

Standard Operating Procedure

Department: Shalakyatantra			Page 1 of 2	
Title: Writing Standard Operating Procedure Aschyotana			SOP no. DDMMYYYY001_ Dept initials Revision no. Review period: --- ---year Effective date:	
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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:

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.

Quantity: 10 to 12 drops

Pradhana Karma

Position of patient – Supine position



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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 Kaphja Netraroga

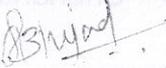
Matra and Dharanakala (Quanantity and time)

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

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Department: Shalakyatantra			Page 1 of 2	
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Parisheka

Indications:

1. Balwana Dosha
2. Sarva Netra roga

Contraindications:Alpa Dosha

Procedure:

PurvaKarma:

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.

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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

PradhanaKarma

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.

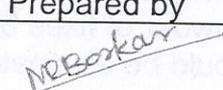
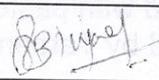
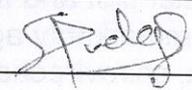
Complications

- 1 If Dravya used is too Ushna or Tikshna – pain, redness, dimvision, 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 getes aggravated instead of getting cured.
- 5 If Dravya is not sieved properly – lacrimation, friction, pain.

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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-Pittaj diseases
8. Diseases like kruchhonmila, siraharsha, sirotkata, 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.

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 fomentated with swab soaked in hot water
 - c. Tarpana should be performed after digestion of food taken earlier i.e., on empty stomach.

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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. Swdana : 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. Normally 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. Normal or healthy feeling as far as size, shape, colour etc, is concerned.
8. Clininess 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.

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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:

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(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

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Department: Shalakyatantra	Page 1 of 2
Title: Writing Standard Operating Procedure	SOP no.

Putapaka Kalpana			DDMMYYYY001_	
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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 .

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 putspaka .
- 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) oe 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 .

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Types of Putapaka	Indications	Period of retention	Repetition
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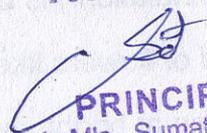
Snehana Putapaka (lukewarm)	Vataja netraroga and ruksha netra	Till 200 vowel	For 3 days For 2 days – dalhan
Lekhana Putapaka (lukewarm)	Kaphaja netraroga and snigdha netra	Till 100 vowel	For 1 day
Ropana / prasadana (cool)	Pitta – Raktaja netraroga or in ucerlation , dim vision and also in healthy person	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 sentation and suppuration	If excessively teekshna / irritant and ushna / hot juice is used
Ashruthamba (ceased lacrimation) pain and friction	Too cold or less oily juice is used

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Department: Shalakyatantra			Page 1 of 2	
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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.

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.

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.

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Department: Shalakyatantra			Page 1 of 2	
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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 .

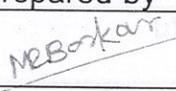
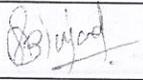
Indications: Abhishyanda and vrana that is ulcer.

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 shigruoatra.
Pitta-Kaphaja disease Vata-Kaphaja disease	Pindika of ground nimbapatra. Warm Pindika of shunthi , nimbapatra and saindhava it also alleviates inflammation itching ana pain .
Sannipatika	Triphala Pindika

All kinds of abhishyanda are taken care of by Pindika prepared by triphala mixed with ahiphena that grind of opium fruit and water.

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Department: Shalakyatantra Standard Operating Procedures				Page 1 of 2
Title: Writing Standard Operating Procedure Anjana				SOP no. DDMMYYYY001_ Dept initials Revision no. Review period: --- ---year Effective date:
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ANJANA

Application of various medical formulations to eye is called as Anjana

Indications:

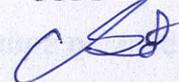
Though Anjana is indicated in Pittaja, Kaphaja, and Raktaja netraroga it is principally most effective in Vataja netraroga .

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 .

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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	LekhAnjana Teekshna dravya	RopAnjana Mrudu dravya	PdAnjanarasa Mrudu dravya
Gutikanjan	1 pea 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	2 vidanga worth	2 vidanga worth
ChurAnjana	2 shalaka	3 shalaka	4 shalaka

Procedure of Anjana Karma

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 vamaana, 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.

Precautions during application:

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

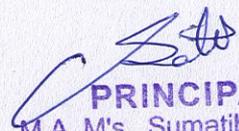
Anjana should not excessively applied towards the ends that is inner or outer canthus.

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.

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