

**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    | Shankhaprakshalana (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 (Jatrutataka, 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.