



SOP of Kumar Panchakarma

2024

Ayurveda is the 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.

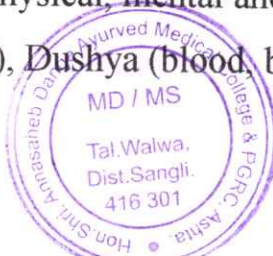
In paediatric patients, Panchakarma procedures are equally effective as they are in adult, but must be given due consideration. Shodhana chikitsa (detoxification therapy) includes Panchakarma which is the ultimate mind body healing experience for detoxifying the body, strengthening the immune system,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

Panchakarma are :

1. Vamana (Therapeutic Emesis)
2. Virechana (Therapeutic Purgation)
3. Basti (Medicated Enema)
4. Nasya (Nasal Insufflations)
5. Raktamokshana (blood cleansing and purification therapy)

Prior to Panchakarma, Purva karma (preparatory measures) like Deepana and Pachana (appetiser and digestive), Snehana (oleation) and Swedana (sudation) are given to the patient. After the Panchakarma, Samaarjana karma (a special diet regimen) is advocated 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 Ksheer avastha balaka (milk sucking babies). Hence, in such condition Shodhana should be done both in Dhatri (wet nurse) as well as Shishu (infant).

• PURVA KARMA

Deepana and Pachana: Panchakarma procedure Deepana and Pachana should be done for obtaining 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 snehadraavyas 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.

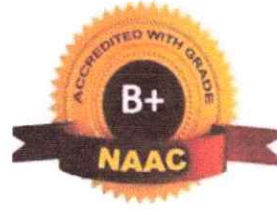
Materials Required:

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 fontanellae 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

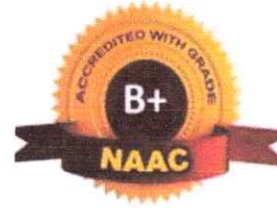
Back, Left limb and Hip are more concentrated.

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 snanachoorana. When the patient feels appetite, take light food according to illness, digestive power & satmya. the patient is indicated for swedana, proper swedana 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 swedana karma - Hast, Pradeba, Nadi, Prasars, Sankar, Upnaha, Avgahs 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:





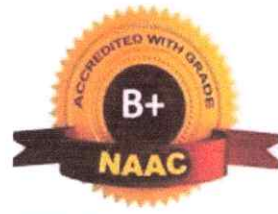
Panchakarma droni, gas stove, vessels, cotton pieces (1 ft x 1 ft), cotton thread, medicated oils for abhyanga (Ksheera bala taila), medicated decoction (Dashmoola kwatha), Cow milk-1 litres, shastika shali (special variety of rice)-500gm.

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), Pratishyaa, Pittaroga, Madhumeh (diabetic) , Jadya, Kathinya and Ruksha sharira (heaviness, stiffness, dryness of body), Karshya (emaciated), Vata rogas (hemiplegic, cerebral palsy), Chhandi (Vomiting), Trishna (dehydrated) Rheumatic and degenerative conditions ,Raktapitta (Bleeding disorders), Obstruction to Mala(stool), Matra (urine) and Shukra (semen), Hridaya Rogas (Cardiac Diseases), Vishsart (poisoned)





➤ 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: Bastiputaka (polythene bag having! It capacity), basti netra (node), 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)

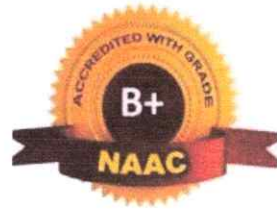
Types of Basti (Classified into many ways):

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

Matra (dose) of Basti dravyas

Age	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 prasrute (240ml)
12y	2 prasrata (160ml)	6 pratruta (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 Bastiputaka 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 Niraha, 24 Sneba)

Kala Basti 15 in number (3 Niruba, 12 Sosha)

Yoga Basti 8 in number (3 Niraha, 5 Sache)

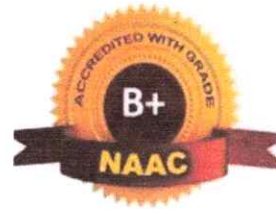
Chaturbhadan kalpe 12 in number (4 Sneha + 4 Ninuha + 4 Sha).

Commonly used Basti Yoga:

Madhubala basti, bala guduchyadi basti, patolanimbadi basti, veitarana basti, mustadi yapana basti, tikta kahira basti,

Coutrundications of Basti





Vat rog (hemiplegic, muscular dystrophy), Krisha Emaciated body), Amavata (Juvenile Rheumatoid Arthritis), Amatisara (acute diamboon), Ashmari (kidney stone, bladder stone), Chhardi (Vomiting), Jeerna jvara (Chronic Fever), Kau (Cough), Shwasa (Asthma), Rajonal (Secondary Amenorrhea), Madhumeha (Diabetes), Niram atisar (chronic diorrhoeas), Shona 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

Procedure. It is the process of administration of medicines through nostrils. Narya 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, Dhanvantara tala, en tails, Shadbinds tails, churns for Pradhamanashya

Types of Nasya: Kashyapa mentioned two types of Nasya; namely Brihana (Parana) 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

Hriswa metra (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 swedana. 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 palmar 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.

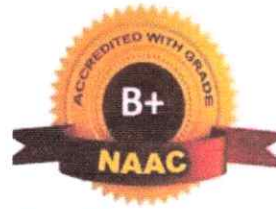
Contraindications

Shirahshale (Headache), Nav pinasa (acute rhinitis), Urdhwajatrugata Roga (E.N.T. disorders), Ajjerna (indigestion), Ardita (Facial paralysis), Immediately after taking food, water, Pakabaghet (Erbs painy), Kas (cough), Vat rog (Delayed mile stone), Shwas (bronchial asthma), Vyanga (Hyper pigmentation) After blood letting

➤ SHIRO DHARA

This is one of the MurdhaniSneha, 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.

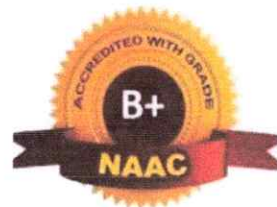
➤ VAMANA

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.

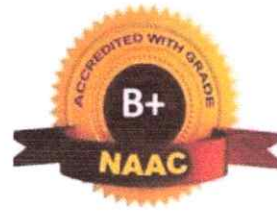
Procedure:

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), Atikrisha (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

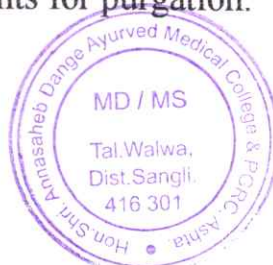
Procedure:- It is the procedure where vitiated Doshas (mainly Pitta) are eliminated from lower Gastro-intestinal tract through the anal route. Therapeutic purgation administer very cautiously in pediatric patients because their chances of severe complication like dehydration.

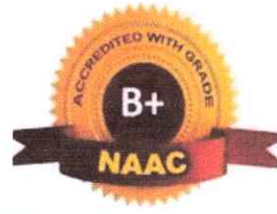
Material and Equipments:

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 virochana karma:

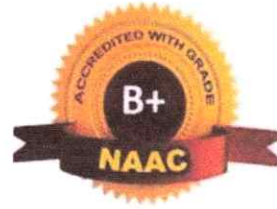
Criteria	Vaegiki pariksha (bouts)	Maniki pariksha (weighing)
Jaghanya (mild)	10	2 prastha (1280 ml)
Madhyama (moderate)	20	3 prastha (1920 ml)
Pravara (excellent)	30	4 prastha (2560 ml)

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.





➤ JALUKA AVCHARAN (LEECH THERAPY)

It is one of the type of Raktamokshan (Blood Cleansing and Purification Therapy) which is included in Panchakarma (five bio-purification by Vagbhata. Jalouka (Leech) commonly used for the purpose of Raktmokshana in child patients, old people, ladies and those who are rich , peaceful and sophisticated..

Vessel of water, Leeches, powdered Cow dung, Mustard and Turmeric paste, milk wet cloth powder rice and salt powder.

Procedure-

The Leeches should be grasped and paste of mustard with Turmeric in water should be applied all over body of Leech. After that leeches kept in in vessel of water for period of Muhurta (48 min) til they get rid their tiredness. Following that try to attach leeches to desired site of body if they dont stick then pour drop of blood /milk or scratching may be done to withdraw some blood by which leech easily stick to that site.

When leech mouth gets suck and its middle portion gets elevated assuming the horse shoe shape indicates that leech sucking well and should be cover with wet cloth. Leech with drawn from application site if patient feels pricking pain or itching which indicates leech start to suck pure blood. After leech fallen away its body should be massage by dry rice powder thumb and finger and gently squeezed out rights hand till the completely emptying.

Indication:

Vidradhi (abscess), gulma (lump), arsha(piles), kushta(skin disorders), Vatarakta (Sclerosis), visharpa(pemphigus) Vichrchika(eczema) netraroga(eye disorders), shiiroga(headach), kantharoga(throat disease), apiputana (napkin rash)

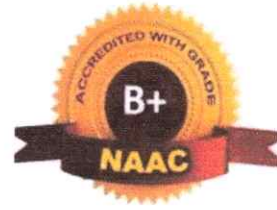
Complication :

Infection, Anaemia, leech migration, Allergic reaction .

Scientific observation; Hirudin a potent anticoagulant found in leech saliva inhibits conversion of fibrinogen to thus preventing blood clotting.

Details of the training program of Kaumar Panchakarma of therapists:





1. Lecture of the procedure in regard to the Kaumar Panchakarma therapy is given to all the concerned therapists and interns.
2. Complete procedure and its possible complication are explained.
3. Proper written consent of the parents or guardian of the child is taken its importance is stated in session.
4. Demo of the therapy is carrying out on a patient.
5. Post therapy manangement executed.
- 6 . Skillful results are achieved.
- 7 . Patients are encouraged to undergo the therapy esecially jalaukaavcharan, sirodhara, snehan swedana etc.
- 8 . Therapist are trined from the point of view of success of procedure with emimet results to the patient.
9. Therapist are advised to take proper follow up by next plan of therapy.
10. Samyak Vega are taken into consideration as per the age og child.
11. Childrens are treated delicately as compared to adults in concerned with panchakarma therapy.
12. Therapists are also specially trained ot handle the irrirable childrens for sound orging of the therapy.
13. Therapists are made to inform the Parents or guaradian about the possible complications and even the results of the therapy.



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