



ATHARV AYURVED MULTISPECIALITY HOSPITAL

112/29, Vasant Vihar, Sonapat Road, Rohtak Pin-124001

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CLINICAL AUDIT

To improve the quality standards

Policy – The Policy provides a standard operating Protocol for performing clinical audit for continuous quality improvement of health care services at Atharv Ayurved Multispeciality Hospital .

Atharv Ayurved Multispeciality Hospital has constituted Clinical Audit Committee for monitoring quality improvement in patient assessment, care plan and patient safety in therapy department and medicinal treatment section.

Purpose –

1. To identify specific areas of patient care for clinical audit.
2. To identify appropriate remedial measures for continual improvement.
3. To analyze the scope of improvement in Panchkarma therapy.
4. To provide better quality care to all patient of Atharv Ayurved Multispeciality Hospital.
5. To analysis the data and implementation of correction of remedial measure to improve quality standards.

Scope – Care Providers at Atharv Ayurved Multispeciality Hospital

Policy for Clinical Audit –

1. Clinical Audits may be retrospective, concurrent or prospective in nature and conducted based on predefined parameters to avoid bias.
2. Audits will be carried out by fair and impartial professionals.
3. Clinical Audit committees will meet on 6 monthly basis with a specific, pre declared agenda for defining and conducting clinical audits.
4. Clinical audit tanning will be conducted on 3 monthly basis to implement audit.

Parameters of Clinical Audit – Clinical Audit Committees will identify performance based parameters to improve quality health services given to patient throughout the Hospital.

A target describing the level of care to be achieved will be baseline for conducting the audit. A specific checklist will be designed to conduct the audit based on the topic of selection .

Data collection process to be predefined.

Frequency of Audit – Half Yearly.

Clinic Audit Committee Members – Dr. Prince Girotra

Resident Medical Officer-

- Dr. Manju
- Dr. Vinay Kumar

Dharmender: - Senior Therapist

Dinesh Kumar: - Pharmacist

Nutan-Infection Control Nurse

Methodology

1. Topic – Amvata
2. Identify Panchkarma therapy (Basti) / Medicine (vaitaran basti)
3. Methodology of administration (per rectal route)
4. Submit Complete Information (started on 06/02/2022)
5. Collect Data
6. Analyse Data
7. Present findings
8. Conclusion

Training - Training given to the staff regarding conducting clinical audit and remedial measures On 10/02/2022

Vaitaran Vasti

Vasti Chikitsa (Medicated Enema treatment), a part of पंचकर्म therapy, is considered as अर्ध चिकित्सा in Ayurved. There is a description of different type of Vasti in Ayurved clinical text book.

Vaitaran Vasti is such a kind of Vasti which has a unique formulation & specific indication. The classical references are available in different text books like चक्रपटा, वसिष्ठा etc.

Indications:-

- 1) शूल
- 2) अनाह
- 3) आमवात
- 4) Sopha of Kati, Uru, Prishtha.
- 5) Gridhrasi

Contraindications :-

- Ajeerna
- Utkleishtha dosha.
- Alpa Agni
- Yana Klanta.
- Aki durbala.
- Krudha.
- Bheeta.
- Nausea.
- Breathing trouble.
- Ama dosha.
- Adhmana.
- Baala.
- Arsha
- Unmada
- Pandu.

Ingredients -
सिंचन लवण - 12 gm.
गुड - 24 gm.
Tila taila - 60-70 ml.
अम्लीम (Tamarind) - 48 gm.
Gomutra - 192 ml.

Procedure :-

- 1) Poorva Karma :- Dasha Analysis.
 - Aushdha Preparation
 - Aatur Pariksha.
- 2) Pradhana Karma - Vasti Pranidhana (Method of administering Vasti)
 - Positioning of patient - The patient should be made to sleep on his left lateral side
 - Vasti प्रत्यागमन, निरीक्षण।
 - Samyak Lakshana
 - Ayog Lakshana.
 - Atiyog Lakshana.

3) Pradhana Karma -

- Vasti Uttara Vicharaneeya Vishesha
- Pathyadi Vichara.

Method of preparation of Vaitaran Vasti

Initially 24 gm. of Guda was mixed uniformly with equal quantity of lukewarm water. 12 gm. of Saindhava was added to above. Tila taila (60ml) was added till the mixture become homogenous. 48 gm. of tamarind (Chincha) Kalka was taken and added to above mixture carefully. Lastly Approximately 200ml of Gomutra was added slowly and mixing continued so as to have uniform Basti Dravya. Finally after filtering, Basti Dravya was made lukewarm by keeping it into hot water.

Time of Administration :-

If the patient is strong, can be given empty stomach.

If patient feels dourbalya, it can be given after food also.

=> Vasti Vyapat (Complications)

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|---------------|------------------------|
| ① Klama | ⑦ Parisrava |
| ② Aadhmaan | ⑧ हृदयप्रदेश में जकड़न |
| ③ Hikka | |
| ④ ParvahiKa | |
| ⑤ Shiroarthi | |
| ⑥ Parikartika | |