

# BHAUSAHEB MULAK AYURVEDIC COLLEGE AND RESEARCH HOSPITAL BUTIBORI KAYACHIKITSA DEPARTMENT

## Steps Taken By Kayachikitsa Department In View Of Covid-19 Pandemic.

- 1) Daily Cleaning Of Opd, Ipd, Bed, Side Table, Furniture, Toilets Etc. Twice A Day.
- 2) Mopping Of Floor By Sodium Hypochloride 10% Solution.
- 3) Sanitization Of Furniture, Table, Chair, Door Handle, Cupboard Knob & Other Frequently Touched Area With 70% Alcohol Based Sanitizer Like Electric Switches, Computer, Cpu Etc.
- 4) Proper History Taking Of Patient Regarding Covid-19 Symptoms Or Any Travelling Or Contact History With Covid-19 Positive Patient. Spo2 & Temp. Recorded During Entry.
- 5) Only Patient Are Allowed To Opd And No Relatives Are Allowed With Patient Until Patient Is Minor.
- 6) Only One Patient Taken At A Time In Opd.
- 7) Proper Social Distancing Maintained At Waiting Area.
- 8) Patient Told To Wear Mask & Maintain Distance & Sanitization Will Be Done.
- 9) Doctors, Operating Nurses And Other Worker Advised To Wear Mask, Face Shield, Gloves & Sanitization Of Hands Every Time When They Touch Any Patient.
- 10) The Patients Who Are Not Having Any Covid-19 Symptoms And If Necessary Are Thoroughly Examine.
- 11) Healthy Patient Who Are Not Having Any Covid-19 Symptoms Are Advised And Prescribed Preventive Medicines Like 'Ayush Kadha', Guduchi Vati, Ashwagandha Churna Etc As Per Patients Condition.
- 12) Patients Are Advised To Take All Necessary Covid-19 Precautionary Measures.
- 13) Consent For Raktamokshan / Agnikarma Will Be Taken.

### Step Taken In Ipd:

- 1) Proper Sanitization Will Be Done On Regular Basis.
- 2) 1 Meter Distance Will Be Kept In Between Two Beds So That Physical Distancing Will Be Maintained.
- 3) Patient Only With Necessity For Procedures Are Advised To Admit And Only Admitted After Confirming History Of Covid-19 Symptoms, Travelling & Contact History.
- 4) Patient With Symptoms Are Advised To Do Rtpcr Test.
- 5) Consent For Raktamokshan / Agnikarma Will Be Taken.
- 6) Patient Are Advised To Use Mask All The Time.
- 7) If Any Covid-19 Symptoms Appearing In Between Admission Days Proper Covid-19 Measures Will Be Taken.
- 8) Daily TPRBP And Spo2 Will Be Measure.

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## As Per New Guidelines:

### 1) Immunity Measures For Opd & Ipd Patients.

- Guduchi Vati 500mg / Ashwagandha Vati 500mg Twice A Day With Lukewarm Water.
- Ayush Kadha.
- Application Of Sesame Oil / Coconut Oil / Or Anu Tail In Nostrils.
- Steam Inhalation In Case Of Sore Throught.

### Specific Measures For Covid-19 Patient In Home Isolation.

#### 1) Asymptomatic Patient

- Guduchi Ghan Vati 500 Mg Bd For 15 Days.
- Ashwagandha Vati 500 Mg Bd For 15 Days.
- Ayush 64 – 500 Mg Bd For 15 Days.

#### 2) Mild Positive

- Ayush 64 – 500 Mg Bd For 15 Days.
- Ashwagandha Churna- 5gm BD + Shunthi Powder 3gm BD With Warm Water For 15 Days.
- Samshamani Vati -500 Mg Bd For 15 Days.
- Tab. Guduchi +Pippali – 375 Mg Each Bd.
- Fever – Sudarshan Vati – 500 Mg Bd For 15 Days.
- Cough – Sitopaladhi Churna 3 Gm Tds With Honey.
- Sore Throat – Vyoshadi Vati 1-2 Pills For Chew.
- Loss Of Taste & Nasal Cougetion – Vyoshadi Vati 1-2 Pill For Chewing.

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