

Chapter 42: Essential Equipment and Materials for Panchakarma Theatre

Panchakarma Theatre Requirements

1. Droni (Treatment Table):

- Size: 8 ft x 2.5-3 ft
- **Stand:** Appropriate size stand to fix the droni (2.5 ft height), **hydraulic table** is preferable for ease of adjustments.

2. Additional Furniture:

- **Footsteps:** To assist the patient in climbing onto the droni.
- **Stool:** 1
- **Armed Chair:** 1 for sitting procedures such as Shirodhara or head massage.

3. Heating Facilities:

- For warming medicated oils, liquids, and swedana equipment.

4. Shirodhara Yantra (Device):

- **Stand:** For the Shirodhara vessel to be placed at an appropriate height.
- **Shirodhara Vessel:** Suitable for the continuous flow of oil or buttermilk.

5. Gokarnas (Nozzle for Nasya and Karnapoorana): 2 units.

6. Diagnostic Instruments:

- **Stethoscope:** 1
- **Sphygmomanometer** (Blood Pressure Monitor): 1
- **Thermometer:** 1

7. Bathing Facilities:

- **Hot Water Bath:** For post-treatment baths.
- **Pressure Cooker (5 litres):** 1 (used for Ksheera Dhuma and other treatments).

8. Comfort Equipment:

- **Small Pillows** covered with **rexine sheets**: 2 (for patient comfort during procedures).

9. Storage:

- **Small Almirah:** 1 for storing necessary materials and medicines.

10. Disposable Items:

- **Disposable Aprons, Gloves, and Masks:** Quantity sufficient (Q.S.) for hygienic handling of procedures.

11. Surgical Tools:

- **Knife:** 1
- **Scissors:** 1 (for cutting gauze or other materials).

12. Cleaning and Hygiene:

- **Towels:** Quantity sufficient (Q.S.) for wiping oil and cleaning after procedures.
- **Cotton:** Q.S. for earplugs and other uses.
- **Liquid Soap:** Q.S. for handwashing and maintaining hygiene.

13. Time Monitoring:

- **Clock:** 1 to monitor the duration of procedures.

14. Refrigeration:

- **Refrigerator:** 1 for storing temperature-sensitive medications, oils, or perishable materials.

Note: Special requirements for specific procedures such as Shirodhara, Pizhichil, or Karnapoorana are mentioned under the respective treatment sections.