



॥ श्री धन्वतरये नमः ॥

Purva Khandesh Kushtha Seva Mandal Sanchalit

Chaitanya Ayurved Mahavidyalaya

"Chaitanyavan" N.H.No.6, A/p.Sakegaon, Tal.Bhusawal, Dist.Jalgaon,
(Maharashtra) - 425201, Mb.No. 8459964934

Web :- camsakegaon.org, E-mail :- ayurvedchaitanya@yahoo.in

Hospital :- Jamner Road, Bhusawal - ☎ 02582- 240661, 240861

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8.1.3. Protocol Incorporating Principles of Ayurveda and their Implementation.

Institute incorporate protocols for arranging Various Panchakarma Shibir based on season.

Viz Vasantik vamana Shibir in Vasanta ritu, Virechana Shibir in Sharada, Basti shibir in Varsha. Such shibir are arranged for the benefit of the society and for creating awareness in general public regarding panchakarma. Because of such shibir, the concept of panchakarma has reached to grassroots level of society.

Protocols for arranging the shibir – It's been arranged at institutional level with proper channels and with due permission of higher authorities and also by advertising in local news paper.

Protocols of panchakarma incorporating principles of Ayurveda-

The pathya charts are given to the patients.

During every panchakarma, regimen of do's and don'ts are explained to the patient.

For every Panchakarma-Poorvakarma, pradhanakarma, paschatkarma and after that samsarjana krama to be followed are well explained to the patients.

The patients are encouraged to follow the regimen.

The patient having diseases are also been treated according to the dosha avastha. The required panchakarma with allied karmas are incorporated in treatment protocol.




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8.1.3. Protocol of Diet Regime and Lifestyle Modifications-

Lifestyle modification involves healthy eating, physical-mental soundness and altering long-term habits. Examples of Lifestyle modification are numerous and include, apart from what we eat and drink, physical activity, weight reduction, smoking, and stress.

Thus keeping these effects in due diligence, each and every patients prior to undergoing Panchakarma are advised with Dietary & Lifestyle modifications (Pathya & Apathya) necessary to be carried out during the procedure as well as after the procedure.

Various Protocol as per the requirement of the patient in pertinence to his health are provided viz.

- Diet Regime
- Lifestyle Regime (DailyChores)
- Stress Management & Psychological related advice.
- Yoga & Exercise




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8.1.3. Promotion of Seasonal Panchakarma Protocol

As considering public health values & health awareness department of Panchakarma promotes seasonal panchakarma and life style modification.

The department aims to galvanize total public health as well as eradication of disease. As per an objective of department, department is practicing life style modification & seasonal Panchakarma. From the establishment of department, have designed there step protocol to perform panchakarma for health awareness and life style modification. Department has yearly assigned vasantikvamana shibirinvasant rutu& bastipanchakarma shibirinvarsha rutu.Department also have organized health awareness camps in educational institute.

The first step of protocol is:

- Planning panchakarma.
- Publicity through rural and urban areas through pomlets & posters, newspapers and through articles.

The second step of protocol is:

- Inauguration of camp with the help of competent authority of institution & guest.
- To do health check-up throughout the day with prior registration.
- To perform the karma on the planed day.

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The third step of protocol is:

- To give the institution regarding dietary regimen.
- To follow pathya and apathya.
- To publish the program through the newspaper.
- The number of seasonal panchkarma from 2019 till 2024 attached through this documentary proof.
- In winter season, the department of panchkarma is doing all allied panchakarma like massage, steam bath (snehan/swedan), each & every year. As per life modification plans, we are also doing murdhni tailam, pizichil, udvartanam, different pinda swedan, talpodichil, padabhyanga, netra tarpanam.
- The department have organized public health awareness camps for (young age groups) teenagers, middle age groups & senile in previous years.




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Activities towards improvement of clinical documentation

Clinical documentation is the creation of digital or analog record detailing a medical treatment, medical trails or clinical test.

Clinical documents must be accurate, timely and reflect specific services provided to patient.

- 1) Patient OPD and IPD papers are short by date, months and years with reports Xerox.
- 2) IPD patient discharge card must be Xerox and attached to IPD papers.
- 3) Panchkarma register of separate entry e.g. Basti register
- 4) Patient name, OPD no., IPD no. must be computer data entry with unique code.
- 5) All IPD papers separate according to months and departments.
- 6) OPD number valid for only one year. 1 Jan.- 31 Dec.
- 7) Patient who is in Research trails must be with consent and phone number of Consultant for any emergency.
- 8) Documentation is also important for billing and medical claim.
- 9) Hospital ID number for each department.
- 10) Monthly cross check.




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New initiations in administering Panchakarma Procedures

- 1) **Abhyanga**: An individually prepared herbal oil massage designed to deeply penetrate the skin relax the mind- body, stimulates arterial and Lymphatic circulation. It enhance the peristaltic movement of stomach and intestine so hunger of baby increase and baby needs more food so weight increased in LBW baby. Most useful Abhyanga by Coconut-oil.
- 2) **Pinda Swedana**: A deep cleansing treatment using rice cooked in milk and herbs that is massage into joints and tissues which is very useful in neuromuscular weakness.
- 3) **Swedana**: An herbalized steam bath, during head and heart are kept cool while the body is heated to remove mental, emotional and physical toxins lodged deeply in the tissues it will help to baby circulation.
- 4) **Shirodhara**: A warm, gentle and methodic pouring of herbalized oil over the forehead synchronizing brain waves profoundly coordinating and calming the mind, body and spirit. In children who suffer from ADHD, Migraine and Half headache are having excellent result of Shirodhara. Now day's mechanical system amiable for fix drop rate of Shoridhara.
- 5) **Vamana**: Vamana eliminate the Khapa causing the excess mucus. In children mrudu Vamana can be done with Milk, Juice of sugarcane and adding drugs in Milk which is helpful for Bronchial Asthma and Respiratory infection. Vagbhata explain the Garbodhkalin Vamana in Birth asphyxia.




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Pind swed Contains

- 1) Ashwangandha
- 2) Shatawari
- 3) Bala
- 4) Atibala
- 5) Steam Rice
- 6) Milk


Process:

Shashtika Shali (Special Variety of Rice), Cow Milk, picece of white cloth necessary items for cooking of Kwath. 'Bala Moola is chosen for preparation of Kwath, Cow milk id added along with Shashtika Shali rice and prepared. The other half part of Kwatha is mixed and used as Moola Kwatha during procedure.

Method of Administration:

Taila for about 15 Min. are taken and dipped in the mixture of Bala Moola Kwath and Cow milk which is simultaneously boiled. This Pottali is rubbed and equeezed midly on the patient. After the procedure is completed the Shashtika is crapped from the body and Taila applied over the body with mild massge.




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Uses:

- 1) Increased circulation by stimulating, reduce swelling and water retention, relives joint and muscular pain.
- 2) Enhances flexibility and movements of joint.
- 3) Improves blood circulation in the skin and improves it's colour and complexion.
- 4) Nutriion to tissues.
- 5) Prevanation of Degenration of tissues.
- 6) Reducing the Spasticity, joint deformities and prevent contractures.

Duration: Each session of this treatment take about 40 to 50 Min. and duration strats from 1 day to 7 days also increased upto 21 days.

In Chaitanya Ayurved Mahavidyalaya, Number of patient treated with this Pind swed and data recorded.




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