

A.S.S. Ayurved Mahavidyalaya, - Arogyashala Ruqnalaya- Nashik

Department of Shalyatantra

## SOPs of Anushastra Karma

SOP for Implementation of Anushastrakarma

### 1. Agnikarma

**Definition-** Application of heat with the help of metal rods , clay role at the desired site on body.

**Indications-**

1. Acute and chronic pain management
2. Cauterization of tissue
3. Hemostasis

**Instruments required**

1. Various metal rods- Mainly Copper, silver, gold and Panchadhatu
2. Heating source- gas burner
3. Bandaging material
4. Kumari kalka – Aloe vera gel

**Purva karma-**

1. Written informed consent
2. Cleaning of the desired site

**Pradhan Karma-**

1. Metal rods are heated till they become red hot.
2. Red hot rods are applied at the desired site till the desired signs and symptoms of Samyak dagdha are achieved.

3. Aloe vera gel is applied at the dagdha site.

#### **Pashchat karma-**

1. Bandaging at the agnikarma site is done.
2. Patient is allowed to go home after due check up.
3. Follow up schedule is arranged.

## **2. Ksharkarma**

**Definition-** Application of Kshar with the help of metal rods at the desired site on body.

#### **Indications-**

- Arsha
- Bhagandara
- Mashaka [ Warts]
- Dushta vrana
- Mans vruddhi

#### **Instruments required**

- Various metal rods- Mainly Copper, silver, gold and Panchdhatu
- Gauze, Cotton
- Kshara preparation
- Lemon juice

#### **Purva karma-**

1. Written informed consent
2. Cleaning of the desired site

#### **Pradhan Karma-**

- Position given to the patient.
- Draping done
- Kshara applied at the site till features of Samyak dadha are seen.

#### **Pashchat karma-**

- Lemon juice is applied at the application site .
- The site is wiped with tap water.
- Dressing done.

### **3. Jalaukavacharana**

**Definition-** Application of Jalauka [medicinal leech] at the desired site on body.

**Indications-**

- Twak vikar
- Dushta vrana
- Arsha
- Hematoma
- Vidradhi

**Instruments required**

- Nirvish Jalauka
- Cotton swabs
- Needle no 27 – 1
- Gloves
- Haridra powder
- Bandage

**Purva karma-**

1. Written informed consent
2. Cleaning of the desired site

**Pradhan Karma-**

- Position given to the patient.
- Draping done
- Jalauka applied at the site .
- Jalauka covered with a wet gauze.
- Allowed to suck till jalauka falls off.

**Pashchat karma-**

Haridra churna applied at the bite site.

Pressure bandage applied.

## 4. Siravedh

**Definition-** Removal of specified amount of blood by venipuncture .

**Indications-**

- Twak vikar
- Dushta vrana
- Yakrutodar
- Pllhodara
- Vidradhi

**Instruments required**

- Cotton swabs
- Scalp vein set – no 21
- Kidney tray
- Gloves
- Bandage

**Purva karma-**

1. Written informed consent
2. Cleaning of the desired site

**Pradhan Karma-**

- Position given to the patient.
- Draping done
- Scalp vein set passed in the desired vein
- Blood drained as per the severity and nature of the disease.

**Pashchat karma-**

- Scalp vein removed
- Pressure bandage applied.

## **5. Ksharsutra**

**Definition-** Application of medicated thread on the lesion to cause chemical cauterization and healing.

### **Indications-**

- Arsha
- Bhagandara
- Mashaka [ Warts]
- Dushta vrana
- Mans vrudhi

### **Instruments required**

- Copper or silver Eshani [ Probe]
- Gauze, Cotton
- Kshara preparation
- Lemon juice
- Instruments for appropriate anesthesia.

### **Purva karma-**

- Fitness of patient
- Written informed consent
- Anesthesia as per requirement
- Lithotomy position for anorectal disorders
- Painting and draping.

### **Pradhan Karma-**

1. **Bhagandara-** The internal opening is located with ,methylene blue. Probe is inserted in to the external opening and brought out through the internal opening. The ksharsutra is passed through the probe in the track and then tied.
2. **Arsha-** Pile mass is held with pile holding forceps and ksharsutra is tied around it.
3. **Mashaka [ Warts]-** Lesion is held with a forceps and ksharsutra applied around it tightly.

#### **Pashchat karma-**

- Dressing done.
- Analgesics, Antibiotics'
- Avagah sweda
- In case of Bhagandara, patient is advised to come for change of ksharsutra after 1 week.

## **6. Viddhagni karma-**

**Def-** It is a blend of Agni karma and Viddha karma used for instant pain relief.

#### **Indications-**

1. Sandhishoola
2. Parshnishoola
3. Manyagata vata
4. Katigata Vata
5. Tennis elbow
6. Frozen shoulder [ Avabahuka]

#### **Purva karma-**

- Written informed consent
- Points of max tenderness identified and marked with marker.
- Cleaning of the part

### Pradhan karma-

- Needle no 27 is inserted on the marked points [ upto 1 cm in depth].
- Heat is applied to the needle with help of a RF cautery.
- 3 cycles are done on each needle.

### Paschat Karma

- Cleaning of site.
- Guidelines for home care.


### SOP for Monitoring of Anushastrakarma-

1. All Anushstrakarma procedures are done in strict adherence to the laid SOPs.
2. A Quality Assurance Committee is formed as following

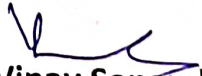
| Sr. No | Name of Faculty      | Designation         | Committee designation |
|--------|----------------------|---------------------|-----------------------|
| 1      | Dr. Vinay Sonambekar | Professor and HOD   | Chairman              |
| 2      | Dr. Pankaj Dixit     | Associate Professor | Member                |
| 3      | Dr. Shreepad Upasani | Associate Professor | Member                |
| 4      | Dr. Santosh Pathak   | Assistant Professor | Member                |

3. All procedures and clinical records of Anushastrakarma are maintained well and monitored periodically. A register is maintained for the record.

Date:- 18/08/2024

  
Dr. Vinay Sonambekar  
Professor and HOD  
Dept of Shalyatantra

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Department of Shalyatantra

Revision of SOPs of Anushastra Karma

1. SOPs of all procedures of Anushastra karma have been prepared.
2. Strict adherence to the SOPs is maintained.
3. The Quality assurance committee regularly review the compliance. A separate register is maintained for documentation.
4. Depending on the feedback from patients and the therapists SOPs are liable to change.

As on today, since year 2022, no revision of the SOPs was required.

Date:- 13/08/2024

Head of the Department

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