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Research Article

DEVELOPMENT & MANAGEMENT OF RESOURCES AT PANCHAKARMA DEPARTMENT BASED ON OPD/IPD

Vishwas Eknathrao Gogate*

Kayachikitsa Government Ayurved College, Nanded

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ABSTRACT

Assessment of resources of Panchakarma Department should be evaluated scientifically by using local trends of Panchakarma practice and the attendance of patients in Out Patient and In Patient departments in Ayurved Hospitals. In India, different states have different practices of Panchakarma but there has been no scientific evaluation carried out. It causes hospital administrators ambiguity about required space and personnel for Panchakarma department. Here an attempt is made to determine the requirement of resources on the basis of local trends of panchakarma OPD & IPD attendance.

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INTRODUCTION

Ayurveda is science of life & one of the oldest medicinal practices continued till date. Ayurveda have suggested two types of medicines one to maintain health & second to cure from medicines. Ayurveda has unique system of medicine which give emphasis more on an individual than a disease. The basic principal of treatment is to maintain harmony between Tridoshas which are supposed to cause diseases when get vitiated.

Broadly there are two types treatment one is Panchakarma & two is internal medicines although it cannot be separated per se. Panchakarma is becoming more popular and widely practiced method because of its fast result & calming effect on body & mind. Panchakarma consist of five karmas namely Vaman, Virechan, Basti, Nasya & Raktamokshan. Panchakarma procedures are divided into three parts i. e. Purva karma, Pradhan Karma & Pashchatkarma.

Purva Karma (Pre Procedures): Snehan & Swedan are main purva karmas used to prepare the patient for pradhan karma. Many of purva karma prodedures are also used singularly or with some other procedures to treat the disease without going for pradhan karma.

Pradhan Karma (Main Procedures): These are cleaning techniques to remove vitiated doshas from the body. It consist

medicinal emesis (*Vaman*), purgation (*Virechan*), Enema (*Basti*), Nasal application (*Nasya*) of medicine & Blood letting (*Raktamokshan*)

Pashchatkarma (Post Procedures): In this dietary & medicinal advices are given

Panchakarma needs trained personnel, special instruments & medicines as every procedure is described in text in very detail. Ayurved texts mentioned specific time (*kala*) for every procedure hence panchakarma procedures needs skilled man power with specific instrument & space.

As panchakarma is becoming popular & more & more Ayurved Physicians using it needs of the departments are increasing day by day.

A Scientific review is needed to assess the actual requirements of *panchakarma* department according to attendance of patients & procedures done. It will help the administrator to facilitate the department additional resources in terms of persons, instrument, space & finance.

There is no scientific evidence based studies are available to estimate requirements of the department. In this study an attempt is made to get a glimpse of the problems & solutions to overcome it.

*Corresponding author: **Vishwas Eknathrao Gogate**
Kayachikitsa Government Ayurved College, Nanded

Aim

To formulate requirements of Panchkarma dept. in accordance with number of patients attending hospital.

Objectives

1. To quantify exact resources needed for panchkarma specially persons /space.
2. To asses trends of different types of panchkarma procedure.

Materials

Data of OPD, IPD and Panchkarma at GAH, Nanded.

Methods

Every procedure done at institutes Panchkarma department will be evaluated on following basis:

1. Required time
 2. Required persons
 3. Space
1. Average procedures per day calculated as per formula
Per day procedures= $\frac{\text{No. of procedures per year}}{\text{Actual working days}}$
 2. Time = Procedure time: approximate time mentioned in classical text to perform procedure
 3. Total human hours required for specific procedure
= Average Time required for procedure per day × persons
 4. Persons = Minimum persons required for procedures
 5. Instruments = Instruments considered here are only chairs & tables which need specific space.

Different procedures need different time as well as minimum persons required to perform good quality of karma.

Observation

OPD attendance of GAH Nanded 2014

2014	Kayachikitsa	Panchakarma	Total
Jan	2608	1278	3886
Feb	2283	1038	3321
Mar	2439	785	3224
Apr	2026	1134	3160
May	2152	1008	3160
Jun	3451	1222	4673
Jul	2550	1391	3941
Aug	2648	1360	4008
Sep	3349	881	4230
Oct	2554	881	3435
Nov	3381	1238	4619
Dec	2866	1281	4147
Total(no. of patients)	32307	13497	45804

DISCUSSION

Total working days (2014): 297

Average OPD Attendance per day: 154

Average procedures: Around 300 procedures per day were done

Average per Patient Procedures: 1.94

It means Average two procedures were done for every patient attending Panchakarma & Kayachikitsa department.

Panchkarma Procedures in 2014

Name of Karma	Data 2014			Total
	OPD 2014	IPD 2014	Kayachikitsa	
Sarvang	0	0	3435	3435
Snehan	18779	15294	0	34073
Swedan	18161	14243	0	32404
Vaman	1	41	0	42
Virechan	43	24	50	117
Basti	1817	1298	3364	6479
Nasya	573	1039	1411	3023
Raktamokshan	21	0	55	76
Pindsewd	14	590	636	1240
Petiswed	1396	804	0	2200
Shirodhara	123	87	381	591
Kati/manya basti	63	325	1587	1975
Agnikarma	160	43	19	222
Tail dhara	5	12	31	48
Netra tarpan	0	0	0	0
Tail pichu	2	63	1392	1457
Patra pottali swed	27	49	1187	1263
Shirobasti	11	0	0	11
Chakshush basti	0	0	0	0
Kukutand swed	0	6	0	6
Yavakshar pratisaran	0	0	0	0
Quath dhara	0	0	143	143
Udwardan	93	5	63	161
Pizichil	0	1	143	144
Takra dhara	0	0	38	38
Churna pottali			285	285
Total	21707	33914	14220	69841

Total time required (Human Hours)

Average Human hours required per day: 4687.27 min. (78.12 hr.)

As most of procedures should be done before noon. Total time available is from 8.00am to 1.00pm i.e. 5 hours

Actual time means the persons required to perform procedures = Time required/ Available time.

= 78.12/5

=15.62

Persons required per day 15.62 (16)

Space required

Total Sarvang Abhyang tables (Size 6×3×3) is 14.

Considering space around the table every table needs 12× 10 feet of space.

That is 14Cubicles of 12×10 feet = 1680 sq.ft

Total chairs needed = 11

Considering space around the chair it needs 5×6 feet

That is 11×5×6=330 sq.ft.

Total space required for procedures 1680+330=2010 sq .ft.

Waiting Hall for Patients should be minimum 20×40 =800 sq. ft.

Space for preparation of medicine =20×30=600 sq. ft.

Changing Rooms for male /female =2×10×10=200 sq. ft.

Wash room facilities with toilet= 4× 6×4= 96 sq .ft.

Departmental Store = 10×15=150 sq. ft.

Total space required for panchakarma department:

According no. of procedures = 2010sq. ft.

Stationary space requirement = 1846 sq. ft.

Total space = 2010+1846=3856 sq. ft.

Assessment of Time & Space as per procedures

Sr. no.	Name of Karma	Total Karma Yearly	Average Karma=	IdealTime Required for each Karma	Persons (Min.)	Table*	Chair*	Total time Required(min)=
		Total Karma/Working Days(297)			Average daily karma× time× Persons			
1	SarvangaSnehan	3435	11.56	30	2	3		693.9
2	SthanikSnehan	34073	114.72	10	1	1	4	1147.2
3	Swedan	32404	109.1	10	1	1	3	1091
4	Vaman	42	0.141	60	2		1	16.92
5	Basti	6479	21.81	20	1	2	1	436.2
6	Nasya	3023	10.17	20	1		1	203.4
7	Raktmokshan	76	0.255	20	1	1		5.1
8	Pindswed	1240	4.175	30	2	2		250.5
9	Petiswed	2200	7.4	15	1	1		111
10	Shirodhara	591	1.98	40	2			158.4
11	SthanikBasti	1975	6.64	30	1	1		199.2
12	Agnikarma	222	0.74	10	1		1	7.4
13	Taildhara	48	0.16	40	2	1		12.8
14	Tailpichu	1457	4.9	10	1			49
15	Patrapottaliswed	1263	4.25	30	1			127.5
16	Shirobasti	11	0.03	45	1			1.35
17	Kuttatandaswed	6	0.02	20	1			0.4
18	Kwathdhara	143	0.48	40	1			19.2
19	Udvartan	161	0.54	40	2	1		43.2
20	Pizichil	144	0.48	45	3			64.8
21	Takradhara	38	0.12	45	2			10.8
22	churnapottaliswed	285	0.95	20	2			38
	Total	89316	300.621	630	32	14	11	4687.27

*Table and chairs required arecalculated on the basis of daily average karmas done and taking consideration of that the karmas are done in between 9a.m.to1pm.

CONCLUSION

Average two procedures are done per patient.
 Average persons required per day is 16.
 Space required for given no. of patients per day = 3856 sq. ft.
 As this is calculated on average attendance of patients 154 per day.
 It means for 100 patients per day OPD minimum required resources per day is as follows
 Persons =10.38 (11)

Space is based on two different calculations one is static in it preparation space, wash space, waiting & store space is included.

Second is variable space which should be in accordance with institutes average OPD attendance / Average procedures done per day on that basis space required for 100 OPD attendance per day is follows:
 =Static space + Variable space
 =1046 sq. ft. + (154: 2010)
 =1046 sq. ft.+ 1305
 =2351 sq. ft.

Summary

Panchakarma is used variably according to the tradition in which the physician has grown up & local trends. Hence this type of studies should be done at different locations for knowing exact trends of panchakarma procedures are practised. This type of study may facilitate administrators to use resources justifiably and optimal use of human resources may be achieved.

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