

## ASTANG AYURVEDA

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Regd. No.: 4262

## Do's & Don'ts for Under Eye Treatment

1. Patients undergoing treatments in this hospital are advised to take 'Head bath' only if doctor permits.



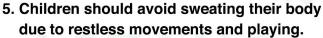
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2. Eye patients have to protect their eyes from soap, oil & water.





4. Do not expose your eyes to light after the treatment 'Tarpana' & 'Aschotana' till the prescribed time. Use cooling glasses/spectacles or cover your eyes with thick clean cloth during this period.





6. Patients undergoing eye treatment are not to sleep during day time.



7. Deep sleep at night is essential.





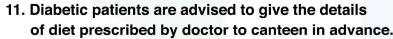
8. Restrict your diet to 'Kanji & Dried Ginger Water' during 'Snehapana' treatment.

9. Restrict the use of Fan & Air conditioner when you are undergoing the treatment 'Pichu, Tarpana, Lepa, Bidalaka etc.



10. Do not remove the applied taila, lepa, pichu etc. from your body until you are told to do so.

During these treatments, sit comfortably at a place and do not move around.





12. Patients must be available in their rooms at the time of Doctor's visit, oral medication and major treatments.



OPD - (7 am to 1 pm) Everyday

 $IPD - (24hrs \times 7 Days)$ 

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