

**Unit Cost of Yoga therapies / interventions in OPD/IPD offered to NABH
accredited empanelled Hospitals in CGHS.**

S.No.	Procedures/Treatment	Rate per Unit.
01	Jalaneti (OPD)	Rs. 050/-
02	Sutra neti (OPD)	Rs.050/-
03	Dugdhaneti (OPD)	Rs.100/-
04	Ghritaneti (OPD)	Rs.100/-
05	Kunjala/ Vamanadhouti (OPD)	Rs.100/-
06	Vastradhouti (OPD)	Rs.100/-
07	Jalabasti (OPD)	Rs.150/-
08	Sthalabasti (OPD)	Rs.050/-
09	Moolashodhana/ Chakri Karma (OPD)	Rs.050/-
10	Shankhprakashalana (with therapeutic diet) (OPD)	Rs.500/-
11	Kapalabhati (OPD)	Rs.025/-
12	Nauli (OPD)	Rs.050/-
13	Trataka (Jyoti) (OPD)	Rs.050/-
14	Shat Karma package-I (Jalaneti, Sutra neti and Kapalabhati) (OPD)	Rs.150/-
15	Shat Karma Package-II (Jalaneti, Sutra neti, Kunjala/Vastra Dhauti and Kapalabhati) (OPD)	Rs.200/-
16	Trataka Package (Jatrutrataka, Jyoti Trataka, Eye wash and relaxation technique) (OPD)	Rs.100/-
17	Individual Yoga Therapy Session (Yogic Sukshnavyayama, Surya namaskar, Yogasana, Relaxation) (Minimum one hour duration) (OPD)	Rs.100/-
18	Individual Pranayama/ Dhyana (Meditation) session (Minimum one hour duration) (OPD)	Rs.100/-
19	One day individual Yoga therapy package (Shatkarma, Yogasana, Pranayama, Dhyana) (around 3 hours) (OPD)	Rs.250/-
20	One week individual Yoga therapy package (Shatkarma, Yogasana, Pranayama, Dhyana etc. (Minimum 01 hour daily) (OPD)	Rs.500/-
21	One month individual Yoga therapy package (Shatkarma, Yogasana, Pranayama, Dhyana etc.) (Minimum one hour daily) (OPD)	Rs.1,500/-
22	One week Yoga therapy package (3-4 hours per day) (OPD)	Rs.1500/-
23	Two weeks Yoga therapy package (3-4 hours per day) (OPD)	Rs.2500/-
24	One month Yoga therapy package (3-4 hours per day) (OPD)	Rs.5000/-
25	One week Yoga therapy package (Indoor)/(IPD)	Rs.10,000/-
26	Two weeks Yoga therapy package (Indoor)/(IPD)	Rs.18,000/-
27	Three weeks Yoga therapy package (Indoor)/(IPD)	Rs.25,000/-

Note: Any minor/local Naturopathy Procedure/therapy not included in the above list may be charged @ Rs. 100/- per sitting for upto 28 days.

1. Determination of treatment expenditure for payment / reimbursement.

For the purpose of settlement of Ayurvedic treatment expenditure under CGHS following criteria shall be applied-

- a) The above unit rates of therapies / interventions shall be benchmarks for calculating treatment expenditure.
- b) The above unit rates are inclusive of the implication of materials medicines, accessories, equipments maintenance, manpower (Medical, Paramedical and Nursing) and diet used in imparting therapies.
- c) Pre and post procedure cost will be chargeable @ Rs. 75 per day.