

CLINICAL TRAINING MATERIAL AVAILABLE IN HOSPITAL

OUTDOOR PATIENT DEPARTMENT (OPD)

The hospital has following Departments/Outdoor Patient Department (OPD):

- Kayachikitsa
- Shalya Tantra
- Stri Rog & Prasuti Tantra
- Kaumar Bhritya
- Shalakyia Tantra
- Panchkarma
- Swasthwrita (including yoga)
- Dental

These OPDs are open six days a week 9:00 AM to 1:30 PM

INDOOR PATIENT DEPARTMENT (IPD)

The hospital is providing indoor services for poor & patients with chronic diseases. Every OPD has been allotted its IPD.

- IPD for Kayachikitsa
- IPD for Panchkarma
- IPD for Shalya
- IPD for Shalakyia
- IPD for Stri Rog & Prasuti Tantra
- IPD for Kaumar Bhritya

STAY & DIET MANAGEMENT

Hospitals provides full arrangement for the stay of the patients till the treatment is completed. Ayurvedic diet preparations (Pathya Vyavastha) are given to the patients which are specially prepared according to the disease to get full benefit of the treatment.

DIAGNOSTICS

The hospital having up-to-date lab with all diagnostic aids. Facilities for Routine blood, urine & stool examination are provided.

RADIOLOGICAL FACILITIES

Hospital is fully equipped with all modern facilities e.g. X-ray & USG.

LABOR ROOM FACILITIES

Hospital is having labor room facility with full arrangement to handle normal delivery & caesarian delivery cases.

KAYACHIKITSA

A large number of patients of various diseases visit the OPD daily. Department is running regular OPD for various chronic and hard to cure diseases.

Clinical facilities

1. Consultancy and all kind of treatment for all medical disorders acute and chronic by qualified experts in ayurveda.
2. Consultancy and all kind of treatment for all neuro-psychiatric disorders (major and minor)
3. Rasayana Therapy (Rejuvenation)
4. Vajikarna(Aphrodisiacs and other treatments for all kinds of sexual disorders)
5. Panchkarma

Patients with disorders like Tamaka Shawas (Asthma), Mansik Vikara, Mano Sharirik Vikara (Psychosomatic disorders), prishtha shool, Griva satambhaa,Pakshaghata,Dristi rog (Eye Disorders), Paachan sansthan Samabandhi Vikara (Digestive disorders),Raktgatvaata (Hypertension)are also cured here successfully.

The success rate of visiting patients in this OPD is very high.

PANCHKARMA

Panchkarma department is the backbone of this hospital. This department conducts all the “KARMAS” mentioned in “PANCHKARMA.” There is complete availability of all the facility for carrying out all the Poorva karmas and Pradhan karmas. In addition to classical Panchkarma, Keralite Panchkarma is also done here. More than 12000 patients visit this department and we perform more than 20000 therapies every year. In Panchkarma department various chronic and hard to cure diseases and treated by various Ayurvedic procedures with high success rate.

1. **Snehana** :(for dryness of exterior as well as interior body)
 - External oleation (Bahya snehana)
 - Internal oleation (Abhyantar snehana)
2. **Swedana**:(for liquefaction of Doshas & to open channels)
 - Baspha Swedana (steam bath)
 - Nadi Swedana
3. **Vaman** : Therapeutic vomiting is being done in department for-
 - Obesity
 - Bronchial asthma
 - Chronic airway diseases (bronchitis)
 - Chronic sinusitis

- Hypothyroidism
- Depression
- lack of appetite

4. **Virechan:** Therapeutically purging is being done to cure

- Skin allergic disorders like Psoriasis, Dermatitis, Eczema, Rashes etc.
- Stomach & duodenal ulcers
- Hyperthyroidism
- Tastelessness
- Alcohol disease
- Acute & chronic inflammation.

5. **Basti:** therapeutical enema is being done for-

- Diseases of nervous system like paralysis
- Rheumatic & other diseases of spine & Joints.
- High blood pressure
- Migraine
- Digestion disorders like IBS.
- Exhaustion states
- Disorders of falling & staying asleep
- Weakness of concentration
- Infertility
- Basti procedures available in department.
- Niruh Basti (Decoction enema)
- Anuvasana Basti (Oil enema)
- Janu Basti
- Kati Basti
- Greeva Basti are being given to cure various vattik disorders successfully.

6. **Nasya:**Nasya is being used for

- Chronic Headache & Migraine
- Shoulder –Arm syndrome
- Cervical vertebral syndrome
- Chronic inflammation of sinuses
- Diseases of neck, Ear & nose region
- Epilepsy
- Sleeping disorders
- Nasya procedures available :-
- Virechan Nasya
- Nutritive Nasya
- Sedative Nasya
- Nasya decoction are being practiced.

7. **Rakatmokshana:-**Therapeutic bloodletting is done in:

- Skin allergic disorders
- Gout
- Jaundice

- Hyperacidity of organism
- Chronic lymph node enlargement
- Drug addiction
- Pitta disorders & blood diseases.

Besides these other facilities:-

- Shiro-Dhara
- Shashti –Shali pind Swedana
- Udwartan

SHALYA TANTRA

CLINICAL FACILITIES:-

- Diagnosis and treatment of various surgical disorders with all modern facilities.
- Facilities for general surgery.
- Special Ano-rectal clinic –Department is providing highly successful treatment with minimal recurrence rate for fistula-in-ano using “ ksharsutra” (medicated thread) method and “kshar” application in bleeding piles .
- Urinary clinic- Department is also running a special clinic for BPH(Benign prostatic hyperplasia) and urinary stone with high success rate.
- Different para-surgical procedures like blood-letting by leeches (Jaloka-Avacharan), Venepuncture(Sira Vedha), scarification (Prachchhan) & therapeutic burn therapy by thermal and strong alkali (Agni karma & Kshar karma)are also carried out in some specific disorders.

Kshar sutra training programmes and medico-surgical camps are arranged regularly.

STRI ROG & PRASUTI TANTRA

CLINICAL FACILITIES :-

- It has successfully treated infertility with Ayurvedic procedures like vaginal douching:
- In this the decoction of various medicines are used to clean the vagina;
- This procedure is not only for cleaning but it is anti-inflammatory and promotes healing
- It is used for multiple infections of vagina.
- Uttar Vasti
- Uttar Vasti is intra-uterine insemination of various medicated oils and Ghirt (Phalaghirt) which is very effective to tone up the uterus and even cures the cases of tubal blockage;
- It is an OPD procedure which usually does not require any sedation and
- It is just like hydro-tubation which is now a days frequently in practice by modern Gynecologists.
- All the menstrual disorders like scanty menses, DUB (Dysfunctional uterine Bleeding), Amenorrhoea, Dysmenorrhoea are successfully treated with herbal Ayurvedic Medicines in this department. This treatment gives much more better results than hormonal treatment.

ROUTINE OBSTETRICS OPD PATIENTS ARE:

- Ante Natal Care (ANC)
- Ante Natal with Anaemia
- ANC with high BP
- ANC with diabetes
- patients of repeated abortions
- ANC with twins
- Females of general debility weakness

GYNAE OPD

- Patient of abnormal bleeding par-vaginum
- Irregular menstrual cycles
- White discharge
- Fibroid
- Cervical polyp
- Ovarian cyst
- Prolapse
- PCOD
- Infertility
- We go for ovulation study
- Treatment of tubal blockage, Ovarian cyst, unknown infertility
- Treatment of infertility is done in combination therapy (i.e Allopathy and Ayurveda)

MINOR OT PROCEDURES

- Cu-T Insertion & removal
- Misplace Cu-T removal
- D&C
- MTP
- Endometrial biopsy
- Polypectomy
- Cervical encirclage
- Abortions at sixteen weeks for abnormal fetus

MAJOR OT PROCEDURES

- Conduction of Normal Labour
- Management of PPH
- Vacuum delivery
- Breech delivery
- Cesarean section
- Hysterectomy
- Ovarian cystectomy
- Tubectomy

KAUMARBHRITYA

In this OPD complete Ayurvedic treatment is being provided for the children.

CLINICAL FACILITIES:-

Department is running OPD with special clinics for

- Musculoskeletal disorders
- Growth & developmental problems.
- Behavioral problems like low concentration, bed wetting, teeth grinding, night walking, stealing etc.
- GIT problems.
- Recurrent respiratory disorders
- Allergic disorders.
- Immuno-deficiency disorders.
- All psychosomatic disorders.
- Regular counseling of child as well as parents and relative is done for various type of psychological problems.
- The facilities for pediatric Panchkarma are also available like Shastik Shali (Navarakidi), Matra Vasti, Aabhyang, Snehan, Swedan of various types.

SHALAKYA TANTRA

CLINICAL FACILITIES:-

- Diagnosis and treatment of disorders related with Shalaky (Eye & Ent).
- Refraction
- Ocular Physiotherapy specially Yoga & Eye sight.
- Kriya Kalpa (Akshi Tarapn, Karna purna, Anjana, Gandoosh, Kaval Nasya etc.) Ayurvedic topical administration of drugs.
- Magnetotherapy, Acupressure and Acupuncture.

SWASTHWRI (INCLUDING YOGA)

The facilities available here are:-

- Asanas – Various techniques
- Pranayama- Various Techniques
- Shatkarmas
- Dhyana (Meditation)
- Mudras
- Vishists Mardan & Samvatan (Acupressure)
- Kant loh Chikitsa (Magnetotherapy)
- Ghati Chikitsa (Cuptherapy)
- Tras Chikitsa (Reflexotherapy)
- Prakritik Chikitsa (Shortly to be introduced)
- Jal Chikitsa (Hydrotherapy)
- Vayu & Aatap Snaana (Air and Sun Bath)
- Sugandha chikitsa (Aroma Therapy)

- Rang Chikitsa (Chromotherapy)
- Vyayama
- Music Therapy
- Acupressure – patients related with vatic disorders such as aamavata (Rheumatoid Arthritis), Sandhivata (Osteoarthritis), Joint disorders, Gridhras (Sciatica), Shira Shool are treated by Acupressure.