No.
• Towel	
• Hot water for bath	

Medicated oils commonly used for Abhyanga:

- Mahamasha taila
- Dhanwantara taila
- Ksheerabala taila
- Karpasasthyaditaila
- BalaAshvagandha taila
- Narayan taila
- Balaguduchyadi taila
- Sahachar taila
- Quantity required: approx.100 ml

Medicated Kwatha:

- Dashamoola Kwatha/ Balamoola Kwatha – 3 liters
- Gandharva Hastadi Kwatha – 60 ml (orally)
- Amalaki Kalka (paste of *Embllica officinalis*):
- Paste prepared after boiling in butter milk – 100 gm
- Others: Cow's milk – 3 liters
- Shastikashali (Special variety of rice) – 300 to 500 gm

3. Pre operative

- 300 to 500 gm of Shastikashali (specific variety of rice, which is yielded after 60 days) is cooked with 1.5 liters of milk and decoction of Balamoola (root of *Sida cordifolia*) 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 paste of Amalaki Kalka should be applied on the scalp.

4. Operative

- 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 seven positions.

5. Post operative

- At the end of the procedure, the paste of medicine remaining over the body should be scrapped off with banana 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 should be applied over the body and Gandharva hasthadi kwatha is given orally.
- 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.

6. Safety Precautions

- Care should be taken during procedure lest this procedure may cause severe injury or burn in the dermis
- Avoid excess heating of the pottali
- Monitor vitals during treatment

7. Emergency Management

- **Fainting** : - Stop treatment, head low position , IV Dextrose manage accordingly

Manjusha

H. O. D.
Panchakarma Dept.
Shri Saptashrunji Ayurved,
College & Hospital,
Nashik

K. Avagaha Sweda (Sitz Bath)

1. Introduction

Avagaha sweda is a type of Swedana (sudation) in which the patient is made to sit/ lie in a tub containing medicated decoction for a certain period of time so as to give fomentation to the body .

2. Requirement

i. Requirement-Manpower

1. Ayurvedic Physician: 1
2. Masseur: 2

ii. Requirement-Material

Materials and Equipments:

- Bath Tub (6 ft x 2.6 ft x1.4 ft)-1
- Vessels-2
- Decoction of medicinal plants-40-60 litres
- Oil for Abhyanga- 100ml
- Towel/ tissue paper etc.

Medicines: Usually the following Decoctions are used for this purpose

- Sahachara kwatha
- Nirgundi kwatha
- Dashamoola kwatha
- Triphala Kwatha
- Sidha ksheer
- Ushnodaka
- Rose water ^{R1xxii}

3. Pre operative

- The patient should be massaged properly.
- Decoction (kashaya) of various dravyas prepared in classical way.

4. Operative

- Patient advised to sit in the tub (containing warm decoction) for 20 to 30 minutes.
- It should be ensured that the lower part of the body is submerged in the decoction.
- To maintain continuous uniform temperature, fresh warm liquid may be added to the decoction after small intervals.

5. Post operative

- After completion of this procedure, body should be wiped off.
- The patient should be advised to take hot water bath followed by light food.
- Gandharva hastadi kwatha is to be given afterwards for drinking.
- The treatment may be given for 3-7 days or as per Physician's directives based on patient / disease condition.

6. Safety Precautions

- Avoid over heating of water
- Care should be taken during procedure lest this procedure may cause severe injury or burn in the dermis
- Monitor vitals during treatment

7. Emergency Management

- **Fainting** : - Stop treatment, head low position , IV Dextrose manage accordingly

Manjusha
H. O. D.
Panchakarma Dept.
Shri Saptashrungi Ayurved,
College & Hospital,
Nashik

L. Upanaha (Poultice)

1. Introduction

Upanaha is one type of Swedana (sudation) in which the medicines are made in to a paste 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. Acharya Chakrapani described the Upanaha sweda as of two types (i.e. Sagni, Niragni).

2. Requirement

a. Requirement-Manpower

- | | |
|-------------------------|---|
| i. Ayurvedic Physician: | 1 |
| ii. Masseur: | 1 |

b. Requirement-Material

- | | |
|---|-----------|
| i. Fine powder of prescribed drugs- | 50 gms |
| ii. Taila/ Ghrita (Medicated oil/ghee)- | 15-25 ml |
| iii. Amladravya (Dhanyamla/ Curd)- | 50-100 ml |
| iv. Saindhava (Rock salt)- | 20-30 gms |
| v. Leaves of Eranda (Ricinuscommunis)- | QS |
| vi. Thick cotton / woolen cloth- | QS |
| vii. Vessel & Stirrer (Spoon)- | each 1 |

3. Pre operative

- Saindhava and powdered drugs are to be taken in a vessel along with sufficient quantity of Taila/ Ghrita and Amladravya and then heated.
- This mixture is stirred continuously till it becomes thick paste. Warm oil should be applied in the area where Upanaha is to be done.

4. Operative

- Above paste with bearable heat should be applied. The area where the paste is applied should be covered with Erandapatra or other prescribed leaves and bandage to be done with thick cotton cloth.

5. Post operative

- Bandaged removal after 8 – 12 hours followed by oil application.

6. Safety Precautions

- Care should be taken during procedure lest this procedure may cause severe injury or burn in the dermis
- Monitor vitals during treatment

7. Emergency Management

- For burn injury- Application of aloe vera on the site

Mangusha

H. O. D.

Panchakarma Dept.
Shri Saptashrungi Ayurved,
College & Hospital,
Nashik

M. PATRA PINDA SWEDA

1. Introduction

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 rock salt and suitable medicated oil. This hot mixture is tied in cotton cloth as boluses for application over the body

2. Requirement

a. Requirement-Manpower

- | | |
|------------------------|-----|
| i. Ayurvedic Physician | - 1 |
| ii. Masseur | - 2 |

b. Requirement-Material ^{R2xxiii}

- | | |
|--------------------------|----|
| i. Panchakarma Droni | 1 |
| ii. Frying pan | 1 |
| iii. Vessels for heating | QS |
| iv. Gas stove | 1 |

Ingredients:

- | | |
|--|----------|
| i. Leaves of various herbs (chopped into pieces) | -1 kg |
| ii. Rock salt | - 15 gms |
| iii. Medicated oil | - 100 ml |
| iv. Indicated herbal powders | - 20 gms |

The leaves commonly used:

- i. Eranda (*Ricinus communis*)
- ii. Karanja (*Pongamia glabra*)
- iii. Shigru (*Moringa oleifera*)
- iv. Dhatura (*Datura metel*)
- v. Arka (*Calatropis procera*)
- vi. Nirgundi (*Vitex Negundo*)
- vii. Sahachar (*Baleria prionitis*)
- viii. Nimba (*Azadirecta indica*)

The Medicated Kwatha: -Gandharva hastadi kwatha – 60 ml. (orally)

Commonly used oils ^{R1xxv}

- i. Karpasasthyadi taila
- ii. Kottamchukkadi taila
- iii. Sahachar taila
- iv. Nirgundi taila
- v. Bala-ashwagandhadi taila
- vi. Murchit tila taila

3. Pre operative

- The leaves and lemon are cut into very small pieces and fried with medicated oil and rock salt 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.
- Prior to Patra Pinda Sweda, abhyanga should be done in all seven postures.
- In a pan medicated oil is heated.

4. Operative

- The bolus (pottali) should be heated in frying pan.
- Bolus should apply gently in 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.
- Treatment should be done for at least 20-30 min.

5. Post operative

- At the end of the procedure, body should be wiped off with dry soft towel.
- Gandharva hastadi kwatha is to be given orally.
- The patient should take complete rest for at least an hour and then allowed to take bath with warm water.

6. Safety Precautions

- Care should be taken to avoid Painful inflammatory conditions, Acute stages of fever
- Avoid excess heating of pottali
- Monitor vitals during treatment

7. Emergency Management ^{R2xxv}

- For burn injury- Application of Shatadhouta ghrita or aloe vera on the site

N. Churna sweda

1. Introduction

Churna Sweda is a kind of Swedana (sudation) given by powder of various herbs made as pottalis (bolus) and application of these pottalis over the body after heating.

2. Requirement

a. Requirement-Manpower

- i. Ayurvedic Physician: 1
- ii. Masseur: 2

b. Requirement-Material

- i. **Material and Equipments:**
- ii. Medicinal powder 200-400 gm
- iii. Oil : 25-50 ml
- iv. Gas stove :1
- v. Others - Cotton cloth, thread, Panchakarma Droni, frying pan, big spoon

Medicines: R1xxvi

- vi. Kola Kulutthadi churna
- vii. Jatamanshyadi churna
- viii. Tilamashadi churna
- ix. Dashmuladi churna
- x. The Medicated Kwatha: **Gandharva hastadi kwatha – 60 ml. (orally)**

Commonly used oils: R2xxvii

- i. Karpasasthyadi taila
- ii. Kottamchukkadi taila
- iii. Balaashwagandhadi taila
- iv. Dhanwantara taila
- v. Sahachar taila
- vi. Narayan taila
- vii. Murchit tila taila

3. Pre operative

- Powder of medicinal plants / seeds fried with medicated oil.
- This mixture is tied up in a cotton cloth to prepare a bolus.
- Abhyanga should be done in all seven postures if advised by physician.
- Oil is heated in frying pan.

4. Operative

- The bolus (pottali) should be heated in frying pan.
- This bolus is heated in oil and applied with mild pressure over the body after gentle massage.
- Bolus should apply gently in 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.
- Treatment should be done for at least 20-30 min.

5. Post operative

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

6. Safety Precautions

- Care should be taken during procedure lest this procedure may cause severe injury or burn in the dermis
- Avoid excess heating of the pottali
- Monitor vitals during treatment

7. Emergency Management ^{R2xxviii}

- For burn injury- Application of Shatadhout ghrita or aloe vera on the site

Manjusha
H. O. D.
Panchakarma Dept.
Shri Saptashrungi Ayurved,
College & Hospital,
Nashik

O. SHIRODHARA

1. Introduction

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.

2. Requirement

a. Requirement-Manpower

- | | |
|-------------------------|---|
| i. Ayurvedic Physician: | 1 |
| ii. Attendant: | 2 |

b. Requirement-Material

- | | |
|--------------------------------------|----------|
| i. Shirodhara patra | 1 |
| ii. Dhara table | 1 |
| iii. Suitable liquids for Shirodhara | 3 litres |

Medicines: Any of the following oils ^{R1xxix}

- iv. Ksheerabala taila
- v. Chandanadi taila
- vi. Dhanvantara taila
- vii. Narayana taila.
- viii. Bramhi taila
- ix. Bhringraj taila
- x. Jatamansi taila
- xi. Murchit tila taila

Other liquids: ^{R2xxx}

- xii. Buttermilk prepared with Amalaki (*Embllica officinalis*).
- xiii. Decoction of Yashtimadhu (*Glycyrrhiza glabra*) s iddha with cow milk
- xiv. Cow Milk
- xv. Decoction of Amalaki (*Embilica officinalis*)

3. Pre-operative

- 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.
- 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 (4 angulas)

4. Operative

- Warm oil/ medicated liquids should fall from a height of 8 to 10 cm (4 angulas) over forehead.
- The oil/ liquid poured is recollected and reheated just above the body temperature and again poured in the DharaPatram.
- The attendant should move the vessel to both sides of the fore head so that the flow of liquid reaches both sides properly.

5. Post operative

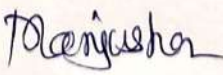
- After this process, the oil is to be wiped off and the patient is advised to take bath with medicated warm water after half an hour.
- It may be done for 7, 14 or 21 days as per the severity of the disease.

6. Safety Precautions

- Care should be taken during procedure lest this procedure may cause severe injury or burn in the dermis
- Avoid excess heating of the dhara dravya oil, kashaya, siddha ksheer etc.
- Monitor vitals during treatment
- Dhara dravya should not roll down into eyes and ears.

7. Emergency Management

- For burn injury- Application of Shatadhout ghrita or aloe vera on the site
- Headache- Immediately stop the procedure


H. O. D.
Panchakarma Dept.
Shri Saptashrungi Ayurved,
College & Hospital,
Nashik

P. SHIROLEPANA

1. Introduction

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

2. Requirement

a. Requirement-Manpower

- i. Ayurvedic physician : 1
- ii. Attendant : 1

b. Requirement-Material

- i. Musta (Cyperus rotundus) 10-20 gm.
- ii. Dried Dhatriphala (Emblica officinalis) - 250 gm
- iii. Takra (Butter milk) - 500 ml.
- iv. Taila (Suitable oil) - 20 ml.
- v. Lotus leaves -QS
- vi. Rasnadi Churna (Powder of Pluchea lanceolata) -QS

3. Pre operative

- Milk is boiled with Musta (Cyperus rotundus). Curd is made from this boiled and cooled milk.
- Takra is prepared from this curd and Amalaki (Emblica officinalis) is to be soaked in Takra for overnight.
- The next day paste is prepared from this mixture.

4. Operative

- 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.
- Paste should be applied on his head with a thickness of 3 inches. At the center, a dip (trench) is made and taila is poured into it.
- Lotus leaves are to be covered on the applied paste and tied around the head.

5. Post operative

- After one hour, lotus leaves and the paste should be removed.
- Afterwards head is to be washed and RasnadiChurna is to be applied.
- **Time and duration:** Morning, between 8 AM to 10 AM for one hour daily.
- The course of treatment may be continued for 7 days or 14 days.

6. Safety Precautions

- Monitor vitals during treatment

7. Emergency Management

- Headache- Immediately stop the procedure

Q. SHIRO BASTI

1. Introduction

Shiro Basti is a type of Murdhataila , in which the medicated oil is kept over the head with the help of a cap fixed for a prescribed period of time.

2. Requirement

a. Requirement-Manpower

- | | |
|------------------------|-----|
| i. Ayurvedic Physician | : 1 |
| ii. Attendant | : 1 |

b. Requirement-Material

Material & equipments required:

- | | |
|--|------------|
| i. Rexene/ leather cap (75 cm X 25 cm) - | 1 |
| ii. Black gram floor- | 25 0gms |
| iii. Medicated oil- | 1.5 litres |
| iv. Cotton cloth (5 cm X 60 cm) - | 2 |
| v. Gas Stove- | 1 |
| vi. Hot water bath- | 1 |
| vii. Vessels- | 3 |
| viii. Rasnadi churna (Powder of Pluchea lanceolata)- | 5 gm |
| ix. Arm chair- | 1 |

Medicated oils commonly used :

- | |
|-------------------------|
| x. Dhanwantarataila |
| xi. Narayana taila |
| xii. Balataila |
| xiii. Ksheerabalataila |
| xiv. Chandanaditaila |
| xv. Karpasasthyaditaila |

3. Pre operative

- The patient is made to sit comfortably in an armed chair.
- The strip of cloth smeared with paste of black gram powder should be wound around the head 2 cm above the eye brows.

- 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 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.

4. Operative

- 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 with warm oil at regular intervals.
- The process is to be continued for 45 minutes.
- **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.

5. Post operative

- At the end of the procedure, the oil is to be taken out by dipping cotton piece and squeezing in a container so as to recollect the oil.
- Cap is removed and head wash is done. After wiping off the oil with clean and dry towel.
- Rasnadi churma is applied. Gentle massage is performed on shoulder, neck forehead and back.

6. Safety Precautions

- Care should be taken during procedure lest this procedure may cause severe injury or burn in the dermis
- Avoid excess heating of the oil.
- Monitor vitals during treatment
- Proper sealing of the shirobasti yantras should be done to avoid leakage of dravya.

7. Emergency Management

- For burn injury- Application of aloe vera on the site
- Headache- Immediately stop the procedure

R. KATI BASTI

1. Introduction

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

2. Requirement

a. Requirement-Manpower

- | | |
|-------------------------|---|
| i. Ayurvedic physician: | 1 |
| ii. Attendants: | 2 |

b. Requirement-Material

Material and Equipments:

- i. Panchakarma table- 1
- ii. Vessels-3
- iii. Spoon-1
- iv. Cotton QS
- v. Hot water for bath-1
- vi. Medicated oil- 1 Lt.
- vii. Black gram powder-1 Kg.
- viii. DashamulaKwatha for NadiSweda

Medicines:

- ix. Any of the following Medicated oils can be used:
- x. Karpasasthyaditaila
- xi. Sahacharaditaila
- xii. Masha taila
- xiii. Dhanvantarataila
- xiv. Kottumchukkaditaila.
- xv. Mahanarayanataila

3. Pre operative

- 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 cm, thickness of 2-3 cm and height 5 cm.

4. Operative

- Selected patient should undergo Abhyanga (massage) all over the body and then Nadisweda (Medicated steam) on the low back & legs.
- Patient is advised to lie down in prone position. The prepared dough is to be fixed on the lumbosacral area in a 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.

5. Post operative

- 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.

- **NOTE : - Same procedure should be when we are carrying out other external Bastis like Janu Basti, Greeva Basti, Prushtha Basti. Procedure is same only site is different and positions were different- R1xxx1**

- Kati basti
- Greeva basti
- Prushtha basti
- Janu basti -- Sitting or Supine position
- Ansa basti -- Sitting position
- Urobasti -- Supine position

- The course of treatment may be continued for 7 days or 14 days.

6. Safety Precautions

- Avoid over heating of oil
- Care should be taken during procedure lest this procedure may cause severe injury or burn in the dermis
- Monitor vitals during treatment

7. Emergency Management

- For burn injury- Application of aloe vera on the site

S. URO BASTI

1. Introduction

- Retaining warm medicated oil on specific area of chest for a specified period of time is called Uro Basti.

2. Requirement

a. Requirement-Manpower

- i. Ayurvedic Physician : 1
- ii. Masseur : 1

b. Requirement- Material and Equipments:

- i. Panchakarma table - 1
- ii. Medicated oil - 500 ml
- iii. Black gram powder - 500 gm - 1 Kg.
- iv. Cotton gauze -QS
- v. Medicated oil (any of the following):-
- vi. Karpasasthyaditaila
- vii. Panchagunataila
- viii. Balaashwagandhaditaila
- ix. Balataila
- x. Narayana taila
- xi. Kottumchukkaditaila

3. Pre operative

- Black gram powder is made in to dough by mixing it with water.
- The patient has to lie down in supine position. A trough is to be made with this dough on chest or heart region.

4. Operative

- Medicated oil has to be filled in it and retained for 30 to 40 minutes.
- After the specified time, the oil is to be removed with the help of cotton gauze.

5. Post operative

- Thereafter, trough can be removed and oil wiped off.
- The patient is to be advised to take rest.
- Procedure is done for 7 days.

6. Safety Precautions

- Avoid over heating of oil
- Care should be taken during procedure lest this procedure may cause severe injury or burn in the dermis
- Monitor vitals during treatment

7. Emergency Management

- For burn injury- Application of aloe vera on the site

Manjusha

H. O. D.
Panchakarma Dept.
Shri Saptashrungi Ayurved,
College & Hospital,
Nashik

T. Udavartana

1. Introduction

The term *Udwarthanam* can be split as *Urdhwa* and *Varthanam*. *Urdhwa* means Upward. *Varthanam* means to move. *Udwarthanam* thus means 'to move something in an upward movement'. *Udwarthana* also means elevation. *Udwarthanam* is a special type of *Abhyanga* (massage) in which – Herbal powders are used for massaging (oils also may be used)

Snigdha Udwarthana:

Snigdha means with *Sneha* (fats like medicated oil, medicated ghee etc). In this type of *Udwarthana*, the herbal powders are not directly rubbed over the body. In fact, the powders are mixed with medicated oils or ghee and made into paste. This paste is rubbed over the body in reverse direction (from below upwards) after doing *Abhyanga* (massage).

Ruksha Udvarthana

Ruksha means Dry. The name itself indicates that no oil is used in this procedure. This is opposite of *Snigdha Udwarthana*. This means to tell that herbal powders are directly rubbed or stroked (without mixing or frying them with oil or ghee) over the body in upward direction after conducting *Abhyanga*.

2. Requirement

b. Requirement-Manpower

- i. Ayurvedic Physician : 1
- ii. Masseur : 2

c. Requirement- Material and Equipments:

- i. Kolkulyathyadi choorna
- ii. Kottamchukkadi choorna
- iii. Triphala Powder
- iv. Triphala tailam
- v. Lavana tailam
- vi. Saindhavadi Tailam

3. Pre operative

- All material are arranged and powder are made into paste after mixing with proper oil
- The patient has to lie down in supine position

4. Operative

- **Snigadh Udvarthana Technique**
- In *Snigadh Udvarthana*, oil massage with recommended oil is done beginning from head, face, back, chest, abdomen, arms, thighs, legs and feet.

- Herbal paste is prepared mixing medicated oil and applied over the skin.
- Herbal paste is rubbed from hands to shoulders, lower back to neck, feet to thighs and thighs to buttocks. On buttocks left to right and right to lefts strokes are also performed.
- Upward strokes with pressure are also used during rubbing the herbal paste.
- For abdomen, rubbing starts from left to right and then right to left. Herbal paste is also rubbed in clockwise movements making small circles initially then large circles covering the whole abdomen around the umbilicus.
- **Ruksha Udvartana Technique**
- In Ruksha Udvartana, a fine powder of herbal mix is used for rubbing.
- Other steps from 3 to 5 are same as described in Snigadh Udvartana Technique.

5. Post operative

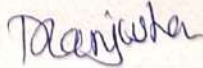
- The patient is to be advised to take rest.
- Procedure is done for 7 days.

6. Safety Precautions

- Avoid putting lots of pressure while rubbing paste
- Care should be taken during procedure lest this procedure may cause severe scratches in the skin
- Monitor vitals during treatment

7. Emergency Management

- For scratches and itching - Application of Jatyadi taila or Jatyadi ghrita on the site


H. O. D.
 Panchakarma Dept.
 Shri Saptashrunji Ayurved,
 College & Hospital,
 Nashik

Revision 1 and Revision 2

i R1 : Requirement material- Hot water for all purpose

ii R2 : Requirement material- Addition of Dadimadi Ghrit, Triphala Ghrit, Goghrit

iii R1 : Requirement material- Chicken pea powder (Besan)/ Red lentil powder (Massure) for Snana

iv R2 : Post operative- Medicated powder (paste of Utane and Massure powder)

v R1 : Medicated Kwathas- Addition of Triphala, Nirgundi (Moola / patra) (Vitex negundo), Eranda (Moola/ patra) (Ricinus communis), Sahachar (Barleria prionitis)

vi R2 : Medicated Kwathas- Tulasi (Ocimum sanctum), Bala mool (Sida cordifolia), Vasa (Adhatoda vasika), Gomutra, Kangi or Dhanyamla may also be used.

vii R1 : Emergency Management- Burns- Shatadhaut ghrita

viii R2 : Requirement material- Others: Pulse oximeter

ix R1 : Vamana Yoga- Madanaphala-pippali churna (Randia dumatorum) powder: 3 to 6 gm depends upon patients, Madanphala (in whole phala churna): 10 to 15 gms ,

Medicated oil for application- Any Vataghna oil

Other Vamanopag Dravyas/ Akanthapanart- Ikshuras: 2-3 lits

x R2 : Other Vamanopag Dravyas/ Akanthapanart- Nimbaswaras: sos

xi R1 : Madanphala + Vacha + Saindhav combination should be used in 4:2:1 proportion

xii R1 :Post operative- Addition of Eladi Gana dravyas

xiii R2 : Post operative- 3 to 7 days depends upon the Shudhi prakaras.

Emergency management- Bodyache, Laksha Churna chatan

xiv R1 : Requirement- Virechan yogas- Single drugs- Eranda (Castor oil)- oil– 30 to 70 ml

Compound preparations- Trivrit Awaleha- 30 to 70 gms, Hridya virechana - 30 to 70 gms

xv R1 : Requirement-For Sneha Basti (Glycerin syringe approx. 150 ml capacity)

Pre operative- Shatavha is removed from Sneha basti ingredients

xvi R2 : Requirement- Basti netra (Simple rubber catheter)

Division of Sneha basti and Niruh basti done in requirement and pre operative

xvii R2 : Pre operative of niruh basti Shatavha is replaced by Putiyavanyadi kalka

xviii R1 : Introduction- Head and neck words replaced by Supraclavicular region

Requirements- Gokarna is replaced by Dropper for safety precautions and for quality maintenance

xix R2 : Nasya, Requirement- Medicines- Addition Vacha taila, Panchendriyavardhana taila

xx R1 : Requirement- Material Kindi or Dhara patra 5 liter capacity.

xxi R1 : requirement- material- Medicated oils commonly used for abhyanga- BalaAshvagandha taila, Narayan taila, Balaguduchyadi taila, Sahachar taila

Requirement- material use of Banana leaves

xxii R1 : Requirement- material- medicines- Addition of Triphala Kwatha, Sidha ksheer, Ushnodaka, Rose water

xxiii R2 : Requirement material- ingredients- Indicated herbal powders - 20 gm

Leaves commonly used- Sahachar (Baleria prionitis), Nimba (Azadirecta indica)

xxiv R1 : Commonly used oils- Sahachar taila, Nirgundi taila, Bala-ashwagandhadi taila, Murchit tila taila

xxv R2 : Emergency management- burn- Shatadhauta ghrita

xxvi R1 : Requirement material- medicines- addition of Dashmuladi churna

xxvii R2 : Commonly used oils- Addition of Sahachar taila, Narayan taila, Murchit tila taila

xxviii R2 :Emergency management- burn- Shatadhauta ghrita

xxix R1 : Requirement material- medicines- Addition of Bramhi taila, Bhringraj taila, Jatamansi taila, Murchit tila taila

xxx R2 : Requirement material- other liquids-remove coconut water, Decoction change Yashtimadhu to Amalaki

xxxi R1 : post operative- Note has been modified



Ref. No.

Date :

Department Of Kaumarbhritya
SOP For Pediatric Panchkarma Procedure

Prepared on : 15 / 01 / 2013
Revised on R1 : 07 / 01 / 2017
Revised on R2 : 04 / 01 / 2021

A. SNEHANA (INTERNAL OLEATION)

1. Introduction

Snehana stands for oleation of whole body by the administration of fatty substances (oils and ghrita) internally and externally. Snehapana (internal administration of Sneha-oils and ghrita) is an important preparatory procedure for Panchakarma. Four main types of Snehanadravyas 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 because of its properties. Usually in children internal oleation is less practiced than external one. However, for the chronic diseases internal consumption is practiced judiciously and in the form of Ghee only.

Snehana (Oleation) includes:

- Abhyantara Snehana (Internal Oleation)
- Bahya Snehana (External Oleation)

Abhyantara Snehana: - Internal oleation classified into Achehha Pana (only snehanadravya) and Vicharanasnehana (snehanadravya mixed with food). Usually practiced in children is Vicharana and not the Accha paan.

2. Requirement

a. Requirement-Manpower

- i. Ayurvedic Physician: 1
- ii. Attendant/ Nurse: 1

b. Requirement-Material

- i. Medicated ghee or oil according to the requirement
- ii. Measuring glass
- iii. Saindhava (Rock Salt)
- iv. Hot water for all purposes drinking, hand wash, Bath etc¹
- v. Dadim Ghrita, Indukanta Ghrita, Triphala Ghrita, Go-Ghritaⁱⁱ.

3. Pre operative

- Agnibala (digestive power) and Koshta (Gastric condition) assessment should be done for the children prior to Snehapana.
- For the patient with unknown doshas, agni etc. one may start with Hrasiyasi matra (which is digested within two yamas/hours).

4. Operative

- The patient who is intended to undergo Snehapana is to take the Sneha early 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 15 to 30 ml
- The dose for the next day should be fixed after assessing the time taken for digestion and agni pradurbhava.
- Snehapana (internal administration of unctuous substance) may be continued till Samyaka Snigdha 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 are calculated as per the increasing age of children.

First day : 30ml

Second day : 60ml

Third day : 90ml

Fourth day : 120ml

Up to 7thday :210ml

5. Post operative

- Hot water and yusha (gruel) is given in small doses to enhance the digestion (Deepana, Pachana).
- Patient is advice to avoid ashtomahadoshakar bhava.
- Avoid day sleep
- Avoid travelling and direct contact with air

6. Safety Precautions

- Care should be taken to avoid excessive heating of snehadravya

7. Emergency Management

- Indigestion, Vomiting, Nausea, Anorexia, Headache, Constipation etc.
- In such conditions, Snehapana should be discontinued and fasting. Deepana (Stomachic). Pachana (Digestive) drugs may be given based on the patient/ disease condition. For proper digestion of snehadravayashunthi siddha Jala can be given in each patient.

Scientific observation:

- Oleation pacifies Vata; lubricates and softens the Doshas. It improves digestion, regularizes bowels, improves the strength and complexion and prevents premature ageing.
- **N. B.** After completing Snehana (oleation), Swedana (sudation) is to be carried out (1- 3 days) based on the patient/ disease condition

Sabel
H.O.D.
Dept. of Kaumar-bhritya
SSAM and H. Nashik.

B. ABHYANGA (EXTERNAL OLEATION / MASSAGE)

1. Introduction

Abhyanga can define as the procedure of application of Sneha Dravya over the body with mild pressure. Abhyanga word derived from 'Abhi' upsarga and 'anga' dhatu. Thus, taila /ghrita/ vasa etc. 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 performed as therapeutic procedure as well as preventive procedure.

2. Requirement

i. Requirement-Manpower

1. Ayurvedic Physician:	1
2. Masseur:	2

ii. Requirement-Material

1. Abhyanga table	-1
2. Medicated oil Ksheerabala taila	-100 ml
3. Vessel	-200ml.
4. Tissue paper/ soft towel	
5. Chick pea flour ⁱⁱⁱ / Medicated Snana Churna/ Red Lentil flour ^{iv} / Medicated soap	

3. Pre operative

- The patient is undressed with minimal cloths.
- The patient is made to sit on the Abhyanga table with leg extended.
- Oil is heated in hot water tub bath table

4. Operative

- The oil is to be heated to optimum comfortable 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 scalp, head and move down to neck, upper back, shoulders, upper arms, for arms, hands and then chest, abdomen, low back and lower limbs.

- Abhyanga should be done in sitting, supine, right lateral and left lateral position, prone position.
- At the end of the procedure the oil on the body is wiped off with tissue paper or towels.
- For the lower age group children a single Masseur can be sufficient.

5. Post operative

- Patient should take complete rest for half to one hour in a comfortable manner.
- Bath can be taken with hot water and Paste of medicated powders (Uatane) or soap may be used to remove the oil and to clean the body.
- Light semisolid digestible diet may be advised after bath.

6. Safety Precautions

- Care should be taken to avoid excessive heating of snehadravaya.
- The gentle pressure used during massage relaxes the muscles.

7. Emergency Management.

- Abhyanga should stop immediately and symptomatic treatment should be given to patient.

Babel

H.O.D.

**Dept. of Kaumar-bhritya
SSAM and H. Nashik.**

C. Bashpa Sweda (Steam Bath)

1. Introduction

- This is a kind of sudation 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 Vashpa Sweda Yantra (A steam-bath chamber) is required. Medicinal herbs /decoction is kept boiling in the Vashpa Sweda Yantra from where the steam is generated and applied all over the body or any specific part through a tube or pipe. The patient is advised to lie down inside the steam chamber after massage with warm oil.
- A Nadi swedana is usually practiced for the younger children and Bashpa swedana is used for elder ones.

2. Requirement

➤ Requirement-Manpower

- i. Ayurvedic Physician : 1
- ii. Masseur : 1

➤ Requirement-Material

- i. Medicated kwathas (Decoction)
- ii. Suitable oil for massage (Mahanarayana Taila, Dhanwantara Taila etc.)
- iii. Vashpa Sweda Yantra / Steam Chamber
- iv. Bed-sheet
- v. Cloth
- vi. Towel etc.

Medicated Kwathas (Decoction):

- vii. Usually Dashamoola is used
- viii. Bilwa (Aegle marmelos)
- ix. Agnimantha (Premnaintegrifolia)
- x. Shyonaka (Oroxylum indicum)
- xi. Patala (Ptereospermum suaveolens)
- xii. Gambhari (Gmelina arborea)
- xiii. Brihati (Solanum indicum)
- xiv. Kantakari (Solanum xanthocarpum)

- xv. Gokshura (Tribulus terrestris)
- xvi. Shaliparni (Desmodium gangeticum)
- xvii. Prishniparni (Urariapicta)
- xviii. Gomutra
- xix. Dhanyamla
- xx. Sahachar
- xxi. Eranda Moola (Ricinus communis), may also be used.
- xxii. Candy /sweet toffee for keeping inside mouth.

3. Pre operative

- Patient should be in minimum cloths
- Patients are to be massaged properly with suitable oil for 30-45 minutes all over the body

4. Operative

- Then the patient is advised to lie down inside the Vashpa Sweda Yantra.
- Patient is to remain inside the yantra for 15-20 minutes or till gets proper perspiration (Samyak swinna Lakshana).
- Prior to Virechana it is recommended for 3 days and for Vamana one day.

5. Post operative

- At the end of the procedure, patient may come out of the chamber and the sweat is wiped off with a towel.
- Bath is advised with Luke warm water according to the physician's choice
- Light (liquid or semisolid) diet is advised after the procedure

6. Safety Precautions

- Direct contact of steam with body part should be avoided.
- Excessive heating and excessive perspiration is avoided

7. Emergency Management

- **Fainting**–Sprinkle cold water on the face, apply suitable oil, Drakshadi kwatha internally can be given.
- **Burns** – Apply Madhu (Honey), Ghrita (Ghee), Ghrita-kumari (Aloe vera), Shata Dhauta Grita^y and Other suitable treatment.

D. Vamana (Therapeutic Emesis)

1. Introduction

- Vamana means to induce vomiting; it is a bio-cleansing measure meant for the elimination of doshas (mainly Kapha) accumulated in the upper gastro intestinal tract (Amasaya). Vamana is a treatment of choice in Kaphaja disorders.

2. Requirement

a. Requirement-Manpower

- i. Ayurvedic Physician :1
- ii. Masseur :1
- iii. Attendant :2

b. Requirement-Material

- i. Comfortable seat (Arm chair) (VamanaPeetha):1
- ii. Bucket:1
- iii. Vessels: 3
- iv. Others: [Mug, Glass, bowl, towels, B.P. Instruments, Weighing Scale, ECG Machine, Thermometer, Measuring Glass etc.]

Vamana Yoga (Formulation to induce vomiting): Ingredients in approx.

- i. Madanaphala (Randiadamatorum) powder: 2 to 3 gm depends upon patients
- ii. Rock Salt : 2 - 5gm
- iii. Madhu (Honey):
- iv. Others: Quantity sufficient
- v. Medicated oil for application on chest, back, abdomen:100 ml
 - a. (Mahanarayan Taila, Ksheerabala Taila, Chandanbala Taila, Lakshadi Taila, Dhanwantara Taila etc. may be used according to Dosha and disease).
- vi. Milk: 2 ltr.
- vii. Yashtimadhu kashay is usually not practiced in children.

3. Pre operative

- Deepana, Pachanasnehana and swedana should be done properly prior to vamana.

- The patient is to be prepared for Vamana by performing Purvakarma properly as indicated and is prescribed to take Kaphotklesha dravyas like fish, sweets, masha (black gram), payasam (rice cooked in milk with ghee) curd-rice etc. on the previous day of Vamana.
- Vamana is to be conducted in the morning preferably between 7 to 8 A.M. After abhyanga and sarvanga Swedana.

4. Operative

- Patient is to be advised to sit comfortably in a chair (Vamanpeetha).
- Milk is to be given full stomach around 1-2 liter.
- Madanphaladi yoga (semisolid paste of madanphala, saindhava, and honey) is given to be licked, this is usual practice for adult but for children the milk is given till saturation level. Hence Vamana Yog is not to be used for younger child but healthy child can be practiced.
- Vamana starts within 15-30 minutes after giving the medicine. While the patient is vomiting, masseur should massage back in upward direction and attendant can press in umbilical area. To stimulate the urge for the bouts of vomiting.
- Milk should be given repeatedly.
- After madanphala yoga came out in vomitus Koshna jal can be given to children.
- Whenever ayurvedic physician assessed samyaka vamana lakshanas vamana has to be stopped.
- Assessment criteria of vamana procedure are elaborately mentioned in the classics. Usually the fluid comes out within 48 minutes.
- **Vegas (bouts) of Vamana:**

According to number of bouts (Vegas) Vamana may be classified into-

JaghanyaVamana / mild emesis	– 4 vegas (bouts)
MadhyamaVamana / Moderate emesis	– 6 vegas (bouts)
PravaraVamana / Excellent emesis	– 8 vegas (bouts)

5. Post operative

- When Samyak yoga (appropriateness) of Vamana is observed the patient should clean his mouth and face with warm water.
- Dhumapana (medicated smoking) with the prescribed drugs e.g. Eladi Gana^{vi} and ghee is to be performed.
- In the evening, the patient may be instructed to take hot water bath.
- When the patient is having good appetite, Samsarjana karma (Controlled diet and lifestyle) is to be followed.
- Semi solid diet preferably rice gruel may be given.

6. Safety Precautions

- The medicines for Vamana should be administered in proper quantity, according to the age, strength, constitution, season etc.
- Do not overstrain person during vamana

7. Emergency Management: - Vamana may cause

- Froth in vomitus
- Hematemesis
- Weakness
- Dryness of throat
- Feeling of darkness
- Giddiness
- Vata rogas (neuro-muscular disorders)
- Fresh bleeding

Emergency management include stop treatment immediately if fresh bleeding is there give Laksha Churna Chatan^{vii}

Babel
H.O.D.

Dept. of Kaumar-bhritya
SSAM and H. Nashik

E. Virechana (Therapeutic Purgation)

1. Introduction

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.

2. Requirement

a. Requirement-Manpower-

- i. Ayurvedic Physician (for supervision) : 1
- ii. Attendant : 1

b. Requirement-Material Attached toilet (lavatory) is a must. Towels, Bed sheets etc.

- i. Virechana yoga- **Single drugs:**
- ii. Draksha Rasa – 25-30 ml
- iii. Aragvadha (Cassia fistula)- fruit pulp– 10-15 gm
- iv. Eranda (Castor oil)- oil– 15 to 50 ml

Compound preparations:

- v. Trivrut Leham- 20gm
- vi. Avipatti Churna-10 to 20 gms

3. Pre operative:-

- Selected child 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 early morning around 8 to 9AM preferably on empty stomach

4. Operative

- Usually the purgation will start after one to three hours. Warm water/ cold water may be given in small doses (Depend upon medicine used), when the patient feels thirsty or the urge for evacuation is not felt sufficient.
- Vega of Virechana- Jaghanya (mild)- 2 Vegas, Madhyama (moderate)- 3 Vegas, Pravara (Excellent)- 4 Vegas
- When the evacuation of bowel is complete as per the lakshanas (features) described for Samyak Virechana (proper purgation), the patient is advised to take complete rest.

5. **Post operative-**

- There after samsarjana karma (Controlled diet and lifestyle) is to be followed as per the direction of physician.

6. **Safety Precautions: -**

- The medicines for Virechanashould be administered in proper quantity, according to the age, strength, constitution, season etc.
- Look for the signs and symptoms of dehydration, if appears stop the treatment

7. **Emergency Management-** Virechana may cause-

- Flatulance^{viii}
- Prolapse of rectum
- Thirst (dehydration)
- Giddiness
- Sunken eyes

Rohel
H.O.D.
Dept. of Kaumar-bhritya
SSAM and H. Nashik.

F. Basti (Medicated Enema)

1. Introduction-

Bastikarma is the procedure by which the medicines in suspension form are administered through rectum or genitourinary tract using Bastiyantra (Specific apparatus). It is the most important procedure among Panchakarma procedures and the most appropriate remedial measure for Vatadosha. It is called half treatment in Panchakarma

2. Requirement

- a. Requirement-Manpower Ayurvedic Physician:1, Masseur:1
- b. Requirement-Material
 - Bastiputaka (polythene bag/ Enema pot approx. 1.5 Lt. capacity) – 1(For Niruha basti)
 - Glycerine syringe (Approx 50ml for Anuvasana Basti)
 - Bastinetra (Nozzle)- 1 Lavatory facilities
 - Others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)
 - Medicated oils for Abhyanga
 - Swedana Karma materials
 - Medicated oils for Basti
 - Kwatha (Decoction) & Kalka (Paste) made from prescribed medicines –
 - Madhu (Honey)
 - Saindhava (Rock-salt)

3. Pre operative- For Anuvasana Basti (Oil enema)-

- Sarwanga or sthanikabhyanga and swedana

The Anuvasana basti is given after meals. The sneha dravya (added Rock salt) given as per the age

30 ml till the age 3 yrs.

40 ml till age of 4 yrs.

80 ml till age of 6 yrs

160ml till 12 yrs

320 ml till 16 yrs of age

- **The Niruha Basti (Decoction enema)** - it consist of Medicated oil or ghee, Madhu, decoction of prescribed drugs, Satavaha kalka, rock salt. In total three times of Anuvasan basti, as per age given above.
- Preparation of Bastidravya- Powdered rock-salt is added to honey and stirred in a clean vessel with a pestle. Luke worm 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 quantity and mixed properly to make homogenous emulsion, and heated gently in a water bath (slightly above body temperature). Mixture gets filtered from filter. This mixture is poured into a Bastiputaka (polythene bag/processed animal bladder/Enema Pot) and fixed with Basti Netra (tied by using thread).

4. Operative:- For Niruha Basti

- After Abhyanga and Swedana, the patient is advised to lie down in left lateral position. Little quantity of oil is applied on patient's anus and nozzle of Bastiyantra. The nozzle is gently inserted into the anal canal up to a specific length and Bastiputaka containing mixture is pressed with a uniform pressure. The pressure is continued till only small quantity of fluid remains in the bag (to avoid air insertion). Then the nozzle is removed gently and the patient is allowed to lie down on supine position till he feels urge to excrete. The Bastidravya along with faeces normally comes out within 10 minutes when a full dose of Niruha Basti is given. The maximum time specified for retention of Bastidravya is 48 minutes. After evacuation of the bowel, the patient may take hot water bath and semi solid diet. Usually Niruha Bastis are not to be given alone. Wherever required, Niruha Basti must be given alternatively with Sneha Basti.
- Arrangement of SnehaBastis 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 disease and condition of the patient etc. These are known as:
 - Karma Basti :- 30 in number (12 Niruha, 18 Anuvasana)
 - Kala Basti:- 16 in number (6 Niruha, 10 Anuvasana)
 - Yoga Basti:- 8 in number (3 Niruha, 5 Anuvasana).

Operative for Sneha Basti:-

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

5. Post operative

- Niruha Basti - after defecation patient has to take bath followed by light food.
- Anuvasana /sneha Basti – head low position, tap buttock 3 times , massage palm and soles, anticlock wise massage over abdomen.

6. Safety Precautions

- Care should be taken while inserting Bastinetra in anus.
- Observation of NiruhaBastipratyagamana kala (45 min to 1 hour)

7. Emergency Management:- These may result into various complications like:

- Local anal injury
- GIT symptoms like pain in abdomen, vomiting etc.
- Very rarely generalized symptoms like murchha (syncope), angamarda (bodyache) etc. Management is done accordingly

Babel
H.O.D.

Dept. of Kaumar-bhritya
SSAM and H. Nashik

G. Nasya (Nasal Insufflations):-

1. Introduction-

Administration of medicines through nostrils is called Nasya. Nasya is indicated mainly in aggravated and accumulated Doshas of Supraclavicular Region^{ix}.

2. Requirement

a. Requirement-Manpower- Physiciana -1 attendant-1

b. Requirement-Material

- Chair
- Droni/ Panchakarma table
- Dropper^x
- Oil for massage
- Towel

Medicines: Commonly used oils are-

- Dhanvantara taila
- Anutaila
- Ksheera Bala taila
- Shadbindutaila
- Panchendriya Vardhana Taila^{xi}

3. Pre operative:-

- Gentle massage over the head, forehead and face followed by mild swedana

4. Operative:-

- The patient should sit or lie down in a comfortable posture
- After proper snehana and 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.
- Dose of the oil: 2-2 or 3-3 drops per sitting.
- Duration of the treatment: 7-14 days.

5. Post operative:-

- After completion of the procedure, oil on the face is to be wiped off and complete rest is advised to the patient.
- Gargling with warm water may follow Dhoomapana ^M through mouth may be given after Nasya.

6. Safety Precautions:-

- Proper selection of the medicine and the dose for the condition of the patient

7. Emergency Management:- It can cause,

- Headache
- Giddiness
- Running nose etc

Management

- Mild swedana over head
- Rest

Babel
H.O.D.
Dept. of Kaumar-bhritya
SSAM and H. Nashik.

H. Raktamokshana (Therapeutic Bloodletting)

1. Introduction

Raktamokshana is a process of bloodletting through different methods for raktadushti kar vyadhis or pitta related vyadhis mainly also for surgical disorders.

Raktamokshana is mainly of two types- 1. Sirawedha

2. Jalaukawcharan

a) Sirawedha:

Though it's a best modality for Raktamokshan but not indicated in children hence only Jalaukawcharan is practiced.

b) Jalaukawcharan:

1. Introduction

Therapeutic application of medicinally usable leech for the purpose of removing vitiated blood is known as Jalaukawcharan.

2. Requirement

a. Requirement-Manpower-

Physician -1,

Attendant-1

b. Requirement-Material

- Medicinally usable leeches (Nirvisha Jalauka)
- Water pot
- Kidney tray
- Haridra
- Milk
- Sterile needle
- Gauze piece
- Sterile gloves

3. Pre operative:

- Take consent for the procedure and evaluate patient safety for before procedure
- Preparation of local parts
- Preparation / activation of Jalauka by keeping it in water pot with haridra powder dusting.

4. Operative:

- Application of Jalauka manually with or without use of Milk drop/ skin prick by needle
- Observation of hooking of Jalauka for complete fixation of Jalauka
- Application of wet gauze piece over Jalauka
- Observation of proper suction movement of Jalauka up to self-removal of Jalauka.
- Remove Jalauka manually by dusting of Haridra Powder only if it pains or presence of tingling sensation is there.

5. Post operative:

- After removal of Jalauka, dusting of Haridra powder should be done on operated part to stop the bleeding.
- Tight pressure bandage should be given on operated part.
- Jalauka Vamana should be done by classical method of Haridra Powder dusting and finger pressure by thumb and index finger on Jalauka.
- Drop the Jalauka in clean water pot for rest.

6. Safety precautions

- One-time applied Jalauka should not be used for next 7 days.
- Preservation of Jalauka should be done properly.
- Jalauka used in one patient should not be used in another patient. It should be patient personalized.
- Jalauka Vamana should be performed gently and not vigorously.

7. Emergency Management

- Itching
- Redness
- Inflammation signs

Emergency management include stop treatment immediately; remove the Jalauka by haridra application over sucker. Haridra lepan or Bilwadi gulika lepan, Application of Maha-agada, Anti-inflammatory medication if required.

Sabel
H.O.D.
Dept. of Kaumar-bhritya
SSAM and H. Nashik



1. SHASHITIKA SHALI PINDA SWEDA (NAVARAKIZHI)

1. Introduction

Shashtikashali pindasweda 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.

2. Requirement

a. Requirement-Manpower

i. Ayurvedic Physician:	1
ii. Masseur:	2
iii. Attendant:	2

b. Requirement-Material

➤ Panchakarma Droni	- 1
➤ Gas Stove	-1
➤ Vessels	- 2 or 3
➤ Cotton pieces (1ft x 1 ft)	- 4 no.
➤ Cotton thread	- 2 meters
➤ Banana leaves ^{xiii}	- 8 - 10 in No.
➤ Towel	
➤ Hot water for bath	

Medicated oils commonly used for Abhyanga:

- Mahamasha taila
- Dhanwantara taila
- Ksheerabala taila
- Karpasasthyadi taila
- Ashvagandha Bala taila
- Narayan Taila^{xiv}
- Quantity required: approx.100 ml

Medicated Kwatha:

- Dashamoola Kwatha/ BalamoolaKwatha - 3 liters
- Gandharva Hastadi Kwatha - 60 ml (orally)

- Amalaki Kalka (paste of *Embllica officinalis*):
- Paste prepared after boiling in butter milk – 100 gm
- Others: Cow's milk – 3 liters
- Shastikashali (Special variety of rice) – 300 to 500 gm

3. Pre operative

- 300 to 500 gm of Shastikashali (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 paste of Amalaki Kalka should be applied on the scalp.

4. Operative

- 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 seven positions.

5. Post operative

- 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 should be applied over the body and Gandharvahasthadi kwatha is given orally.
- 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.

6. Safety Precautions

- Care should be taken during procedure lest this procedure may cause severe injury or burn in the dermis
- Avoid excess heating of the pottali
- Monitor vitals during treatment

7. Emergency Management

- **Fainting :** - Stop treatment, head low position , IV Dextrose manage accordingly

Sabel
H.O.D.
Dept. of Kaumar-bhritya
SSAM and H. Nashik

J. Avagaha Sweda (Sitz Bath)

1. Introduction

Avagahasweda is a type of Swedana (sudation) in which the patient is made to sit/ lie in a tub containing medicated decoction for a certain period of time so as to give fomentation to the body .

2. Requirement

i. Requirement-Manpower

1. Ayurvedic Physician: 1
2. Masseur: 2

ii. Requirement-Material

Materials and Equipments:

- Bath Tub (6 ft x 2.6 ft x 1.4 ft)-1
- Vessels-2
- Decoction of medicinal plants-40-60 litres
- Oil for Abhyanga- 100ml
- Towel/ tissue paper etc.

Medicines: Usually the following Decoctions are used for this purpose

- Sahachara kwatha
- Nirgundi kwatha
- Dashamoola kwatha
- Siddha Ksheer^{AV}
- Rose Water^{AVi}

3. Pre operative

- The patient should be massaged properly.
- Decoction (kashaya) of various dravyas prepared in classical way.

4. Operative

- Patient advised to sit in the tub (containing warm decoction) for 20 to 30 minutes.
- It should be ensured that the lower part of the body is submerged in the decoction.
- To maintain continuous uniform temperature, fresh warm liquid may be added to the decoction after small intervals.

5. Post operative

- After completion of this procedure, body should be wiped off.
- The patient should be advised to take hot water bath followed by light food.
- Gandharvahastadikwatha is to be given afterwards for drinking.
- The treatment may be given for 3-7 days or as per Physician's directives based on patient / disease condition.

6. Safety Precautions

- Avoid over heating of water
- Care should be taken during procedure lest this procedure may cause severe injury or burn in the dermis
- Monitor vitals during treatment

7. Emergency Management

- **Fainting** : - Stop treatment, head low position , IV Dextrose manage accordingly

Sabel
H.O.D.
Dept. of Kaumar-bhritya
SSAM and H. Nashik.

K. Upanaha (Poultice)

1. Introduction

Upanaha is one type of Swedana (sudation) in which the medicines are made in to a paste 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. Acharya Chakrapani described the Upanahasweda as of two types (i.e. Sagni, Niragni).

2. Requirement

a. Requirement-Manpower

- | | |
|-------------------------|---|
| i. Ayurvedic Physician: | 1 |
| ii. Masseur: | 1 |

b. Requirement-Material

- | | |
|---|-----------|
| i. Fine powder of prescribed drugs- | 50 gms |
| ii. Taila/ Ghrita (Medicated oil/ghee)- | 15-25 ml |
| iii. Amladravya (Dhanyamla/ Curd)- | 50-100 ml |
| iv. Saindhava (Rock salt)- | 20-30 gms |
| v. Leaves of Eranda (Ricinuscommunis)- | QS |
| vi. Thick cotton / woolen cloth- | QS |
| vii. Vessel- | 1 |
| viii. Stirrer (Spoon)- | 1 |

3. Pre operative

- Saindhava and powdered drugs are to be taken in a vessel along with sufficient quantity of Taila/ Ghrita and Amladravya and then heated.
- This mixture is stirred continuously till it becomes thick paste. Warm oil should be applied in the area where Upanaha is to be done.

4. Operative

- Above paste with bearable heat should be applied. The area where the paste is applied should be covered with Erandapatra or other prescribed leaves and bandage to be done with thick cotton cloth.

5. Post operative

- Bandaged removal after 8 – 12 hours followed by oil application.

6. Safety Precautions

- Care should be taken during procedure lest this procedure may cause severe injury or burn in the dermis
- Monitor vitals during treatment

7. Emergency Management

- For burn injury- Application of Shatadhauta ghrita ^{xvii} on the site

Babel
H.O.D.

Dept. of Kaumar-bhritya
SSAM and H. Nashik

L. SHIRODHARA

1. Introduction

Shirodhara is a type of Murdhataila (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.

2. Requirement

a. Requirement-Manpower

- | | |
|-------------------------|---|
| i. Ayurvedic Physician: | 1 |
| ii. Attendant: | 2 |

b. Requirement-Material

- | | |
|--------------------------------------|------------|
| i. Shirodhara device | - 1 |
| ii. Dhara table | - 1 |
| iii. Suitable liquids for Shirodhara | - 3 litres |

Medicines: Any of the following oils

- iv. Karpasasthyadi taila
- v. Ksheerabala taila
- vi. Chandanadi taila
- vii. Dhanvantara taila
- viii. Narayana taila.

Other liquids:

- ix. Buttermilk prepared with Amalaki (*Emblicaeofficinalis*).
- x. Decoction of Yashtimadhu (*Glycyrrhiza glabra*)
- xi. Milk
- xii. Coconut water

3. Pre operative

- 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.
- 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 (4 angulas)

4. Operative

- Warm oil/ medicated liquids should fall from a height of 8 to 10 cm (4 angulas) over 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 fore head so that the flow of liquid reaches both sides properly.

5. Post operative

- After this process, the oil is to be wiped off and the patient is advised to take bath with medicated warm water after half an hour.
- It may be done for 7, 14 or 21 days as per the severity of the disease.

6. Safety Precautions

- Care should be taken during procedure lest this procedure may cause severe injury or burn in the dermis
- Avoid excess heating of the dharadravya oil, kashaya, etc.
- Monitor vitals during treatment
- Dharadravya should not roll down into eyes and ears.

7. Emergency Management

- For burn injury- Application of aloe vera on the site
- Headache- Immediately stop the procedure

Sabel
H.O.D.
Dept. of Kaumar-bhritya
SSAM and H. Nashik

M. SHIROLEPANA

1. Introduction

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

2. Requirement

a. Requirement-Manpower

- i. Ayurvedic physician : 1
- ii. Attendant : 1

b. Requirement-Material

- i. Musta (Cyperusrotundus) 10-20 gm.
- ii. Dried Dhatriphala (Emblicaofficinalis) - 250 gm
- iii. Takra (Butter milk) - 500 ml.
- iv. Taila (Suitable oil) - 20 ml.
- v. Lotus leaves -QS
- vi. Rasnadi Churna (Powder of Pluchealanceolata) -QS

3. Pre operative

- Milk is boiled with Musta (Cyperus rotundus). Curd is made from this boiled and cooled milk.
- Takra is prepared from this curd and Amalaki (Emblica officinalis) is to be soaked in Takra for overnight.
- The next day paste is prepared from this mixture.

4. Operative

- 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.
- Paste should be applied on his head with a thickness of 3 inches. At the center, a dip (trench) is made and taila is poured into it.
- Lotus leaves are to be covered on the applied paste and tied around the head.

5. Post operative

- After one hour, lotus leaves and the paste should be removed.
- Afterwards head is to be washed and RasnadiChurna is to be applied.

- **Time and duration:** Morning, between 8 AM to 10 AM for one hour daily.
- The course of treatment may be continued for 7 days or 14 days.

6. Safety Precautions

- Monitor vitals during treatment

7. Emergency Management

- Headache- Immediately stop the procedure

Babel
H.O.D.

Dept. of Kaumar-bhryta
SSAM and H. Nashik.

N. SHIRO BASTI

1. Introduction

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

2. Requirement

a. Requirement-Manpower

- | | |
|------------------------|-----|
| i. Ayurvedic Physician | : 1 |
| ii. Attendant | : 1 |

b. Requirement-Material

Material & equipments required:

- | | |
|--|------------|
| i. Rexene/ leather cap (75 cm X 25 cm) - | 1 |
| ii. Black gram flour- | 25 0gms |
| iii. Medicated oil- | 1.5 litres |
| iv. Cotton cloth (5 cm X 60 cm) - | 2 |
| v. Gas Stove- | 1 |
| vi. Hot water bath- | 1 |
| vii. Vessels- | 3 |
| viii. Rasnadichurna (Powder of Pluchealanceolata)- | 5 gm |
| ix. Arm chair- | 1 |

Medicated oils commonly used:

- | |
|--------------------------|
| x. Dhanwantara taila |
| xi. Narayana taila |
| xii. Bala taila |
| xiii. Ksheerabala taila |
| xiv. Chandanadi taila |
| xv. Karpasasthyadi taila |

3. Pre operative

- The patient is made to sit comfortably in an armed chair.
- The strip of cloth smeared with paste of black gram powder should be wound around the head 2 cm above the eye brows.
- 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 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.

4. Operative

- 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 with warm oil at regular intervals.
- The process is to be continued for 45 minutes.
- **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.

5. Post operative

- At the end of the procedure, the oil is to be taken out by dipping cotton piece and squeezing in a container so as to recollect the oil.
- Cap is removed and head wash is done. After wiping off the oil with clean and dry towel.
- Rasnadichurna is applied. Gentle massage is performed on shoulder, neck forehead and back.

6. Safety Precautions

- Care should be taken during procedure lest this procedure may cause severe injury or burn in the dermis
- Avoid excess heating of the oil.
- Monitor vitals during treatment
- Proper sealing of the shirobasti yantra should be done to avoid leakage of dravya.

7. Emergency Management

- For burn injury- Application of Shata dhauta Ghrit^{xviii} on the site
- Headache- Immediately stop the procedure

O. Udavartana

1. Introduction

The term *Udwarthanam* can be split as *Urdhwa* and *Varthanam*. *Urdhwa* means Upward. *Varthanam* means to move. *Udwarthanam* thus means 'to move something in an upward movement'. *Udwarthana* also means elevation. *Udwarthanam* is a special type of *Abhyanga* (massage) in which –Herbal powders are used for massaging (oils also may be used).

Snigdha Udwarthana:

Snigdha means with *Sneha* (fats like medicated oil, medicated ghee etc). In this type of *Udwarthana*, the herbal powders are not directly rubbed over the body. In fact, the powders are mixed with medicated oils or ghee and made into paste. This paste is rubbed over the body in reverse direction (from below upwards) after doing *Abhyanga* (massage).

Ruksha Udwarthana

Ruksha means Dry. The name itself indicates that no oil is used in this procedure. This is opposite of *Snigdha Udwarthana*. This means to tell that herbal powders are directly rubbed or stroked (without mixing or frying them with oil or ghee) over the body in upward direction after conducting *Abhyanga*.

2. Requirement

b. Requirement-Manpower

- i. Ayurvedic Physician : 1
- ii. Masseur : 2

c. Requirement- Material and Equipments:

- i. Kolkulyathyadichoorna
- ii. Kottamchukkadichoorna
- iii. Triphalatailam
- iv. SaindhavadiTailam
- v. Rava

3. Pre operative

- All material are arranged and powder are made into paste after mixing with proper oil
- The patient has to lie down in supine position

4. Operative

➤ **Snigadh Udvartana Technique**

- In Snigadh Udvartana, oil massage with recommended oil is done beginning from head, face, back, chest, abdomen, arms, thighs, legs and feet.
- Herbal paste is prepared mixing medicated oil and applied over the skin.
- Herbal paste is rubbed from hands to shoulders, lower back to neck, feet to thighs and thighs to buttocks. On buttocks left to right and right to lefts strokes are also performed.
- Upward strokes with pressure are also used during rubbing the herbal paste.
- For abdomen, rubbing starts from left to right and then right to left. Herbal paste is also rubbed in clockwise movements making small circles initially then large circles covering the whole abdomen around the umbilicus.

➤ **Ruksha Udvartana Technique**

- In Ruksha Udvartana, a fine powder of herbal mix is used for rubbing.
- Other steps from 3 to 5 are same as described in Snigadh Udvartana Technique.

5. Post operative

- The patient is to be advised to take rest.
- Procedure is done for 7 days.

6. Safety Precautions

- Avoid putting lots of pressure while rubbing paste
- Care should be taken during procedure lest this procedure may cause severe scratches in the skin
- Monitor vitals during treatment

7. Emergency Management

- For scratches and itching - Application of Jatyaditaila or jatyadighrita on the site



H.O.D.

**Dept. of Kaumar-bhritya
SSAM and H. Nashik**

Revision 1 and Revision 2

- i R1: All purposes (Drinking, Hand wash, Bath etc)
- ii R1: Dadim Ghrita, Indukanta Ghrita, Triphala Ghrita, Go-Ghrita
- iii R1: Chick pea flour
- iv R1: Red Lentil flour
- v R2: Shata Dhauta Grita
- vi R1: Eladi Gana
- vii R1: Laksha Churna Chatan
- viii R1: Flatulance
- ix R2: Supra clavicular Region
- x R1: Dropper
- xi R2: Panchendriya Vardhana Taila
- xii R2: Dhomapana omitted
- xiii R2: Narayan Taila
- xiv R1: Narayan Taila
- xv R2: Siddha Ksheer
- xvi R1: Rose Water
- xvii R2: Shatadhauta ghrita
- xviii R2: Shata dhauta Ghrith

Babel
H.O.D.
Dept. of Kaumar-bhritya
SSAM and H. Nashik