

॥ श्री धन्वतरये नमः ॥

Purva Khandesh Kushtha Seva Mandal Sanchalit



Chaitanya Ayurved Mahavidyalaya

“Chaitanyavan” N.H.No.6, A/p.Sakegaon, Tal.Bhusawal, Dist.Jalgaon,
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Hospital :- Jamner Road, Bhusawal - ☎ 02582- 240661, 240861

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Date : / / 20

SOP

Putapak (Eye Mould Therapy)

Preparation:

1. Prepare a herbal paste (e.g., triphala, amla, or rose petals) mixed with a small amount of ghee or oil.
2. Shape the paste into a small cylindrical mould.

Procedure:

1. Clean and disinfect the eye area.
2. Lie down comfortably with your eyes closed.
3. Gently place the mould along the lower eyelid, ensuring proper fit.
4. Leave the mould in place for 30 minutes to 1 hour.
5. Remove the mould and gently rinse the eyes with warm water.
6. Apply a cool compress or eye pack to reduce any inflammation.

Post-Procedure:

1. Avoid exposure to direct sunlight or bright lights.
2. Use artificial tears or eye drops as needed.
3. Repeat for 3-5 days, as needed.

Important Precautions:

- Consult a qualified Ayurvedic practitioner before performing this procedure.
- Ensure proper hygiene and sterilization of equipment.
- Use gentle and comfortable techniques to avoid eye irritation.

Contraindications:

- Active eye infections or inflammation
- Recent eye surgery or trauma
- Severe eye conditions (e.g., glaucoma, cataracts)

Putapak aims to nourish and balance the eyes. However, if you experience discomfort, pain, or vision changes, stop immediately and consult a healthcare professional.




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Karna Puraṇ (Ear Nourishment)

Preparation:

1. Prepare a warm oil mixture (e.g., sesame or coconut oil with herbs like triphala, trikatu, or amla).
2. Ensure the oil is not too hot or cold.

Procedure:

1. Clean and disinfect the ear area.
2. Lie down comfortably with the affected ear facing upwards.
3. Gently pour 1-2 teaspoons of warm oil into the ear canal.
4. Massage the outer ear and ear canal for 5 minutes.
5. Allow the oil to stay for 10-15 minutes.
6. Use a warm cotton ball to remove excess oil and impurities.
7. Repeat for the other ear, if needed.

Post-Procedure:

1. Avoid exposure to cold air or drafts.
2. Use a warm compress or ear pack to maintain warmth.
3. Repeat for 3-5 days, as needed.

Important Precautions:

- Consult a qualified Ayurvedic practitioner before performing this procedure.
- Ensure proper hygiene and sterilization of equipment.
- Use gentle and comfortable techniques to avoid ear irritation.

Contraindications:

- Active ear infections or inflammation
- Recent ear surgery or trauma
- Severe ear conditions (e.g., otosclerosis, Meniere's disease)

Karna Puraṇ aims to nourish and balance the ears. However, if you experience discomfort, pain, or hearing changes, stop immediately and consult a healthcare professional.




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Ashvyotan (Eye Injection Therapy)

Preparation:

1. Prepare a herbal solution (e.g., triphala, amla, or rose water) under sterile conditions.
2. Use a syringe or dropper with a sterile needle or tip.

Procedure:

1. Clean and disinfect the eye area.
2. Lie down comfortably with your eyes closed.
3. Gently inject a small amount (1-2 mL) of the herbal solution into the conjunctival sac.
4. Massage the closed eyes gently for 5 minutes.
5. Allow the solution to stay for 10-15 minutes.
6. Use a warm compress or eye pack to reduce any inflammation.

Post-Procedure:

1. Avoid exposure to direct sunlight or bright lights.
2. Use artificial tears or eye drops as needed.
3. Repeat for 3-5 days, as needed.

Important Precautions:

- Consult a qualified Ayurvedic practitioner before performing this procedure.
- Ensure proper hygiene and sterilization of equipment.
- Use gentle and comfortable techniques to avoid eye irritation.

Contraindications:

- Active eye infections or inflammation
- Recent eye surgery or trauma
- Severe eye conditions (e.g., glaucoma, cataracts)

Ashvyotan aims to nourish and balance the eyes. However, if you experience discomfort, pain, or vision changes, stop immediately and consult a healthcare professional.




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