



Estd : 1989  
NCISM College Code : AYU0153  
MUHS College Code : 3401

NAAC ACCREDITED WITH B++, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संचलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

**AYURVED MAHAVIDYALAYA & RUGNALAYA**

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



NAAC-Part -B- Criteria 8.6.11 ( SHALAKYA-TANTRA)

### KRIYAKALPA

#### INTRODUCTION-

We the Dept. of Shalakyatantra deal with the diseases and treatment of Uradhajatrugat vyadhi i.e. above the supra-sternal notch. It comprises diseases of Eye, Ear, Nose, Throat, Oro-dental Shiroroga.

The main treatment of these diseases includes oral or systemic medicine & Local treatment. Local treatment along with various medicinal forms is called as Kriyakalpa.

The common kriyakalpas practiced in our OPD & IPD of Shalakyatantra Dept are as follows according to site

1. NETRA (Eye)- Aschyotan, Netradhawan, Parishek, Netratarapan, Anjan, Raktamokshan, Shalyanirhan, Putpak.

Aschyotan –means putting eye drops in eyes.

Parishek- Pouring the medicinal decoction on closed eyes.

Netradhavan-Eye wash open eye is washed with kwath, Swaras, Normal saline etc.

Netratarpan- Putting medicated sneha Ghrit, vasa etc into eye with special methods as per ancient tools and recent tools like swimming goggles etc.

Putpaka- It is also like tarpan by using Swaras or decoction.

Pindi & Bidalaka- Pindi is putting medicated bolus of plant leaves on eye and Bidalak is applying the layer of medicine on closed eyes.

*Principal*

**Principal**

Address : Kanchanwadi, Paithan Road, Chhatrapati Sambhajinagar- 431 011. (M.S.)  
Tel.: (0240) 2379248, 2646464, 2379035 Fax: (0240) 2346222  
Email : principal@csmsayurved.com, principalcsmsayu@gmail.com, Website: www.csmsayurved.com



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These kriyakalpas routinely practised.

Demostration to Interns and IVth year students is given.

Patients are encouraged about the procedure benefits and all the procedure are thoroughly explained to patients and their relatives

Procedures like NASYA are called Ardha –Chikitsa in Urdhwajatrugata Vyadhi, which is routinely practiced here.

Also patient is educated to perform Nasya at home with all precautions.

Pratimarsh Nasya which can be practiced daily without any purvakarma is adviced to patients .

Follow up of all the kriyakalpa (patients) procedures is followed as per the scientific guidelines and prompt record of these procedures is maintained.

2. KARNA(Ear)- Karnapooran, Karna Dhoopan, Wax removal , Karna dhavan etc.
3. NASA (Nose)- Nasya –very important component of nasal treatment.
4. Mukharoga (Throat & oral cavity)- Mukh dhawan , Dhoompan , Raktamokshan etc.are routinely practiced in our Dept.

The procedures are performed as per the basic principles of Ayurved .Patients are educated to practice the minor elements at home . For certain procedures patient is convenes for admission.

For Kriyakalpa like SHIRODHARA, RAKTAMOKSHANA (Jalaukavacharana) help of Panchakarma Dept. is also taken.

Photographs,video clips are also taken as teaching material and for creating awareness about Ayurveda in society.

*Reshmaan*



**Principal**  
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Kanchanwadi, Chhatrapati Sambhajinagar.

Address : Kanchanwadi, Paithan Road, Chhatrapati Sambhajinagar- 431 011.

Tel.: (0240) 2379248, 2646464, 2379033 Fax : (0240) 2646422.

Email : principal@csmsayurved.com, principalcsmsayuv@gmail.com Website : www.csmsayurved.com



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## Sops for Kriyakalpa

1. Firstly pt. is registered at reg. counter.
2. At opd. Level pt. is thoroughly examined and diagnosed
3. As per Diagnosis treatment is planned .
4. Pt. is convinced for procedure and procedure is applied.
5. Record of procedure is maintained in separate register.
6. Pt. is advised daily Regimen after Kriyakalpa.
7. After 1 hour pt. is allowed to leave the OPD .
8. Hands on training is given to Interns for creating their interest in Ayurved.
9. Practical demonstration is given to 4<sup>th</sup> year BAMS students.

## Selection Of Kriyakalpa

STATUS	THERAPY
Inflammatory conditions	Seka, Aschotana, Pindi, Bidalaka
Non inflammatory conditions	Tarpana, Putapaka, Anjana

## Conclusions about Kriyakalpa

1. Ancient medical scholars were aware of mechanism of blood aqueous barrier as well as ocular pharmacology.
2. Putapaka is highly developed nanoconcept which is been used since thousands of years.



*Seshmurti*  
Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha  
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Kanchanwadi, Chhatrapati Sambhajanagar.

Address : Kanchanwadi, Paithan Road, Chhatrapati Sambhajanagar- 431 011. (M.S.) कान्छनवडी, पैथण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम.एस.)

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3. By pindi Bidalaka therapies Vasodilation and drainage of toxins from the site of lesion is possible.

4. Mostly used drugs in kriyakalpa are herbal .Anjanas are herbo mineral preparation.

## BENEFITS:

1. Non surgical, Non invasive
2. Cost effective
3. Preventive and Curative
4. Effective in Ant. And Post. Segments diseases.

### Emergency kit to manage emergencies during kriyakalpa procedures-

1. Xylocain 4% drops, Paracaine drops available.
2. Inj. Dexamethasone, Inj. Hydrocortisone available.
3. Inj. Avil kept handy to manage allergic reactions.
4. Normal saline, DNS, RL kept handy for infusion, eye wash etc.
5. IV manitol kept handy.
6. Inj. Adrenaline ampules for management of emergencies.
7. Sterile gauze ,pad, bandages kept handy.
8. Mock drill of emergency management is carried out time to time.



*Prashant*  
Principal

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## Shalaky kriyakalpas in 2022-23

Karma(Procedure)	Total number
Netratarpana	60
Anjana	45
Karnapoorana	90
Netradhavana	120
Karnadahavana	180
Nasya	200
Gandush	80





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