



Sant Dnyaneshwar Shikshan Sanstha's
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NAAC Accredited ISO Certified 9001-2015, 14001-2015



CRITERIA 8 –Part B : Ayurveda

8.1.3. Promotion of Seasonal Panchakarma and Implementation of Lifestyle Modifications including KaumarPanchakarma

Sr. No.	Year	Particulars
1	2023	SOP
2	2022	SOP
3	2021	SOP
4	2020	SOP
5	2019	SOP
6	2018	SOP



Ashtaraj
PRINCIPAL

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College, Ashta, Tal. Walwa, Dist. Sangli



SOP of Kaumarpanchakarma

YEAR-2023

Ayurveda is the Ancient Science of life in which treatment is branched into two wings namely; Shodhana chikitsa (Detoxification therapy) and Shaman chikitsa (Curative therapy) Shaman therapy includes Deepan (appetizer), Pachana (digestive) etc, and Shodhana therapy includes panchakarma.

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

Panchakarma are :

1. Vaman (Therapeutic Emesis)
2. Virechan (Therapeutic Purgation)
3. Basti (Medicated Enema)
4. Nasya (Nasal Insufflations)
5. Raktamokshana (Blood cleansing and Purification therapy)

Prior to Panchakarma, Purva karma (preparatory measures) like Deepana and Pachana (appetiser and digestive) Snehana (Oleation) and Swedan (Sudation) are given to the patient. After the Panchakarma, Samasarjana krama (a special diet regimen) is advised as post operative measures

Childhood is very crucial period where child picks up growth and development with respect to physical, mental and social aspect. In Pediatric patients; Dosha (bio-elements), Dushya (blood, bones etc) and Malas (waste product of body) which are responsible for different Vyadhis (diseases) are same as found in adult. They differed in their quantity which is small in children based on body weight, age and strength of child.





Dhatri stanya dushti (vitiation of milk in wet nurse) play main role for causing diseases in Ksheerad avastha balak (milk sucking babies). Hence, in such condition Shodhana should be done both in Dhatri (wet nurse) as well as Shishu (infant).

- **PURVA KARMA**

Deepan and Pachan: Panchakarma procedure Deepan and Pachana should be done for obtaining Niramavastha of doshas. Hot water boiled with piece of dry ginger or dry coriander can be used in Pediatric patient, it relieves Ama (toxic accumulation) at the level of Koshta (abdomen). Snehan is the process of oleation of the body by using medicated oils and ghee internally and externally. Out of these ghrita is considered as the best

- **ABHYANGA**

Abhyanga is defined as an Ayurvedic procedure of application of Sneha dravyas over body with mild pressure in specific directions. It can be applied to the whole body or locally. Many of the prevalent modern massage techniques are the modified forms of abhyanga.

Materials Required:

Vessels to keep the oil and to heat the oil

Non medicated or medicated oil or ghee (30 to 50 ml)

Cotton cloth/soft towel

Purva Karma

Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist. Oil is selected according to disease condition of the patient. The oil is made warm which is comfortable to patient. For shiroabhyanga lukewarm oil is selected.

Pradhan Karma Patient should be seated on the table, with leg extended.

- Abhyanga should be done in 7 positions Le sitting, supine, right lateral, prone, left lateral again supine sitting position chronologically. Avoid prone position in patients having ascites.





• Abhyanga should be started from the scalp, head. Lukewarm oil is applied to head, first in the anterior fontanelle and then the whole scalp. The all is applied uniformly by therapists. Start massaging scalp, head and move down to neck, upper back, shoulders, upper arms, forearms & hands; then chest, abdomen, low back, lower limbs. Heart, GIT, Upper back should be massaged in upward down direction. Limb joints should be massaged in circular manner and muscles in linear manner. Umbilical region is massaged in circular manner.

Supine position

Upper limbs, Shoulder & neck, Umbilical region, Lower limbs & region from sternum to flanks are more concentrated.

Left lateral

Back, Left limb and Hip are more concentrated.

Right lateral

Back, Right limb and Hip

Prone (If Applicable)

Mild spinal massage is given.

Duration: 30-40 minutes.

Pashchat Karma

Patient should take complete rest for 15 minutes in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap or Snana choorna. When the patient feels appetite, take light food according to illness, digestive power & Satmya. the patient is indicated for Swedan, proper Swedan should be done immediately after Abhyanga before bath. Post procedure evaluation of patient should be written in patient's file.





➤ SWEDANA

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

Types: Kashypa mentioned 8 types of Swedan karma - Hast, Pradeha, Nadi, Prastar, Sankar, Upnaha, Avagah and Parisheka

1. Hasta sweda- up to 4 months of age

2. Pinda sweda- after 6 years of age Shashtika Shali Pinda Sweda (Sankar Sweda). This is the common method of Swedana used in Paediatric patients in which specific part or whole body made to perspire by the application of Shashtika shali (a variety of rice) in the form of Pottalis (boluses tied in a cotton cloth)

Materials and Equipments:

Panchakarma droni, gas stove, vessels, cotton pieces (1ft x 1 ft), cotton thread, medicated oils for Abhyanga (Ksheera bala taila), medicated decoction (Dashmoola kwatha), cow milk-1 litres, Shastika shali (special variety of rice)-500gm.

Procedure: Shashtika shali (A variety of rice) is cooked with milk and decoction of dashamoola. This cooked rice is to be kept in pieces of cloth to make pottalis (boluses tied in a cotton cloth). Remaining decoction and milk should be mixed and heated in low temperature to dip the boluses for warming the Pottali. After creating pottalis, patient should be massaged with suitable warm oil and then warm pottali is gently applied. One must ensure that the heat of the boluses is a bearable to the patient by touching them over the dorsum of their foot. The procedure takes about half to one hour. After all procedure, body should be wiped off with dry soft towels and patient is adviced to take rest for at least half an hour and then take a bath with warm water.

Contraindications:





Dagdha (burn), Acute fever, Kamala (jaundiced) Shwas (asthma), Kas (cough), Pratistryaya Pitta rogi, Madhumeh (Diabetic) Jadatva, Kathinya and Ruksha sharira (heaviness, stiffness, dryness of body) Karshya (emaciated) Vata rogas (hemiplegic, cerebral palsy) Chardi (Vomiting), Trishna (dehydrated) Rheumatic and degenerative conditions Raktapitta (Bleeding disorders), Obstruction to Mala(stool), Matra (urine) and Shukra (semen) Hridaya Rogas (Cardiac Diseases), Visha (poisoned)

➤ SHIRO DHARA

This is one of the Murdhani Sneha, where warmed sneha is allowed to pour over Scalp/head area for a prescribed period of time in particular manner.

Materials Required: Prescribed Sneha tail/medicine for Shirodhara, Cotton ribbon, Shirodhara Yantra, Hot water -Quantity Sufficient, Vessels, Cotton- Quantity Sufficient, Towels.

Procedure: Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist The patient must allow lying down comfortably over the Shirodhara table Eyes of patients should be covered with cotton peace. Make sneha(tail)/medicine Luke warm with help of hot water. The area of application should be thoroughly cleaned and snehajtail)/medicine should poured over patients forehead from 4 angula height. Stream of sneha(tail)/medicine should be poured in pendulum movement. Collect sneha(tal/medicine from collecting vessels of shirodhara table and reuse it be making it warm. The oil should be warmed over hot water bath, usually warm and comfortable to the patient. The temperature of all must be maintained throughout the procedure. Duration: 30 min After the prescribed time, oil should be removed from scalp. Patient should take complete rest in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap. Post procedure evaluation of patient should be written in patient's file.





➤ VAMANA

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

Materials and Equipments.

Comfortable seat (vamana peetha), bucket, vessels [mug, glass, bowl, towels, sphygmomanometer, weighing scale, ECG machine, thermometer, measuring glass etc.].

Vamana dravya and dosage:

Vaman drug given in a quantity which equal to

- Vidanga phala (fruit of Embelia ribes) - Kashyapa
- 2-3 seeds of Apamarga (Achyranthes aspera) with honey and sugar- Vaideha janaka
- 1.5 , 2 or 3 Pala (60 to 120 ml)- Vriddha kashyapa
- Others- milk: 750ml, Yassthimadhu kwatha (decoction of Glycyrrhiza glabra): 750ml, Lavanodaka (salted water): 500ml.

Procedure:

After all preparatory procedure, the patient is advised to sit comfortably in a chair (vaman peetha) then mixture of milk or Yassthimadhu kwatha (Vamanopaga dravya) is to be given full stomach. The medicines for vamana should be administered in proper quantity, according to the age, strength, season etc. Bouts of Vamana start within 10-15 minutes after giving the medicine. During bouts of vamana the masseur should massage back and chest of patient in upward direction to stimulate the urge for the bouts of vomiting. If not vomited out the pharynx may be gently irritated with a finger or Kamalanala (stem of lotus). Ascertain samyak vamana lakshana (desired sign of emesis) and advice to the patient take complete rest followed by Samsarjana karma (Controlled diet and lifestyle). Assessment criteria of vamana procedure are mentioned in the classics.





Criteria of assessment:

Criteria	Vaegiki pariksha (bouts)	Maniki pariksha (weighing)
Jaghanya (mild)	4	1 prastha (640 ml)
Madhyama (moderate)	6	1.5 prastha (960 ml)
Pravara (excellent)	8	2 prastha (1280 ml)

Contraindications-

Ajeerna (indigestion) Acute peptic ulcer Kasa (Cough), Shwasa (bronchial Asthma) Ati krisha (Emaciated body) Madhumeha (Diabetes), Bala (young children) Unmada (Schizophrenia), Shranta (Exhausted) Kushtha (Skin diseases) Pipasita (Thirsty) Peenasa (Sinusitis) Kshudhita (Hungry) Shlipada (Filariasis) Hridroga (Cardiac disorders)

Complications of Vamana therapy: Weakness, dryness of throat, giddiness, vatarogas (neuromuscular disorders), fresh bleeding,





➤ VIRECHANA

Procedure:- It is the procedure where vitiated doshas (mainly pitta) are eliminated from lower gastro-intestinal tract through the anal route. Therapeutic purgation administer very cautiously in pediatric patients because their chances of severe complication like dehydration.

Material and Equipments:

Attached toilet (lavatory) is a must, Towels, Bed sheets etc.

Medicines:

Kashyap mentioned that errand tail (castor oil) and shankhini tail (euphorbia oil) superior for virechana karma. Preparation of Jayapala (purging croton) should be avoided in pediatric patients for purgation.

Dose of purgative medicine depends upon age, sex, strength of the patient and state of disease. Purgation will start after three hours of taking medicine. Warm water may be given when the patient feels thirsty or the urge for evacuation is not felt sufficient. When the evacuation of bowel is complete as per the lakshanas (features) described for Samyak Virechans (desired purgation). After virechana karma patient is advised to take complete rest and follow Samsarjana krama. Assessment criteria of Virechana procedure are mentioned in the classics.

Assessment criteria of Virechana Karma:

Criteria	Vegiki pariksha (bouts)	Maniki pariksha (weighing)
Jaghanya (mild)	10	2 prastha (1280 ml)
Madhyama (moderate)	20	3 prastha (1920 ml)
Pravara (excellent)	30	4 prastha (2560 ml)





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Contraindications

Constipation, Krimi (Worm infestation), Kamala (Jaundice), chronic fever Navajwara (Acute fevers) Eczema, Allergic dermatitis etc. Krisha (Emaciated patients) Pakshaghat (Hemiplegic), Rajayakshma (Tuberculosis) Madhumeha (Diabetes), Arbuda(Tumour), Garbhini (Pregnant women) Tamak Shwasa (Bronchial Asthma), Hridroga (Cardiac problems) Galganda (Goitre),

Complications: Malena, prolapsed rectum, dehydration, giddiness, shock.





➤ BASTI

Procedure: It is the procedure where the medicines in suspension form are administered through rectum or genitourinary tract using Basti yantra (Specific apparatus). Among all therapeutic procedures, Basti is superior because it is like Amruta (nectar) in child patient and the most appropriate remedial measure for Vata dosha.

Equipments: Basti putaka (polythene bag having! It capacity), Basti netra (nozzle), lavatory facilities, others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)

Ingredients of Basti:

Medicated oils for Basti, kwatha (decoction) & Kalka (paste) made from prescribed medicines, Madhu (honey), Saindhava (rock-salt)

Types of Basti (Classified into many ways):

1. Asthapana/Kashaya/ Niruha Basti- Decoction based enema
2. Anuvasana Sneha Basti/ Matra basti-Oil based enema
3. Uttar basti - If above basti given by genitourinary route then called Uttar basti

Matra (dose) of Basti dravyas

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





Procedure:

The patient is advised to lie down in left lateral position. Small amount of oil is applied on patients anus and basti netra. The basti netra (nozzle) is gently inserted into the anal canal upto a specific length and basti putaka containing mixture (basti dravya) 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 nozzle is removed gently and the patient is allowed to lie down on supine position till he feels urge to excrete. 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 follow Samsarjan karma, Niruha bastis are not to be give alone wherever required must be given alternatively with Sneha basti. 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: (as per Kashyapa) 32

Karma Basti 30 in number (6 Niruha, 24 Sneha)

Kala Basti 15 in number (3 Niruha, 12 Sneha)

Yoga Basti 8 in number (3 Niruha, 5 Sneha)

Chaturbhadra kalpa 12 in number (4 Sneha + 4 Niruha + 4 Sneha).

Commonly used Basti Yoga:

Madhubala basti, Bala Guduchyadi basti, Patolanimbadi basti, Vaitarana basti, Mustadi yapana basti, Tikta kshira basti,

Contra indications of Basti

Vata roga (hemiplegic, muscular dystrophy) Krisha Emaciated body) Amavata (Juvenile Rheumatoid Arthritis) Amatisara (acute diaroea) Ashmari (kidney stone, bladder stone) Chhardi (Vomiting) Jeerna jvara (Chronic Fever) Kasa (Cough), Shwasa (Asthma) Rajonash (Secondary Amenorrhea) Madhumeha (Diabetes) Niram atisar (chronic diorrhoes) Shoona Payu (Inflamed Anus) (cerebral palsy, delayed mile stones) Kritahara (Immediately after taking food)

➤ Matra Basti-

It is the type of sneha basti in which medicated oil given in a small dose, and it can be given daily with no risk Matra basti can be used irrespective of age and not much precautionary measures are required. The usual dosage is 60 ml.

Classification of Matra basti according to dose





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Lakshana (signs)

Matra (dose)

Uttam (excellent)

2 Prakuncha (80ml)

Madhyam (moderate)

1 1/2 Prakuncha (60ml)

Hina (mild)

1 Prakuncha (40ml)

If shishu (infant) who not suck breast milk then matra basti given in quantity of ½ prakunch/pala matra (20 ml).

Complications: Local anal injury, GIT symptoms like pain in abdomen, vomiting etc.





➤ NASYA

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

Materials: Chair, Panchakarma table, Gokarna (a type of vessel), oil for massage, towel

Medicine: Panchendriyavardhan taila, Dhanvantar taila, anu tails, Shadbindu tails, churna for Pradhaman Nasya

Types of Nasya: Kashyapa mentioned two types of Nasya; namely Brihana (Purana) nasya and Karshana (Shodhana) nasya.

Dose of Marsha Nasya and Pratimarsha Nasya

Marsha Nasya Matra (dose):

Uttam matra (maximum dose) 10 drops

Madhyam matra (medium dose) 8 drops

Hraswa matra (mild does) 6 drops

Pratimarsha nasya 2 drops

Procedure- The patient should sit or lie down in a comfortable posture, then applied gentle massage over the head, forehead and face followed by mild swedan. Slightly warm oil should be instilled in the prescribed dose in each nostril. After that gentle massage is to be performed on the plantar and palmer regions, shoulder and back. The patient is allowed to spit if patient feels discomfort due to oil in the throat. After all procedure, oil on the face is to be wiped off and advice to patient for gargling with warm water.

Contraindications

Shirashool (Headache) Nav pinasa (acute rhinitis) Urdhwajatrugata Roga (E.N.T. disorders) Ajeerna (indigestion) Ardita (Facial paralysis) Immediately after taking food, water Pakshaghat (Bell's palsy) Kasa (cough), Vata roga (Delayed mile stone) Shwas (bronchial asthma) Vyanga (Hyper pigmentation).





JALAUKAVACHARAN

Purvakarma:

1. Collection of Materials - Nirvish Jalouka, Sterile Gloves, 24 No Needle, Kidney tray, Haridra Powder, Cotton, Bandage material etc.
2. Selection & Examination of Patient – Selected patient must be indicated for Jalaukavacharan. Investigations – CBC, HIV, HCV, CT, BT. These should be normal.
3. Preparation of Leech.
4. Preparation of Patient – The desired site is properly washed with cold water.
5. Take Inform Consent.

Pradhana karma:

1. Leech application - The leech should be taken out from the Jar & is held at its neck with fingers. Its mouth is placed precisely over the affected part. The leech's tail should be held until it begins to draw blood, at which time it can be gently released. Once leeches start sucking the blood, they are covered with wet gauze & cold water is poured on them time to time. If a leech refuses to bite by its own, in such condition prick induced bleeding may be required so as to facilitate the sucking procedure.
2. Observation of leech & patient. When the leech has finished sucking the blood, usually within 30 minutes, remove it (if it does not come off by itself) by applying salt or turmeric powder on its head. Ensure that the same leech is applied next time to the same patient.
3. Observation regarding samyakadi yoga.

Paschata karma:

1. Patient Care - The site is cleaned with normal saline, Haridra Churna can be applied to promote healing. The wound is then lightly bandaged for 6 to 12 hours.
2. Leech Care – The leeches should be made to vomit. This is carried out by applying turmeric powder at their mouths. When the blood comes from the anterior sucker, gentle squeezing from caudal to front end required for proper emesis. Then put back in fresh water container.
3. Diet regimen.
4. Complications & Management.





SIRAVEDHA

Purva Karma:

1. Collection of Materials- Scalp Vein (no. 18/20), 20ml Syringe, Tourniquet, Kidney tray, Sterile Gloves, Cotton, Bandage material.
2. Selection & Examination of Patient – selected patient must be indicated & fit for siravedha.
3. Preparation of Patient – Ask to evacuate the bladder & bowel before Siravedha.
4. Take Inform Consent.

Pradhan Karma:

1. Position of Patient - The patient is placed in the comfortable position so that the vein to be punctured is easily approachable. Supine position of the patient is most ideal in maximum occasions.
2. Blocking the vein- The circulation in the selected vein is blocked by applying a tourniquet just proximal to the site of puncturing.
3. Aseptic measures- The site of puncturing is painted with aseptic solution.
4. Stroking the vein- To make the vein to distend more that is already engorged by the application of the tourniquet is gently stroked by releasing the index finger from the thumb. Now the vein become more distended and is easy to puncture.
5. Puncturing the vein - The engorged vein is punctured with the Scalp vein. Scalp vein is inserted into the vein to its fullest length & allow the blood to flow into a kidney tray. When proper puncturing has been done, blood flows out in a stream for period of 5-10 minutes. When the blood is stops by it after adequate flow, then it should be considered as pure & as properly drained.
6. Quantity of flow - A maximum amount of 100-120 ml of blood may be allowed to bleed.
7. Monitoring the Vital Parameters.

Paschat karma-

1. Dressing – When bleeding stops, first loose the tourniquet & then removal of needle followed by sterile cotton pad application & compression bandaging is done. Patient is then allowed to take rest in supine position for several minute.
2. Diet regimen
3. Complication & Management - If patient feels thirsty or giddy then sprinkled cold water on his face.

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Pradhan Karma Patient should be seated on the table, with leg extended.

• Abhyanga should be done in 7 positions Le sitting, supine, right lateral, prone, left lateral again supine sitting position chronologically. Avoid prone position in patients having ascites.





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Supine position

Upper limbs, Shoulder & neck, Umbilical region, Lower limbs & region from sternum to flanks are more concentrated.

Left lateral

Back, Left limb and Hip are more concentrated.

Right lateral

Back, Right limb and Hip

Prone (If Applicable)

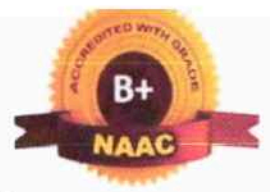
Mild spinal massage is given.

Duration: 30-40 minutes.

Pashchat Karma

Patient should take complete rest for 15 minutes in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap or Snana choorna. When the patient feels appetite, take light food according to illness, digestive power & Satmya. the patient is indicated for Swedan, proper Swedan should be done immediately after Abhyanga before bath. Post procedure evaluation of patient should be written in patient's file.





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2. Pinda sweda- after 6 years of age Shashtika Shali Pinda Sweda (Sankar Sweda). This is the common method of Swedana used in Paediatric patients in which specific part or whole body made to perspire by the application of Shashtika shali (a variety of rice) in the form of Pottalis (boluses tied in a cotton cloth)

Materials and Equipments:

Panchakarma droni, gas stove, vessels, cotton pieces (1ft x 1 ft), cotton thread, medicated oils for Abhyanga (Ksheera bala taila), medicated decoction (Dashmoola kwatha), cow milk-1 litres, Shastika shali (special variety of rice)-500gm.

Procedure: Shashtika shali (A variety of rice) is cooked with milk and decoction of dashamoola. This cooked rice is to be kept in pieces of cloth to make pottalis (boluses tied in a cotton cloth). Remaining decoction and milk should be mixed and heated in low temperature to dip the boluses for warming the Pottali. After creating pottalis, patient should be massaged with suitable warm oil and then warm pottali is gently applied. One must ensure that the heat of the boluses is a bearable to the patient by touching them over the dorsum of their foot. The procedure takes about half to one hour. After all procedure, body should be wiped off with dry soft towels and patient is adviced to take rest for at least half an hour and then take a bath with warm water.

Contraindications:





Dagdha (burn), Acute fever, Kamala (jaundiced) Shwas (asthma), Kas (cough), Pratistryaya Pitta rogi, Madhumeh (Diabetic) Jadatva, Kathinya and Ruksha sharira (heaviness, stiffness, dryness of body) Karshya (emaciated) Vata rogas (hemiplegic, cerebral palsy) Chardi (Vomiting), Trishna (dehydrated) Rheumatic and degenerative conditions Raktapitta (Bleeding disorders), Obstruction to Mala(stool), Matra (urine) and Shukra (semen) Hridaya Rogas (Cardiac Diseases), Visha (poisoned)

➤ SHIRO DHARA

This is one of the Murdhani Sneha, where warmed sneha is allowed to pour over Scalp/head area for a prescribed period of time in particular manner.

Materials Required: Prescribed Sneha tail/medicine for Shirodhara, Cotton ribbon, Shirodhara Yantra, Hot water -Quantity Sufficient, Vessels, Cotton- Quantity Sufficient, Towels.

Procedure: Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist The patient must allow lying down comfortably over the Shirodhara table Eyes of patients should be covered with cotton peace. Make sneha(tail)/medicine Luke warm with help of hot water. The area of application should be thoroughly cleaned and snehajtail)/medicine should poured over patients forehead from 4 angula height. Stream of sneha(tail)/medicine should be poured in pendulum movement. Collect sneha(tal/medicine from collecting vessels of shirodhara table and reuse it be making it warm. The oil should be warmed over hot water bath, usually warm and comfortable to the patient. The temperature of all must be maintained throughout the procedure. Duration: 30 min After the prescribed time, oil should be removed from scalp. Patient should take complete rest in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap. Post procedure evaluation of patient should be written in patient's file.





➤ VAMANA

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

Materials and Equipments.

Comfortable seat (vamana peetha), bucket, vessels [mug, glass, bowl, towels, sphygmomanometer, weighing scale, ECG machine, thermometer, measuring glass etc.].

Vamana dravya and dosage:

Vaman drug given in a quantity which equal to

- Vidanga phala (fruit of Embelia ribes) - Kashyapa
- 2-3 seeds of Apamarga (Achyranthes aspera) with honey and sugar- Vaideha janaka
- 1.5 , 2 or 3 Pala (60 to 120 ml)- Vriddha kashyapa
- Others- milk: 750ml, Yashthimadhu kwatha (decoction of Glycyrrhiza glabra): 750ml, Lavanodaka (salted water): 500ml.

Procedure:

After all preparatory procedure, the patient is advised to sit comfortably in a chair (vaman peetha) then mixture of milk or Yashthimadhu kwatha (Vamanopaga dravya) is to be given full stomach. The medicines for vamana should be administered in proper quantity, according to the age, strength, season etc. Bouts of Vamana start within 10-15 minutes after giving the medicine. During bouts of vamana the masseur should massage back and chest of patient in upward direction to stimulate the urge for the bouts of vomiting. If not vomited out the pharynx may be gently irritated with a finger or Kamalanala (stem of lotus). Ascertain samyak vamana lakshana (desired sign of emesis) and advice to the patient take complete rest followed by Samsarjana karma (Controlled diet and lifestyle). Assessment criteria of vamana procedure are mentioned in the classics.





Criteria of assessment:

Criteria	Vaegiki pariksha (bouts)	Maniki pariksha (weighing)
Jaghanya (mild)	4	1 prastha (640 ml)
Madhyama (moderate)	6	1.5 prastha (960 ml)
Pravara (excellent)	8	2 prastha (1280 ml)

Contraindications-

Ajeerna (indigestion) Acute peptic ulcer Kasa (Cough), Shwasa (bronchial Asthma) Ati krisha (Emaciated body) Madhumeha (Diabetes), Bala (young children) Unmada (Schizophrenia), Shranta (Exhausted) Kushtha (Skin diseases) Pipasita (Thirsty) Peenasa (Sinusitis) Kshudhita (Hungry) Shlipada (Filariasis) Hridroga (Cardiac disorders)

Complications of Vamana therapy: Weakness, dryness of throat, giddiness, vatarogas (neuromuscular disorders), fresh bleeding,





➤ VIRECHANA

Procedure:- It is the procedure where vitiated doshas (mainly pitta) are eliminated from lower gastro-intestinal tract through the anal route. Therapeutic purgation administer very cautiously in pediatric patients because their chances of severe complication like dehydration.

Material and Equipments:

Attached toilet (lavatory) is a must, Towels, Bed sheets etc.

Medicines:

Kashyap mentioned that errand tail (castor oil) and shankhini tail (euphorbia oil) superior for virechana karma. Preparation of Jayapala (purging croton) should be avoided in pediatric patients for purgation.

Dose of purgative medicine depends upon age, sex, strength of the patient and state of disease. Purgation will start after three hours of taking medicine. Warm water may be given when the patient feels thirsty or the urge for evacuation is not felt sufficient. When the evacuation of bowel is complete as per the lakshanas (features) described for Samyak Virechans (desired purgation). After virechana karma patient is advised to take complete rest and follow Samsarjana krama. Assessment criteria of Virechana procedure are mentioned in the classics.

Assessment criteria of Virechana Karma:

Criteria	Vegiki pariksha (bouts)	Maniki pariksha (weighing)
Jaghanya (mild)	10	2 prastha (1280 ml)
Madhyama (moderate)	20	3 prastha (1920 ml)
Pravara (excellent)	30	4 prastha (2560 ml)





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Contraindications

Constipation, Krimi (Worm infestation), Kamala (Jaundice), chronic fever Navajwara (Acute fevers) Eczema, Allergic dermatitis etc. Krishna (Emaciated patients) Pakshaghat (Hemiplegic), Rajayakshma (Tuberculosis) Madhumeha (Diabetes), Arbuda(Tumour), Garbhini (Pregnant women) Tamak Shwasa (Bronchial Asthma), Hridroga (Cardiac problems) Galganda (Goitre),

Complications: Malena, prolapsed rectum, dehydration, giddiness, shock.





➤ BASTI

Procedure: It is the procedure where the medicines in suspension form are administered through rectum or genitourinary tract using Basti yantra (Specific apparatus). Among all therapeutic procedures, Basti is superior because it is like Amruta (nectar) in child patient and the most appropriate remedial measure for Vata dosha.

Equipments: Basti putaka (polythene bag having! It capacity), Basti netra (nozzle), lavatory facilities, others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)

Ingredients of Basti:

Medicated oils for Basti, kwatha (decoction) & Kalka (paste) made from prescribed medicines, Madhu (honey), Saindhava (rock-salt)

Types of Basti (Classified into many ways):

1. Asthapana/Kashaya/ Niruha Basti- Decoction based enema
2. Anuvasana Sneha Basti/ Matra basti-Oil based enema
3. Uttar basti - If above basti given by genitourinary route then called Uttar basti

Matra (dose) of Basti dravyas

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





Procedure:

The patient is advised to lie down in left lateral position. Small amount of oil is applied on patients anus and basti netra. The basti netra (nozzle) is gently inserted into the anal canal upto a specific length and basti putaka containing mixture (basti dravya) 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 nozzle is removed gently and the patient is allowed to lie down on supine position till he feels urge to excrete. 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 follow Samsarjan karma, Niruha bastis are not to be give alone wherever required must be given alternatively with Sneha basti. 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: (as per Kashyapa) 32

Karma Basti 30 in number (6 Niruha, 24 Sneha)

Kala Basti 15 in number (3 Niruha, 12 Sneha)

Yoga Basti 8 in number (3 Niruha, 5 Sneha)

Chaturbhadra kalpa 12 in number (4 Sneha + 4 Niruha + 4 Sneha).

Commonly used Basti Yoga:

Madhubala basti, Bala Guduchyadi basti, Patolanimbadi basti, Vaitarana basti, Mustadi yapana basti, Tikta kshira basti,

Contra indications of Basti

Vata roga (hemiplegic, muscular dystrophy) Krishna Emaciated body) Amavata (Juvenile Rheumatoid Arthritis) Amatisara (acute diarrhoea) Ashmari (kidney stone, bladder stone) Chhardi (Vomiting) Jeerna jvara (Chronic Fever) Kasa (Cough), Shwasa (Asthma) Rajonash (Secondary Amenorrhoea) Madhumeha (Diabetes) Niram atisar (chronic diarrhoea) Shoona Payu (Inflamed Anus) (cerebral palsy, delayed mile stones) Kritahara (Immediately after taking food)

➤ Matra Basti-

It is the type of sneha basti in which medicated oil given in a small dose, and it can be given daily with no risk Matra basti can be used irrespective of age and not much precautionary measures are required. The usual dosage is 60 ml.

Classification of Matra basti according to dose





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Lakshana (signs)

Matra (dose)

Uttam (excellent)

2 Prakuncha (80ml)

Madhyam (moderate)

1 1/2 Prakuncha (60ml)

Hina (mild)

1 Prakuncha (40ml)

If shishu (infant) who not suck breast milk then matra basti given in quantity of ½ prakunch/pala matra (20 ml).

Complications: Local anal injury, GIT symptoms like pain in abdomen, vomiting etc.





➤ NASYA

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

Materials: Chair, Panchakarma table, Gokarna (a type of vessel), oil for massage, towel

Medicine: Panchendriyavardhan taila, Dhanvantar taila, anu tails, Shadbindu tails, churna for Pradhaman Nasya

Types of Nasya: Kashyapa mentioned two types of Nasya; namely Brihana (Purana) nasya and Karshana (Shodhana) nasya.

Dose of Marsha Nasya and Pratimarsha Nasya

Marsha Nasya Matra (dose):

Uttam matra (maximum dose) 10 drops

Madhyam matra (medium dose) 8 drops

Hraswa matra (mild does) 6 drops

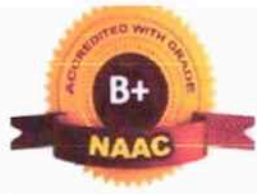
Pratimarsha nasya 2 drops

Procedure- The patient should sit or lie down in a comfortable posture, then applied gentle massage over the head, forehead and face followed by mild swedan. Slightly warm oil should be instilled in the prescribed dose in each nostril. After that gentle massage is to be performed on the plantar and palmer regions, shoulder and back. The patient is allowed to spit if patient feels discomfort due to oil in the throat. After all procedure, oil on the face is to be wiped off and advice to patient for gargling with warm water.

Contraindications

Shirashool (Headache) Nav pinasa (acute rhinitis) Urdhwajatrugata Roga (E.N.T. disorders) Ajeerna (indigestion) Ardita (Facial paralysis) Immediately after taking food, water Pakshaghat (Bell's palsy) Kasa (cough), Vata roga (Delayed mile stone) Shwas (bronchial asthma) Vyanga (Hyper pigmentation).





JALAUKAVACHARAN

Purvakarma:

1. Collection of Materials - Nirvish Jalouka, Sterile Gloves, 24 No Needle, Kidney tray, Haridra Powder, Cotton, Bandage material etc.
2. Selection & Examination of Patient – Selected patient must be indicated for Jalaukavacharan. Investigations – CBC, HIV, HCV, CT, BT. These should be normal.
3. Preparation of Leech.
4. Preparation of Patient – The desired site is properly washed with cold water.
5. Take Inform Consent.

Pradhana karma:

1. Leech application - The leech should be taken out from the Jar & is held at its neck with fingers. Its mouth is placed precisely over the affected part. The leech's tail should be held until it begins to draw blood, at which time it can be gently released. Once leeches start sucking the blood, they are covered with wet gauze & cold water is poured on them time to time. If a leech refuses to bite by its own, in such condition prick induced bleeding may be required so as to facilitate the sucking procedure.
2. Observation of leech & patient. When the leech has finished sucking the blood, usually within 30 minutes, remove it (if it does not come off by itself) by applying salt or turmeric powder on its head. Ensure that the same leech is applied next time to the same patient.
3. Observation regarding samyakadi yoga.

Paschata karma:

1. Patient Care - The site is cleaned with normal saline, Haridra Churna can be applied to promote healing. The wound is then lightly bandaged for 6 to 12 hours.
2. Leech Care – The leeches should be made to vomit. This is carried out by applying turmeric powder at their mouths. When the blood comes from the anterior sucker, gentle squeezing from caudal to front end required for proper emesis. Then put back in fresh water container.
3. Diet regimen.
4. Complications & Management.





SIRAVEDHA

Purva Karma:

1. Collection of Materials- Scalp Vein (no. 18/20), 20ml Syringe, Tourniquet, Kidney tray, Sterile Gloves, Cotton, Bandage material.
2. Selection & Examination of Patient – selected patient must be indicated & fit for siravedha.
3. Preparation of Patient – Ask to evacuate the bladder & bowel before Siravedha.
4. Take Inform Consent.

Pradhan Karma:

1. Position of Patient - The patient is placed in the comfortable position so that the vein to be punctured is easily approachable. Supine position of the patient is most ideal in maximum occasions.
2. Blocking the vein- The circulation in the selected vein is blocked by applying a tourniquet just proximal to the site of puncturing.
3. Aseptic measures- The site of puncturing is painted with aseptic solution.
4. Stroking the vein- To make the vein to distend more that is already engorged by the application of the tourniquet is gently stroked by releasing the index finger from the thumb. Now the vein become more distended and is easy to puncture.
5. Puncturing the vein - The engorged vein is punctured with the Scalp vein. Scalp vein is inserted into the vein to its fullest length & allow the blood to flow into a kidney tray. When proper puncturing has been done, blood flows out in a stream for period of 5-10 minutes. When the blood is stops by it after adequate flow, then it should be considered as pure & as properly drained.
6. Quantity of flow - A maximum amount of 100-120 ml of blood may be allowed to bleed.
7. Monitoring the Vital Parameters.

Paschat karma-

1. Dressing – When bleeding stops, first loose the tourniquet & then removal of needle followed by sterile cotton pad application & compression bandaging is done. Patient is then allowed to take rest in supine position for several minute.
2. Diet regimen
3. Complication & Management - If patient feels thirsty or giddy then sprinkled cold water on his face.

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SOP of Kaumarpanchakarma

YEAR-2021

Ayurveda is the Ancient Science of life in which treatment is branched into two wings namely; Shodhana chikitsa (Detoxification therapy) and Shaman chikitsa (Curative therapy) Shaman therapy includes Deepan (appetizer), Pachana (digestive) etc, and Shodhana therapy includes panchakarma.

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

Panchakarma are :

1. Vaman (Therapeutic Emesis)
2. Virechan (Therapeutic Purgation)
3. Basti (Medicated Enema)
4. Nasya (Nasal Insufflations)
5. Raktamokshana (Blood cleansing and Purification therapy)

Prior to Panchakarma, Purva karma (preparatory measures) like Deepana and Pachana (appetiser and digestive) Snehana (Oleation) and Swedan (Sudation) are given to the patient. After the Panchakarma, Samasarjana krama (a special diet regimen) is advised as post operative measures

Childhood is very crucial period where child picks up growth and development with respect to physical, mental and social aspect. In Pediatric patients; Dosha (bio-elements), Dushya (blood, bones etc) and Malas (waste product of body) which are responsible for different Vyadhis (diseases) are same as found in adult. They differed in their quantity which is small in children based on body weight, age and strength of child.





Dhatri stanya dushti (vitiation of milk in wet nurse) play main role for causing diseases in Ksheerad avastha balak (milk sucking babies). Hence, in such condition Shodhana should be done both in Dhatri (wet nurse) as well as Shishu (infant).

- **PURVA KARMA**

Deepan and Pachan: Panchakarma procedure Deepan and Pachana should be done for obtaining Niramavastha of doshas. Hot water boiled with piece of dry ginger or dry coriander can be used in Pediatric patient, it relieves Ama (toxic accumulation) at the level of Koshta (abdomen). Snehan is the process of oleation of the body by using medicated oils and ghee internally and externally. Out of these ghritha is considered as the best

- **ABHYANGA**

Abhyanga is defined as an Ayurvedic procedure of application of Sneha dravyas over body with mild pressure in specific directions. It can be applied to the whole body or locally. Many of the prevalent modern massage techniques are the modified forms of abhyanga.

Materials Required:

Vessels to keep the oil and to heat the oil

Non medicated or medicated oil or ghee (30 to 50 ml)

Cotton cloth/soft towel

Purva Karma

Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist. Oil is selected according to disease condition of the patient. The oil is made warm which is comfortable to patient. For shiroabhyanga lukewarm oil is selected.

Pradhan Karma Patient should be seated on the table, with leg extended.

- Abhyanga should be done in 7 positions Le sitting, supine, right lateral, prone, left lateral again supine sitting position chronologically. Avoid prone position in patients having ascites.





• Abhyanga should be started from the scalp, head. Lukewarm oil is applied to head, first in the anterior fontanelle and then the whole scalp. The all is applied uniformly by therapists. Start massaging scalp, head and move down to neck, upper back, shoulders, upper arms, forearms & hands; then chest, abdomen, low back, lower limbs. Heart, GIT, Upper back should be massaged in upward down direction. Limb joints should be massaged in circular manner and muscles in linear manner. Umbilical region is massaged in circular manner.

Supine position

Upper limbs, Shoulder & neck, Umbilical region, Lower limbs & region from sternum to flanks are more concentrated.

Left lateral

Back, Left limb and Hip are more concentrated.

Right lateral

Back, Right limb and Hip

Prone (If Applicable)

Mild spinal massage is given.

Duration: 30-40 minutes.

Pashchat Karma

Patient should take complete rest for 15 minutes in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap or Snana choorna. When the patient feels appetite, take light food according to illness, digestive power & Satmya. the patient is indicated for Swedan, proper Swedan should be done immediately after Abhyanga before bath. Post procedure evaluation of patient should be written in patient's file.





➤ SWEDANA

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

Types: Kashyapa mentioned 8 types of Swedan karma - Hast, Pradeha, Nadi, Prastar, Sankar, Upnaha, Avagah and Parisheka

1. Hasta sweda- up to 4 months of age
2. Pinda sweda- after 6 years of age Shashtika Shali Pinda Sweda (Sankar Sweda). This is the common method of Swedana used in Paediatric patients in which specific part or whole body made to perspire by the application of Shashtika shali (a variety of rice) in the form of Pottalis (boluses tied in a cotton cloth)

Materials and Equipments:

Panchakarma droni, gas stove, vessels, cotton pieces (1ft x 1 ft), cotton thread, medicated oils for Abhyanga (Ksheera bala taila), medicated decoction (Dashmoola kwatha), cow milk-1 litres, Shastika shali (special variety of rice)-500gm.

Procedure: Shashtika shali (A variety of rice) is cooked with milk and decoction of dashamoola. This cooked rice is to be kept in pieces of cloth to make pottalis (boluses tied in a cotton cloth). Remaining decoction and milk should be mixed and heated in low temperature to dip the boluses for warming the Pottali. After creating pottalis, patient should be massaged with suitable warm oil and then warm pottali is gently applied. One must ensure that the heat of the boluses is a bearable to the patient by touching them over the dorsum of their foot. The procedure takes about half to one hour. After all procedure, body should be wiped off with dry soft towels and patient is advised to take rest for at least half an hour and then take a bath with warm water.

Contraindications:

Dagdha (burn), Acute fever, Kamala (jaundiced) Shwas (asthma), Kas (cough), Pratistryaya Pitta rogi, Madhumeh (Diabetic) Jadatva, Kathinya and Ruksha sharira (heaviness, stiffness, dryness)





of body) Karshya (emaciated) Vata rogas (hemiplegic, cerebral palsy) Chardi (Vomiting), Trishna (dehydrated) Rheumatic and degenerative conditions Raktapitta (Bleeding disorders), Obstruction to Mala(stool), Matra (urine) and Shukra (semen) Hridaya Rogas (Cardiac Diseases), Visha (poisoned)

➤ **SHIRO DHARA**

This is one of the Murdhani Sneha, where warmed sneha is allowed to pour over Scalp/head area for a prescribed period of time in particular manner.

Materials Required: Prescribed Sneha tail/medicine for Shirodhara, Cotton ribbon, Shirodhara Yantra, Hot water -Quantity Sufficient, Vessels, Cotton- Quantity Sufficient, Towels.

Procedure: Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist The patient must allow lying down comfortably over the Shirodhara table Eyes of patients should be covered with cotton peace. Make sneha(tail)/medicine Luke warm with help of hot water. The area of application should be thoroughly cleaned and snehajtail)/medicine should poured over patients forehead from 4 angula height. Stream of sneha(tail)/medicine should be poured in pendulum movement. Collect sneha(tal/medicine from collecting vessels of shirodhara table and reuse it be making it warm. The oil should be warmed over hot water bath, usually warm and comfortable to the patient. The temperature of all must be maintained throughout the procedure. Duration: 30 min After the prescribed time, oil should be removed from scalp. Patient should take complete rest in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap. Post procedure evaluation of patient should be written in patient's file.

➤ **VAMANA**

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



Materials and Equipments.

Comfortable seat (vamana peetha), bucket, vessels [mug, glass, bowl, towels, sphygmomanometer, weighing scale, ECG machine, thermometer, measuring glass etc.].

Vamana dravya and dosage:

Vaman drug given in a quantity which equal to

- Vidanga phala (fruit of Embelia ribes) - Kashyapa
- 2-3 seeds of Apamarga (Achyranthes aspera) with honey and sugar- Vaideha janaka
- 1.5 , 2 or 3 Pala (60 to 120 ml)- Vriddha kashyapa
- Others- milk: 750ml, Yashthimadhu kwatha (decoction of Glycyrrhiza glabra): 750ml, Lavanodaka (salted water): 500ml.

Procedure:

After all preparatory procedure, the patient is advised to sit comfortably in a chair (vaman peetha) then mixture of milk or Yashthimadhu kwatha (Vamanopaga dravya) is to be given full stomach. The medicines for vamana should be administered in proper quantity, according to the age, strength, season etc. Bouts of Vamana start within 10-15 minutes after giving the medicine. During bouts of vamana the masseur should massage back and chest of patient in upward direction to stimulate the urge for the bouts of vomiting. If not vomited out the pharynx may be gently irritated with a finger or Kamalanala (stem of lotus). Ascertain samyak vamana lakshana (desired sign of emesis) and advice to the patient take complete rest followed by Samsarjana karma (Controlled diet and lifestyle). Assessment criteria of vamana procedure are mentioned in the classics.

Criteria of assessment:

Criteria	Vaegiki pariksha (bouts)	Maniki pariksha (weighing)
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Contraindications-

Ajeerna (indigestion) Acute peptic ulcer Kasa (Cough), Shwasa (bronchial Asthma) Ati krisha (Emaciated body) Madhumeha (Diabetes), Bala (young children) Unmada (Schizophrenia), Shranta (Exhausted) Kushtha (Skin diseases) Pipasita (Thirsty) Peenasa (Sinusitis) Kshudhita (Hungry) Shlipada (Filariasis) Hridroga (Cardiac disorders)

Complications of Vamana therapy: Weakness, dryness of throat, giddiness, vatarogas (neuromuscular disorders), fresh bleeding,

➤ VIRECHANA

Procedure:- It is the procedure where vitiated doshas (mainly pitta) are eliminated from lower gastro-intestinal tract through the anal route. Therapeutic purgation administer very cautiously in pediatric patients because their chances of severe complication like dehydration.

Material and Equipments:

Attached toilet (lavatory) is a must, Towels, Bed sheets etc.

Medicines:

Kashyap mentioned that errand tail (castor oil) and shankhini tail (euphorbia oil) superior for virechana karma. Preparation of Jayapala (purging croton) should be avoided in pediatric patients for purgation.

Dose of purgative medicine depends upon age, sex, strength of the patient and state of disease. Purgation will start after three hours of taking medicine. Warm water may be given when the patient feels thirsty or the urge for evacuation is not felt sufficient. When the evacuation of bowel is complete as per the lakshanas (features) described for Samyak Virechans (desired purgation). After virechana karma patient is advised to take complete rest and follow Samsarjana krama. Assessment criteria of Virechana procedure are mentioned in the classics.





Assessment criteria of Virechana Karma:

Criteria	Vegiki pariksha (bouts)	Maniki pariksha (weighing)
Jaghanya (mild)	10	2 prastha (1280 ml)
Madhyama (moderate)	20	3 prastha (1920 ml)
Pravara (excellent)	30	4 prastha (2560 ml)

Contraindications

Constipation, Krimi (Worm infestation), Kamala (Jaundice), chronic fever Navajwara (Acute fevers) Eczema, Allergic dermatitis etc. Krishna (Emaciated patients) Pakshaghat (Hemiplegic), Rajayakshma (Tuberculosis) Madhumeha (Diabetes), Arbuda(Tumour), Garbhini (Pregnant women) Tamak Shwasa (Bronchial Asthma), Hridroga (Cardiac problems) Galganda (Goitre),

Complications: Malena, prolapsed rectum, dehydration, giddiness, shock.

➤ BASTI

Procedure: It is the procedure where the medicines in suspension form are administered through rectum or genitourinary tract using Basti yantra (Specific apparatus). Among all therapeutic procedures, Basti is superior because it is like Amruta (nectar) in child patient and the most appropriate remedial measure for Vata dosha.

Equipments: Basti putaka (polythene bag having! It capacity), Basti netra (nozzle), lavatory facilities, others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)





Ingredients of Basti:

Medicated oils for Basti, kwatha (decoction) & Kalka (paste) made from prescribed medicines, Madhu (honey), Saindhava (rock-salt)

Types of Basti (Classified into many ways):

1. Asthapana/Kashaya/ Niruha Basti- Decoction based enema
2. Anuvasana Sneha Basti/ Matra basti-Oil based enema
3. Uttar basti - If above basti given by genitourinary route then called Uttar basti

Matra (dose) of Basti dravyas

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

Procedure:

The patient is advised to lie down in left lateral position. Small amount of oil is applied on patients anus and basti netra. The basti netra (nozzle) is gently inserted into the anal canal upto a specific length and basti putaka containing mixture (basti dravya) 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 nozzle is removed gently and the patient is allowed to lie down on supine position till he feels urge to excrete. 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 follow Samsarjan karma, Niruha bastis are not to be give alone wherever required must be given





alternatively with Sneha basti. 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: (as per Kashyapa) 32

Karma Basti 30 in number (6 Niruha, 24 Sneha)

Kala Basti 15 in number (3 Niruha, 12 Sneha)

Yoga Basti 8 in number (3 Niruha, 5 Sneha)

Chaturbhadra kalpa 12 in number (4 Sneha + 4 Niruha + 4 Sneha).

Commonly used Basti Yoga:

Madhubala basti, Bala Guduchyadi basti, Patolanimbadi basti, Vaitarana basti, Mustadi yapana basti, Tikta kshira basti,

Contra indications of Basti

Vata roga (hemiplegic, muscular dystrophy) Krishna Emaciated body) Amavata (Juvenile Rheumatoid Arthritis) Amatisara (acute diarrhoea) Ashmari (kidney stone, bladder stone) Chhardi (Vomiting) Jeerna jvara (Chronic Fever) Kasa (Cough), Shwasa (Asthma) Rajonash (Secondary Amenorrhoea) Madhumeha (Diabetes) Niram atisar (chronic diarrhoea) Shoono Payu (Inflamed Anus) (cerebral palsy, delayed mile stones) Kritahara (Immediately after taking food)

➤ **Matra Basti-**

It is the type of sneha basti in which medicated oil given in a small dose, and it can be given daily with no risk Matra basti can be used irrespective of age and not much precautionary measures are required. The usual dosage is 60 ml.

Classification of Matra basti according to dose

Lakshana (signs)	Matra (dose)
Uttam (excellent)	2 Prakuncha (80ml)
Madhyam (moderate)	1 1/2 Prakuncha (60ml)
Hina (mild)	1 Prakuncha (40ml)

If shishu (infant) who not suck breast milk then matra basti given in quantity of ½ prakunch/pala matra (20 ml).





Complications: Local anal injury, GIT symptoms like pain in abdomen, vomiting etc.

➤ NASYA

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

Materials: Chair, Panchakarma table, Gokarna (a type of vessel), oil for massage, towel

Medicine: Panchendriyavardhan taila, Dhanvantar taila, anu tails, Shadbindu tails, churna for Pradhama Nasya

Types of Nasya: Kashyapa mentioned two types of Nasya; namely Brihana (Purana) nasya and Karshana (Shodhana) nasya.

Dose of Marsha Nasya and Pratimarsha Nasya

Marsha Nasya Matra (dose):

Uttam matra (maximum dose) 10 drops

Madhyam matra (medium dose) 8 drops

Hraswa matra (mild dose) 6 drops

Pratimarsha nasya 2 drops

Procedure- The patient should sit or lie down in a comfortable posture, then applied gentle massage over the head, forehead and face followed by mild swedan. Slightly warm oil should be instilled in the prescribed dose in each nostril. After that gentle massage is to be performed on the plantar and palmer regions, shoulder and back. The patient is allowed to spit if patient feels discomfort due to oil in the throat. After all procedure, oil on the face is to be wiped off and advice to patient for gargling with warm water.

Contraindications

Shirashool (Headache) Nav pinasa (acute rhinitis) Urdhwajatrugata Roga (E.N.T. disorders) Ajeerna (indigestion) Ardita (Facial paralysis) Immediately after taking food, water Pakshaghat (Bell's palsy) Kasa (cough), Vata roga (Delayed mile stone) Shwas (bronchial asthma) Vyanga (Hyper pigmentation).

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SOP of Kaumarpanchakarma

YEAR-2020

Ayurveda is the Ancient Science of life in which treatment is branched into two wings namely; Shodhana chikitsa (Detoxification therapy) and Shaman chikitsa (Curative therapy) Shaman therapy includes Deepan (appetizer), Pachana (digestive) etc, and Shodhana therapy includes panchakarma.

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

Panchakarma are :

1. Vaman (Therapeutic Emesis)
2. Virechan (Therapeutic Purgation)
3. Basti (Medicated Enema)
4. Nasya (Nasal Insufflations)
5. Raktamokshana (Blood cleansing and Purification therapy)

Prior to Panchakarma, Purva karma (preparatory measures) like Deepana and Pachana (appetiser and digestive) Snehana (Oleation) and Swedan (Sudation) are given to the patient. After the Panchakarma, Samasarjana krama (a special diet regimen) is advised as post operative measures

Childhood is very crucial period where child picks up growth and development with respect to physical, mental and social aspect. In Pediatric patients; Dosha (bio-elements), Dushya (blood, bones etc) and Malas (waste product of body) which are responsible for different Vyadhis (diseases) are same as found in adult. They differed in their quantity which is small in children based on body weight, age and strength of child.





Dhatri stanya dushti (vitiation of milk in wet nurse) play main role for causing diseases in Ksheerad avastha balak (milk sucking babies). Hence, in such condition Shodhana should be done both in Dhatri (wet nurse) as well as Shishu (infant).

- **PURVA KARMA**

Deepan and Pachan: Panchakarma procedure Deepan and Pachana should be done for obtaining Niramavastha of doshas. Hot water boiled with piece of dry ginger or dry coriander can be used in Pediatric patient, it relieves Ama (toxic accumulation) at the level of Koshta (abdomen). Snehan is the process of oleation of the body by using medicated oils and ghee internally and externally. Out of these ghrita is considered as the best

- **ABHYANGA**

Abhyanga is defined as an Ayurvedic procedure of application of Sneha dravyas over body with mild pressure in specific directions. It can be applied to the whole body or locally. Many of the prevalent modern massage techniques are the modified forms of abhyanga.

Materials Required:

Vessels to keep the oil and to heat the oil

Non medicated or medicated oil or ghee (30 to 50 ml)

Cotton cloth/soft towel

Purva Karma

Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist. Oil is selected according to disease condition of the patient. The oil is made warm which is comfortable to patient. For shiroabhyanga lukewarm oil is selected.

Pradhan Karma Patient should be seated on the table, with leg extended.

- Abhyanga should be done in 7 positions Le sitting, supine, right lateral, prone, left lateral again supine sitting position chronologically. Avoid prone position in patients having ascites.





• Abhyanga should be started from the scalp, head. Lukewarm oil is applied to head, first in the anterior fontanelle and then the whole scalp. The all is applied uniformly by therapists. Start massaging scalp, head and move down to neck, upper back, shoulders, upper arms, forearms & hands; then chest, abdomen, low back, lower limbs. Heart, GIT, Upper back should be massaged in upward down direction. Limb joints should be massaged in circular manner and muscles in linear manner. Umbilical region is massaged in circular manner.

Supine position

Upper limbs, Shoulder & neck, Umbilical region, Lower limbs & region from sternum to flanks are more concentrated.

Left lateral

Back, Left limb and Hip are more concentrated.

Right lateral

Back, Right limb and Hip

Prone (If Applicable)

Mild spinal massage is given.

Duration: 30-40 minutes.

Pashchat Karma

Patient should take complete rest for 15 minutes in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap or Snana choorna. When the patient feels appetite, take light food according to illness, digestive power & Satmya. the patient is indicated for Swedan, proper Swedan should be done immediately after Abhyanga before bath. Post procedure evaluation of patient should be written in patient's file.





➤ SWEDANA

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

Types: Kashyapa mentioned 8 types of Swedan karma - Hast, Pradeha, Nadi, Prastar, Sankar, Upnaha, Avagah and Parisheka

1. Hasta sweda- up to 4 months of age
2. Pinda sweda- after 6 years of age Shashtika Shali Pinda Sweda (Sankar Sweda). This is the common method of Swedana used in Paediatric patients in which specific part or whole body made to perspire by the application of Shashtika shali (a variety of rice) in the form of Pottalis (boluses tied in a cotton cloth)

Materials and Equipments:

Panchakarma droni, gas stove, vessels, cotton pieces (1ft x 1 ft), cotton thread, medicated oils for Abhyanga (Ksheera bala taila), medicated decoction (Dashmoola kwatha), cow milk-1 litres, Shastika shali (special variety of rice)-500gm.

Procedure: Shashtika shali (A variety of rice) is cooked with milk and decoction of dashamoola. This cooked rice is to be kept in pieces of cloth to make pottalis (boluses tied in a cotton cloth). Remaining decoction and milk should be mixed and heated in low temperature to dip the boluses for warming the Pottali. After creating pottalis, patient should be massaged with suitable warm oil and then warm pottali is gently applied. One must ensure that the heat of the boluses is a bearable to the patient by touching them over the dorsum of their foot. The procedure takes about half to one hour. After all procedure, body should be wiped off with dry soft towels and patient is advised to take rest for at least half an hour and then take a bath with warm water.

Contraindications:

Dagdha (burn), Acute fever, Kamala (jaundiced) Shwas (asthma), Kas (cough), Pratistryaya Pitta rogi, Madhumeh (Diabetic) Jadatva, Kathinya and Ruksha sharira (heaviness, stiffness, dryness





of body) Karshya (emaciated) Vata rogas (hemiplegic, cerebral palsy) Chardi (Vomiting), Trishna (dehydrated) Rheumatic and degenerative conditions Raktapitta (Bleeding disorders), Obstruction to Mala(stool), Matra (urine) and Shukra (semen) Hridaya Rogas (Cardiac Diseases), Visha (poisoned)

➤ **SHIRO DHARA**

This is one of the Murdhani Sneha, where warmed sneha is allowed to pour over Scalp/head area for a prescribed period of time in particular manner.

Materials Required: Prescribed Sneha tail/medicine for Shirodhara, Cotton ribbon, Shirodhara Yantra, Hot water -Quantity Sufficient, Vessels, Cotton- Quantity Sufficient, Towels.

Procedure: Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist The patient must allow lying down comfortably over the Shirodhara table Eyes of patients should be covered with cotton peace. Make sneha(tail)/medicine Luke warm with help of hot water. The area of application should be thoroughly cleaned and snehajtail)/medicine should poured over patients forehead from 4 angula height. Stream of sneha(tail)/medicine should be poured in pendulum movement. Collect sneha(tal/medicine from collecting vessels of shirodhara table and reuse it be making it warm. The oil should be warmed over hot water bath, usually warm and comfortable to the patient. The temperature of all must be maintained throughout the procedure. Duration: 30 min After the prescribed time, oil should be removed from scalp. Patient should take complete rest in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap. Post procedure evaluation of patient should be written in patient's file.

➤ **VAMANA**

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





Materials and Equipments.

Comfortable seat (vamana peetha), bucket, vessels [mug, glass, bowl, towels, sphygmomanometer, weighing scale, ECG machine, thermometer, measuring glass etc.].

Vamana dravya and dosage:

Vaman drug given in a quantity which equal to

- Vidanga phala (fruit of Embelia ribes) - Kashyapa
- 2-3 seeds of Apamarga (Achyranthes aspera) with honey and sugar- Vaideha janaka
- 1.5 , 2 or 3 Pala (60 to 120 ml)- Vriddha kashyapa
- Others- milk: 750ml, Yashthimadhu kwatha (decoction of Glylirrhiza glabra): 750ml, Lavanodaka (salted water): 500ml.

Procedure:

After all preparatory procedure, the patient is advised to sit comfortably in a chair (vaman peetha) then mixture of milk or Yashthimadhu kwatha (Vamanopaga dravya) is to be given full stomach. The medicines for vamana should be administered in proper quantity, according to the age, strength, season etc. Bouts of Vamana start within 10-15 minutes after giving the medicine. During bouts of vamana the masseur should massage back and chest of patient in upward direction to stimulate the urge for the bouts of vomiting. If not vomited out the pharynx may be gently irritated with a finger or Kamalanala (stem of lotus). Ascertain samyak vamana lakshana (desired sign of emesis) and advice to the patient take complete rest followed by Samsarjana karma (Controlled diet and lifestyle). Assessment criteria of vamana procedure are mentioned in the classics.

Criteria of assessment:

Criteria	Vaegiki pariksha (bouts)	Maniki pariksha (weighing)
Jaghanya (mild)	4	1 prastha (640 ml)
Madhyama (moderate)	6	1.5 prastha (960 ml)





Pravara (excellent)	8	2 prastha (1280 ml)
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Contraindications-

Ajeerna (indigestion) Acute peptic ulcer Kasa (Cough), Shwasa (bronchial Asthma) Ati krisha (Emaciated body) Madhumeha (Diabetes), Bala (young children) Unmada (Schizophrenia), Shranta (Exhausted) Kushtha (Skin diseases) Pipasita (Thirsty) Peenasa (Sinusitis) Kshudhita (Hungry) Shlipada (Filariasis) Hridroga (Cardiac disorders)

Complications of Vamana therapy: Weakness, dryness of throat, giddiness, vatarogas (neuromuscular disorders), fresh bleeding,

➤ VIRECHANA

Procedure:- It is the procedure where vitiated doshas (mainly pitta) are eliminated from lower gastro-intestinal tract through the anal route. Therapeutic purgation administer very cautiously in pediatric patients because their chances of severe complication like dehydration.

Material and Equipments:

Attached toilet (lavatory) is a must, Towels, Bed sheets etc.

Medicines:

Kashyap mentioned that errand tail (castor oil) and shankhini tail (euphorbia oil) superior for virechana karma. Preparation of Jayapala (purging croton) should be avoided in pediatric patients for purgation.

Dose of purgative medicine depends upon age, sex, strength of the patient and state of disease. Purgation will start after three hours of taking medicine. Warm water may be given when the patient feels thirsty or the urge for evacuation is not felt sufficient. When the evacuation of bowel is complete as per the lakshanas (features) described for Samyak Virechans (desired purgation). After virechana karma patient is advised to take complete rest and follow Samsarjana krama. Assessment criteria of Virechana procedure are mentioned in the classics.





Assessment criteria of Virechana Karma:

Criteria	Vegiki pariksha (bouts)	Maniki pariksha (weighing)
Jaghanya (mild)	10	2 prastha (1280 ml)
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Contraindications

Constipation, Krimi (Worm infestation), Kamala (Jaundice), chronic fever Navajwara (Acute fevers) Eczema, Allergic dermatitis etc. Krisha (Emaciated patients) Pakshaghat (Hemiplegic), Rajayakshma (Tuberculosis) Madhumeha (Diabetes), Arbuda(Tumour), Garbhini (Pregnant women) Tamak Shwasa (Bronchial Asthma), Hridroga (Cardiac problems) Galganda (Goitre),

Complications: Malena, prolapsed rectum, dehydration, giddiness, shock.

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Equipments: Basti putaka (polythene bag having! It capacity), Basti netra (nozzle), lavatory facilities, others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)





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Ingredients of Basti:

Medicated oils for Basti, kwatha (decoction) & Kalka (paste) made from prescribed medicines, Madhu (honey), Saindhava (rock-salt)

Types of Basti (Classified into many ways):

1. Asthapana/Kashaya/ Niruha Basti- Decoction based enema
2. Anuvasana Sneha Basti/ Matra basti-Oil based enema
3. Uttar basti - If above basti given by genitourinary route then called Uttar basti

Matra (dose) of Basti dravyas

	Sneha basti matra	Niruha basti matra
1-3y	3 karsha (30ml)	9 Karsha (90ml)
4y	1 pala (40ml)	3 pala (120ml)
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Procedure:

The patient is advised to lie down in left lateral position. Small amount of oil is applied on patients anus and basti netra. The basti netra (nozzle) is gently inserted into the anal canal upto a specific length and basti putaka containing mixture (basti dravya) 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 nozzle is removed gently and the patient is allowed to lie down on supine position till he feels urge to excrete. 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 follow Samsarjan karma, Niruha bastis are not to be give alone wherever required must be given alternatively with Sneha basti. 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: (as per Kashyapa) 32

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Complications: Local anal injury, GIT symptoms like pain in abdomen, vomiting etc.

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

Materials: Chair, Panchakarma table, Gokarna (a type of vessel), oil for massage, towel

Medicine: Panchendriyavardhan taila, Dhanvantar taila, anu tails, Shadbindu tails, churna for Pradhama Nasya

Types of Nasya: Kashyapa mentioned two types of Nasya; namely Brihana (Purana) nasya and Karshana (Shodhana) nasya.

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Abhyanga is defined as an Ayurvedic procedure of application of Sneha dravyas over body with mild pressure in specific directions. It can be applied to the whole body or locally. Many of the prevalent modern massage techniques are the modified forms of abhyanga.

Materials Required:

Vessels to keep the oil and to heat the oil

Non medicated or medicated oil or ghee (30 to 50 ml)

Cotton cloth/soft towel

Purva Karma

Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist. Oil is selected according to disease condition of the patient. The oil is made warm which is comfortable to patient. For shiroabhyanga lukewarm oil is selected.

Pradhan Karma Patient should be seated on the table, with leg extended.

- Abhyanga should be done in 7 positions Le sitting, supine, right lateral, prone, left lateral again supine sitting position chronologically. Avoid prone position in patients having ascites.





• Abhyanga should be started from the scalp, head. Lukewarm oil is applied to head, first in the anterior fontanelle and then the whole scalp. The all is applied uniformly by therapists. Start massaging scalp, head and move down to neck, upper back, shoulders, upper arms, forearms & hands; then chest, abdomen, low back, lower limbs. Heart, GIT, Upper back should be massaged in upward down direction. Limb joints should be massaged in circular manner and muscles in linear manner. Umbilical region is massaged in circular manner.

Supine position

Upper limbs, Shoulder & neck, Umbilical region, Lower limbs & region from sternum to flanks are more concentrated.

Left lateral

Back, Left limb and Hip are more concentrated.

Right lateral

Back, Right limb and Hip

Prone (If Applicable)

Mild spinal massage is given.

Duration: 30-40 minutes.

Pashchat Karma

Patient should take complete rest for 15 minutes in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap or Snana choorna. When the patient feels appetite, take light food according to illness, digestive power & Satmya. the patient is indicated for Swedan, proper Swedan should be done immediately after Abhyanga before bath. Post procedure evaluation of patient should be written in patient's file.





➤ SWEDANA

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

Types: Kashyapa mentioned 8 types of Swedan karma - Hast, Pradeha, Nadi, Prastar, Sankar, Upnaha, Avagah and Parisheka

1. Hasta sweda- up to 4 months of age

2. Pinda sweda- after 6 years of age Shashtika Shali Pinda Sweda (Sankar Sweda). This is the common method of Swedana used in Paediatric patients in which specific part or whole body made to perspire by the application of Shashtika shali (a variety of rice) in the form of Pottalis (boluses tied in a cotton cloth)

Materials and Equipments:

Panchakarma droni, gas stove, vessels, cotton pieces (1ft x 1 ft), cotton thread, medicated oils for Abhyanga (Ksheera bala taila), medicated decoction (Dashmoola kwatha), cow milk-1 litres, Shastika shali (special variety of rice)-500gm.

Procedure: Shashtika shali (A variety of rice) is cooked with milk and decoction of dashamoola. This cooked rice is to be kept in pieces of cloth to make pottalis (boluses tied in a cotton cloth). Remaining decoction and milk should be mixed and heated in low temperature to dip the boluses for warming the Pottali. After creating pottalis, patient should be massaged with suitable warm oil and then warm pottali is gently applied. One must ensure that the heat of the boluses is a bearable to the patient by touching them over the dorsum of their foot. The procedure takes about half to one hour. After all procedure, body should be wiped off with dry soft towels and patient is advised to take rest for at least half an hour and then take a bath with warm water.

Contraindications:

Dagdha (burn), Acute fever, Kamala (jaundiced) Shwas (asthma), Kas (cough), Pratistryaya Pitta rogi, Madhumeh (Diabetic) Jadatva, Kathinya and Ruksha sharira (heaviness, stiffness, dryness)





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of body) Karshya (emaciated) Vata rogas (hemiplegic, cerebral palsy) Chardi (Vomiting), Trishna (dehydrated) Rheumatic and degenerative conditions Raktapitta (Bleeding disorders), Obstruction to Mala(stool), Matra (urine) and Shukra (semen) Hridaya Rogas (Cardiac Diseases), Visha (poisoned)

➤ **SHIRO DHARA**

This is one of the Murdhani Sneha, where warmed sneha is allowed to pour over Scalp/head area for a prescribed period of time in particular manner.

Materials Required: Prescribed Sneha tail/medicine for Shirodhara, Cotton ribbon, Shirodhara Yantra, Hot water -Quantity Sufficient, Vessels, Cotton- Quantity Sufficient, Towels.

Procedure: Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist The patient must allow lying down comfortably over the Shirodhara table Eyes of patients should be covered with cotton peace. Make sneha(tail)/medicine Luke warm with help of hot water. The area of application should be thoroughly cleaned and snehajtail)/medicine should poured over patients forehead from 4 angula height. Stream of sneha(tail)/medicine should be poured in pendulum movement. Collect sneha(tal/medicine from collecting vessels of shirodhara table and reuse it be making it warm. The oil should be warmed over hot water bath, usually warm and comfortable to the patient. The temperature of all must be maintained throughout the procedure. Duration: 30 min After the prescribed time, oil should be removed from scalp. Patient should take complete rest in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap. Post procedure evaluation of patient should be written in patient's file.

➤ **VAMANA**

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





Materials and Equipments.

Comfortable seat (vamana peetha), bucket, vessels [mug, glass, bowl, towels, sphygmomanometer, weighing scale, ECG machine, thermometer, measuring glass etc.].

Vamana dravya and dosage:

Vaman drug given in a quantity which equal to

- Vidanga phala (fruit of Embelia ribes) - Kashyapa
- 2-3 seeds of Apamarga (Achyranthes aspera) with honey and sugar- Vaideha janaka
- 1.5 , 2 or 3 Pala (60 to 120 ml)- Vriddha kashyapa
- Others- milk: 750ml, Yassthimadhu kwatha (decoction of Glycyrrhiza glabra): 750ml, Lavanodaka (salted water): 500ml.

Procedure:

After all preparatory procedure, the patient is advised to sit comfortably in a chair (vamana peetha) then mixture of milk or Yassthimadhu kwatha (Vamanopaga dravya) is to be given full stomach. The medicines for vama should be administered in proper quantity, according to the age, strength, season etc. Bouts of Vamana start within 10-15 minutes after giving the medicine. During bouts of vama the masseur should massage back and chest of patient in upward direction to stimulate the urge for the bouts of vomiting. If not vomited out the pharynx may be gently irritated with a finger or Kamalanala (stem of lotus). Ascertain samyak vama lakshana (desired sign of emesis) and advice to the patient take complete rest followed by Samsarjana karma (Controlled diet and lifestyle). Assessment criteria of vama procedure are mentioned in the classics.

Criteria of assessment:

Criteria	Vaegiki pariksha (bouts)	Maniki pariksha (weighing)
Jaghanya (mild)	4	1 prastha (640 ml)
Madhyama (moderate)	6	1.5 prastha (960 ml)
Pravara (excellent)	8	2 prastha (1280 ml)





Contraindications-

Ajeerna (indigestion) Acute peptic ulcer Kasa (Cough), Shwasa (bronchial Asthma) Ati krisha (Emaciated body) Madhumeha (Diabetes), Bala (young children) Unmada (Schizophrenia), Shranta (Exhausted) Kushtha (Skin diseases) Pipasita (Thirsty) Peenasa (Sinusitis) Kshudhita (Hungry) Shlipada (Filariasis) Hridroga (Cardiac disorders)

Complications of Vamana therapy: Weakness, dryness of throat, giddiness, vatarogas (neuromuscular disorders), fresh bleeding,

➤ VIRECHANA

Procedure:- It is the procedure where vitiated doshas (mainly pitta) are eliminated from lower gastro-intestinal tract through the anal route. Therapeutic purgation administer very cautiously in pediatric patients because their chances of severe complication like dehydration.

Material and Equipments:

Attached toilet (lavatory) is a must, Towels, Bed sheets etc.

Medicines:

Kashyap mentioned that errand tail (castor oil) and shankhini tail (euphorbia oil) superior for virechana karma. Preparation of Jayapala (purging croton) should be avoided in pediatric patients for purgation.

Dose of purgative medicine depends upon age, sex, strength of the patient and state of disease. Purgation will start after three hours of taking medicine. Warm water may be given when the patient feels thirsty or the urge for evacuation is not felt sufficient. When the evacuation of bowel is complete as per the lakshanas (features) described for Samyak Virechans (desired purgation). After virechana karma patient is advised to take complete rest and follow Samsarjana krama. Assessment criteria of Virechana procedure are mentioned in the classics.





Assessment criteria of Virechana Karma:

Criteria	Vegiki pariksha (bouts)	Maniki pariksha (weighing)
Jaghanya (mild)	10	2 prastha (1280 ml)
Madhyama (moderate)	20	3 prastha (1920 ml)
Pravara (excellent)	30	4 prastha (2560 ml)

Contraindications

Constipation, Krimi (Worm infestation), Kamala (Jaundice), chronic fever Navajwara (Acute fevers) Eczema, Allergic dermatitis etc. Krisha (Emaciated patients) Pakshaghat (Hemiplegic), Rajayakshma (Tuberculosis) Madhumeha (Diabetes), Arbuda(Tumour), Garbhini (Pregnant women) Tamak Shwasa (Bronchial Asthma), Hridroga (Cardiac problems) Galganda (Goitre),

Complications: Malena, prolapsed rectum, dehydration, giddiness, shock.

➤ BASTI

Procedure: It is the procedure where the medicines in suspension form are administered through rectum or genitourinary tract using Basti yantra (Specific apparatus). Among all therapeutic procedures, Basti is superior because it is like Amruta (nectar) in child patient and the most appropriate remedial measure for Vata dosha.

Equipments: Basti putaka (polythene bag having! It capacity), Basti netra (nozzle), lavatory facilities, others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)





Ingredients of Basti:

Medicated oils for Basti, kwatha (decoction) & Kalka (paste) made from prescribed medicines, Madhu (honey), Saindhava (rock-salt)

Types of Basti (Classified into many ways):

1. Asthapana/Kashaya/ Niruha Basti- Decoction based enema
2. Anuvasana Sneha Basti/ Matra basti-Oil based enema
3. Uttar basti - If above basti given by genitourinary route then called Uttar basti

Matra (dose) of Basti dravyas

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

Procedure:

The patient is advised to lie down in left lateral position. Small amount of oil is applied on patients anus and basti netra. The basti netra (nozzle) is gently inserted into the anal canal upto a specific length and basti putaka containing mixture (basti dravya) 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 nozzle is removed gently and the patient is allowed to lie down on supine position till he feels urge to excrete. 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 follow Samsarjan karma, Niruha bastis are not to be give alone wherever required must be given





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alternatively with Sneha basti. 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: (as per Kashyapa) 32

Karma Basti 30 in number (6 Niruha, 24 Sneha)

Kala Basti 15 in number (3 Niruha, 12 Sneha)

Yoga Basti 8 in number (3 Niruha, 5 Sneha)

Chaturbhadra kalpa 12 in number (4 Sneha + 4 Niruha + 4 Sneha).

Commonly used Basti Yoga:

Madhubala basti, Bala Guduchyadi basti, Patolanimbadi basti, Vaitarana basti, Mustadi yapana basti, Tikta kshira basti,

Contra indications of Basti

Vata roga (hemiplegic, muscular dystrophy) Krishna Emaciated body) Amavata (Juvenile Rheumatoid Arthritis) Amatisara (acute diarrhoea) Ashmari (kidney stone, bladder stone) Chhardi (Vomiting) Jeerna jvara (Chronic Fever) Kasa (Cough), Shwasa (Asthma) Rajonash (Secondary Amenorrhoea) Madhumeha (Diabetes) Niram atisar (chronic diarrhoea) Shoono Payu (Inflamed Anus) (cerebral palsy, delayed mile stones) Kritahara (Immediately after taking food)

➤ **Matra Basti-**

It is the type of sneha basti in which medicated oil given in a small dose, and it can be given daily with no risk Matra basti can be used irrespective of age and not much precautionary measures are required. The usual dosage is 60 ml.

Classification of Matra basti according to dose

Lakshana (signs)	Matra (dose)
Uttam (excellent)	2 Prakuncha (80ml)
Madhyam (moderate)	1 1/2 Prakuncha (60ml)
Hina (mild)	1 Prakuncha (40ml)

If shishu (infant) who not suck breast milk then matra basti given in quantity of ½ prakunch/pala matra (20 ml).





Complications: Local anal injury, GIT symptoms like pain in abdomen, vomiting etc.

➤ NASYA

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

Materials: Chair, Panchakarma table, Gokarna (a type of vessel), oil for massage, towel

Medicine: Panchendriyavardhan taila, Dhanvantar taila, anu tails, Shadbindu tails, churna for Pradhanan Nasya

Types of Nasya: Kashyapa mentioned two types of Nasya; namely Brihana (Purana) nasya and Karshana (Shodhana) nasya.

Dose of Marsha Nasya and Pratimarsha Nasya

Marsha Nasya Matra (dose):

Uttam matra (maximum dose) 10 drops

Madhyam matra (medium dose) 8 drops

Hraswa matra (mild dose) 6 drops

Pratimarsha nasya 2 drops

Procedure- The patient should sit or lie down in a comfortable posture, then applied gentle massage over the head, forehead and face followed by mild swedan. Slightly warm oil should be instilled in the prescribed dose in each nostril. After that gentle massage is to be performed on the plantar and palmer regions, shoulder and back. The patient is allowed to spit if patient feels discomfort due to oil in the throat. After all procedure, oil on the face is to be wiped off and advice to patient for gargling with warm water.

Contraindications

Shirashool (Headache) Nav pinasa (acute rhinitis) Urdhwajatrugata Roga (E.N.T. disorders) Ajeerna (indigestion) Ardita (Facial paralysis) Immediately after taking food, water Pakshaghat (Bell's palsy) Kasa (cough), Vata roga (Delayed mile stone) Shwas (bronchial asthma) Vyanga (Hyper pigmentation).


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SOP of Kaumarpanchakarma

YEAR-2018

Ayurveda is the Ancient Science of life in which treatment is branched into two wings namely; Shodhana chikitsa (Detoxification therapy) and Shaman chikitsa (Curative therapy) Shaman therapy includes Deepan (appetizer), Pachana (digestive) etc, and Shodhana therapy includes panchakarma.

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

Panchakarma are :

1. Vaman (Therapeutic Emesis)
2. Virechan (Therapeutic Purgation)
3. Basti (Medicated Enema)
4. Nasya (Nasal Insufflations)
5. Raktamokshana (Blood cleansing and Purification therapy)

Prior to Panchakarma, Purva karma (preparatory measures) like Deepana and Pachana (appetiser and digestive) Snehana (Oleation) and Swedan (Sudation) are given to the patient. After the Panchakarma, Samasarjana krama (a special diet regimen) is advised as post operative measures

Childhood is very crucial period where child picks up growth and development with respect to physical, mental and social aspect. In Pediatric patients; Dosha (bio-elements), Dushya (blood, bones etc) and Malas (waste product of body) which are responsible for different Vyadhis (diseases) are same as found in adult. They differed in their quantity which is small in children based on body weight, age and strength of child.





Dhatri stanya dushti (vitiation of milk in wet nurse) play main role for causing diseases in Ksheerad avastha balak (milk sucking babies). Hence, in such condition Shodhana should be done both in Dhatri (wet nurse) as well as Shishu (infant).

- **PURVA KARMA**

Deepan and Pachan: Panchakarma procedure Deepan and Pachana should be done for obtaining Niramavastha of doshas. Hot water boiled with piece of dry ginger or dry coriander can be used in Pediatric patient, it relieves Ama (toxic accumulation) at the level of Koshta (abdomen). Snehan is the process of oleation of the body by using medicated oils and ghee internally and externally. Out of these ghrita is considered as the best

- **ABHYANGA**

Abhyanga is defined as an Ayurvedic procedure of application of Sneha dravyas over body with mild pressure in specific directions. It can be applied to the whole body or locally. Many of the prevalent modern massage techniques are the modified forms of abhyanga.

Materials Required:

Vessels to keep the oil and to heat the oil

Non medicated or medicated oil or ghee (30 to 50 ml)

Cotton cloth/soft towel

Purva Karma

Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist. Oil is selected according to disease condition of the patient. The oil is made warm which is comfortable to patient. For shiroabhyanga lukewarm oil is selected.

Pradhan Karma Patient should be seated on the table, with leg extended.

- Abhyanga should be done in 7 positions Le sitting, supine, right lateral, prone, left lateral again supine sitting position chronologically. Avoid prone position in patients having ascites.





• Abhyanga should be started from the scalp, head. Lukewarm oil is applied to head, first in the anterior fontanelle and then the whole scalp. The all is applied uniformly by therapists. Start massaging scalp, head and move down to neck, upper back, shoulders, upper arms, forearms & hands; then chest, abdomen, low back, lower limbs. Heart, GIT, Upper back should be massaged in upward down direction. Limb joints should be massaged in circular manner and muscles in linear manner. Umbilical region is massaged in circular manner.

Supine position

Upper limbs, Shoulder & neck, Umbilical region, Lower limbs & region from sternum to flanks are more concentrated.

Left lateral

Back, Left limb and Hip are more concentrated.

Right lateral

Back, Right limb and Hip

Prone (If Applicable)

Mild spinal massage is given.

Duration: 30-40 minutes.

Pashchat Karma

Patient should take complete rest for 15 minutes in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap or Snana choorna. When the patient feels appetite, take light food according to illness, digestive power & Satmya. the patient is indicated for Swedan, proper Swedan should be done immediately after Abhyanga before bath. Post procedure evaluation of patient should be written in patient's file.





➤ SWEDANA

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

Types: Kashyapa mentioned 8 types of Swedan karma - Hast, Pradeha, Nadi, Prastar, Sankar, Upnaha, Avagah and Parisheka

1. Hasta sweda- up to 4 months of age
2. Pinda sweda- after 6 years of age Shashtika Shali Pinda Sweda (Sankar Sweda). This is the common method of Swedana used in Paediatric patients in which specific part or whole body made to perspire by the application of Shashtika shali (a variety of rice) in the form of Pottalis (boluses tied in a cotton cloth)

Materials and Equipments:

Panchakarma droni, gas stove, vessels, cotton pieces (1ft x 1 ft), cotton thread, medicated oils for Abhyanga (Ksheera bala taila), medicated decoction (Dashmoola kwatha), cow milk-1 litres, Shastika shali (special variety of rice)-500gm.

Procedure: Shashtika shali (A variety of rice) is cooked with milk and decoction of dashamoola. This cooked rice is to be kept in pieces of cloth to make pottalis (boluses tied in a cotton cloth). Remaining decoction and milk should be mixed and heated in low temperature to dip the boluses for warming the Pottali. After creating pottalis, patient should be massaged with suitable warm oil and then warm pottali is gently applied. One must ensure that the heat of the boluses is a bearable to the patient by touching them over the dorsum of their foot. The procedure takes about half to one hour. After all procedure, body should be wiped off with dry soft towels and patient is adviced to take rest for at least half an hour and then take a bath with warm water.

Contraindications:

Dagdha (burn), Acute fever, Kamala (jaundiced) Shwas (asthma), Kas (cough), Pratistryaya Pitta rogi, Madhumeh (Diabetic) Jadatva, Kathinya and Ruksha sharira (heaviness, stiffness, dryness





of body) Karshya (emaciated) Vata rogas (hemiplegic, cerebral palsy) Chardi (Vomiting), Trishna (dehydrated) Rheumatic and degenerative conditions Raktapitta (Bleeding disorders), Obstruction to Mala(stool), Matra (urine) and Shukra (semen) Hridaya Rogas (Cardiac Diseases), Visha (poisoned)

➤ SHIRO DHARA

This is one of the Murdhani Sneha, where warmed sneha is allowed to pour over Scalp/head area for a prescribed period of time in particular manner.

Materials Required: Prescribed Sneha tail/medicine for Shirodhara, Cotton ribbon, Shirodhara Yantra, Hot water -Quantity Sufficient, Vessels, Cotton- Quantity Sufficient, Towels.

Procedure: Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist The patient must allow lying down comfortably over the Shirodhara table Eyes of patients should be covered with cotton peace. Make sneha(tail)/medicine Luke warm with help of hot water. The area of application should be thoroughly cleaned and snehajtail)/medicine should poured over patients forehead from 4 angula height. Stream of sneha(tail)/medicine should be poured in pendulum movement. Collect sneha(tal/medicine from collecting vessels of shirodhara table and reuse it be making it warm. The oil should be warmed over hot water bath, usually warm and comfortable to the patient. The temperature of all must be maintained throughout the procedure. Duration: 30 min After the prescribed time, oil should be removed from scalp. Patient should take complete rest in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap. Post procedure evaluation of patient should be written in patient's file.

➤ VAMANA

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





Materials and Equipments.

Comfortable seat (vamana peetha), bucket, vessels [mug, glass, bowl, towels, sphygmomanometer, weighing scale, ECG machine, thermometer, measuring glass etc.].

Vamana dravya and dosage:

Vaman drug given in a quantity which equal to

- Vidanga phala (fruit of Embelia ribes) - Kashyapa
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- Others- milk: 750ml, Yassthimadhu kwatha (decoction of Glylirrhiza glabra): 750ml, Lavanodaka (salted water): 500ml.

Procedure:

After all preparatory procedure, the patient is advised to sit comfortably in a chair (vaman peetha) then mixture of milk or Yassthimadhu kwatha (Vamanopaga dravya) is to be given full stomach. The medicines for vamana should be administered in proper quantity, according to the age, strength, season etc. Bouts of Vamana start within 10-15 minutes after giving the medicine. During bouts of vamana the masseur should massage back and chest of patient in upward direction to stimulate the urge for the bouts of vomiting. If not vomited out the pharynx may be gently irritated with a finger or Kamalanala (stem of lotus). Ascertain samyak vamana lakshana (desired sign of emesis) and advice to the patient take complete rest followed by Samsarjana karma (Controlled diet and lifestyle). Assessment criteria of vamana procedure are mentioned in the classics.

Criteria of assessment:

Criteria	Vaegiki pariksha (bouts)	Maniki pariksha (weighing)
Jaghanya (mild)	4	1 prastha (640 ml)
Madhyama (moderate)	6	1.5 prastha (960 ml)
Pravara (excellent)	8	2 prastha (1280 ml)





Contraindications-

Ajeerna (indigestion) Acute peptic ulcer Kasa (Cough), Shwasa (bronchial Asthma) Ati krisha (Emaciated body) Madhumeha (Diabetes), Bala (young children) Unmada (Schizophrenia), Shranta (Exhausted) Kushtha (Skin diseases) Pipasita (Thirsty) Peenasa (Sinusitis) Kshudhita (Hungry) Shlipada (Filariasis) Hridroga (Cardiac disorders)

Complications of Vamana therapy: Weakness, dryness of throat, giddiness, vatarogas (neuromuscular disorders), fresh bleeding,

➤ VIRECHANA

Procedure:- It is the procedure where vitiated doshas (mainly pitta) are eliminated from lower gastro-intestinal tract through the anal route. Therapeutic purgation administer very cautiously in pediatric patients because their chances of severe complication like dehydration.

Material and Equipments:

Attached toilet (lavatory) is a must, Towels, Bed sheets etc.

Medicines:

Kashyap mentioned that errand tail (castor oil) and shankhini tail (euphorbia oil) superior for virechana karma. Preparation of Jayapala (purging croton) should be avoided in pediatric patients for purgation.

Dose of purgative medicine depends upon age, sex, strength of the patient and state of disease. Purgation will start after three hours of taking medicine. Warm water may be given when the patient feels thirsty or the urge for evacuation is not felt sufficient. When the evacuation of bowel is complete as per the lakshanas (features) described for Samyak Virechans (desired purgation). After virechana karma patient is advised to take complete rest and follow Samsarjana krama. Assessment criteria of Virechana procedure are mentioned in the classics.





Assessment criteria of Virechana Karma:

Criteria	Vegiki pariksha (bouts)	Maniki pariksha (weighing)
Jaghanya (mild)	10	2 prastha (1280 ml)
Madhyama (moderate)	20	3 prastha (1920 ml)
Pravara (excellent)	30	4 prastha (2560 ml)

Contraindications

Constipation, Krimi (Worm infestation), Kamala (Jaundice), chronic fever Navajwara (Acute fevers) Eczema, Allergic dermatitis etc. Krishna (Emaciated patients) Pakshaghat (Hemiplegic), Rajayakshma (Tuberculosis) Madhumeha (Diabetes), Arbuda(Tumour), Garbhini (Pregnant women) Tamak Shwasa (Bronchial Asthma), Hridroga (Cardiac problems) Galganda (Goitre),

Complications: Malena, prolapsed rectum, dehydration, giddiness, shock.

➤ BASTI

Procedure: It is the procedure where the medicines in suspension form are administered through rectum or genitourinary tract using Basti yantra (Specific apparatus). Among all therapeutic procedures, Basti is superior because it is like Amruta (nectar) in child patient and the most appropriate remedial measure for Vata dosha.

Equipments: Basti putaka (polythene bag having! It capacity), Basti netra (nozzle), lavatory facilities, others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)





Ingredients of Basti:

Medicated oils for Basti, kwatha (decoction) & Kalka (paste) made from prescribed medicines, Madhu (honey), Saindhava (rock-salt)

Types of Basti (Classified into many ways):

1. Asthapana/Kashaya/ Niruha Basti- Decoction based enema
2. Anuvasana Sneha Basti/ Matra basti-Oil based enema
3. Uttar basti - If above basti given by genitourinary route then called Uttar basti

Matra (dose) of Basti dravyas

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

Procedure:

The patient is advised to lie down in left lateral position. Small amount of oil is applied on patients anus and basti netra. The basti netra (nozzle) is gently inserted into the anal canal upto a specific length and basti putaka containing mixture (basti dravya) 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 nozzle is removed gently and the patient is allowed to lie down on supine position till he feels urge to excrete. 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 follow Samsarjan karma, Niruha bastis are not to be give alone wherever required must be given alternatively with Sneha basti. 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: (as per Kashyapa) 32

Karma Basti 30 in number (6 Niruha, 24 Sneha)

Kala Basti 15 in number (3 Niruha, 12 Sneha)

Yoga Basti 8 in number (3 Niruha, 5 Sneha)

Chaturbhadra kalpa 12 in number (4 Sneha + 4 Niruha + 4 Sneha).

Commonly used Basti Yoga:

Madhubala basti, Bala Guduchyadi basti, Patolanimbadi basti, Vaitarana basti, Mustadi yapana basti, Tikta kshira basti,

Contra indications of Basti

Vata roga (hemiplegic, muscular dystrophy) Krishna Emaciated body) Amavata (Juvenile Rheumatoid Arthritis) Amatisara (acute diarrhoea) Ashmari (kidney stone, bladder stone) Chhardi (Vomiting) Jeerna jvara (Chronic Fever) Kasa (Cough), Shwasa (Asthma) Rajonash (Secondary Amenorrhoea) Madhumeha (Diabetes) Niram atisar (chronic diarrhoea) Shoono Payu (Inflamed Anus) (cerebral palsy, delayed mile stones) Kritahara (Immediately after taking food)

➤ **Matra Basti-**

It is the type of sneha basti in which medicated oil given in a small dose, and it can be given daily with no risk Matra basti can be used irrespective of age and not much precautionary measures are required. The usual dosage is 60 ml.

Classification of Matra basti according to dose

Lakshana (signs)	Matra (dose)
Uttam (excellent)	2 Prakuncha (80ml)
Madhyam (moderate)	1 1/2 Prakuncha (60ml)
Hina (mild)	1 Prakuncha (40ml)

If shishu (infant) who not suck breast milk then matra basti given in quantity of ½ prakunch/pala matra (20 ml).

Complications: Local anal injury, GIT symptoms like pain in abdomen, vomiting etc.





➤ NASYA

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

Materials: Chair, Panchakarma table, Gokarna (a type of vessel), oil for massage, towel

Medicine: Panchendriyavardhan taila, Dhanvantar taila, anu tails, Shadbindu tails, churna for Pradhaman Nasya

Types of Nasya: Kashyapa mentioned two types of Nasya; namely Brihana (Purana) nasya and Karshana (Shodhana) nasya.

Dose of Marsha Nasya and Pratimarsha Nasya

Marsha Nasya Matra (dose):

Uttam matra (maximum dose) 10 drops

Madhyam matra (medium dose) 8 drops

Hraswa matra (mild dose) 6 drops

Pratimarsha nasya 2 drops

Procedure- The patient should sit or lie down in a comfortable posture, then applied gentle massage over the head, forehead and face followed by mild swedan. Slightly warm oil should be instilled in the prescribed dose in each nostril. After that gentle massage is to be performed on the plantar and palmer regions, shoulder and back. The patient is allowed to spit if patient feels discomfort due to oil in the throat. After all procedure, oil on the face is to be wiped off and advice to patient for gargling with warm water.

Contraindications

Shirashool (Headache) Nav pinasa (acute rhinitis) Urdhwajatrugata Roga (E.N.T. disorders) Ajeerna (indigestion) Ardita (Facial paralysis) Immediately after taking food, water Pakshaghat (Bell's palsy) Kasa (cough), Vata roga (Delayed mile stone) Shwas (bronchial asthma) Vyanga (Hyper pigmentation).

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