

Dept of shalakya tantra

In shalakya tantra dept all the cases which are above urdwajatru part of the body.
For example netra, nasa, karna mukha gala and shiras.

For the treatment of disease related to these need of kriyakalpa.

Kriyakalpa which includes the treatment procedures for the netra, karna, nasa, mukha, gala and shiras.

Which are for netra seka, aschyotana, anjana, tarpana , putapaka, pindi and bidalaka. For nasa Nasya, ksharakarma etc, for karna karnapoorana, pichu, karna malanirharana, etc for mukha kavala, gandoosha. For shiras shirodhaar, nasya, prachan etc,

For performing these procedures institution provided kriyakalpa, in which we use to perform these kriyakalpa procedures with proper trained therapist and assistant with sterile utensils and proper precautions.

And also we teach eye exercises for refractive error patients.



Genub
I/C. Principal
Seth Govindji Raoji Ayurved
Mahavidyalaya, Solapur.

Shalakyatantra integrated dept

In shalakyatantra, we have three wings of opd 1) Ophthalmic. 2) ENT 3) Dental

Honorary consultant in Ophthalmic opd

Dr Niranjan Shah

Dr Reshma Mehta

Dr Soniya Gandhi

Dr Satish Joshi

Honorary consultant in Dental

Dr Mangesh Shah

In ophthalmic opd , 2 units with Autorefractometer, slit lamp, vision chart with chair, 1 digital vision chart A scan, schiotz tonometer, ophthalmoscope

Ophthalmic operation theatre with operative microscope and phaco machine and all surgical instruments. Conducting cataract, pterygium, DCR/DCT, etc surgeries

In dental opd dental chair with all surgical equipments. Conducting tooth extraction, RCT, dental Prosthesis etc procedures

ENT opd, one opd unit with all equipments.



General
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Kavala

Responsibility of procedure done by kriya kalpa therapist/attender/internees/ students

Set up

kriyakalpa room with proper ventilation, devoid of light and equipments

Man power

1 person

Instruments and equipments

- Kriya kalpa table -1
- Disposable sheets
- Gas stove
- 100 – 200ml vessel
- Stool/Chair - 1
- 1cup
- Kalva yantra
- Cotton role
- Amrutha patra
- Triphala kashaya
- Dhoomapana varthi

Materials required

- Medicated leaves, kashaya 50ml/day



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- Ex- Triphala , yastimadhu, manjista panchakola churna Sukoshna jala, jathi patra etc

Assistance staff

- One person to do the procedure and one for assisting to prepare kashaya.

Mode of Administration of procedures

Patient is made to sit in erect position on kriya kalpa table or normal chair which is comfort. Then advice the patient to hold the medicated liquid in a cup and fill it in the mouth and close it. Then patient has to move the liquid gently inside the mouth till saliva secrets then it should be spit it out . Dhoomapana is given as paschath karma

Advice

Patient is advised to do not drink cold water after the procedure

Duration – Approximately 3 – 5 minutes or till salivation depending on the condition

Post operative procedure

Advice the patient to take hot water and Dhoomapana as a paschath karma to remove the remaining kapha

Gandusha

Responsibility of procedure done by kriya kalpa therapist/attender/internees/ students

Set up

kriyakalpa room with proper ventilation, devoid of light and equipments

Man power

1 person

Instruments and equipments

- Kriya kalpa table -1
- Disposable sheets
- Gas stove
- Stool/Chair - 1
- 100 – 200ml vessel
- 1cup
- Kalva yantra
- Cotton role
- Amrutha patra
- Triphala kashaya
- Dhoomapana varthi



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Materials required

- Medicated leaves, kashaya 50ml/day
- Ex- Triphala , yastimadhu, manjista panchakola churna Sukoshna jala, jathi patra etc

Assistance staff

- One person to do the procedure and one for assisting to prepare kashaya.

Mode of Administration of procedures

Patient is made to sit in erect position on kriya kalpa table or normal chair which is comfort. Then advice the patient to hold the medicated liquid in a cup and fill it in the mouth and close it. Then patient has to slightly lift the head upwards and should make sound in throat like Aaahhaa without moving the liquid till saliva secrets then it should be spit it out . Dhoomapana is given as paschath karma

Advice

Patient is advised to do not drink cold water after the procedure

Duration – Approximately 3 – 5 minutes or till salivation depending on the condition

Post operative procedure

Advice the patient to take hot water and Dhoomapana as paschath karma to remove the remaining kapha

Dhoomapana

Responsibility of procedure done by kriya kalpa therapist/attender/internees/ students

Set up

Kriyakalpa room with proper ventilation, devoid of light and equipments

Man power

1 person

Instruments and equipments

- Kriya kalpa table -1
- Disposable sheets
- Gas stove
- Stool/Chair - 1
- 100 – 200ml vessel
- 1cup
- Kalva yantra
- Cotton role
- Amrutha patra
- Triphala kashaya
- Dhoomapana varthi



Yamola
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Materials required

- Medicated Varthi
- Ex- Varthi prepared from Triphala , yastimadhu, manjista etc

Assistance staff

- One person to do the procedure and one for assisting to make prepare varthi

Mode of Administration of procedures

Patient is made to sit in erect position on kriya kalpa table or normal chair which is comfort. Dhoomapana varthi is burnt and kept near the nostril and then advice the patient to close one nostril and inhale the dhooma from the opposite side exhale from the mouth and vice versa should be followed for 1 – 3 minutes or till the kapha vilayana from mouth. Then patient has to inhale the dhooma from mouth and exhale through the nose.

Advice

Patient is advised to do not drink cold water after the procedure

Duration – Approximately 1 – 3 minutes or till salivation depending on the condition

Post operative procedure

Advice the patient to take Luke warm water

Dhoomapana

Responsibility of procedure done by kriya kalpa therapist/attender/internees/ students

Set up

kriyakalpa room with proper ventilation, devoid of light and equipments

Man power

1 person

Instruments and equipments

- Kriya kalpa table -1
- Disposable sheets
- Gas stove
- Stool/Chair - 1
- 100 – 200ml vessel
- 1cup
- Cotton role
- Nirgundi taila
- Sarshapa taila
- Ksheera bala taila
- Dhoomapana varthi



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Materials required

- Medicated taila
- Ex- Nirgundi , Sarshapa , Ksheerabala taila etc

Assistance staff

- One person to do the procedure and one for assisting.

Mode of Administration of procedures

Patient is advised to sleep in left lateral position. Massage is given to the external as well as internal aspect of the auricle by medicated oil. Then stanika nadi sweda(Mrudu) is given. Complete oil filling should be done and advice the patient to open and close the moth for the proper action of karnapoorana. Then remove the oil with cotton and once again stanika swedana should be given to dry the auricular area. Same procedure should be followed for the other ear also. Dhoomapana is given as a paschat karma

Advice

Patient is advised to do not drink cold water after the procedure

Duration – Approximately 3 – 5 minutes depending on the condition

Post operative procedure

Advice the patient to take Luke warm water and keep cotton in ear

Shalakya kriya kalpa

Shalakya kriyakalpa unit near to OPD

Kriyakalpa unit space 10x15sq ft

2 bedded unit with one table

Cylinder with stow

Attached wash basin

1 therapist

Training given here or from other developed institutions/centres

1 Aya /mama

Internees for assistance

Netra kriya kalpas

- Seka
- Aschotana
- Anjana
- Tarpana
- Pindi
- Bidalaka



Signature
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Seka

Responsibility of procedure done by kriya kalpa therapist/internees

Set up

kriyakalpa room with proper ventilation, light and equipments

Man power

1 person

Instruments and equipments

- Kriya kalpa table -1
- Disposable sheets
- Gas stove
- 100 – 200ml vessel
- Two small cups
- Cotton role

Materials required

- Medicated kashaya 75 -100ml
- Ex- Triphala churna, ksheeraetc

Assistance staff

- One person to do the procedure and one for assisting them

Mode of Administration of procedures

Patient is made to lie down in supine position on kriya kalpa table. First eyes are washed with cotton dipped in hot water local cleaning should be done. Then medicine should be warmed and taken in one cup and another cup should be kept towards lateral canthus (Ear side). Ask the patient to close the eye lids and from 2 inch height medicine is poured continuously for 3 – 5 min. same should be followed to the opposite eye. After procedure clean the local part with cotton dipped in hot water.

Advice

Patient is advised to do not expose to the bright light

Duration – 3 – 5 minutes depending on the prakruthi

Post operative procedure

Advise the patient not to do any device work for 3hrs to avoid complications

Ask the patient for any discomfort in eye watering itching redness burning etc if there go for instillation of medicated drops

Aschotana

Responsibility of procedure done by kriya kalpa therapist/internees



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Set up

Kriyakalpa room with proper ventilation, light and equipments

Man power

1 person

Instruments and equipments

- Kriya kalpa table -1
- Disposable sheets
- Gas stove
- 100 – 200ml vessel
- Two small cups
- Cotton role

Materials required

- Medicated Swarasa 5 -10ml
- Ex- palandu ,ksheera, shigru etc

Assistance staff

- One person to do the procedure and one for assisting them

Mode of Administration of procedures

Patient is made to lie down in supine position on kriya kalpa table. First eyes are washed with cotton dipped in hot water local cleaning should be done. Then medicine should be warmed and taken in one dropper drops are instilled from 4 inch height to one eye then next to another

eye. Ask the patient to move the eyes by closing them for a minute.
After procedure clean the local part with cotton dipped in hot water.

Advice

Patient is advised to do not expose to the bright light

Duration – 1 – 3 minutes depending on the prakruthi

Post operative procedure

Advise the patient not to do any device work for 3hrs to avoid complications

Ask the patient for any discomfort in eye watering itching redness burning etc if there go for once again instillation of medicated drops

Anjana

Responsibility of procedure done by kriya kalpa therapist/internees

Set up

Kriyakalpa room with proper ventilation, light and equipments

Man power

1 person



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Instruments and equipments

- Kriya kalpa table -1
- Disposable sheets
- Gas stove
- 100 – 200ml vessel
- Two small cups
- Cotton role
- Honey
- Anjana shalaka
- Dhoomapana varthi

Materials required

- Medicated Drops 30 -50ml
- Ex- Chandrodaya varthi, eleneeru kuzampu, Chandanadi Anjana

Assistance staff

- One person to do the procedure and one for assisting them

Mode of Administration of procedures

Patient is made to lie down in supine position on kriya kalpa table. First eyes are washed with cotton dipped in hot water local cleaning should be done. Then physician by his/her left hand should open patients right eye, with right hand by anjana shalaka Anjana should be appalled from inner canthus towards outer i.e from nasal side to auricle side and vice versa. After application ask the patient to rotate eyes gently for proper sperding of the medicine After procedure clean the local part with cotton .

Advice

Patient is advised to do not wash eyes immediately after the procedure

Duration – 3 – 5 minutes depending on the prakruthi

Post operative procedure

Advise the patient not to do any device work for 3hrs and washing face for at least half an hour to avoid discomfort

Ask the patient for any discomfort in eye watering itching redness burning pricking pain etc if there go for instillation of medicated drops which reduces the condition like gulaba jala i.e Rose water

Netra Tarpana

Responsibility of procedure done by kriya kalpa therapist/internees

Set up

Kriyakalpa room with proper ventilation, light and equipments

Man power



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1 person

Instruments and equipments

- Kriya kalpa table -1
- Disposable sheets
- Gas stove
- 100 – 200ml vessel
- Two small cups
- Cotton role
- Masha pisti
- Amrutha & Ghrutha kumari paste
- Triphala kashaya
- Dhoomapana varthi

Materials required

- Medicated Ghrutha 25 - 50ml/day
- Ex- Triphala ghrutha, patoladi ghrutha, jeevantyadi ghrutha

Assistance staff

- One person to do the procedure and one for assisting by warming the ghrutha frequently.

Mode of Administration of procedures

Patient is made to lie down in supine position on kriya kalpa table. First eyes are washed with cotton dipped in hot water local cleaning should be done. Then masha pali should be constructed around the eye ball

either to single eye or two eyes together depends on the patients comfort can be done. After that ghrutha should be warmed and made liquid leuk warm medicine is filled till the closure of eye lashes. Ask the patient to close and open the eyes for 20 minutes. At last make a hole towards outer canthus side to remove medicine then clean the eye with dry cotton then with cotton dipped in hot water.

Advice

Patient is advised to do not expose to the bright light, netra pindi and netra bandana

Duration – 20 – 30 minutes depending on the condition

Post operative procedure

Advice the patient to take kavala and dhoomapana, not to do any device work, exposure to bright light avoid reading for 3hrs to avoid complications

Ask the patient for any discomfort in eye watering itching redness burning nasal blockage etc if there go for instillation of medicated drops and dhoomapana to avoid nasal blockage

Netra Tarpana

Responsibility of procedure done by kriya kalpa therapist/internees



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Set up

Kriyakalpa room with proper ventilation, light and equipments

Man power

1 person

Instruments and equipments

- Kriya kalpa table -1
- Disposable sheets
- Gas stove
- 100 – 200ml vessel
- Cotton role
- Amrutha & Ghrutha kumari paste
- Triphala kashaya
- Dhoomapana varthi

Materials required

- Medicated paste 50gm/day
- Ex- Triphala , patoladi Ghrutha kumara, Amrutha pindi

Assistance staff

- One person to do the procedure and one for assisting.

Mode of Administration of procedures

Patient is made to lie down in supine position on kriya kalpa table. First eyes are washed with cotton dipped in hot water local cleaning should be done. Then masha pali should be constructed around the eye ball either to single eye or two eyes together depends on the patients comfort can be done. After that ghrutha should be warmed and made liquid leuk warm medicine is filled till the closure of eye lashes. Ask the patient to close and open the eyes for 20 minutes. At last make a hole towards outer canthus side to remove medicine then clean the eye with dry cotton then with cotton dipped in hot water.

Advice

Patient is advised to do not expose to the bright light, netra pindi and netra bandana

Duration – 20 – 30 minutes depending on the condition

Post operative procedure

Advice the patient to take kavala and dhoomapana, not to do any device work, exposure to bright light avoid reading for 3hrs to avoid complications

Ask the patient for any discomfort in eye watering itching redness burning nasal blockage etc if there go for instillation of medicated drops and dhoomapana to avoid nasal blockage

Netra Pindi

Responsibility of procedure done by kriya kalpa



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therapist/internees

Set up

Kriyakalpa room with proper ventilation, light and equipments

Man power

1 person

Instruments and equipments

- Kriya kalpa table -1
- Disposable sheets
- Gas stove
- 100 – 200ml vessel
- Kalva yantra
- Cotton role
- Amrutha & Ghrutha kumari paste
- Triphala kashaya
- Dhoomapana varthi

Materials required

- Medicated paste 50gm/day
- Ex- Triphala , patoladi Ghrutha kumara, Amrutha pindi

Assistance staff

- One person to do the procedure and one for assisting to make paste.

Mode of Administration of procedures

Patient is made to lie down in supine position on kriya kalpa table. First eyes are washed with cotton dipped in hot water local cleaning should be done. Then a medicated paste is taken in roller gauze or apply the paste directly to the closed eye lids for 5 – 7 minutes. After the procedure clean the eye with dry cotton then with cotton dipped in hot water. Gandusha and dhoomapana are given as paschath karma

Advice

Patient is advised to do not expose to the bright light, relax the eyes by closing them for 5 – 10min netra bandana

Duration – 5 – 7 minutes depending on the condition

Post operative procedure

Advice the patient to take gandusha and dhoomapana, not to do any device work, exposure to bright light avoid reading for 3hrs to avoid complications

Ask the patient for any discomfort in eye watering itching redness burning nasal blockage etc if there go for instillation of medicated drops and dhoomapana to avoid nasal blockage

Bidalaka

Responsibility of procedure done by kriya kalpa



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therapist/internees

Set up

Kriyakalpa room with proper ventilation, light and equipments

Man power

1 person

Instruments and equipments

- Kriya kalpa table -1
- Disposable sheets
- Gas stove
- 100 – 200ml vessel
- Kalva yantra
- Cotton role
- Amrutha & Ghrutha kumari paste
- Triphala kashaya
- Dhoomapana varthi

Materials required

- Medicated Powder 50gm/day
- Ex- Triphala , yastimadhu, manjista churna

Assistance staff

- One person to do the procedure and one for assisting to make powder.

Mode of Administration of procedures

Patient is made to lie down in supine position on kriya kalpa table. First eyes are washed with cotton dipped in hot water local cleaning should be done. Then medicated powder made in to paste form and it is applied over the closed eye lids by avoiding eye lashes for 5 – 7 minutes. After the procedure clean the eye with wet cotton dipped in hot water. Gandusha is given as paschath karma

Advice

Patient is advised to do not expose to the bright light, relax the eyes by closing them for 5 – 10min netra bandana

Duration – 5 – 7 minutes depending on the condition

Post operative procedure

Advice the patient to take gandusha, not to do any device work, exposure to bright light avoid reading for 3hrs to avoid complications

Ask the patient for any discomfort in eye watering itching burning dryness etc if there go for instillation of medicated drops

Karna Nasa Mukha and Shiro Kriykalpas

Karnapoorana

Karnadhoopana



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Karnaprakshalana

Nasya

Kavala

Gandhoosha

Shirolepa

ENT kriyakalpa SOP is under progress