



सत्यमेव जयते

Govt. of NCT of Delhi



**Examining Body for
Para Medical Training for
Bharatiya Chikitsa, Delhi
Govt. of NCT of Delhi**

WORK PLACE GUIDELINES FOR PANCHAKARMA TECHNICIANS AMID COVID-19 PANDEMIC

Guidelines to be followed at Panchakarma Center

- Everyday sanitation of the panchakarma center and theatre with 1% sodium hypochlorite solution.
- Doors are fitted with 'foot operated door opener' wherever possible.
- Foot operated sanitizer dispenser /or touch less-wall mounted dispenser to be placed at the entry of the centre. Every person is advised to sanitize their hands before entering.
- Thermal screening of every person at the gate itself, then only allowed entering the hospital premises.
- Every patient is asked to show their health status at the gate on Arogya Setu app.
- Proper ventilation and airflow is required to ensure at the work places.
- Floor of the panchakarma theatre and therapy table / Droni be cleaned with liquid soap after every therapy.
- Door knobs, handles and high touch surfaces in the common facility area shall be cleaned frequently.
- Everyone must follow social distancing, usage of home-made masks & respiratory hygiene practices are to be followed.
- Dhupana karma – Medicated fumigation to be carried with Aparajita or Dasanga Dhupachooranam etc.
- Lightening of Ghee lamps – Regular use of Ghee lamps in theatre or all rooms purifies indoor environment due to its vishagrahadi effect.
- WHO guidelines regarding proper hand wash technique with soap and water for 20 seconds are to be followed regularly.
- Health care worker to ensure WHO five moments for hand hygiene (before touching a patient, before any clean or aseptic procedure, after exposure to body fluid, after touching a patient, and after touching a patient's surroundings)
- Training & Education on updated information of COVID-19 is to be given to all technicians, health care workers and patients.
- Every health care worker and patient is asked to install Arogya Setu App & Ayush Sanjivani App as advised by the Government.
- Advisable to use Anu Tailam (Pratimarsha Nasya) regularly by the staff and patients of Panchakarma.
- All the technicians, other staff and patients shall strictly adhere to all safety measures/precautions while using public transport for coming therapies.
- It is advisable to avoid sharing of all equipment like stethoscope, B.P apparatus and utensils like plates, glass etc.
- All should follow the guidelines regarding General Self Care Measures as advocated by Ministry of AYUSH, Govt. of India and Directorate of AYUSH, Govt. of NCT of Delhi, including Ayushkwath/ Herbal tea' (made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin).
- It is advised to practice Namaste and avoid shake hands, hugging etc.





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Guidelines to be followed for therapies

A) Before initiation of therapies:

- Patients who are above 65 years, or having co-morbidities such as Hypertension, Diabetes, cancer, kidney disease are not to be posted for the Panchakarma procedures. Children below 10 years are also not to be considered.
- Patients who have the travel history, contact history, and living in COVID containment zones should not be considered for therapy.
- Consent from patient stating that the he/she or family members have never been positive for COVID-19, his/her residential area has never been declared as containment zone, he/she will report whenever patient having fever or any other symptoms of COVID-19 etc. ID proof to be collected and filed from the patients who have registered for therapies.
- Therapist shall report any incidence of infection in family or self in a proforma made for that purpose.
- Patients are advised to bring their own soap, Shampoo and Towel for usage after the therapy and advised to take away their belongings with them. The disposable linen may be used as per requirement.
- Medicine preparation area / kitchen shall be properly maintained.
- Shall adopt the use of all disposables like dronisheet, vastinetra etc.
- Copper utensils are advisable for use of panchakarma preparations. Later, the utensils be washed, and dried in sun light.
- Panchakarma decoctions / pottali / other medicines/oils are not to be re-used again.

B) During the conduction of therapies:

- It is advised to handle one case at a time. One technician is given the work related to one patient.
- Personal protective equipment (PPE) - Technicians shall ensure that while performing the therapy, they use hand gloves for each patient separately, N-95 medical mask, face shield, disposable Head cover, shoe cover and washable gowns as per the need. Mask if damp or moist shall be discarded.
- Avoid therapies like Vamana karma, Nasya karma, karna purana etc. as far as possible.

C) After the completion of therapies:

- To ensure the disposal of soap, shampoo sachet etc. after use.
- Waste generated during Panchakarma procedures such as oils, liquids, cotton, hand gloves, mask, empty containers/ bottles of medicines etc. shall be properly disposed as per Biomedical Waste Management Rules 2016.
- Designated area to be provided to the technicians and all other healthcare workers for Donning & Doffing of PPE kit.



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