

## GENERAL INSTRUCTIONS TO BE FOLLOWED DURING THE PERIOD OF TREATMENT AND AFTER THE TREATMENT

Some general guidelines are described below for all the patients to follow during their stay in our hospitals. Following these guidelines will help patients to be calm and peaceful and also get the maximum benefit of the treatment that is given to them. These guidelines are as given in the Ayurvedic texts. Please go through this very carefully.

### ROLE OF THE PATIENT

- The patient should have total faith in the Physician. Ayurveda gives the patient the right to enquire and go searching for a good physician - however once he has identified the physician and decided to take his treatment, then the patient should have full faith in the capabilities of the physician and follow his instructions without demur or question or doubt.
- It would be very good if patient could just give total control to the physicians once they are admitted in our Hospitals. This will make the task of the physicians easier and will also hasten the process of healing within them.
- Patients may not be able to understand the meaning of some of the instructions or treatments or restrictions. They need not worry. By the end of the course of treatment, they will be able to understand things better. Some of this cannot be understood clearly by mere verbal explanations and so, it is better to be patient and just obey the physicians.
- Please remember that all our physicians here are trained and recognized physicians by the government of India and some of them have several years of experience in this field. During patients stay here, physicians are as responsible for their health.
- Once patients have developed this faith in the physicians and their healing prowess, patients should give them all the information possible to enable them to make an accurate diagnosis and prognosis and decide your treatment program.
- Please don't hold back any information from the physicians when they come to consult. Even what patient may consider as unimportant or immaterial may be of significance to physicians and so please answer all questions with due consideration.
- Even if patients had forgotten to give some information, please **don't** worry - they can continue to give information through the period of their stay. However it will be better to give everything right at the beginning.
- According to Ayurveda, the physician examines the patient by three means - *darsana, sparsana and prasna* - It means by observing, by touching and by

questioning: By mere observation, the physician makes some recording. Then by touching, feeling the pulse etc. he is continuing to gain understanding of patient and his/her problem. And finally by questioning and by the information patient volunteer, physician is able to create a good picture of the patient and their problems (if any) and make the appropriate diagnosis and decide upon the treatment programs and medicines suited to the patient.

- This process of *darsana, sparsana and prasna* will continue right through the patient stay in our hospital.

## **OUR APPROACH TO LABORATORY INVESTIGATIONS AND ALLOPATHY**

- To enable proper documentation, and to enable patient also to get an understanding of their problem in a language every one understand, the physicians may recommend some investigative procedures like blood tests, X-rays etc. for which the hospital will make the necessary arrangements.
- It would be best if these tests are repeated twice during the course of patient stay here - in the middle of your treatment and at the end of the treatment. How ever the Physicians will decide if required for these repeat investigations. If the physicians feels the need for more tests, they will inform patient accordingly.
- Though Ayurveda was also equipped to deal with certain emergency conditions, today conventional or western medicine has advanced to such an extent that this system is best suited to deal with emergency conditions presently.
- Our institution believes that we should be able to give the best treatment in the interest of the patient and so, we also might invite allopathic consultant to the hospital. He will be visiting you whenever necessary as advised by our physicians.
- In case of occurrence of any condition which our physicians think needs immediate attention, the allopathic consultant will guide you and if necessary, we will make arrangements to take you to a nearby Allopathic hospital which is well equipped to deal with such conditions.
- We do hope that you understand that this arrangement has been made in your best interest. Please note that such decisions are taken only to enable you to get the best treatment and enable fast recovery so that you can continue with the Ayurvedic treatment after that.
- It is best if you just leave the decision to the physicians and abide by what they say and we assure you that everything we do will be only in your interest. Your only responsibility to help healing, while you are here is to follow what the physicians say

### **ACTUAL TREATMENT PROGRAMME**

\* There are four important components to the treatment, which need to be borne in mind. They are:

a) Internal medicines	b) External treatment
c) Diet	d) Restrictions

\* All four are equally important parts of the treatment and you need to ensure that you follow all of

them meticulously during your stay here.

### INTERNAL MEDICINES.

1. After the physicians decide on your Treatment program, they will decide on certain internal medicines and external treatments to be given to you.

\*The internal medicines are normally of the following types:

- a) Medicated decoctions (or concentrated herbal teas) with herbal pills (sometimes) - *kashayam* with *gulika*
  - b) Herbal powders - *choornam*
  - c) Medicated ghee (clarified butter) - *ghritham*
  - d) Medicated lehyas (medicated jam) - *lehyam*
  - e) Self generated herbal wine - *arishtam/asavam*
2. Ayurveda considers that the entire plant, animal and mineral kingdom are sources of medicine. In other words, there is nothing in this world that is not medicine. However for practical purposes, we use generally only around 600 different herbs (and a few mineral and animal products where absolutely essential) and their combinations in the treatment of various diseases. It is from this vast selection that the physicians will decide what are the best medicines suited to you and your condition.

\*The texts specifically say that there is no fixed recipe or dose for a disease; both are determined on the basis of the disease, nature of alimentary tract of the patient, his strength and age, place and time. Thus as you may see, the treatment is for the individual patient and not for the disease.

3. The internal medicines are normally given at the following times:

1. When there is no food in the stomach	6. At the commencement of a meal
2. In the middle of a meal	7. At the end of a meal
3. In between morsels	8. With each morsel
4. From time to time	9. Mixed with food
5. Both before and after food	10 .At night (bedtime)

\*Of the above dosage timings, medicines are mostly given at the following times in our hospital:

- a) On an empty stomach (early in the morning, between 5.30 and 6a.m. and in the evening, between 5.30 and 6.30p.m.)
- b) At the commencement of a meal
- c) At the end of a meal
- d) At night (bedtime)

\*Though these are the general dosage timings adopted for most patients, your individual dosage timings will be decided by the physicians who will inform you accordingly.

\*Please be sure to follow the given instructions regarding the intake of medicine carefully. This is especially for the medicine on empty stomach - you should ensure that you do not eat or drink anything for at least 90 minutes before and 60 minutes after intake of the medicine. If need be, a little water can be taken after taking the medicine.

4. Some of the medicines may be bitter - please remember that it is medicine and take it with a smile and a prayer.

### **EXTERNAL TREATMENTS**

1. Normally a course of intensive treatment is for an average duration of around 5 weeks. For women, treatment is not done on the days of menstruation, and so the treatment may be extended for another 4-5 days.
2. The physicians will decide the treatment best suited to you based on your condition. They will also decide the time of the day when you will have your treatment - though you can let them know your choice, the final decision will depend on the availability of therapists for the specific time slot that you have chosen.
3. A typical course of intensive treatment would entail:
  - a) *Abhyanga* or simple oil application for the first 6-8 days
  - b) Intensive treatments like *pizhichil*, *dhara*, *sirovasthi*, *navarakizhi* etc. for the next 14 days
  - c) *Abhyanga* or simple oil application for the next 14 days

\*This may change however based on the need of the patient. Further during the last 14 days, other treatments like *vasthi* or enema may also be given.

\*Please note that the *Abhyanga* is as much a part of the treatment as the intensive treatments. All Ayurvedic treatment programs have a preparatory phase, a main treatment phase and a post treatment or recuperative phase - all the three phases are equally important for the success of the treatment. Hence, please don't think that the *Abhyanga* is not really important.

4. During this entire process, please remember to keep your physician informed of any changes that you feel in your system. There could be an aggravation of your problem or there could be an abatement of pain. There could also be the formation of a new problem. This is primarily because during the treatment we are actually aggravating the toxins in the body and bringing them into the alimentary canal from where they are sent out either naturally or in a forced manner. During this process of aggravation, there can be a manifestation of symptoms. Please don't worry about it. Just inform your physicians who will do the needful if required. On many occasions, the manifested symptoms will disappear by themselves after awhile - however you should keep your physicians informed.

5. If you desire to know more about the different treatments, please ask your physicians - they will explain the same in detail to you.
6. Up to 6 therapists do some of the treatments simultaneously.  
You need not feel embarrassed by their presence. They are all very good and caring people and are there only to help you to get better. If you feel intimidated by any of them or if you feel that some of them talk too much or are not concentrating on their job, please do not hesitate to bring it to the notice of the physicians.
7. Your health is of primary concern to us and if the therapists are not concentrating on nursing you back to health, we will most certainly take necessary action - hence we reiterate that you should not hesitate to bring it to our notice.
8. Lastly one important point that needs to be mentioned here once again is that you should have full confidence in your physician's ability to decide what is the best treatment for you and to just abide by it. If he feels that you need an enema or purgation, he will certainly recommend the same for you. If he feels that your problem can be treated by doing *pizhichil* or *dhara* that is what he will recommend. Or if he feels that you don't need any external treatment and that you need only consume internal medicines, he may ask you to take the treatment at home.

## **DIET**

1. Food is an important part of the Ayurvedic treatment process. But it is not as most of you understand in modern parlance. During the treatment especially, our emphasis is specifically on food that can be easily digested, as the digestive power is very low.
2. On coming into our hospital, you may kindly inform the physicians & dietician, the type of food you are accustomed to in terms of quality and quantity. Based on that, the physicians will formulate a diet for you, which will support the treatment program that you are to undergo.
3. However, we have also formulated a general diet, which is normally suitable (with small alterations) for almost all the patients undergoing treatment. This is a very simple diet, which can be easily digested, and which contains less spices, oil and salt.
4. We are aware that it is difficult for you to take bland and simple South Indian vegetarian food for duration of 5-6 weeks.
  - However we request you to make the effort - as this food rests easy on your stomach, and especially during your intensive treatment when the digestive fire is weak, this food is normally easily digested.
  - If you find that you are unable to digest the food, please inform the physicians and they will make appropriate changes to your prescribed diet.
  - However you should take the effort to eat this food. We recommend it from the point of view of Ayurvedic treatment. We feel that this is wholesome food, which will serve your body well during the treatment. All the requirements of the body will be served well with our food & the medicine also supplements the needs.
5. If you would like to take some food other than what is prescribed for you, please contact your

physicians. By directly requesting the canteen, this food will not be served to you. The physicians have to approve it before it is served.

- Please make sure that no food article is brought from outside the campus to the rooms - & this will help your healing process, if you are contented with the Canteen food.
6. Many among you request us to give more salads and fruits/fruit juice. We must inform you that in Ayurveda, we do not normally recommend intake of raw vegetables and in fact, the texts specifically say that uncooked food should not be taken during the treatment. This is also the reason why even fruits are not regularly given, though if the patient insists we permit the intake of one fruit every day.
  7. Please note that we serve only simple vegetarian food from our hospital canteen. We do not permit the intake of non-vegetarian food during the treatment.
  8. Intake of alcohol and tobacco and narcotics is also strictly prohibited during the period of your stay in our hospital. We request you to co-operate with us for your own benefit.
  9. We invite you to give recipes to the canteen, based on the dietary restrictions that we prescribe and with the consent of the physicians - we will be only pleased to prepare these recipes and serve to the patients.
  10. Finally please remember that any food taken continuously from the same source over a long period of time will become tasteless. It is all primarily in the mind. If you are able to control your senses and make yourself aware of the need for this food in the treatment process, and say a prayer every time you take your food, you will find that the food tastes increasingly better.
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## OTHER REGULATIONS

*\*The Ayurvedic texts say, "The patient who has undergone emesis and other purificatory therapies will be having weak body, strength and digestive fire. Hence he should be taken care of with all efforts just like a young Oust laid) egg or a vessel filled with oil (to its brim) protecting him from all hazards and risks."*

Towards the attainment of the above, the texts describe several restrictions which are detailed below:

Use of only warm water for all activities	Keeping the senses under the control and avoiding desires
Maintenance of celibacy Not indulging in exercise	Not suppressing the. natural urges of the body like passage of flatus, urine, bowel movements, sneezing etc. Not troubling the mind by becoming angry or sad or depress
Not being exposed to cold, sun or wind	Using footwear at all times so that the feet do not come in direct contact with the bare ground
Not speaking for too long or too loud	Not sitting for too long or remaining in the same posture for too long
Avoiding sleep during the day	Not keeping a very low or a very high pillow under the head
Going to bed early at night	Avoiding reading and writing and watching television (the television provided in the cottages is for the companions to watch and not for the patient)
No traveling in vehicles Or walking long	NO SMOKING IN THE CAMPUS AT ALL, PLEASE, AND SPECIALLY WHEN YOU ARE TAKING AYURVEDA MEDICINES AND TREATMENTS.

\*This regimen is the same generally for all therapies and also for all those who are afflicted with disease.

\*You can check with the physicians whether all the above restrictions are applicable to you or whether some of them can be relaxed for you based on your condition.

\*The texts also clearly explain the reasons for each of the above regimen. In short, it may be understood that total physical and mental rest is what is advocated till the period of treatment is over (including an equal number of days after the treatment which is also considered as part of the treatment), and in the case of patients having some disease, till the disease has subsided.

\*Please understand that these restrictions are for the benefit of the patient only and hence you may kindly do your best to follow all the restrictions or at least those that are insisted upon by the physicians for your specific condition..

\*The only activity that we recommend during this period is listening to music or mantras or spiritual discourses, which create good vibrations and only support the healing process. If you need any cassettes or tapes, please contact the hospital library or inform the Administration and they will arrange for the same - We do have a small library of such tapes exclusively for patients' use.

#### SOME POINTS FOR THE COMPANIONS

1. We are aware that since the treatment is of very long duration, the people who come with the patient invariably get restless and bored.
2. However the companions have a very important role to play in the healing process. They have to keep up the patient's morale, attend to all his/her needs, remain cheerful, have presence of mind, keep the physician informed of all changes within the patient, his/her likes and dislikes, problems he/she is facing etc.
3. It is important for the companion not to let his own problems or boredom affect the patient or to discuss with the patient regarding such issues.
4. We understand that it is difficult for the companion to take the food given to the patient. Hence if he or she so desires, he can go to the canteen and request for some special food that he can take there itself. In the interest of the patient, please do not take such food to the room or discuss such food with the patient.
5. Please keep the patient happy and even if at times, the patient is angry or sad, it is the duty of the companion to cheer up the patient and divert his attention from the cause of his /her emotion.
6. Thus the companion has a very important role to play in the recovery of the patient.
7. In the cottages, we have provided television for the sake of the companion. However please do not keep watching it all-day or long or keep it very loud and disturb the patient. Also please do not permit the patient to watch the television.
8. Try to spend as much time with the patient as possible so that he does not get bored or depressed - this is especially so in the cottages, where the patient cannot mingle or talk with other patients.

## POST-SCRIPT

1. As you may notice, all the instructions given above are specifically meant to help the patient to derive maximum benefit from the treatment and from the duration of the stay in our hospital.
2. Our hospital has simple facilities and does not meet very high standards of service in hospitality and hygiene and we are constantly trying to improve the quality of our services. However we are also very careful and ensure that none of this interferes with the actual treatment and that the patient does not suffer physically due to this.
3. For in Ayurveda, we believe that if there is appropriate internal hygiene, external pollution cannot affect the individual. Hence our whole aim is to create that internal purity by which external factors will no longer affect you.
4. Hence it is our request to you that small hygienic problems, mosquitoes etc do not unduly affect you. Though we are trying our best, there are certain practical difficulties due to which we are not able to keep away the mosquitoes.
5. But you can rest assured that in all these years of functioning, there has not been a single case of malaria in this hospital or a single case of infection through mosquito bite and the reason for this is the medicated oil and internal medicines that you are using ~uring your stay here.
6. Hence though we request that you to take the necessary precautions and protect yourself, please don't become stressed at any point of time during your stay here - this will certainly not help the treatment.
7. Please inform the physicians regarding any problems that you may have with regard to treatment, diet , hygiene or anything else, and they will certainly take care to ensure that your health is not affected due to lack of adequate attention to any of the above areas.

## TEMPLE

1. You will also have noticed the presence of a temple in the hospital campus. This temple is primarily dedicated to Lord Dhanwanthari, the God of Ayurveda and healing. In addition, other deities like Ganesha, Ayyappa, Shiva, Hanuman and the Navagrahas are also propitiated here.
2. The presence of the temple and the performance of the rituals, the chanting of incantations or mantras, the rhythmic drumbeats all add to the healing atmosphere on this campus. Just let go and allow yourself to fall in tune with this atmosphere and you will immediately feel a big difference.
3. Though you are not allowed to move around during the main treatment, you can certainly visit the temple on the first few days and the last few days of your stay here. Further, the "prasad" (sandalwood paste and flowers) from the temple will be brought daily to your room every morning at around 10a.m. If you do not receive it, please inform the reception and they will do the needful.

4. We may finally mention that we are here as instruments of Lord Dhanwantari, to look after you and to aid you in your recovery. We will all' work together in the healing process. Please be a willing partner without any resistance whatsoever and most importantly keeping the mind calm and peaceful, and observe the changes that take place within you - you will certainly hasten the healing process within you.

We wish you all the best in this healing experience!

Dr. K.G. Raveendran  
Medical Director

## **Do's & Don'ts**

- Do not sleep during the day time
- Avoid sleeping with the head raised too high or too low.
- Do not read or write
- Do not think too deeply
- Do not cut your nails and hair
- Do not shave
- Do not eat food contrary to the instructions of the physician
- Do not talk in excess or in a high tone
- Do not indulge in activities requiring physical exertion.
- Do not control natural urges (maturation, defecation etc.)
- Do not become unduly tense or angry or sad as this affects the mental equilibrium
- Avoid exposure to fog, wind, smoke, dust, rain and sun.
- Do not travel in vehicles.
- Avoid prolonged walking, sitting and standing
- Do take medicines at the proper time.
- Do go to bed early at night
- Do wear slippers when walking
- Do cover your body with a shawl / blanket especially when you are outside.