

## 8.1.11

Activities undertaken by the Institution towards practice of various procedures of Kriyakalpa.

SOP





# SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

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## SOP OF TARPANA

Implementation of SOP – 1 January 2017

First revision of SOP – 1 January 2020 after attaining TAS conference held on 26, 27, 28 December 2019 at Pune.

Second revision of SOP – 1 June after attaining TAS conference held on 30 April & 1 st May 2022 at Pune.

### 1. Scope:

Eye diseases like dry eye syndrome, drushti mandya, computer vision syndrome, etc where consultant advice tarpana as treatment.

### 2. Purpose:

Provide Standard Operating Procedure to conduct Tarpana Kriyakalpa.

3. **Consent:** Informed written consent should be taken before procedure with due format drafted in Annexure

### 4. Procedure:

#### Pre-requisite –

- Tarpana should be administered only after confirmation of no infection in eyes.

### Material required

Til tail

- Medicated ghee / goghrit
- Tarpan Goggle / Urad peeth , pali ,
- Gas
- Bowl
- Cotton.

Timing - Tarpana can be done either in early morning or evening;

### Steps –

- a. Position – Patient is asked to lie down on his back, in a chamber free from direct sunrays, wind and dust.
- b. Eyes should be encircled with firm, compact wall made up of paste of powdered Mashapulse (black gram) or Tarpana goggles.
- c. The height of this wall should be 2 Angula.
- d. The patient is asked to open the eyes then liquefied Ghrita is poured very slowly till the entire eyelashes are under the liquefied Ghrita.
- e. Patient is instructed to close and open his/her eyes (unmesha & nimesha).
- f. After retaining for the stipulated time, the liquid is drained out through the hole made near the outer canthus. If swimming goggles are used then ghrita is removed by soaking in cotton , then warm fomentation is given with help of warm water soaked cotton
- g. One cycle of 7 days of Tarpana with increasing matra is carried out.







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## 5. Records:

Vital Parameters	Before Treatment	After Treatment
Pulse Rate		
Blood Pressure		
Respiratory Rate		

## 6. Process Efficiency Criteria:


Precautions:

- ❖ Care to be taken to avoid burns during the procedure by hot medicine.
- ❖ Time and season of administration should neither be too hot nor cold and sky should not be cloudy.

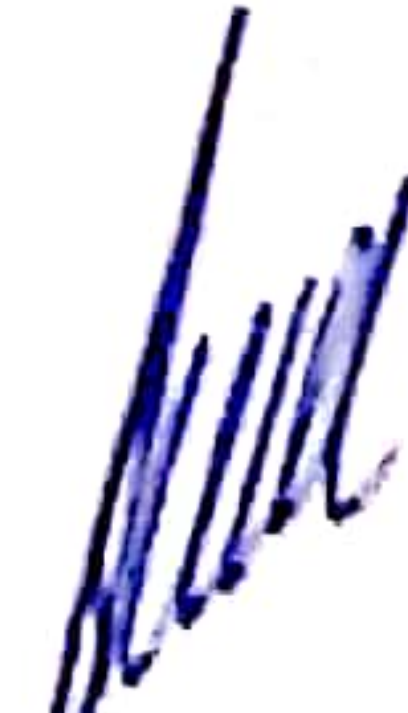
Complications and management:

In case of burns apply Shatdhauta ghrita to the part In case of allergic reactions like rash, itching etc., stop the procedure.

## 7. Responsibility: Qualified Staff (Professor, Associate Professor, Assistant professor, interns UG

  
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## SOP OF KAVALA

Implementation of SOP – 1 January 2017

First revision of SOP – 1 January 2020 after attaining TAS conference held on 26, 27, 28 December 2019 at Pune.

Second revision of SOP – 1 June after attaining TAS conference held on 30 April & 1 st May 2022 at Pune.

### 1. Scope

All Mukhrogas like mukhpak where consultant advice as treatment.

### 2. Purpose:

Provide Standard Operating Procedure to conduct Kavala.

3. **Consent:** consent should be taken before procedure with due format drafted in Annexure

### 4. Procedure:

#### Material required

Til tail for Abhyang

Aushadhi dravya (kalka)

Gas stove

Cooker with swedan pipe

#### Steps:

- 1) Mild Snehan & Swedan should be given to the patient before procedure.
- 2) Warm drugs are hold in the mouth of patient.
- 3) Drugs are taken in a small amount so that it can be moved in mouth
- 4) When watery discharge come out of the nose and ears, then drugs should be spit out.
- 5) This process can be done till patient will get vakra laghavata.
- 6) One cycle of 7 days of procedure is carried out.

### 5. Records:

Vital Parameters	Before Treatment	After Treatment
Pulse Rate		
Blood Pressure		
Respiratory Rate		

### Other Parameters

Duration of Treatment	
Complications during procedure	
Other symptoms developed	

### 6. Process Efficiency Criteria:

Pre cautions:

- ❖ Care to be taken to avoid burns during the procedure by hot medicine.
- ❖ Time and season of administration should neither be too hot nor cold and sky should not be cloudy.

### Complications and management:

In case of burns apply shatadhouta ghrita to the part .In case of allergic reactions like rash, itching etc., stop the procedure.

7. **Responsibility:** Qualified Staff (Professor, Associate Professor, Assistant professor, interns UG.

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## SOP OF GANDUSHA

Implementation of SOP – 1 January 2017

First revision of SOP – 1 January 2020 after attaining TAS conference held on 26, 27, 28 December 2019 at Pune.

Second revision of SOP – 1 June after attaining TAS conference held on 30 April & 1 st May 2022 at Pune.

### 1. Scope:

All Mukhrogas where consultant advice as treatment

### 2. Purpose:

Provide Standard Operating Procedure to conduct Gandusha Kriyakalpa.

3. **Consent:** Informed written consent should be taken before procedure with due format drafted in Annexure.

### 4. Procedure:

#### Material Required

- Til tail
- Aushadhi dravyas
- Gas stove
- Cooker with Swedan pipe

#### Steps:

- 1) Patient's face, head, neck and shoulder should be massaged with oil.
- 2) Mild Swedan should be given to the patient.
- 3) Warm drugs should be hold in mouth.
- 4) Drugs are taken as much as patient can hold in mouth so that drugs can't move in mouth.
- 5) When watery discharge come out of the nose and ears, then drugs can be spit out.
- 6) This process can be done till patient get vakra laghavta.
- 7) One cycle of 7 days of procedure is carried out.

### 5. Records:

Vital Parameters	Before Treatment	After Treatment
Pulse Rate		
Blood Pressure		
Respiratory Rate		

#### Other Parameters

Duration of Treatment	
Complications during procedure	
Other symptoms developed	







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## 6. Process Efficiency Criteria:

### Precautions:

- ❖ Care to be taken to avoid burns during the procedure by hot medicine.

Time and season of administration should neither be too hot nor cold and sky should not be cloudy.

### Complications and management:

- ❖ In case of burns apply Shatadhauta ghrita to the part.

## 7... Responsibility: Qualified Staff (Professor, Associate Professor, Assistant professor, Students)

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## SOP OF ANJANA

Implementation of SOP – 1 January 2017

First revision of SOP – 1 January 2020 after attaining TAS conference held on 26, 27, 28 December 2019 at Pune.

Second revision of SOP – 1 June after attaining TAS conference held on 30 April & 1 st May 2022 at Pune.

**1 Scope:** Application of medicine to the internal surface of eye lid margin from kaneenika sandhi (inner aspects) to apanga sandhi (outer aspect) with Anjana shalaka.or fingertip is called Anjana.

Netrastrav , Corneal opacity , Arma where consultant advice as treatment.

### 2. Purpose:

Provide Standard Operating Procedure to conduct Anjana Kriyakalpa

**3. Consent:** Informed written consent should be taken before procedure with due format drafted in Annexure

### 4. Procedure:

#### Pre- requisite -

- Supine position should be given to patient to conduct procedure with due assurance.
- Anjana application procedure done with medicinal form of Gutika, or varti to inner side of lower lid with fingertip or Anjan Shalaka.
- Matra of Anjana decided by consultant as per the severity of disease of eyes or according to the doashas.

#### **Material required**

- Chandrodaya varti / gutika
- Honey
- Sahan
- Cotton

#### **Steps.**

- Eyelid are retracted with left hand, paste made in honey is applied the help of right hand at lower lid.
- Anguli is used whenever Anjana is to be use in eyelid
- After applying the anjana, the patient is asked to close the eyelids gently and to rotate eyeballs due to this medicine perfectly spreads in the eyes
- Doshas dissolve and comes out in the state of lacrimation.
- Post kriyakalpa pathyapthaya like avoid direct sun rays, irritant objects, long persist exposure to Sun rays.
- One cycle of 7 days of procedure is carried out.







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## 5. Records:

Vital Parameters	Before Treatment	After Treatment
Pulse Rate		
Blood Pressure		
Respiratory Rate		

## Other Parameters:

Duration of Treatment	
Complications during procedure	
Other symptoms developed	

6... Responsibility: Qualified Staff (Professor, Associate Professor, Assistant professor, Students)

*for*

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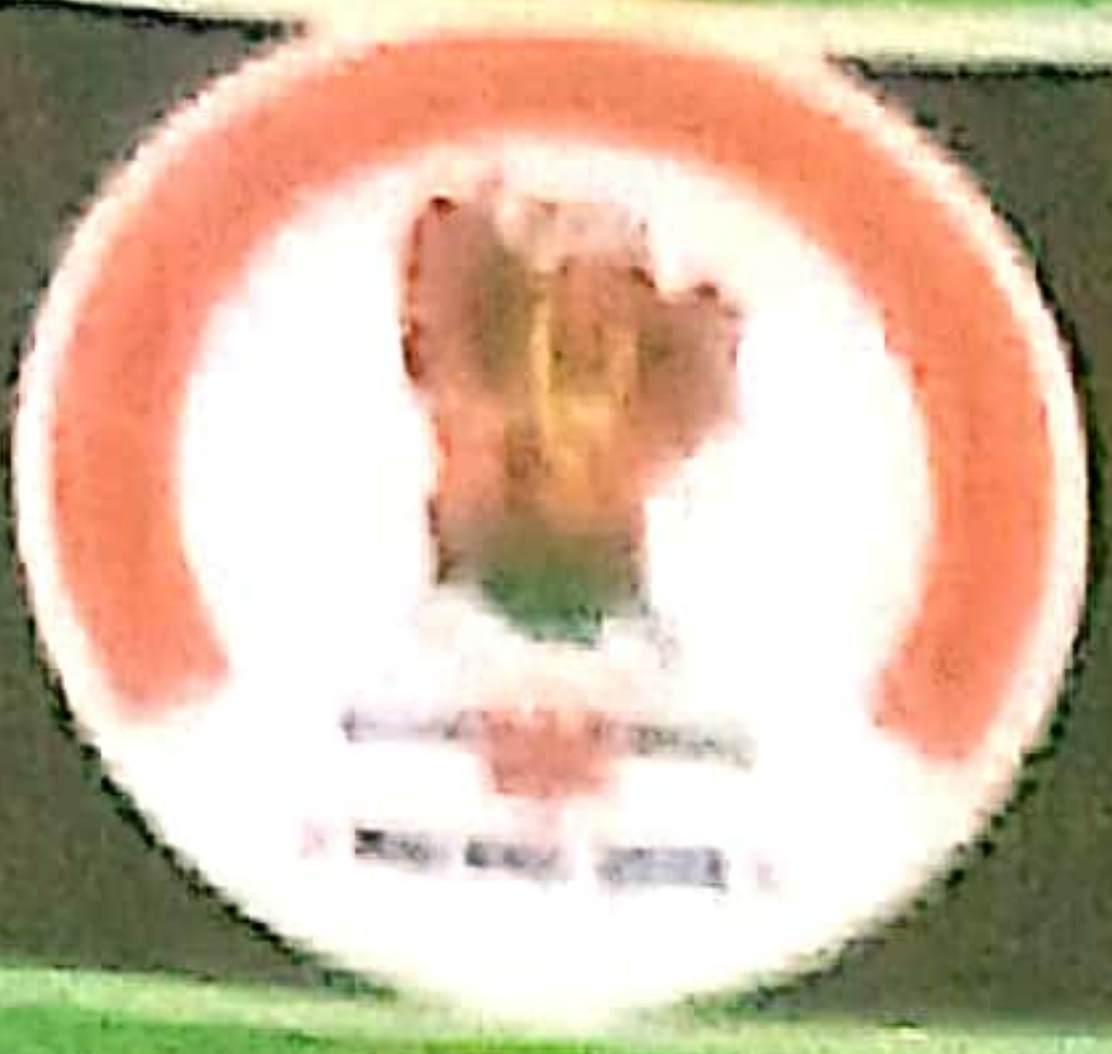
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## SOP OF KARNAPOORANA

Implementation of SOP – 1 January 2017

First revision of SOP – 1 January 2020 after attaining TAS conference held on 26, 27, 28 December 2019 at Pune.

Second revision of SOP – 1 June after attaining TAS conference held on 30 April & 1st May 2022 at Pune.

### 1. Scope:

Karna rogas like karna shoola, karna kshweda, karna nada and Karna Badhriya conditions where consultant advice as treatment.

### 2. Purpose:

Provide Standard Operating Procedure to conduct Karnapoorana Kriyakalpa.

3. Consent: Informed written consent should be taken before procedure with due format drafted in Annexure.

### 4. Procedure:

#### Material required

Medicated oil

Til tail for local massage

Gas stove

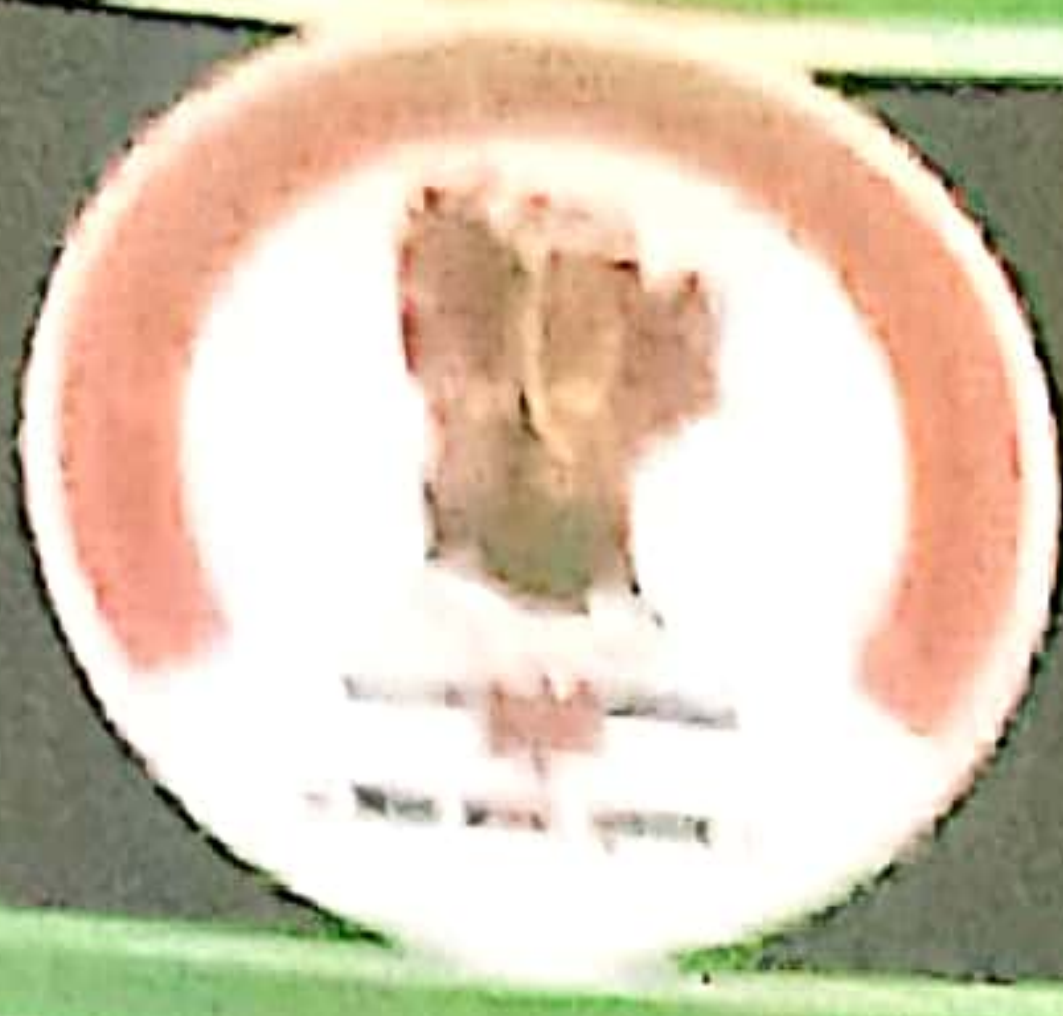
Cooker with swedan pipe.

Dropper

- 1) Right or left lateral side position should be given to patient according to diseased ear.
- 2) Sthahnik snehan around the ear with til tail should be given.
- 3) Sthanik swedan with Nadi swed should be given around external ear and pinna
- 4) Warming of karnapuran dravya in lukewarm water bowl should be done.
- 5) Checking of temperature of karnapuran dravyas should be done as per sensitivity of patient.
- 6) Proper instillation of drug in the external auditory canal with 2cc syringe or dropper should be done till external auditory canal is full.
- 7) Dravyas hold retain till 100 matra or 500 matra or 1000 matra according to disease as consultant advice.
- 8) Removal of karnapuran dravya with cotton should be done.
- 9) Cleaning of external auditory canal and keeping cotton in external auditory canal should be done.
- 10) Post procedure pathyapathya explanation should be done to patient.
- 11) One cycle of 7 days of procedure is carried out.







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## 5. Records:

Vital Parameters	Before Treatment	After Treatment
Pulse Rate		
Blood Pressure		
Respiratory Rate		

## Other Parameters

Duration of Treatment	
Complications during procedure	
Other symptoms दृष्ट	

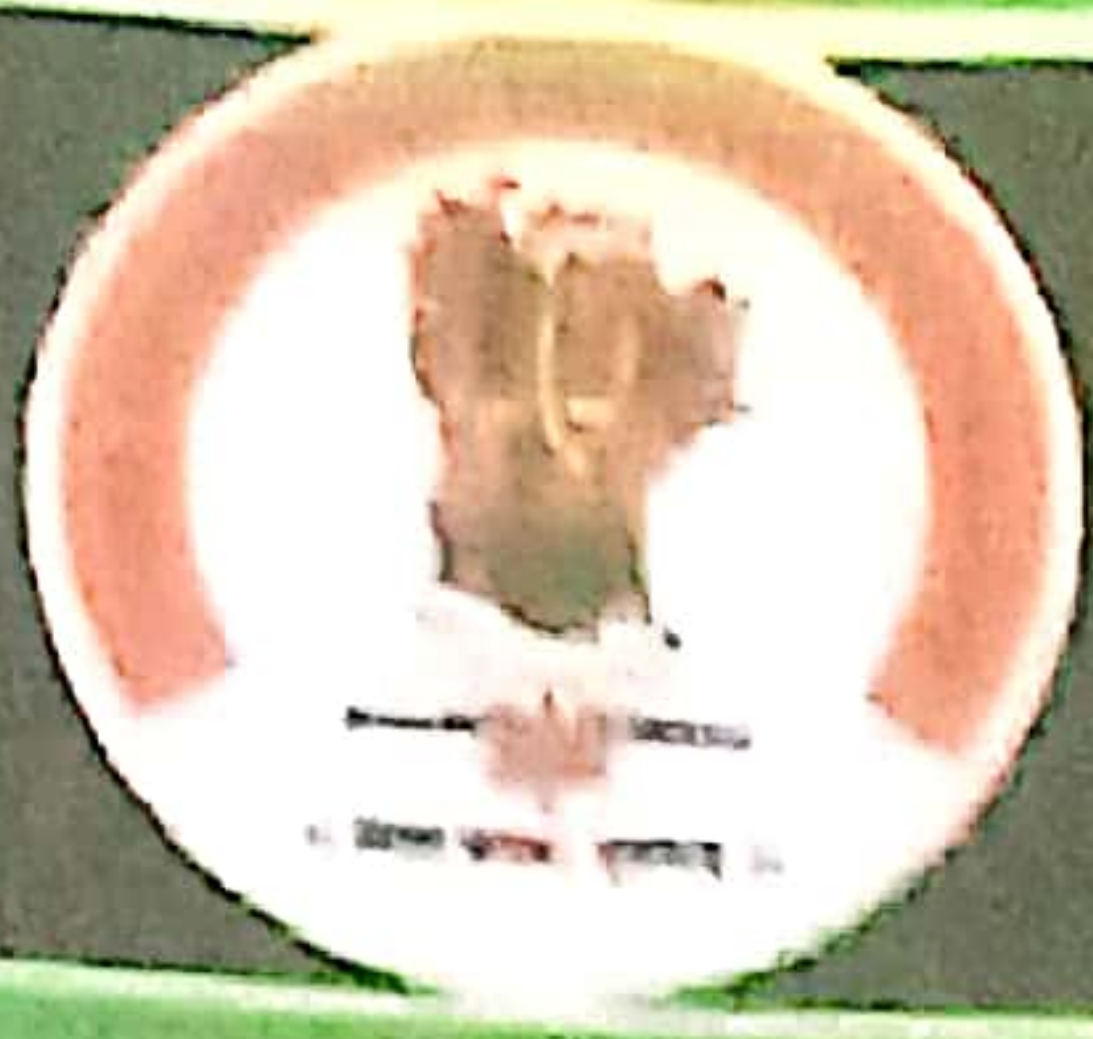
7. Responsibility: Qualified Staff (Professor, Associate Professor, Assistant professor, interns, UG (Students))

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## SOP OF KARNA DHOOPANA

Implementation of SOP – 1 January 2017

First revision of SOP – 1 January 2020 after attaining TAS conference held on 26, 27, 28 December 2019 at Pune.

Second revision of SOP – 1 June after attaining TAS conference held on 30 April & 1 st May 2022 at Pune.

### 1. Scope:

Karnastrava , karna paka , krumikarna and conditions where consultant advice as treatment.

### 2. Purpose:

Provide Standard Operating Procedure to conduct Karnadhoopana Kriyakalpa.

3. **Consent:** Informed written consent should be taken before procedure with due format drafted in Annexure.

### 4. Procedure:

#### Material required

Dhoomvarti/ dhoom churna

Gas stove

Paper cone

Dhoopan yantra

Oil

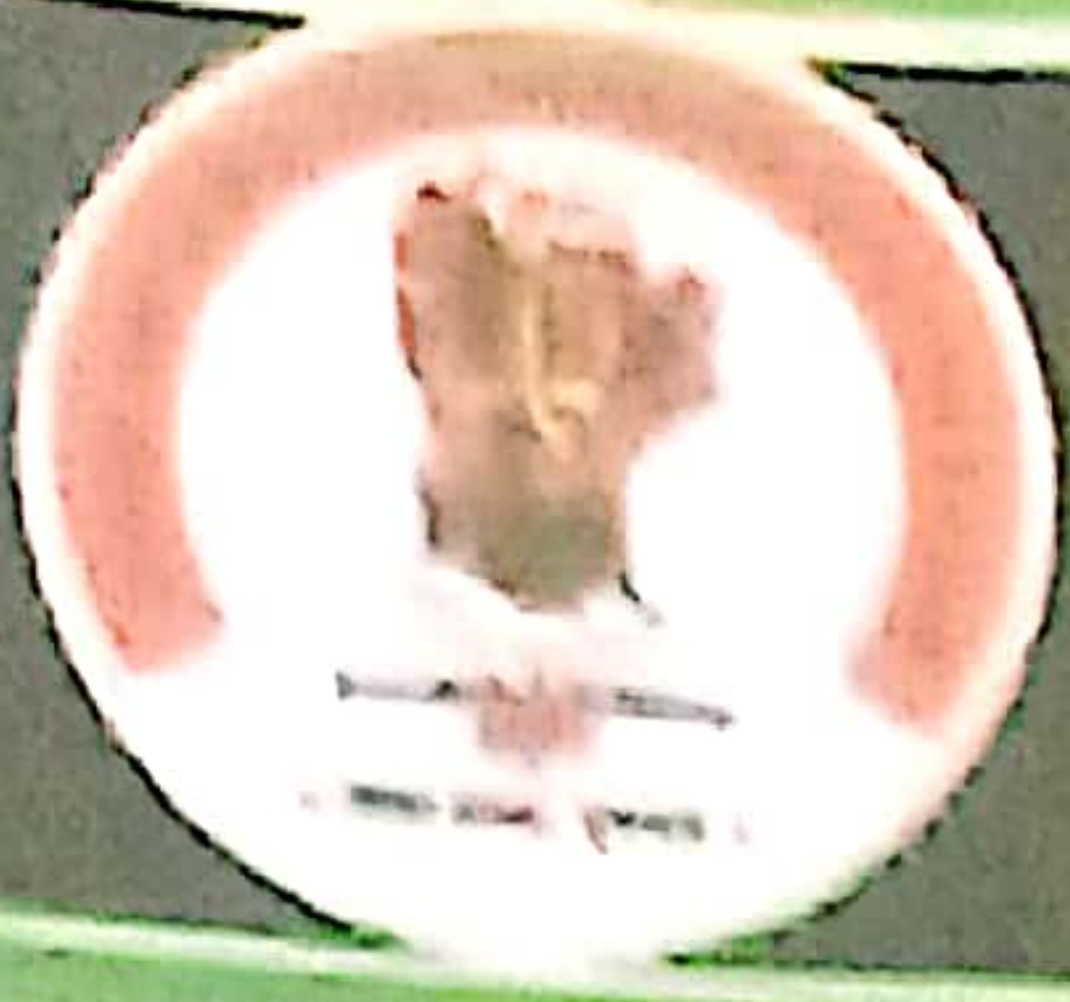
- 1) Sitting position should be given to patient.
- 2) Local examination of ear should be done.
- 3) Ear discharge should be clean with cotton.
- 4) Dip the Dhoom Varti in oil then light it by putting it on fire.
- 5) When Varti / churna becomes red hot fumes should be passed in external auditory canal by dhoopan yantra pipe or by paper cone.
- 6) Upto 5-10 min this procedure should be done according to disease.
- 7) Explanation of post procedure pathyapathy should be done to patient.
- 8) Follow up should be explained to patient for further treatment.
- 9) One cycle of 7 days of procedure is carried out.

### 5. Records:

Vital Parameters	Before Treatment	After Treatment
Pulse Rate		
Blood Pressure		
Respiratory Rate		








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## Other Parameters

Duration of Treatment	
Complications during procedure	
Other symptoms developed	

6. Responsibility: Qualified Staff (Professor, Associate Professor, assistant professor, interns, UG Students)

  
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## SOP OF PARISEKA

Implementation of SOP – 1 January 2017

First revision of SOP – 1 January 2020 after attaining TAS conference held on 26, 27, 28 December 2019 at Pune.

Second revision of SOP – 1 June after attaining TAS conference held on 30 April & 1 st May 2022 at Pune.

### 1. Scope:

Abhishanda, ocular dryness, Eye irritation and conditions where consultant advice as treatment

### 2. Purpose:

Provide Standard Operating Procedure to conduct Pariseka Kriyakalpa.

**3. Consent:** Informed written consent should be taken before procedure with due format drafted in Annexure.

### 4. Procedure

#### Material required

Medicine ( kwath / swaras/ oil)  
Gas stove  
Cotton  
Dhara patra

#### Steps :

- 1 Supine position should be given to patient.
- 2 Clean the eyes with wet cotton
- 3 Keep some cotton in ears.
- 4 Prepare medicine.
- 5 Maintain temperature of drug.
- 6 Take medicine in dhara patra.
- 7 Ask the patient to turn his head on one side.
- 8 Eyes are kept closed and continuous pouring of medicine / Kashaya is done from 4 angulas distance.
- 9 Afterwards eyes are cleaned with cotton.





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- 10 Repeat procedure in another eye.
- 11 Follow up will be explained to the patient for the further treatment.
- 11 One cycle of 7 days of procedure is carried out.
- 12 Post kriyakalpa pathyapathya like avoid day sleep, excessive talk, exposure to fire and sunlight, sorrow and anger are explain to patient

## 5 Records:

Vital Parameters	Before Treatment	After Treatment
Pulse Rate		
Blood Pressure		
Respiratory Rate		

## Other Parameters

Duration of Treatment	
Complications during procedure	
Other symptoms developed	

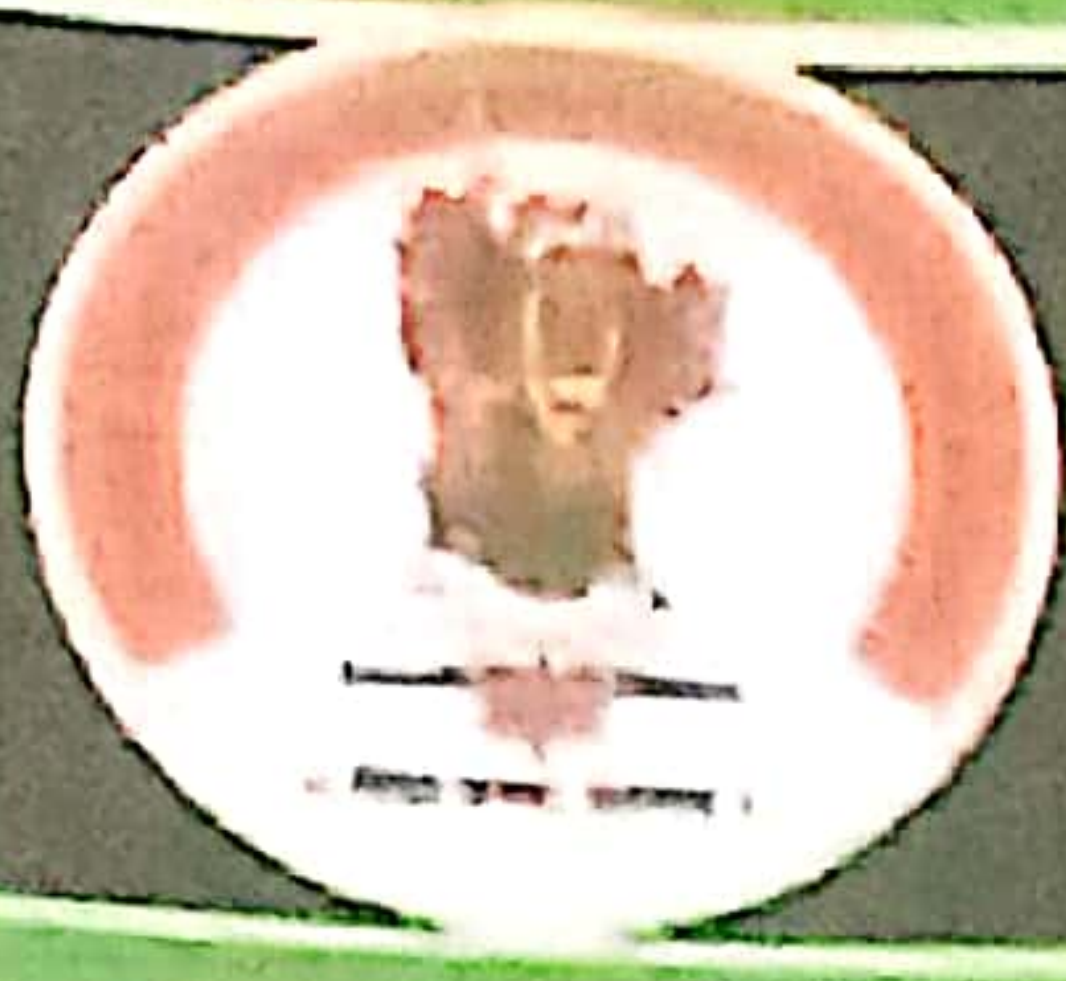
6. Responsibility: Qualified Staff (Professor, Associate Professor, Assistant professor, interns, UG Students)

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## SOP OF ASCHOTANA

Implementation of SOP – 1 January 2017

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Second revision of SOP – 1 June after attaining TAS conference held on 30 April & 1 st May 2022 at Pune.

### 1. Scope:

Abhishanda , ocular dryness ,Eye irritation and conditions where consultant advice as treatment

### 2. Purpose:

Provide Standard Operating Procedure to conduct Aschotana Kriyakalpa.

**3. Consent:** Informed written consent should be taken before procedure with due formatdrafted in Annexure

### 4. Procedure

#### Material required

Til tail

Medicine ( ghrita)

Gas stove

Cotton

Dropper

- 1) Supine position should be given to patient.
- 2) His/her eyes should be opened with left hand of physician.
- 3) Medicine dispenser / dropper is held in Right hand of Vaidya/ therapist 2 Angula above inner canthus.
- 4) 10-12 drops of medicated liquid / ghrit / kashay are put into the eyes.
- 5) Afterwards eyes are cleaned with cotton.
- 6) Post kriyakalpa pathyapathya like avoid day sleep, excessive talk, exposure to fire andsunlight, sorrow and anger are explained to patient .





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## 5. Records:

Vital Parameters	Before Treatment	After Treatment
Pulse Rate		
Blood Pressure		
Respiratory Rate		

## Other Parameters

Duration of Treatment	
Complications during procedure	
Other symptoms developed	

6. Responsibility: Qualified Staff (Professor, Associate Professor, Assistant professor, interns, UG Students)

  
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## SOP OF BIDALAKA

Implementation of SOP – 1 January 2017

First revision of SOP – 1 January 2020 after attaining TAS conference held on 26, 27, 28 December 2019 at Pune.

Second revision of SOP – 1 June after attaining TAS conference held on 30 April & 1 st May 2022 at Pune.

### 1. Scope:

Akshishopha , Akshipaka, Eye irritation and conditions where consultant advice as treatment.

### 2. Purpose:

Provide Standard Operating Procedure to conduct Bidalaka Kriyakalpa

3. **Consent:** Informed written consent should be taken before procedure with due formatdrafted in Annexure

### 4. Procedure

Material required

Til tail

Churna

Lukewarm water

Bowl

Gauze piece

- 1) Supine position should be taken to conduct procedure attended will relax patient and start with procedure
- 2) Before application of Bidalaka clean the face and eye properly, so that no dust should enter into the eyes.
- 3) Slight Abhangya should be done on the face followed with the mild sudation on the face and patient should be adviced to close the eyes.
- 4) Then semisolid paste of medicine is made in luke warm water.
- 5) This paste should be applied on the closed and relaxed eyes excluding lid margin. or by putting gauze on eyes we can apply paste on that gauze.
- 6) The thickness should be as consultant adviced.
- 7) Paste should be left on eyes till dry or approx. 10-15 min.
- 8) After procedure the paste should be removed gently, eyes should be clean properly.
- 9) Patient should be adviced to take some rest.
- 10) Lepa should allowed to remain till it becomes slightly dry; if left dry, it vitiates the complexion of the skin, irritate the skin and eye.







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- 11) It will be removed after moistening and when removed, the face should be anointed with oil.
- 12) Post kriyakalpa pathyapathya like avoid day sleep, excessive talk, exposure to fire and sunlight, sorrow and anger.
- 13) Follow up should be explained to the patient for the further treatment.
- 14) One cycle of 7 days of procedure is carried out.


## 5. Records:

Vital Parameters	Before Treatment	After Treatment
Pulse Rate		
Blood Pressure		
Respiratory Rate		

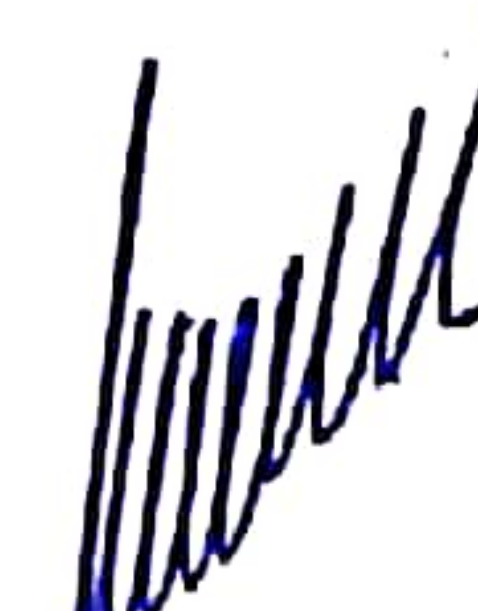
## Other Parameters

Duration of Treatment	
Complications during procedure	
Other symptoms developed	

**6. Responsibility:** Qualified Staff (Professor, Associate Professor, Assistant professor, interns, UG Students)

  
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## SOP OF SHIRODHARA

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Second revision of SOP – 1 June after attaining TAS conference held on 30 April & 1 st May 2022 at Pune.

### 1. Scope:

All Shirorogas where consultant advice as treatment.

### 2. Purpose:

Provide Standard Operating Procedure to conduct Shirodhara.

3. **Consent:** Informed written consent should be taken before procedure with due format drafted in Annexure

### 4. Procedure:

#### Prerequisite

Sthanik Snehan and Swedan is carried out.

Assurance is given to patient.

#### Material required

Shirodhara yantra

Medicated tail

Shirodhara table

Til tail

#### Steps:

- 1) Patient's face, neck, head and shoulders should be massaged with oil.
- 2) Mild Swedan should be given to the patient.
- 3) Warm tail dhara is hold on the head of patient for 30 min to 1 hour.
- 4) One cycle of 7 days of procedure is carried out.

### 5. Records:

Vital Parameters	Before Treatment	After Treatment
Pulse Rate		
Blood Pressure		
Respiratory Rate		

#### Other Parameters

Duration of Treatment	
Complications during procedure	
Other symptoms developed	







# SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621665 (College) | (Hosp.) 2518548  
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

## 6. Process Efficiency Criteria: Precautions

- ❖ Care should be taken to avoid burns during the procedure by hot medicine.
- ❖ Time and season of administration should neither be too hot nor cold and sky should not be cloudy.

### Complications and management:

- ❖ In case of burns apply Shatdhauta ghrita to the part.

**7 Responsibility:** Qualified Staff (Professor, Associate Professor, Assistant professor, interns, UG Students)

विभागप्रमुख

शालाक्यतंत्र विभाग

श्री. सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



**Principal**  
Vd. Milind Babarao Aware  
Shree Saptashrungi Ayurved  
Mahavidyalaya & Hospital, Nashik





## SOP OF NASYA

**Implementation of SOP – 1 January 2017**

**First revision of SOP – 1 January 2020 after attaining TAS conference held on 26, 27, 28 December 2019 at Pune.**

**Second revision of SOP – 1 June after attaining TAS conference held on 30 April & 1 st May 2022 at Pune.**

### 1. Scope:

All urdhva jatrugata vyadhi like Pratishyay, Nasanaha where consultant advice as treatment.

### 2. Purpose:

Provide Standard Operating Procedure to conduct Nasya Kriyakalpa.

**3. Consent:** Informed written consent should be taken before procedure with due format drafted in Annexure.

### 4. Procedure:

Pre requisites - Sthanik Snehana with tila taila and swedana with Nadi Sweda should be done  
Material required

1. Gas stove
2. Cooker with pipe for Nasya
3. Dropper
- 4 Medicated oil
5. Til tail

### Steps

- 1) Supine position should be given to conduct procedure.
- 2) Hands and legs of patient should be kept straight.
- 3) His head is maintained at a lower position by keeping the pillow below the neck.
- 4) Then the medicine is made to flow into one nostril, while the other is kept closed.
- 5) The same process is carried out in the other nostril also.
- 6) For the administration of the drug a cotton swab or dropper can be used.
- 7) After installation of medicine the shoulder, neck and face should give gentle massage.
- 8) Patient is asked to spit out all the impurities and medicine that reach in mouth.
- 9) Sweden should be done after the Nasya treatment.
- 10) Lukewarm water/Triphala kwath Gargles should be done after spitting of doshas.
- 11) The process of Nasya should be repeated for days as per consultant advice.
- 12) One cycle of 7 days of procedure is carried out.







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## 5. Records:

Vital Parameters	Before Treatment	After Treatment
Pulse Rate		
Blood Pressure		
Respiratory Rate		

## Other Parameters:

Duration of Treatment	
Complications during procedure	
Other symptoms developed	

## 6. Process Efficiency Criteria:

### Precautions:


- Care to be taken to avoid burns during the procedure by hot oil or steam.
- Time and season of administration should neither be too hot nor cold and sky should not be cloudy.

### Complications and management:

- In case of burns apply Shatadhauta Ghrita to the part.
- In case of allergic reactions like rash, itching etc., stop the procedure.

## 7. Responsibility:

Qualified Staff (Professor, Associate Professor, Assistant professor, Students)

  
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## ANNEXURE GENERAL CONSENT FORM

I \_\_\_\_\_ aged \_\_\_\_\_ years, here by consent to undergo treatment at SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL, HIRAWADI, NASHIK Shalakyatantra Department

..... (Name),

..... (City) for my ailment.

The Consultant..... (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'ts during the treatment procedure, the risk associated with the treatment procedure, the possible outcome, the services available at the **Shree, Saptashrungi Ayurved Mahavidyalaya and Hospital, Hirawadi, Nashik** and the approximate cost of the treatment.

I agree to undergo the treatment procedures and abide by the instructions given to me by the Consultant .

**Date:**

**Signature of patient:**

**Consultant  
Name & Signature:**

**Witness  
Name & Signature:**

**Parent / Guardian (if the patient is minor.)  
Name & Signature**

*Poor*  
विभागप्रमुख  
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