

## Chapter 42: Essential Equipment and Materials for Panchakarma Theatre

### Panchakarma Theatre Requirements

- 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.
- 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.
- Heating Facilities:**
  - For warming medicated oils, liquids, and swedana equipment.
- 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.
- Gokarnas (Nozzle for Nasya and Karnapoorana):** 2 units.
- Diagnostic Instruments:**
  - Stethoscope:** 1
  - Sphygmomanometer** (Blood Pressure Monitor): 1
  - Thermometer:** 1
- Bathing Facilities:**
  - Hot Water Bath:** For post-treatment baths.
  - Pressure Cooker (5 litres):** 1 (used for Ksheera Dhuma and other treatments).
- Comfort Equipment:**
  - Small Pillows** covered with **rexine sheets:** 2 (for patient comfort during procedures).
- Storage:**
  - Small Almirah:** 1 for storing necessary materials and medicines.
- Disposable Items:**
  - Disposable Aprons, Gloves, and Masks:** Quantity sufficient (Q.S.) for hygienic handling of procedures.
- Surgical Tools:**
  - Knife:** 1
  - Scissors:** 1 (for cutting gauze or other materials).
- 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.
- Time Monitoring:**
  - Clock:** 1 to monitor the duration of procedures.
- 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.