

Minimum Standards for Ayush Wellness center under Clinical Establishment Act

1. Definition:

1.1 Wellness-

Wellness is a holistic state of optimal physical, mental, and spiritual well-being, achieved through a balanced and integrative approach to health that encompasses prevention, preservation, promotion, and rejuvenation. Wellness centers under the Ayush system of medicine may focus on the following key elements:

Physical Health: Achieving and maintaining a balanced state of the body through natural and preventive care, including proper diet, exercise, and care for rejuvenation from Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa Rigpa and Homeopathy.

Mental Health: Optimal mental status, emotional stability, and stress management through mindfulness practices, meditation, and counseling, rooted in traditional wisdom and contemporary therapeutic methods.

Spiritual Health: Preserving & Promoting inner peace and self-awareness through practices such as meditation, pranayama, and other spiritual disciplines that align with the principles of Ayush systems.

Preventive Care: Emphasizing the prevention of diseases through regular health assessments, personalized lifestyle modifications, use of herbal and natural remedies and various traditional therapies described in classical textbooks of Ayush system of medicine.

Promotional Health: Encouraging positive health practices and behaviors that enhance the quality of life and longevity, including community education and wellness programs.

Rejuvenation: Offering classical therapies described in classical texts of Ayush system of medicines for rejuvenating the body and mind, thereby improving vitality and overall well-being.

Note- Any disease/ailment is not covered under the scope of wellness.

1.2 Wellness Centre

1.2.1 Outdoor Care center for Wellness

Wellness outdoor care facility is managed by a single or group of Ayurveda / Unani / Siddha / Sowa-Rigpa/ Homoeopathy/ Yoga & Naturopathy medical practitioner(s) providing at least any one of the interventions described under the definition of wellness through concerned system of medicine.

Care is provided by a single or group of Ayurveda / Unani / Siddha / Sowa-Rigpa/ Homoeopathy medical practitioner(s) qualified in the concerned system of medicine having at least graduate degree recognized under NCISM/ NCH act. In case of Naturopathy and Yoga, care may be provided by qualified personnel recognized by the State Government.

1.2.2 Day Care Center for Wellness

Wellness day care facility is managed by single or group of Ayurveda / Unani / Siddha / Sowa-Rigpa/ Homeopathy/ Yoga & Naturopathy medical practitioner(s) offering care at least any one of the interventions described under the definition of wellness through concerned system of medicine that requires stay or observations of less than 12 hours.

Care is provided by a single or group of Ayurveda / Unani / Siddha / Sowa-Rigpa/ Homoeopathy/ Yoga and Naturopathy medical practitioner(s) qualified in the concerned system of medicine having at least graduate degree recognized under NCISM/ NCH act. In case of Naturopathy and Yoga, care may be provided by qualified personnel recognized by the State Government.

1.2.3 Residential Care Centre for Wellness

Residential Wellness Centre is managed by a qualified and trained staff through Ayurveda/Unani, Siddha, Sowa Rigpa, Homoeopathy, Yoga & Naturopathy or one or more of any of these systems, where the personnel stay overnight or more. These centers have in-house registered practitioners (24*7) who deliver consistent wellness services, ensuring ongoing care.

Care is provided by a single or group of Ayurveda / Unani / Siddha / Sowa-Rigpa/ Yoga and Naturopathy medical practitioner(s) qualified in the concerned system of medicine having at least graduate degree recognized under NCISM/ NCH act. In case of Naturopathy and Yoga, care may be provided by qualified personnel recognized by the State Government.

2. Scope of services:

Ayurveda-

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|---|------------------|
| ➤ Abhyanga, | ➤ Pinda Sweda |
| ➤ Swedanam, | ➤ Pichu |
| ➤ Pada-abhyangam, | ➤ Lepa |
| ➤ Pratimarsh | ➤ Pradeha |
| ➤ Nasyam, | ➤ Parisheka |
| ➤ Shirodhara, | ➤ Avgaha |
| ➤ Pathya aahar vihar (Ayurveda dietetics) | ➤ Anjana |
| ➤ Sirobasti, | ➤ Anna-lepa |
| ➤ Siro-abhyangam, | ➤ Aschotana |
| ➤ Akshi tarpan, | ➤ Dhoopan |
| ➤ Saman snehapan, | ➤ Sthanik Basti |
| ➤ Mridu virechan, | ➤ Gandusha |
| ➤ Podikhizi, | ➤ Kaval |
| ➤ Anuvasan basti, | ➤ Kshalana |
| ➤ Rasayan karma, | ➤ Karnapuram |
| ➤ Pidichill, | ➤ Mukhlepa |
| | ➤ Moordha Tailam |

- Sirolepa
- Udwarthana

Homoeopathy-

- Diet and Regimen
- Massage therapy
- Inhalation/olfaction therapy
- Psychotherapy

Unani-

Ilājbi`l-Tadbīr (Regimenal Therapies) like:

- | | |
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| <ul style="list-style-type: none"> ➤ Inhalation (<i>shamūm</i>) ➤ Dry cupping/cupping without scarification (<i>hijāma bilā sharṭ</i>) ➤ Fomentation (<i>takmīd</i>) ➤ Footbath (<i>pāshoya</i>) ➤ Fumigation (<i>bakhūr</i>) ➤ Irrigation (<i>nutool</i>) ➤ Massage (<i>dalk</i>) ➤ Oil immersion (<i>tamrīkh</i>) ➤ Oiling (<i>tadhīn</i>) | <ul style="list-style-type: none"> ➤ Sitz bath (<i>ābzan</i>) ➤ Steam bath (<i>inkibāb</i>) ➤ Mouth washing (<i>madmada</i>) ➤ Nasal drops (<i>Saut</i>) ➤ Sweating (<i>taria</i>) ➤ Medicated Oil massage (<i>masuh</i>) |
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Siddha-

- | | |
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| <ul style="list-style-type: none"> ➤ Thokkanam ➤ Vedhu ➤ Kazhicchal, Varthi, Peetchu ➤ Varmam (Vasi- Energy based Therapy) ➤ Thokkanam (Siddha Therapeutic Massage) ➤ Siddhar Yogam & Astanga yogam ➤ Thirumoolar Pranayamam ➤ Thuvalai (Herbal Paste Massage) | <ul style="list-style-type: none"> ➤ Nasiyam, Nasikaparanam, Mai, Kalikkam ➤ Kazhicchal, Varthi, Peetchu ➤ Mai (Collyrium / Medicated Eyeliner) ➤ Kalikkam (Eye Drops) ➤ Kali (Paste) ➤ Seelai Neer (Medicated Water) ➤ Pasai (Ointment/Cream) |
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- Podi Thimiral (Dry Herbal Powder Massage)
- Pugai (Fumigation)
- Vedhu (Herbal Steam Therapy)
- Pattru (Poultice)
- Ottradam & Kizhi Therapy (Pack Fomentation)
- Nasiyam (Nasal Instillation)
- Seelai (Medicated Gauze/Plaster)
- Poochu (Topical Painting)
- Pugai (Fumigation)
- Attai vidal (Leech)
- Aavi pidithal (Steam)
- Kazhicchal (Purgation)
- Varthi (Medicated Wick)
- Peechu (Enema)
- Puravalayam (Oil damming)
- Patti kattal (Oil Bandaging)
- Nasikaparanam (Nasal Insufflation)
- Thaarai Ozhukkal (Medication Instillation)

Sowa Rigpa-

- Num-chos (Snehana)
- Na-sMan (Nasyakarma)
- dugs (compress therapy)
- Lums (medicinal bath)
- Byug-pa (massage therapy)
- Mild Shal (purgative therapy)
- Jam-rtsi (mild suppository)
- snum-chos (preliminary oil therapy)
- snas-sMan (Nasal medication)
- Ni-ru-ha (enema)
- Zangbum (cupping therapy)
- Hor-gi-metsa (compress oil heat therapy)
- Lhang-lum (steam therapy)

Yoga & Naturopathy-

- Yoga Asana
- Pranayama
- Bandha
- Shatkarma
- Hydrotherapy
- Mud therapy
- Chromotherapy & Magneto therapy
- Massage therapy
- Acupressure

ESSENTIALS

First aid services

Basic life support services

3. Infrastructure:

3.1 Signage:

- a. The Wellness centre shall display appropriate signage which shall be in at least two languages.
- b. The building shall have a board displaying the name of the Wellness centre at a prominent location.

3.2 Following informative signage shall be displayed:

- a. Name of the doctor with degree
- b. Registration number of the doctor
- c. Fee - (as per kind of wellness intervention and as per stay in case of day care center/ Residential centre)
- d. Timings of the centre.
- e. Facilities provided
- f. Clinical Establishment Registration certificate.

3.3 Other requirement:

- a. Access to the wellness centre shall be comfortable for the visitors.
- b. Linkage of ABHA Identity (**Desirable**)
- c. The wellness centre shall be developed and maintained to provide safe, clean and hygienic environment for visitors.
- d. The wellness center shall have 24 hr provision of potable water for drinking & hand hygiene. It shall also have 24 hr supply of electricity, either through direct supply or from other sources.
- e. The wellness center shall have clean public toilet(s). In case of therapies, washroom attached with the therapy room shall be provided.
- f. Furniture and fixtures shall be available in accordance with the activities and workload of the Wellness centre. They shall be functional and properly maintained.

The minimum space requirements shall be as per **Appendix 1**.
Indicative list of furniture and fixtures is as per **Appendix 2**.

4. Equipment:

- a. The wellness centre shall have adequate equipment commensurate to the scope of service.
- b. There shall be established system for maintenance of equipment.
- c. Equipment shall be kept in good working condition through a process of periodic inspection, cleaning and maintenance.

For indicative list of equipment, Please refer to **Appendix 3**

5. Drugs and Consumables:

- a. The wellness centre shall have adequate drugs and consumables commensurate to its scope of services.
- b. Drug storage (if applicable) shall be in a clean, well lit, and safe environment and shall be in consonance with applicable laws and regulations.
- c. The facility shall have defined procedures for storage, inventory management and dispensing of drugs required for wellness as per scope of services.

6. Human Resource Requirement:

- a. The wellness centre shall have qualified and trained medical practitioner(s) and staff as per the scope of service provided.
- b. The staff shall be qualified and trained as per the scope of services provided, and as per requirement.
- c. For every staff there shall be personal record containing the appointment order, documentary evidence of qualification and or training (and professional registration where applicable).

For human resource requirements, please refer to **Appendix 4**

7. Support Services:

- a. The Wellness centre shall have a Registration or Help-desk & Billing counter.
- b. Segregation, collection, transportation, storage and disposal of general waste shall be done as per applicable local laws.
- c. Segregation, collection, transportation, storage and disposal of biomedical waste shall be done as per Biomedical Waste Management Rules, 2018 amended from time to time.

8. Legal or Statutory Requirements

Compliance with local regulations & law along with Bio-medical Waste Management Rules 2018 amended from time to time.

9. Record Maintenance and reporting:

- a. Wellness Records shall be maintained in physical or digital format.
- b. The Wellness centre shall ensure confidentiality, security and integrity of records.
- c. The Wellness records of Residential Clients shall be maintained in consonance with National or local law or guidelines, if any.

10. Basic Processes

- a. The wellness center shall register all Clients who visit, except for those with diseases or ailments not covered under the scope of wellness services. In such cases, the Client will be guided to the nearest appropriate healthcare facility.
- b. The billing shall be as per the Wellness centre tariff list, which shall be available to Clients in a suitable format.
- c. Each Client shall undergo an initial assessment by qualified and or trained personnel.
- d. Further management of Client shall be done by a registered practitioner on the basis of findings of initial assessment; for example, OPD treatment, admission, transfer or referral, investigation etc.
- e. The Wellness centre shall ensure adequate and proper spacing in the Client care area so as to prevent transmission of infections.
- f. Regular cleaning of all areas with disinfectant shall be done.
- g. Housekeeping or sanitary services shall ensure appropriate hygiene and sanitation in the establishment.
- h. At the time of admission, general consent for admission shall be taken.
- i. Any examination or management of female Client shall be done in the presence of an employed female attendant.
- j. The therapies should be administered by the same gender therapist.
- k. The Client and family shall be treated with dignity, courtesy and politeness.
- l. Prescription shall include name of the Client, date, name of medication/therapy, dosage, route, frequency, duration, name, signature and registration number of the medical practitioner in legible writing.
- m. Therapy Drug allergies shall be ascertained before prescribing and administration; if any allergy is discovered, the same shall be communicated to the Client and recorded in the case sheet as well.
- n. The Wellness centre shall follow standard precautions like practicing hand hygiene, use of personal protection equipment etc. so as to reduce the risk of healthcare associated infections.
- o. Security and safety of Clients, staff, visitors and relatives shall be ensured by provision of appropriate safety installations and adoption of appropriate safety measures.
- p. Grievance mechanism system should be there in every Ayush Wellness centre and the Name along with the contact number of the Officer responsible for that should be clearly displayed at the prominent place of center.

Minimum space requirements in a Ayush Wellness Centre

a. Outdoor care center for wellness

Sr. No.		
1.	Minimum space requirement	75 sq. ft. floor area*
* Functional areas (Consultation, drug dispensing unit should be appropriately sized as per the scope of service and Client load at the wellness centre)		

b. Day care center for Wellness

Sr. No.		
1.	Minimum space requirement	75 sq. ft. floor area*
*Includes functional areas (Consultation, reception, waiting area, drug dispensing unit.) should be appropriately sized as per the scope of service and Client load at the wellness centre.		
2.	One therapy room with attached washroom- Minimum space requirement	75 sq. ft. floor area
Total		150 sq. ft. floor area

c. Residential care for Wellness

Sr. No.		
1.	Minimum space requirement	75 sq. ft. floor area*
*Includes functional areas (Consultation, reception, waiting area, drug dispensing unit.) should be appropriately sized as per the scope of service and Client load at the wellness centre.		
2.	Two therapy room (1 male and 1 female) with attached washroom- Minimum space requirement	150 sq. ft. floor area
3.	One client stay residential stay area	75 sq. ft. floor area
Total		300 sq. ft. floor area

Note- If the number of client stay exceed beyond 1, the space requirement will increase proportionately; for example, for 3 client stay, a total of 225 sq. ft. floor area will be required and so on.

Appendix 2

Minimum Furniture and Fixtures (General)

Sr. No.	Articles
1.	Doctor's Chair
2.	Doctor's Table
3.	Client's stool
4.	Examination table
5.	Foot Step
6.	Chair for attendants
7.	Stretcher
8.	Wheelchair
<p>*This is an indicative list and the items shall be provided as per the size of the wellness centre and scope of service to be provided by different systems i.e. Ayurveda/Unani/Siddha/Sowa Rigpa/Homoeopathy/Yoga & Naturopathy</p>	

Equipments

Sr. No.	Equipment required for Wellness Centre	
1.	Equipment required for Wellness Centre	Stethoscope B.P apparatus Torch Thermometer Tongue Depressor Weighing Machine X-Ray view box (optional) Knee hammer Pulse oximeter Nebuliser Glucometre * Above and other equipments specific to each system of Ayurveda/Unani/Siddha/Sowa-Rigpa/Homoeopathy/Yoga & Naturopathy shall be provided as per the nature and scope of therapy and service of Wellness Centre.

Equipments required for specific therapies of concerned system of Ayurveda /Unani/ Siddha/Sowa-Rigpa/ Homoeopathy/ Yoga & Naturopathy:

Sr. No.	System of Medicine	Equipment as per the therapy
1.	Ayurveda	<p>For Poorva Karma (Snehana/Sweadana): Complete bedding/cot one for male& one for female,Abhyanga (Massage)Table/Droni, Gas/Stove/heater with fittings, Lighter/Matchbox, Plastic aprons, Towels, Dusters , Measuring glasses, Swedan Yantra</p> <p>For Anuvasan Basti: Kharala/Mortar, AnuvasanabastiYantra, Swedan Yantra, Urinary catheters (Rubber and metallic) of different, nos., Gloves, Plastic Aprons</p> <p>For Shirodhara: Shirodhara yantra, Stand, Dharapatra</p> <p>For Shirobasti: Plastic Caps/Leather caps: Small/Medium/Large</p> <p>For Nasya:Nasyapeetha (Chairs), Adjustable Tables, Dropper/Dropper bottles, NasyaYantra, DhumaYantra, Steamer (Facial Steamer)</p>

2.	Unani	For HijamabilaShart: Treatment table, Foot Stool, Mahjama (Glass cups of different sizes), Bunsen burner, Sponge holder, Client gown, aprons, gloves
		For HijamabilShart: Treatment table, Foot Stool, Mahjama (disposable Hijama cups of different sizes), Vacuum cupping pump, surgical blades, Sponge holder, Tissue forceps, Cheatle forceps, Scissors, Kidney trays & drums, Analytical balance, autoclave, Client gown, aprons, gloves
		For Nutool: Nutul Tables (massage table with Shirodhra stand), Nutul Pot (Shirodhra pot), Client gown, aprons, gloves, towels, medicated oils
		For Inkibab: AalaeMubakhiraUmoomi {Sarvangvashpaswedanyantra (with steam generator & trolley)}, NadiSwedanYantra (Steam generator), Steam cabinet with steam generator (sitting type), bath gown, towels
		For Takmid: Treatment table, gas/stove, canning kettles, hot and cold packs, compress cloths, towels, Client gown,
		For Bukhur: Treatment table / chair, Bukhur burners, Client gown, chips of aromatic drugs
		For Abzan: Sitz bath tub
		For Pashoya: Foot bath tub
3.	Siddha	Thokkanam: ThokkanamesaiorThokkanapalagai with adjustable stand, Hanging robe with handle, Foot rest, Electric/Gas stove, Towels, Vessels (for heating, serving and storing of oil),Gloves.
		Vedhu: Steam chamber, Steam generator, Steam controller, Temperature sensor, Sitting stool, Foot rest, Towels, Apron, Gloves
		Nasiyam, Nasikaparanam, Mai, Kalikkam: Sliding chair, Flame lamb, Filter paper, Sieve filter, Dropper, Eye wash basin, Stone mortar, Pestle, Flame lamb, Charcoal, Coconut shell, Conch shell, Gloves, Cotton balls, Cotton towel
		Kazhicchal, Varthi, Peetchu: Water Jug, Stone mortar, Measuring cup, Toilet cum Chair, Electric stove, Sieve filter, Tissue paper, Toilet, Towel, Inner wears
		Attai Vidal : Storage Aquarium for fresh leeches: 20-25 litres capacity (may be with partitions), Glass containers (1 litre capacity) for storing used leeches:5-10 (for each patient requires separate container and the number may vary according to the number of patients), Examination table, Surgical Instruments: Different types of Forceps, Scissors, Needles, Suturing material etc. (as per requirement), As per requirement: Dressing tray with gloves, bandage cloth, bandages etc., Surgical trolley, Plastic aprons
		Thaarai : Thaarai Table: Minimum 7ft.X2.5 ft. (wood or Fiber), Gas/Stove/heater with fittings, Towels, Dusters, Plastic aprons, Cotton

4.	Sowa-Rigpa	<p>Num-chos (Snehana): Massage table, Appropriate stand to fix massage table, Gas/Stove/heater with fittings, Lighter/Matchbox, Plastic aprons,</p> <p>Na-sMan (Nasyakarma) : Na-sMan Set, Plastic aprons, Gloves</p>
5.	Yoga & Naturopathy	<p>Yoga Department Yoga Accessories : Yoga Mats, Jalneti Pots, Sutra Neti, Vastra Dhauti, Trataka Stands, Water Jugs, Yoga props such as Cushions, Wooden Blocks, Planks, Ropes,</p> <p>Naturopathy Department Hydrotherapy (with necessary hot & cold water provision) : Treatment couches (1 per procedure room), Steam bath Chamber (1 nos.), Spinal bath /Spinal Spray (1 nos.), Hip bath tub (1 nos.), Infra-Red Lamps (1 per 50 Client), Foot & Arm Bath Tub (1 nos). Massage Therapy: Massage Couch – 1 per procedure room. Acupressure /Reflexology : Acupressure Accessories, Acupuncture needle, Acupuncture stimulator, Acupuncture Needle Disposer (1 per ward), Reflexology equipment. Other Equipments : Hot Water Bags, Ice Bags, Packs, Jet Bath, Colored Bottles, Buckets, Mugs, Jugs, Eye wash cups, Enema cans, Woolen Blanket, Muslin cloth, Mud storage unit, Mud Packs& Mud Pack Tray. Optional Equipment : Sauna Bath, Vibro-massager, Cold Irrigation, Deluxe Hydro massage, Jacuzzi, Hot and Cold-water Douches, Effusions, Whirlpool Bath, Under Water Exercise, Electro therapy equipment, Exercise therapyequipment, Mud bath beds, Thermoleum (1 per service room), Sun Recliners, Plantain Leaf Bath, PEMF, Magnetic belt, General magnet, Magneto Therapy couch, Immersion Bath, Colon Hydrotherapy, Ozone therapy unit.</p>
6.	Homoeopathy	<p>Massage table /Treatment table Foot stand Sitz bath apparatus Hydrotherapy apparatus Hot and cold packs Tincture/local application dispensing bottles Towels Dustbins (as per BMW management guidelines) Eye, Nose, Ear dropper bottles Mortar and pestle Sponge holder</p>

		Tissue rolls Tissue holder Tissue forcep Scissors Surgical blade Needle Kidney tray Cotton / Gauze Jugs / Mugs
*This is an indicative list and the items shall be provided as per the size of and scope of service to be provided by different systems i.e. Ayurveda /Unani /Siddha /Sowa Rigpa /Homoeopathy/ Yoga & Naturopathy		

Human Resource

The Human Resource requirement for any clinical establishment depends on the scope of services provided, bed strength and workload of that clinical establishment.

However, on the basis of level of care provided the minimum staffing requirements for all three types of Ayush wellness center shall be as follows:

Sr. No.	Human Resource	
1.	Doctor	One each registered Ayurveda/ Unani /Siddha /Sowa-Rigpa/ Homoeopathy / Yoga & Naturopathy doctor.
2.	Therapist	One male and one female therapist for not more than aggregate 16 therapies administered/day.
3.	Pharmacist	One (in case of in house pharmacy)
4.	Multipurpose Worker	Optional
5.	Staff Nurse	1 (up to 20 clients stay at a time, in case of Residential Care Wellness Centre) round the clock.
6.	Housekeeping services	As per requirement (in house or outsource)
Requirement of other (Support and administrative) or more staff will depend on the scope of the Wellness Centre.		

Note-

- 1. In case of Residential Wellness care, one extra registered Ayurveda/ Unani /Siddha /Sowa-Rigpa/ Homoeopathy/ Yoga and Naturopathy doctor 24*7 up to 20 clients stay at a time. Above 20 the number of doctors will increase proportionately.**
- 2. In case of therapist, If the number of therapies exceeds 16 per day, the number of therapists will increase proportionately; for example, up to 32 therapies, a total of four therapists (two male and two female) will be required and so on.**
- 3. In case of Staff nurse for Residential Care Wellness Centre, if the number of clients exceeds more than 20, the number of staff nurse will increase proportionately; for example, upto 40 clients, a total of 2 Staff nurse round the clock will be required and so on.**

Clients' rights and responsibilities:

Clients' Rights

1. Right to Information

- To have adequate relevant information about the wellness care, expected results of therapy, possible complications, and expected costs.

2. Right to Transparent Pricing

- Rate of services provided by the Wellness establishment would be displayed prominently.

3. Right to Informed Consent

- To give informed consent prior to any wellness therapies.

4. Right to Second Opinion

- To seek a second opinion from an appropriate clinician of the Client's choice, with records and information being provided by the Wellness centre.

5. Right to Confidentiality and Privacy

- To have confidentiality, human dignity, and privacy during treatment.

6. Right to Gender Sensitivity

- To have the presence of a female person during the physical examination of a female Client by a male practitioner.
- The therapies of should be administered by the same gender therapist.

7. Right to Non-Discrimination

- To have non-discriminatory treatment and behavior regardless of HIV status, gender, age, ethnicity, or any other factor.

8. Right to Respect and Dignity

- To be treated with respect and dignity by all staff at the wellness center.

Clients' Responsibilities

1. Provide Accurate Health Information

- Provide all health-related information accurately and comprehensively to the Wellness providers.

2. Cooperate with Wellness Providers

- Cooperate with doctors and healthcare providers during examination and treatment.

3. Follow Medical Instructions

- Follow all instructions given by the Wellness providers to ensure the best possible outcome from the treatment.

4. Non-Violence

- Never resort to violence or aggressive behavior towards healthcare providers and staff.