

STANDARD TREATMENT GUIDELINES

JALODARA (ASCITIS)

General management includes —

- *Tridoha* pacifying management plan
- *Deepana*
- *Nityameva virechayeta*
- Treatment of causative disease
- Judicious restriction of fluids.
- Intake of milk processed with drugs.

Specific management plan –

- Various *mutra*
- *Tikshna*
- *Kshara*
- *Deepaniya*
- *kapha* pacifying
- *Visravana karma*

KUSTHA (SKIN DISORDERS)

- Avoidance of causative factors (*nidāna parivarjana*)
- *Samsodhana* therapy
- *Snehapāna* in *vāta* predominant *kuṣṭha*
- *Virecana* and *raktamoksna* in *pitta* predominant *kuṣṭha*
- *Vamana* in *kapha* predominant *kuṣṭha*
- Repeated *samsodhana*
- *Samsamana* treatment
- Treatment of predominant *Doṣha* and after that secondary *Doṣha* should be treated

- Internal use of medicine
- External application of different *lepas* and *kshara*.

According to involvement of *dhatu*

- *Tvakgata* – *sodhana*, *lepana*
- *Raktagata* – *samsodhana*, *lepana*, *kasāyapāna*, and *raktamoksana*.
- *Māmsagata* – *sodhana*, *ālepana*, *kasāyapāna*, *raktamoksana* and use of *āsava*, *arista* and *avleha*.
- *Medogata* – use of *Bhallataka*, *Shilajatu*, *Guggulu*, *Agara*, *Tuvaraka*, *Khadira*, *Asana* & *Ayaskriti* followed by *Samsodhana* & *Raktamokshna*.
- *Pracchāna* followed by *sringa* or *alābu* application if localized disease.
- *Siravedhana* if disease involves the deeper levels of the skin.
- *Snehapāna* followed after *raktamokshna* to avoid *vāta* vitiation.
- *Rakataśodhana*
- *Pitta* predominant *kuṣṭha* ó use of *ghrita* processed in *tikta rasa* predominant herbs.
- Ingestion of *gomūtra* in the condition where there is maggots in lesions with associated loss of skin and phalanges.
- Use of *agads* in dry, hard and chronic lesions associated with loss of sensation.

TAMAKA SHWASA

General managment includes-

1. Nidana parivarjan
2. Kapha óVataghan, ushna, Vatanuloman medicine & food, (like Shunthi pippali, yavagu)
3. Shamana & vringhana Chikitsa (Best),
4. Samshodhan (by vamana, virechana, and Dhoompana, nasya karma)
5. In Tamaka Shawasa- Virechana karma (by the medicines which have the vata-kaphashamaka properties)
6. Rasayana chikitsa (like pipali vardhmana kalpa, chayavanaprasha avaleha)
7. Yoga (like pranayama)

The treatment should be decided on the following 4 criteria:

1. Strength of patient
2. Predominance of Dosha
3. Stage of Disease (Acute / Chronic)
4. Age and Condition Of Patient

If the patient have good strength with predominance of kapha,, acute stage of disease, young age, Samshodhan chikitsa should be given.

If the patient have weak strength with predominance of vata, chronic stage of disease, child old, or pregnant women, very ill should be treated with Samshamana and Vringhana chikitsa. Therefore person affiicted by shwasa roga, whether corrected or not by samshodhan chikitsa, should be treated by Vringhana and shamana chikitsa but never with karshana chikitsa.

Specific Conditions –

1. Use of kshara like Apamarga , if the respiratory passage obstructed by kapha.
2. In acute condition, use of nasya karma by Garlic, Onion juice,
3. T/t protocol in Different condition with tamaka shwasa ó
 - i. Acute fever & Aama dosha- Langhana, Ruksha swedana or vomiting by salt water.
 - ii. Aadhamana & Udavarta- use of food mixed with juice of Citrus medica, Amalavetasa, Asafoetida, Vita salt.
 - iii. Cough & Hoarseness of voice ó Vamana karma should be used.
 - iv. Dryness of mouth, palate, & throat ó pt should be treated with medicated ghee.

KASA (COUGH)

General management includes –

1. Avoidance of causative factors
2. For dry cough ó Snehana and Swedana
3. For wet cough ó Vamana karma

Treatment according to predominance of Doshas –

1. In vatic kasa - snehana, swedana, anuvasana basti, and snehic virechana. Medication and food mixed with ghee or oil should be given to the patient.

2. In pattika kasa- If kapha is associated with pitta vamana should be given, otherwise virechana should be given.
3. In kaphaja kasa ó Vamana, Dhoompana, virechana nasya. Food which have ruksha, ushna, and katu properties should be used.
4. In kshataja kasa ó it should be treated like the pattika kasa. drugs & food are used which have properties of -madhura, jivaniya and bala and mamsavardhaka. (like ghee, milk & honey)
5. In kshayaja kasa óthe line of treatment is to give alternately Deepana, vringhana,& shodhana of the vitiated channels.

AJIRNA

- In *amajirna vaman karma*
- In *vidagdhajirna langhan* , cold water
- In *vistabdhajirna swedana*, saline water
- In *rasasesajirna* day- sleep , *langhan* , *vata varjana*
- Take *parimita* food in *anakaal*
- Dont take drug to check pain

AMVATA

- *Langhan*
- *Swedan*
- *Tikta ras* food
- *deepan & katu dravya*
- *virachana*
- *snehpana*
- *basti*
- *anuvasan basti of saindhavadi* oil
- *kasarabasti*
- food & drinks processed with *panacakola*
- sand-pouches rough fometation

JWARA

Line of management in taruna jwara/nava jwara/sama jwara (up to 6 days)

- Langhana
- Swedana karma
- Tikta rasa samskrit yavagu sevana

Langhana in Taruna jwara is contraindicated in the Kshayaja Jwara, Anilaja Jwara, Krodhaja Jwara, Kamaja Jwara, Shokaja Jwara and Shramaja Jwara.

Vamana is contraindicated in Taruna jwara but if fever is due to Santarpana or if there is predominance of Kapha in Amashaya then mridu Vamana could be done.

Yavagu is not given in the patient suffered from Madatyaya, Urdhwaga Raktpitta, in Grishma ritu(summer season) and in the patient who consume alcohol everyday. In these patient Tarpana is given.

After 6 days

Pachana is given in Sama Doshas and Shamaniya Kashaya in Nirama doshas on 8th days.

In the patient whom Kapha is less and who is suffered from Pitta pradhan doshas Ghrit is given after 10th days.

If patient is suffered from Daha, Trishna and Constipation then Dugdha (payasa) is given.

If fever is not suppressed due to these procedure and patient s Agni, Mamsa & strength is good then virechana karma is done.

If patient is Kshina(debilited) due to jwara then Vamana & Virechana is contraindicated. In these patient Niruhana is done after taking payasa(milk).

In the patient who is suffered from purana Jwara and whose Agni is good and who is suffered from Rukshata and constipation then Anuvasana is done.

If there is heaviness, headache and Jadyata (stupor like condition) in jirna jwara then Shirovirechana is done.

Abhyanga, pradeha, parisheka and avagahana with cold &hot drugs can be done in jirna jwara.

For Jirna Jwara which only remained in skin, Dhupana is done.

For Sannipataja Jwara

Kaphasthananupurvi chikitsa.

By increasing one dosha & decreasing increased dosha.

For Karnamoola Sotha complication of sannipataja jwara

Raktavasechana, Ghrít pana, Pradeha, Nasya and Kavalgraha.

For Vishama Jwara

Sadharana karma

In Vata pradhana vishama jwara- Ghrít pana, Anuvasana Vasti, Niruhana, Snigdha and Ushna Anupana.

In Pitta pradhana vishama jwara- Virechana by milk & ghrít (samskarit ghrít) and uses of Tikta & Shita dravyas.

In Kapha pradhana vishama jwara- Vamana, Pachana, Rukshana and Ushna dravyas.

KAMALA

In Kamala snehana is done by Panchagavya ghrít, Mahatikta ghrít or Kalyanaka ghrít etc.

After snehana Mridu Virechana is done with Tikta rasa pradhana dravyas or Gomutra with milk.

In Shakhashrita Kamla Kaphahara drugs is given.

Katu, Tikshna, Ushna & Lavana drugs is used till proper stool colouration by Pitta and after that Samanya treatment of Kamala is done.

Amla & Katu Rasa sadhita chicken, Peacock, Titar Mamsarasa and Yush of reddish & kulatha is used for eating. Matulunga juice with Honey, Pippali & Maricha should also used.

SANDHIVATA

- Snehan and swedan (Oleation and Fomentaion) both internal and external is done.
- If there is no relief after these procedures and doshas are situated in Vasti Pradesh then Mridu Virechan is done or in Kshirna(debilitated) patient Vasti Karma is done.
- In later stage of Sandhivata when doshas are situated in Shirah ópradesh, Navan Nasya and Dhumpana is done.

GRAHNI

- Granim ashritam rogam ajirnavata upachareta
- atisaravata

- Langhna
- Pachana
- Agni deepana
- Krimi roga chikitsa
- In paittika grahni virechna followed by tikta aushadhi.

SHALAKYA TANTRA

Management protocol of Timir (Refractive errors)

- A. Langhan --> Paachana --> Kaya shuddhi (Snehapana --> Virechana) --> Shirovirechana
Nasya --> Tarpana with Vata Kapha shamak ghrilas & Shirovasti
- B. Chakshusya Rasayan sevan
- C. Trifla sevana

Management protocol of Shushkakshipaka (DES)

- A. Parishek, Pindi, Vidalak
- B. Samshodhana --> Paachana --> Nasya, Anjana, Tarpana, Putpaka, Murdha tail
- C. Rasayan sevan
- D. Aamvat chikitsa, if associated.

Management protocol of Naktandhya, Pitta vidagdha drishti, Doshandhya (Retinitis pigmentosa):

- A. Deha samshodhana (Snehana --> Virechana) --> Brimhana Chikitsa (Internal --> Pratimarsha
nasya --> Anjana, aashchyotana, seka --> pichu, shirodhara --> Tarpana, Putpaka

Management protocol of Karna srava (CSOM):

- A. Pramajana --> Prakshalana --> Dhupana --> Karna purana with vrana shodhana -ropana
dravyas
- B. Concurrently Shiro-virechana

Management protocol of Pratishyay (Allergic Rhinitis):

A. Nidana Parivarjana

B. Snehana (Shiro abhyang & Snehapana) --> Swedana (Upanaha in headache & Sankar in sneezing, nasal discharges) --> Niruha vasti --> Snigdha dhumapan --> Snehan nasya as in Ardit vata

C. Hot water for drinking

D. Pratishyoyokt internal shaman aushadhis.

E. Vatanuloman with Haritaki, Hingu etc.

SHALYA TANTRA

1. ARSHA

Aushadha

Sthanik ó

Snehana

Svedana

Dhoopana

Avagaha

Alepa

Pratisarana

Vasti

Parisheka

Abhyantar -

Deepana

Pachana

Anulomana

Raktasamgrahana

Samnshamana

Samshodhana

Kshara Karma

Agni Karma

Shastra Karma

2. Bhagandara

Bhagandara Pidka chikitsa

Aptarpana,

Aalepa,

Parisheka,

Abhyanga,

Swedana,

Vimlapana,

Upnaha,

Pachana,
Vishravana,
Snehana,
Vamana,
virechana.

Bhagandara chikitsa

Shastra Karma ó Bhagandara Marg Chedana followed by application of Agni/ Kshara Karma (if required) & Vranopachara
Kshara Sootra Chikitsa

3. Parikartika

Proper following of Aahara-Vihara
Deepana-Pachana yoga
Vibandha hara yoga
Vedanahara yoga
Sthanik use of Snehana, Svedana, Parisheka, Shodhana & Ropana lepa
Vranopachara
If Aushadha Chikitsa fails to resolve symptoms or recurrence occurs
Shastra Karma
Kshara Karma
Agni Karma

4. Bhagna (Kanda bhagna & Sandhi Moksha)

4 Principles of management of are-
Aanchhana
Peedana
Sankshepa
Bandhana

Associated Vedana, Vrana & other symptoms are managed accordingly.

5. Jalodar Chikitsa

Sanshodhan chikitsa
Nitya virechan
Gomutra mishrit teekshna kshar ka prayog
Deepniya and kaphghna chikitsa
Takra ka prayog
Karabham payah
Shalya karma
Sanshaman chikitsa
Aushadha prayoga

6. Gulma Chikitsa

Nidana Parivarjana
Sanshodhan chikitsa
Sanshaman chikitsa
Shastra Karma (if required)

7. Mootrashteela

- Sanshaman chikitsa
Sanshodhan chikitsa
Shastra Karma
- 8. Ashmari**
Sanshaman chikitsa
Sanshodhan chikitsa
Shastra Karma
- 9. Mootravhasrotorodha**
Use of Shalaka on regular intervals
Shalya Karma
- 10. Vrana**
Application of 60 vranopakarma as required.

BALA ROGA

1. RESPIRATORY ALLERGIC DISORDRES (KASA-SWASHA)

1ST LINE MANAGEMENT

- I. Nidan parivarjan
- II. Symptomatic approach

I. Nidan Parivarjan- Factors responsible for allergy should be avoided. For example dust, smoke, drinking of atisheet jala (freeze water), intake of atisheet padartha-coldrinks icecreams, dry foodstuffs should be avoided. Contact with allergens should be minimised or prohibited.

II. Symptomatic treatment

Kasa (Cough)

Shuska Kasa (Dry cough)

i. Drugs imparting the lubricating action,
Suppressing the cough Centre, Correcting the
Mucosal degeneration with Snighdha, laghu,

Aadra Kasa (wet cough)

i. Drugs which clears the sputum
by increasing the quantity
breaking and expectoration.

properties drugs like

Yashtimadhu

Karkatshring

ii. Gritha preparations specific to respiratory

system-e.g. pippalyadi ghrita

iii. yoga: Sitpaladi Churna

Drugs having ruksha, chhedan
laghu properties can be used

a) Vanshalochan

b) Marich

c) Pippali

ii. yoga: Talishadi churna

Gojivhadi kwatha

Management of Shwasa

1. **Vatanulomana:** Avipattikara churna, Tarunikusumakara churna

2. **Ama pachana:** Trikatu, Panchakola

3. **Symptomatic :**

○ **Herbal Drugs:** Kasahara and Shwasahara Drugs

e.g. - Kanakasaw, Somasaw, Ahiphenasaw

○ **Rasa kalpa:** Abhraka Bhasma, Rasasindoora, Shwasa kuthara ras,
Samirpannag rasa

3RD LINE MANAGEMENT- Panchakarma procedure with Apunarbhava chikitsa

1) Panchkarma procedure

a. Snehana- Bahya snehan with til taila and saindhava

b. Swedan- local swedan with nadisweda

c. Mridu virechan or anuloman

d. Matra or anuwasan basti

e. Nasya- in allergic rhinitis

2) Apunarbhav chikitsa- can be done with the help of *Naimitik rasayan*

(Immunopotentiating Drugs)

e.g. Chyawanprash

Agastya haritaki

Kantkaryavleha

Haridra-adrak awleha

2. PANDU (NUTRITIONAL ANEMIA)

CHIKITSA:

Treatment in pandu roga can be divided into:

- Shodhana (purificatory measures)
- Shaman (palliative measures)

1. Shodhana

Teekshan vamana and Virechana are advised in Pandu roga.

Prior to purificatory procedures

- a. Internal administration of snehana is to be done as
 - i) Body's Sneha quality is greatly reduced in Pandu.
 - ii) Alpraktata, Alpamedaskata and Ojokshaya cause predominance of rukshata in the body.
 - iii) To bring back the shakhashrita dosha to koshta
Eg. Kalyanaka ghrita, panchgavyaghrita
- b. Swedana has been contraindicated in Pandu
- c. Shodhana is done for
 - i) Koshta shuddhi
 - ii) To combat the dosha bahulya

2. Shamana:

In shamana oushadha, various single and compound preparations can be used which include herbal, mineral and herbomineral preparations.

e.g. Drakshadi leha, shuddha kant loha bhasma, vyoshadi ghrita etc

TREATMENT ACCORDING TO DOSHA

- a. Vata- Snehapradhana
- b. Pitta- Tikta and sheet aushadhi
- c. Kapha- Katu, ruksha and ushna veerya aushadhi

MRIDBHAKHANJANYA PANDU CHIKITSA

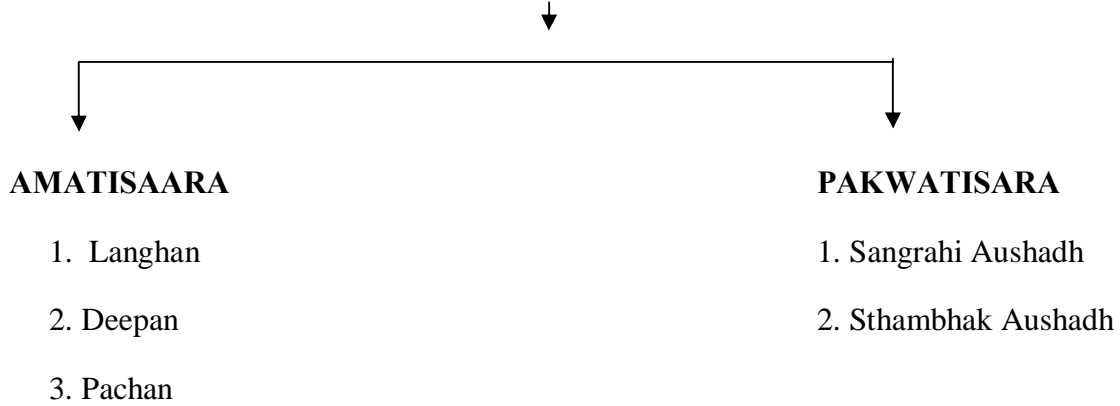
Strength of the patient has to be assessed before the treatment.

- **Shodhana:** Tikshna shodhan to remove ingested mud.
- **Shaman:** the palliative measures that can be carried out are as follows medicated ghrita eg. Vyoshadi ghrita
- Treatment according to the vitiated dosha
- Krimighna chikitsa in Udara Krimi

3. Nidan Parivarjan

Kshara, amla, lawan, katu rasa, viruddha bhojan, vidahi bhojan, masha, tila, kulatha, nishpaw etc.

3. ATISAAR (DIARRHOEA) CHIKITSA SIDDHANT



Amatisaara

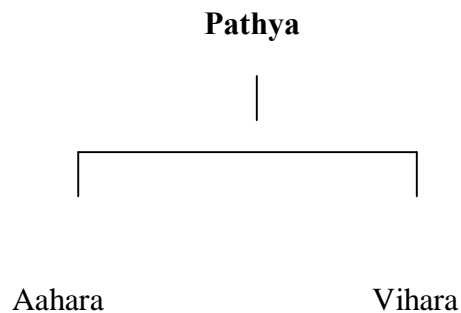
1. **Langhan**- laghu aahar e.g. peya, vilepi.
2. **Deepan**- dhanyapanchak, shunthi
3. **Pachan**- mustak, ativisha, shunthi, dhanyak

Pakwatisara

1. **Sangrahi**- shunthi, jeerak, gajpippali etc
2. **Sthambhan**- bilwa, kutaj.

4. CONSTIPATION (VIBANDHA)

1ST LINE MANAGEMENT- DIETARY MODIFICATION



1). *Vataj stanya dushti* may be the cause of constipation in breast feed child
in infant so *Snighda* and *Guru aahar* should be used
correct faulty feeding in breast feed child
exercise- walking, swimming etc
correct bowel habit

For eg. i) Ghrita with milk

ii) Eranda taila with milk

2). Top feeded child

Sukhoshna dugdha with Ghrit

3). Older children- Diet should contain

whole grain cereals, bran, green & leafy

vegetable, Salad (tomato, onion, cabbage)

fresh fruits (grapes, papaya, mango)

butter and ghee

4). Plenty of water with fruit juices

2nd line of management- medical treatment

Following drugs can be used to treat the constipation in children according to condition-

- Draksha
- Eranda taila
- Kutki
- Aaragwadha
- Kumari
- Haritaki
- Isabgol

Following yoga can be used

Triphala churna, avipattikar churna, panchasakar churna, gandharva haritaki

Abhayarishta etc

3rd line of management- Panchkarma chikitsa

1) Snehana-

- a. Bahya snehan- dashmula taila
 - b. Abhyantar snehana- Eranda taila, bala taila
- 2) Swedana- Sthanik swedana over abdomen and kati.
 - 3) Mridu virechana
 - 4) Basti- niruha, anuwasan and matra basti
 - 5) Gudwarti

5. POOR APPETITE/ ANOREXIA

- A. **Krimighna chikitsa:** Includes herbal and herbo-mineral compounds mentioned in classics
- B. **Deepana- Pachana:** e.g. chitraka, shunthi, mustaka, jeeraka
- C. **Yakrit-uttejak:** e.g., Arogyavardhani vati, Bhumyamalaki, Kalmega, Kumari

6. UDAR KRIMI (WORM INFESTATION)

- A. **Nidana Parivarjana:** Masha, tila, kulatha, nishpaw, pishtanna, gud, ksheer, dadhi
- B. **Prakriti vighata:** drugs and diet opposite to kapha and purisha e.g. katu, tikta, kashaya, kshara and ushna drugs
- C. **Krimighna chikitsa:** includes herbal and herbo-mineral preparation mentioned in classics.
- D. **Apkarshana:** Mridu Virechana/ Asthapana basti