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## Maharashtra Arogya Mandal's **SUMATIBHAI SHAH AYURVED MAHAVIDYALAYA**

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## Standard Operating Procedures of Various types of Anushastra

### KSHARSUTRA

#### Procurement:-

Ksharsutra is prepared in the department of Shalyatantra, for that we procure Apamarga Kshar, Turmeric Powder from our institutional Pharmacy. Snuhi Ksheer is taken from herbal garden of institute.

#### Indication:-

Fistula in Ano.

#### Contraindication:-

1. Pediatric
2. Geriatrics
3. Pregnancy

#### Procedure for Ksharsutra Nirman:

1. Snuhi Kshir is collected in glass petridish early in the morning from college herbal garden daily i.e. fresh Snuhi Kshir is used for preparation.
2. Apamarga Kshar is prepared in college pharmacy and maintain at Shalya department. It is stored in air tight dry condition. Collected in glass bottles.
3. For Ksharsutra Barbour's linen no.20 is used. The thread is applied on Rectangular metal frame. Frame is narrow at its base which provides Ksharsutra in small length as per need.
4. Haridra Sukshma churna is prepared in pharmacy is collected & maintained in the Shalya Department.
5. Ksharsutra is prepared by P.G. scholar and with the help of intern doctors. Ksharsutra is prepared in batches and it is recorded in register date wise.



7. After Coating Ksharsutra Frame are kept in Ksharsutra kosh for drying and antiseptic procedure.
8. Ksharsutra kosh is made from wooden box & glass sheets.
9. It consists of air flow sterilizer & two 100 watts bulbs and thermometers.
10. Air flow sterilizer is used to circulate clean & aseptic air within the chamber.

### Coatings of Ksharsutra

Ksharsutra is prepared by the method described by Dr. S. K. Sharma, Dr. Kulwant Singh of Rashtriya Ayurved Vidyapeeth, New Delhi and published in the form of book i.e. "Ksharsutra therapy in Fistula in Ano and other Ano-rectal diseases." RAV Publication 1994-1995.

### Coatings:

1. First 11 coating of Snuhi kshir are applied.
2. Second set of coatings are applied by Snuhi kshir and Apamarga kshar alternately are seven coats
3. Third set of coatings are applied by Snuhi kshir and Haridra Choorna- 3coats.
4. Every successive coat is applied when previous coat is dried.
5. After completion of coatings frame is kept in Ksharsutra kosh to avoid any infection.

### Applications

1. Painting and drapping done in lithotomy position.
2. Tropical anaesthesia given.
3. First application of Ksharsutra in all types of Fistula in ano is done in Regional anaesthesia prior to physicians fitness in Major OT.
4. IInd application - Changing of Ksharsutra from 2<sup>nd</sup> time is done in minor OT by simply knotting ksharsutra with previous inserted ksharsutra.
5. With the help probe ksharsutra inserted from external opening of fistula.

### Paschat Karma:

1. Hot sitz is advised twice in a day for ten minutes with Haridra churna bath BD for 10 min
2. Stool softener according to prakruti for ex. Sikhasarak Churna.



### Complication

1. Retention of urine
2. Local irritation
3. Abscess formation
4. Hemorrhage

#### **Management of Complications**

1. hot water bag application
2. hot sitz bath
3. high fiber diet
4. plenty of fluid orally

#### **Data**

The data of Ksharsutra prepared and used Ksharsutra stock register is kept in Shalyatantra OPD No. 7.

#### **AGNIKARMA**

*"Agnianaa krutam yat karma tat Agnikarma  
Agnisambandhi yat karma tat Agnikarma"*  
Dalhana.

#### **Procurement of Material:-**

We brought Various Shalaka's from Panchakarma Department. Ghrita and Madhu from authenticated dealer.

#### **Agnikarma kal:-**

Except Sharad and Grishma Ritu rest all ritus are indicated.

#### **Types of Agnikarma:-**

According to Sushruta

1. Valaya
2. Bindu
3. Vilekha
4. Pratisarati

According to Astangsa graha:-

The four types mentioned by Sushruta and another three types which

1. Ardhaচারি
2. Swastik
3. Ashtapada i.e. Churang

#### **Indication:-**



1. Planter Fasciitis
2. Tennis elbow
3. Corn
4. Cervical Spordylitis
5. Vishwachi
6. Osteoarthritis
7. Vatajanantmatmijvyadhi

### Contra indication

1. Children
2. Abscess
3. Pitta prakruti
4. Internal bleeding

### Types of Shalaka

- Loha Shalaka
- Suvarna Shalaka
- Panchdhatu Shalaka

### Applications

1. According to disease, give position to patient.
2. Identify (palpate) the most tender part.
3. Take the appropriate shalaka according to disease as per temperature required
4. Shalaka is heated and applied to most tender part
5. The procedure is repeated after one or 2 weeks.

### Procedure protocol:

1. Maximum pain point it will be selected will be and marked by marker.
2. Comfortable position is given for *agnikarma*
3. *Suvarnashalaka* is heated on flame.
4. Heated *shalaka* is applied on selected points.



5. Agnikarma is done till symptoms of *samyakdagdha* appear.



6. Goghrut will be applied on *dagdha* area.



7. All above procedure done in presence of lady attendant for female patient.

Duration of Agnikarma: Usually 2 to 5 seconds

& more than 5 seconds in corn is used.

### **Complication and Management:**

No specific complication if done property. If the duration of heating is more 15 seconds, it may lead to burn. In case of burn, dressing is done with Vranropak Tailam.

### **Importance:**

1. Highly potential than bleshaja, shastra & ksharkarma
2. Terminate the chances of disease recurrence
3. No chances of infection if there is no burn
4. No Complications

### **Data**

The data of Agni karma done on Patients is recorded in register is kept in Panchkarma department.

## **KSHARKARMA**

### **Procurement**

Kshar is prepared in institutional pharmacy. For ksharkarma department of Shalyatantra procure Apamarga Kshar.

### **Types of Kshar:-**

1. Pratisarniya (balhya)

It also have another subtypes-

- I. Mrudu
- II. Madhya
- III. Tikshna

2. Paniya (Aabhyantar)



**Indication:**

Arsha-  
Bhagandar  
Mamsarbudam  
Nadivranant  
Tilakalaka, Nyachha, Mashak  
Granthi, Vrangranthi, Dushta vana  
Bahyavidradhi, Bahyakrumi

**Contraindication:**

Garbhini  
Bala  
Sukumar  
Pittaj Vyadhi  
Netraroga (Wartmagata roga)

**Kshar Karma Yogya Vyadhi**

Kushta, kitibha, Dadru, Mandal, Kilas, Bhagandar, Arbud, Arsha, Duhsta Vrana, Nadi Vrana, Charmakil, Tilkalaka, Nyaccha, Vyanga, Mashaka, Bahya Vidhradi, Bahya Krimi, Vishabadha.

**Kshar Karma Ayogya Vyadhi**

Durbal, bal, bhiru, vruddha, Garbhini, Rutumati, Sarvang Shotha, Timira, Uder, Jwar, Prameha

**Preparation of Kshara: Ref Sharangdhar Samhita**

Panchang of Apamarga Tree is taken

This Apamarga Panchang is burnt in open air,

Ash obtained by burning is collected and immersed in water in ratio 1:6 (Ash : Water) over night

Next day this mixture is filtered and ash is dried

This dried ash is used as Apamarga Kshar.



## Application of Kshar (Ksharkarma Procedure): Ref Sushrut Samhita Chikitsa 6/3

- a) Arsha : Patient is given Lithotomy position  
Per Rectal examination is done  
Sims speculum is introduced into the anal canal  
Arsha identified and Apamarga Kshar is applied over arsha with the help of Karpas Shalaka (Ref Su. Su. 7/14)  
Kshar is kept for 90 to 120 seconds over Arsha or count up to 100 or if changes the colour from pink/red to purple.  
Then Kshar is washed with Nimbu Swarasa.  
Patient is allowed to be in Prone position for 5 to 10 min.

b) Vrana:

In hyper granulated Vrana Kshar is applied.

Patient is given prone or suitable position according to wound site.

Wound is cleaned with sterile water.

Apamarga Kshar is applied over the wound with all aseptic precaution (with sterile gloves)

Kshar is placed for 90 to 120 seconds

Then Kshar is cleaned with Nimbu Swarasa.

### Data

The data of Kshar procured is recorded in stock register and Ksharkarma done on patients is recorded in Separate register. Both register kept in Shalyatantra OPD No.

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### JALAUKAVACHARAN

#### Procurement:-

SSAM's Sane Guruji Hospital, Panchkarma department brought Jalauka, turmeric, lodhra churna from authenticated dealers.

#### Types of Jalauka

It is having two main types

1. Savish

- I. Krushna
- II. Karbura
- III. Algarda
- IV. Indrayudha
- V. Samudrika
- VI. Gochandana



## 2. Nirvish

- I. Kapila
- II. Pingala
- III. Shankhamukhi
- IV. Mushika
- V. Pundarikamukhi
- VI. Savarika

### **Jalauka avacharana kala:-**

According to Dalhana Jalauka Avcharana kal is Sharad Rutu.

### **Indication:**

1. Oral ulcer
2. Abscess
3. Gout
4. Tennis Elbow
5. Corn
6. Thrombosed Haemorrhoids.

### **Contraindication:**

1. Pregnant lady
2. Child
3. Convulsions
4. Fainting
5. Tiredness

### **Application:**

#### **SOP for Jalaukavacharana**

- General examination of patient is done (complete history taking, Ayurvediya ashtavidha ,dashavidha pariksha) ↓
- Patient is selected considering indications and contra indications of Raktamokshana- Jalaukavacharana ↓
- Routine blood examinations- Haemogram, ESR, BT, CT, BSL etc.is done as a pre-operative assessment of patient. ↓
- Patient is asked to have normal diet before Jalaukavacharana in order to avoid fainting. ↓



- Complete procedure of Jalaukavacharana is explained to patient and written informed consent will be produced prior to procedure.
- Comfortable position is given for Jalaukavacharana and for better performance of Jalaukavacharana and for the management of any complications, necessary things will be collected prior to procedure
- Jalauka is taken out of pot and then about 10 minutes is kept in pot full of turmeric water till they regain natural freshness and cheerfulness. Then jalauka can be applied on affected part.
- Affected area will be cleaned with luke warm water.
- Jalauka is held with small piece of cotton or gauze by covering its body; it will catch the skin and stick at the place.
- If he leech is not getting attached by doing so, take prick on the skin by needle no 20/21.
- After leech application, their body is covered with wet cotton gauze and cool water is dropped on the covering part continuously to provide cooling effect.
- Leech will suck blood. When it will get full up to its capacity it leaves the site. If the leech will not detach from site even after proper signs and symptoms of 'Raktamokshana' or sticking to the affected area due to fondness of smell of blood, they will be removed by sprinkling turmeric powder on their mouth.
- After detaching leech, vomiting will be induced to it. For vomiting induction turmeric powder will be sprinkled on mouth. The procedure will be continued until the appearance of vomitus appears.
- **References-** Su.su.13, Ash. Hru.su.25

### Complication and management

After detaching leech, affected part will be cleaned with cotton. Dressing will be done with turmeric and cotton pads. Tight pressure bandage is applied to stop bleeding.

### Data

The data of Jalauka procured recorded in stock register and data of Jaluaka used in Patients is recorded in separate register is kept in Shalya Tantra OPD No. 7.



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