



Ayurved Seva Sangh's

# AROGYASHALA (HOSPITAL) NASHIK आरोग्यशाला (रुग्णालय) नाशिक

Ganeshwadi, Panchavati, Nashik - 422 003

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Department Of Kaumarbhritiya  
SOP For Various Karmas



## 1. BASTI:

It is the procedure where the medicines in suspension form are administered through rectum or genitourinary tract using Vastiyanttra (Specific apparatus). Among all therapeutic procedures, vasti is superior because it is like amruta (nectar) in child patient and the most appropriate remedial measure for vatadosha.

**Equipments:** Vastiputaka (polythene bag having 1 lt. capacity), vastinetra (nozzle), lavatory facilities, others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)

**Ingredients of vasti:** Medicated oils for vasti, kwatha (decoction) & kalka (paste) made from prescribed medicines, madhu (honey), saindhava (rock-salt)

**Types of Vasti (Classified into many ways):**

1. Astthapana/Kashaya/ Niruha Vasti- Decoction based enema
2. Anuvasana/ Sneha Vasti/ Matravasti- Oil based enema
3. Uttar basti - If above bastis given by genitourinary route then called uttarbasti.

**Matra (dose) of Vastidravayas**

| Age   | Snehabastimatra    | Niruhabastimatra    |
|-------|--------------------|---------------------|
| 1-3 y | 3 karsha (30ml)    | 9 Karsh (90ml)      |
| 4y    | 1 pala (40ml)      | 3 pala (120ml)      |
| 6y    | 1 prasruta (80ml)  | 3 prasruta (240ml)  |
| 12y   | 2 prasruta (160ml) | 6 prasruta (480ml)  |
| >16y  | 4 prasruta (320ml) | 12 prasruta (960ml) |



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## Bastinetra size according to the age

| Age     | Size in Angula (finger) | Increment per year | Size of the proximal opening    |
|---------|-------------------------|--------------------|---------------------------------|
| 1-6 y   | 6                       | --                 | Mudgavahi (passes green gram)   |
| 7-12 y  | 8                       | 1/3                | Kalayvahi (passes green peas)   |
| 13-20 y | 12                      | 1/2                | Kolasthivahi (pass jujube seed) |

## Procedure

The patient is advised to lie down in left lateral position. Small amount of oil is applied on patient's anus and vastinetra. The vastinetra (nozzle) is gently inserted into the anal canal up to a specific length and vastiputaka containing mixture (vastidravya) 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 the 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 vastidravya is 48 minutes. After evacuation of the bowel; the patient may take hot water bath and follow samsarjankram. Niruhavastis are not to be give alone wherever required must be given alternatively with snehavasti. Arrangement of snehavastis in the beginning, niruhavastis and snehavastis alternatively later followed by snehavastis in the last is done in three specific patterns according to total number of vastis, the severity of disease and condition of the patient etc. These are: (as per Kashyapa) 32

- Karma Vasti 30 in number (6 Niruha, 24 Sneha)
- Kala Vasti 15 in number (3 Niruha, 12 Sneha)
- Yoga Vasti 8 in number (3 Niruha, 5 Sneha)
- Chturbhadra kalpa 12 in number (4 Sneha + 4 Niruha + 4 Sneha)

Commonly used VastiYogas: Madhutailikavasti, balaguduchyadvasti, patolanimbadvasti, vaitaranavasti, mustadiyapanavasti, tiktakshiravasti.



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#### Indications and contraindications of Basti

| Indications                              | Contraindications                         |
|--|---|
| Vat rog (hemiplegic, muscular dystrophy) | Krisha (Emaciated body)                   |
| Amavata (Juvenile Rheumatoid Arthritis)  | Amatisara (acute diarrhoea)               |
| Ashmari (kidney stone, bladder stone)    | Chhardi (Vomiting)                        |
| Jeernajvara (Chronic Fever)              | Kasa (Cough), Shwasa (Asthma)             |
| Rajonash (Secondary Amenorrhoea)         | Madhumeha (Diabetes)                      |
| Niramatisar (chronic diarrhoea)          | ShoonaPayu (Inflamed Anus)                |
| (cerebral palsy, delayed mile stones)    | Kritahara (Immediately after taking food) |

#### MatraVasti

It is the type of snehavasti in which medicated oil given in a small dose, and it can be given daily with no risk. Matravasti can be used irrespective of age and not much precautionary measures are required. The usual dosage is 60 ml.

#### Classification of MatraVasti according to dose

| Lakshana (signs)   | Matra (dose)         |
|--------------------|----------------------|
| Uttam (excellent)  | 2 Prakuncha (80ml)   |
| Madhyam (moderate) | 1 ½ Prakuncha (60ml) |
| Hina (mild)        | 1 Prakuncha (40ml)   |

If shishu (infant) who not suck breast milk then matrabasti given in quantity of ½ prakunch/palamatra (20 ml).

**Complications:** Local anal injury, GIT symptoms like pain in abdomen, vomiting etc.



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## SOP FOR PINDASWEDA

### 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 shashtikashali (a variety of rice) in the form of pottalis (boluses tied in a cotton cloth).

**Materials and Equipments:** Panchakarmadroni, gas stove, vessels, cotton pieces (1ft x 1 ft), cotton thread, medicated oils for abhyanga (ksheerabalataila), medicated decoction (dashmoolakwatha), cow milk-1 litres, shastikashali (special variety of rice)-500gm

### Procedure

Shashtikashali (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 pottalis 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 advice to take rest for at least half an hour and then take a bath with warm water.

### Indications and contraindications of swedana

| Indications   | Contraindications                                    |
|---|--|
| After snehana and prior to panchakarma                                    | Dagdha (burnt), Acute fever, Kamala (jaundiced)      |
| Shwas (asthma), Kaas (cough), Pratishyaya                                 | Pittarogi, madhumehi (diabetic)                      |
| Jadya, Kathinya and rukshasharira (heaviness, stiffness, dryness of body) | Karshya (emaciated)                                  |
| Vatarogas (hemiplegic, cerebral palsy)                                    | Chhardi (Vomiting), Trishna (dehydrated)             |
| Rheumatic and degenerative conditions                                     | Raktapitta (Bleeding disorders)                      |
| Obstruction to Mala(stool), Mutra (urine)                                 | HridayaRogas (Cardiac Diseases), vishaart (poisoned) |





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## SOP OF VAMANA

**Materials and Equipments:** Comfortable seat (vamanapeetha), bucket, vessels [mug, glass, bowl, towels, sphygmomanometer, weighing scale, ECG machine, thermometer, measuring glass etc.]

**Vamanadravya and dosage:** (As per Kashyapa) 17

- Vaman drug given in a quantity which equal to vidangaphala (fruit of *Embeliaribes*) - Kashyapa.
- 2-3 seeds of Apamarga (*Achyranthesaspera*) with honey and sugar- Vaidehajanaka
- 1 1/2, 2 or 3 Pala (60 to 120 ml) - Vriddhakashyapa
- Others- milk: 750ml, yashthimadhukwatha (decoction of *Glylirrhizaglabra*): 750ml, lavanodaka (salted water): 500ml

### Procedure 18

After all preparatory procedure, the patient advised to sit comfortably in a chair (vamanapeetha) then mixture of milk or yashthimadhukwatha (vamanopadravya) 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 samyakvamanalakshana (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. (Table 3)

### Assessment criteria of Vamana procedure

| Type                | Vaegikipariksha (bouts) | Manikipariksha (measure) |
|---------------------|-------------------------|--------------------------|
| Jaghanya (mild)     | 4 vegas (bouts)         | 1 prastha (640ml)        |
| Madhyama (moderate) | 6 vegas (bouts)         | 1 1/2 prastha (960ml)    |
| Pravara (excellent) | 8 vegas (bouts)         | 2 prastha (1280ml)       |





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## SOP FOR VIRECHANA

### VIRECHANA (THERAPEUTIC PURGATION)

It is the procedure where vitiated doshas (mainly pitta) are eliminated from lower gastrointestinal tract through the anal route. Therapeutic purgation administer very cautiously in paediatric patients because their chances of severe complication like dehydration

**Material and Equipments:** Attached toilet (lavatory) is a must, Towels, Bed sheets etc.

**Medicines:** Following single and compound preparation can be used in paediatric patient. 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 paediatric patients for purgation.

### Single and compound preparation used for purgation

| Single drugs                              | Compound preparations |
|---|-----------------------|
| Trivrit<br>( <i>Operculinaturpethum</i> ) | KalyanakGuda          |
| Aragvadha ( <i>Cassia fistula</i> )       | TrivruttaGhrita       |
| Eranda Tail (Castor oil)                  | Mishrakasneha         |
| Shankhini Taila<br>(Euphorbia oil)        | AvipattikaraChurna    |

### Assessment criteria of virechana karma

| Lakshana (signs)    | Vaegikipariksha (bouts) | Manikipariksha (weighing) |
|---------------------|-------------------------|---------------------------|
| Jaghanya (mild)     | 10 Vegas,               | 2 prastha (1280 ml)       |
| Madhyama (moderate) | 20 Vegas,               | 3 prastha (1920ml)        |
| Pravara (Excellent) | 30 Vegas                | 4 prastha (2560ml)        |





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## SOP FOR NASYA

### NASYA (NASAL INSUFFLATIONS)

It is the process of administration of medicines through nostrils. Nasya 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:** Panchendriyavardhantaila, dhanvantarataila, anutaila, shadbindutaila, shunthichurna for pradhamananashya.

**Types of Nasya:** Kashyapa mentioned two types of nasya; namely Brihana (Purana) nasya and Karshana (Shodhana) nasya.

### Dose of Marsha Nasya and PratimarshaNasya

| Marsha Nasya                  | Matra (dose) |
|-------------------------------|--------------|
| Uttamamatra<br>(maximum dose) | 10 drops     |
| Madhyammatra<br>(medium dose) | 8 drops      |
| Hriswamatra (mild<br>dose)    | 6 drops      |
| Pratimarshanasya              | 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 palmer 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.

### Indications and contraindications of Nasya

| Indications                              | Contraindications                    |
|--|--------------------------------------|
| Shirahshula (Headache)                   | Navpinasa (acute rhinitis)           |
| Urdhwajatrugata- Roga (E.N.T. disorders) | Ajjerna (indigestion)                |
| Ardita (Facial paralysis)                | Immediately after taking food, water |
| Pakshaghat (Erbs palsy)                  | Kas (cough),                         |
| Vat rog (Delayed mile stone)             | Shwas (bronchial asthma)             |





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## SOP FOR JALAUKACHARANA

### JALAUKACHARANA (LEECH THERAPY)

It is one of the types of raktamokshan (blood cleansing and purification therapy) which is included in panchakarma (five bio- purification procedures) by vagbhata. Jalouka (leech) commonly used for the purpose of raktmokshana in child patients, old peoples, ladies and those who are rich, fearful and sophisticated.

**Material:** Vessel of water, leeches, powdered cow dung, mustard and turmeric paste, milk, wet cloth, powdered 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 vessel of water for a period of muhurta (48min) till they get rid their tiredness. Following that try to attach leeches to desired site of body if they don't 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 withdrawn 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 massaged by dry rice powder, oil, salt powder for easy to carry then its hind portion held by the left hand in the between thumb and finger and gently squeezed out by right hand till the completely emptying.

**Indication:** Vidradhi (abscess), gulma (lump), arsha (piles), kushta (skin disorders), vatarakta (sclerosis), visharpa (pemphigus), vichrchika (eczema), netraroga (eye disorders), shiroroga (headach),. kantharoga (throat disease), ahiputana (napkin rash)

**Complication:** Infection, Anaemia, Leech migration, Allergic reaction.

**Scientific observation:** Hirudin a potent anticoagulant found leech saliva inhibits conversion of fibrinogen to fibrin thus preventing blood clotting.

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