

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

Chapter 42: Essential Equipment and Materials for Panchakarma Theatre

Panchakarma Theatre Requirements

1. Droni (Treatment Table):

- o 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:

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

3. Heating Facilities:

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

7. Bathing Facilities:

- o Hot Water Bath: For post-treatment baths.
- o 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:

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

12. Cleaning and Hygiene:

- $\circ\,$ 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:

 \circ **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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