

SMBT Ayurved College and Hospital

DEPARTMENT OF KAUMARBHRITYA

**Standard Operating
Procedure
Of
Kaumar-Panchakarma**

DEPARTMENT OF KAUMARBHRITYA

Standard Operating Procedure of Kaumar-Panchakarma

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VIRECHANA KARMA

DEFINATION

- Including purgation by medicine under the supervision of doctor is called as virechana karma

STANDARD OPERATING PROCEDURE

MATERIALS REQUIRED:

- Vessels , Sphygmomanometer, Stethoscope
- Weigh Machine(for medicine) ,Measuring glass, Napkins/towel

PURVA KARMA

- Take consent for the procedure and evaluate patient safety for before procedure as per procedure checklist.
- If internal Snehapana is advised it should be done till samyaksnehanalakshana then Abhyanga and Swedana should be done on next 2 days of completion of snehapana.
- On the day of Virechana, Abhyanga and Swedana should be done in morning.

PRADHAN KARMA

- Vitals of patient should be noted before starting the karma.
- Virechana yoga should be given with chanting of mantras.
- Then wait for 60-90 minutes for starting of Virechana. After administration of virechana yoga ask patient to drink ushnodaka repeatedly.

PASHCHAT KAMA

- After the procedures ask patient it take rest have bath.
- Follow the diet scheduled prescribed by the physician.
- Post procedure evaluation of patient should be written in file.

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VAMANA KARMA

DEFINATION

- Including vomiting by medicine under the supervision of doctor is called as Vamana karma.

STANDARD OPEARATING PROCEDURE

MATERIALS REQUIRED:

- Vamana chair
- Vessels sphygmomanometer
- Stethoscope
- ECG Machine
- Oxygen cylinder
- Weigh Machine(for medicine)
- Measuring glass
- Napkins/towel



PREPARATION OF VAMANA YOGA:

- Take prescribe amount of medicine and add quantity sufficient honey and mix it.

PURVA KARMA

- Take consent for the procedure and evaluate patient safety for before procedure as per your procedure checklist.
- If internal Snehapana is advised it should be done till asamyakasnehanalakshana then Abhyanga and swedana should be done on next day of completion of snehapana.
- On the day of Vamana abhyanga and swedana should be done in morning.
- Peya should be given early in the morning.
- ECG should be taken and analyzed day before vamana karma.

PRAADHAN KARMA

- Ask patient to seat on vaman chair.
- Vitals of patient should be noted before starying the karma.
- Then start Akanthapaana with ushnodaka, after that that vamana yoga should be given with chanting of mantras.
- Then wait for 20 minutes for starting of vomiting, during this time keep keen observation of patient.

- If vomiting is started spontaneously then give ushnodaka/any prescribe medicine for next cycle of vomiting. Repeat this procedure till Samyakavamanalakshana appears and/or till pitta is seen.

PASHCHAT KARMA

- After the procedure ask patient to \take rest.
- Dhumapana (yavani) should be given if it is prescribed.
- Follow the diet scheduled prescribed by the physician.
- Post procedure evaluation of patient should be written in file.

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SOP OF PANCHKARMA IN KAUMARBHRITYA

- 1) **Purpose:** The purpose is to provide standard operation procedures (SOP) for various treatment procedures being conducted at Kaumarbharitya department.
- 2) **Scope:** treatment room / procedure room, clinic wide.
- 3) **Policy:** the various treatment procedures shall be documented to provide broad guidelines:
 - a) Only qualified (Professor/ Asso Professor/ Asst Professor/ PG Student of the department), competent and credentialed clinical staff shall order, plan, perform and assist in performing the procedures.
 - b) Pre procedure instructions.
 - c) Steps of conducting each procedure.
 - d) Post procedure instructions.
 - e) The procedure shall be documented to lay down the guidelines to prevent:
 - Adverse events.
 - Wrong site.
 - Wrong patient.
 - Wrong practice.

There shall be provision for informed consent taking by the personnel performing the procedure for the procedures whenever required and applicable

- Standard precaution shall be adhered during conducting the procedures.
- There shall be provision for monitoring the patients undergoing the procedure insisted by the Vaidya should be monitored and revert back.
- All procedures conducted shall be documented in the medical records.
- All documents shall be duly signed, dated, named, and timed by the vaidyas.

- 4) **Procedure:** procedure conducted in the Kaumarbharitya department:
 - The list of procedures performed in a panchakarma clinic shall be made.
 - The procedure shall be documented to give a broad guideline as to the pre procedure, intra procedure, and post procedure instructions.

- The periodic clinical audits of various procedure with respect to the safety shall be conducted .

GUIDELINES FOR PERFORMING EACH PROCEDURE:

- Only qualified person like Vaidya can perform or assist in all kind of procedure.
- For all invasive procedures, proper aseptic method and personnel protective equipment (PPE) shall be used to prevent infections or further complications.

PREVENTION OF ADVERSE EVENTS:

- Proper aseptic method and Personal Protective Equipment (PPE) to be used to prevent complications.
- Before every procedure proper patient identification and file identification is necessary. Patient shall be identified by his/her UID (Unique Identification Number) and Name.
- The patient's UID (Unique Identification Number), Name, Age, Sex, Diagnosis and name of the vaidya to be written properly on the patient's records.

INFORMED CONSENT TAKING:

- Informed consent shall be taken before performing procedures.
- Consent shall be taken from the patient or from the patient's parent or guardian in case patient is minor.

STANDARD PRECAUTIONS AND ASEPSIS:

- Standard precautions is a method of infection control.
- No touch technique to any body fluid without gloves except sweat.
- Clean equipment/Disposable single use equipment to be used for invasive procedures.

PATIENT MONITORING DURING AND AFTER PROCEDURES:

- Patients to be monitored properly before and after procedure wherever required and applicable.
- Care to be taken to avoid any post procedure complication.
- If any complication occurs, immediate information to be passed on to the treating Vaidya.

DOCUMENTATION OF PROCEDURES:

- Before procedure, the patient's condition shall be duly written in the case file.
- All the vitals shall be noted properly so as to ensure safety to undergo procedure.
- In case of any adverse event or complication, the events shall be noted sequence wise.

- The patient's condition post-procedure shall be documented accurately.

5) **Responsibility:** Vaidya, Paricharak, Therapist.

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NIRUHA BASTI

DEFINATION

- It is procedure in which prepared medicine is administered through anal root.
- It is mainly use for vatavyadhi.

STANDARD OPERATING PROCEDURE

MATERIALS REQUIRED (FOR ONE BASTI)

- Honey-30ml
- Salt-5gm
- Sneha-30ml
- Kalka of medicine-15gm
- Kvatha of medicine-240ml
- Electric mixture
- Mesasuring glass
- Weigh machine for medicine
- Enema pot(Bastiyatra)
- Vessels

PREPARATION OF BASTI:

- Take all contents in appropriate amount.
- All contents of basti are mixed in mixture till it become homogeneous
- Fill bastiyatra of enema pot with this mixture.

PURVA KARMA:

- Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist
- Abhyanga and/or swedana should be done before.
- The procedure should be done in empty stomach.

PRADHAN KARMA

- Ask patient to lie down in left lateral position with straight of the left leg and fully flexion of right leg from knee and hip joint.
- Apply oil for lubrication on local anal region and as well as on the catheter/nasal of instrument.
- Remove air from basti instrument and slowly insert the bastinetra/nozzle in the anal canal up to 4 angula.

- Then administer bastidravya by holding enema pot in higher position or by steady pressure on bastiputaka,
- Ask patient to take deep breath with mouth during the procedure.
- Place cotton piece at anal region.
- Ask patient to lie down in supine position.

PASHCHAT KARMA:

- After the procedure ask patient to take rest until the motion comes.
- Advised patient to go for motion whenever he feels for urges.
- Post procedure evaluation of patient should be written in patient's life.



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NIRGUNDIPATRA PINDA SWEDANA

DEFINATION

- The nirgundi pinda sweda is performed with the bolus of nirgundi leaves.
- This is mainly applied in vatakapha predominant conditions.
- It is usually done in painful joints and frozen shoulder.

STANDARD OPERATING PROCEDURE:

MATERIALS REQUIRED:

- Nirgundipatra (chopped into pieces), Cotton cloth, Threads ,Vessels for heating
- Suitable oil for abhyanga and for preparation of pottali.

PREPARATION OF POTTALI:-

- Ingredients are fried in appropriate quantity of oil and pottalis are made.

PURVA KARMA

- Take consent for the procedure and evaluate patient safety for before procedure as per procedure checklist
- The patient should be seated with expose the part on which swedana is tom be given with comfort.

PRADHAN KARMA

- Abhyanga should be performed with suitable medicated oil.
- Two pottalis should be warm and which is comfortable to the patient by keeping on the hot pan containing suitable oil.
- This pottali should be applied to the patient as per the general procedure for about 20-25 minutes.

DURATION: 20-25 Minutes.

PASHCHAT KARMA

- The patient should be advised to take complete rest for half to one hour.
- Post procedure evaluation of patient should be written in patient's file.

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SHASTISHALI PINDA SWEDA

DEFINATION

- The Shastishali pinda sveda is performed with the bolus of medicated shashti (rise)
- It can be applied locally or whole body (except upper clavicle)

STANDARD OPERATING PROCEDURE

MATERIALS REQUIRED:

- Rice, milk, Ashvagandha powder, balamoolkvath
- Cotton cloth
- Threads
- Vessel for eating
- Suitable oil for Abhyanga and for preparation of pottali

PREPARATION OF POTTALI

- Prepare 2 liter balamoolkvath and take one liter balamoolkvath out of this and add 500 ml milk with 200gm of rice
- Cook rice until it become paste like.
- Add 30gm of ashvagandhachurna at list stage of rice cooking.
- Stir mixture continuously to avoid burning of medicine at bottom of vessel.
- Prepare pottali of this mixture.
- Place another 1 lit balamoolkvath in bowl to use during procedure for heating pottali.

PURVA KARMA

- Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist.
- Abhyang should be done with suitable oil before main procedure.
- The patient should be lied down over the table.

PRADHAN KARMA

- Swedana should be performed with pottali.
- Two pottalis should be warm and which should be comfortable to the patient by keeping in hot kvath of balamoolkvath.

- This pottali should be applied to the patient as per the general procedure for about 45-60 minutes. Squeeze pottali during the procedure so medicated paste will come and can be applied on patient's body.
- Shashtishalipind Swedana should be done in supine, right lateral,prone, and left latera position chronologically.
- DUTATION : 45-60 Minutes.

PASHCHAT KARMA

- After the procedure, body should be wiped with clean towel.
- The patient should be advised to take complete rest for half to one hour and take bath after one hour with lukewarm water.
- Rest procedure evaluation of patient should be written in patient's file.



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NADI SWEDANA

DEFINATION:

Nadi swedana is defined as an ayurvedic procedure of application of medicated / plain steam over body / any part of body with help of nadi swedana

STANDARD OPERATING PROCEDURE

Material required:

- Nirgudi / Nimba patra and water quantity sufficient
- Nadi swedana yantra
- Tissu paper / soft towel
- Bucket : 1 Stool : 1

PURVA KARMA:

- Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist .
- Leaves should be selected according to prakriti and disease condition of the patient .
- Prepare sufficient steam in nadiswedanayantra .



PRADHAN KARMA :

- Patient should be seated on the stool. Then apply steam with proper according to patient's sensitivity.
- If needed cover the body / body part with cloth. Maintain steam until patient had forehead/local sweating.

PASHCHAT KARMA

- Patient should take complete rest in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap.
- When the patient feels appetite ,take light food according to illness, digestive power & Satmya.
- Post procedure evaluation of patient should be written in patient's file.

Snehapana is advised it should be done till asamyakasnehanalakshana then Abhyanga and swedana should be done on next day of completion of snehapana.

- On the day of Vamana abhyanga and swedana should be done in morning.

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MATRA BASTI

DEFINATION

- It is a procedure in which Sneha/medicated sneha is administered through anal root. It is mainly used for vatavyadhi.

STANDRARD OPERATING PROCEDURE

MATERIALS REQUIRED:

- Suitable sneha for abhyanga and for basti.
- Measuring glass
- Syringe-cathetar (Bastiyantara)
- Vessels

PREPARATIOPN OF BASTI:

- Take prescribe amount of snehadravya and make it warm.
- Then fill bastiyantara/syringe with this sneha.

PURVA KARMA

- Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist
- Abhyanga and/or swedana should be done before.
- The procedure should be done immediately after meal(dinner).

PRADHAN KARMA

- Ask patient to lie down in left lateral position with straight of the left leg and fully flexion of right leg from knee and hip joint.
- Apply oil for lubrication on local anal region and as well as on the catheter/nasal of instrument.
- Remove air from basti instrument and slowly insert the bastinetra/nozzle in the anal canal up to 4 angula.
- Then administer bastidravya by holding enema pot in higher position or by steady pressure on bastiputaka,
- Ask patient to take deep breath with mouth during the procedure.
- Place cotton piece at anal region.
- Ask patient to lie down in supine position.

PASHCHAT KARMA

- After the procedure ask patient to take rest & have sleep.
- Advised patient to go for motion whenever he feels for urges.
- Post procedure evaluation of patient should be written in patient's life.

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BASHPA SWEDANA

DEFINATION:

Bashpaswedana is defined as an ayurvedic procedure of application of medicated / plain steam over body with help of bashpaswedanayantra .

STANDARD OPERATING PROCEDURE :

Material required :

- Nirgundi/ Nimba patra and water quantity sufficient.
- Bashpaswedana yantra, Tissue paper /soft towel

PURVA KARMA:

- Take consent for the procedure and evaluate patient safely before procedure as per pre procedure checklist.
- Leaves should be selected according to prakriti and disease condition of the patient.
- Prepare sufficient steam in bashpaswedanayantra .

PRADHAN KARMA:

- Patient should be laid in the bashpaswedanayantra, with head outside the box.
- Then maintain the steam in the bashpaswedanayantra according to patient's sensitivity .Maintain the steam until patient has forehead sweating.

Duration: It should be done till patient has samykaswedanalakshana (eg. Perspiration on forehead).

PASHCHAT KARMA:

- Patient should take complete rest in comfortable position.
- Patient can take bath in lukewarm water with suitable medicated soap.
- When the patient feels appetite, take light food according to illness , digestive power and satmya.
- Post-operative evaluation of patient should be written in patient's file.

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LEPA (GUGGULU, DASHANGA, NIMBA PATRA KALKA)

DEFINATION

- Application of guggulu/dashanga paste in affected part/joint is called guggululepa/dashanagalepa.
- Application of nimbapatrakalka paste in affected part is called animbapatrakalkalepa.

STANDARD OPERATING PROCEDURE

MATERIALS REQUIRED:

- Pure guggulu ,Dashangachurna ,Nimbapatrakalka paste
- Mixture machine,Vessels for heating

PREPARATION OF GUGGULU LEPA:

- Soak guggulu in hot water so one can make paste easily.
- Then add quantity sufficient amount of water to make paste form.
- Daashangachurna mixed in hot water and make semi solid paste which can easily applied on the site.
- Grinding nimbapatra in mixture machine with the help of little water And make semi solid paste form.



PURVA KARMA

- Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist.
- Affected part should be clean before application of each lepa.

PRADHAN KARMA

- Warm paste should be applied to affected part in quantity sufficient amount.

PASHCHAT KARMA

- Lepa should be removed after 6 hours/prescribe time with warm water.
- Post procedure evaluation of patient should be written in file.

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JALUKAVACHARNA

DEFINATION

- The Jalukavacharna is performed with nirvishajaluka.
- This is mainly applied in pitta predominant conditions
- It is usually done in.

STANDARD OPERATING PROCEDURE:

MATERIALS REQUIRED:

- Jaluka, Cotton swab
- Kidney tray, Bandage
- Turmeric powder
- Vessel with full of water.

PREPARATION OF MATERIAL:

- Before applying the jaluka, keep in water of turmeric powder for 5 minute.

PURVA KARMA

- Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist
- The patient should be sit with expose the part on which jalukavacharna is done with comfort.

PRADHAN KARMA

- Find the proper site for jalukavacharna.
- Clean the site of jalukavacharna with water swab.
- Applied the jaluka on site gently.
- If jaluka is not attached then put one drop of milk on site and try to attach jaluka.
- If it does not ditched it then put on the site little turmeric powder.

DURATION: As per patient (15 days).

PASHCHAT KARMA

- On site jalukavacharna dressing should be done with turmeric powder and close with bandage.
- The patient should be advised to rest for 30 minutes.

- Post procedure evaluation of patient should be written in patient's life.



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ABHYANGA

DEFINATION

Abhyanga is defined as an Ayurvedic procedure of application of Sneha dravyas over body with mild pressure in specific directions. It can be applied to the whole body or locally. Many of the prevalent modern massage techniques are the modified forms of abhyanga.

STANDARD OPERATING PROCEDURE

MATERIALS REQUIRED:

- Non medicated or medicated oil or ghee (30 TO 50ML).
- Vessels to keep the oil and to heat the oil.
- Cotton cloth/soft towel.

PURVA KARMA

- Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist.
- Oil is selected according to disease condition of the patient. The oil is made warm which is comfortable to patient. For shiroabhagya, lukewarm oil is selected.

PRADHAN KARMA

- Patient should be seated on the table, with leg extended.
- Abhyanga should be done in 7 positions i.e sitting, supine, right lateral, prone, left lateral again supine and sitting position chronologically.
- Avoid prone position in patients having ascites.
- Abhyanga should be started from the scalp, head.
- Lukewarm oil is applied to head, first in the anterior fontanel and then the whole scalp.
- The oil is applied uniformly by therapists. Start massaging scalp, head and move down to neck, upper back, shoulders, upper arms, forearms & hands; then chest, abdomen, low back, lower limbs.
- Heart, GIT, Upper back should be massaged in upward down direction. Limb joints should be massaged in circular manner and muscles in linear manner.
- Umbilical region is massaged in circular manner.

SUPINE POSITION:

- Upper limbs, shoulder and neck, umbilical region, lower region, lower limbs and region from sternum to flanks are more concentrated.

LEFT LATERAL :

- Back, left limb and hip are more concentrated.

RIGHT LATERAL:

- Back, right limb and hip.

PRONE (if applicable):

- Mild spinal massage is given.

DURATION: 30-40 min.

PASHCHAT KARMA

- Patient should take complete rest for 15 min in comfortable position.
- Patient can take bath in lukewarm water with suitable medicated soap or snanachoorna.
- When the patient feels appetite ,take light food according to illness , digestive power and satmya .The patient is indicated for swedana , proper swedana should be done immediately after abhyanga before bath.
- Post procedure evaluation of patient should be written in patients file.

