



# CONCISED PRACTICAL APPROACH TO *Panchakarma*

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**JAYOTI VIDYAPEETH WOMEN'S UNIVERSITY, JAIPUR**

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## INTRODUCTION

Ayurveda, the ancient system medicines has captured the attention and imagination of world. The relevance and recognition of Ayurveda and the therapeutic procedures elaborated in this science display an overwhelming demand in global world. Ayurveda advocates a range of promotive, preventive and curative measures. Aushadhi based on the doctrine of Samshodhana and Samshamana. Medicines are administered in different forms through different routes to obtain either Shodhana or Shamana. Samshodhana essentially refers to bio-purification of the body aiming to cleanse the macro and micro channels of the biological system-Srotas. The disorders treated by Shodhana do not reoccur because Shodhana Karma is Mulavata Chikitsa. The Panchakarma covers all aspect of treatment promotion, prevention and cure of life.

Panchakarma is a science for purification of the body, because vitiation of Doshas beyond a particular level produces endotoxins which tend to accumulate in the Srotas(minute channels) of the body which are to be removed for maintaining disease free health which is done by Panchakarma. Panchakarma not only cures the disease but also maintains total health of the body in perfect and excellent manner. Ability of evacuation, superiority of efficacy and enormity of the Procedures target of Dosha eradication and multitude of action are characteristics of Panchakarma procedures. Panchakarma is the the therapeutic measures applicable to cleanse(or evacuate or eliminate or remove)excessively accumulated turbulent morbid factors, from the body, this refers to the purification treatment (samshodana measures) applied when pacific measures(samsamana) are thought to be inadequate or not useful. Panchakarma presents a unique approach of Ayurveda with specially designed five procedures of internal purification of the body through the nearest possible route. Panchakarma is a specialized branch of Ayurvedic medicine in which vitiated doshas are eliminated out of the body by various procedures . Vamana,Virechana, Niruha Basti, Anuvasana Basti, and nasya are the five procedures included in panchakarma therapy. During and after these procedures the levels of doshas are changed, which lead to decrease in the power of agni. This power has to be increased gradually by supplying the food which is easy to digest and also beneficial in alleviation of remaining doshas .This particular dietetic regimen is called as 'SamsarjanaKrama'. Diet after panchakarma, the post panchakarma dietary regimen is called as Samsarjanakrama. During vamana and virechana karma there is much stress on digestive fire which gets slowed. Hence it is advised to follow the

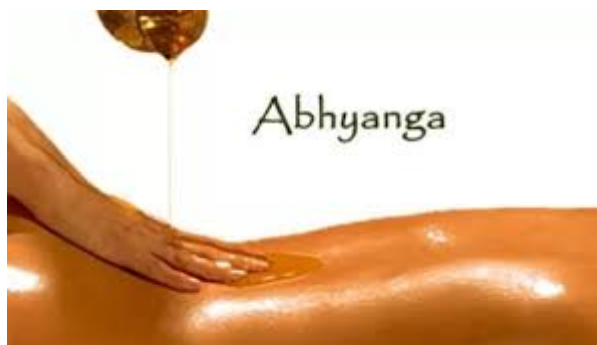
dietic regimen with peya, vilepi etc. in three, two, one annakala respectively according to degree of evacuation like pravara, madhyama, avara shudhi.

Even though the Panchakarma chikitsa is not a branch among Astanga Ayurveda , but it is one such subject which is merged in Astanga Ayurveda. Starting from Kaya chikitsa till the Vajeeekarana Tantra ,Panchakarma plays an important role i.e. in certain clinical conditions like Jwara, Raktapitta, pandu ,kamala etc are best treated from Shodhana Chikitsa / Panchakarma. In Shashti Upakrama of Vrana, Shodhana has got its own importance. Procedures like Nasya karma, Vamana, are used in almost all Jatruardhva vikaras. Even though Graharogas are best treated by Daiva vyapashraya chikitsa still Shodhana is indicated as an adjuvant line of treatment.eg Vamana in Shitalika. Many clinical conditions in Agada tantra are the emergency conditions so Sadya shodhana in the form of Sadyo Vamana & Sadyo virechana is the ideal management.Pancha karma is strictly avoided in pediatric conditions still Mrudu shodhana in the form of Mrudu Vamana, Anulomana, Pratimarsha, & Matra basti are advised in various clinical conditions. Virechana & Basti karmas are the two procedures which is having best Rasayana & Vajeeekarana action. By the above mentioned examples it is very clear that Panchakarmas have a diversified action in Ashtanga Ayurveda.

Vagbhata in Ashtanga sangraha states that there are two types of Vrutti(Conducts) ie Swastha Vrutta & Atura Vrutta. Swastha Vrutta palana is done with Dinacharya & Rutucharya were Panchakarmas like Vamana Virechana, Basti & allied Panchakarmas like Kavala Gandusha Pratimarsha are the important aspects.Atura vrutta is carried out with Shodhana & Shamana. Pancha karmas have Shodhana as well as shamana action. Eg Classical Vamana has Shodhana action & Sadyovamana has Shamana action, Shodhana basti & Shamana basti, Marsha nasya has Shodhana action, Pratimarsha has shamana action.

By the above mentioned contextual references we may say that “Swasthasya Swasthya Rakshanam, Aturasya Vikara Prashamanam” can be best achieved by Panchakarma chikitsa.

## ABHYANGA



Abhyanga is defined as an ayurvedic procedure of application of snehadravayas over body with certain amount of (very mild) pressure in specific directions . It can be applied to the whole body or locally. Many of the prevalent modern massage techniques are the modified forms of abhyanga. These are developed from Keraleeya Kalari Chikitsa, Kathakali massage and martial arts. Hygienic massage is simply ‘oil bath’ that can be done generally all over the body daily. While sports massage mainly meant for the fitness of athletes, therapeutic massage is specially indicated for specific disease conditions.

### Materials required:

1. Oil/medicated oil:100-150 ml
2. Vessel :200 ml capacity
3. Tissue paper/soft towel: Q.S.
4. Green gram powder/medicated snana choorna/medicated soap: Q.S.
5. Massuers:(Whole body-2, Ekanga-1,For children below10-1)

### Pre operative procedure:

Oil in kharapaka or madhyamapaka should be selected according to climate, prakriti and disease condition of the patient. The oil is heated up to 38°C-44°C. For siroabhyanga, lukewarm oil is selected.

**Procedure:**

Patient should be seated on the droni/table, with leg extended. The oil with optimum temperature should be applied to head, first in the anterior fontanellae and then the whole scalp.

Then karnabhyanga should be done, Palm and pada abhyanga are also done prior to the main process. The oil heated should be applied uniformly by two therapists on both sides of the droni/ table. Start massaging scalp, head and move down to neck, upper back, shoulders, upper arms, forearms & hands; then chest, abdomen, low back, lower limbs.

Abhyanga should be done in sitting, supine, right lateral, left lateral positions. Prone position can also be adopted in the case of low back ache. Avoid prone position in patients with chronic diseases of lung, heart, GIT. Upper back should be massaged in upward down direction. Limb joints should be massaged in circular manner and muscles in linear manner. Umbilical region is massaged in circular manner.

Supine position:-Upper Limbs, Shoulder & neck, Umbilical region ,Lower limbs & region from sternum to flanks are more concentrated.

Left lateral:-Back, Lower Limb & Hip are more concentrated.

Right Lateral:-Back, Right Limb & Hip.

If prone:- Mild spinal massage is given.

At the end of the procedure the medicine on the body should be wiped off with tissue paper / towels.

**Duration:** Usually 45-60 minutes.

**Post operative procedure:**

Patient should take complete rest for 15 minutes in comfortable position. Patient can take bath in lukewarm water with suitable medicated soap or snana choorna. Rasnadi choorna should be applied on head after snana. When the patient feels appetite, take light food according to illness, digestive power & satmya. If the patient is indicated for swedana, proper swedana should be done immediately after abhyanga before bath.



## SODHANANGA ACCHASNEHAPANA



Acchapana is the oral intake of medicated or non medicated sneha in required quantities for a limited time period without mixing food articles other than prakshepadravyas. It can be samana or sodhana. In this, sneha alone should be given in the early morning; after the digestion of sneha, dravapradhana ahara should be given.

### Materials required:

1. Sneha- Q.S.
2. Measuring jar-1
3. Glass-1
4. Cloth-1
5. Lemon-1
6. Water boiled with Shunti-Q.S.
7. Cotton- Q.S.
8. Gauze-1
9. Metal tumbler-1

### Pre operative procedure

Athura pareeksha, Agni&Mathra pareeksha, Vyadhi-Bala pareeksha should be thoroughly done. Proper rookshana is to be done with thakrapana, udwarthana& deepana-pachana drugs.

Hraseeyasi mathra for agni& koshtapareeksha and for allergic test.(Usually 20-60 ml).

On the previous day, the patient should be given food (vilepi) which is not atisnighda or abhisyandi.).The patient should take good sleep at night. Next morning his/her digestion must be assessed based on laghutwa, udgarashuddhi, vegotsarga etc. After the daily routine, patient is prepared for snehapana. Patient's eyes must be closed with cotton and gauze piece.If proper counseling is given to the patient,there is no need of closing eyes.

Investigations required prior to acchasnehapana:-

Blood:-RE,LFT,Sugar levels ,RFT,Lipid profiles.

Urine:-RE.

Stool:- RE.

### **Procedure:**

Dosage of the sneha must be decided according to age, health, prakriti, vikriti, dosha and agnibala. It must be in between 50-75 ml for grita and 30-60 ml for taila on the first day. The dose for the next day should be fixed after assessing the time taken for digestion.For vasa & majja maximum 50 ml can be given.

Within half an hour of sunrise, patient should be seated in a comfortable position and sneha should be given in empty stomach. After giving the sneha, eye bandage should be removed and then warm water should be given as anupana.( Shunti jala is given as a practice here). Then the patient should wash the face and mouth with hot water to remove the taste of sneha. When thirst occurs, hot water can be given. Same procedure is followed in the following days.

### **Duration:**

Snehapana may be continued till samyak snigdha lakshanas like vatanulomana, agnideepti, unctuous and unformed stool, snehodvega, softness and snigdha of body parts are

seen, i.e. usually form 3 to 7 days. If they are not seen even after 7 days, snehapana should be stopped. After 1-3 days of rookshana, it can be started again.

For samana purpose it should be continued till symptoms subside.

### **Post operative procedure:**

Patient should take rest during the snehapana period but he/she should not sleep during the day time. Lemon can be given to smell to avoid nausea. Warm vilepi should be given when the sneha is completely digested and good appetite occurs.

### **Precautions:**

1. Before starting and during the process patient should be on strict regime. Hot and liquid diets free of fat content should be consumed and variety of recipes should be avoided.
2. Time and season of administration should neither be too hot nor cold and sky should not be cloudy.

### **Complications and management:**

Indigestion, vomiting, nausea, anorexia, agnimandya, headache, constipation, fever, diarrhea, bhrama etc. may be seen. In such conditions, stop snehapana immediately. Upavasa, vamana, arista's etc. pachana dravya can be given according to the condition.

## AVAPEEDAKA SNEHAPANA



**Meaning of the word avapeedaka is to press down.**

Avapeedaka sneha is the treatment procedure administered for '*mootra vegarodhajanya*' vikaras, adhonabhighata vatavikaras, in which sneha is consumed immediately before food and after digestion.

It can also be done in infertility, BPH, IBS, Spastic colon etc. Sneha is selected according to physician's yukthi.

### **Materials required:**

1. Sneha according to the patient's condition- Q.S.
2. Measuring jar (500 ml)-1
3. Glass-1
4. Cloth-1
5. Lemon-1
6. Water boiled with Sunthi-Q.S.
7. Cotton- Q.S.
8. Gauze-1

### Quantity and dimension:

1. The quantity of medicated ghee is *uttama matra*. The measurement of it is variable and subjective.
2. The *uttama matra sneha* is the amount of *sneha* that gets digested in 24 hours.  
To calculate this, initially *hrasiyasi matra* should be given noting the time taken for its digestion. Keeping this data, quantity of *sneha* that gets digested in 24 hours should be calculated.

### Procedure:

1. The procedure involves two steps of administration of *sneha*. One before food intake and second after the digestion of food.
2. On the day of *snehapana*, patient should be observed for the *lakshanas* of *vega pravritti*, *agnideepti* and initially half portion of *sneha* is given, followed by little quantity of hot water.(for *samana* purpose) The patient should be advised to take morning food soon after.
3. After the digestion of the food which is evidenced by clean belching, evacuation of bowels, lightness, thirst and hunger; the remaining portion of *sneha* should be given.
4. Patient should drink a little quantity of hot water as necessary. He should be made to stay in a place devoid of breeze and by covering himself, awaiting the digestion of *sneha*.
5. Feeling of lightness, relief from the symptoms like headache, giddiness, exhaustion etc. and escape of flatus, appearance of appetite, thirst and pure belching indicates the complete digestion of *sneha*.
6. For *sodhana* purpose  $\frac{3}{4}$ <sup>th</sup> of full dose initially given ,then food, after digestion  $\frac{1}{4}$ <sup>th</sup> of total dose is given.

## AVAGAHA SWEDA



The word '*avagaha*' means to immerse. Avagaha sweda is a type of sudation therapy which is included in Drava sweda, in which the patient is made to sit/lie in a tub containing medicated dravadravya to produce fomentation to the body.

### Materials required:

1. Bath tub (5.6ft X 2.6ft X 1.4ft) -1
2. Vessels-2
3. Suitable dravadravya- 40-60 litres (sarvanga)/10-15 litres (adhahkaya)
4. Oil for abhyanga- 100 ml
5. Oil for talam-10ml
6. Choorna for talam- 5g
7. Towel/tissue paper-1
8. Attendent-1

### Preparation of medicine:

According to the disease condition suitable dravadravya is selected. It should be poured into the tub with a temperature preferably 38°C-42°C.

### **Pre operative procedure:**

Talam should be kept over the head with suitable oil and choorna. Abhyanga should be performed with prescribed medicated oil around the umbilicus up to the thighs or all over the body according to the condition. It can be performed without abhyanga in certain conditions.

### **Procedure:**

The patient should be seated comfortably in the tub containing medicated dravadravya in such a way that his lower part of the body should be submerged above the level of umbilicus. Sarvanga avagaha sweda should be performed submerging the body up to neck.

When the temperature of the medicated dravadravya comes down, some amount should be replaced by warm dravadravya, thus keeping the temperature uniform.

### **Post operative procedure:**

After the prescribed time, patient must be told to come out and body should be wiped with tissue paper or towel. Talam should be wiped off using dry towel and apply prescribed choornas like Rasnadi choorna/ Kacchooradi choorna. He is advised to take rest for half to one hour, and then to bath with lukewarm water.

### **Precautions:**

1. Therapy should be stopped at any time if the patient gets good perspiration.
2. The temperature of the dravadravya should be maintained between 38°C-42°C.

### **Complications and management:**

1. *Fainting*- Due to increased body temperature or low heat threshold of patient or atiyoga of kriyakrama. Sprinkling cold water on face and body; providing sufficient water supplement or Drakshadikashaya are useful in this condition.
2. *Burns*- Due to heat intolerance of patient or excessive heat of drava. Apply madhu and ghrita preferably Shatadhouta Ghrita.

## CHOORNA PINDA SWEDA (Rooksha)



Choorna pinda sweda is one among ooshma sweda. It is done with the boluses of various choornas(usually medhika, sarshapa, sathapushpa, jatamansi, atasi etc ). It can be done as snigdha or rooksha according to the condition. In snigdha pinda sweda, oil is applied over the body as well as the pottalis are heated in oil. The pottalis can be heated by the steam of boiling drava dravyas like Dhanyamla in specific conditions.

### Materials required:

1. Suitable choorna(coarse/fine)- 1 kg
2. Cotton cloth (45 cm X 45 cm)- 4
3. Tags- 4
4. Vessels (iron)- 2
5. Rasnadi choorna- 5g
6. Towel-1
7. Medicated snana choorna- Q.S.
8. Masseurs -2
9. Attendant – 1

### Pre operative procedure:

The powder should be fried in the vessel till it attains a golden brown colour. It should be divided into 4 equal parts and tied into 4 pottalis. Patient should be seated on the table/droni and Rasnadi choorna should be applied on the head .Other thalams like navaneetha +bala ,amalaki+thakra etc should be considered according to condition.



## **Procedure:**

The hot pottali should be gently applied over the body, after confirming the temperature by applying potalies on dorsum of hand of therapist.(42°C-45°C). Just pressing the body with pottali should be done, no need of kneading and massaging with the potali.. Both pottalis are used alternately after reheating to maintain uniform temperature throughout the procedure(Reheating is done either by keeping potali in vessel or by steam of dhanyamla or water) .Same potali can be used for three days.For whole body, it should be done for about 30-45 minutes in the 7 positions as in kayaseka.It can be applied locally also. Samyak swinna lakshanas must be looked for.

## **Postoperative procedure:**

After the procedure, tala should be removed with cotton and Rasnadi choorna should be applied over moordha. Patient should take complete rest for at least half an hour and should take bath in hot water if indicated for roga.

## **Precautions:**

1. Care should be taken to prevent charring while frying choorna and also while reheating the pottalis.
2. If the patient feels any discomfort or attains good perspiration at any time during the treatment, the therapy should be stopped.
3. Ideal time to perform the procedure is between 7-11 am & 3-6 pm.

## **Complications and management:**

1. *Shivering*- Due to uneven distribution of temperature or if body is exposed to cold breeze immediately after the procedure. In such condition, cover the body with thick cloth, give warm liquid for drinking or give hot fomentation.
2. *Fainting*- Due to increased temperature. Treat appropriately.
3. *Rashes*- Apply madhu and ghrita.

## DHANYAMLA DHARA



It is a type of kayaseka, included under drava sweda. Dhanyamla is included under Sandhana kalpana. It is used in vatarogas, especially with kaphanubandha.

### Materials required:

1. Dhanyamla- 4 litres
2. Vessels- 4
3. Soft towels- 3
4. Oil for talam-10 ml
5. Oil for abhyanga- 100 ml
6. Rasnadi Choorna- 5g
7. Kernel/Plastic mug with pointed tip-2
8. Gauze-1
9. Cotton ear plugs-2
10. Masseurs- 2
11. Attendant- 1

### Pre operative procedure:

Patient should sit on the droni; talam should be kept on head and sarvanga abhyanga should be done. Sometimes abhyanga is not done according to the condition of the patient. Gauze should be tied around the head above the eyebrows. Ears should be plugged with gauze.

The patient should be covered with a thin cloth below the neck. This procedure may also be practiced without covering the body.

### **Procedure:**

Warm Dhanyamla is poured with kernels/mugs by two attendants standing on either sides of the droni. The temperature should be around 40°C. Dhara should be poured at a medium speed and from a height of 6-12 cm. This is to be done in the seven positions mentioned in Kayaseka. Can be done hot or cold according to condition. Take new dhanyamla each day.

### **Post operative procedure:**

After dhara clean the body & head using the soft towel. Ear plugs and gauze are removed & rasnadi choorna is applied to the head. Rest is advised for 1 hour and then asked to take bath. Abhyangam before bath is optional.

**Duration:** 45minutesX 7 days. Preferably done in morning hours in moderate climate.

### **Complications and management:**

*Chills & rigors*- it usually occurs due to uneven maintenance of the temperature of dhanyamla or prolonged time gap between the changing up of fresh warm dhanyamla or if body is exposed to cold breeze immediately after the procedure. In this condition, body is covered with thick cloth or warm liquid for drinking or hot fomentation should be given.

## JAMBEERA PINDA SWEDA



The Jambheera pinda sweda is performed with the bolus of Jambheera fruit pieces. This is mainly applied in vata-kapha predominant conditions. It is usually done in frozen shoulder, plantar fasciitis and traumatic conditions. It is sopahara, rooksha & Theekshna.

### Materials required:

Jambheera (chopped into pieces)	- 750 g
Saindhava powder	- 30 g
Turmeric powder	- 60 g
Cotton cloth (45cm X 45cm)	- 4
Threads	- Q.S.
Vessels for heating	- 2
Suitable oil for talam	- 10 ml
Rasnadi choorna	- 5 g
Suitable oil for abhyanga	- 100 ml.
Oil for reheating the pottali	- Q.S
Soft towels	- 2
Masseurs	- 2
Attendant	- 1

## **Preparation of pottali:**

Ingredients are fried in appropriate quantity of oil and are divided into four equal parts and pottalis are made accordingly.(coconut & egg yolk can be added according to condition)

## **Pre operative procedure:**

The patient should be seated with leg extended over the droni and tala is applied with suitable oil/choorna.

## **Procedure:**

Abhyanga should be performed with suitable medicated oil. Out of the four pottalis, the two pottalis should be heated up to 40°C-45°C by keeping on the hot pan containing suitable oil. This pottali should be applied to the patient as per the general procedure for about 30-45 minutes.

## **Post operative procedure:**

After the procedure body should be wiped with clean towel, talam should be removed and Rasnadi choorna should be applied. The patient should be advised to take complete rest for half to one hour.

## **Precautions:**

1. While preparing the medicine care should be taken to prevent charring
2. Tie the potalis firmly to avoid leaking of the contents during the procedure
3. The therapists on either side should apply the bolus simultaneously in a synchronized manner

## **Complication and management:**

*Fainting-* Sprinkle cold water on face, put talam with suitable oil and medicated choornas. Drakshadi kashaya can be given internally.

*Burns-* Apply madhu and ghrita, preferably Shatadhouta Ghrita.

## JANU VASTHI



This is a practical modification of snigdhasweda, where warmed sneha is allowed to stand over knee area for a prescribed period of time. It can be used in Janushoola caused by degenerative joint diseases, but contraindicated in inflammatory conditions.

### Materials required:

1. Prescribed taila-200 ml
2. Black gram flour-500 g
3. Cotton ribbon(3 inch x 1 meter)-1
4. Hot water-Q.S.
5. Vessels(plate, glass tumbler, spoon, pan)-4
6. Razer-1
7. Cotton - Q.S.
8. Towels -2
9. Attendent-1

### Pre operative procedure:

The black gram flour should be thoroughly mixed with hot water to make thick dough. 1-2 table spoons of flour should be mixed with water loosely to form a paste. The thick dough should be shaped as about of 3 inches height, 1 inch width and length sufficient to form a ring around the required area. Usually it should be 30 cm for a medium sized adult.

The knee joint should be completely exposed and if site of manipulation is hairy, it must be shaved clearly. The patient must then be allowed to lie comfortably over the cot, in supine position. Such position is prescribed for uras and it is named as urovasti. If the procedure is to be done on posterior part, the patient is made to lie on prone position.

### **Procedure:**

The area of application should be thoroughly cleaned and flour dough should be pasted over the line, marked around knee joint like a ring. It should be then reinforced by pressing and sealed properly by flour paste to avoid leakage of oil. In addition, the cotton ribbon should be pasted around the wall, completely closing the margin between skin and dough wall. It is then allowed to set properly.

The oil should be warmed over hot water bath, usually up to 38°C – 40°C. The warmed oil should be then poured uniformly into bund constructed up to an extent that oil level stands up to 2 inches above the skin level. It should be allowed to remain there for prescribed time. The temperature of oil must be maintained throughout the procedure by taking some oil out using a cotton and replaced by same amount of warmed oil.

### **Post operative procedure:**

After the prescribed time, complete oil should be removed and area should be cleaned by wiping with a clean dry cotton towel. The patient should be allowed to remain the same position for half hour.

### **Precautions:**

1. Avoid excess heating of the oil since it may cause burn.
2. Paste the bund well to avoid leakage.
3. Do not move the joint during procedure.

### **Complications:**

1. *Burns*- Apply cold water and Shatadhouta Ghrita
2. *Discomfort due to sitting for same posture for long time*- Make comfortable positions with correct sized cushions, and massage the areas.

## KATIVASTHI



It is a type of local snigdhasweda where warm oil is kept at the katipradesha for a prescribed time. The patient lies in prone position and the katipradesha is encircled with thick black gram paste for retention of the oil. . It acts effectively as it is applied at the site of lesion .This procedure can be performed in other areas like greeva, janu, uras etc. and named accordingly It is a samana procedure.

### Materials required:

1. Black gram flour- 250g
2. Suitable oil- 150-250ml
3. Vessel- 3
4. Spoon-1
5. Cotton- Q.S.
6. Hot waterbath-1
7. Attendent-1

### Pre operative procedure:

The black gram flour is well mixed with sufficient quantity of warm water into a thick paste. It is then made into flat slab-like structure having length about 45-60 cm, thickness of 3 cm and height of 5 cm. Steel or plastic rings can also be used.



Patient should lie in comfortable prone position exposing the kati. The prepared dough is fixed to the area in circular shape, taking care not to cause any leakage of oil.

### **Procedure:**

The oil should be warmed over the hot water bath and poured slowly inside the ring. Its temperature must be maintained at 40°C-45°C, by replacing a small quantity after reheating. After the prescribed time, oil should be removed with the help of cotton.

### **Post operative procedure:**

After removing the dough, the body part is cleaned with lukewarm water and the patient is allowed to take rest.

**Duration:** 30 minutes- 1 hour. Usually it is done for 7 days.

### **Precautions:**

1. Leakage is to be prevented by pasting the dough firmly over the area
2. Uniform temperature must be maintained throughout the procedure
3. Be cautious about the temperature of the oil while reheating to avoid burns

### **Complications and management:**

Burns- Stop the procedure and do agnidagdha chikitsa.

## KAYASEKA WITH KWATHA



Kayaseka with kashaya is a variety of drava sweda in which the warm kwatha is poured all over the body. Mainly it is indicated in Vatavyadhis with kapha or pitta anubandha. Drugs can be selected as per Dosha condition. It can be done locally or generally.

### Materials required:

1. Suitable kwatha - 4 liters
2. Kernel/mugs with pointed tip- 4
3. Vessels(5 liters)- 4
4. Soft towels-2
5. Oil for talam- 10ml
6. Rasnadi choorna- 5 g
7. Suitable oil for abhyanga-100 ml
8. Gauze (60cm) –1
9. Earplugs-2
10. Gandharvahastadi Kashaya- 90 ml
11. Medicated water- Q.S.
12. Masseurs -2
13. Attendant - 1

### Preparation of medicine:

800 gram of drug is boiled in 16 litres of water & reduced to half quantity.

### **Pre operative procedure:**

Patient should sit on the droni with minimum cloths. Talam is applied with suitable oil. Gauze is tied around the head above the eyebrows. Ears are plugged with cotton and abhyanga is done. In some specific conditions, this procedure may be done without abhyanga.

### **Procedure:**

The kwatha for seka should be heated on the stove. The temperature of the kwatha must be around 40°C. Two masseurs standing on either sides of the patient should pour kwatha in a uniform stream through the kernels/mugs from a height of 6 -9 inches. The process should be carried out in seven positions as mentioned in kayaseka with oil. Kwatha flowing out should be collected and used after reheating. Fresh kwatha is used every day. If no massage is to be done, cover body with thin cotton cloth.

### **Post operative procedure:**

Body should be cleaned with soft towel. Talam should be removed and appropriate/ Rasnadi choorna should be applied on the head. Gandharvahastadi Kashaya should be given for drinking. Bathing can be done after a rest of 1 hour.

### **Duration:**

45minutes-1 hour for 7, 14 or 21 days.

### **Time of procedure:**

7-11 am or 4-6 pm

### **Precautions:**

1. Temperature should be maintained at the same level through out the procedure.
2. Stream should be uniform and continuous.

### **Complications:**

1. *Hypotension, Giddiness, Fatigue*- cold water is sprinkled over the face.
2. *Fainting*- stop the procedure and treat accordingly.
3. *Burns*- Shatadhouta Ghrita application.

## KAYASEKA WITH OIL



Kayaseka is a snigdasweda in which the warmed oil is poured all over the body/specific part for a stipulated period, in a specific manner. It has the advantage of producing snehana & swedana simultaneously. Pizhichil is a modified form of kayaseka developed by Keraleeya vaidyas & extensively practiced. This process is described here.

### Materials required:

1. Suitable oil-3 litres
2. Cotton cloth (40 cm x40 cm )- 4
3. Vessels(5 liters) -3
4. Soft towels- 2
5. Oil for talam- 10 ml
6. Rasnadi choorna-5 g
7. Gauze (60 cm) –1
8. Earplugs-2
9. Hot waterbath-1
10. Coconut leaves/tongue cleaners-2
11. Gandharvahastadi kashaya- 90 ml
12. Medicated water- Q.S.
13. Masseurs -2
14. Attendant - 1

## **Pre operative procedure:**

Patient should sit on the droni with legs extended, with minimum cloths. Talam is applied with suitable oil/choorna, along with karnapoorana. Gauze should be tied around the head above the eyebrows. Ears should be plugged with cotton and oil smeared all over the body (mild abhyanga).

## **Procedure:**

The oil for seka should be heated in a vessel kept in a hot water bath. The temperature of the oil must be 42°C-45°C. The cotton pieces dip in the warm oil and should be poured by squeezing cloth pieces held in one hand of masseurs. The oil should flow, in a uniform stream from the thumb facing downwards, from a height of 6-9 inches as per the condition. The process should be carried out in seven positions as follows.

1. Sitting
2. Supine
3. Right lateral
4. Supine
5. Left lateral
6. Supine
7. Sitting

Prone position can be adopted if necessary. Oil flowing out should be collected and used after reheating. A gentle massage should be given along the stream. It is desirable to use fresh oil daily. As the medicated oil is very costly the same oil may be used for 3 days after removing sediments. This should be preserved after removing moisture. Small quantity of fresh oil should be added to this to maintain the quantity. On the fourth day fresh oil should be taken & used for next 2 days. On the seventh day both these batches of oil can be used.

Kayaseka can be done using kernel also. In this, oil should be filled in the kernel & poured on the body after checking the temperature by pouring on the dorsum of therapist's own hand. Modern equipment with auto temperature regulation is presently developing.

**Post operative procedure:**

The oil is wiped off with the help of coconut leaves/tongue cleaners. Body should be cleaned with soft towel. Talam should be removed and appropriate choorna like Rasnadi is applied on the head. Gandharvahastadi Kashaya should be given for drinking. Take rest for ½ an hour and take bath. Head bath can be done with amalaki kwatha and body with erandakwatha.

**Duration:**

45 minutes-1 hour for 7, 14 or 21 days.

**Time of procedure:**

7-11 am or 4-6 pm

**Precautions:**

1. Temperature should be maintained at the same level through out the procedure.
2. Stream should be uniform and continuous.

**Complications:**

1. *Fainting*- stop the procedure and treat accordingly.
2. *Fever*-stop the procedure and treat accordingly.
3. *Hypotension, Giddiness, Fatigue*- treat accordingly.
4. *Burns*- Shatadhouta Ghrita application

## KSHEERADHOOMA



Ksheeradhooma is a Nadi sveda which is a type of Ooshmasweda . The therapeutic efficacy of Nadisweda varies according to the drava used. Ksheeradhooma is a snigdhasweda. In Nadisweda, a tube of appropriate length attached to an apparatus containing drava is used to direct the steam appropriately to the area which is to be sudated. In Ksheeradhooma, steam is generated by boiling milk and Balamoola/ Dashamoola/ Vacha kwatha. It is mainly practised in the management of Ardita, Jihvastambha, Hanustambha, Swarabhanga.

### Materials required:

1. Chair-1
2. Milk-500 ml
3. Bala kwatha-500 ml
4. Oil for abhyanga- 50 ml
5. Oil for talam- 10 ml(Navaneetham+Balachoornam)is optional
6. Rasnadi choorna- 5 g
7. Nadisweda apparatus-1-pot covered with leaf, pressure cooker 2-3 litre  
Rubber tube-2 metre.  
Gauze piece at end of mouth of tube to avoid spilling.
8. Lotus petals-Q.S.
9. Blanket-1
10. Cotton towel-1
11. Cloth for wrapping eyes-1
12. Attendent-2

### **Preparation of medicine:**

Bala kwatha: 500g of crushed Balamoola is boiled with 2 litres of water & 500ml of milk and reduced to 500ml. This is used to generate steam for the therapy.

### **Pre operative procedure:**

Patient should be seated in a chair and talam should be applied with suitable oil. Abhyanga should be done over face, forehead, neck, shoulder & chest. The eyes should be covered with cotton cloth after placing lotus petals over both lids. The head and neck portion is covered from the back with a blanket.

### **Procedure:**

The patient should sit comfortably for the procedure. Then steam from the apparatus is directed over face, neck, chest & shoulder. Special care should be taken to avoid burns and to get uniform steam. The procedure should be continued up to the appearance of sweat. It is done for about 5-15 minutes. Intermittent opening of the mouth is to be done.

### **Post operative procedure:**

Lotus petals are removed from the eyes and sweat is wiped off with a soft towel. Talam is to be removed and rasnadi choorna should be applied. Kabalam or gandoosha should be done with proper medicines. The patient should take complete rest.

### **Precautions:**

1. Eyes should be tied to protect them from heat.
2. Move the pipe of swedana apparatus frequently to avoid burns.
3. Ideal time to perform the procedure is between 7-10 am and 4-6 pm.

### **Complications and management:**

*Fainting*- Take appropriate measures.

*Burns*- Apply ghrita, preferably Shatadhouta Ghrita.



## PATRA POTTALI SWEDA



The word “patra pottali” is derived from two words, patra means leaves and pottali means bundle. Patra pottali sweda refers to the sudation performed by specially prepared bundle of medicinal leaves (generally vatakaphahara). It is a form of ooshma sweda.

### Materials required:

1. Leaves(chopped into pieces) – 1 kg
  2. Grated coconut- 100g
  3. Sliced lemon- 2
  4. Cotton cloth (45 cm X 45cm): 4 pieces
  5. Tags- 4
  6. Vessels (for frying leaves and for heating pottalis)- 2
  7. Oil-
    - For frying leaves -100ml
    - For heating pottalis-250ml
    - For abhyanga- 100 ml
    - For talam- 10 ml
  8. Rasnadi choorna- 5g
  9. Towels- 2
  10. Masseurs -2
  11. Attendant – 1
  12. Saindhava-5-10 gms
- Different medicinal powders can be added, if necessary.

### **Preparation of pottali:**

The fresh leaves should be washed in water and chopped into small pieces. The leaves, grated coconut & sliced lemon should be mixed thoroughly and fried together in 100 ml of appropriate oil till coconut scrapings attain a brown tinge. It should be divided in to four equal parts and made into pottalis.(Average weight of a standard potali is 300-350 gm)

### **Pre operative measures:**

The patient should be seated with leg extended over the droni facing to the East. Abhyanga should be performed with prescribed medicated oil all over the body for about 10 minutes. Talam with suitable oil/choorna should be applied.

### **Procedure:**

The prepared pottali should be heated with suitable oil in a hot iron pan up to 42-46<sup>0</sup> C. It should be applied after checking the temperature throughout the body with mild pressure in seven prescribed positions by two attendants standing on both sides of the droni. Care should be taken to maintain the temperature throughout the procedure by reheating the pottalis.

### **Post operative procedure:**

Give Gandharvahasthadi kashayam after procedure. Wipe off the oil from the body using clean dry towel. Body is covered with thin blanket for 10-15 minutes. Remove talam & apply Rasnadi choorna. Patient should be advised to take hot water bath after half an hour depending on disease.

**Duration:** 45 minutes to 1 hour

### **Precautions:**

1. Care should be taken to prevent charring while frying leaves and also while reheating the potalis.
2. Every time the therapist should ensure the temperature of the potali by placing it over their own dorsum of hand. Also enquire the patient whether the temperature is bearable.

3. If the patient feels any discomfort or attains good perspiration at any time during the treatment the therapy should be stopped.
4. Ideal time to perform the procedure is between 7-11 am & 3-6 pm.

**Complications:**

1. Burns
2. Fainting

Suitable measures should be taken.

## SADHYA SNEHA



Procedure of administering sneha in short duration or single day and getting the desired effect of snehana instantaneously is known as sadya sneha. It is a type of abhyantara sneha where in sneha dravya is used in combination with dietary preparations. Medicated and non-medicated snehadravys can be used. It is indicated in-

1. Bala, Vriddha and those who cannot perform pariharakramas of Acchapana, but require shodhana therapies.
2. When ever immediate shodhana is intended.
3. It is poshana ,brimhana as well as sodhana poorvakarma.
4. Especially useful below 10yrs & 70 onwards.
5. Usually done as sodhanapoorvaka in tamaka swasa, amlapitha, rooksha & rikthakoshtas.

### **Materials required:**

1. Rice- 100g
2. Water- 1.5 litres
3. Ghrita - 30-50 ml
4. Vessels-2
5. Spoon-1
6. Saindhava- Q.S.

### **Preparation of peya:**

Rice is cooked in the water and added with ghrita and Saindhava.

**Pre operative procedure:**

Patient should undergo rookshana for 3-4 days.

**Procedure:**

Patient should be given hot peya and advised to take before it cools down.

**Post operative procedure:**

Nothing specific.

## SHASHTIKA PINDA SWEDA



The word 'PINDA' means bolus. Pinda sweda refers to the sudation performed by bolus of drugs. Shashtika pinda sweda is performed in ekanga or sarvanga with the bolus of boiled Shashtika shali with Balamoola kwatha and ksheera. The main properties of Shashtika are snigdha, guru, sthira, sheeta and tridoshaghna. Though a sweda karma, it has brimhana guna.

### Materials required:

1. Shashtika shali-500g
2. Balamoola-750g
3. Water- Q. S.
4. Cow's milk-3litres
5. Cotton cloth(45cm X 45cm)- 4 pieces
6. Threads(75cm)- 8
7. Vessels-
  - a. For preparing kwatha
  - b. For cooking rice
  - c. To heat the boluses in mixture of kwatha and milk during the procedure (5 litres capacity with wide mouth made of bronze)
  - d. A plate for carrying heated pottali
8. Stove-1
9. Oil for talam- 10ml
10. Rasnadi choorna- 5g
11. Suitable oil for abhyanga-100ml
12. Coconut leaves/tongue cleaner-2
13. Tissue paper/towel- 2
14. Masseurs -2
15. Attendant - 1

### **Preparation of the medicine:**

*Balamoola kwatha*- 750g of Balamoola is cleaned, crushed and boiled in 12 litres of water and reduced to 3 litres.

*Shashtika rice cooking*-In 1.5 litres of Balamoola kashaya and 1.5 litres of milk, 500 g of Shashtika rice should be added and boiled till it becomes thick and semisolid. Sufficient quantity of hot water can be used for proper cooking of the rice. Another method is that the Shashtika rice can be semi cooked in pure water; gradually added milk and kwatha; cooked again.

### **Preparation of the boluses:**

The cooked rice should be divided into 4 equal parts and put into 4 pieces of cotton cloths. The three corners should be folded neatly together so as to come under the fourth corner and the fourth fold is used to cover the other three corner folds underneath. One end of the thread is held tight with left hand and the other end is wound around the folds. In short, the boluses should be tied in such a way that the mouth of the sac leaves a tuft at the top of the bundle, for holding it with ease. Conventionally, the size of a bundle is half kernel of a moderate coconut.

### **Pre operative procedure:**

The patient should be seated with leg extended over the droni and talam should be applied with suitable oil. Abhyanga should be then performed with prescribed oil for about 10 minutes. Out of 4 pottalis, 2 are kept in the mixture of Balamoola kwatha and milk (1.5 litres of each was already kept for this purpose), which should be put on a stove with moderate heat.

### **Procedure:**

2 warm potalis should be gently applied in a synchronised manner by the two therapists on two sides of droni. It is followed by a gentle massage with other hand. They should ensure that the heat of the boluses is bearable to the patient by touching them over the dorsum of their hand. The temperature of the boluses should be maintained throughout the procedure by continuous relay of the four boluses after reheating by dipping in milk kwatha mixture. The process should be continued till the patient gets samyak swinna lakshana or until the contents of the boluses

exhausted. This procedure is done in the seven positions as in kayaseka or as advised by the physician.

### **Duration:**

45 minutes -1 hour, preferable time is in between 7-11 am and 4-6 pm. The procedure can be stopped if the medicine in the boluses or the milk mixture is exhausted.

### **Post operative procedure:**

At the end of the procedure, the medicine remained over the body should be scrapped of with the coconut leaves or with any similar device and the body is wiped dry with tissue paper or soft towels. After that medicated oil should be applied. Talam should be removed and Rasnadi choorna applied over the head. Gandharvahastadi kashaya can be given for drinking. The patient should take complete rest for at least half an hour, and then the patient is allowed to take warm water bath.

### **Precautions:**

1. During the preparation of the rice, care should be taken to avoid over/under cooking and should be stirred frequently for the better extraction and cooking.
2. Tie bolus firmly to avoid leaking of contents during rubbing.
3. The therapists in both the sides of the patient should massage with the bolus in a synchronised manner.
4. Ensure uniformity of pressure and temperature on all the body parts.
5. Boluses should be applied with sufficient warmth (45<sup>0</sup>C-50<sup>0</sup>C).
6. The therapy should be stopped at any time if the patient gets good perspiration or shivering.

### **Complications and management:**

1. *Shivering*: It usually occurs due to the uneven distribution of temperature or prolonged time gap in between the taking up of new boluses; or if body is exposed to cold breeze



immediately after the procedure. Allow the patient to take rest cover with a blanket and give warm liquid diet.

2. *Fainting*: Due to increased body temperature or low heat threshold of the patient or atiyoga of kriyakrama. Sprinkle cold water over the face and body, and put talam with appropriate medicated oil and choorna. Drakshadi kashaya can be given internally.
3. *Rashes*: Due to heat intolerance of the patient of pitta prakriti. Apply madhu & ghrita, preferably Shatadhouta Ghrita or Murivenna.

## SHIRODHARA WITH OIL



It is a type of bahya sneha, in which suitable taila is continuously poured on the forehead and then allowing to flow over the scalp from a specific height. It is usually done in Anxiety, Insomnia, Neurological, Psychological, and Psychosomatic disorders.

### Materials required:

1. Shirodhara device-1
2. Varti- 1
3. Suitable oil-1.5litres
4. Gauze- 1
5. Cotton earplugs-2
6. Soft pillow covered with rexin-1
7. Hotwaterbath-1
8. Vessels -3
9. Nadisweda device-1
10. Oil for Talam-10ml
11. Rasnadi choorna- 5g
12. Soft towels-2
13. Dhara patra-1
14. Attendants-2

### **Specification of Dhara patra and varti:**

Dhara patra should be 5-6 inches depth with wide open mouth, round at the bottom with a capacity of approximately 2 litres. There should be a hole to the size of little finger at its centre of the bottom. There should be three holes with equal distance to the ridges of the patra, to tie up three strings for the purpose of hanging over the stand.

Dhara varthi is a wick or a string of loose cotton threads with a free end of about 4 inches coming out through the hole of dhara vessel. The threads of the wick should be packed only just firmly as not to slip of the hole, but loose enough to permit a continuous and uniform flow of the liquid that is poured in to the dhara vessel.

### **Pre operative procedure:**

Abhyanga should be done over the face, neck, shoulder and chest.(Whole body abhyanga can also be done) Gauze is tied around the head above the eyebrows of the patient. After closing the eyes cotton is kept over the eye lids and it should be tied with proper bandage. Ear plug should be applied.

### **Procedure:**

Patient should lie in supine position on the droni with a pillow under the neck and the shirodhara device should be placed near his head .Eyes should be covered to protect from oil with cotton and gauze. Its height should be fixed such that oil should fall from a height of 4-5 inches in a continuous stream of little finger thickness. Serrated coconut shell should be placed inside the apparatus to maintain uniform dhara. Oil should be heated just above body temperature(38-40°C) and poured into the dharapatra . A continuous stream of oil should be allowed to fall on the entire forehead, while oscillating the dharapatra to coverb the entire head...Uniform oscillation is required for uniform dhara .Simultaneous massage with other hand should also be done.

The oil should be recollected from the droni, reheated and poured back into the dharapatra.

**Post operative procedure:**

Gauze and earplugs should be removed and head must be wiped off with the towel. Rasnadi choorna should be applied over the head. Hot water bath can be done if prescribed, after 1 hour. Head bath should be done with lukewarm water.

**Duration:** 45 - 60 minutes for the required number of days. It may be done at 4 - 6 pm or 7-11am.

**Precautions:**

1. Special care should be taken to prevent falling of the oil into the eyes.
2. Patient should not sleep during the procedure.
3. Moderate height, thickness and speed of the fluid flow should be maintained.
4. Hair of the patient should be shaved as much as possible.

**Complications:-**

- 1.Fainting.
- 2.Headache.
- 3.Rhinitis.
- 4.Coldness of foot.

## SHIROPICHU



This is a variety of Moordhnitaila, where cotton/gauze soaked with oil is kept on the head by tying for a prescribed time. It is indicated in most of the shirorogas, especially of vataja type, hair loss, graying of hair and psychological diseases.

### Materials required:

1. Suitable sneha-50-100 ml.(just above body temperature.)
2. Cotton- Q.S.
3. Hot waterbath- Q.S.
4. Gauze (60cm)- 1
5. Vessel (200ml)- 1
6. Rasnadi choorna- 5g
7. Soft towel- 1
8. Attendant-1
9. Armed chair-1

### Pre operative procedure:

Remove hair completely from the head for better therapeutic efficacy. It may also be done without removing the hair.

**Procedure:**

Patient should sit comfortably. Massage the head with lukewarm oil (around 40°C). Place the cotton over the scalp uniformly with a thickness of 2 cm. Gauze piece is tied around the head above the eyebrows, to hold the cotton in place and to prevent oozing of oil into the face. Pour the lukewarm oil (around 40°C) over the Bregma region so that sufficient quantity reaches the scalp.

**Post operative procedure:**

After the prescribed time, gauze and cotton should be removed. Wipe the head and Rasnadi choorna should be applied. Bathing can be done after 1 hour.

**Duration:** 30minutes -1hour, for required number of days.

**Complication and management:**

*Peenasa*- Stop the procedure and treat accordingly.

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## SHIROVASTI



Shirovasti is a procedure in which the medicated oil is allowed to stay over the head for the prescribed time. It is one among the moordhataila. It is beneficial to do Shirovasti after proper purificatory procedures. But in cases where shodana is not necessary it can be done directly.

### Materials required:

1. Rexin/leather (75 cm X 20 cm)- 1
2. Black gram flour - 200 g
3. Taila – 1.5 litres
4. Cotton ribbon (120 cm X 10 cm)- 2 strips, moderately tough, clean and dry
5. Spoon -1
6. Vessel (2 litre) -1
7. Large vessel- 1
8. Rasnadi choorna- 5 g
9. Oil for abhyanga- 100 ml
10. Soft towel- 2
11. Hot waterbath-1
12. Armed chair of knee-height- 1
13. Attendent-2

### Pre operative procedure:

Shave the head completely. Do generalised abhyanga. Keep cotton cloth in both ears to prevent the entry of oil in to the ear. Bowel and bladder should be emptied .

## **Procedure:**

The patient should be properly seated in an armed chair. The strip of cloth smeared with the paste of black gram flour is to be wound round the head 2 cm above the eye brows. It should be tight enough to prevent leaking of the oil, but not causing any discomfort. The rexin or leather should be fixed over the strap and the junctions are sealed with black gram paste. Another layer of cloth strap smeared with the black gram paste is wrapped over this, sealing the junction of rexin and skin layer. The medicated oil is warmed to just above body temperature and poured into the vastiputaka with a strip of cloth touching the scalp and oil being poured from the other end or a long piece of coconut leaflet held obliquely inside the vastiputaka 2 –3cm above the scalp. . The oil is filled up to a height of 2-3cm above the hair root. To maintain the temperature, some amount of oil should be replaced with warm oil at regular intervals. The procedure should continue till secretions through nose, throat and eyes are observed. In case of non attainment of these lakshanas the time should be fixed as 30 minutes for Kapha, 40 minutes for Pitta and 50 minutes for Vata. The patient should sit comfortably with eyes closed. Oil in kharapaka is preferred. Temperature of the oil should be just above body temperature. During procedure gentle massage to neck and shoulders should be done frequently. Movements of neck should be prevented.

## **Postoperative procedure:**

At the end of the procedure, a passage is made above the ear, to remove the oil. Oil over the head must be wiped out with a dry cloth, and abhyanga is done over head, shoulder, palms and soles. Rasnadi choorna is rubbed over the head. Take rest for one hour and then, patient should take bath with lukewarm water..

**Time:** 3-6 pm, for 7 days

## **Precautions:**

1. Ensure that there is no hole in the junction of the cap before pouring to check leakage of oil.
2. Ensure the uniformity of the taila temperature.
3. Should not heat oil over direct fire, heat through boiling water.



4. Patient should not sleep, sneeze, and laugh during the treatment.
5. Avoid cold food items, cold breeze exposure.
6. Avoid very hot and cold conditions.
7. Avoid head bath if the disease is contra indicated for the same such as Ardita.

### **Complications and management:**

1. *Sneezing and rhinitis*- Talam with Rasnadi choorna and Jambheera swarasa, dhoomapana with Haridra dhooma varti
2. *Neck pain*- Local massage
3. *Heaviness of head*- Stop the procedure and treat accordingly
4. *Fainting, Headache & Shivering*. Treat accordingly.

## TAKRA DHARA



Takra dhara is a variety of shirodhara, in which medicated buttermilk is poured in a continuous stream over the forehead, in a specified manner.

### **Materials required:**

1. Shirodhara device -1
2. Vessels-3 (To prepare takra; to prepare amalaki kwatha; to take out takra from droni)
3. Towels: 3
4. Cotton plugs: 2
5. Gauze piece(60 cm): 2
6. Amalaki Choorna: 200g
7. Milk: 1.5 litres
8. Musta: 100g
9. Oil for talam: 10 ml
10. Rasnadi Choorna: 5 g
11. Attendants-2

### **Preparation of the medicine:**

a) Takra: 1.5 litres of milk diluted with 4 times water is boiled with 100g of skinned and crushed Musta tied in a muslin bag, and is reduced to the original quantity of milk. The bag of medicament is taken out and squeezed well. When cooled, this prepared milk is fermented by the addition of a little sour buttermilk over night. Next morning the fermented medicated curd is

churned by adding 500ml of Amalaki kwatha. The butter is removed completely and this mixture is used for dhara after filtering.

b) Amalaki kwatha: 200g of dried Amalaki fruit boiled with 8 litres of water and reduced to 2 litres. 1.5 litres of Amalaki kwatha is used to mix with buttermilk & 500ml of that is used to wash the head after the procedure.

### **Pre-operative measures:**

Since it is done as a shamana therapy no poorvakarma is needed. The application of oil on head and body is usually done as a practise. Suitable oils according to roga are selected by the physician for this purpose. The eyes should be covered with eye pads and gauze should be tied around the head above the eyebrows. The ear should be plugged with two cotton pieces.

### **Procedure:**

The patient should lie in supine position on the droni. A small pillow should be placed under the neck. The dhara pot should be kept in such a way as to allow steady flowing of the liquid, poured into it, over the forehead of the patient. The tip of dharavarti should be 4-5 cm above the forehead of the patient and total wick length should be 8-10cm. The takra falling should be poured again into the vessel after collecting it from the droni. The vessel should always be kept oscillating so that the takra will fall into the patient's entire forehead without interruption.

In short all the procedures are same as shirodhara, but takra should not be heated or reused.

### **Time to perform the procedure:**

Generally the treatment is done in the morning hours, between 7-10 am. If necessary, it can be done between 4-6 pm.

### **Duration:**

The process should be done daily for a period of 7 to 14 days. The duration of treatment as well as the time period is according to the nature of the disease and the physical condition of the patient. It is done usually for a fixed time (45 minutes to 1 hour).

**Post-operative procedure:**

After the dhara, the head is washed with Amalaki kwatha. Then head should be wiped with towel and rasnadi choorna is applied . Patient is advised to take rest for a period same as the period of the procedure, then to take bath.

**Complications and management:**

Shivering is observed in some patients due to excess sheeta. In such case the procedure is stopped immediately and the patient is managed with ushnopachara.

## UPANAHA



Upanaha is a type of ekanga sweda. The word upanaha means to tie. It can be done with or without heating the medicine. If upanaha is done during day, it is removed at night and if done during night, it is removed in the morning. It is usually done in osteoarthritis, Tennis elbow & vathakantakam.

### Materials required:

1. Medicinal powders (Nagaradi choorna/Jatamayadi choorna/Kottamchukadi choorna etc. according to the doshapradhanya) - 50-100g
2. Bandage cloth (15 cm X 2 m)- 1
3. Leaves of Eranda, Arka etc. (to cover the area) - Q.S.
4. Amla dravya (Dhanyamla/ Takra/ Vinegar) - 50-100 ml
5. Oil for upanaha- 50 ml
6. Oil for abhyanga- 30 ml
7. Saindhava-20-30 g
8. Attendent-1

### Pre operative procedure:

Medicine for upanaha can be made with or without heating according to disease. Choorna, Saindhava, taila, amla dravya are added in order to make a paste. Then it must be heated in case of sagni upanaha up to 39°C-41°C or applied as such in case of niragni upanaha. Skin sensitivity should be tested before tying.

**Procedure:**

The patient should be allowed to be in a comfortable position, exposing the joint or body part to be tied with upanaha dravya. The part is cleaned and abhyanga should be done locally with lukewarm oil, if indicated.. The prepared upanaha dravyas should be pasted on the affected part thickly and uniformly about 1-2 cm thickness and is covered with available Vatahara patras (after slight warming). Then it should be tied with a bandage cloth. According to region, suitable bandaging techniques should be adopted. It is usually done in the night so that it can be there for about 12 hours. Bandhana is not mandatory. .Bandhana is usually done in ekanga upanaha. In sarvanga upanaha it is done as sankarasweda. Apply suitable bandage in a position comfortable for the patient.

**Post operative procedure:**

After removing upanaha dravya from the body, the part should be washed well with lukewarm water. The process should be done on consecutive days for prescribed period.

**Precautions:**

1. The bandage should not be too tight or too loose.
2. The upanaha dravya must be of suitable consistency, so that it should not fall off from its position.
3. It should not be applied to wounds.
4. Check the sensitivity of the skin before the procedure.
5. It is better to avoid oil for the first 2-3 days.

**Complications and management:**

Sometimes some drugs may produce itching and reddish discolorations and burning sensation. Stop the procedure temporarily and manage the condition accordingly. Local application with drugs like Nalpamaradi kera /Eladi kera is advised. The treatment can be restarted within few days.

## VALUKA SWEDA



Valuka sweda is done as a rookshakriya. It can be done in whole body or locally on a specific part. It relieves pain and inflammation. Commonly done as ekangasweda in Sandhigathavatham, Amavatham etc.

### **Materials and methods:**

1. Sand - 1kg(River sand is preferred.)
2. Cotton cloth (45 cm X 45 cm) - 4
3. Tag- 4
4. Vessel (iron) - 1
5. Rasnadi choorna- 5 g
6. Towel- 1
7. Attendants-2

### **Preparation of potali:**

Clean sand, which is devoid of gravel and other waste materials, collected from a neat place is used for this purpose. It should be washed and dried. A vessel preferably of iron is placed on a stove and sand is heated. Pottalis are made using this sand. If required crystalline salt can be added..Potalies are reheated using sand bath.

**Pre operative procedure:**

The patient should be seated on the droni with leg extended.

**Procedure:**

The patient should sit comfortably exposing the part to be sudated. The hot pottali should be gently applied over the body, after confirming the temperature. Just pressing the body with pottali is advised; no need of kneading. The pottalis should be used alternately after reheating to maintain uniform temperature throughout the procedure. For whole body, it should be done for about 15-20 minutes in the 7 positions as mentioned in Kayaseka. Same potalis can be used for three days.

**Post operative procedure:**

After procedure Rasnadi choorna should be applied over moordha. Patient should take complete rest for at least half an hour and should take bath in hot water if indicated.

**Precautions:**

1. The sand used should be neat and clean devoid of gravel.
2. Temperature must be kept optimal to prevent burns.
3. Ensure there is no hole in the pottali through which sand may leak.

**Complications and management:**

Common complication is burns for which application of Murivenna and Shatadhouta Ghrita can be advised.



## VAMANA



Vamana is the therapeutic procedure where forceful expulsion of vitiated doshas occurs through mouth following administration of Vamanoushadhi.

### Materials required:-

- |                                 |     |
|---------------------------------|-----|
| 1. Large Basin                  | -1  |
| 2. Medium sized vessel          | - 2 |
| 3. Steel glass (capacity-250ml) | - 2 |
| 4. Table spoon                  | - 2 |
| 5. Khalwa yanthra               | - 1 |
| 6. Stool                        | -1  |
| 7. Chair with arm rest          | -1  |
| 8. Cotton cloth-                | -2  |
| 9. Hot water bath vessel        | -1  |
| 10. Stove                       | -1  |

### Pre-operative procedure:-

#### 1. Preparation of the patient:-

- The patient should be made samyaksnigdha by proper snehapana.
- On attaining samyaksnigdhakshanas, Abhyanga and Ooshmasweda are done on next day.
- On the second day Abhyanga and ushmasweda
- Kaphothkleshakara aharas are given in the afternoon.

## 2. Preparation of medicine:-

- Vamanadravya
  1. Madanaphalachoorna- 3 to 5 gms
  2. Vachachoorna- 5 gm
  3. Yashtimadhuchoornam- 7.5 gm
  4. Honey - QS
  5. Saindhava- 15 gm
- Milk- 4 to 6 litres
- Hot water – QS
- Karpooradi or Haridradi varthi- 1
- Oil- QS

## Procedure

- The patient should be anointed with proper oil followed by proper svedana.
- All these process should be completed around 7am.
- He should then be seated on a chair facing a basin kept on a stool.
- At first the patient should be given around 6 glasses of milk to facilitate easy bouts of vomiting as well as to prevent the complication of forceful vomiting.
- After that the medicine for vamana should be administered.
- Advice the patient to sit comfortably and concentrate on the forth coming signs of vomiting.
- The maximum time interval for the first bout to occur should not exceed more than 48minutes after the medicine is given.
- The physician should observe for the following signs
  1. Sweating
  2. Horripulation
  3. Distention
  4. Salivation
  5. Oppression in chest etc

- Vomiting usually occurs following the appearance of this/these sign/s.
- The patient is asked to bend forward and vomit into the basin kept in front.
- Simultaneously the two flanks and fore head of the patient should be held by another person
- His umbilical region and back should be massaged in upward direction.
- The appropriate dravadravyas are administered in between if necessary.
- If the bouts are not coming up easily, then the patient is asked to bring the bouts manually by tickling his throat either with his fingers or a soft tube without injuring the throat.
- Vamana is continued till the samyak lakshanas are seen viz. pittanta (most preferable)/ sufficient kapha chardhana/shareera laghutha-kosta laghavata/dourbalya.

### **Post operative procedure**

- The patient should be asked to wash his face with luke warm water followed by Dhoomapana with karpooradi or haridradi varthi.

### **Complications and management**

- **Haemetemesis**

Lajatharpana with sitha.

- **Feeble pulse, Giddiness, Collapse.**

Sidhamakaradhwajam with honey and betel juice,

Drakshadi kashaya, Dhanwantharam gulika.

- **Heena Vega**

Pippali Choorna, Amalaki Choorna, Sarshapa Choorna , Lavanodaka

## VIRECHANA



Virechana is a procedure in which the prakupita doshas are expelled through gudamarga by the administration of medicines through oral route. Medicines are used in different forms like choorna, kwatha, sneha, lehya etc, depending on the condition of the patient.

### Materials required

- Virechana oushadha

Common Drugs and dosage

1. Avipatti Choorna with honey – 20-40 gm
2. Bahushala guda
3. Trivrut lehya
4. Manibadra guda
5. Patolamooladi kwatha – up to 90-180ml
6. Eranda taila preparations – 25-50 ml

- Luke warm water

## **Pre operative procedures**

- Samyak bahya & abyantara snehana and swedana should be ensured.
- Swedana is done generally in the form of abhyanga and ooshma sveda for three days.
- Food regimen of drava ushna dhanwokta rasa should be followed
- Asta mahavarjya bhavas should be avoided.
- On the day of Virechana, the following things should be ensured before administering the medicine
  1. Proper sleep in the previous night
  2. Proper digestion of previous day's food
  3. Proper elimination of natural urges

## **Time of administration**

After sleshma kala, i.e. three and half hours after sun rise.

## **Procedure**

- Virechana oushadha is administered in empty stomach. if needed virechana drugs can be given in divided doses which should be completely administered in 15 mts.
- Proper anupanas like ushnodaka, madhu, milk, triphala kashaya, patoladi kashaya, draksha rasa, ikshu rasa etc. are used.
- Patient is advised to wash face with cold water and mouth with luke warm water and is advised to smell substances like lemon, cardamom etc to prevent vomiting .
- Patient is advised to take rest in the bed and wait till the urge for defecation occurs.
- The patient should not force or hold the urge and should use warm water for all purposes.
- Whenever he feels thirsty, he should drink little quantity of warm water sip by sip till vegas appear.
- Each vega should be observed keenly and should be informed to the doctor.
- He can take rest, but shouldn't sleep in between the Vegas.
- Physician should record the vital data of the patient at regular intervals.

- Patient is observed for the samyak Virechana lakshana like
  1. Initial expulsion of stools followed by Pitta (observed as golden yellow colored viscous fluid with a characteristic bilious odour) and at last Kapha (mucous)
  2. Lightness of the body
  3. Subsiding of Vega by itself without causing excessive weakness( even if kaphanta is not seen)
- If the patient doesn't get any urge for defecation, after the previous Vega for a long time, hot water drink and mild local abdominal fomentation is advised.
- After ensuring jeernoushadha lakshanas, subsiding of Vegas, the patient is advised to take bath in lukewarm water followed by samsarjana krama.
- Enough quantity of water is to be administered to avoid dehydration

### **Post- operative procedure**

After getting proper appetite, samsarjana krama should be done according to satmya & vyadhi ranging from laghu drava aharas to guru ahara, as per suddhi and digestive power. Kanji with more water –kanji with less water – rice with mudga yusha –if non veg rice with meat soup is advised for 3/2/1 annakala depending on shuddhi. Three annakalas are practiced per day if agnibala is good.

### **Complication and management:**

#### **1. Nausea and vomiting**

It may occur at the time of intake of medicine and during the procedure. To avoid the feeling of nausea, the patient is advised to smell lemon.

#### **2. Feeble pulse, Giddiness, Collapse.**

Sidhamakaradhwajam with honey and betel juice, Drakshadi kashaya, Dhanwantharam gulika can be given in this condition.

#### **3. Adhmanam**

Swedana should be done locally at abdominal region.

**4. Apravrithi of Vega**

Ushnajalapana, Swedana.

**5. Kandu**

Thrikatu with sitha is given

**6. Udarasoola**

Ushnajalapana, Swedana. Hinguvachadi Choorna can be given

if necessary.

**7. Dehydration:** tender coconut water.

**8. Electrolyte imbalance:** tender coconut water, chinchā pani, lime juice with sugar & salt.  
Avoid coloured ORS solution since it cause gastritis.

**Precautions:**

- The selected medicine should be made palatable by adding proper adjuvant.
- Intake of kaphothklesakara ahara should be avoided on the previous day
- Virechanoushadha can be administered in divided dose within very short duration to avoid immediate vomiting if necessary.
- Time of administration should be immediately after kaphakala
- Indulgence in any other activity should be strictly avoided like watching TV, excessive talking etc.
- Intake of excess water should be avoided
- Ensure proper subsidence of vega before administering paschath karma.

## Anuvasana (Sneha) Basthi



It is used in two ways as a supportive treatment for asthapana in different protocols like yoga, kala, karmavasthi and as a kevala snehavasthi in the form of matravasthi. Mainly used in conditions of vatha for the purpose of snehana but in some cases like arsas, vasthi like Pippalyadi Anuvasana can be given.

### Materials required:

1. Plastic polythene cover/ traditional putaka with vasthinetra
2. Gloves
3. Vessels
4. Anuvasana taila / ghrita (chikkana paka) - 1/4<sup>th</sup> of asthapana
5. Hot water for warming the sneha.

### Preoperative procedure-

Food is given just before Anuvasana as prescribed by the physician.

### Procedure:-

- After taking food patient should walk little distance.
- Then advice the patient to lie down on the left lateral position with his right leg flexed at knee and hip, left leg kept straight and left hand below



the head.

- Warmed sneha is taken in polythene cover.
- Wearing the hand gloves, per rectal examination is carried out to rule out loaded rectum, or any other obstruction.
- Then the vasthinetra is carefully introduced into the anal canal in the direction of vertebral column.
- Snehadravya should be pushed with uniform force not too slow not too fast.
- A little amount of snehadravya should be retained in the container and vasthinetra is removed slowly.

### **Time of administration:**

Usually between 1-2pm. (Just after lunch)

### **Post operative:-**

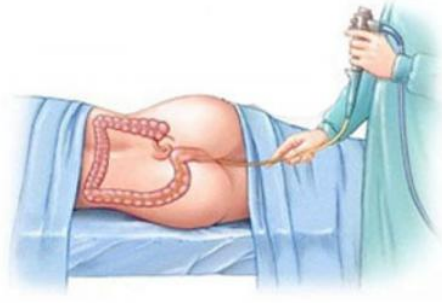
- Patient should lie supine.
- Mild massage over abdomen is given.
- Bend his legs at the knee, and buttocks are hit by his heels.
- Patient is allowed to lie with pillow under his thighs.
- Patient is advised to attend his urge.
- For all purpose warm water should be used.
- Till the sneha comes out, patient is not allowed to eat anything.
- Usually sneha comes out with faeces within 1-5 hours.

### **Complications:-**

Abdominal pain:

Rx: Hinguvachadi / ashta /vaisvanara choorna.

## NIROOHA BASTI



Nirooha is the procedure where, combinations of medicaments are administered through rectal route, for local as well as systemic effects. Depending on the dose and nature of ingredients, Nirooha is of several types like Ksheeravasthi, Yapana, Vaitharanavasthi etc

### **Materials required:-**

1. Mortar and pestle
2. Vasthinethra
3. Polythene cover of at least 1&1/2 liter capacity/ Traditional Vasthi putaka
4. Hot water
5. Utensils
6. Good quality fine sieve
7. Cotton towel
8. Measuring apparatus
9. Cotton thread-1/2 meter
10. Cotton
11. Sterile glove.
12. Oil for Abhyanga
13. Medicaments as per prescription in the required quantity
14. Churner

## **Preparation of Vasthidravya:**

- ❖ Initially Saindhava is put in the Khalwa yantra and it is powdered well
- ❖ Madhu is added in thin stream triturating properly to ensure a homogenous mixture.
- ❖ It is followed by the mixing of appropriate tailam in required quantity mentioned in the yoga slowly by the side of the mortar and it is continuously stirred until it attains a uniform consistency.
- ❖ The kalka, which is the fine paste of drugs mentioned in the yoga is added little by little along with proper grinding with pestle.
- ❖ Then appropriate kwatha in required amount as per yoga is added slowly and properly mixed.
- ❖ The Avapa, if mentioned in the yoga/if needed, is added at last followed by proper stirring.
- ❖ The mixture is filtered through a fine sieve and finally made lukewarm by keeping over a hot water bath.
- ❖ This mixture is churned well with the help of a churner.
- ❖ When it is lukewarm (Sukhoshna), and comfortable for the patient, it is transferred to a plastic cover (vasti putaka) having sufficient thickness and then vasti netra of bronze or plastic is tied to it very well with plugging the other tip with a cotton varti.

## **Time of administration**

- ❖ Madhyahne kinchidavarthe, Nathibubhukshitha
- ❖ This time varies depending on desha and kala and is generally in between 10 – 11am.

## **Poorvakarma of Nirooha**

- ❖ The procedure is usually done in empty stomach
- ❖ Those who are Sukumara and Ksheena are asked to take very light food in early morning.
- ❖ Sarvanga Abhyanga and sveda should be done before the procedure. .

## **Pradhanakarma:**

### **❖ *Position of the patient***

1. Patient is asked to lie on a cot of knee-height, in left lateral position.
2. His left lower limb extended and right lower limb flexed at knee and hip.
3. His left upper limb is kept folded under his head.

### **❖ *Procedure***

- A small amount of plain ghee/medicated oil is smeared over the tip of Vastinetra as well as the anus of the patient for lubrication.
- Wearing the hand gloves, per rectal examination is carried out to rule out loaded rectum, or any other obstruction.
- Hold the vastinetra in the left hand and putaka in the right hand.
- Remove the plug from the tip of vastinetra and evacuate the air and close the tip with left index finger.
- Vastinetra is then gently introduced into the anus and putaka is pressed slowly and steadily to push the vasthidravaya into the patient's rectum.
- Patient is asked to count up to 30 and to breathe deeply through the mouth during introduction.
- Vastinetra is withdrawn with a little amount of medicament remained in the putaka to avoid the entry of air.
- If the patient feels the urge for defecation during the procedure, he is allowed to pass stools after removing vasthinethra and the remaining medicine is administered later.

## **Paschatkarma**

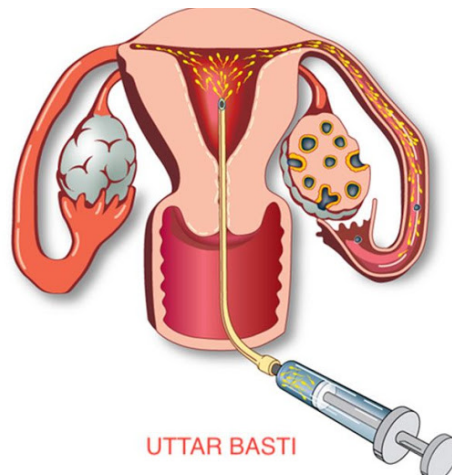
- ❖ Patient is asked to lie in supine position till the urge for defecation occurs.
- ❖ He is asked to clear the bowels as many times he feels Vega and advised to take bath in luke warm water.

- ❖ Then diet according to dosha vitiation and satmya is given (preferably rice with mudgayoosha or mamsarasa).
- ❖ Blood pressure, pulse rate, time of retention, number of evacuations and if discomforts any are observed.
- ❖ He is asked to take rest and light food is given at night.

## Complications

- ❖ **Abdominal discomfort and pain** – after careful evaluation about the cause appropriate management can be adopted. General measures like abhyanga, sweda, deepana anulomana drugs are advised.
- ❖ **Immediate evacuation without retention:** - Another vathi with less lavana, ushna and quantity should be administered immediately after ruling out sphincter incontinence.
- ❖ **Giddiness, Low pulse, Cold extremities, Delirium:** - Console the patient, Foot end elevation, Hot drinks, Warming extremities. Drugs like Sidhamakaradhwaja, Drakshadi kashaya, Dhanwantharam gulika etc can be given.
- ❖ **Vomiting:** - Usually subsides without specific management. Drugs like Chandrakalarasa, Dhanwantharam gulika, Drakshadi kashaya, Mayooraapichabhasma etc can be given
- ❖ **Anaphylactic reaction:** - Skin eruptions, Itching, Urticaria, Dyspnoea etc. Careful history taking to identify known allergens and avoiding them. Haridrakhanda, Thrikatu with sitha, Chandanasavam, Draksharishtam etc can be given.
- ❖ **Long retention:** - Known causes like obstruction of anal canal by pile mass, enlarged prostate, fecal matter etc should be excluded. Rubber tube or specific gudavarthis can be introduced into anal canal for evacuation.

## UTTARAVASTHI (FEMALE)



Usually in females, utharavasthi done by three ways.

- 1 Vaginal douche by kashaya
- 2.Vaginal utharavasthi using sneha
3. Uterine (Intrauterine) utharavasthi using sneha

### 1. Vaginal douche

Usually done in conditions like cervicitis, cervical erosion, HPV-human papilloma virus, trichomonas vaginalis infection, cervical intraepithelial neoplasia using decoction.

#### Materials required

- 1 Vaginal douche can
- 2 Cotton gauze
- 3 Dettol, savlon
- 4 Artery forceps
- 5 Sponge holding forceps
- 6 Kidney tray

## **Drugs required**

- 1 Nalpamaradi kashaya
- 2 Triphala kashaya
- 3 Aragwadadhi kashaya
- 4 Panchathikthaka kashaya

## **Time of administration**

9.30 am - 1 pm in OPD base

## **Dose**

1500ml of kashaya

## **Procedure**

Ask the patient to void the urges before the procedure. Give snehana and swedana over pelvic and lumbosacral region. Patient should lie in lithotomic position. Clean the vulva region with the swab dipped in antiseptic lotion.

Take kashaya in vaginal douche can; confirm nozzle of the can is closed properly. Insert nozzle through vaginal orifice allowing flow of kashaya in all fornices and around cervix to wash out. After complete cleaning, remove nozzle and again swab out vagina with cotton gauze.

In case of infections, varthi like Kushtapippalyathi varthi can be used after vaginal douche.

## **2 .Vaginal uttaravasthi**

Usually used in non infective conditions of vagina and cervix, 1 & 2<sup>o</sup> uterine prolapse, female infertility, cervical erosion, cervicitis, cervical intraepithelial Neoplasia, endometriosis etc.

## **Materials required**

- 1 Casco's bivalve speculum
- 2 Sponge holding forceps

- 3 Artery forceps
- 4 Betadine, savlon
- 5 Sterilized gauze
- 6 Syringe 10-30 ml capacity
- 7 Kidney tray
- 8 Medicated sneha autoclaved

### **Drugs required**

- 1 Phalasarpis
- 2 Dhanwantharam gritham
- 3 Shatpala gritham
- 4 Shashtika tailam
- 5 Varanadhi gritham
- 6 Jathyadhi gritham
- 7 Gugguluthikthaka gritha
- 8 Kalyanaka gritha
- 9 Mahathikthaka gritha

### **Time of administration**

According to the condition, mostly in morning hours

### **Dose of medicine**

15-20 ml

### **Procedure**

Autoclave all required materials. Prepare the patient with local shaving of pubic hair. Snehana and swedana of katee pradesa should be done. After voiding urine, ask the patient to lie down on utharavasthi table in lithotomic position. Cover all other parts except genitalia with surgical towels and fix with towel clips. Clean the exposed area with cleaning agents using sponge holding forceps and gauze. Clean vagina using artery



forceps and gauze. Fix Casco's bivalve speculum for proper visualization of cervix. Take autoclaved medicine in syringe and slowly injecting vagina till it fully covers the os reaching external os. Keep plain gauze and remove Casco's speculum. Ask the patient to lie down in supine position for 15-20 minutes.

### **3 Intrauterine utharavasthi**

It is usually done in infertility, intrauterine pathologies with sneha

#### **Materials required**

- Cusco's bivalve speculum
- Uterine sound
- Ruben's canula
- Sponge holding forceps
- Artery forceps
- Sterile gauze
- Towel with clips
- Kidney tray
- Medicated sneha

#### **Drugs used**

1 Phalasarpis

2 Kalyanaka gritha

3 Dhanwanthara gritha

**Dose:** 2-4 ml.

#### **Time of administration**

Done in rithukala after doing kashayavasthi with proper snehana and sodhana.

## **Procedure:**

Snehana and swedana of kateepredsha is done. Sodhana is done as yogavasthi or kala vasthi or rajayapana vasthi. Patient is prepared with shaving of the pubic hair. The patient is asked to lie down on the table in lithotomic position after voiding urine. Cover the part except genitalia with surgical towels and fix with towel clips. Clean the exposed area with cleaning agents using sponge holding forceps and gauze. Clean vagina with artery forceps and gauze. Fix the Casco's bivalve speculum for proper visualization of cervix. Insert uterine sound to know the position of uterus. Remove the uterine sound and slowly insert Ruben's canula in the same direction. Attach autoclaved medicine filled syringe to external end of Ruben's canula. Push the medicine slowly. Remove the syringe, canula and speculum carefully. After the procedure keep a pichu in the vagina. Ask the patient to lie down in supine position for 15-20 minutes, remove the pichu when patient feels next urge of Micturition.

## **Complications**

Bleeding or spotting

Medication is not required; it will subside on the next day.

Abdominal pain

Managed with dhanwantharam gutika, dhanwantharam kashaya and sapthasara kashaya

## **Precautions**

- 1 Proper sterilization
- 2 TT injections before the procedure
- 3 Use of Biogest, Septilin tab during the procedure to avoid infection
- 4 Push medicines very slowly to avoid entry into the peritoneum, which may cause severe peritonitis, and spilling into appendages.

## UTTARAVASTHI IN MALE



Utharavasthi is used in males, commonly in sexual dysfunctions like erectile dysfunction, premature ejaculation, and in certain seminal abnormality like oligospermia.

### **Medicines used**

Ksheerabala taila

Dasamoola taila

Bala taila

Brihat chagalyadi gritha

Mahanararayana taila. etc

### ***Procedure:-***

Local shaving of pubic hair should be done and the patient is asked to void the urine just before the procedure starts. Patient must lie down on supine position on the clean table by exposing the part. The hands are flexed and clasped below head. Wash the genitalia and the surrounding area with the savlon by using sponge holding forceps & gauze. Retract the prepuce completely and wash thoroughly the glans penis & then apply Betadine to glans penis. The physician having gloves after washing hands spread the surgical towel over patient, exposing the penis. Towel clips may be applied. When once the assistant transfers the autoclaved medicine into steel bowl, the medicine is filled into the syringe. Fix the catheter to the nozzle of the syringe, push the oil to the tip of the catheter. Lubricate the catheter with the xylocaine jelly. Gently introduce the catheter into the urethra. Slowly

introduce the catheter into the bladder. Ensure the catheter has entered the bladder, and then slowly inject the medicine into the bladder. If more amount of medicine has to be injected clamp the catheter with artery forceps, remove the syringe & then inject the medicine with same syringe or by another. When once the injection of medicine is over remove the catheter & allow the patient to lie down in the same position for 5 to 10 minutes and then patient may be sent home. Check the tip of the catheter to ensure that there is no any bleeding.

**Dose**

25–30ml

**Retention:-**

Usually 3-6hrs

## NASYA



This is a procedure wherein medicaments are instilled into nasal cavity in doshas especially pertaining to uttamanga, to achieve desired multidimensional effects.

### **Materials required: (for navana)**

1. Nasya oil– Q.S.
2. Oil for abyanga – Q .S.
3. Nasyapeeta/nasyasayya, calibrated dropper/gauze to instill the nasya drug.
4. Pillow, chair for dhoomanasya, table, Cotton pad, gauze, lotus petals to protect eyes while swedana.
5. For swedana – boiling water, towels or arrangement for nadi swedana (pressure cooker without weight, long heat resistant flexible pipe), appropriate swedana materials for tapasweda {cloth/towel/hotwaterbag}.
6. Gokarna
7. Warm water for kavala
8. Karpooradi or haridradi dhooma varthi / Other suitable drugs can also be used according to the type of Nasya with paper cone.
9. Disposable sterile plastic container for spitting(preferably transparent)
10. Clean cotton towels, cotton, tissue paper etc for cleansing

## **Time of administration**

- According to dosha predominance  
Kapha - morning  
  
Pitta - afternoon  
  
Vata - evening
- In swasthas  
Sheeta kala - afternoon  
  
Sharat and vasantha – morning  
  
Greeshma – evening  
  
Varsha – cloudless day with sunshine
- Age group eligible for nasya  
7-80 years

## **Dose determination of nasya**

- When index finger is dipped upto two parwas (joints) in drava dravya and taken out the amount of dravya falling from it is considered as one bindu. Approximately one bindu is 0.5 ml.( for oil)
- Sneha nasya 10/8/6 bindu respectively for uttama, madhyama and avara matra

## **Poorva karma**

- Patient is advised to wash face and mouth with luke warm water.
- Abyanga is done over shiras, lalata, kapala, greeva & skanda.
- Shiroabhyanga is enough. Nadisweda or tapasweda can be done. Abhyanga over palm and sole can be done. Dhoomapana can be done for srotosodha (in case of nasal congestion).

- Eyes are bandaged with a clean gauze piece after placing lotus petals and cotton pad over closed eyelids
- Then Nadi sweda is done (urdhwajathru).
- Dhoomapana can be done for srotoshodana, if necessary.
- Patient is made to lie in supine position with slightly elevated legs and head extended backwards.

### **Pradhana karma**

- The medicine mildly warmed over a water bath.
- The prescribed dose of medicine is taken in the gokarna and poured into either nostril closing the other in a continuous single stream.
- Immediately after instillation of medicine mild massage is done over pani, pada, greeva, skanda.
- Mridu swedana can be done in the above mentioned areas with suitable method (Hasthasweda or vasanasweda).
- Patient is asked to inhale the medicine with moderate force and to spit it through mouth turning head to either side alternatively without rising from the cot.
- Patient is made to lie in the same position for 100 matra kala (3-5 minutes)

### **Paschat karma**

- Dhoomapana is done with appropriate drugs according to the type of Nasya.
- Kavala with warm water is done to attain kantha shudhi.
- The talam should be wiped off and dry powder (used for preparing talam) is gently rubbed over the anterior frontanale.
- It is advisable not to take any type of food 2 hrs prior to and 1 hour after nasya.
- Na atidrava annapana is indicated in nasya.

## Precautions

- While positioning the patient for nasya, if the head is not sufficiently bent the nasya dravya will not enter shiras and if the head is more bent dravya may enter mastulunga and cause complications like headache, dizziness etc.
- If the spitting is not done properly, or medicine is swallowed, it will cause kaphotklesha, agnimandya and the disease aggravates.
- If patient spits on one side only, then proper spreading of medicine won't take place.
- If the patient talk, sneezes, laughs or gets angry or excessively moves his head while doing nasya, the nasya dravya won't reach expected site and instead causes complications like cough, sinusitis rhinorrhoea, and head ache.
- Patient must avoid exposure to dust, sun breeze, drinking excessive water, alcohol, sneha dravya, bathing, excessive walking etc. Head bathing should be avoided during nasya period (since nasya arhas are almost snana anarhas), if bath is not contraindicated it can be given after 3hours.

## Avapeeda nasya

It is usually administered for 2 purposes- sthambhana and sodhana. It is named so because the medicine has to be squeezed for obtaining the nasya dravya.

### *Materials required*

- 1 Drug in wet form Eg: tulasi pathra, ardraka kanda
- 2 Mortar & pestle
- 3 Clean white cotton cloth (Coloured cloth should not be used)
- 4 Honey, swarasa etc should be added.



### ***Preparation of medicine***

Paste of the required medicine is prepared and squeezed in a clean cloth to get juice. If the medicine is theekshna to the patient, then it can be diluted with milk.

### ***Dose***

4-8 bindu

### ***Preparation of the patient***

Abhyanga and sweda depends on doshaavastha and purpose of nasya. In pravruttha/drava dosha – without or with minimum sweda. In apravrutta / Sandra dosha , abhyanga and ooshma sweda can be done. If done for sthambhana purpose swedana should not be done. Procedure is similar to marsha nasya

### ***Pradhamana nasya***

It produces profuse dosha sodhana. Drug is used in the form of fine powder.

### ***Materials required***

- 1 Six inches long straw (Preferably tetrapack piercing straw)
- 2 Fine powders obtained from micropulveriser or filtered with 200 number mesh or similar cotton cloth.

### ***Dose***

1-2 pinches

### ***Procedure***

The powder is filled in the straw and blown into the nostril.

### ***Complication***

Severe burning sensation	: Nasya with sugar dissolved cold water, plain gritha nasya
Sirodhoomayana	: Ksheerabala nasya
Nasal bleeding	: Doorva swrasa + honey nasya, vasa swarasa.
Kshavadhu- repeated sneezing	: Sneha nasya with ksheerabala 101

### ***Precautions***

Do a very minute test dose before using theekshna nasya. (Both the doctor and patient-in dose of milligrams).The blowing should not be done by a person with infections, that could be spread by touch/droplets/breath air.



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