

Ayurved Seva sangha
Ayurved Mahavidyalaya & Arogyashala Rugnalaya, Nashik

Details regarding Integration of different system of health care in Arogyashala Rugnalava

Arogyashala Rugnalaya is dedicated for the Ayurvedic treatment since last 7 decades. Along with classical Ayurvedic treatment, services of modern health care system, Dentistry and Yoga are also made available in this hospital. Integration of other health care systems is practiced routinely in almost all the departments of hospital.

Initially at the time patient came to OPD, on the basis of his/her complaints diagnosis is made in Ayurvedic as well as Modern science or Allopathic point of view. For confirmation of Diagnosis along with the Ayurvedic examinations tools, various modern science investigations (hemtological & Biochemical blood / urine tests) are carried out in central investigation pathology laboratory of hospital. Opinions of Allopathy physicians and or Allopathy surgeons are taken to rule out other disease conditions and to decide line of treatment. In case of Road traffic accidents or assault X-ray examination is performed to find out any bone/joint injury like fracture or dislocation.

Cases those could not cure with only medicine and where surgical intervention is needed, such cases are treated by performing appropriate surgeries with the guidance of surgeons for modern fraternity. For post surgical rehabilitation of patient various movements and exercises are carried out in Physiotherapy department where additional supportive treatments like TENS, Wax therapies are provided as per the need of the patient.

Details of Integration in terms of departments:

Integration of different health care systems along with Ayurveda is routinely practiced in almost 8 departments of ArogyashalaRugnalaya namely Kayachikitsa, Shalyatantra, Shalakyatantra, Streeroga & Prasutitantra, Kaumarbharityatantra, Balrog, Rognidan, Swasthavritta and Panchakarma.

Details of Integration in terms of faculty and consultants involved:

In ArogyashalaRugnalaya, honorary physicians and surgeons of allopathy are available for diagnosis and management according to the modern science.

List of faculty working in Kayachikitsa department ArogyashalaRugnalaya-

1. Dr. Eknath Kulkarni (Professor)
2. Dr. SanjivaniRathod (Associate Professor & HOD)
3. Dr. Harish Garge (Associate Professor)
4. Dr. Kumudini Sawale (AssociateProfessor)
5. Dr. Amogh Joshi. (Assistant Professor)

List of honorary Allopathy doctors working in Kayachikitsa department of ArogyashalaRugnalaya –

1. Dr. Nitin Ghaisas M.D. Medicine – Physician
2. Dr. Krushnayadav – Physician
3. Dr. Jayant Dhake – Psychiatrist
4. Dr. DeodattaChafekar – Nephrologist



Treatment protocol will be finalised after discussion with above mentioned physicians.
List of faculty working in **Shalyatantra** department ArogyashalaRugnalaya

1. Dr. Vinay Sonambekar (Professor & HOD)
2. Dr. Pankaj Dixit (Associate Professor)
3. Dr. Shripad Upasani (Associate Professor)
4. Dr.Santosh Pathak (Assistant Professor)

Honorary surgeons belongs to modern science (Allopathy) are available for diagnosis, management and to performed complicated surgeries

List of honorary Allopathy doctors working in Shalyatantra department
ArogyashalaRugnalaya

- 1.Dr. Arun Sulakhe General Surgeon
- 2.Dr. D.V. Joshi General Surgeon
- 3.Dr. Pratikshit Mahajan Urologist
- 4.Dr. Sanjay Kute – Orthopaedic Surgeon
- 5.Dr. Girish Thorat General Surgeon
- 6.Dr. Nagesh Madnurkar -Oncosurgeon

List of faculty working in **Shalakyatantra** department of ArogyashalaRugnalaya-

1. Dr. Pushpalata Ingale (Associate Professor & HOD)

2. Dr. Aniket Ambekar (Assistant Professor)

List and working schedule of honorary Allopathy doctors working in Shalakyatantra department of ArogyashalaRugnalaya –

1. Dr. VivekKothavade – Ophthalmic Surgeon (Tuesday & Friday)

2. Dr. Rahul Patil-ENT Surgeon (Wednesday)

3. Dr. Bhavika Patel – Dentist (Tuesday & Friday)

List of faculty working in **Streeroga &Prasutitantra** department of ArogyashalaRugnalaya-

1. Dr. ArchanaJadhav (Associate Professor & HOD)

2. Dr. Megha Nyayadhish (Assistant Professor)

List of honorary doctors working in Streeroga & Prasutitantra department Arogyashala Rugnalaya –

1. Dr. Prashant Purandare Gynaecologist & surgeon – Allopathy

2. Dr. Premaraj Khairnar Gaenacologist & surgeon

3. Dr. Devashree Sulakhe Gaenacologist & surgeon

List of faculty working in Balroga department of ArogyashalaRugnalaya –



1. Dr. Kirti Kate (Associate Professor & HOD)

List of honorary Allopathy doctors working in Balroga department
ArogyashalaRugnalaya

1. Dr. Saurabh Shelake Pediatrician
2. Dr. Chetan Shinkar

Available Yoga expert in Swasthavritta department of ArogyashalaRugnalaya

1. Vd. Gopal Sawkar
2. Vd. Shivanand Tonde
3. Vd. Kamlesh Mahajan

Available Physiotherapy expert in Physiotherapy department of ArogyashalaRugnalaya

1. Mr. Rajendra Kulkarni


Clinical conditions considered for integration of different system of health care

Kaychikitsa Department:

1. Patient of Uncontrolled Diabetic Mellitus having polyurea and polydipsia are treated with Ayurvedic Panchakarma Chikitsa including Virechana and Madhutailik Basti as well as Oral Hypoglycaemic drugs of modern medicine like Glimipride, Metformine etc.

2. Patient of Acute Breathlessness treated with Ayurvedic medicines like Swasakuthar Rasa and MatraBasti of Narayan Taila along with Nebulisation containing Bronchodilators as per need of the patient.
3. Patient of Acute chest pain with normal ECG is treated with sublingual administration of antianginal drugs like Nitrates and Ayurvedic medicine like Sootashekhar rasa and Hrudayarnav Rasa.
4. Patient having acute Kidney disease with oligouria, bilateral pedal oedema are managed by Panchakrama treatment including Bastichikitsa (Yoga Basti) with medicated oil and decoction. Along with this Diuretics like Frusemide or Torsemide also given by Intravenous route.
5. Patients having symptoms of accelerated Hypertension like headache, heaviness in occipital region of head are treated with Intravenous antihypertensive drugs like Nitroglycerine. Along with this modern medication, Ayurvedic medicines like Sootshekhar Rasa, RasaraktapachakaKwatha are administered along with Pancharma (BastiChikitsawithnarayan Tail).
6. Clinically diagnosed patients of anxiety are treated with SSRI drugs (Selective Serotin Reuptake Inhibitors). On other side Ayurvedic medications such as JatamansiGhanvati, Saraswatarishthaareadministered with Panchakrma (Shirodhara&Nasya).
7. Patients who are already diagnosed with Chronic Kidney Disease having symptoms like bilateral pedal oedema, loss of appetite and constipation are treated with PunarnavastakaKwath, GokshuradiGuggul, AbhayadiModak etc. Diet alteration is also done as patient given liquid preparation like AshtangunmandaPeya. Along with these Ayurvedic medicines Such patients advised to take modern medicines like Diuretics, calcium and vitamin supplements as prescribed by physicians of this hospital.

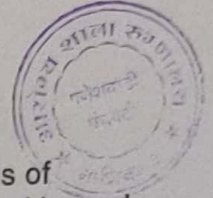
Shalyatantra Department:

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1. A dry gangrene patient having blackish discolouration and rest pain are treated with Ayurvedic medication along with Jalaukavacharan and Raktashuddhikar medicine. In modern treatment vasodilator and anticoagulant drugs are given. Amputation advised as per condition and severity.
 2. Patients having frequent urination and dribblingmicturation, nocturia are managed by Ayurvedic medication like Chandraprabhavati and Uttarbasti with medicated oil. As per modern science Alpha blockers like Tamsulosine are administered orally and TURP is advised if necessary.
 3. Patients of Varicose vein are treated by Ayurvedic medication with Jalaukavacharan, VranaDhavan, pattaBandhan etc. along with iv antibiotics in case of varicose ulceration. Stocking and vein stripping are advised as per need.
 4. Per rectal bleeding after defecation are treated with Ayurvedic medication like Raktastambhakmishran, SvagahswedaetcandAntifibrinolytic agents like Tranexemic acid and Sitz bath to relive the symptoms. Sigmoidoscopy is advised if necessary
 5. Patients of Multinodular Goiter are treated withAyurvedic medicines like KanchanarGuggul, Rasaraktapachak&Mansamedopachakakwatha and LepaPratisaran. As per modern science Tab. Thyroxin 100 mg is given. FNAC &Hemithyroidectomy are advised if necessary.
 6. X-rays of affected body parts are carried out of the patients of assault or trauma for accurate diagnosis regarding fractures and dislocation.

Shalaktatantra Department:

1. Clinically diagnosed patients of Glaucoma are initially treated by Raktamokshana procedure. If symptoms persist still after a week then treated by administratin of Manitol.
2. Patients of Cataract are treated initially by using Tarpana and Netradhavanprocedu and after six months cataract surgery was carried out for extraction of matu cataract.

3. Patients of Dacrocystitis are managed by oral Ayurvedic medications like TriphalaGuggul and gandhakaRasayanupto one month. If patient don't get relief then ater on treated with Antibiotics and surgery.
4. Patients of Conjunctivitis are managed by Ayurvedic as well as Modern medications like washing of eyes by Triphala churn decoction and oral/eye drops administration of Antibiotics.
5. Cases of Pterygium are initially treated by ChandrodayaVarti and Netranjana for 15 days and if don't get relief then removal of ptyrigium by modern surgical intervention.
6. Patients of Corneal ulcer are managed by Ayurvedic as well as Modern medicop like washing of eyes by Triphala churn decoction, oral administration of TriphalGuggul and Gandhakarasyana and oral/eye drops administration of Antibiotics and Anti-inflammatory drugs
7. Patients of Rhinitis are given Tribhuvankirti, KasaghnaMishran and SitipaladiChurm for initial 5 days and then managed by Antihistamines, Antiallergics if not get relief.
8. Cases of Nasal Polyp and Deviated Nasal Septum (DNS) are treated by nasal administration of ayurvedic drug like Shadbindutaila and Anutaila followed by Surgery as per need.
9. Patients of deafness are treated by ear administration of PanchendriyaVardhanataila for one month then installment of hearing aid as per the need of patient.
10. Patients of Tinitus are by by ear administration of PanchendriyaVardhanataila as well as oral administration og modern medicine like Tab. Vertin.



11. Patients of Dental carries are initially treated by gargles by decoctions of Ayurvedic drugs like Triphala and Yashstimadu, IrimedadiTaila followed by oral analgesics and tooth extraction if symptoms still persist.

12. Patients of Tonsillitis are managed by gargles by decoctions of Ayurvedic drugs like Triphala and Yashstimadu and oral administration of TriphalaGuggul and GandhakaRasayana as well as Modern medications like oral Antibiotics and Analgesics.

Streeroga&Prasutitantra Department:

1. Patients clinically presenting with size of uterus less than gestational age and USG findings suggestive of IUGR, Low AFI and low EFW are treated with allopathy medicine like Aminodrip. Sildenafil citrate along with Ayurveda protocol including KshirBasti with JivaniyaGhruta, VidaryadiGhruta, oral administration and other Brihan medicines.
2. Patient diagnosed with leucorrhoea and itching over genital region treated with antibiotics like Metronidazole, vaginal pessary and antifungal cream for local application along with AyurvedicYonidhawan with Triphalakhwatha and Yonipichu with Narayan tail and orally PushyanugChurna.
3. Patients of uncontrolled vaginal bleeding are treated with antifibrinolytic drugs like Tranexemic acid along with Ayurvedic medications such as Raktasthambhakvati, Paripathadikwath and Basti of ChandanbalaLakshadi tail for 7 days.
4. Patients diagnosed with first degree Dysmenorrhoea treated with antispasmodic drugs like Meftal spas along with AyurvedicPanchakarmaChikitsa including Premenstrual Basti and orally Baladikwath&Hinguchurna in pre-menstruation phase.
5. First trimester vaginal bleeding diagnosed as threatened abortion treated with Antifibrinolytic drugs like Cap. Endogest 200mg (per vaginal), tab Duphaston in

proluton Depot as well as Ayurvedic medications like Garbhapaal Rasa, Durvaswaras and Phalagruta.

6. Patients clinically presented with size of uterus less than gestational age and USG findings S/O – IUGR, low AFI and low EFW are treated with modern medicines like

Thino drip, Sildenafil citrate along with Ayurveda protocol including Ksheebasti with JeevaniyaGruta, oral administration of Vidaryadigruta and other bruhar medicines.

Kaumarbhritya/Balroga Department:

1. Patients of Cerebral palsy with Spastic gait, delayed development of motor skills are treated with passive movements advised by physiotherapist along with Ayurvedic panchakarma procedures like Snehan, Shasthikshali Pindasweda, Basti, Shirodhara and Nasya.
2. Patients with Upper Respiratory Tract infections (URTI) are treated with decongestants for Acute Nasal Congestion, Antitussive, Antihistaminic drugs for severe cough bouts along with Ayurvedic cough relivers like Yasthimadhu, Bibhitak and Pippali.
3. Patients with Lower Respiratory Tract infections (LRTI) are treated with Bronchialators, nebulisation with short acting steroids, antitussive and antibiotics along with Ayurvedic preparations like Swaskuthar Rasa, Kanakasava, Snehan and Pattasweda at chest and back. For prevention purpose immunomodulators like Guduchi, Ashwagandha etc. are given.
4. Patients with acute dehydration due to diarrhea/ vomiting are treated with IV fluids, oral rehydration therapy and if needed antibiotics along with Ayurvedic Deepan and pachan medicines like Sanjivanivati, Balchaturbhadra Rasa etc. drugs.
5. New born babies with Low Birth weight are treated with multivitamins supplements and calcium along with Ayurvedic procedures like Matrukshir Basti



(Mother's milk enema) for the purpose of enhanced weight gain and management of fluid and electrolyte imbalance.

Roganidan Department:

1. For precise diagnosis, patients of OPDs and IPDs are investigated by using Ayurvedic Parikshan or examinations as well as Modern techniques like Hematological, Biochemical and Serological examinations at central laboratory of Arogyashala Rugnalaya.

Swasthavritta Department:

1. Patients of anxiety and sleep disorders are treated by meditation and Yoga at Swasthavritta OPD of Arogyashala Rugnalaya.
2. For management of different diseases and to maintain physically as well as mentally healthy life, various procedures of Yogik Shudhhikriya and Yogasanas are carried out in Swastharakshana OPD and IPD of Arogyashala Rugnalaya.
3. To reduce complications during pregnancy and delivery, month wise various Yoga Asanas are taught to pregnant lady by Yoga expert of Arogyashala Rugnalaya.

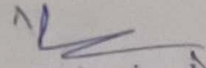
Panchakarma Department:

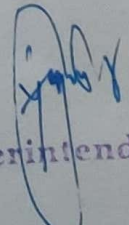
1. Patients of Hemiplegia and Paraplegia are treated with Ayurvediy Panchakarma including Virechana, Yogabastikraa, Sarvanga Snehana Swedana, nasya, Shastishali Pinda sweda along with Physiotherapy including muscle stimulation activities,

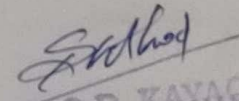
TENS, Stretching exercises and cycling 2. Patients of Bell's palsy are treated by Kukutanda Pinda Swedana, Nasya, Dhuapana, Gandush along with Physiotherapy like TENS, Dithermy, inflating balloons, facial

Exercises etc.

2. In patients of Cervical Spondylosis Ayurvedic treatment like Manyabasti, Nasya, SthanikSnehan-Swedan along with Cervical traction, TENS and Infra red are given.
3. In severe cases of Bronchial Asthama (TamakaShwasa) sthanikSnehan-Swedan, SankarSweda and Grutapana are given along with chest physiotherapy and spirometry.
4. Patients of Reumatoid Arthritis are managed by Patra-Pindasweda or RukshavalukaPottali, arvangaswedana, VaitaranBasti, Virechana, Agnikarma along with Infrared and Wax bath therapy.


I/C. Principal
Ayurved Mahavidyalaya, Nashik


Superintendent


H.O.D. KAVACHIKITSA
KAVACHIKITSA