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**Arogyashala Rugnalaya, Nashik**  
**Dept of Shalyatantra.**

**New initiatives in Anushastra karma-**

Department of Shalyatantra is always keen to adopt new techniques. In anushastra also we have always tried to introduce new techniques and methods. It has been summarized as below.

**1. Viddhagni karma –**

This is a novel technique which combines the two anushastra karmas namely- Viddha karma and Agni karma.

Viddhagni karma is used in daily practice in dept of Shlaytantra. Dr. Uday kulkarni renders his expertise in the once monthly viddhagni camp organized by department of Shalyatantra .

**2. Ksharsutra and Ksharkarma**

Apart from regular use of Ksharsutra and ksharkarma on patients, the institute has taken initiative for its training to students and practitioners.

A] The institute has a Fellowship course in Ksharsutra chikitsa which has a very good response from BAMS graduates. The batch strength is 08 students per year. Currently sixth batch is in progress. Ours is a reputed institute regarding this course.


B] The faculty of shalya tantra are regularly engaged by ayush department for training of practitioners of NRHM in the field of Anushalya karma.

C] The faculty of Shalyatantra are routinely invited for expert lecture on anushastra in various programmes and seminars.

3] **Raktamokshana by Syringe method-** is a novel technique used in shalyatantra departmet. This technique is particularly useful for raktamokshana in Parshni shoola and has proven to be quite effective.

4. **Cupping method-** This is a novel technique used for blood letting. It is adopted from the UNANI system of medicine. It is used for raktamokshana. It is useful in sandhi shoola, vranashotha , vidradhi with good results.

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