

Chapter 42: Essential Equipment and Materials for Panchakarma Theatre

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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.

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