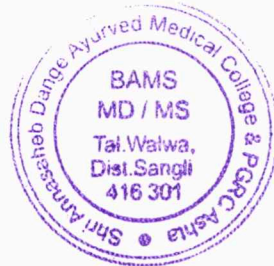




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<b>CRITERIA 8 – Part B : Ayurveda</b>	
<b>8.1.12.</b>	
<b>Describe the activities undertaken by the Institution towards practice of various types of Anushastra.</b>	
<b>8.1.12.a. SOP of Anushastra.pdf</b>	
<b>Sr. No.</b>	<b>Particulars</b>
1	SOP of Anushastra.pdf in Year 2022-23
2	SOP of Anushastra.pdf in Year 2021-22
3	SOP of Anushastra.pdf in Year 2020-21
4	SOP of Anushastra.pdf in Year 2019-20
5	SOP of Anushastra.pdf in Year 2018-19



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## SOP KSHARASUTRA Year 2022-23

### Preparation of Kshara

Kshara is defined as any substance whose can remove morbid tissues and can cleanse tissues and doshas.

Indications Haemorrhoids, fistula in ano, etc .

### Types of Kshara:

Sushruta has classified kshaar into two types-

1. Pratisarniya kshara (for external use)
2. Paaniya kshara (for internal use)

both types of kshara have their own indications and precautions.

The application of kshaarsutra is modified form of Pratisaaraniya kshara .

### Method of kshaar sutra preparation

1. The prepared kshara, snuhi ksheera (latex collected from Euphorbia nerifolia) and haridra (Curcuma longa) powder is smeared on no. 20 surgical thread.
2. These materials are smeared on the theard as 21 coatings in following manner. Out of these twenty - one coatings eleven times smearing is done with snuhi ksheera followed by seven times with paste prepared out of snuhi ksheera and kshara and the remaining three coatings are done with paste made out of snuhi ksheera and haridra powder .
3. Snuhi ksheera acts as a binder and since the kshara powder is an excessively hygroscopic material which can absorb moisture when left exposed to the atmosphere to become ineffective, the final three coatings of the latex and turmeric powder prevents direct contact of kshara coatings with the atmospheric air and therefore can be preserved and used for a long time.
4. The thread is allowed to dry after each smearing and the next smearing is done





after the theard is dry.


This type of kshara sutra has been found to command the maximum efficacy.

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## SOP KSHARA KARMA Year 2022-23

Definition Process of Applying Kshara (High pH strong alkaline preparation) on demarcated area is Ksharakarma.

### STANDARD OPERATING PROCEDURE:

#### Material Requirement Sterile Kshara

- Spetula
- Lemon juice
- Honey and Ghee
- Sterile gauze piece and cotton
- Sterile linen whole sheet

#### Purva Karma

Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist Site demarcation should be done

- Prepare the part where kshara karma is proposed for
- Painting and draping is followed

#### Pradhana Karma

Expose the area where kshara karma is proposed

- Confirm the site before application of kshara
- Application of Kshara and leave it for 100 matra (75 seconds)

**Pashchat Karma** Rinse the part with lemon juice and Normal Saline respectively

- Application of ShatadhautaGhritpichu
- Post procedure evaluation should be written in patient's file





## SOP AGNIKARMA Year 2022-23

After careful analysis of the disorder and patient, agnikarma is carried out till the symptoms indicating favourable and desired dagdha appears.

### 1) Poorva karma (pre - operative)

1. Patient should be checked for his / her fitness for the procedure.
2. Necessary equipments have to be kept ready
3. It has been mentioned that pichilla anna (lubricated food) be given to the patient prior to agnikarma procedure since it is jivaniya, balya, sandhana and guru.
4. The conditions where Agnikarma has to be carried out empty stomach are Arsha , Ashmari , Bhagandara , Mukh roga , Mudh garba and Udar roga .

### 2) Pradhan karma (Operative)

1. The extent of the disorder at the site should be grossly evaluated and Agnikarma is to be performed depending upon the tissue that has to be cauterized, upakarana has to be selected according to the strength of the patient and the site at which it is being performed.

2. Then the upakarana (material) is heated to red hot and placed over the site for a specific period of time.

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The Dagdha pradesha has to be protected from moisture and is smeared with ghrita and madhu to reduce the burning sensation and promote healing.

### Indications:

1. Disorders involving Twaka, Mamsa, Sira, Snayu , Asthi and Sandhi .
2. Granthi , Arsha , Bhagandara , Arbuda , Apachi , Shlipada , Charmakila , Tilkalaka , Antra vriddhi , Nadi vrana etc
3. In emergency conditions where Sira (veins) are cut, discharging sinuses and acute or chronic Haemorrhage (rakta strava)
4. Gridhrasi (Sciatica) due to Vata, after excision of cysts, mass, warts, tumor, fistula and also Shiro rog.





### Contraindications -

1. Nishedha Kala (unfavorable time) - refers to the period or environmental condition during which Agnikarma cannot be performed on any patient except in a case of an emergency.

Acharayas have referred to Sharad ritu and Grishma ritu and unfavourable for carrying out the procedure.

2. Disorders based on their prakriti or body constitution like Pitta prakriti people , Raktapitta , Atisari ( diarrhoea ) , Durbala ( weak ) , Bala ( child ) , Bhuru ( one who is afraid to get the procedure ) , Vrani ( one who is inflicted with many wounds ) and the person who is unfit for Swedana therapy .

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## SOP JALAUKA VACHARANA

Year 2022-23

In Ayurveda, leech therapy is known as Jalaukavacharana which forms by the addition of two words Jalauka and Avacharana .

### SELECTION OF JALAUKA (LEECH):

Out of twelve, only six varieties of nonpoisonous leeches are used for medicinal purpose.

SANKHMUKHI type of leech is preferably used for medicinal purposes due to its rapid blood sucking capacity.

### STORAGE AND MAINTAINENCE:

The leech should be stored in a well labeled container having multiple pores on the top for proper aeration.

Avoid direct exposure to sunlight to the leeches.

The water of container should be de-chlorinated and should be replaced after 5 to 6 days, for best result we should keep two leeches / 250 ml of water.

### Method of Jalauka Application

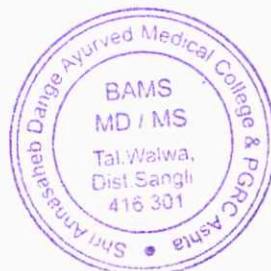
#### Purva Karma:

1. Proper snehan and swedana to patient.
2. Purification of leech by pouring the leech in water mixed with turmeric powder.

#### Pradhan Karma:

Before application of Jalauka, prick the skin with a sharp and sterile needle so that drop of blood comes out then apply the Leech through its front end and cover the leech by wet cotton.

If the leech is not ready to suck the blood from body part then application of madhu, ghrith or butter should be done.





## Observation of leech during blood sucking

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

- Gradual distention in the central portion of the body.
- Itching and Burning sensation at the site of bite.
- Pulsations on the body of leech may be visible.

## Removal of leech

after 30 - 70 mins the leech is detached by itself of by application of turmeric powder on the mouth of leech.

## **Paschata Karma:**

After detachment of leech, there is wound created by the mouth of leech. The blood comes out from the wound.

The bleeding from the wound is stopped by application of tight bandaging with Yasthimadhu or Turmeric powder.

## Evacuate sucked blood

for the vamana of leech, turmeric powder is applied over the mouth of leech. The leech vomits out all the blood sucked by it to get purified.

Sometimes pressing of leech from caudal to front end is required for proper emesis.

After proper vamana, leech should be put in fresh water, where it swims swiftly and then settle down.

Place the leech in a clean jar.

## Precaution during jalaukaavarchana application.

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





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### Indications of Jalaukavarchana:

Vidradhi (Abscess) , Gulma(Abdominal swelling), Arsha(Piles), Kushtha(Skin disease), Vatarakta(Gout), Krostruka shirsha(Infective arthritis), Sandhigat roga(Arthritis), Kantharoga(Goitre), Netra roga(Eye disease), Granthi(Nodular swelling), Arbuda(Cancer), Shlipada(Filariasis), Vidarika(Crackle) Vishadamshttra(Insect bite), Visharpa(Erysipelas), Siro roga(Disease of scalp)

### Contraindications of Jalaukavacharana:

Jalaukavarcharan should be avoided in following conditions –  
Sarvanga shoth (Generalised oedema), Udar rog (Ascitis), Shosha (Tuberculosis), Ksheena (Emaciation),Garbhini (Pregnancy),Pandu (Anaemia)

  
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### Contraindications -

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Avoid direct exposure to sunlight to the leeches.

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### Method of Jalauka Application

#### Purva Karma:

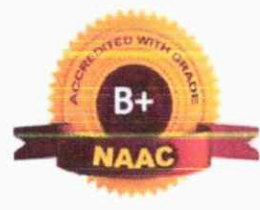
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## Evacuate sucked blood

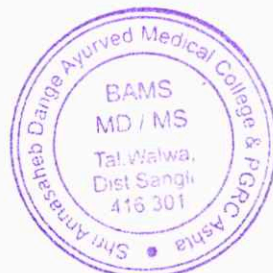
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## Precaution during jalaukaavarchana application.

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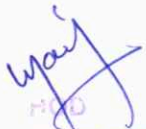


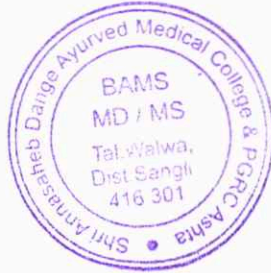
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### Contraindications of Jalaukavacharana:

Jalaukavarcharan should be avoided in following conditions –  
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## SOP KSHARASUTRA Year 2020-21

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## SOP AGNIKARMA Year 2020-21

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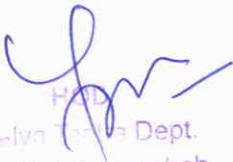
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## SOP JALAUKA VACHARANA

Year 2020-21

In Ayurveda, leech therapy is known as Jalaukavacharana which forms by the addition of two words Jalauka and Avacharana.

### SELECTION OF JALAUKA (LEECH):

Out of twelve, only six varieties of nonpoisonous leeches are used for medicinal purpose. SANKHMUKHI type of leech is preferably used for medicinal purposes due to its rapid blood sucking capacity.

### STORAGE AND MAINTAINENCE:

The leech should be stored in a well labeled container having multiple pores on the top for proper aeration.

Avoid direct exposure to sunlight to the leeches.

The water of container should be de-chlorinated and should be replaced after 5 to 6 days, for best result we should keep two leeches / 250 ml of water.

### Method of Jalauka Application

#### Purva Karma:

1. Proper snehan and swedana to patient.
2. Purification of leech by pouring the leech in water mixed with turmeric powder.

#### Pradhan Karma:

Before application of Jalauka, prick the skin with a sharp and sterile needle so that drop of blood comes out then apply the Leech through its front end and





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cover the leech by wet cotton.

If the leech is not ready to suck the blood from body part then application of madhu, ghrit or butter should be done.

### Observation of leech during blood sucking

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

- Gradual distention in the central portion of the body.
- Itching and Burning sensation at the site of bite.
- Pulsations on the body of leech may be visible.

### Removal of leech

after 30 - 70 mins the leech is detached by itself of by application of turmeric powder on the mouth of leech.

### Paschata Karma:

After detachment of leech, there is wound created by the mouth of leech. The blood comes out from the wound.

The bleeding from the wound is stopped by application of tight bandaging with Yasthimadhu or Turmeric powder.

### Evacuate sucked blood

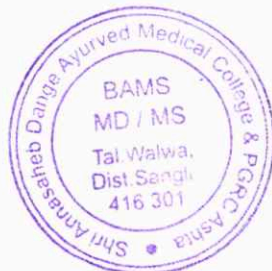
for the vamana of leech, turmeric powder is applied over the mouth of leech. The leech vomits out all the blood sucked by it to get purified.

Sometimes pressing of leech from caudal to front end is required for proper emesis. After proper vamana, leech should be put in fresh water, where it swims swiftly and then settle down.

Place the leech in a clean jar.

### Precaution during jalaukaavarchana application.

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





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### Indications of Jalaukavarchana:

Vidradhi (Abscess) , Gulma(Abdominal swelling), Arsha(Piles), Kushtha(Skin disease), Vatarakta(Gout), Krostruka shirsha(Infective arthritis), Sandhigat roga(Arthritis), Kantharoga(Goitre), Netra roga(Eye disease), Granthi(Nodular swelling), Arbuda(Cancer), Shlipada(Filariasis), Vidarika(Crackle) Vishadamshttra(Insect bite), Visharpa(Erysipelas), Siro roga(Disease of scalp)

### Contraindications of Jalaukavacharana:

Jalaukavarcharan should be avoided in following conditions –  
Sarvanga shoth (Generalised oedema), Udar rog (Ascitis), Shosha (Tuberculosis), Ksheena (Emaciation),Garbhini (Pregnancy),Pandu (Anaemia)

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## SOP KSHARASUTRA Year 2019-20

### Preparation of Kshara

Kshara is defined as any substance whose can remove morbid tissues and can cleanse tissues and doshas.

Indications Haemorrhoids, fistula in ano, etc.

### Types of Kshara:

Sushruta has classified kshaar into two types-

1. Pratisarniya kshara (for external use)
2. Paaniya kshara (for internal use)

both types of kshara have their own indications and precautions.

The application of kshaarsutra is modified form of Pratisaaraniya kshara .

### Method of kshaar sutra preparation

1. The prepared kshara, snuhi ksheera (latex collected from Euphorbia nerifolia) and haridra (Curcuma longa) powder is smeared on no. 20 surgical thread.
2. These materials are smeared on the theard as 21 coatings in following manner. Out of these twenty - one coatings eleven times smearing is done with snuhi ksheera followed by seven times with paste prepared out of snuhi ksheera and kshara and the remaining three coatings are done with paste made out of snuhi ksheera and haridra powder .
3. Snuhi ksheera acts as a binder and since the kshara powder is an excessively hygroscopic material which can absorb moisture when left exposed to the atmosphere to become ineffective, the final three coatings of the latex and turmeric powder prevents direct contact of kshara coatings with the atmospheric air and therefore can be preserved and used for a long time.





4. The thread is allowed to dry after each smearing and the next smearing is done after the thread is dry.

This type of kshara sutra has been found to command the maximum efficacy.

Mode of action of kshara sutra in fistula in ano

Kshara sutra has a multiple mechanism in healing the fistula track.

The thread itself acts as a mechanical and gradual cutter.

Common problems associated with kshara sutra management

Even if there is no organized collective data available to indicate the incidence rate of commonly associated clinical problems during and after kshara application , but reports of various studies reveal the most common problems as of kshara sutra application as pain , itching and burning .

  
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## SOP AGNIKARMA Year 2019-20

After careful analysis of the disorder and patient, agnikarma is carried out till the symptoms indicating favourable and desired dagdha appears.

### 1) Poorva karma (pre - operative)

1. Patient should be checked for his / her fitness for the procedure.
2. Necessary equipments have to be kept ready
3. It has been mentioned that pichilla anna (lubricated food) be given to the patient prior to agnikarma procedure since it is jivaniya, balya, sandhana and guru.
4. The conditions where Agnikarma has to be carried out empty stomach are Arsha, Ashmari , Bhagandara , Mukh roga , Mudh garba and Udar roga .

### 2) Pradhan karma (Operative)

1. The extent of the disorder at the site should be grossly evaluated and Agnikarma is to be performed depending upon the tissue that has to be cauterized, upakarana has to be selected according to the strength of the patient and the site at which it is being performed.

2. Then the upakarana (material) is heated to red hot and placed over the site for a specific period of time.

### 3) Paschat Karma (post-operative)

The Dagdha pradesha has to be protected from moisture and is smeared with ghrita and madhu to reduce the burning sensation and promote healing.

### Indications:

1. Disorders involving Twaka, Mamsa, Sira, Snayu, Asthi and Sandhi.
2. Granthi , Arsha , Bhagandara , Arbuda , Apachi , Shlipada , Charmakila , Tilkalaka , Antra vriddhi , Nadi vana etc
3. In emergency conditions where Sira (veins) are cut, discharging sinuses and acute or chronic Haemorrhage (rakta strava)
4. Gridhrasi (Sciatica) due to Vata, after excision of cysts, mass, warts, tumor, fistula and also Shiro rog.





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### Contraindications -

1. Nishedha Kala (unfavorable time) - refers to the period or environmental condition during which Agnikarma cannot be performed on any patient except in a case of an emergency.

Acharayas have referred to Sharad ritu and Grishma ritu and unfavourable for carrying out the procedure.

2. Disorders based on their prakriti or body constitution like Pitta prakriti people , Raktapitta , Atisari ( diarrhoea ) , Durbala ( weak ) , Bala ( child ) , Bhiru ( one who is afraid to get the procedure ) , Vrani ( one who is inflicted with many wounds ) and the person who is unfit for Swedana therapy .

  
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Year 2019-20

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### SELECTION OF JALAUKA (LEECH):

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SANKHMUKHI type of leech is preferably used for medicinal purposes due to its rapid blood sucking capacity.

### STORAGE AND MAINTAINENCE:

The leech should be stored in a well labeled container having multiple pores on the top for proper aeration.

Avoid direct exposure to sunlight to the leeches.

The water of container should be de-chlorinated and should be replaced after 5 to 6 days, for best result we should keep two leeches / 250 ml of water.

### Method of Jalauka Application

#### Purva Karma:

1. Proper snehan and swedana to patient.
2. Purification of leech by pouring the leech in water mixed with turmeric powder.

#### Pradhan Karma:

Before application of Jalauka, prick the skin with a sharp and sterile needle so that drop of blood comes out then apply the Leech through its front end and cover the leech by wet cotton.

If the leech is not ready to suck the blood from body part then application of madhu, ghrith or butter should be done.





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- Pulsations on the body of leech may be visible.

### Removal of leech

after 30 - 70 mins the leech is detached by itself or by application of turmeric powder on the mouth of leech.

### Paschata Karma:

After detachment of leech, there is wound created by the mouth of leech. The blood comes out from the wound.

The bleeding from the wound is stopped by application of tight bandaging with Yasthimadhu or Turmeric powder.

### Evacuate sucked blood

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Place the leech in a clean jar.

### Precaution during jalaukaavarchana application.

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### Contraindications of Jalaukavacharana:

Jalaukavarcharan should be avoided in following conditions –  
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Indications Hemorrhoids, fistula in ano, etc.

### Types of Kshara:

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Year 2018-19

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Place the leech in a clean jar.

## Precaution during jalaukaavarchana application.

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