

Standard Operating Procedure

Department: Shalakyatantra			Page 1 of 2	
Title: Writing Standard Operating Procedure Aschyotana			SOP no. DDMMYYYY001_ Dept initials Revision no. 01 Review period: --- ---year Effective date: ---	
	Prepared by	Checked by	Approved by	Authorized by
Sign:	<i>SPudg</i>	<i>SPudg</i>	<i>SPudg</i>	
Date:	23/3/2022	23/3/2022	23/3/22	
Department:	Shalakyatantra	Shalakyatantra	Shalakyatantra	

Aschyotana

Indications:

1. Alpa Dosha Prakopa
2. Sarva Netra roga
3. Rakta, Toda, Kandu, Gharsha, Ashru, Daha, Raga Lakshana

Contraindications:

At night- Aschyotana should be avoided but if signs and symptoms are severe then it can be used at night.

Procedure Details:

Following precautionary measures will be followed considering COVID-19 pandemic

1. Thorough history of COVID-19 will be asked to the patient.
2. Before and after the Examination hands will be sanitized with an alcohol based sanitizer or wash with water and soap.
3. Wearing a mask and sterile gloves will be mandatory.
4. Norms of social-distancing will be followed.

All precautionary measures will be taken by hospital staff as well as by the patients.

Purva Karma:

Material

1. Vata Dosha – Snighda Dravya (Ushna) in hot form
2. Pitta and Rakta Dosha – Madhura Dravya (Sheeta) in cold form
3. Kapha Dushti – Tikshna-Ushna-Rukshya Dravya in hot form
4. Sheeta Rutu – Tikshana Dravya should be used in Sheeta Rutu.
5. Ushna Rutu – Cold Dravya should be used in Ushna Rutu.



TRUE COPY
[Signature]
PRINCIPAL
M.A.M.'s, Sumatibhai Shah
Ayurved Mahavidyalaya
Hadapsar, Pune-28

Quantity: 10 to 12 drops

Pradhana Karma:

Position of patient – Supine position

Procedure:

1. Eye is opened with left hand
2. 10 to 12 drops of Dravya(Kwatha or Swarasa) instilled in the eye with the help of right hand by using Pichu or Varti.
3. Distance between eye (Kaninika Sandhi or Inner Canthus) and hand should be 2 Angula(height).

Paschata Karma:

Hot fomentation given after the procedure.

Complications:

1. Ati-Ushna or Tikshna Dravya if used for Aschyotana it will cause pain,redness,loss of vision.
2. Ati Sheeta (Excesssive cold) Dravya will cause Trobbing pain (Nistodana), reduced movements of eyelids(Stambhana).
- 3 Bahu Dosha (Execessive in quantity) Dravya cause dryness of eyelids, Difficulty in lid movements.
- 4 Alpa Dosha (Low quantity) Dravya will cause worsenily signs and symptoms.
- 5 If Dravya is not properly prepared then it will cause watering of eyes and pain.

Types of Aschyotana:

1. Snehana
2. Lekhana
3. Ropana

Uses:

1. Snehana Aschyotana is used in Vataja Netraroga.
2. Ropana Aschyotana is used in Pitta and Raktaja Netraroga
3. Lekhana Aschyotana is used in Kaphaja Netraroga

Matra and Dharanakala (Quanantity and time)

1. Lekhana – 7-8 drops counting till 100 Matra
2. Snehana – 10 drops counting till 200 Matra
3. Ropana – 12 drops counting till 300 Matra



TRUE COPY
p/shah
PRINCIPAL
M.A.M.'s, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune-28.

Standard Operating Procedure

Department: Shalakyatantra			Page 1 of 2	
Title: Writing Standard Operating Procedure Parisheka			SOP no. DDMMYYYY001_ Dept initials Revision no. Review period: ---- --year Effective date:	
	Prepared by	Checked by	Approved by	Authorized by
Sign:	<i>SP-dg</i>	<i>SP-dg</i>	<i>R...</i>	
Date:	23/3/22	23/03/22	23/3/22	
Department:	Shalakyatantra	Shalakyatantra	Shalakyatantra	

Parisheka

Indications:

1. Balwana Dosha
2. Sarva Netra roga

Contraindications: Alpa Dosha

Procedure:

Following precautionary measures will be followed considering COVID-19 pandemic

1. Thorough history of COVID-19 will be asked to the patient.
2. Before and after the Examination hands will be sanitized with an alcohol based sanitizer or wash with water and soap.
3. Wearing a mask and sterile gloves will be mandatory.
4. Norms of social-distancing will be followed.

All precautionary measures will be taken by hospital staff as well as by the patients.

Purva Karma:

Types and conditions of Dravya i.e., Dravya to be used.

- 1 VataDushti – Tikta and Snighdha Dravya in warm state.
- 2 Pitta and RaktaDushti – Madhura and Sheeta Dravya in cool state.
- 3 KaphaDushti – Tikta, Ushna and Rukshya Dravya in warm state.
- 4 In Sheeta Ruru – Warm drug.
- 5 In UshnaRutu – Cool drug.



TRUE COPY

p/shah
PRINCIPAL
M.A.M's, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune-28.

Quantity Dharana kala of Parisheka

Types	Sushruta	Yogaratanakara	
Snehana	400 Vanghamatra	600 Vanghamatra	
Lekhana	200 vanghamatra	300 Vanghamatra	
Ropana	600 Vanghamatra	400 Vanghamatra	

Parisheka kala:

1. Morning- for Kaphaja Vyadhi – Lekhana
2. Mid Day- for Rakta and Pittaja Vyadhi – Ropana
3. Before Evening- for Vataja Vyadhi – Snehana

Pradhana Karma

Position – Supine position


1. Eye is completely closed
2. Decoction is poured on eye in the form of Sookshma i.e., thread like steam from a height of 4 Angula from eye.

Pachata karama: Hot fomentation given after procedure.

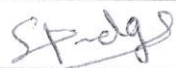
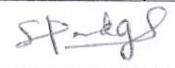

Complications

- 1 if Dravya used is too Ushna or Tikshna – pain, redness, dim-vision, burning sensation.
- 2 If Dravya used is too Sheeta – pricking sensation, loss of movements of eyelids, friction.
- 3 If Dravya used is too much in quantity – lids being rough, unable to close eye, twitching.
- 4 If Dravya used is too much less in quantity- The disease gets aggravated instead of getting cured.
- 5 If Dravya is not sieved properly – lacrimation, friction, pain.



TRUE COPY

PRINCIPAL
M.A.M.'s, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune-28.

Standard Operating Procedure

Department: Shalakyatantra			Page 1 of 2	
Title: Writing Standard Operating Procedure Tarpana			SOP no. DDMMYYYY00 1_Dept initials Revision no. Review period: - ----year Effective date:	
	Prepared by	Checked by	Approved by	Authorized by
Sign:				
Date:	23/3/2022	23/3/2022	23/3/22	
Department:	Shalakyatantra	Shalakyatantra	Shalakyatantra	

Tarpana

Indications:

1. Fatigued and inactive eyes
2. Darkness in front of eyes
3. Excessive dry and rough eye
4. Irregular or asymmetrical eyes i.e., squint
5. Hardness in eyelids, loss of eye lashes
6. Derangement of vision
7. Afflicted greatly by Vata-Pittaja diseases
8. Diseases like Kruchhonmila, Siraharsha, Sirotpata, Arjuna, Abhishyanada, Adhimantha, AnyatoVata.etc.

Contraindications :

1. Too hot, too cold, cloudy weather
2. Conditions like anxiety, stress or strain
3. Patients having complications along with presence of acute inflammatory symptoms like pain, swelling, redness etc.

Following precautionary measures will be followed considering COVID-19 pandemic

1. Thorough history of COVID-19 will be asked to the patient.
2. Before and after the Examination hands will be sanitized with an alcohol based sanitizer or wash with water and soap.
3. Wearing a mask and sterile gloves will be mandatory.
4. Norms of social-distancing will be followed.

All precautionary measures will be taken by hospital staff as well as by the patients.



TRUE COPY



PRINCIPAL

**M.A.M's, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar**

Procedure of Tarpana:

1. Pre procedural management:
 - a. Before performing Tarpana, the body and head should be cleansed by Raktamokshana, Vamana, Virachana, Niruha basti, Shirovirechana respectively.
 - b. Eyes should be fomented with swab soaked in hot water
 - c. Tarpana should be performed after digestion of food taken earlier i.e., on empty stomach.
2. Main Procedure:
 - a. After cleansing procedure, the patient is made lie in supine position in room which is inaccessible to wind, bright light, dust and smoke
 - b. Black gram flour and Yava flour is mixed with water to prepare dough (circular boundary wall) around eye ball which should be even, firm, comfortable, leak proof and 2 Angula (finger's breadth) in height.
 - c. This is filled with scum of medicated Ghrita melted in warm water, alternatively Vasa (fat) or any other material till the eyelashes are submerged
 - d. The patients is asked to open the eyes and retain the filling for various stipulated time period depending upon the aggravated Dosha.
 - e. Then filling is removed by puncturing the dough strip by Shalaka from Apanaga and collected in a vessel.
3. Post procedural management:
 - a. Swedana : greasiness of eye is cleaned by fomenting the eye with cloth dipped in hot water first and then wiped with paste or powder of fixed barely flour.
 - b. Kapha, remarkably aggravated by Tarpana, should be eliminated by Dhupana, Shirovirechana etc.
 - c. Avoid looking at bright sky or bright and reflective objects as well as breeze.
 - d. Diet should be maintained as per the dominance of Dosha.

Features of Samyaka Tarpana:

1. Induction of sound sleep and blissful awakening.
2. Healthy display of various parts of eye due to absence of symptoms.
3. Normalcy in colour of eyes.
4. Cheerfulness or healthy feeling due to cure of disease.
5. Promptness of functions of eye or care in opening and closing of eye.
6. Ability to withstand bright light.
7. Normalcy or healthy feeling as far as size, shape, color etc, are concerned.
8. Cleanliness of eye due to absence of discharge and feeling of lightness.
9. Patient experiences healthy feeling due to full satiation.

Complications:

Features of Heena-Tarpana:

1. Rough / dryness, turbid, excessive or lack of lacrimation, intolerance to light and sight and exacerbation of disease.
2. Exacerbation of Vataja and Pittaja disorders.

Features of Ati-Tarpana

1. Heaviness, turbidity, lacrimation, itching, aggravated of Dosha.
2. Kaphaja disorders develop.



TRUE COPY

[Handwritten Signature]

PRINCIPAL

**M.A.M's, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune-28**

Tarpana Dharanakala:

As per Dosha	Period of retaining Sneha	In Minutes
Swastha/Healthy person	500 Vaak (vowel)	15
Kaphaja disease	600 Vaak	18
Pittaja disease	800 Vaak	24
Vataja disease and Adhimantha	1000 Vaak	30

As per site or seat of disease	Period of retaining Sneha	
Vartmagata Roga	100 Vaak	3 minutes
Sandhigata Roga	300 Vaak	10 minutes
Shuklagata Roga	500 Vaak	15 minutes
Sarvagata Roga	1000 Vaak	30 minutes
Drushtigata Roga	1000 Vaak	30 minutes
Krushnagata Roga	700 Vaak	20 minutes
		*100 Matra = 3 min.

Tarpana Kala: According to Sushruta: Either forenoon or afternoon or on auspicious day. According to Vagbhata: Both in morning and evening in temperature season.

Methodology:

Materials:

According to Sushruta – Ghritamanda

Frequency of therapy:

(Repetition of Tarpana)

Condition	Ashtanga Hridaya	Dalhana
VataDushti	Daily	Daily
Rakta/PittaDushti	Alternate day	Alternate day
Sannipatika	-	After 2 days
KaphaDushti	After 2 days	After 3 days
Swastha / healthy person	After 2 days	After 2 days



TRUE COPY

PRINCIPAL

**M.A.M's, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune-28**

Standard Operating Procedures

Department: Shalakyatantra			Page 1 of 2	
Title: Writing Standard Operating Procedure Putapaka Kalpana			SOP no. DDMMYYYY001_ Dept initials Revision no. Review period: --- ---year Effective date:	
	Prepared by	Checked by	Approved by	Authorized by
Sign:				
Date:	23/3/22	23/3/22	23/3/22	
Department	Shalakyatantra	Shalakyatantra	Shalakyatantra	

Putapaka Kalpana :

That is process of preparation of Putapaka

Equal quantity of meat and paste of medicine is macerated and balls of size of Bilva fruit are prepared. They are wrapped in leaves of Eranda, Vata and Ambhoja or Utpala for Snehana, Lekhana and Prasadana Putapaka respectively and tied with thread . A coating of mud is given on the wrapped balls and then dried. They are placed in fire of burning coal of wood of Dhava , Dhavana or of dried Cowdung till the mud becomes red hot after they cool off covering of mud and leaves is removed, paste collected in a clean cloth and squeezed to obtain juice . It is administered in a same manner, as that of Tarpana .

Following precautionary measures will be followed considering COVID-19 pandemic

1. Thorough history of COVID-19 will be asked to the patient.
2. Before and after the Examination hands will be sanitized with an alcohol based sanitizer or wash with water and soap.
3. Wearing a mask and sterile gloves will be mandatory.
4. Norms of social-distancing will be followed.

All precautionary measures will be taken by hospital staff as well as by the patients.

Pre procedural:

Snehana and Swedana should be performed only in Snehana and Lekhana Putapaka

Post procedural:

- 1) For eliminating the post procedural accumulated Kapha , Dhumapana (mediated smoke inhalation) is beneficial both in Snehana and Lekhana Putapaka .



TRUE COPY

PRINCIPAL
M.A.M.'s, Sumatibhai Shah
Ayurved Mahavidyalaya

- 2) A pad of flowers like Malati and Mallika should be tied on eyes at night .
- 3) Looking at bright , luminous and reflecting objects (mirror) or sky should be avoided along with breeze also .
- 4) Restrictions regarding healthy diet and other activities should be followed doubled the period for which both Tarpana ana Putapaka are repeated .

Types of Putapaka :

Types of Putapaka	Indications	Period of retention	Repetition
Snehana Putapaka (lukewarm)	Vataja Netraroga and ruksha netra	Till 200 vowel	For 3 days For 2 days – Dalhan
Lekhana Putapaka (lukewarm)	Kaphaja Netraroga and Snigdha netra	Till 100 vowel	For 1 day
Ropana / Prasadana (cool)	Pitta – Raktaja Netraroga or in ucerlation , dim vision and also in healthy person	Till 300 vowel	For 2 days For 3 days in healthy person Dalhana

Management of Heena / Ati yoga that is inadequate or excessive Putapaka therapy should be managed by proper Anjana , Ashchyotana , Swedana.

Complications due to improper material used for Putapaka :

Vyapada / complications	Putapaka Dravya Swarup / status of drug
Burning sensation and suppuration	If excessively Teekshna / irritant and Ushna / hot juice is used
Ashrustambha (ceased lacrimation) pain and friction	Too cold or less oily juice is used



TRUE COPY

Handwritten signature

PRINCIPAL
M.A.M's, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune-28.

Standard Operating Procedures

Department: Shalakyatantra			Page 1 of 2	
Title: Writing Standard Operating Procedure Bidalaka			SOP no. DDMMYYYY001_ Dept initials Revision no. Review period: --- ---year Effective date:	
	Prepared by	Checked by	Approved by	Authorized by
Sign:				
Date:	23/3/22	23/3/22	23/3/22	
Department	Shalakyatantra	Shalakyatantra	Shalakyatantra	

Bidalaka

Definition:

Kriyakalpa in which Lepa is applied externally on eye, leaving aside the eye lashes and eye appears like a cats eye (Bidal) is called as Bidalaka.

Following precautionary measures will be followed considering COVID-19 pandemic

1. Thorough history of COVID-19 will be asked to the patient.
2. Before and after the Examination hands will be sanitized with an alcohol based sanitizer or wash with water and soap.
3. Wearing a mask and sterile gloves will be mandatory.
4. Norms of social-distancing will be followed.

All precautionary measures will be taken by hospital staff as well as by the patients.

Matra :

Similar to that of Mukhlepa that is face pack under-

- 1) Kanishtha Matra – $\frac{1}{4}$ Angula thickness that is lowest measure.
- 2) Madhyama Matra – $\frac{1}{3}$ Angula in thickness that is medium measure.
- 3) Uttama Matra – $\frac{1}{2}$ Angula in thickness that is maximum measure.

The paste should be washed out before it is completely dried. If retained even after drying it spoils skin because it loses its potency.



TRUE COPY

PRINCIPAL

**M.A.M.'s, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune-28.**

Indications / usages :

- 1) In Amavastha that is acute stage of ophthalmic disease, especially in Abhishyanda , Bidalaka proves to be extremely useful . Anjana is contraindicated in this stage and hence Bidalaka should be used.
- 2) Burning sensation, discharge, lacrimation, inflammation/ swelling ., redness are taken care of by Bidalaka .

Yoga / preparations:

- 1) Bidalaka prepared by taking equal amounts of herbal drugs and grinding in water. The Bidalaka cures all ophthalmic diseases.
- 2) Bidalaka by RasAnjana or Pathya / Haritaki and Bilva leaves or Vacha , Haridra and Shunthi or Shunthi and Gairika relieves all ophthalmic diseases.






TRUE COPY

Sumatibhai Shah

PRINCIPAL
M.A.M's, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune-28.

Standard Operating Procedures

Department: Shalakyatantra			Page 1 of 2	
Title: Writing Standard Operating Procedure Pindika			SOP no. DDMMYYYY001_ Dept initials Revision no. Review period: --- ---year Effective date:	
	Prepared by	Checked by	Approved by	Authorized by
Sign:				
Date:	23/3/22	23/3/22	23/3/22	
Department	Shalakyatantra	Shalakyatantra	Shalakyatantra	

Pindika

Definition:

The prescribed drugs are grinded into a paste, tied by a cloth and this pack is bandaged on the eye. This procedure is called as Pindika or Kavalika .

Indications: Abhishyanda and Vrana that is ulcer.

Following precautionary measures will be followed considering COVID-19 pandemic

1. Thorough history of COVID-19 will be asked to the patient.
2. Before and after the Examination hands will be sanitized with an alcohol based sanitizer or wash with water and soap.
3. Wearing a mask and sterile gloves will be mandatory.
4. Norms of social-distancing will be followed.

All precautionary measures will be taken by hospital staff as well as by the patients.



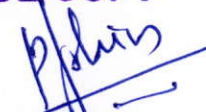
TRUE COPY


PRINCIPAL
M.A.M's, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune-28.

Types of Abhishyanda	Properties of Pindika to be used
Vatabhishyanda	Warm Pindika of drugs having Snigdha and Ushna properties and mixed with fat eg. Leaves and root bark of Eranda.
Pittabhishyanda	A cool Pindika of drugs having Sheeta properties eg. Amalaki or fruits of Mahanimba .
Kaphabhishyanda	A warm Pindika of Ruksha and Ushna properties eg.leaves of Shigrapatra.
Pitta-Kaphaja disease Vata-Kaphaja disease	Pindika of ground Nimbapatra. Warm Pindika of Shunthi , Nimbapatra and Saindhava it also alleviates inflammation itching and pain .
Sannipatika	Triphala Pindika

All kinds of abhishyanda are taken care of by Pindika prepared by Triphala mixed with Ahiphena that rind of opium fruit and water.



TRUE COPY

PRINCIPAL
M.A.M.'s, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune-28.

Standard Operating Procedures

Department: Shalakyatantra			Page 1 of 2	
Title: Writing Standard Operating Procedure Anjana			SOP no. DDMMYYYY001_ Dept initials Revision no. Review period: --- ---year Effective date:	
	Prepared by	Checked by	Approved by	Authorized by
Sign:	<i>SP.dg</i>	<i>SP.dg</i>	<i>[Signature]</i>	
Date:	23/3/22	23/3/22	23/3/22	
Department	Shalakyatantra	Shalakyatantra	Shalakyatantra	

ANJANA

Application of various medical formulations to eye is called as Anjana

Indications:

Though Anjana is indicated in Pittaja, Kaphaja, and Raktaja netraroga it is principally most effective in Vataja Netraroga .

Contraindications:

Patients who are emotionally upset indicated by anger, fear, grief, weeping, alcoholism etc those who are fatigued /fatigued eyes , suppressing their natural urges .

-Insomnia

-Eye exposed to breeze.

-Eyes exposed to dust and smoke.

-In presence of headache.

-In presence of Indigestion.

-In presence of eye injury that is painful and fatigued due to excessive exposure to fire and sun.

-In extreme cold weather immediately after head bath or before sunrise.

-If patient is thirsty.

-Immediately after emesis, purgation .



TRUE COPY

[Signature]
PRINCIPAL
M.A.M.'s, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune-28.

Different types of Anjana

As per its Guna	Aushdhikalpa	As per its Karma	As per its Rasa	As per its Dosha
Lekhana (scraping)	Gutika/Pinda	Mrudu	Madhura	Vata
Ropan (healing)	Raskriya (gelly like)	Teekshna (strong)	Amla	Pitta
Snehana (lubricating)	Churna (powder)	-	Lavana	Kapha
Prasadana (soothing)	-	-	Katu	Raktaprasadak

Anjana Matra

Anjana	Lekhan Anjana Teekshna Dravya	Ropan Anjana Mrudu dravya	Prasadana Anjana Mrudu dravya
Gutikanjan	1pea worth	2 pea worth	1 ½ pea worth
Rasakriya(Sushrut)	1 pea worth	2 pea worth	1 ½ pea worth
Rasakriya (Astang Hriday)	1 Vidanga worth	2Vidanga worth	2 Vidanga worth
ChurAnjana	2 Shalaka	3 Shalaka	4 Shalaka

Procedure of Anjana Karma

Following precautionary measures will be followed considering COVID-19 pandemic

1. Thorough history of COVID-19 will be asked to the patient.
2. Before and after the Examination hands will be sanitized with an alcohol based sanitizer or wash with water and soap.
3. Wearing a mask and sterile gloves will be mandatory.
4. Norms of social-distancing will be followed.

All precautionary measures will be taken by hospital staff as well as by the patients.

Purva Karma:

Anjana Karma with appropriate Anjana is effective and beneficial ,it should be employed – when Dosha are localized in the eye only that is after cleansing the body by Vamana , Virechana , Raktamokshna and Shirovirechana.

Pradhana Karma:

Anjana performed in a comfortable position either sitting or supine .The learned physician should open the eyelids of patient with his left hand and apply Anjana by Shalaka its rod held in his right hand .It applied gently carefully and at proper site in the fornix starting from inner to outer canthus or vice-versa as per as his convenience . Application is performed by slowly rotating the rod .Fore finger should be used for smearing the Anjana at lid margin. After the application of Anjana , patient should loosely close the eyelids and rotate the eye ball slowly in all directions so as to disperse the Anjana material uniformly.



TRUE COPY


PRINCIPAL
M.A.M.'s, Sumatibhai Shah
Ayurved Mahavidyalaya,
Madapsar, Jalgaon - 392008.

Precautions during application:

Eye ball should be rotated laterally or medially while applying the Anjana at inner canthus respectively and then kept steady to prevent accidental contact with Drushti that is cornea.

Anjana should not excessively applied towards the ends that is inner or outer canthus.

Rod should be firmly and comfortably held by physician without shaking the hand.

Anjana should not be applied rapidly or slowly, it should not be rubbed.

Sudden blinking squeezing or rubbing of lids should be avoided.



TRUE COPY

[Handwritten signature]

PRINCIPAL

**M.A.M.'s, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune-28.**