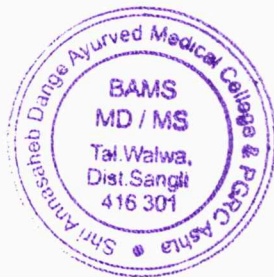




Sant Dnyaneshwar Shikshan Sanstha's
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NAAC Accredited ISO Certified 9001-2015, 14001-2015



CRITERIA 8 – Part B : Ayurveda	
8.1.11.	
Describe the activities undertaken by the Institution towards practice of various procedures of Kriyakalpa	
8.1.11.a. SOP of Kriyakalpa.pdf	
Sr. No.	Particulars
1	SOP of Kriyakalpa.pdf in Year 2022-23
2	SOP of Kriyakalpa.pdf in Year 2021-22
3	SOP of Kriyakalpa.pdf in Year 2020-21
4	SOP of Kriyakalpa.pdf in Year 2019-20
5	SOP of Kriyakalpa.pdf in Year 2018-19



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DEPARTMENT OF SHALAKYATANTRA
YEAR 2022-23
STANDARD OPERATING PROCEDURES - KRIYAKALPA
TARPAN

Definition:

- In this procedure the medicated ghee is kept in the eyes for specific time by special arrangement . it gives nourishment to the eyes & cures vata & pitta eye disorders. Used in progressive refractive errors tiredness of eyes.

Indications:

- Useful in weak eye sight(myopia and hypermetropia)
- Glaucoma Keratitis
- Dry eye syndrome
- Computer vision syndrome Squint
- Conjunctivitis

Contraindications :

- On a cloudy day.
- In an extreme hot or cold weather.
- In condition of worries and anxiety.

Procedure:

Poorva karm:

- Appropriate shodhan karm is carried out according to procedure
- Later sthanic abhyang and mild swedan is done.

Pradhan karma:

Patient is made to lie in supine position in a good lighted, ventilated room Free from dust smoke. Then the eyes are encircle with firm, compact leak proof pali made up of powdered masha. According vagbhata pali upto height of 2 angul patient is asked to close eyes, ghrita processed with appropriate drugs g liquefied feed in lukewarm water should be poured to the of orbit up to the level of tip of eyelashes patient is asked to open and closed eyes intermittently and steadily.

Paschata karma :

After retaining of ghrita for stipulated period, ghrit is drained out through hole made at bottom of dough wall near the outer canthus of eye is. Irrigated with lukewam water fomentation. The kapha which has already been stimulated by potency of Ghrita should be eliminated by Putpak





PUTPAK

Defination-

Putapak is a procedure in which ras. Is used in the same mode of application as that of as the body becomes fotigued after Snehan therapyin order to restore the strength of eyes.

Classification:

- Snehan
- Lekhan
- Ropan

Indications :

- Snehana- Vata predominant disorders, rough & dry eyes
- Lekhana -kapha pridominant disease
- Ropana- pitta Rakta predominant disease
- Prasadana - in weakness of eyes. vata, pitta& rakta disorders for healthy persons.

Contraindications :

- Climatic conditions- hot, very very cold, cloudy weather.
- General weakness- during excessive stress , tiredress ,worries & Giddiness.

Procedure :

Purvakarma:

>fresh meat of animals herbal drugs crushed thoroughly - made into a paste using drava- dravya like milk, ghrita, kashaya in a mix pot - covered & packed up using medicinal leaves like. Alka /eranda / vata/kamalini - tied in properly using thread & COvered it with Cloth & made it like pottali –placed on high flame

>after heating – remove all the covering squeezed& extract the juice (rasa) filtered thoroughly ready for procedure .

Pradhan karma :

> putapaka should be carried out at afternoon after the food has been digested after the head whole body of patient have been treated with purification measures properly.

>patient is made to lie in a supine position i n good lighted ventilated room free from dust smoke

>then the eyes are encircle with firm, compact leak proof pali made up of paste of powdered masha .

>Pali is made upto height of 2 Angul.

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ASCHOTANA

Instillation of the medicated Solution into the conjunctival sac when the eyes completely open and patient is in lying position

Indications :

Conjunctivitis.
Eyeache
Timir
Burning Pain, Excessive Lacrimation
Pricking Pain.

Contraindication:

- Climatic conditions - very hot, Very cold.
- Cloudy weather
- General Weakness: during excessive stress worries tiredness and giddiness.

Purvakarma:

Agra sangrhaniya – The medicines ,equipment and main power needed to carry out .
Ashchotana should be kept ready well.in advance to the Scheduled time.
positioning the patient - the person to be administered (Aschotan) Should be taken to Nirvat
sthan.
He Should be in Supine position

Pradhan karma:

- 1) It is done when patient in lying position.
- 2) Drops of medicine instilled with the help of dropper according to dosha & Vyadhi.
- 3) Installed at medial canthus of eye from a height of 2 angula - 4 cm .
- 4) Later clean the eyes with soft clothes .
- 5) Not be done at the night .


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Parishek

Definition :

In this procedure medicine is poured on closed eye continuously from four inches height for Specific time according to dos has. It is indicated in acute inflammatory Conditions.

Indication:

- in acute and inflammatory condition of eyes diseases like abhishynda.
- Blurred Vision
- Dryness Of Eye
- Injury/ Traumatic condition of eye.
-
- To improve eye sight.
- who spend a lot of time on computer.

Contraindication:

- climatic conditions-very hot n very cold cloudy weather .
- general weakness during excessive stress worries giddiness.

Procedure:

- Room should be devoid of excessive wind & heat, but adequately ventilated with sufficient light.
- The therapist should stand behind the head of the patient.
- Medicine should be poured through a wick as Continuous stream like flow from a height of 4 Angula - 8 cm on closed eyes.

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Ashta
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ANJANA

Defination :

- Topical application of drugs in the form of powder /paste/thick liquid into the conjuntival fornices with an applicator called anjan shalakya.
- Anjan means which spreads or propagades "Anakti anena anjanam"
- According to its form anjan is three types i.e gutika, rasakriya, churna
- even through anjanas are meant for eye diseses it has wide applications in systemic diseses.

Indications :

- Anjan is indicated when clinical features of doshas have become manifested and localized in the eye an acute inflammatory signs are subsided by the application of seka ans aschotan.
- Pterygium
- Corneal opacity
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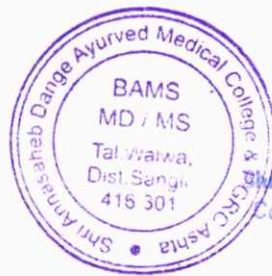
Contraindications :

- In acute inflammatory conditions.

Anjanvidhi :

- Room should dust be devoid of wind out dust.
- Patient is in sitting position.
- Therapist should stand in front of the patient.
- Medicine is taken on shalaka and placed in right hand.
- Eye is opened with left hand.
- Medicines is applied on lid margin from innner canthus to outer canthus with the help of anjanshalaka.
- Anjana shalaka should not be more or less, hard or soft, iteekshna or mridu, quick or delayd if so injury to eyes can happen.
- After Anjanavidhi by closing the eyes eyeball should be moved slowly, by this the medicine perfectly spreads in the eyes.
- The doshas dissolves and comes out in the state of lacrimation.
- The eyes should be cleaned when discharge stops.
- If requited according to the condition parathyanjana has to given .


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BIDALAK

Defination:

-Paste of different drugs is applied over the closed eyelids leaving the eye lashes.

Indications :


- Mild inflammatory conditions of the eye.
- Prodormal conditions like hyper.
- Pricking.
- Sensation
- Edema
- Itching
- mostly in the diseases of the eye.
- Lids and lacrimal apparatus
- Burning sensation
- Discoloration of lids.
- Redness
- Stye, blepharitis, lid abscess, trichiasis
- Foreign body sensation.

Procedure:

- The drugs is made into smooth thin paste by adding water
- Then it is applied over Eye lid avoiding eye lashes
- when it is about to dry remove it by wiping with wet cloth
- Not to be done at night


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Pindi

In this thin paste of medicines are covered in a cloth & places over closed eyes. It is also called kavalia.

Indication of pindi:

- Glaucoma
- Conjunctivitis
- Inflammatory condition of eye.
- Swelling over eyes.

Contraindication :

- Climatic condition –very hot ,very cold ,cloudy weather.
- General weakness-during excessive stress worries tiredness and giddiness.

Purvakarma:

Pindi agra sangrhaniya –the medicines equipment and man power needed to carry out ashotan should be kept ready well in advance to the schedule time of treatment.

Position of Patient:

The person to be administered with (pindi) should be taken to nirvat sthan he should in supine position

Pradhan karma:

- The drug is made to smooth thin paste by adding suitable liquid and packed in to thick cotton cloth.
- then it is applied overv closed.
- After specific dharnakala. According to should be remade.
- Not to be done at night.

Paschat karma:

After the completion of pind the patient should be allow to relax for a short while then after eyeball should be cleansed with warm water.


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DEPARTMENT OF SHALAKYATANTRA YEAR 2021-22 STANDARD OPERATING PROCEDURES - KRIYAKALPA TARPAN

Definition:

- In this procedure the medicated ghee is kept in the eyes for specific time by special arrangement . it gives nourishment to the eyes & cures vata & pitta eye disorders. Used in progressive refractive errors tiredness of eyes.

Indications:

- Useful in weak eye sight(myopia and hypermetropia)
- Glaucoma Keratitis
- Dry eye syndrome
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Contraindications :

- On a cloudy day.
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Procedure:

Poorva karm:

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Pradhan karma:

Patient is made to lie in supine position in a good lighted, ventilated room Free from dust smoke. Then the eyes are encircle with firm, compact leak proof pali made up of powdered masha. According vagbhata pali upto height of 2 angul patient is asked to close eyes, ghritha processed with appropriate drugs g liquefied feed in lukewarm water should be poured to the of orbit up to the level of tip of eyelashes patient is asked to open and closed eyes intermittently and steadily.

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PUTPAK

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ASCHOTANA

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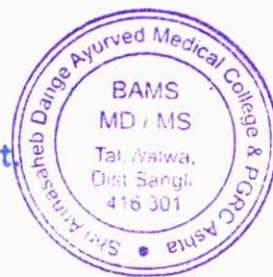
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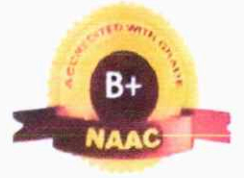
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- in acute and inflammatory condition of eyes diseases like abhishynda.
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Procedure:

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The person to be administered with (pindi) should be taken to nirvat sthan he should in supine position

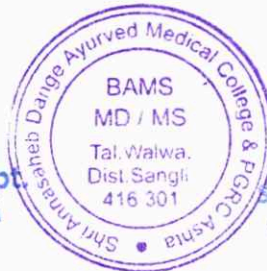
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Paschat karma:

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DEPARTMENT OF SHALAKYATANTRA

YEAR : 2020-21

STANDARD OPERATING PROCEDURES

TARPAN

Defination:

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- Useful in weak eye sight (myopia and hypermetropia)
- Glaucoma
- Keratitis
- Dry eye syndrome
- Computer vision syndrome
- Squint
- Conjunctivitis

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- On a cloudy day.
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Procedure:

Poorva karm:

Appropriate shodhan karm is carried out according to procedure

Later sthanic abhyang and mild swedan is done





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Pradhan karma:

- Patient is made to lie in supine position in a good light and ventilated room, Free from dust smoke.
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STANDARD OPERATING PROCEDURE

PUTPAK

Defination:

➤ Putapak_ is a procedure in which swaras. is used in the same mode of application as that of tarpana

as the body becomes fatigued after Snehan therapy in order to restore the strength of eyes.

Classification:

- Snehan
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Indications:

- Snehana- Vata predominant disorders, rough & dry eyes.
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Prasadana - in weakness of eyes, vata, pitta& rakta disorders for healthy persons.

Contraindications:

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General weakness- during excessive stress, tierdness, worries & Giddiness.

Procedure:

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Pradhan karma :

- Putapaka should be carried out after the food has been digested.
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- Then the eyes are encircled with firm, compact leak proof pali made up of paste of powdered masha.
- Pali is made upto height of 2 Angul.
- Patient is asked to close eyes, swarasa processed with appropriate drugs liquified in lukewarm water should be poured to the orbit till the level of tip of eyelashes.
- Patient is asked to open & close the eye intermittently Steadily

Paschata karma :

- After retaining of swarasa in Stipulated period it is drained out though a hole made of bottom of pali Near the outer canthus of eye & irrigated with lukewarm water..





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STANDARD OPERATING PROCEDURE

ASCHOTANA

Defination

- Instillation of the medicated Solution into the conjunctival sac when the eyes are completely open and patient is in lying position

Indications

- Conjunctivitis
- Eyeache
- Timir

Burning pain

Contraindications:

- Climatic conditions - very hot, Very cold climate
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- General Weakness: during excessive stress worries tiredness and giddiness

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- It is done when patient in lying position.
- 10-12 drops of medicine instilled with the help of dropper at medial canthus of eye from a height of 2 angula - 4 cm
- later clean the eyes with soft cloth.





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STANDARD OPERATING PROCEDURE

ANJANA

Defination :

- Topical application of drugs in the form of powder/paste/thick liquid into the conjuntival fornices with an applicator called anjan shalaka.
- Anjan means which spreads or propagates "Anakti anena anjanam".
- According to its form anjan is three types i.e gutika, rasakriya, churna.
- Even through anjanas are meant for eye diseases it has wide applications in systemic diseases too.

Indications:

- Anjan is indicated when clinical features of doshas have become manifested and localized in the eyes.
- Pterygium
- Corneal opacity
- Immature cataract
- Contraindications:
- In acute inflammatory conditions

Procedure

Poorvakarma:

- Appropriate shodhan karm is carried out according to procedure
- Later sthanic abhyang and mild swedan is done

Pradhan karma

- Room should dust be devoid of wind and dust.
- Patient is in sitting position
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- Medicine is taken on shalaka and placed in right hand.
- Eye is opened with left hand.
- Medicines is applied on lid margin from innner canthus to outer canthus with the help of anjanshalaka..After Anjana vidhi by closing the eyes eyeball should be moved slowly,by this the medicine perfectly spreads in the eyes. The doshas dissolves and comes out in the state of lacrimation.
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Indications:

- In acute and inflammatory condition of eyes like vataj abhishynda, raktaj abhishyanda etc.
- Blurred vision.
- Dryness of eyes.
- Injury/Traumatic condition of eye.
- To improve eye sight.

Contraindication:

- Climatic conditions-very hot n very cold cloudy weather
- General weakness during excessive stress worries giddiness

Procedure:

Poorvakarma:

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Pradhan karma

- Room should be devoid of excessive wind & heat, but adequately ventilated with sufficient light.
- The therapist should stand behind the head of the patient.
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BIDALAKA

Defination:

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Indications:

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- Pain
- Pricking sensation
- Edema
- Itching
- Lids and lacrimal apparatus
- Burning sensation
- Conjunctivitis
- Redness
- Sty, blepharitis, lid abscess.
- Foreign body sensation

Procedure:

Poorvakarma:

- Appropriate shodhan karm is carried out according to procedure
- Later sthanic abhyang and mild swedan is done

Pradhan karma

- The drugs is made into smooth thin paste by adding water.
- Then it is applied over Eye lids avoiding eye lashes.
- When it is about to dry remove it by wiping with wet cloth.
- Not to be done at night.




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DEPARTMENT OF SHALAKYATANTRA

YEAR : 2019-20

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Indications:

- Useful in weak eye sight (myopia and hypermetropia)
- Glaucoma
- Keratitis
- Dry eye syndrome
- Computer vision syndrome
- Squint
- Conjunctivitis

Contraindications:

- On a cloudy day.
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In condition of worries and anxiety.

Procedure:

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Pradhan karma:

- Patient is made to lie in supine position in a good light and ventilated room, Free from dust smoke.
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- According to vagbhata pali upto height 2 angul
- Patient is asked to close eyes, ghrita processed with appropriate drugs g liquid fied in lukewarm water should be poured to the of orbit at the level of tip of eyelashes.
- Patient is asked to open and closed eyes intermittently and stedily.

Paschata karma :

- After retaining of ghrita for stipulated period, ghrit is drained out through hole made at botton of pali near the outer canthus of eye is. irrigated with lukewarm water.





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PUTPAK

Defination:

➤ Putapak_ is a procedure in which swaras. is used in the same mode of application as that of tarpana

as the body becomes fatigued after Snehan therapy in order to restore the strength of eyes.

Classification:

➤ Snehan

➤ Lekhan.

➤ Ropan

Indications:

➤ Snehana- Vata predominant disorders, rough & dry eyes.

➤ Lekhana -Kapha pridominant disease

➤ Ropana- Pitta Rakta predominant disease

Prasadana - in weakness of eyes, vata, pitta& rakta disorders for healthy persons.

Contraindications:

➤ Climatic conditions- hot, very cold, cloudy weather

General weakness- during excessive stress, tierdness, worries & Giddiness.

Procedure:

Poorvakarma:

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STANDARD OPERATING PROCEDURE

ASCHOTANA

Defination

- Instillation of the medicated Solution into the conjunctival sac when the eyes are completely open and patient is in lying position

Indications

- Conjunctivitis
- Eyeache
- Timir

Burning pain

Contraindications:

- Climatic conditions - very hot, Very cold climate
- Cloudy weather
- General Weakness: during excessive stress worries tiredness and giddiness

Procedure:

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DEPARTMENT OF SHALAKYATANTRA

YEAR : 2018-19

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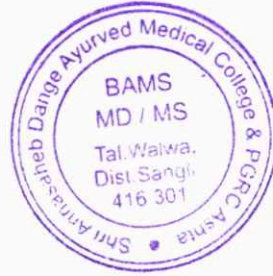
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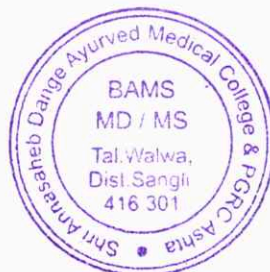
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