

**DETAILS OF MANPOWER AND SPACE REQUIREMENTS**

The applicants seeking approval of private hospital for Ayurveda, Yoga & Naturopathy and Unani treatment to CGHS beneficiaries and Central Government employees should submit the application in duplicate in prescribed format to the designated authority.

The applicant may apply for approval of the hospital for general treatment or specialty treatment in any of the systems. The applicant should clearly indicate the system for which he is seeking approval, when applying for general treatment. In case of applicants seeking approval, when applying for general treatment, the applicant should specify the specialty and the related system.

**Conditions for approval for general treatment:-**

1. The applicant should have his own hospital functioning in the system for which he is seeking approval.
2. The hospital should be established in a permanent good structure building.
3. The hospitals run by a single owner, partnership, trust or corporate sectors are also eligible for approval provided ownership of the hospital is with the applicant. In case of partnership, names and addresses of partners should be provided. All partners should sign the application. In case of trust the memorandum of the trust and list of the managing body should be provided along with a copy of resolution of the managing body seeking approval of the hospital.
4. Income tax clearance certificates of the applicants for the preceding year of application must be submitted.
5. The hospital should agree for a system for ensuring compliance of feed back. There should be a mechanism of monitoring and medical audit system.
6. Where private hospitals attached with Ayurveda, Yoga & Naturopathy and Unani academic institutions are existing, hospitals with less than 50 beds strength will not eligible. While in other places no hospital having less than 20 beds strength will be eligible.
7. The hospital should have following establishments for general treatment.

Space: - A. Out Patient department -

(Consulting rooms, Compounding room,  
Pathology Laboratory, treatment Rooms, waiting lounges, toilet and other  
necessary facilities)

B. In Patient Department

General Ward	-	
Semi Private Ward	-	200 Sq. ft. for 2 beds 300 sq. ft. for 3 beds
Private Room	-	200 Sq. ft.

C. Nurses duty Room - 100 sq. ft. per ward.

D. Compounding Room - 500 sq. ft.

8. All the beds in the hospital should be equipped with adequate facilities such as bedside lockers, bedside stools, mattresses, pillows etc.
9. A general ward should have separate toilet block with adequate number of latrines, bath rooms considering the number of beds in the ward. The general ward should have a nurses duty room equipped with all amenities such as sterilization, pantry system etc. There should be separate wards for male and female patients.
10. A semiprivate ward should not have more than three beds. A minimum area of 200 sq. ft. will be required for two beds and additional 100 sq. ft. will be required for additional bed. Semi private Ward should have a separate toilet block attached to it.
11. A private ward will house only one bed and an attendance bed. It should have attached toilet cum bathroom and all the adequate amenities.
12. The hospital should have employed nursing staff as per standard bed. Nurse ratio i.e. General Ward-8:1, Semiprivate & Private 4:1
13. The hospital should have a separate compounding section with minimum two qualified compounders. Place for making in house preparations should be clearly marked. It should be equipped with adequate facilities for heating, cooking, triturating, disintegration, pulverization, mixing, grinding etc.
14. The Hospital should have diagnostic facilities of routine nature, such as blood, urine, stool, sputum examination. The pathology laboratory should be equipped with equipments needed for carrying out routine investigations/ collaboration with CGHS empanelled Diagnostic centers.
15. The hospital should have maintained 50% bed occupancy for the preceding years the date of application.
16. The hospital should have adequate supportive services such as sterilization, laundry, 24 hours hot and cold water supply, clean and safe drinking water supply etc.

(A) Medical staff requirements for general treatment hospital

1. Minimum two full time doctors with recognized post graduate qualifications preferably in Kayachikitsa, Shalya, Shalakyia, Pancharma, Stri Roga & Prasuti Tantra for Ayurveda, and mauli jat for Unani.
2. One resident doctor for every 10 beds with recognized degree qualification in concerned subject.

(B) Para medical staff:-

- a. Nurses with recognized nursing qualification.
- b. Pharmacist- Recognized qualification in Pharmacy education of concerned system.

- (C) Adequate number of sweepers and multipurpose workers should be employed considering the bed strength of the hospital.

## **SPECIALITY TREATMENT IN AYURVEDA, YOGA & NATUROPATHY AND UNANI**

### **List of specialty treatments:-**

#### **AYURVEDA**

- 1) Panchkarma
- 2) Ksharasootra and other Shalyakarma
- 3) Shalakyas
- 4) Stree Roga evam Prasuti Tantra
- 5) Manas roga upchara

#### **Panchkarma Therapy Centre:-**

Essential indoor facilities and infrastructure should be available with separate wards for male and female patients to carry out Panchkarma procedures as per following details:-

(Minimum Space)

- (A) Space: - 1. Panchkarma: (i) Snehan Room: - 100 Sq. ft.  
ii) Swedan Room: - 100 sq. ft.  
(iii) Shodhan Room: -100 sq. ft. with attached toilet cum bath room)  
(iv) Room for other: - 100 sq. ft.  
Karmas  
(v) Duty/Staff Room: - 100 sq. ft.  
(vi) Toilet and Bath Room- 100 sq. ft.  
(One each for male and female sections)

#### 2. Indoor Department

1. General Wards-600sq. ft. (Minimum 10 beds)
2. Private Rooms- 200 sq. ft. (At least 4)
3. Semi Private Ward-200 sq. ft. (2 bedded)  
- 300 sq. ft. (3 bedded)
3. OPD - 300 sq. ft.
4. Pharmacy/Store - 300 sq. ft.
5. Dispensing Room - 200 sq. ft.
6. Kitchen - 100 sq. ft.

#### (B) Staff:-

1. Panchakarma Specialists (Male & Female) -2
2. Resident Medical Officer -1
3. Masseurs/Panchkarma Attendants -4
4. Staff Nurses -4 (Round the clock)
5. Pharmacist -2
6. Sanitation Staff
7. Record keeper cum clerk
8. Kitchen staff

**(C) List of minimum essential equipment**

1. Wooden/Fibre Panchakarma Table for massage/Pizhichil-2Nos.
2. Wooden/Fibre Swedana Table with suitable appliance - 2 Nos.
3. Hot fomentation instruments (Whole body Swedana Yantra) eg. Sauna Bath
4. Sirodhana Yantra & appliances -2 Nos
5. Vasti Yantra
6. Droni/Bath tub
7. Geysers
8. Tubs for bath
9. Physiotherapy instruments
10. Hot plate
11. Essential/utensils for Panchkarma procedures
12. Weighing machine
13. Vessels for Avagahana sweda
14. Steam inhaler
15. Nasya applicator
16. Protoscope
17. Diagnostic sets
18. Tools for blood letting

**2. CENTRE FOR KSHARASUTRA AND OTHER SHALYA TANTRA PROCEDURES**

**3. CENTRE FOR SHALAKYA TANTRA PROCEDURES**

**4. CENTRE FOR STREE ROGA EVAM PRASUTI TANTRA**

(Each of the above mentioned Centre shall have following infrastructure)

**Space:-**

1. OPD with examination Room -200 sq. ft.
2. Sterilization instrument Room -100 sq. ft.
3. Operation Theatre - 200 sq. ft.
4. Recovery Room - 200 sq. ft.
5. Side bathroom & Toilet - 100 sq. ft.
6. Dressing Room - 100 sq. ft.
7. General Wards (Male & Female) – 600 sq. ft.
8. Private Ward - 200 sq. ft. (At least 4)
9. Duty/Staff Room - 100 sq. ft.
10. Pharmacy & dispensing Room - 100 sq. ft.
11. Kitchen -100 sq. ft.

**Staff:-**

1. Specialist with recognized PG qualification in concerned specialty - 2
2. Resident Medical Officer -1
3. Nurses -2
4. O.T. Attendant -2
5. Dresser/Ward boy/multipurpose workers -1
6. Sanitation Staff
7. Kitchen Staff

**Equipment:-**

- |   |    |
|---|----|
| 1. Operation Theatre lights   | -2 |
| 2. Examination Table  | -1 |
| 3. Operation Table  | -2 |
| 4. Seitz bath chairs (for shalyatantra)                                   | -2 |
| 5. Swedan Yantra(steam Unit for shalyatantra)                             | -1 |
| 6. Optimum number of surgical instruments for related surgical procedures |    |
| 7. Basic O.T furniture  |    |

**Labour Room:-****Space:-**

- |                               |               |
|-------------------------------|---------------|
| 1. Examination Room           | -100 sq. ft.  |
| 2. Sterilization/instrument   | -200 sq. ft.  |
| 3. Labour Room                | -200 sq. ft.  |
| 4. Labour Ward                | - 200 sq. ft. |
| 5. Attached bathroom & Toilet | - 100 sq. ft. |
| 6. O.T for Cesarean Surgery   | - 200 sq. ft. |

**Equipment:-**

1. Delivery Table.
2. Bed
3. Vaginal Speculum (different size)
4. Delivery forceps
5. Dialatation & Curretage instruments
6. Fetoscope
7. Incubator
8. Enema Set
9. Weighing Machine
10. Scissors
11. Sterilization unit
12. Other Required instruments & O.T equipments

**CENTRE FOR MANASA ROGA UPCHAR****Space: - (THE SPACE FOR Panchakarma can be used)**

- |                      |   |
|----------------------|---|
| Snehan Room          | -100 sq. ft.  |
| Swedan Room          | -100 sq. ft.  |
| Shodhan Room         | -100 sq. ft. (with attached toilet cum bath room)     |
| Toilet and Bath Room | - 100 sq. ft. (One each for male and female sections) |
| Indoor department    | - Same as for Panchkarma                              |
| O.P.D                | - 300 sq. ft.   |
| Pharmacy             | - 300 sq. ft.   |
| Dispensary           | - 200 sq. ft.   |
| Kitchen              | - 100 sq. ft.   |

**Staff:-**

- |  |                      |
|--|----------------------|
| 1. Specialist with recognized PG qualification in Manas Roga or Kayachikitsa | -2                   |
| 2. Resident Medical Officer  | -1                   |
| 3. Psychiatric Social Worker   | -1                   |
| 4. Masseurs/Panchkarma Attendants  | - 4.                 |
| 5. Staff Nurses  | -4 (Round the clock) |
| 6. Pharmacist  | -2                   |
| 7. Sanitation Staff  |                      |
| 8. Record keeper cum clerk   |                      |
| 9. Kitchen staff   |                      |

**List of Minimum essential equipment**

1. Wooden/Fiber Panchakarma Table for massage/Pizhichil-2Nos.
2. Wooden/Fiber Swedana Table with suitable appliance - 2 Nos.
3. Hot fomentation instruments (Whole body Swedana Yantra) eg. Sauna Bath
4. Sirodhara Yantra & appliances -2 Nos
5. Sirovasti Yantra
6. Droni/Bath tub
7. Geysers
8. Tubs for bath
9. Physiotherapy instruments
10. Hot plate
11. Essential/utensils for Panchkarma procedures
12. Weighing machine
13. Vessels for Avagahana sweda
14. Steam inhaler
15. Nasya applicator

**YOGA & NATUROPATHY**

Space Total required:- -3600 sq. ft.

Yoga Hall of size 30'-15' with suitable for doing 'Shatkarmas'.

Hydrotherapy Section with 4 bathrooms, 1 steam bath rooms, 2 enema rooms and 4 toilets

Mud Therapy Section 1 Room+ Terrace

Massage Section 2 Rooms+ 4 Tables

Chromo therapy Section- Terrace

Electrotherapy & Reflexology Section

Naturopathy Kitchen

Library cum reading room and indoor games facilities

**Staff:-**

- |                           |                        |
|---------------------------|------------------------|
| 1. Naturopathy Physicians | -2                     |
| 2. Yoga Therapist/Teacher | -2                     |
| 3. Treatment Assistants   | -3 (3 male & 3 Female) |

- |                                |    |
|--------------------------------|----|
| 4. Cook                        | -1 |
| 5. Kitchen helpers/ Attendants | -2 |

**Equipments:-**

**Naturopathy Section:-**

**a) Hydrotherapy:-**

- |                          |              |
|--------------------------|--------------|
| 1. Hip bath tubs         | -6           |
| 2. Spinal bath tubs      | -2           |
| 3. Spray Spinal Bath Tub | -2           |
| 4. Immersion bath tub    | -4           |
| 5. Steam bath cabin      | -2           |
| 6. Enema sets            | -4           |
| 7. Arm & Food bath       | -2           |
| 8. Various Packs         | -5 sets each |
| 9. Full wet sheet pack   | -5 sets      |
| 10. Facial Sauna         | -4           |
| 11 Cold Showers          | -2           |
| 12 Hot Water bags        | -8           |
| 13 Ice bags              | -8           |
| 14 Under Water Massage   | -1           |
| 15 Local Steam Apparatus | -2           |

**b) Massage:-**

- |                    |    |
|--------------------|----|
| Vibratory massager | -2 |
| Massage table      | -4 |

**c) Chromotherapy**

- |   |        |
|---|--------|
| Chromo lens                                     | -1 set |
| Solar Thermolium-Sitting/reclining              | -1     |
| Coloured Electric Bulbs (60 watts & 100 watts)  | -1 set |
| Coloured Bottles (1 liter capacity)             | - 1set |
| Coloured Glasses with frame 30-45 cm & 45-90 cm | -1 set |
| Table lampand Chromo Box                        | -1     |

**d) Electro therapy & Reflexology**

- |                              |     |
|------------------------------|-----|
| Lumbo sacra belts            | - 2 |
| Hernia belts                 | - 2 |
| Knee cap of 3 sizes          | -12 |
| Knee Support                 | - 2 |
| Varicose vein stocking       | - 4 |
| Cervical Traction kit        | -1  |
| Pelvic traction belt         | -1  |
| Pelvic traction kit          | -1  |
| Multipurpose restraint strap | -2  |
| Posture aid                  | -1  |
| Foot traction kit            | -1  |
| Ankle traction holder        | -1  |
| Water sand bag               | - 4 |

Walker folding without wheels	-1
Walking stick	- 2
Hip Cycle	- 1
Short wave diathermy	- 1
Muscle stimulators	- 1
Wax bath apparatus	- 1
UV & IR Light	- 2 set
Shoulder Wheel	- 1
Quadriiceps strengthener	-1
Exer. Cycle	-2
Stepper	- 2
Mechanical jogger	- 2
Vibrator	-1
Reflexology track	-1

e) Mud Therapy

Wooden trays	-15
Cloth	
Mud soaking Tank	

f) YOGA SECTION-

Durry	-25
Steel jugs	-25
Dhouti pots	-20
Lota for jal neti	-20
Steel glasses	-20
Bucket	-20
Hot water steel container	-2
Vastra Dhouti	-25
Dand Dhaouti	-25
Sutra neti	-10
Towels	-200
Cow's ghee & Salt	-25



## UNANI MEDICINE

### Regimental Therapy Centre:-

#### Space:-

Room for Oaewa Ishal	-180 sq. ft.
Room for Dalak	-180 sq. ft.
Room for Fasad & Irsale Alq and Amale Kae	-100 sq. ft.
Room for Natool wa zarad and Hejamat	-100 sq. ft.
(One each for male and female section)	
Indoor department	- Same as for Panchkarma
O.P.D	-300 sq. ft.
Dispensary Room	-150 sq. ft.

#### Staff:-

1. Regimental Therapy Specialists (With M.D (Unani) in Kulliyat/Moalijat Hifzane Sehat) (One male and one female)	-2
2. RMO	-2
3. Therapy Assistants/ Masseurs	-4
4. Pharmacist	-1
5. Sanitation Staff	
6. Record keeper	

#### Equipments:-

Wooden table	-4
Wooden Special Therapy Chairs	-4
Focal Light	-4
Sitz bath chairs	-4
Basic OT equipments	
Geysers	-2
Steam inhaler	-1
Basic equipment/instruments for Fasad, Amlaekae, Hejamat	-2 sets
Leeches for blood letting	
B.P. Instruments	-2