



नेपाल सरकार

स्वास्थ्य तथा खाद्य स्वच्छता मन्त्रालय

आयुर्वेद तथा वैकल्पिक चिकित्सा विभाग

टेकु, काठमाडौं

पत्रसंख्या:-०८३/८४

चलानी नम्बर:-



मिति:- २०८३/०५/०४

पंचकर्म सम्बन्धी उपकरणहरूको दररेट पेश गर्ने सम्बन्धी सूचना।

यस विभागको चालु आ.व. को स्वीकृत वार्षिक कार्यक्रम अनुसार पंचकर्म उपकरण खरिद सम्बन्धी खरिद कार्य अगाडी बढाउने सन्दर्भमा लागत अनुमान तयार गर्ने प्रयोजनको लागि संलग्न स्पेशिफिकेशन अनुसारको उपकरणहरू के कति दररेटमा उपलब्ध गराउन सकिन्छ मिति २०८३/०५/०८ गते भित्र सो को बजार मूल्य सूचीको Hard copy वा Scan Copy यस विभागको इमेल- doaa.gov.np@gmail.com मार्फत उपलब्ध गराइ दिनु हुन सम्बन्धित सरोकारवालाहरूको जानकारीको लागि यो सूचना प्रकासित गरिएको छ ।

(राजेन्द्र नाथ शर्मा)

उपसचिव

“मेरो स्वास्थ्य- मेरो जिम्मेवारी”

फोन नं. : ०१-५३५२५२५, ५३६७४२५, ५३६९९१०, ११

फ्याक्स: ०१-५३६९९१२

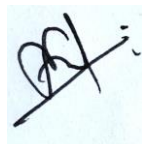
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Ministry of Health and Food Safety
Department of Ayurveda and Alternative Medicines
Teku, Kathmandu

List of Panchakarma Equipments

S.N.	EQUIPMENTS NAME	Price Per Unit/Set Nrs (As Per Specifications)	Remarks
1	Abhyanga Table (Massage Table Wooden)		
2	Droni (Multipurpose Foldable)		
3	Shirodhara Stand (Wooden)		
4	Fully Automatic Shirodhara Machine		
5	Wooden Swedana box (Sitting type Foldable)		
6	Wooden Swedana box (horizontal type)		
7	Trolly		
8	Nadi Swedan Yantra		
9	Shirodhara Droni		
10	Shirobasti Cap		
11	Vamana Peeth		
12	Wooden Sauna Room		



Technical specifications of Panchakarma Equipments

1. Abhyanga Table (Massage Table Wooden)

- Made of Teakwood
- size - 7 feet (Length) x 2.5 feet (Width) x 2.5 Inch (Thickness)
- Stand (leg) with at least 2.5- 3 Inch diameter with carving and design.
- It is basically a table carved wooden of specific design, polished well which is commonly used for Abhyanga purposes.
- Good quality 3" foam and synthetic leather.



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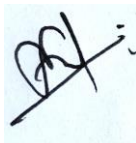
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2. Droni (Multipurpose Foldable)



- It is basically a table carved wooden of specific design which can be commonly used for Abhyanga, Dhara, Pizhichil, Shirodhara and other purvakarma procedure purposes.
- size should be 8.5 (Length) x 2.5 (Width) x 2.5 feet (Height), 3 Inch (Thickness)
- Head end – at least 20 inch and not more than 25 inch length extending outwards and main Droni body area at least 7 feet length.
- It should be polished well with water resistance, handicraft with handles and curved designs on the top and side.
- The top of the Droni should be slightly depressed all around edge, (edge border 2.5 -3 inch) so that the oil or kwatha may be collected easily.
- Perfectly deigned slight sloping towards the head reason is to be kept.
- Head end has special design and the hole to collect the used oil or material easily with pipe in the stainless steel vessel.
- Leg end also should have the facility for collecting the used kwatha or oil.
- Stand (leg) with 5 Inch diameter with carving and design that can be separated with the main body (foldable)
- Made of Teakwood.



3. Shirodhara Stand (Wooden)



A set of carved wooden stand and copper pot, chains and hook to hang pot.

- Height -Size – 7- 7.5 feet
- Width - 24 inch at the top end for the copper pot to be hanged.
- Thickness of the stand – 4 inch
- Carved wood, decorative and adjustable modifications with chain can be done according to preference.
- Carved wooden stand made of Teakwood With good and strong base.
- Copper Pot with Minimum capacity of 2 litre and maximum of 3 litre, fitted with chain to the hook.(the height of pot from the base table or the hanged hook should be adjustable with chain).
- A small hole should be there at the base of the pot.
- Made of Teakwood.



4. Fully Automatic Shirodhara Machine

- Fully Automatic Shirodhara Machine (with moving dhara vessel) that filters used oil, warms it to constant temperature and pumps it to the oscillating vessel positioned over the patient's head silently.
- The swinging speed should be adjustable.
- The vessel/ dharapatra should also be movable for shirodhara manually without power.
- Digital temperature controller, Machine Body heater for cold climates and swinging width adjustment are also provided in export model.
- Operative voltage-220V
- Noise less and controlled oscillation
- Constant flow and speed regulator
- Including Stand

5. Wooden Swedana box (Sitting type Foldable)



- Height 50 inch, length back 36-45 inch at lower end, length back 18-20 inch at head /upper end , width 35-40 inch (front door width not less than 32 inch), easy to handle at the front door and the top.
- Fitted with copper pipes/ C Shaped Pipe for Proper Fomentation steel inside the box for passing the steam and also with adjustable stool.



- Pipe can be fitted to the pipe of steam boiler (dual type)
- A steam inlet hole or pipe is fitted inside, and a water outlet hole is inside the cabinet.
- Seat – Height-adjustable seat/stools.
- Made of Teakwood, polished well with water resistance.
- 4-5 inch height gap from ground should be kept and a hole should be there to collect the moisture water. The total height was 50 inches where 5-inch gap was there between the foot end wooden plate and the surface.
- Foldable that can be fitted inside the therapy room and can be replaced or refitted in different therapy unit in case of need occasionally.

6. Wooden Swedana box (horizontal type)



- It is basically a wooden carved chamber of specific design which is commonly used for swedana procedure.
- Its size should be: 8' (Length) × 2.5' (Width) × 2 feet (Height).
- Head end 18–20 inch has special design at least 1 feet extension for the head to be kept out of the chamber during swedana procedure while the body is inside the chamber.
- Fitted with copper pipes/ U Shaped Pipe for Proper Fomentation inside the box for passing the steam through panel system.
- Pipe can be fitted to the pipe of steam boiler- Nadi swedana Yantra(dual type)
- Made of Teakwood, polished well with water resistance, handcraft with handles and curved designs.
- The top of the chamber cover should be light weight with easy handling (hydraulic),
- The lying down bed area should be alternate wooden and empty hole for appropriate Baspa flow.
- Hole should be there at the base of chamber to collect the moisture water.
- Foldable that can be fitted inside the therapy room and can be replaced or refitted in different therapy unit in case of need occasionally.



7. Trolley

Its size should be: 30' (Length) × 18' (Width) × 30' (Height).
Teak wood, beautiful, carved designed and portable with wheels.



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8. Nadi Swedan Yantra

Steam Generator- Heavy stainless steel body Capacity steam generator with outer lid. Unit fitted with high pressure unit hose. Unit if fitted with temperature control switch and low water cutoff switch for safety and . Unit is mounted with metal frame.

Steam outlet- Stainless steel handheld sprayer with wooden handle and stainless water strainer to provide non pressurized steam.

Heater – 3 KW electric element

Safety – Unit fitted with safety pressure valve, steam flow control valve and pressure gauze.

Power – 220 V (single phase)

Water Capacity – 20- 25 lt



Note- Pictures are taken are kept only for references (as a sample)



9. SHIRODHARA DRONI



Description & functional Requirements

Shirodhara Droni– Wooden, with short bowl model for the collection of oil integrated to head portion with oil outlet with prevention of back flow of oil.

Body side with carving designs. Oil or liquid should only pass from the oil outlet so that there is no chance of leakage from either side.

Size – length 90"-100", Width 30"; height 30" (Approx)

Capacity – 1 person



10. Shirobasti Cap

Shirobasti Cap material of leather of 10 inches height (approx.) with adjustable rexine strap



11. Vamana Peeth

- Vamana peeth set with tubular steel frame vamana table (sink fitted) and a wooden slat reclining chair.
- Vamana table is fitted with one bucket so that all the vamana materials in the sink easily got collected in the bucket. Bucket should have measuring label marker and portable.
- Table tubular frame should have 4 wheels fitted in leg for easy transportation.



12. Wooden Sauna Room

- 6 seater standard sauna with heat control mechanism and safety

काठको साउना कोठा (WOODEN SAUNA ROOM)
— राष्ट्रिय आयुर्वेद पंचकर्म तथा योग सेवा केन्द्र —



1. FRONT ELEVATION
8'-0" x 8'-0"

2. SIDE ELEVATION (RIGHT)
8'-0" x 8'-0"

3. SIDE ELEVATION (LEFT)
8'-0" x 8'-0"

4. REAR ELEVATION
8'-0" x 7'-0"

5. PLAN (TOP VIEW)
8'-0" x 7'-0"

6. INTERIOR VIEW (WITH COUPLE)
8'-0" x 7'-0"

7. DOOR ELEVATION (OUTSIDE)
8'-0" x 2'-6"

8. DOOR DETAIL (INSIDE)
साउना डोर कोठो
सानो खिस्सा (टेम्पेस्ट)
काठको फ्रेम
स्टेनलेस स्टील ह्यान्डल

9. CORNER DETAIL (SOFT CORNER)
4" (अवतल)

10. SECTION VIEW (CUT AWAY)
2'-6" x 8'-0"

11. SECTION A-A (FRONT TO BACK)
2'-6" x 8'-0"

12. SECTION B-B (SIDE TO SIDE)
7'-0" x 8'-0"

13. MATERIAL SPECIFICATION

क्र.सं.	वस्तु (ITEM)	सामग्री (MATERIAL)	मोटाई / मात्रा	विशेषता
1	मुख्य पिल्लर	सिसौको काठ (Sisau)	4" x 4"	सावुन र हिलर
2	पिछो पिल्लर	सिसौको काठ	12 mm	Tongue & Groove
3	बाहिरी पिल्लर	सिसौको काठ	12 mm	Weather Resistant
4	बेच	सिसौको काठ	28 mm	Smooth Finish
5	भुर्गो पिल्लर	सिसौको काठ	18 mm	Anti Slip
6	इन्सुलेशन	सावुन (Rockwool)	50 mm	Heat Insulation
7	साउना पिल्लर	Heat Resistant Board	12 mm	Waterproof
8	खिस्सा (ग्लास)	Tempered Glass	6 mm	Heat Resistant
9	हिलर	Waterproof Board	36 mm	Boil Water Proof
10	फिनिश	Food Grade Sauna Oil	Natural	Safe for Sauna

14. HARDWARE & ACCESSORIES LIST

क्र.सं.	वस्तु (ITEM)	विशिष्टता (SPECIFICATION)	मात्रा
1	सावुन हिलर	6 kW (Adjustable)	1 Pk.
2	पिल्लर	Heat Resistant	1 Set
3	डिजिटल कन्ट्रोलर	Digital Sauna Controller	1 Pk.
4	कुकल र साउना	Wooden Bucket & Ladle	1 Set
5	लइट (LED)	LED Strip 12V, IP65	1 Set
6	स्टेनलेस स्टील	Stainless Steel	1 Set
7	स्टेनलेस स्टील ह्यान्डल	SS 304 Heavy Duty	1 Pk.
8	सावुन	SS 304 Heavy Duty	3 Pk.
9	कन्ट्रोलर	SS 304	1 Set
10	डिजिटल कन्ट्रोलर	Heat Resistant	1 Set

15. ELECTRICAL SPECIFICATION

ITEM	SPECIFICATION
Heater Power	6 kW (Adjustable)
Voltage	220 - 240V / 50Hz
Controller	Digital Sauna Controller
Wire	4 sq.mm (Heat Resistant)
Light	LED Strip 12V, IP65
Safety / MCB	32A, ELCB 30mA
Socket / Connection	Heat Proof Connection

16. MAIN DIMENSIONS

विवरण (Description)	माप (Size)
कुल चौडाई (Width)	7'-0" (84")
कुल लम्बाई (Length)	8'-0" (96")
कुल उचाई (Height)	8'-0" (96")
खिस्सा उचाई (Inside Height)	7'-6" (90")
खिस्सा चौडाई (Door Width)	2'-6" (30")
खिस्सा सावुन (Window Size)	1'-6" x 2'-0"
बेच उचाई (Bench Height)	2'-6"
वेन्टिलेसन (Air Outlet)	4" x 8"
खिस्सा सावुन (Inside Clear)	7'-6"

17. NOTES (सावुन दिवसको लागि)

- साउना कोठा धुस्सा र सफो हावा चल्ने गर्छ।
- हिलर बमाला अनुसार कोठाको तापमान कन्ट्रोल गर्नुपर्छ।
- पिछो पिल्लर र इन्सुलेशन सफो रूपमा चिटिचिट गर्नुपर्छ।
- हिलर बमाला अनुसार कोठाको तापमान कन्ट्रोल गर्नुपर्छ।
- पिछो पिल्लर र इन्सुलेशन सफो रूपमा चिटिचिट गर्नुपर्छ।

18. TEMPERATURE GUIDE

सावुन तापक्रम:
70°C - 90°C
(158°F - 194°F)

1. सामान्य Specification (GENERAL SPECIFICATION)

क्र.सं.	विवरण (DESCRIPTION)	Specification	कैफियत / Remarks
1.1	साउना प्रकार (Type)	Dry Sauna / Wood Sauna	भित्रि प्रयोग (indoor)
1.2	बाह्य आकार (L x W x H)	8'-0" x 7'-0" x 8'-0"	तय गरिएको कोठाको आकार
1.3	आन्तरिक उपयोगी क्षेत्र	भित्रि संरचना/इन्सुलेशन अनुसार	बेच र हिलर सहित
1.4	क्षमता (Capacity)	4-6 व्यक्ति	आरामदायी प्रयोगका लागि
1.5	मुख्य संरचना	4" x 4" सिसौ (Sisau) काठका पिल्लर	चारै कुनामा मुख्य पिल्लर
1.6	फ्रेम/जोडाइ	सिसौ काठ + SS fasteners	मजबुत र दीर्घकालीन
1.7	भित्ता फिनिश	सल्लो काठको Tongue & Groove panel	इन्सुलेशन सहित (सिजनिंग काठ)
1.8	छत फिनिश	सल्लो काठको panel	इन्सुलेशन सहित (सिजनिंग काठ)
1.9	ढोका	Boil Waterproof Board आधारित insulated door	पानी/आर्द्रता प्रतिरोधी
1.10	ढोकाको अनुमानित आकार	8'-0" x 2'-6"	बाहिरतर्फ खुल्ने
1.11	ढोकाको इयाल	Tempered heat-resistant glass	सानो viewing panel

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1.12	इन्सुलेशन	Glass Wool 50 mm	Heat insulation
1.13	भेन्टिलेसन	Inlet + Outlet vent	हावा आवतजावत आवश्यक
1.14	साउना Heater	12 KW	Heavy guage SS 5mm
1.15	तापक्रम दायरा	70°C – 90°C	Digital controller
1.16	प्रकाश	LED strip / IP65, warm white	Heat-resistant installation
1.17	बस्ने व्यवस्था	L-shape / 2-tier sisau wooden bench	आरामदायी बसाइ
1.18	भुइँ	Non-slip, heat/moisture-resistant finish	सफाइ गर्न सजिलो
1.19	Aluminum sheet	2mm	Glass wool insulation covering

2. Material Specification

क्र.सं.	सामग्री (MATERIAL)	विवरण (DESCRIPTION)	साइज / मोटाइ	विशेषता
2.1	मुख्य पिल्लर	सिसौ (Sisau) काठ	4" × 4"	चारै कुनामा
2.2	भित्ता प्यानल	सल्लो काठ Tongue & Groove	12 mm	Seasoned, Smooth finish
2.3	छत प्यानल	सल्लो काठ	12 mm	Heat-resistant assembly
2.4	ढोका बोर्ड	Boil Waterproof Board	लगभग 2.5" panel/door build-up	पानी प्रतिरोधी
2.5	बेंच काठ	सिसौ काठ	20 mm	Heat-resistant
2.6	भुइँ प्लेटफर्म	Heat/moisture resistant timber	20 mm	Non-slip finish
2.7	इन्सुलेशन	Glass Wool	70 mm	Heat insulation
2.8	Foil layer	Heat-reflective foil	–	Heat barrier
2.9	फास्टर	Stainless Steel SS304	–	Rust resistant

3. Hardware & Accessories

क्र.सं.	वस्तु (ITEM)	Specification	मात्रा	विशेषता
3.1	Sauna Heater	12 kW	1 Set	SS / high-temperature type
3.2	Digital Controller	Temperature + timer control	1 Set	Digital
3.3	Thermo-hygrometer	Temperature & humidity display	1 Pc	Sauna suitable
3.4	Wooden Ladle	Sauna bucket accessory	1 Pc	Wood
3.5	Wooden Bucket	Water bucket	1 Pc	Wood
3.6	Door Handle	Heat-resistant handle	1 Set	Wood
3.7	Door Hinge	Heavy-duty SS304	2–3 Pc	Rust resistant
3.8	Vent Slider	Adjustable inlet/outlet	2 Pc	Wood/SS
3.9	LED Strip	IP65, warm white	1 Set	Heat-zone suitable placement
3.10	MCB + ELCB	Electrical safety protection	1 Set	Licensed electrician installation



4. Electrical Specification

क्र.सं.	विवरण	Specification	कैफियत
4.1	Power Supply	220-240 V / 50 Hz, Single Phase	Standard supply
4.2	Heater Load	6 kW adjustable	Final load calculation required
4.3	Cable	4 sq.mm heat-resistant cable (minimum guideline)	Final sizing by electrician
4.4	MCB	32 A	Dedicated circuit
4.5	ELCB/RCD	30 mA	Safety protection
4.6	Lighting	LED 12 V / IP65	Warm white
4.7	Earthing	Compulsory	Proper grounding
4.8	Socket/Connection	Heat-resistant connection system	Outside hot zone where possible

5. Main Dimensions

क्र.सं.	विवरण	आकार (SIZE)	टिप्पणी
5.1	कुल चौडाई	7'-0" (84")	तय गरिएको
5.2	कुल लम्बाइ	8'-0" (96")	तय गरिएको
5.3	कुल उचाई	8'-0" (96")	तय गरिएको
5.4	मुख्य पिल्लर	4" x 4"	सिसौ काठ, चारै कुनामा
5.5	ढोका चौडाई	2'-6" (30")	आवश्यकताअनुसार समायोजन
5.6	ढोका उचाई	करिब 8'-0"	निर्माण स्थलसँग मिलाएर
5.7	भेन्टिलेसन opening	करिब 4" x 12" प्रत्येक	अन्तिम HVAC/sauna layout अनुसार
5.8	बेंच	2-tier / L-shape	उपलब्ध आन्तरिक ठाउँअनुसार

6. Construction & Safety Notes

क्र.सं.	विषय	निर्देशन / Specification
6.1	ढोका	Boil Waterproof Board प्रयोग गरी insulated, heat-resistant door बनाउने।
6.2	पिल्लर	चारै कुनामा 4" x 4" सिसौ काठका structural pillars राख्ने।
6.3	इन्सुलेशन	भित्ता तथा छतमा न्यूनतम 50 mm Glass Wool र उपयुक्त vapour/foil barrier राख्ने।
6.4	विद्युत	Heater का लागि छुट्टै circuit, MCB, ELCB/RCD र proper earthing अनिवार्य।
6.5	भेन्टिलेसन	ताजा हावा प्रवेश र तातो हावा निकासका लागि inlet/outlet अनिवार्य।
6.6	सुरक्षा	Heater, काठ, तार तथा नियन्त्रण प्रणाली sauna-grade/heat-resistant हुनुपर्छ।
6.7	स्थापना	समतल, सुख्खा र सुरक्षित आधारमा मात्र स्थापना गर्ने।
6.8	अन्तिम मापन	निर्माण अघि साइटमा वास्तविक मापन लिएर door swing, bench, heater र ventilation position final गर्ने।
6.9	तापक्रम	सामान्य dry sauna सञ्चालन दायरा 70°C-90°C; निर्माता निर्देशअनुसार सञ्चालन गर्ने।

