

Ayurved Seva Sangh

Ayurved Mahavidyalaya & Arogyashala Rugnalaya, Nashik



Protocol incorporating Principles of Ayurveda and their implementation

1. Vasantik Vamana:

Vasantika Vamana Shibira is regularly (yearly) being held in the month of March and April. It is the time of Kapha aggravation i.e. in Vasanta Ritu. Vaman is important treatment for Kapha Vyadhi.

Naturally aggravated Kapha can be removed with the help of Vamana so we can avoid Vyadhis formed due to Kapha Dosha so this Shibira is for Swastha and Vyadhita Rugna.

a) Steps for enrollment of patient:

1. When patient comes to Panchakarma OPD detail history of his/her present and past illness is taken. History about his/her diet and day today activity is also taken.
2. This activity is done for finding out Dosha and Dushya taking part in present Vyadhi Samprapti.
3. After actual Nidana of Vyadhi and its Awastha we advise Pachana and Rukshan Chikitsa to the patient (including medicine and diet) as per requirement of the patient (approx. 5 to 7 days).
4. During Pachana and Rukshana Chikitsa we assess the patient either he is indicated or contraindicated for the Vamana procedures we also examine the patient with the help of modern parameters to decide for Vamana procedure like ECG,



b) Snehapana for Vamana procedure:

- i. Snehapana is very crucial step in Shodhana like Vamana and Virechana for Utkleshana of Doshas.
- ii. We advise Snehapana to the patient according to their Agni and Koshta.
- iii. We advise Snehadravya like Ghruta and Tail. We use Vicharana Snehapana or Achcha Pana.
- iv. We design a protocol of Vardhaman snehamatra for \$ days As follows it's a tentative plan.

1st day -30ml

2nd day- 60ml

3rd day - 90 ml

4th day - 120 ml

v. If no Samyaka Sneha Lakshanas in patient after 4 days we add more 1 or 2 days of Snehapana of 120 ml as per patients requirement.

c) Diet regime and procedure during Vishram Dina:

- i. After following the above protocol if there are Samyaka Sneha Lakshana then we go for Bahya Snehana Swedana procedure for Vilayana of Utkleshita Doshas after Snehapana.
- ii. Because of Swedana Doshas get Gati from Shakha to Koshta.
- iii. For Vamana there is Vishrama Dina for 1 day.
- iv. On that day patient is advised to take Kapha Utkleshita Ahar such as Masha, Dadhi, Dugdha, Payasa etc.
- v. Procedure for Vishram Dina is Sarwanga Bahya Snehana and Swedana.

d) Pradhan Karma Vamana:

- i. After patient's completion of Purva Karma of Bahya Snehana and Swedana in the morning of Vamana Karma we examine the patient thoroughly and take their written consent.





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- iii. For Vamana there is Vishrama Dina for | day.
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- v. Procedure for Vishram Dina is Sarwanga Bahya Snehana and Swedana.

d) Pradhan Karma Vamana:

- i. After patient's completion of Purva Karma of Bahya Snehana and Swedana in the morning of Vamana Karma we examine the patient thoroughly and take their written consent.





- ii. Akantha Panartha we use Godugdha, Ikshuras, Peya, Yashtimadhu Kwatha as per patients requirement.
- iii. After Akanthapana (Chatan) Vamaka Dravya is administered those are Madanphal Churna, Pippali Churna, Vacha Churna, Saindhava and Madhu.
- iv. During Administration of Vamaka Darvya prayer is going to be chanted as Managalacharana.
- v. We wait for the Vamana Vega for about 48 min. (1 Muharta).
- vi. When Vamana Vega starts we carried out the whole procedure of Vamana by giving Yashtimadhu Kwatha, Patol Kwatha, Vasa Kwatha to the patient for induction of Vamana Vega till Pittadarshana.
- vii. We ensure that Vamaka Dravya (Chatan) should come out of stomach through vomitus during Vamana procedure.

e) Pashchat Karma:

- i. After completion of Pradhana Karma of Vamana Dhoompana is administered for Shesha Kaphadosha in Ura Kantha Pradeshhi.
- ii. Samasarjana Krama of Peya, Vilepi, Mudga Yusha, etc are prescribed to the patients after Vamana Karma according to Heena, Madhyama and Uttama Shudhi.

2. Sharadiya Virechana:

Sharadiya Virechana Shibira is regularly (yearly) going to be held in the month of october and november. It is the time of Pitta aggrevation i.e. in Sharada Rutu.

Virechana is important treatment for Pittapradhan Vyadhi.

Naturally aggrevated Pitta can be removed with the help of Virechana so we can avoid Vyadhis formed due to Pitta Dosha so this Shibira is for Swastha and Vyadhit Rugna.

a) Steps for enrollment of patients:

1. When patient comes to Panchakarma OPD detail history of his/her present and past illness is taken. History about his/her diet and day today activity is also taken.





2. This activity is done for finding out Dosha and Dushya taking part in present Vyadhi Samprapti.
3. After actual Nidana of Vyadhi and its Awastha we advise Pachana and Rukshan Chikitsa to the patient (including medicine and diet) as per requirement of the patient (approx. 5 to 7 days).
4. During Pachana and Rukshana Chikitsa we assess the patient either he is indicated or contraindicated for the Virechana Procedures we also examine the patient with the help of modern procedures.

b) Snehapana for Virechana procedure:

- i. Snehapana is very crucial step in Shodhana like Vamana and Virechana for Utkleshana of Doshas,.
- ii. We advise Snehapana to the patient according to their Agni and Koshta.
- iii. We advise Snehadravya like Ghruta and Tail. We use Vicharana Snehapana or Achcha Pana.
- iv. We design a protocol of Vardhaman snehamatra for \$ days As follows it's a tentative plan.

1st day -30ml

2nd day- 60ml

3rd day - 90 ml

4th day - 120 ml

v. If no Samyaka Sneha Lakshanas in patient after 4 days we add more 1 or 2 days of Snehapana of 120 ml as per patients requirement.

c) Diet regime and procedure during Vishram Dina:

- i. After following the above protocol if there are Samyaka Sneha Lakshana then we go for Bahya Snehana Swedana procedure for Vilayana of Utkleshita Doshas after Snehapana for 3 days.
- ii. The purpose behind this is to bring the Shakhagata Sanchita Dosha into the koshta.



- iii. Before the day of Virechana Karma Purishvardhaka Ahara i.e kidney beans are advised to the patient at night.

d) Pradhan Karma:

- i. On the day of Virechana Karma patient is advised to drink 1 cup of lukewarm milk with Medicated Siddha Ghrita in early morning.
- ii. Virechana Karma is done on empty stomach.
- iii. For Virechana Karma Virechaka Dravya like Trivruta Avaleha, Kalyanak Guda Eranda Sneha, Abhayadi Modaka etc is used.
- iv. Anupana is given as per the Virechaka Dravya. But generally lukewarm water is used.

e) Pashchat Karma:

- i. At the day of Virechan patient is advised not to take any kind of solid meal.
- ii. After each Vega lukewarm water is given to the patient to maintain their hydration as well as Vatanuloman.
- iii. As per the frequency of Vega (after seeing Samyaka Virechaka Lakshan) we give 3 days of Samsarjana karma like Manda, Peya, Vilepi which means low diet to normal diet.
- iv. If Ayoga Lakshana is seen again on next day Snehana Swedana is given to the patient along with the Virechaka Dravya according to the Koshta of patient.

3. Raktamokshan:


'Raktamoksan' is one of the Shodhana procedure in Panchakarma which means 'bloodletting'. The Doshas present in the Rakta are liberated (Mokshana).

The procedure is divided into two types based on instruments used.

1. Shashtra Krut (with help of iv set and needle) - Siravedha,
2. Ashastra kruta (with help of Jalauka) - Jalaukavacharana,

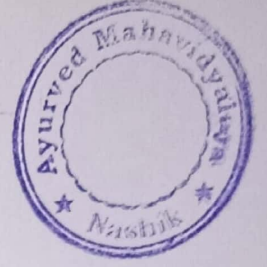
A) Siravedha:



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- Raktamokshana from veins i.e. Sira with the help of needle (iv set)
 - For this procedure patient's affected area of skin is cleaned with spirit swab.
 - Applying tourniquet four Angula Praman above the desired vein to be punctured.
 - Vein is punctured with needle no 18 (from iv set) and tubing of the iv set fixed with tape to a kidney tray to collect the blood (Sadosha Rakta - impure blood).
 - Tourniquet is removed.
 - After adequate bloodletting is achieved Parikshana of the Rakta Varna (colour) is done, needle is removed and dressing is done with Haridra Churna.
 - The blood collected out is discarded safely as a bio medical waste.

B) Jalaukavacharana (Leech therapy):

- Raktamokshana using Jalaukas is known as Jalaukavacharana.
- Properly cultured Nirvisha Jalaukas are used and stored properly.
- The patient is advised strictly not to apply any scented soap/cream/ointment, lotions over the desired area of skin on which Jalaukas are to be used.
- Requirements: The selected Jalaukas, kidney tray, dressing tray containing Haridra Choorna, Panchavalkala Choorna, sticking tape, cotton, sterile needle no 18, milk if required, sheet.
- The Jalauka is applied to the desired area. The Jalauka effortlessly applies to Dosha Sanchita area but if not so the blood from needle pricked finger or blood from needle pricked selected area helps the Jalauka to get fixed for Jalaukavacharana.
- The properly fixed Jalauka has elevated neck and sucks the impure blood. The patient can feel mild pain when the leech takes its prick.
- The impure blood sucking is painless.
- The leech is covered with damp/wet cotton swab.
- After adequate Jalaukavacharana is achieved i.e. blood sucking by the leech is enough or once impure blood is sucked completely the sucking by the leech becomes more painful.
- The leech leaves the prick site on its own once all impure blood is sucked but if not so the Haridra Choorna is sprinkled on the prick site or leech's mouth this causes irritation at the leech's mouth and the leech leaves the prick site.



- These marks the end of Jalaukavacharana - Pradhan Karma.
- In Paschata Karma, two things are followed.
 1. Patient prick site/wound care: Wearing sterile gloves Haridra Choorna, Panchavalkala Choorna is pressed with cotton swab over the prick site and dressing is done. Due to hirudin released by leech at prick site, the blood takes longer time to clot, hence dressing with Haridra/ Panchavalkala (Raktasthamban) is done.
 2. Jalauka Vamana: Wearing sterile gloves the leech use for Rraktamokshana is taken in kidney tray and Haridra Choorna is taken on one side. The leech mouth is kept on the Haridra Choorna, due to irritation and sensitivity to the Haridra Choor, the Jalauka vomits all the sucked impure blood on its own, it not so gentle pressure is applied from leech's hook to its mouth to help the impure blood to take out of its abdomen .
- The blood vomited by the leech is handled with care and discarded properly as biomedical waste.
- Once the Jalauka's size returns to its normal size and the Jalauka regains its activeness (checked by adding water into the kidney tray, the Jalaukas swims faster and actively.
- The Jalauka Vamana is important to save the life of the Jalauka used as Sadosh Rakta can be toxic to it.
- The used Jalauka is advised not to be used for minimum of 8 days.
- The used Jalauka are kept in recently container with water and lid having air entry holes.
- This makes the end of the Jalaukavacharana procedure.

4. Varsha Kalina Basti Chikitsa Shibira:

Basti is one of the most important treatments for Chikitsa in Ayurveda. It is the important for Vata dosha in Varsha Ritu i.e., in month of July-Aug there is aggravation of Vata Dosha. So, there may be manifestation of disease takes place due to Vata Dosha in this season. So, in our institute we arrange Varsha Kalina Basti Chikitsa Shibira.



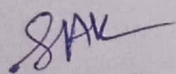
A) Enrollment of patient:

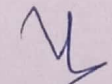
- i. When patient comes to Panchakarma OPD detail history of his/her present and past illness is taken. History about his/her diet and day today activity is also taken.
- ii. This activity is done for finding out Dosh and Dushya taking part in present Vyadhi Samprapti.
- iii. After actual Nidana and Vyadhi Awastha we enroll patients in Basti Chikitsa Shibira after confirming either he or she is contraindicated or indicated for Basti Karma.
- iv. We advise Yogabasti, Kala Basti or other patterns of Basti Kalpana as per patients
- v. requirement.

B) Pradhana Karma:

- i. Every day Sarvanga or Sthanika (Udara and Kati) Snehana and Swedana is advice to the patient before taking Basti Chikitsa.
- ii. We advise alternate day Anuvasana Basti and Niruha Basti to the patient.
- iii. For Anuvasana Basti we use Dashamool Tail, Nagabaladi Tail, Narayana Tail, Triphala taila and many more Granthokta Patha as per patients Vyadhi Awastha
- iv. For Niruha Basti we use, Dashamool Kwatha, Triphala Kwatha, etc.
- v. or we advise Erandamooladi Niruha, Punarnavadi Niruha, Vaitarana Basti, Lekhana Basti, Krumighna Basti, Tiktakshira Basti or other Granthokta Patha.
- vi. We provide Peya to the patient before Anuvasana Basti and after Pratyagama of Niruha Basti in the institute.
- vii. After completion of Basti Chikitsa we advise some lifestyle modification like Vyayama, Yogasanas and Pathyahara according to occupation.

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