



Shri Vats Ayurvedic Chikitsalaya

640/ C, Chirag Delhi, New Delhi-110017


Chapter -2 Cop

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Shri Vats Ayurvedic Chikitsalaya
640/C, Chirag Delhi
New Delhi-110017

Amendment Sheet

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 <div> Shri Vats Ayurvedic Chikitsalaya 640/ C, Chirag Delhi, New Delhi-110017 </div>		
	Cop /01	Issue No: Svac/Cop/02
	Uniform Care Of Patients	Issue Date: 05 /Jan/ 2021
		Next Review Due On :05 /Jan/ 2022

1. Care Of Patients Is Guided By Accepted Norms And Practice.

- a) The Care And Treatment Orders Are Signed And Dated By The Concerned Doctor.
- b) Clinical Practice Guidelines Are Adopted To Guide Patient Care Where Possible.

2. Purpose

Policies And Procedures And Applicable Laws And Regulations Guide The Uniform Care Of All Patients.

3. Scope

This Procedure Is Applicable To All Patient

4. Responsibility- Vaidya / Staff Nurse

5. Description Of Activity

- Patients With The Same Health Problems And Care Needs Have A Right To Receive The Same Quality Of Care Throughout The Organization. In Particular, Services Provided To Similar Patient Populations In Multiple Departments Or Settings Are Guided By Policies And Procedures That Result In Their Uniform Delivery.
- Those Policies And Procedures Respect Applicable Laws And Regulations That Shape The Care Process And Are Best Developed Collaboratively. Uniform Patient Care Is Reflected In The Following:

1. Access To And Appropriateness Of Care And Treatment Do Not Depend On The Patient's Ability To Pay Or The Source Of Payment;
2. Access To Appropriate Care And Treatment By Qualified Practitioners Does Not Depend On The Day Of The Week Or Time Of Day;
3. Acuity Of The Patient's Condition Determines The Resources Allocated To Meet The Patient's Needs;
4. The Level Of Care Provided To Patients Is The Same Throughout The Organization
5. Patients With The Same Nursing Care Needs Receive Comparable Levels Of Nursing Care Throughout The Organization.
6. Uniform Patient Care Results In The Efficient Use Of Resources And Permits The Evaluation Of Outcomes Of Similar Care Throughout The Organization.
7. Uniformity Of Care Is To Be Guided By The Applicable Laws And Regulations And Is To Be Reflected In Policies And Procedures Concerning Care Of Patient Accordingly.
8. All Patient Assessment, Care And Treatment Orders Are Signed, Named, Dated And Timed By The Concerned Physician.
9. The Plan Of Care Is To Be Countersigned By The Treating Physician Within 24 Hours Where Applicable.
10. All Patient Care Shall As Far As Possible Conform To Evidence Based Medicine, And Clinical Practice Guidelines.

11. Evidence Based Medicine Is Defined As The Conscientious, Explicit And Judicious Use Of Current Best Evidence In Making Decisions About The Care Of Individual Patients.
12. Clinical Practice Guidelines Are “Quality-Improving Strategies” Systematically Developed Incorporating Validity, Usefulness And Applicability In Medical Practice.
13. All Healthcare Workers Shall Be Trained In Basic Life Support (Cpr).



Shri Vats Ayurvedic Chikitsalaya

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	Cop /02	Issue No: Svac/Cop/02
	Vulnerable Patient Policy	Issue Date: 05 /Jan/ 2021
		Next Review Due On :05 /Jan/ 2022

Purpose:

- To Identify The Groups Of Patients Who Will Be Considered '**Vulnerable**'.
- To Define A Mechanism Of Assessment And Management Of The Vulnerable Patients

2. Scope: All Vulnerable Patients Undergoing Treatment In Centre.

3. Responsibility: Reception Staff, Paricharak, Vaidya, Support Staff

4. Policy: Panchakarma Clinic Ensures That Vulnerable Patients (Elderly/ Physically And / Or Mentally Challenged Patients /Children/ Patients With Limited Physical Mobility/Limited Communication Skill/Foreigner In Transit, And Unescorted Female) Are Protected From Abuse, Which We Define As A Violation Of An Individual's Human Or Civil Rights By Any Other Person Or Persons.

A Coordinated Approach Is Used To Manage Any Reported Instance Or Suspicion Of Abuse Against Vulnerable Patients Admitted To The Clinic.

Who Are "Vulnerable Patients"

- All Patients Aged 65 Years And Above And Infants And Children (I.E. Minors Below The Age Of 18).
- Patients With Limited Physical Mobility.
- Specially Those Who Cannot Perform Their Daily Necessary Activities Of Living I.E. Going To The Bathroom, Eating, Etc.
- Patients With Impaired Mental Function.
- Patient Who Is Not Being Able To Communicate Or Has A Language Problem

Guidelines For Safety Of Vulnerable Patients:

- To Ensure A Safe Environment For All Vulnerable Patients The Clinic Staff Members To Be Sensitive To Such Matters.

- Providing Safety Measures E G Hand Rails In Bathroom, Anti Slip Mats In The Bathrooms And Other Surfaces As Per The Need And Physically Ensures A Safe And Secure Environment.
- Provision Of Facilities And On-Site Inspections To The Vulnerable Group Of Patients So As To Ensure That They Are Safe From Abuse, Are Done By The Management.
- Vulnerable Patients Will Not Be Left Alone At Any Given Time.

Informed Consent: Informed Consent Shall Be Taken As Per Informed Consent Policy

5. Procedure:

- The Reception Staff At The Concerned Opd Shall Facilitate The Process Of Consultation Of The Vulnerable Patients By Giving Them Priority And Reduce Their Waiting Time. They Shall Facilitate Their Transport To Their Destination By Arranging For Wheelchair Or Other Appropriate Transportation.
- The Health Support Staff Shall Take Appropriate Measures To Protect Children, Elderly Patients, And Others Who Are Unable To Protect Themselves.
- The Medical And Nursing Staff Shall Encourage Family Members Of Vulnerable Patients To Accompany Them To Panchakarma Clinic.
- The Medical And Nursing Staff Shall Educate Family Members Of Vulnerable Patients On The Proper Safety And Security Measures Adopted By Panchakarma Clinic.
- The Patient's Psycho-Social Needs Shall Be Assessed By The Medical And Health Support Staff And Special Needs Of Vulnerable Patients Shall Be Documented On The Case Record Or Opd Slip In A Conspicuous Manner. The Special Requirements Like 'Requires Wheelchair', 'Unaccompanied Lady Patient', 'Toddler', 'Hard Of Hearing' Or 'Visually Challenged' Shall Be Endorsed On The First Page Of Their Opd Records.

Care Of Lady Patients:

- All Lady Patients Will Be Educated About Their Right To Have An Authorised Female Attendant (Afa) During Their Medical Examination
- All Lady Patients Shall Be Examined Only In The Presence Of An Authorised Female Attendant (Afa).
- The Treatment Procedures Will Be Conducted By Female Therapist Only.
- The Reception Shall Bring To The Notice Of The Accompanying Parents/Guardians Of The Toddlers The Risk Of Low Set Electrical Sockets, Sharp Objects, Self Closing Doors And Staircases And The Risk The Children Are Exposed To In Case They Are Left Unattended.
- Trained Healthcare Professionals Shall Provide Care To Children.
- The Treating Physician Shall Report Child Abuse Or Neglect To Administrative Authorities.

Care Of Vulnerable Elderly Patients:

- Evaluation Of The Vulnerable Elderly Patients Shall Include Diagnosis, Pre-Hospital And Current Medication And Cognitive Status.
- Special Care Shall Be Given To Prevent Falls/Slips In These Patients By Providing Them With Aids To Ambulation In The Form Of Wheel Chairs And Walking Sticks. These Aids Will Be Positioned In A Centralized Bay, The Location Of Which Will Be Prominently Displayed At Adequate Places In Panchakarma Clinic.

Training Of The Staff: The Centre Will Include 'Care Of Vulnerable Patient' As A Topic In Their Training Programme. Staff Will Be Trained For Care Of Vulnerable Patients With Respect To

- Understanding And Recognizing Vulnerable Patients
- Principles Of Staged, Step Down Care
- Moving And Handling Of Vulnerable Patients.
- Training In Prevention And Management Of Falls, Unconscious Patients, Interacting With Caretakers For Continued Care.

Procedure To Follow In Case Of Abuse Of Vulnerable Patient:

- When A Case Of Abuse Of A Vulnerable Patient Is Suspected Or Disclosed, The Main Consideration Is The Protection Of The Vulnerable Patient.
- When Such An Event Occur The Senior Member Of The Team On Duty Is Immediately Informed. She / He Will Then Inform The Vaidya. The Concerns Are Documented In The Medical Records By The First Person To Report The Abuse.
- A Detailed Investigation Is Carried Out, By In-Charge Of The Case, And Corrective And Preventive Action Taken.



Shri Vats Ayurvedic Chikitsalaya

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	Cop /03	Issue No: Svac/Cop/02
	Pain Management	Issue Date: 05 /Jan/ 2021
		Next Review Due On :05 /Jan/ 2022

1. Purpose: The Purpose Is To Lay Down The Policies And Procedures To Ensure Proper Care Of Patients For The Assessment And Management Of Pain In A Safe Manner.

2. Scope: All Patients Of Shri Vats Ayurvedic Chikitsalaya

3. Responsibility: Vaidya, Paricharak

4. Policy:

- Appropriate Pain Assessment And Management Shall Be Given To Patients Who Have Pain As Predominant Debilitating Symptom.
- It Is The Policy Of Shri Vats Ayurvedic Chikitsalaya To Respect And Support The Patient's Right To Optimal Pain Assessment And Management.
- Pain Is Assessed In All Patients Of Shri Vats Ayurvedic Chikitsalaya The Clinic Will Also Address The Appropriateness And Effectiveness Of Pain Management.
- Patient And Family Are Educated On Various Pain Management Techniques.

5. Procedure:

Assessment: Initial Assessment Of Patients Experiencing Pain , Other Pain During The Course Of Treatment Is Made By Reviewing.

- Pain History And Characteristics Including Previous And/Or Ongoing Instances Of Pain.
- Previously Used Methods For Pain Control.
- Ways Patient Describes Or Shows Pain.
- Patient's Knowledge/Expectations/Preferences For Pain Management Methods Assessment Of Existing Pain Intensity Documented Utilizing A 0-10 Numeric Pain Intensity Scale.

Reassessment: Reassessment Should Occur With Each New Report Of Pain, At A Suitable Interval Following Any Pain Control Intervention (Particularly If A New Medication Or Dosage Is

Involved), And At Regular Intervals Appropriate To Individual Person Status Utilizing The 0-10 Numeric Pain Intensity Scale.

6. Pain Management: If Patient Is Having Severe Pain Related To Any Disease, The Vaidya Attends The Patient Immediately.

- Ayurvedic Medicines/ Panchakarma Procedures Are Administered Internally To Reduce Pain And Spasms.
- If Pain Is Not Reduced The Patient Will Be Shifted To Other Centre.
- Ayurvedic Pain Oil Application Helps In Easy Absorption Into The Circulation And Eventually Reduction Of Pain.
- Psychological Approaches – Relaxation, Distraction, Education Etc.

7. Formats:

: Pain Assessment Scale (Visual Analogue Scale).

Visual Analog Scale Format

Date Of Examination:

Name

Date Of Birth: Age:

Sex: Male / Female:

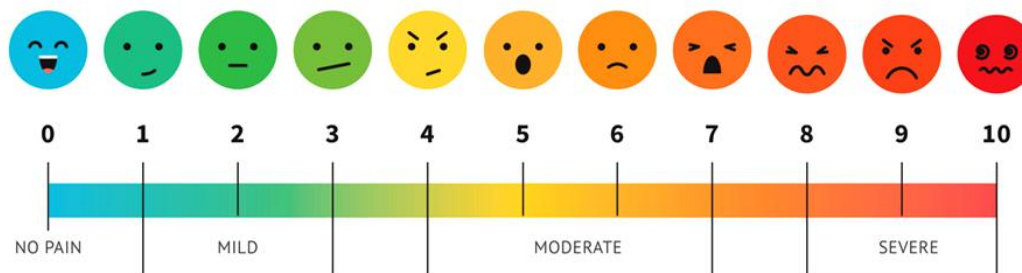
Nationality:

Phone No.

E-Mail Id:

Referred By:

PAIN MEASUREMENT SCALE



Date & Signature Of Vaidya:



Shri Vats Ayurvedic Chikitsalaya

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	Cop /04	Issue No: Svac/Cop/02
	Panchakarma Procedure Policy	Issue Date: 05 /Jan/ 2021
		Next Review Due On :05 /Jan/ 2022

1. Purpose: The Purpose Is To Lay Down The Policies And Procedures For Panchakarma Therapy.

2. Scope: Clinic .

3. Responsibility:

- Vaidya
- Paricharak

4. Policy:

- An Informed Consent Should Be Obtained By The Consultant Prior To The Treatment Process.
- All Treatments Are Planned By Treating Vaidya & Monitored By The Treating Vaidya / Therapists Perform The Procedure On A Patient.
- Ensure The Site, Patient And Procedure Before Starting The Treatments To Prevent Adverse Events Like Wrong Site, Wrong Patient And Wrong Procedure.
- The Consultant Should Document The Post Procedure Plan Of Care.
- The Maintenance Of The Panchakarma Theatre Shall Be Checked Periodically

5. Procedure:

Obtaining Informed Consent: The Treating Vaidya Should Explain The Procedure Effects And Possible Complication Which May Arise From The Procedure. Ref: Pre/Pol 001(Consent Taking Procedure).

Prevention Of Adverse Events Like Wrong Site, Wrong Patient And Wrong Procedure.

Ref: Wrong Site, Patient, Surgery/Procedure Policy (Panchakarma Manual)

Post Procedure Plan Of Care: Ref: Panchakarma Manual

Checking The Maintenance Of Panchakarma Theatre/ Panchakarma Manual

- Maintenance Of Panchakarma Theatre Shall Be Checked On Daily Basis.
- A Check List Is Used For Checking The Maintenance Of The Theatre.

➤ Treatment Room In Charges Will Check All The Inventory In The Treatment Room And Document It In The Checklist And Sign.

Guidelines For Panchakarma Therapies.

Ref: Panchakarma Manual

6. Records And Formats:

- Panchakarma Treatment Record.
- Informed Consent.
- Panchakarma Control Charts.

General Consent Form

I _____ Aged _____ Years, Here By Consent To Undergo Treatment At Panchakarma Clinic,.....(Name),.....(City) For My Ailment.

The Vaidya(Name) Has Explained To Me To My Full Knowledge In My Own Language About My Condition, Treatment Procedures Planned, The Duration Of Treatment, Do's & Don't During The Treatment Procedure, The Risk Associated With The Treatment Procedure, The Possible Outcome, The Services Available At The Panchakarma Clinic And The Approximate Cost Of The Treatment. I Agree To Undergo The Treatment Procedures And Abide By The Instructions Given To Me By The Treating Vaidya .

Date: Signature

Vaidya Name & Signature:

Witness Name & Signature:

Parent / Guardian Name & Signature If The Patient Is Minor.

■ Sop For Panchkarma

Ayurveda Is Described In The Atharveda, During The Churning Of The Ocean, Dhanvantari Ji Brought Ayurveda To The Earth. Gods Like Indra Got The Knowledge Of Ayurveda, Those Gods Gave This Knowledge To The Sages, From Which Charaka Samhita, Sushruta Samhita And Ashtanga Hridaya Were Written.

It Describes Shamanic And Purification Therapy.

According To Shaman, The Disease Is Treated By Bringing The Metals Into Equilibrium By Controlling All The Three Doshas With Medicines.

Panchakarma Is Described In Shodhana Therapy By Which The Toxic Elements Are Removed From The Body By Balancing Our Aggravated Doshas, Vata, Pitta, Kapha.

Panchakarma Is The Most Famous Ayurvedic Body Purification Process, In Which The Body's Vishuddhis Are Restored With The Help Of Medicinal Oils. Healing By Medicinal Oil Was Prescribed In Ancient Vedic Scriptures.

Five Natural Methods Of Purification Of The Body Have Been Described In Panchakarma, Which Completely Detoxify The Body While Balancing All The Three Doshas Of The Body – Vata, Pitta And Kapha.

Vamana (Removal Of Impurities From The Body By Vomiting):-

The Procedure Is Well Looked After By Our Panchakarma Hospital Highly Trained Physicians And Therapists.

The Process Of Vamana Is Done To Eliminate Phlegm. What Causes Excess Mucus, Frozen Bronchitis In The Lungs, Causes Frequent Cold And Cough.

What Is Vamana Remedy?

Vamana Is A Process In Which Waste Materials Or Toxins Are Eliminated Through The Upper Part Of The Body, I.E The Mouth. Specially For Rheumatism (Stomach And Duodenum) From The Whole Body By Specific Postoperative Procedures, The Phlegm And Pitta Dosha Are Specifically Excreted Out.

Vamana Tray

2 Glasses

1.5 Litre Milk

15 Grams Madan Fruit Peepli Paste In 1 Bowl

Vacha - 2 Grams For Font.

Mulethi - For 5 Grams Font.

Rock Salt - For 5 Grams Font.

4 To 5 Litre Font.

1 Teaspoon

1 Jug

Medicated Oil In 1 Bowl

1 Towel

Vissue Paper

Vaman Machine

Process:-

1. Greet The Patient As He Enters The Institution.

2. Bp Check Is Done.

3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.

4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.

5. Gives The Patient Disposable Clothing To Change.

6. Lubrication Swedana Is Done For 3 Days.

7. After Changing Clothes, Lubricate The Patient's Head, And Give Marma Points.

In The Process Of Vamana, The Patient's Chest And Back Are Lubricated.

9. Medicinal Font Is Made For The Process Of Vomiting.

10. In This Procedure, The Patient Is Given A Medicated Font.

11. Kashaya Is Given Till He Starts Feeling Vomiting.

12. Gradually The Patient Starts Feeling Vomiting.

13. The Patient Should Be Standing And Tilted In The 90 Degree Position.

14. The Patient Starts Vomiting.

15. Thus The Process Of Vomiting Is Completed.

16. The Patient Is Kept To Rest In The Rest Room For 1 Hour So That Whether The Patient's Condition Is Stable Or Not.

17. Bp Check Is Done Again.

18. When The Patient Is Completely Healthy, The Patient Is Advised To Go Home.

Virechnam

Our Panchakarma Clinics Are Well Taken Care Of Throughout The Procedure By Highly Trained Physicians And Therapists.

In The Process Of Virechnam, Toxic Feces Are Removed From The Intestines.

Process Of Virechnam :-

Preparation Tray For Virechnam

1. 50 Grams Trivritavaleh In 1 Bowl
2. 1 Teaspoon
3. Sandalwood
4. Medicinal Oil In 1 Bowl
5. 1 Towel

Process:-

1. First Greet The Patient When He Enters The Institute. Bp Check Is Done.
2. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
3. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
4. Gives The Patient Disposable Clothing To Change.
5. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
6. Lubricates The Patient's Head, And Gives Marma Points.
7. In The Virechnam Karma, The Patient Is First Lubricated And Sweated.
8. In The Virechnam Karma And According To The Sattva, The Patient Is Given An Increasing Amount Of Snehapana In The Morning For 3 To 7 Days Respectively.
9. Lubrication Swedana Is Done For 3 Days.

On The Tenth Day, Virechnam Dravya Is Given To The Patient On An Empty Stomach In The Morning.

10. After Half To 1 Hour, The Patient Starts Getting Virechnam.
11. During Virechnam, The Patient's Bp Is Checked From Time To Time So That The Patient's Condition Can Be Fully Observed. In This Way The Process Of Virechnam Is Completed.

Anuvasan Basti

This Basti Is Given To The Patient Of Medicinal Oil. This Basti Is Given For The Mitigation Of Vata Diseases. The Intestines Of The Patient Are Aliphatic Through This Basti. This Basti Is Given In All Diseases Like Diabetes, Anaemia, Patients Suffering From Obesity, Vata Related Diseases, Joint Disorders, Paralysis, Constipation, Arthritis, Urinary And Reproductive Disorders Etc.

Anuvasan Basti Is Also Called Anuvasan Basti.

What Is Anuvasan Basti?

It Cures Basti Vatavyadhi, Provides Strength To The Digestive System To Run Smoothly, Helps In Increasing Strength In Its Body Structure For Easy Elimination Of Stool And Urine.

Medicinal Oils Are Carried To The Intestines Through The Anus In The Anuvasan Basti.

Advantages Of Anuvasan Basti:-

It Forms A Chain For Aam Vata To Operate Smoothly In The Body. It Is Full Of Properties Like Heat, Taxa, Susukta, Snigdha Etc. It Relieves From Kapha, Vata And Mango. Hence It Is Chosen As The Ultimate Treatment For Vata Diseases.

Trays Used In Anuvasan Basti:-

1. Sandalwood Vaccine
2. Tissue Paper-5
3. Rubber Catheter 7no-1
4. Gauge Piece-5
5. Medicated Oil For Settlement
6. Settlement Machine
7. Rectangular Plate
8. Gloves-2
9. Sanitizer For Cleaning The Local Area
10. Xylocaine Jelly

Process:-

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.
6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. Lubricates The Patient's Head, And Gives Marma Points.
8. In The Process Of Anuvasan Basti, Lubrication Is Done By Applying Oil All Over The Patient's Body.
9. Swedana Is Given To The Patient.
10. The Patient Is Given Light Food.
11. The Patient Is Placed On The Therapy Table By Lying On The Left Side.
12. Volume Is Administered With The Help Of Rubber Tube Syringe Or Enema Pot.

13. After Making The Patient Lie Down On The Therapy Table Itself For 20 Minutes, The Basti Medicated Oily Liquid Is Put In The Stomach Through The Large Intestine And Again It Is Taken Out Of The Body Through The Gaseous Route.
14. Due To Which The Doshas Are Completely Cleared From The Intestines And The Contaminated Vata Pitta Kapha Doshas Get Purified.
15. The Patient Is Kept To Rest In The Rest Room For 1/2 Hour So That Whether The Patient's Condition Is Stable Or Not.
16. Bp Check Is Done Again.
17. When The Patient Is Completely Healthy, The Patient Is Advised To Go Home.
18. In This Way The Process Of Anuvasan Basti Is Completed.

Asthanpan Basti

This Basti Is Given To The Patient For Medicinal Herbs. This Basti Is Given For The Mitigation Of Vata Contracted Doshas. The Large Intestines Of The Patient Are Cleaned By This Basti. This Basti Is Given In All Diseases Like Diabetes, Obesity, Vata Related Diseases, Joint Disorder Diseases, Paralysis, Rheumatism, Constipation, Urinary And Reproductive Disorders Etc.

What Is Asthanpan Basti?

This Basti Is A Good Treatment For All Types Of Vata Diseases. The Type Of Settlement In Which Kashaya Is Predominant Is Called Asthanpan Basti Or Niruha Basti.

Benefits Of Asthanpan Basti:-

Mainly This Basti Is Used In Diseases Caused Due To Vata Diseases, Muscle And Bone Problems. Diseases Affecting The Whole Body; Digestive Problems Like Abdominal Pain Due To Gas, Constipation, Ulcerative Colitis Etc., Flatulence, Stasis Of Urine, Inability To Pass Stools, Infertility. Give Settlement.

Trays Used In Asthanpan Basti:-

1. Sandalwood Vaccine
2. Tissue Paper-5
3. Rubber Catheter 14 No - 1
4. Gauze Piece-5
5. Medicinal For Astringent Settlement
6. Settlement Device
7. Rectangular Plate
8. Gloves-2
9. Sanitizer For Cleaning The Local Area
10. Xylocaine Jelly

Process:-

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.
6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. Lubricates The Patient's Head, And Gives Marma Points.
8. Asthanpan Basti Is Also Called Niruh Basti.
9. Lubrication Is Done By Applying Oil All Over The Body Of The Patient.
10. The Patient Is Given Sedation.
11. To Take Asthanpan Basti, The Patient Remains Empty Stomach.
12. The Patient Is Placed On The Therapy Table By Lying On The Left Side.
13. With The Help Of A Rubber Catheter And An Enema Pot, The Patient's Body Is Self-Contained Through The Anus.
14. Asthanpan Basti Is A Mixture Of Medicine Decoction, Rock Salt, Honey, Vegetable Powder And Oil.
15. The Patient Rests On The Table For 10 To 15 Minutes.
16. In About 15 To 30 Minutes This Settlement Material Comes Out Of The Body.
17. The Excreta, Air, Phlegm And Pitta Also Come Out Of The Body.
18. The Patient Feels Pressure.
19. He Goes To The Toilet.
20. The Patient Comes Back To His Therapy Room After Retiring From The Toilet.
21. In This Way The Process Of Selfless Settlement Is Completed.

The Diet Of The Patient Is Very Important During And After The Panchakarma. After The Purification Process, The Patient Should Take A Mixed Vegetarian Diet Whenever He Feels Hungry. The Patient Should Consume This Type Of Diet For Three To Four Days.

Gradually The Quantity Of Other Items Like Ginger, Black Pepper, Salt, Green Gram Soup Should Be Increased Gradually.

The Increase Of The Common Dosha Leads To An Increase Of Disorders Like Anger And Restlessness.

Practically With Our Habits And Going Through The Stress Of The Day It Seems Impossible That We Will Not Be Able To Rejuvenate Our Body Mind And Soul And Maintain Balance.

It Has Become A Huge Responsibility To Maintain Health After A Whole Day's Activity.

Through Panchakarma Treatment, The Body's Immune System Inhibiting The Removal Of Morbid Doshas And Damaged Bodily Dhatus.

Panchakarma Is A Combination Of Five Processes Of Purification – Vamana, Virechnam, Anuvasana Basti, Asthanpan Basti, Nasyam.

The Purpose Of These Procedures Is To Remove The Balance Deeply Rooted In The Body By Removing Impurities From The Body And Keeping The Body Healthy.

According To Ayurveda, Stress Disturbs The Processes Of Our Digestive System Resulting In Bloating And Slow Digestion.

Detoxification And Rejuvenation With Panchakarma Increases Energy And Mental Clarity.

By Healing The Digestive System, Panchakarma Therapy Provides Strength And Vigor For A Long Time By Naturally De-Toxing The Body.

Benefits Of Panchakarma:-

- 1. Cleanses The Toxins Of The Whole Body.**
- 2. Balances Doshas.**
- 3. Makes The Digestive System Healthy.**
- 4. Increases The Immunity Of The Body.**
- 5. Works As Anti Aging.**
- 6. Enhances And Maintains The Glow Of The Skin.**
- 7. Organizes Life.**
- 8. Balances The Brain.**
- 9. Organizes Lifestyle.**

What Is Ayurvedic Consultancy?

At The Beginning Of Ayurvedic Consultation, The Doctor Evaluates The Patient's Health Status, Assesses The Balance And Imbalance Of The Patient's Condition By Examining The Pulse, Examines The Tongue, Determines The Types Of Defects Of The Body, Mind The Condition And Emotional Balance Are All Evaluated Including Various Ayurvedic Culminations.

What Is Ayurvedic Dietary Counseling?

Ayurvedic Diet Counseling Helps In Quick Recovery From Diseases, Boosts The Immunity Of The Body. Repairs Body Cells And Regenerates New Cells. The Right Diet Prescribed According To The Specific Situation Helps The Patients To Improve Their Health Condition Rapidly.

Nasyam

What Is Nasyam In Panchakarma?

Inhalation Of Medicated Oil Through The Nose, Sinus, Throat Or Head Is The Process Of Nasyam To Eliminate Any Excess Hormones. The Patient's Body Is Massaged Upwards On The Shoulders, Which Makes Him Sweat. The Area Around The Patient's Face, Hands And Feet Is Rubbed. It Is Extremely Beneficial In Many Types Of Diseases Like Sinusitis, Migraine, Chronic Cold And Chest Congestion. Nasyam Is A Very Effective Treatment In Case Of Facial Paralysis.

What Is Nasyam Medicine?

Nasya Is A Sanskrit Word Which Means Pertaining To The Nose. Ayurveda Treatment Is Done Through The Nose, If There Is Any Blockage In The Nerves Of The Brain From The Top Of The Neck To The Problem Of Nerves, Then In Such Problems Ayurvedic Treatment Nasyam Is Done. Which Involves Determining The Amount Of Medicine And Then Injecting The Medicine Into The Nose.

This Procedure Is Done To Correct The Blockage Of The Patient's Nerves.

Nasyam Is A Treatment To Overcome Nerve Related Problems.

Nasyam Procedure Is Used In Various Diseases. Nasyam

It Is Very Effective In All Diseases Like Headache, Neck Pain, Migraine, Blockage In Nerves, Cervical, Frozen Shoulder, Sinusitis.

Nasyam Is Effective In Many Diseases Like Allergies, Dryness Of Nose, Runny Nose, Insomnia.

Tray Of Nasyam Process:-

1. Sandalwood Vaccine
2. Tissue Paper-5
3. Warm Water - 2 Glasses
4. Towel
5. Nasyam Oil
6. Medicated Oil In A Bowl
7. Streamer
8. Rectangular Plate
9. Gloves-2
10. Sputum Mug-1

11. Small Towel

Process:-

1. Greet The Patient As He Enters The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.
6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. In The Process Of Nasyam, First Of All The Patient Is Given Head And Face Massage By Making Him Sit.
8. The Patient Is Given Chest And Back Massage By Lying On The Therapy Table.
9. Face Steam Is Given To The Patient By Making Him Sit On The Therapy Table.
10. Before Giving Face Steam, A Few Drops Of Pranadhara Are Added To The Water.
11. The Patient Is Given Hot Water In A Jug.
12. By Which The Patient Cleans His Nose Through Tissue Paper.
13. The Patient Is Lying Down And His Neck Is Tilted At 90 Degrees.
14. Medicated Oil Is Put Drop By Drop In The Patient's Nose.
15. The Patient Draws It In Through His Breathing Tube.
16. Exhales Through The Mouth.
17. This Process Is Done Two To Three Times.
18. During This, Whatever Liquid Or Any Waste Material Comes From Inside The Patient's Throat To The Throat, He Keeps Spitting It In The Sputum Mug.
19. The Patient Is Picked Up And Made To Gargle With Warm Kashaya.
20. He Is Made To Sit And Smoke.
21. Cotton Swabs Are Inserted In The Patient's Ear.
22. The Nose And Ears Are Also Covered With A Cloth And Taken Out Of The Therapy Room.

23. The Patient Should Be Given Hot Food Only At Home And Water Should Not Be Poured On The Head.

Thus The Process Of Nasyam Is Completed.

What Is Patra Potli Pinda Sweda?

Using Hot Packs Of Specific Herbal Leaves: Such As Datura, Eranda, Arak And Nirgundi Known As Patra Potli. The Word 'Patra' Means 'Leaves Of Medicinal Plants' And 'Pinda' Means 'Bolas'.

Patra Potli Pind Swedana Process Tray:-

1. Sandalwood Vaccine
2. Tissue Paper-5
3. Patra Potli - 4
4. Big Towel - 1
5. Medicinal Oil - 200 Grams
6. Bowl - 1
7. Rectangular Plate - 1
8. Gloves-2
9. Induction Stove - 1
10. Fry Pan - 1
11. Small Towel - 1

In The Process Of Patra Potli Pind Swedana :-

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.
6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. Lubricates The Patient's Head, And Gives Marma Points.
8. The Patient Is Made To Lie On The Therapy Table In Knowledge Posture.
9. Patra Potli 4 Packets Are Prepared And Kept For Pind Swedana.
10. By Making The Patient Lie On The Therapy Table, Medicated Oils Are Applied All Over His Body.
11. After This, After Heating The Medicated Oil In A Vessel, The Bundle Is Heated In It.
12. Massage Of Bundle Is Given On The Whole Body Of The Patient.
13. This Process Goes On Continuously For 45 Minutes.

14. After The Process Of Bundle Is Completed, Clean The Patient's Body With Hot Towel.
15. In This Way, The Process Of Pulverization Of The Leaflet Is Completed.

Kati Basti

Kati Basti Process Tray:-

1. Sandalwood Vaccine
2. Tissue Paper-5
3. Grounded Urad Flour
4. Sponge - 1
5. Big Towel - 1
6. Medicinal Oil - 200 Grams
7. Bowl - 1
8. Rectangular Plate - 1
9. Gloves-2
10. Induction Stove - 1
11. Fry Pan - 1
12. Small Towel - 1
13. Gauge Piece - 2

Process

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.
6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. Lubricates The Patient's Head, And Gives Marma Points.
8. In The Process Of Kati Basti, First A Ring Is Made By Kneading The Flour Of Urad Dal In A Circular Shape. Whose Length And Width Is 4 Inches To 5 Inches And Height Is 2 Inches To 3 Inches.
9. Put The Ring On The Place Where The Patient Is Lying On His Stomach, Where He Is Feeling Pain.
10. After Heating The Medicated Oil In The Ring, Oil Is Poured Into The Ring With The Help Of A Sponge And The Thumb Of The Palm.
11. When The Oil Cools Down, Then With The Help Of A Sponge, The Oil Is Removed From The Ring And Heated And Put Again In The Ring.
12. This Process Is Done Continuously For 35 Minutes.

13. After 35 Minutes, The Oil Is Completely Removed From The Ring With The Help Of A Sponge.
14. The Ring Is Removed From The Waist.
15. Massage Is Given On The Back And Waist For 15.10 Minutes.
16. After That Nadi Swedana Is Given.

In This Way The Process Of Cut Settlement Is Completed.

Greeva Basti

Greeva Basti Process Tray:-

1. Sandalwood Vaccine
2. Tissue Paper-5
3. Gunded Urad Flour
4. Sponge - 1
5. Big Towel - 1
6. Medicinal Oil - 200 Grams
7. Bowl - 1
8. Rectangular Plate - 1
9. Gloves-2
10. Induction Stove - 1
11. Fry Pan - 1
12. Small Towel - 1
13. Gauge Piece - 2

Process

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.
6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. Lubricates The Patient's Head, And Gives Marma Points.
8. In The Process Of Greeva Basti, First Of All, A Ring Is Made By Kneading The Flour Of Urad Dal, Which Is 4 Inches To 5 Inches In Length And Width And 2 Inches To 3 Inches In Height.
9. The Ring Is Put On The Neck Of The Patient By Lying On His Stomach At The Place Where He Is Feeling Pain.

10. After Heating The Medicated Oil In The Ring, Oil Is Poured Into The Ring With The Help Of A Sponge And The Thumb Of The Palm.
11. When The Oil Cools Down, With The Help Of A Sponge, The Oil Is Removed From The Ring And Heated And Put Again In The Ring.
12. This Process Is Done Continuously For 35 Minutes.
13. After 13.35 Minutes, The Oil Is Completely Removed From The Ring With The Help Of A Sponge.
14. The Ring Is Removed From The Neck.
15. Back To Waist Massage Is Given For 15 To 10 Minutes.
16. After That Nadi Swedana Is Given.
17. In This Way The Process Of Greeva Basti Is Completed.

Janu Basti

Tray Of Janu Basti Process:-

1. Sandalwood Vaccine
2. Tissue Paper-5
3. Gunded Urad Flour
4. Sponge - 1
5. Big Towel - 1
6. Medicinal Oil - 200 Grams
7. Bowl - 1
8. Rectangular Plate - 1
9. Gloves-2
10. Induction Stove - 1
11. Fry Pan - 1
12. Small Towel - 1
13. Gauge Piece - 2

Process

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.
6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. Lubricates The Patient's Head, And Gives Marma Points.
8. In The Process Of Janu Basti, First Of All, A Ring Is Made By Kneading The Flour Of Urad Dal, Which Is 4 Inches To 5 Inches In Length And Width And From 2 Inches To 3 Inches In Height.

9. After That The Patient Is Made To Lie Down.
10. A Ring Made Of Urad Dal Flour Is Applied On The Knees.
11. After Applying The Ring, The Medicated Oil Is Heated And The Oil Is Poured Into The Ring With The Help Of A Sponge And The Thumb Of The Palm.
12. When The Oil Cools Down, Then With The Help Of A Sponge, The Oil Is Taken Out From The Ring And Then It Is Heated Again And Put In The Ring.
13. This Process Is Done Continuously For 35 Minutes.
14. After 14.35 Minutes, The Entire Oil Is Removed From The Ring With The Help Of A Sponge.
15. The Ring Is Removed From The Knees.
16. Massage Of Up To 10 Minutes Is Given On Both The Feet.
17. After The Feet Are Massaged, Pulse Sedation Is Given On The Feet. In This Way The Process Of Janu Basti Is Completed.

Hridya Basti

Tray Of Hridya Basti Procedure:-

1. Sandalwood Vaccine
2. Tissue Paper-5
3. Gunded Urad Flour
4. Sponge - 1
5. Big Towel - 1
6. Medicinal Oil - 200 Grams
7. Bowl - 1
8. Rectangular Plate - 1
9. Gloves-2
10. Induction Stove - 1
11. Fry Pan - 1
12. Small Towel - 1
13. Gauge Piece - 2

Process

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.
6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. Lubricates The Patient's Head, And Gives Marma Points.

8. 8.8. In The Process Of Hridya Basti, First Of All, A Circular Ring Is Made By Finding The Flour Of Urad Dal, Whose Length And Width Are 4 Inches To 5 Inches And The Height Is 2 Inches To 3 Inches.
9. The Patient Is Placed On The Therapy Table And A Ring Is Put On His Chest.
10. The Medicated Oil Is Heated And Poured Into The Ring.
11. When It Cools Down, With The Help Of A Sponge, The Oil Is Removed And Heated Again And Put In The Ring Again.
12. This Process Is Continuous For 35 Minutes.
13. After 13.35 Minutes, All The Oil Is Removed From The Ring With The Help Of A Sponge.
14. The Ring Is Also Removed From The Chest.
15. A 10-Minute Massage Is Given On The Chest.
16. After Giving Massage, Pulse Sedation Is Given On The Chest.
17. In This Way The Process Of Hridya Basti Is Completed.

Abhyangam

What Is Abhyanga?

Abhyanga Is One Of The Most Important Treatments That Prepare The Body To Receive The Special Panchakarma Treatment. It Involves The Application Of Medicinal Oils, Ghee And Herbs Both Internally And Externally To The Body For Three To Seven Days.

Benefits Of Abhyanga (External Sneha)

- Abhyanga (Massage) Counteracts The Aging Process.
- Abhyanga Relaxes The Muscles And Helps In Relaxation.
- Abhyanga Eye Improves The Quality Of Vision.
- Abhyanga Nourishes Various Bodily Organs.

Abhyangam Process Tray:-

1. Sandalwood Vaccine
2. Tissue Paper-5
3. Big Towel - 1
4. Medicinal Oil - 200 Grams
5. Bowl - 1
6. Rectangular Plate - 1
7. Gloves-2
8. Induction Stove - 1
9. Fry Pan - 1
10. Small Towel - 1

Process:

1. First Greet The Patient Upon Entering The Institution.

2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.
6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. Lubricates The Patient's Head, And Gives Marma Points.
8. In The Process Of Abhyangam, First One Heats The Oil Used On The Patient.
9. The Patient Is Made To Lie On The Table In Knowledge Posture.
10. Lubricate The Patient's Navel With Oil Anti-Clockwise.
11. Oil Is Applied All Over The Body.
12. First Direct Lubrication Is Given.
13. Give Lubrication By Turning Left.
14. Do Lubrication By Lying On The Stomach.
15. Lubricate By Lying On The Right Side.
16. The Patient Is Made To Lie Down In Gyan Mudra And Is Left To Rest For 5 To 10 Minutes.

Thus The Process Of Abhyangam Is Completed.

Swedana

What Is Swedana Treatment?

Swedana (Heating Of The Body) Is A Common Treatment For Ayurvedic Clinical Practice. Panchakarma (Five Detoxification Procedures) Practiced As An Independent Intervention Either As A Preparatory Component, Swedana Is All Praised Through Classical Ayurvedic Texts For Its Relaxing And Detoxification Effects.

Swedana Karma - The Patient Is Given A Full Body Steam Bath, Which Opens The Body's Channels And Allows For Further Heating Of The Toxins. This Facilitates Their Passage From The Tissues To The Digestive Tract.

Some Of The Benefits Of Swedana Treatment:

- It Regulates Metabolism And Respiration As It Is Expectorant.
- Removes Toxins And Soothes The Musculature.
- Increased Joint Mobility.
- Brightens Up The Skin.
- Loss Of Appetite.
- Reduces Stress And Fatigue.
- Changes In Circulation (Improves Varicose Veins)

1. Before Giving The Patient A Bp Check.
2. Lightly Warm Water Is Given.
3. He Is Made To Sit In The Streamer Chamber.
4. A Cold Bandage Is Placed On The Head Of The Patient By Making Him Sit In The Streamer Chamber.
5. The Patient Is Given Sedation For 10 To 15 Minutes.
6. At This Time The Therapist Takes Care Of The Patient That His Bp Is Maintained.

In This Way The Process Of Swedana Is Completed.

Urdhvartan

What Is Urdhvartan ?

A Rhythmic Full Body Massage Is Performed In A Rhythmic Motion Using Urdhvartan Herbal Powder Or Paste. Apart From Cleansing And Nourishing The Skin, This Massage Also Improves Muscle Tone And Circulation. Urdhvartan Is Highly Recommended To Dissolve Excessive Fat From The Body.

Benefits Of Urdhvartan:

- Help In Reducing Weight.
- Improves Skin Complexion.
- Helps To Relieve Stress And Induce Relaxation.
- Prevents Blockage In Blood Vessels.
- Increases Fat Metabolism.
- Reduces And Balances Vata And Kapha.
- Extremely Beneficial For Diabetic Obese People.

Tray Of Urdhvartan Process:-

1. Sandalwood Vaccine
2. Tissue Paper-5
3. Big Towel - 1
4. Medicinal Oil - 50 Grams
5. Medicinal Powder - 300 Grams
6. Bowl - 1
7. Rectangular Plate - 1
8. Gloves-2
9. Induction Stove - 1
10. Fry Pan - 1
11. Small Towel - 1

Process:

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.
6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. In The Process Of Urdhvarthan, First Heats The Oil Used On The Patient's Head.
8. Lubricates The Head By Applying Oil On The Patient's Head. Gives Marma Points.
9. The Patient Is Made To Lie On The Table In Knowledge Posture.
10. Let The Process Of Elution Begin.
11. Powdered Liquids Are Used In Urticaria.
12. The Powder To Be Used Is First Heated.
13. The Patient's Feet Are Massaged From Bottom To Top.
14. Urdhvarthan Is Done On The Patient's Body First On The Straight Side.
15. Let The Patient Lie On His Stomach.
16. In The Whole Process Of Urdhvarthan, The Growth Is From Bottom To Top.
17. In This Way The Process Of Urdhvarthan Is Completed.

Shirodhara

Shirodhara Comes From Two Sanskrit Words "Shiro" (Head) And "Dhara" (Flow). It Is An Ayurvedic Healing Technique That Involves Pouring A Liquid On One's Head, Usually Oil, Milk, Buttermilk, Or Water With A Stream On Your Forehead. It Is Often Combined With A Body Or Head Massage.

Shirodhara Process Tray:-

1. Sandalwood Vaccine
2. Tissue Paper-5
3. Big Towel - 1
4. Medicated Oil - 2.5liter
5. Sponge - 1
6. Shirodhara Patra - 1
7. Cotton Strip - 1
8. Cotton Thread - 1
9. Rose Water

10. Cotton Swabs - 2
11. Bowl - 1
12. Rectangular Plate - 1
13. Gloves-2
14. Induction Stove - 1
15. Fry Pan - 1
16. Small Towel - 1

Process:

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.
6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. Lubricates The Patient's Head, And Gives Marma Points.
8. In The Process Of Shirodhara, The Patient Is Given Light Massage Of Both The Palms And The Soles Of The Feet By Lying On The Shirodhara Table In Gyan Mudra And Marma Points Are Given.
9. Cotton Swabs Are Inserted In The Patient's Ear.
10. A Cotton Bandage Is Applied Over The Eyes.
11. Rose Water Is Applied In The Bandage.
12. A Stream Of Oil Is Given On The Agni Chakra Point Of The Patient's Forehead And The Head Line.
13. This Process Is Done For 35 Minutes.
14. During This Procedure The Patient Goes Into Sleep.
15. The Patient's Hair Oil Is Cleaned With A Hot Towel.
16. After Cleaning The Hair, The Patient Is Given A Light Head Massage By Making It Sit.
17. In This Way The Process Of Shirodhara Is Completed.

Takradhara

Tray Of Takradhara Process:-

1. Sandalwood Vaccine
2. Tissue Paper-5

3. Big Towel - 1
4. Medicinal Cycle - 3 Liters
5. Sponge - 1
6. Shirodhara Patra - 1
7. Cotton Strip - 1
8. Cotton Thread - 1
9. Rose Water
10. Cotton Swabs - 2
11. Bowl - 1
12. Rectangular Plate - 1
13. Gloves-2
14. Induction Stove - 1
15. Fry Pan - 1
16. Small Towel - 1

Process:

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.
6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. Lubricates The Patient's Head, And Gives Marma Points.
8. In The Process Of Takradhara, The Patient Is Given Light Massage Of Both The Palms And The Soles Of The Feet By Lying On The Table In Gyan Mudra, And Gives Marma Points.
9. Cotton Swabs Are Inserted In The Ears Of The Patient.
10. A Cotton Bandage Is Applied Over The Eyes Of The Patient.
11. Rose Water Is Kept In The Bandage.
12. The Current Of Takra Is Given On The Agni Chakra Point And Head Line Of The Patient's Forehead.
13. This Process Is Done Continuously For 35 Minutes.
14. During This Procedure The Patient Goes Into Sleep.
15. The Area Of The Patient's Hair Is Cleaned With A Hot Towel.
16. After Cleaning The Hair, The Patient Is Given A Light Head Massage By Sitting.
17. In This Way The Process Of Takradhara Is Completed.

Shiropicchu

What Is Shiro Picchu?

Shiro Abhyanga Is A Sanskrit Word Consisting Of Two Words: Shiro (Head) And Abhyanga (Massage) Is Done. Shiro Abhyanga Is Essentially A Complete Massage Of The Head, Neck And Shoulders Using Ayurvedic Herbal Oils.

Shiropicchu Benefits

- Facial Palsy.
- Insomnia.
- Empire Memory.
- Dermatitis Of The Scalp.
- Dandruff.
- Other Neurological Disorders Paralysis.
- Skin Disorders Like Eczema.

Shiropicchu Process Tray:-

1. Sandalwood Vaccine
2. Tissue Paper-5
3. Medicinal Oil - 100 ML
4. Cotton Strip - 1
5. Sponge - 1
6. Cotton Swabs - 2
7. Bowl - 1
8. Gauze piece
9. Strip
10. Rectangular Plate - 1
11. Gloves-2
12. Induction Stove - 1
13. Fry Pan - 1
14. Small Towel - 1

Process:

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.

5. Gives The Patient Disposable Clothing To Change.
6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. Lubricates The Patient's Head, And Gives Marma Points.
8. In The Process Of Shiropicchu, Take A Large Piece Of Cotton And Dip It In Hot Medicated Oil.
9. A Piece Of Cotton Dipped In Oil Is Wrapped In God's Piece.
10. A Piece Of Cotton And Gossip Is Tied Tightly On The Head With A Bandage By Placing It On The Overlord Part Of The Head.
11. Thus The Process Of Shiropicchu Is Completed.

Agni karma

What Is Agni Karma?

Agni Karma Also Known As 'Karma' Is A Procedure Used In Ayurveda For Various Benign Diseases Characterized By Pain Or Bleeding. In This Procedure, Hot Sticks Of Gold, Silver, Iron, Copper And Pancha Dhatu (Five Metals) Are Applied Directly To The Skin On The Affected Area.

Benefits Of Agni Karma.

Agnikarma (Therapeutic Heat Burn) Is One That Provides Instant Relief From Pain By Balancing The Local Vata And Kapha Doshas Without Any Unpleasant Side Effects.

Agni Karma Process Tray:-

1. Tissue Paper-5
2. Medicinal Oil - 100 ML
3. Salad
4. Ghee
5. Turmeric
6. Aloe Vera Gel
7. Bowl - 1
8. Gauze Piece
9. Rectangular Plate - 1
10. Gloves-2
11. Induction Stove - 1
12. Small Towel - 1

Process

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.

4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.
6. In The Process Of Agni Karma, First The Salaka Is Heated.
7. Mark The Pain Points On The Part Of The Body In Which The Patient Feels A Lot Of Pain.
8. Ghee Turmeric Is Applied On The Marked Point.
9. Hot Dressing Is Applied At The Marked Point.
10. Aloe Veragel Is Applied On The Salaked Area.
11. In This Way The Process Of Agni Karma Is Completed.

Shirobasti

Tray Of Shirobasti Process:-

1. Sandalwood Vaccine
2. Tissue Paper-5
3. Big Towel - 1
4. Medicated Oil - 2.5liter
5. Sponge - 1
6. Gunded Urad Flour
7. Shirobasti Cap - 1
8. Cotton Strip - 1
9. Cotton Swabs - 2
10. Bowl - 1
11. Rectangular Plate - 1
12. Gloves-2
13. Induction Stove - 1
14. Fry Pan - 1
15. Small Towel - 1

Process:

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.

6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. Lubricates The Patient's Head, And Gives Marma Points.
8. In The Process Of Shirobasti, The Head Is Swedana.
9. Shirobasti Cap Is Made On The Head.
10. The Cap Is Securely Tied On The Head With A Cotton Cloth Bandage.
11. With The Confirmation Of Urad Flour, The Inside Of The Cap Is Sealed Well So That The Oil Does Not Come Out From It.
12. The Medicated Oil Is Lukewarm.
13. The Medicated Oil Is Filled In The Shirobasti Cap.
14. In This Process The Oil Temperature Is Maintained.
15. This Process Continues Continuously For 45 Minutes.
16. After 45 Minutes, With The Help Of A Sponge, All The Oil Is Removed From The Shirobasti Cap.
17. Urad Flour Is Also Cleaned.
18. Shirobasti Cap Is Removed From The Head.
19. The Head Is Cleaned With A Hot Towel.

In This Way The Process Of Shirobasti Is Completed.

Akshay Tarpan

Tray Of Shirobasti Process:-

1. Tissue Paper-5
2. Medicated Ghee - 100ml
3. Sponge - 1
4. Gunded Urad Flour
5. Cotton
6. Cotton Swabs - 2
7. Bowl - 1
8. Rectangular Plate - 1
9. Gloves-2
10. Induction Stove - 1
11. Fry Pan - 1
12. Small Towel - 1

Process:

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.

5. By Making The Patient Sit On The Therapy Table, Apply Sandalwood Vaccine On The Forehead.
6. Lubricates The Patient's Head, And Gives Marma Points.
7. In The Process Of Tarpan, By Kneading The Flour Of Urad Dal, Make A Circle Around Both The Eyes.
8. Medicated Ghee Is Poured Into The Circle At Normal Temperature.
9. The Eyes Should Be Completely Immersed In Medicated Ghee, So Much Medicated Ghee Is Poured.
10. After Immersing The Eyes In Medicated Ghee, Open The Eyes And Do Eye Exercises.
11. This Process Is Done Continuously For 20 Minutes.
12. In This Way The Process Of Aksharpan Is Completed.

Raktamokshan

What Is Raktamokshan?

Raktamokshan Is An Effective Blood Purification Therapy, In Which Small Amounts Of Blood Are Carefully Controlled, To Neutralize The Accumulated Bile Toxins Of Many Blood-Borne Diseases.

Raktamokshan Benefits

It Is Used To Treat The Following:

Pigmentation, Scarring, Sores, Osteoarthritis, Rheumatoid Arthritis, Pericarditis, Gouty Arthritis, Psoriatic Arthritis, Atopic Dermatitis, Pain, Urea Inflammation, Allergies, Skin Disorders Such As Eczema, Allergic Dermatitis, Tonsillitis, Sciatica.

Leech Therapy

What Is Leech Therapy?

Medicinal Leech Therapy Is A Complementary And Integrative Treatment Method Applied To Blood-Sucking Leeches. One Or More Leeches Are Attached To The Skin Of The Problem Area And The Purpose Is To Capture The Potentially Useful Fluid Of The Leech's Saliva That Is Secreted.

Benefits Of Leech Therapy

Leeches Are Effective In Increasing Blood Circulation And Breaking Down Blood Clots. It Should Come As No Surprise That They Can Be Used To Treat Circulatory Disorders And Heart Disease. The Chemicals Released From The Saliva Of Leeches Are Used In Medicines.

Sansarjakarma

What Is Sansarjakarma?

Sansarjakarma Is A Special Type Of Diet Prescribed In Ayurveda. It Is A Graduated Form Of The Dietary Protocol, In Which The Food Form Is Gradually Graduated From Liquid To Semi-Consolidated Form And From Semi-Solid To Solid And Normal Food.

Benefits Of Rituals

It Is Used To Increase Agni And Provide Sequential Nutrition To The Patient I.E. From Light Diet To Normal Diet. Importance Of Sansarjakarma Is To Increase The Strength Of The Fire And Body Weakened After Shamshodhana Karma.

After Karma

What Is The Aftermath?

Post-Karma Ayurveda Post-Treatment, Includes A Number Of Procedures To Suit The Needs Of Each Patient. As Well As Providing Relief And Recovery, Preventing Recurrence Of Disease Is Also An Important Goal Of Postoperative Karma.

Benefits Of The Aftermath

- Elimination Of Aggravated Pitta Dosha And Kapha Dosha Associated With Pitta.
- Controls Vata Dosha.
- Purifies The Channels Of The Body.
- Purifies Aerated Blood.
- Pain Reliever.

Rasayan Treatment

Benefits Of Rasayan Treatment

Rasayan Treatment Aids In Boosting Natural Immunity, Enhancing General Well-Being, Improving The Functioning Of All The Basic Organs Of The Body And Maintaining The Signs Of Early Ageing. The Main Aim Of Rasayan Treatment Is To Interrupt The Aging Process And Delay The Degenerative Process In The Body.

Cupping Therapy

What Is Cupping Therapy?

Cupping Therapy Is An Ancient Form Of Alternative Medicine In Which A Practitioner Places Special Cups On Your Skin To Create Suction For A Few Minutes. People Get It For Many Purposes, Including To Help With Pain, Swelling, Blood Flow, Relaxation And Wellness, And As A Type Of Deep Tissue Massage.

What Are The Benefits Of Cupping Therapy?

Benefits Of Cupping Therapy Include Local Pain Relief And Muscle Relaxation.

Cupping Therapy Improves Overall Health By Removing Energy Blockages That Practitioners Identify As Obstacles To The Flow Of Healthy Energy. For Athletes, Cupping Therapy Can Help Increase Blood Flow To A Particular Muscle Area Or Reduce Pain.

Vidha Karma

What Is Vidha Karma?

Vidha Karma Is One Of The Eight Shashastrakarma Mentioned By Acharya Sushruta And Consists Of A Process In Which Hollow Needles Are Pierced At Specific Points On The Body To Provide Relief From Pain By Releasing Endorphins.

Benefits Of Vidha Karma

Vidha Karma Not Only Reduces The Pain, But Also Reduces The Underlying Inflammation. Vidha Karma Is One Of The Eight Shashastrakarma Mentioned By Acharya Sushruta And Consists Of A Process In Which Hollow Needles Are Pierced At Specific Points On The Body To Provide Relief From Pain By Releasing Endorphins.

Parishesh

What Is Parishek?

In Parishek Sweed, The Medicinal Liquid Has To Be Poured On The Desired Part Or The Whole Body. Parishek Swed With Oil Provides The Benefits Of Both Sneha And Swedana Together.

Benefits Of Parishek

- In Ayurvedic Medicine, It Is Considered Helpful In Curing Vata.
- Helps In Relieving Internal Pain Of The Body.
- Helps In Removing Inflammation Of The Body.
- Helps In Awakening And Operating The Nerves.

Tray To Be Prepared For Parishesh :-

1. Sandalwood Vaccine - 1
2. Medicinal Oil - 100 MI
3. Parishek Kashaya - 15 Liters
4. Bucket - 1
5. Parishek Characters - 2
6. Fry Pan - 2

7. Induction Stove - 1
8. Tissue Paper - 5
9. Small Towel - 1
10. Big Towel – 1

Process:

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. By Making The Patient Sit On The Therapy Table, Apply Sandalwood Vaccine On The Forehead.
6. Lubricates The Patient's Head, And Gives Marma Points.
7. By Making The Patient Lie Down On The Therapy Table, Lightly Lubricate The Body With Medicated Oil From The Straight Side And From The Opposite Side.
8. The Patient Is Made To Lie On The Therapy Table On The Back.
9. Two Therapists Fill The Parishek Kashaya On The Patient's Body And Start Doing Parishek On The Whole Body Of The Patient.
10. This Process Continues Continuously For 20 Minutes.
11. After 20 Minutes The Patient Is Made To Lie On His Stomach.
12. Then The Back Part Of The Patient's Body Is Treated From The Back To The Feet.
13. Then This Process Continues For 20 Minutes.
14. After 20 Minutes Kashaya Is Cleared From The Patient's Body.

Thus The Process Of Parishek Is Completed.

Shashtishali Pind Sweda

What Is The Shashtishali Pind Sweda?

Navara Kizhi Is Known In Sanskrit As Shashtishali Pind Sweda Where Shashti Means 60, Shali Means Rice, Pind Means Bundle And Sveda Means Sweat. It Is A Type Of Massage That Induces Sweating And Provides Strength To The Muscles While Rejuvenating And Re-Energizing Your Body.

Benefits Of Shashtishali Pind Sweda

Shashtishali Pind Sveda Is One Of The Best Ayurvedic Remedies As It Provides Relief From Osteoarthritis, Rheumatoid Arthritis, Sciatica And Other Conditions. It Relieves Stress, Provides Good Immunity, And Is Also Highly Nutritious.

Tray To Be Prepared For Shashtishali Pind Sweda:-

1. Sandalwood Vaccine

2. Tissue Paper-5
3. Milk - 2 Liters
4. Shashishali Potli - 4
5. Big Towel - 1
6. Rectangular Plate - 1
7. Gloves-2
8. Induction Stove - 1
9. Fry Pan - 1
10. Small Towel - 1

In The Process Of Shashtishali Pind Sweda:-

1. First Greet The Patient Upon Entering The Institution.
2. Bp Check Is Done.
3. Before Being Taken To The Therapy Room, The Patient Is Asked To Come Out Of The Toilet.
4. After Retiring From The Toilet, The Therapist Takes The Patient To The Therapy Room.
5. Gives The Patient Disposable Clothing To Change.
6. After Changing Clothes, Make The Patient Sit On The Therapy Table And Apply Sandalwood Vaccine On The Forehead.
7. Lubricates The Patient's Head, And Gives Marma Points.
8. The Patient Is Made To Lie On The Therapy Table In Knowledge Posture.
9. 4 Bundles Are Prepared And Kept For Sweating.
10. Medicated Oils Are Applied All Over The Body By Making The Patient Lie Down On The Therapy Table.
11. After This, After Heating The Milk In A Vessel, The Bundle Is Heated In It.
12. Massage Of Bundle Is Given On The Whole Body Of The Patient.
13. This Process Runs Continuously For 45 Minutes.
14. After The Process Of Bundle Is Completed, Clean The Patient's Body With Hot Towel.
15. In This Way The Process Of Shashtishali Pind Sweda Is Completed.

Purva Karma

What Is Purva Karma In Panchakarma?

The Word Purva Karma Is Derived From Purva (Most Important) And Karma (Action). This Is The First Set Of Actions To Be Performed Before A Panchakarma Therapy, And Lasts For Three To Seven Days. At This Stage The Body Is Prepared For Healing By Loosening Toxins And Excess Doshas.

Benefits Of Panchakarma Purva Karma

Panchakarma Is A Healing Therapy For Internal Purification Of The Body. It Is Used To Rid The Body Of Toxins, Free Radicals And Heavy Metals Through A Combination Of Therapy (Pure And Laxative Therapy).

What Is Panchakarma Treatment?

Panchakarma Is A Combination Of Five Processes Of Purification—Vamana (Emesis), Virechnam (Purgation), Niroha Vasti (Decoction Enema), Nasya (Spraying Medicine Through The Nostrils), And Anusana Vasti (Oil Enema). The Purpose Of These Procedures Is To Remove The Imbalances Deeply Rooted In The Body.

How Many Times Should You Do Panchakarma?

To Get The Best Results From Panchakarma, Vedic Texts Recommend The Treatment Three To Four Times A Year According To The Season. Panchakarma Performed In Different Seasons Provides Different Benefits As Each Season Is Either A Time Of Detoxification Or Rejuvenation.

Can Panchakarma Be Done During Periods?

During Menstruation (From Beginning To End), All Procedures And Treatments In Panchakarma Should Be Avoided. Menstruation Is A Period For Varying Balances Of Female Energy And Panchakarma Procedures Can Create Conflict In The Process.

There Are 5 (Five) In Panchakarma Number; Hence The Word Pancha (Five) - Karma (Processes). Panchakarma Treatment Is Unique In The Sense That It Includes Preventive, Curative And Causative Actions For Various Diseases.

Purva Karma This Is A Preparatory Procedure Before The Main Treatment, Which Is Necessary To Soften The Tissues So That The Lipid-Soluble Toxins Accumulated In Them Are Liquefied And Flushed Back To The Digestive Tract. From Here, They Can Be Eliminated. This Treatment Prepares The Patient Mentally And Physically For The Main Process Of Panchakarma. It Involves Three Processes:

Digestion Karma - Improves Digestion With Herbs And Fasting So That The Patient Can Digest Ghee (Clarified Butter) Which Is Provided To Liquefy Fat-Soluble Toxins.

Snehana Karma - Medicated Ghee Is Given In Increasing Doses To The Patient To Flush Out The Fat-Soluble Toxins Accumulated In The Deep Tissues.

Pradhan Karma This Is Panchakarma, A Five-Step Process That Is Highly Individualized Based On Needs, Age, Digestive Power, Immune System And Other Factors. This Intense Panchakarma Procedure Can Only Be Done Under The Guidance Of An Ayurvedic Practitioner. There Are Five Actions To Purify The Whole Body.

Post-Healing Is A Post-Healing Regimen To Restore The Body's Ability To Digest And Absorb Food To Its Normal State. This Includes Rejuvenation Treatments, Lifestyle Management, Dietary Management And Intake Of Herbal Supplements. It Includes The Following Processes:

Shuddhaan Karma - Food Therapy Followed By Detoxification, Which Aims To Gradually Increase The Patient's Diet From Liquids To A Normal Diet In Semi-Solids.

Shaman Therapy - A Calming Therapy With Herbs And Lifestyle Management. It Is Important To Note That These Treatments For Physical Contamination And Pulse Diagnosis May Take A Minimum Of 7 Days And Can Last As Long As 21 Days.

Panchakarma's Advice: Serious Facts That Many People Ignore

1. Most Common Natural Urges Not To Control
2. Use Only Hot Water For Bathing, Drinking And Other Activities
3. Avoid Sleeping During The Day
4. Staying Awake At Night Is Not Recommended
5. Never Be Exposed To Extreme Weather Conditions
6. Eliminate Foods That Can Cause Indigestion
7. Avoid Situations Of Mental Stress And Over-Exercise
8. Do Not Indulge In Sex.



Shri Vats Ayurvedic Chikitsalaya

640/ C, Chirag Delhi, New Delhi-110017

	Cop /05	Issue No: Svac/Cop/02
	Pathya Apathya Policy	Issue Date: 05 /Jan/ 2021
		Next Review Due On :05 /Jan/ 2022

1. Purpose:

- To Educate & Ensure Patients Follow / Receive Diet As Per Their Clinical Needs.
- To Provide Assistance In The Recovery Of The Patient.

2. Scope:

To Assess The Nutritional Status Of Patient And Provide & Advice Appropriate Diet.

3. Responsibility: Vaidya, Paricharak, Patient & Patient Attendants.

4. Policy:

- Nutritional Needs Shall Be Assessed And Re-Assessed At Regular Interval.
- Patients Who Meet The Criteria For Being At Nutritional Risk Will Be Assessed By Vaidya For Comprehensive Nutritional Assessment.
- Patients Receive Food According To Their Treatment Plan If Provided During Treatment Procedure.
- Nutritional Therapy Is Planned And Provided In A Collaborative Manner.
- Patients And Families Are Educated About Diet Limitations.

5. Procedure:

All Patients' Undergoing Treatments At Panchakarma Clinic Will Be Given Nutritional Guidelines.

- First At The Time Of Consultation Initial Assessment Of The Patient's Nutrition Is Done By Recording The Daily Food Pattern Of The Patients With Any Allergies, Cravings Or Any Likes & Dislikes.
- According To The Diet Followed By The Patient Necessary Guidelines Are Given To Be Followed.
- Patients And Family Shall Be Educated About The Patient's Diet Limitation.
- Nutritional Status And Nutritional Requirement Of The Patients Will Be Assessed At The Time Of Initial Assessment. This Is Derived On The Basis Of Disease Diagnosis And Doshic Prakruti Of A Person, Since Dietary Therapy In Ayurveda Revolves Around The Concept Of Pathya And Apathya (Conducive And Non Conducive Diet).
- Once The Disease Is Diagnosed A Suitable Diet Chart Is Prepared Based On The Principles Of Pathya And Apathya And Which Is Mentioned In The Diet Sheet In The Patient Medical Record.
- The Diet Chart Will Be Provided To Patient.

6. Records & Documents: Diet Chart

The Diet Chart Is Given To The Patient And Instructed To Have The Diet According To The Instructions Given

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New Delhi-110017



SHRI VATS AYURVEDIC CHIKITSALAYA

640/ C, Chirag Delhi, New Delhi-110017
PH. No.011-29256867 / 7982440732

PANCHKARMA CONSENT

UHID.. VAC 2161 OPD.. 2162 Room No. Therapy Room Date.. 24/09/21

Patient's Name (रोगी का नाम) MD. Mukhtar Khan
Father's/ Husband's Name (पिता/पति का नाम) S/O MD. Sikander
Date (दिनांक) 24/09/21 Age (उम्र) 70 Sex (लिंग) M
Address & Phone no. (पता एवं फोन नं.) 630, Sec-1, R.K. puram N.D -110022 9015856605
Treatment Benefits (उपचार के लाभ) Reduce in pain
Risk (जोखिम)
Alternative (विकल्प)

हमें हमारी थैरेपी के बारे में पूर्णतः बता दिया गया है एवं थैरेपी के आने वाले उपद्रवों के बारे में भी बता दिया गया है।

जैसे :- घुटनों में सूजन ☐ झनझनाहट ☐
पैरों में दर्द ☐ अकड़न ☒
पेट में भारीपन ☐ सुन्नपन ☒
कमर में दर्द ☐ उन्टी ☐
दर्द में वृद्धि ☐ दस्त ☐
बुखार आना ☐ बी.पी कम होना ☐

आदि के बारे में डाक्टर द्वारा अवगत करा दिया गया है। मैं स्वतः अपनी इच्छानुसार अपनी होनी वाली थैरेपी
के बारे में पूर्णतः जात होने के पश्चात इन्हें कराने के लिए तैयार हूँ। इसकी पूर्णतः जिम्मेदारी मेरी स्वयं की होगी।

➤ थैरेपिस्ट का नाम थैरेपिस्ट हस्ताक्षर
➤ डाक्टर का नाम रोगी के हस्ताक्षर
➤ प्रत्याक्षी दिनांक

We are informed about the therapy & also about the complication in which e.g.....

Swelling in Joints ☐ Tingling sensation ☐
Pain in Legs ☐ Tenderness ☒
Tenderness in abdomen ☐ Numbness ☐
Backache ☐ Vomiting ☐
Increase pain ☐ Loose motion ☐
Fever ☐ Decrease B.P ☐

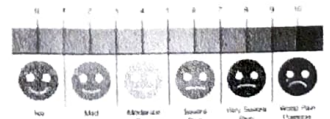
➤ After Explaining about the complication & the benefits I will be responsible for everything and give full permission to the doctors & the therapists to perform Abhyanga - Sweda + kati basti

➤ Therapist's Name: Amrit Therapist's Signature Amrit

➤ Doctor's Name: Dr. Pushkar Patient's Signature Mukhtar

➤ Witness MD. Mukhtar Khan Date 24/09/21

PAIN SCALE



Shri Vats Ayurvedic Chikitsalya
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PH. No.011-29256867 / 7982440732

GENERAL CONSENT

UHID UAC 2161 OPD 2162 Room No. Therapy Room Date 24/09/21
I. MD. Mukhtar Khan W/o, S/o, D/o MD. Sikander
R/O 630, Sec-2, R.K. puram N.D-110022
Date of Admission 24/09/21 Age 70 Sex M
Has been clearly explained about the Procedure Abhyanga - Sweda + Kati vasti
By Dr. Dr. Pushkar Sharma

It have been clearly explained about the complications and other impacts of procedure by the doctor clearly in my own language. I have been explained about the expenses for the procedure clearly. I have been explained about the procedure and in case of any emergency or further referral to any higher centre, the required expenses in that case will be paid by me. I am giving my consent for the procedure mention about.

मैं..... पिता/पति का नाम..... पता.....
..... (दिनांक)..... उम्र..... निंग.....

डॉ. पुष्कर शर्मा ने मुझे मुझ पर होने वाली प्रक्रिया (थैरेपी) के बारे में पूर्णतः बता दिया है। जिसमें आने वाले उपद्रवों के बारे में भी मुझे मेरी भाषा में बता दिया गया है। यदि किसी भी थैरेपी के दौरान आई आपातकालीन स्थिति में मुझे किसी दूसरे बड़े अस्पताल एवं क्लीनिक में जाना पड़ता है तो इसका पूर्ण खर्चा मुझे स्वयं वाहन करना होगा। मैं क्लीनिक के सारे नियम व कानून पढ़ चुका/चुकी हूँ एवं मुझे बता दिया गया है और मैं अपनी स्वीकृति दे रहा/रही हूँ।

Patient's Name (रोगी का नाम) MD. Mukhtar Khan

Signature (हस्ताक्षर) M. Mukhtar

Date (दिनांक) 24/09/21

Place (स्थान) N. Delhi

Witness (प्रत्यक्षी) self

Doctor's Name (चिकित्सक नाम) Dr. Pushkar Sharma

Signature (हस्ताक्षर) Dr. Pushkar Sharma

Date (दिनांक) 24/09/21

Dr. Pushkar Sharma
Shri Vats Ayurvedic Chikitsalaya
640/C, Chirag Delhi
New Delhi-110017



SHRI VATS AYURVEDIC CHIKITSALAYA

640/ C, Chirag Delhi, New Delhi-110017

PANCHKARMA CONCERN

UHID. VAC 2161 OPD. 2162 Room No. Therapy room Date 24/09/21

CARE PLAN

Patient's Name (रोगी का नाम) Mr. Mukhtar Khan

Father's/Husband's Name (पिता/पति का नाम) S/o Mr. Sikander

Date (दिनांक) 24/09/21 Age (उम्र) 70 Sex (लिंग) M

Procedure Perform (प्रक्रिया) Abhyanga Sweda + Kati Basti

Provisional Diagnosis (रोग निश्चय) कटिशूल (Kati Shool, Back pain)

Final Diagnosis (रोग विनिश्चय) कटिशूल (Kati Shool, Back pain)

Doctor Name (चिकित्सक नाम) Dr. Pushkar Sharma

Therapist Name (सहायक नाम) Amit

Details of Therapy :

① Abhyanga-Sweda

↳ By Dhanwantram Tailam on whole body

Swedan - On whole body by Dashmool Kwadh

Abhyangh - 30 minutes + Swedan - 35 minutes X 7 days

② Kati Basti

↳ On Back side with Dhanwantram Tailam 45 minutes X 7 days

Doctor's Name (चिकित्सक नाम) Dr. Pushkar Sharma

Date (दिनांक) 24/09/2021

Signature (हस्ताक्षर)

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