

**FACULTY OF INDIAN MEDICINE SYSTEM**  
**SGT UNIVERSIY, GURGAON**  
**PANCHAKARMA DEPARTMENT**

<b>Panchakarma</b>			<b>100 Hrs.</b>
<b>S.No.</b>	<b>Topic</b>	<b>Domain</b>	<b>Time</b>
1.	Introduction to Panchakarma, Panchakarma and Shodhana, its importance for promotion of health, prevention and treatment of diseases. Trividha Karma- Purva, Pradhana and Pashchat Karma in relation to Shodhana and their importance. Indications of Shodhana, Shodhana according to Ritu	Must know	3Hrs
2.	General Principles of doshagati from Koshta to Shaka and vice versa, General precautions (PariharyaVishaya) for Panchakarma, Importance of Koshta and Agni Parikshan, Specifications of Panchakarma theatre and necessary equipments	Nice to know	2Hrs
3.	<b>SNEHANA</b> Etymology and Definition of Sneha and Snehana, Snehayoni- Sthavara and Jangama, The Properties of Snehadravyas, SnehopagDravyas, General knowledge of Ghrita, Taila, Vasa and Majja with their specific utility and actions ,Yamaka, Trivrit and MahaSneha, Snehapaka and its importance in Panchakarma, Metabolism of fat, Achcha and Pravicharana of Sneha	Nice to know  Must know	3Hrs
4.	<b>Types of Snehana:</b> a) Bahya and b) AbhyantaraSnehana <b>a) BāhyaSnehana :</b> Methods, indications and contraindications of the following types of Bahyasnehana; Mardana,	Must know	3Hrs

	<p>Unmardana, Pādāghāta, Samvāhana, Karna Purana&amp;AkshiTarpan, Lepa, Talam, <b>MurdhniTaila:</b> Siro-Abhyanga, ShiroSeka/dhārā, Siro Pichu and Siro-Basti</p> <p><b>b) ĀbhyantaraSnehana:</b> Three Types of ĀbhyantaraSnehana: Shodhanārtha, Shamanārtha and BrimhanārthaSnehana,</p> <p><b>c)Indications and contraindications for Snehana</b></p>	Must know	
5.	<p><b>ShodhanārthaSnehana</b></p> <p>a. Importance and method of DeepanPāchan and Rookshana in ShodhanārthaSnehana. Properties of RookshanaDravya. SamyakRookshanaLakshana</p> <p>b. Consideration of Agni and Koshtha in Snehana</p> <p>c. Indication of Different Matra, Various dose schedules for ShodhanārthaSnehana; Hraseeyasi, Hrasva, Madhyama and UttamaMātrā, ĀrohanaMātrā</p> <p>d. Methods of ShodhanārthaSnehana,</p> <p>e. Anupāna of Sneha</p> <p>f. Jeerna and JeeryamanLakshana</p> <p>g. Samyak Yoga, Ayoga and Atiyoga of Snehana, SnehaVyāpat&amp; their management according to Ayurveda &amp; Modern Medicine</p> <p>h. Diet and regimen during Snehana</p> <p>i. SnehanaKārmukata (mode of action)</p>	Must know	3Hrs
6.	<p><b>SadyoSneha:</b> Method of administration, dose fixation and utility <b>ShamanārthaSnehana,</b> Method of administration, dose fixation and utility</p> <p><b>BrumhanarthSenhana:</b> Method of administration, dose fixation and utility <b>AvapeedakSneha:</b> Method of administration, dose fixation and utility.</p>	Must know  Must know	2Hrs
7.	<p><b>Special Procedures:</b> Takradhara, Udvardanam, Putpāka, Aschotana, Anjana, Gandusha, Kavala,</p>	Must know	2Hrs

	Dhoompāna, Udvardana, Utsādana, Udgharshana, Talapothichil		
8.	<b>SWEDANA</b> Etymology and Definition of Sveda and Svedana, Classifications of Sveda/Svedana, General Swedadravya, Properties of Swedadravyas, Swedaopagdravyas, Indications and contraindications of Svedana .	Must know	3Hrs
9.	Ten Types of NiragniSvedana, Knowledge of 13 types of SagniSvedana and ChaturvidhSvedan	Must know	3Hrs
10.	General precautions during SagniSvedana and Methods to protect vital during svedana, Samyak Yoga, Ayoga and Atiyoga of Svedana Complications of Svedana and their Management according to Ayurveda & Modern Medicine, Diet and management during and after Svedana, ParihārVishaya, SvedanaKārmukata (Mode of action)	Must know	3Hrs
11.	Detailed Knowledge with their Utility of the following Svedana procedures: Sankara/PindaSveda-Ruksha and SnigdhaSvedaPatrapindaSveda, JambirPindaSveda, VālukaSveda, ChurnaPindaSveda, KukkutandPindaSveda, ShashtikaShalipindaSveda, NadiSveda, BashpaSvedaKsheerdhooma ,KsheerSeka, KwathSeka, AvagahaSveda, DhanymlaDharaParishekaSveda, Pizichil, UpanahaSveda, Annalepa	Must know	3Hrs
12.	General Knowledge about current Sudation techniques like Sauna bath, Steam bath, Local Basti	Must know	3Hrs

	such as Kati Basti, JanuBasti, GreevaBasti and Urobasti		
13.	<b>VAMANA</b> Etymology, definition and importance of Vamana Karma, Utility of Vamana Karma in health and disease, Indications and Contraindications for Vamana, Knowledge of Koshta and Agni, General knowledge of Vamana and Vamanopaga drugs; properties, actions, preparations, preservation with special reference to Madanphala, Kutaj, Nimba, Yashti, Vacha	Must know	3Hrs
14.	Purva Karma of Vamana:Deepan-Pāchana, AbhyantaraSnehana and diet, Management of one gap day-Abhyanga&Svedana, diet, special Kapha increasing diet, Preparation of the patient on Morning of Vamana day	Must know	3Hrs
15.	Vamaka Yoga, Anupana, fixation of dose and method of administration, Administration of VamanopagaDravya such as milk, sugarcane juice, Yashtimadhu decoction, Lakshana indicating Doshagati during the process, Management during Vamana Karma & observations, Symptoms of Samyak Yoga, Ayoga and Atiyoga of Vamana Karma	Must know	3Hrs
16.	Post Vamana management, Types of Shuddhi-Hina, Madhya and Pravara, PeyadiSamsarjanaKrama and TarpanadiKram with their specific indications, Complication of Vamana and their management with Ayurveda and modern drugs, PariharyaVishaya, VamanaKarmukata (Mode of action).	Must know	3Hrs

17.	<b>VIRECHANA</b> Etymology, definition and importance of Virechana Karma, Utility of Virechana Karma in health and disease , Indications and Contraindications for Virechana , Knowledge of Koshta and Agni, Classification of Virechana Drugs, General properties of Virchanadravya , General knowledge of single and compound Virechan drugs; properties, actions, preparations, preservation with special reference to Trivrutta, Aragvadha, Eranda, Katuki, Jaipal	Must know	3Hrs
18.	Purva Karma of Virechana: Deepan- Pachana, AbhyantaraSnehana and diet, Management of 3 gap days-Abhyanga, Svedana& diet, Management on Morning of Virechana day	Must know	3Hrs
19.	Preparation of VirechanaKalpa, Anupana, dose and method of its administration, Method of Virechana Karma and management during Virechana Karma & observations, Symptoms of Samyak Yoga, Ayoga and Atiyoga of Virechana Karma	Must know	3Hrs
20.	Post Virechana management, Types of Shuddhi-Hina, Madhya and Pravara and accordingly SamsarjanaKrama, Complications of Virechana and their management with Ayurveda and modern drugs, PariharyaVishaya, VirechanaKārmukatā (Mode of action)	Must know	3Hrs
21.	<b>BASTI</b> Etymology, definition and importance of Basti as Ardha-Chikitsa, Utility of Basti Karma in health and disease, BastiYantra- Putaka& Netra, Detailed study of traditional BastiYantra and their Doshas,	Must know	3 Hrs

	Knowledge of alternative BastiYantra-enema can, enema syringe, modified plastic/rubber bag for Putaka, modified plastic netra.		
22.	Classifications of Basti, Karma, Kāla and Yoga Basti schedules along with their utility.	Must know	3 Hrs
23.	<b>NiruhaBasti:</b> Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications, Dose fixation of NiruhaBasti according to age, Contents and Method of preparation of NiruhaBastidravya, Diet, Administration of NiruhaBasti, PratyāgamanaKāla, Post NiruhaBasti management, Samyak Yoga, Ayoga and Atiyoga of Niruha, Complication of NiruhaBasti and its management according to Ayurved and Modern Medicines, PariharyaVishaya and kala	Must know	3Hrs
24.	<b>AnuvasanaBasti:</b> Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications, Dose fixation of AnuvasanBasti according to age, Contents and Method of preparation of AnuvasanBastidravya, Diet, Administration of AnuvasanBasti, PratyāgamanaKāla, Post AnuvasanBasti management, Samyak Yoga, Ayoga and Atiyoga of Anuvasana, Complication of Anuvasan and its management according to Ayurved and Modern Medicines, PariharyaVishaya and kala	Must know	3Hrs
25.	BastiKārmukatā (Mode of action). Knowledge of following types of Basti: MadhutailikaBasti, ErandmuladiBasti, YāpanaBasti, PichchhaBasti, KshiraBasti, KsharaBasti,	Didactic, SIS, PBL, Students Seminar, Group Discussion	3 Hrs

	VaitaranaBasti, PanchaprasutikBasti, LekhanBasti, KrumighnaBasti, TiktashirBasti, ArdhamātrikaBasti		
26.	<p><b>Uttara Basti</b>,: its definition, indications and contraindications, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra</p> <p>a. Preparation of patient,  b. Preparation of Trolley for Uttarbasti,  c. drug preparation and Fixation of dose,  d. method of administration in male and females,  e. observations,  f. complications and their management</p>	Must know	3Hrs
27.	<p><b>NASYA</b>  Etymology, definition, Significance of Nasya Karma, Classifications and sub-classifications, Knowledge of general Dravya used for Nasya Karma, ShirovirechanGana, Shirovirechanopagdravyas, Indications and contraindications of Nasya, Time of administration of Nasya, Dose fixation of different types of Nasya, Diet and regimen before and after Nasya Karma, Complication of Nasya and their management, Symptoms of Samyak-yoga of Nasya</p>	Must know	5Hrs
28.	Administration of Marsha, Pratimarsha, Avapeedaka, Dhoomapana and DhumaNasya, ParihārVishaya, NasyaKarmukata (mode of action)	Must know	5Hrs
29.	<p><b>RAKTAMOKSHANA</b>  Definition, importance and Types of Raktamokshana, General Principles and rules of Raktamokshana, Classification of Raktamokshan, General Indication and Contra indication of Raktamokshan</p>	Must know	4Hrs

30.	<b>Jalaukavacharana:</b> Knowledge of different types of Jalauka (Leech) , Indications and contraindications of Jalaukavacharana, various types of Jalauka. Method of Application, SamyakLakshan, Complication of Jalaukavacharana and their management with Ayurveda and Modern medicines.	Must know	3Hrs
31.	<b>Pracchāna:</b> Indications and contraindications of Pracchana. Method of Application, SamyakLakshan, Complication of Pracchana and their management with Ayurveda and Modern medicines	Nice to know	2Hrs
32.	<b>Sirāvedha:</b> Indications and contraindications of Siravedha. Method of Application, SamyakLakshan, Complication of Siravedha and their management with Ayurveda and Modern medicines	Nice to know	2Hrs
33.	Knowledge of emergency management of complications such as water & electrolyte imbalance, shock, bleeding per rectal, hemetemesis, epistaxis	Must know	2Hrs
34.	<b>PHYSIOTHERAPY</b> Definition, Utility and Importance of Physiotherapy. 2. Basic Knowledge of Static exercise, Infrared, Short wave diathermy, Electromagnetic therapy, Wax bath therapy, Ultrasonic therapy.	Nice to know	2Hrs

	<b>PRACTICALS / CLINICAL TRAINING -</b>		
35.	<b>SNEHANA:</b> Complete knowledge about purvakarma, pradhankarma, paschatkarma of Snehana& Drugs and formulations used for Snehana	Must Know	<b>10Hrs</b>



<b>36.</b>	<b>SWEDANA:</b> Complete knowledge about purvakarma, pradhankarma, paschatkarma of Swedana& Drugs and formulations used for Swedana	Must Know	<b>10Hrs</b>
<b>37.</b>	<b>VAMANA:</b> Complete knowledge about purvakarma, pradhankarma, paschatkarma of Vamana& Drugs and formulations used for Vamana	Must Know	<b>10Hrs</b>
<b>38.</b>	<b>VIRECHANA:</b> Complete knowledge about purvakarma, pradhankarma, paschatkarma of Virechana& Drugs and formulations used for Virechana	Must Know	<b>10Hrs</b>
<b>39.</b>	<b>BASTI:</b> Complete knowledge about purvakarma, pradhankarma, paschatkarma of Basti& Drugs and formulations used for Basti		<b>10Hrs</b>
<b>40.</b>	<b>UTTAR BASTI:</b> Complete knowledge about purvakarma, pradhankarma, paschatkarma of Uttar Basti& Drugs and formulations used for Uttar Basti	Must Know	<b>10Hrs</b>
<b>41.</b>	<b>NASYA:</b> Complete knowledge about purvakarma, pradhankarma, paschatkarma of Nasya&Drugs and formulations used for Nasya	Must Know	<b>10Hrs</b>
<b>42.</b>	<b>RAKTAMOKSHANA:</b> Complete knowledge about purvakarma, pradhankarma, paschatkarma of Raktamokshana& Drugs and formulations used for Raktamokshana	Nice to Know	<b>10Hrs</b>
<b>43.</b>	<b>PHYSIOTHERAPY:</b> Complete knowledge about procedures of Physiotherapy & Instruments used for Physiotherapy	Must Know	<b>10Hrs</b>

44.	<b>PRACTICAL FOR DEMONSTRATION / GROUP PRACTICALS</b>		
45.	<b>Snehana:</b> abhyanga, udwartana, shirodhara, shirobasti, lepa, pizichhil etc.	Must Know	10Hrs
46.	<b>Swedana:</b> nadisweda, pariseka, patrapottali, shashtikshali, upnaha etc.	Must Know	10Hrs
47.	<b>Vamana:</b> snehapana dose and duration fixation, dose and form of medicine used, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Must Know	10Hrs
48.	<b>Virechana:</b> snehapana dose and duration fixation, dose and form of medicine used, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Must Know	10Hrs
49.	<b>NiruhaBasti:</b> method of preparation, method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Must Know	10Hrs
50.	<b>AnuvasanaBasti:</b> method of preparation, method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Must Know	10Hrs
51.	<b>Uttar Basti:</b> method of preparation, method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Must Know	10Hrs
52.	<b>Nasya:</b> method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Must Know	10Hrs
53.	<b>Raktamokshana:</b> method of administration, instrument identification, jalouka types, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Must Know	10Hrs
54.	<b>Physiotherapy:</b> instrument identification, use and method of application		10Hrs
55.	<p><b>Case taking and treatment:</b></p> <ul style="list-style-type: none"> <li>• LONG CASE: patient history and accordingly suited shodhana (Vamana, Virechana etc.) <ul style="list-style-type: none"> <li>• SHORT CASE: patient history and accordingly suited panchakarma (snehana, swedana etc.)</li> </ul> </li> </ul>	Must Know	10Hrs

## CURRICULUM PLANNING

S. No.	Topic	Learning objectives (at the end of the session student should be able to)	Teaching guidelines	Methodology	Time
1.	Introduction to Panchakarma, Panchakarma and Shodhana, its importance for promotion of health, prevention and treatment of diseases. Trividha Karma- Purva, Pradhana and Pashchat Karma in relation to Shodhana and their importance. Indications of Shodhana, Shodhana according to Ritu	Explain Panchkarma in detail, its karma phases, its indications & contra- indications.	To cover Panchkarma in detail, its Poorva karma, Pradhana Karma & Paschat Karma, its indications & contra-indications according to various diseases.	Didactic, SIS, PBL, Students Seminar, Group Discussion Tutorials	3Hrs
2.	General Principles of doshagati from Koshta to Shaka and vice versa, General precautions (Pariharya Vishaya) for Panchakarma, Importance of Koshta and Agni Parikshan, Specifications of Panchakarma theatre and necessary equipments	<ul style="list-style-type: none"> <li>• Enumerate doshagati types</li> <li>• Discuss general precautions for Panchkarma</li> <li>• Elaborate importance of kasha &amp; agni pariksha</li> <li>• Comprehend the specifications of Panchkarma theatre &amp; necessary equipments</li> </ul>	To cover doshagati types from koshta to shakha & vice-versa according to various diseases, general precautions for Panchkarma, Importance of Koshta and Agni Parikshan, basic specifications according to the ancient as well as current scenario of	Didactic, SIS, PBL, Students Seminar, Group Discussion Tutorials	2Hrs

		with their utility.	Panchakarma theatre and necessary equipments & their utility.		
3.	<b>SNEHANA</b> Etymology and Definition of Sneha and Snehana, Snehayoni-Sthavara and Jangama, The Properties of Sneha dravyas, Snehopag Dravyas, General knowledge of Ghrita, Taila, Vasa and Majja with their specific utility and actions ,Yamaka, Trivrit and Maha Sneha, Snehapaka and its importance in Panchakarma, Metabolism of fat, Achcha and Pravicharana of Sneha	Explain Snehana in detail , its definition , its Yoni types, Sneha Dravayas, their importance, properties, utility & actions. Snehopag Dravayas, their importance, properties, utility & actions. Explain importance of Snehapaka in Panchkarma. Explain importance of Fat Discuss types of Sneha & their Pravicharna.	To cover Etymology and Definition of Sneha and Snehana, Snehayoni types such as Sthavara and Jangama, The Properties, importance, utility & actions of Sneha dravyas, Snehopag Dravyas, General knowledge of Ghrita, Taila, Vasa and Majja with their specific utility and actions ,Yamaka, Trivrit and Maha Sneha, Snehapaka and its importance in Panchakarma, Metabolism of fat in human body, Achcha Sneha and Pravicharana of	Didactic, SIS, PBL,Students Seminar, Group Discussion Tutorials	3Hrs

			Sneha		
4.	<p><b>Types of Snehana:</b> a) Bahya and b) Abhyantara Snehana</p> <p><b>a) Bāhya Snehana :</b> Methods, indications and contraindications of the following types of Bahyasnehana; Mardana, Unmardana, Pādāghāta, Samvāhana, Karna Purana &amp; Akshi Tarpan, Lepa, Talam, <b>Murdhni Taila:</b> Siro-Abhyanga, Shiro Seka/dhārā, Siro Pichu and Siro-Basti</p> <p><b>b) Ābhyantara Snehana:</b> Three Types of Ābhyantara Snehana: Shodhanārtha, Shamanārtha and Brimhanārtha Snehana,</p> <p><b>c) Indications and contraindications for Snehana</b></p>	<p>Explain &amp; Enumerate the types, indications &amp; contraindications of Snehana,</p> <p>Explain the methods, indications &amp; contraindications of various types of Bahya Snehana &amp; Abhyantara Snehana in detail.</p>	<p>To cover Explain &amp; Enumerate the types, indications &amp; contraindications of Snehana, Explain the methods, indications &amp; contraindications of various types of Bahya Snehana &amp; Abhyantara Snehana in detail.</p>	<p>Didactic, SIS, PBL, Students Seminar, Group Discussion, Tutorials, Panel Discussion.</p>	3Hrs
5.	<p><b>Shodhanārtha Snehana</b></p> <p>a. Importance and method of Deepan Pāchan and Rookshana in Shodhanārtha Snehana. Properties of Rookshana Dravya. Samyak Rookshana</p>			<p>Didactic, SIS, PBL, Students Seminar, Group Discussion, Tutorials, Panel Discussion.</p>	3Hrs

	<p>Lakshana</p> <p>b. Consideration of Agni and Koshtha in Snehana</p> <p>c. Indication of Different Matra, Various dose schedules for Shodhanārtha Snehana; Hraseeyasi, Hrasva, Madhyama and Uttama Mātrā, Ārohana Mātrā</p> <p>d. Methods of Shodhanārtha Snehana,</p> <p>e. Anupāna of Sneha</p> <p>f. Jeerna and Jeeryaman Lakshana</p> <p>g. Samyak Yoga, Ayoga and Atiyoga of Snehana, Sneha Vyāpat &amp; their management according to Ayurveda &amp; Modern Medicine</p> <p>h. Diet and regimen during Snehana</p> <p>i. Snehana Kārmukata (mode of action)</p>				
6.	<p><b>Sadyo Sneha:</b> Method of administration, dose fixation and utility</p> <p><b>Shamanārtha Snehana,</b> Method of administration, dose fixation and utility</p> <p><b>Bruhanarth Senhana:</b> Method of</p>	<p>Explain Method of administration , dose fixation &amp; utility of Sadyo Sneha, Shamanartha Snehana, Bruhamanarth Snehana, Avapeedaka Sneha</p>	<p>To cover method of administration , dose fixation &amp; utility of Sadyo Sneha, Shamanartha Snehana, Bruhamanarth Snehana,</p>	<p>Didactic, SIS, PBL, Students Seminar, Group Discussion</p>	2Hrs

	administration, dose fixation and utility <b>Avapeedak Sneha:</b> Method of administration, dose fixation and utility.		Avapeedaka Sneha in detail.		
7.	<b>Special Procedures:</b> Takra dhara, Udvartanam, Putpāka, Aschotana, Anjana, Gandusha, Kavala, Dhoompāna, Udvartana, Utsādana, Udgharshana, Talapothichil	Explain in detail about the action, mode of administration, utility, indications & contraindications of special Panchkarma procedures.	To cover in detail about the action, mode of administration, utility, indications & contraindications of special Panchkarma procedures like Takradhara, Udvartanam, Putpāka, Aschotana, Anjana, Gandusha, Kavala, Dhoompāna, Udvartana, Utsādana, Udgharshana, Talapothichil	Didactic, SIS, PBL, Students Seminar, Group Discussion Tutorial Workshop Panel Discussion	2Hrs
8.	<b>SWEDANA</b> Etymology and Definition of Sveda and Svedana, Classifications of Sveda/Svedana, General Sweda dravya,	To elaborate Etymology and Definition of Sveda and Svedana, its Classifications, General Sweda	To cover Etymology and Definition of Sveda and Svedana, its Classifications,	Didactic, SIS, PBL, Students Seminar, Group Discussion Tutorials	3Hrs

	Properties of Sweda dravyas, Swedaopag dravyas, Indications and contraindications of Svedana .	dravya, Properties of Sweda dravyas, Swedaopag dravyas, Indications and contraindications of Svedana in detail.	General Sweda dravya, Properties of Sweda dravyas, Swedaopag dravyas with examples, Indications and contraindications of Svedana in detail.		
9.	Ten Types of Niragni Svedana, Knowledge of 13 types of Sagni Svedana and Chaturvidh Svedan	Explain the 10 types of Niragni Svedana, Knowledge of 13 types of Sagni Svedana and Chaturvidh Svedan in detail.	To cover the 10 types of Niragni Svedana, Knowledge of 13 types of Sagni Svedana and Chaturvidh Svedan & their utility.	Didactic, SIS, PBL, Students Seminar, Group Discussion	3Hrs
10.	General precautions during Sagni Svedana and Methods to protect vital during svedana, Samyak Yoga, Ayoga and Atiyoga of Svedana Complications of Svedana and their Management according to Ayurveda & Modern Medicine, Diet and management during and after Svedana, Parihār Vishaya, Svedana	To explain mode of action of swedena, General precautions during Sagni Svedana and Methods to protect vital during svedana, Samyak Yoga, Ayoga and Atiyoga of Svedana, Complications of Svedana and their Management according to Ayurveda & Modern Medicine,	To cover mode of action of swedena, General precautions during Sagni Svedana and Methods to protect vital during svedana, Samyak Yoga, Ayoga and Atiyoga of Svedana, Complications of Svedana and their	Didactic, SIS, PBL, Students Seminar, Group Discussion	3Hrs



	Kārmukata (Mode of action)	Diet and management during and after Svedana, Parihār Vishaya	Management according to Ayurveda & Modern Medicine, Diet and management during and after Svedana, Parihār Vishaya to be followed during swedena.		
11.	Detailed Knowledge with their Utility of the following Svedana procedures: Sankara/Pinda Sveda- Ruksha and Snigdha Sveda Patrapinda Sveda, Jambir Pinda Sveda, Vāluka Sveda, Churna Pinda Sveda, Kukkutand Pinda Sveda, Shashtika Shalipinda Sveda, Nadi Sveda, Bashpa Sveda Ksheer dhooma ,Ksheer Seka, Kwath Seka, Avagaha Sveda, Dhanymla Dhara Parisheka Sveda, Pizichil, Upanaha Sveda, Annalepa	Explain in detail the mode of action, method & utility of various Svedana procedures.	To cover in detail the mode of action, method & utility of various Svedana procedures. Sankar a/Pinda Sveda- Ruksha and Snigdha Sveda Patrapinda Sveda, Jambir Pinda Sveda, Vāluka Sveda, Churna Pinda Sveda, Kukkutand Pinda Sveda, Shashtika Shalipinda Sveda, Nadi Sveda, Bashpa Sveda Ksheer dhooma ,Ksheer Seka, Kwath Seka,	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	3Hrs

			Avagaha Sveda, Dhanymla Dhara Parisheka Sveda, Pizichil, Upanaha Sveda, Annalepa along with their importance according to the diseases.		
12.	General Knowledge about current Sudation techniques like Sauna bath, Steam bath, Local Basti such as Kati Basti, Janu Basti, Greeva Basti and Urobasti	Discuss about current Sudation techniques like Sauna bath, Steam bath, Local Basti such as Kati Basti, Janu Basti, Greeva Basti and Urobasti along with their poorva, pradhana & paschat karma.	To cover about current Sudation techniques like Sauna bath, Steam bath, Local Basti such as Kati Basti, Janu Basti, Greeva Basti and Urobasti along with their poorva, pradhana & paschat karma in detail.	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	3Hrs
13.	<b>VAMANA</b> Etymology, definition and importance of Vamana Karma, Utility of Vamana Karma in health and disease, Indications and Contraindications for Vamana, Knowledge of Koshta and Agni, General knowledge of	Elaborate Etymology, definition, importance & utility of Vamana Karma in health and disease, its Indications and Contraindications, Knowledge of Koshta and Agni, General knowledge of Vamana and Vamanopaga	To cover the Etymology, definition, importance & utility of Vamana Karma in health and disease, its Indications and Contraindications, Knowledge of Koshta and Agni,	Didactic, SIS, PBL, Students Seminar, Group Discussion,	3Hrs

	Vamana and Vamanopaga drugs; properties, actions, preparations, preservation with special reference to Madanphala, Kutaj, Nimba, Yashti, Vacha	drugs; properties, actions, preparations, preservation with special Ayurvedic medicines.	General knowledge of Vamana and Vamanopaga drugs; their properties, actions, preparations, preservation with special reference to Madanphala, Kutaj, Nimba, Yashti, Vacha in detail.		
14.	Purva Karma of Vamana:Deepan-Pāchana, Abhyantara Snehana and diet, Management of one gap day-Abhyanga & Svedana, diet, special Kapha increasing diet, Preparation of the patient on Morning of Vamana day	Explain in detail about the Purva karma of Vamana with special emphasis on Snehana & diet.	To cover the Poorva Karma of Vamana Karma in detail with special emphasis on diet, Snehana & preparation of the patient before Vamana.	Didactic, SIS, PBL, Students Seminar, Group Discussion	3Hrs
15.	Vamaka Yoga, Anupana, fixation of dose and method of administration, Administration of Vamanopaga Dravya such as milk, sugarcane juice, Yashtimadhu decoction, Lakshana	Discuss Vamaka Yoga, Anupana, fixation of dose and method of administration, Administration of Vamanopaga Dravya, Lakshana indicating Doshagati during	To cover Vamaka Yoga, Anupana, fixation of dose and method of administration, Administration of Vamanopaga Dravya such as milk, sugarcane	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	3Hrs

	<p>indicating Doshagati during the process, Management during Vamana Karma &amp; observations, Symptoms of Samyak Yoga, Ayoga and Atiyoga of Vamana Karma</p>	<p>Vamana, Management during Vamana Karma &amp; observations, Symptoms of Samyak Yoga, Ayoga and Atiyoga of Vamana Karma in detail.</p>	<p>juice, Yashtimadhu decoction, Lakshana indicating Doshagati during the process, Management during Vamana Karma &amp; observations, Symptoms of Samyak Yoga, Ayoga and Atiyoga of Vamana Karma in detail.</p>		
16.	<p>Post Vamana management, Types of Shuddhi-Hina, Madhya and Pravara, Peyadi Samsarjana Krama and Tarpanadi Kram with their specific indications, Complication of Vamana and their management with Ayurveda and modern drugs, Pariharya Vishaya, Vamana Karmukata (Mode of action).</p>	<p>Discuss mode of action of Vamana, Post Vamana management, Types of Shuddhi, Samsarjana Krama and Tarpanadi Kram with their specific indications, Complication of Vamana and their management with Ayurveda and modern drugs, Enumerate Pariharya Vishaya.</p>	<p>To cover mode of action of Vamana, Post Vamana management, Types of Shuddhi, Samsarjana Krama and Tarpanadi Kram with their specific indications, Complication of Vamana and their management with Ayurveda and modern drugs, Pariharya Vishaya in detail.</p>	<p>Didactic, SIS, PBL, Students Seminar, Group Discussion</p>	<p>3Hrs</p>

17.	<p><b>VIRECHANA</b> Etymology, definition and importance of Virechana Karma, Utility of Virechana Karma in health and disease , Indications and Contraindications for Virechana , Knowledge of Koshta and Agni, Classification of Virechana Drugs, General properties of Virchana dravya , General knowledge of single and compound Virechan drugs; properties, actions, preparations, preservation with special reference to Trivrutta, Aragvadha, Eranda, Katuki, Jaipal</p>	<p>Explain Etymology, definition and importance of Virechana Karma, its Utility, its Indications and Contraindications, Knowledge of Koshta and Agni, Classification &amp; General properties of Virchana dravya , General knowledge of single and compound Virechan drugs; properties, actions, preparations &amp; various preservations.</p>	<p>To cover Etymology, definition and importance of Virechana Karma, its Utility, its Indications and Contraindications, Knowledge of Koshta and Agni, Classification &amp; General properties of Virchana dravya , General knowledge of single and compound Virechan drugs; properties, actions, preparations &amp; preservation with special reference to Trivrutta, Aragvadha, Eranda, Katuki, Jaipal in detail.</p>	<p>Didactic, SIS, PBL, Students Seminar, Group Discussion.</p>	<p>3Hrs</p>
18.	<p>Purva Karma of Virechana: Deepan-Pachana, Abhyantara Snehana and diet, Management of 3 gap</p>	<p>Explain Purva Karma of Virechana in detail with special emphasis on Snehana &amp; diet.</p>	<p>To cover Purva Karma of Virechana in detail with special emphasis on</p>	<p>Didactic, SIS, PBL, Students Seminar, Group</p>	<p>3Hrs</p>

	days-Abhyanga, Svedana & diet, Management on Morning of Virechana day		Deepana-Pachana, Abhyantara Snehana, diet & preparation of the patient for Virechana Karma.	Discussion	
19.	Preparation of Virechana Kalpa, Anupana, dose and method of its administration, Method of Virechana Karma and management during Virechana Karma & observations, Symptoms of Samyak Yoga, Ayoga and Atiyoga of Virechana Karma	Explain Virechana Karma in detail including its Kalpa, Anupana, dose, its method of Administration, method of Karma, management during the karma, its 3 types of yoga symptoms in detail.	To cover Preparation of Virechana Kalpa, Anupana, dose and method of its administration, Method of Virechana Karma and management during Virechana Karma & observations, Symptoms of Samyak Yoga, Ayoga and Atiyoga of Virechana Karma as per classical texts.	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	3Hrs
20.	Post Virechana management, Types of Shuddhi-Hina, Madhya and Pravara and accordingly Samsarjana Krama, Complications of Virechana and their management with Ayurveda and modern	Discuss mode of action of Virechana, Post Virechana management, Types of Shuddhi, Samsarjana Krama, Complications of Virechana and their management with Ayurveda and modern	To cover Mode of Action of Virechana, Post Virechana management, Types of Shuddhi-Hina, Madhya and Pravara and accordingly	Didactic, SIS, PBL, Students Seminar, Group Discussion	3Hrs

	drugs, Pariharya Vishaya, Virechana Kārmukatā (Mode of action)	drugs, Pariharya Vishaya.	Samsarjana Krama, Complications of Virechana and their management with Ayurveda and modern drugs, Pariharya Vishaya in detail.		
21.	<b>BASTI</b> Etymology, definition and importance of Basti as Ardha-Chikitsa, Utility of Basti Karma in health and disease, Basti Yantra- Putaka & Netra, Detailed study of traditional Basti Yantra and their Doshas, Knowledge of alternative Basti Yantra- enema can, enema syringe, modified plastic/rubber bag for Putaka, modified plastic netra.	Explain Etymology, definition and importance of Basti, Discuss Basti as Ardha-Chikitsa, Utility of Basti Karma in health and disease, Basti Yantra- Putaka & Netra, Detailed study of traditional Basti Yantra and their Doshas, Knowledge of alternative Basti Yantra-enema can, enema syringe, modified plastic/rubber bag for Putaka, modified plastic netra as per the modern scenario.	To cover Etymology, definition and importance of Basti, Discuss Basti as Ardha-Chikitsa, Utility of Basti Karma in health and disease, Basti Yantra- Putaka & Netra, Detailed study of traditional Basti Yantra and their Doshas, Knowledge of alternative Basti Yantra-enema can, enema syringe, modified plastic/rubber bag for Putaka, modified plastic netra as per the	Didactic, SIS, PBL, Students Seminar, Group Discussion	3 Hrs

			modern scenario in detail.		
22.	Classifications of Basti, Karma, Kāla and Yoga Basti schedules along with their utility.	Explain the different Classifications of Basti, along with their utility in various diseases.	To cover the Classifications of Basti, Karma, Kāla and Yoga Basti schedules along with their utility in various diseases.	Didactic, SIS, PBL, Students Seminar, Group Discussion	3 Hrs
23.	<b>Niruha Basti:</b> Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications, Dose fixation of Niruha Basti according to age, Contents and Method of preparation of Niruha Basti dravya, Diet, Administration of Niruha Basti, Pratyāgamana Kāla, Post Niruha Basti management, Samyak Yoga, Ayoga and Atiyoga of Niruha, Complication of Niruha Basti and its management according to Ayurved and Modern	Explain Niruha Basti, Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications, Dose fixation according to age, Contents and Method of preparation of Niruha Basti dravya, Diet, Administration of Niruha Basti, Pratyāgamana Kāla, Post Niruha Basti management, Samyak Yoga, Ayoga and Atiyoga of Niruha, Complication of Niruha Basti and its management according to Ayurved	To cover Explain Niruha Basti, Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications, Dose fixation according to age, Contents and Method of preparation of Niruha Basti dravya, Diet, Administration of Niruha Basti, Pratyāgamana Kāla, Post Niruha Basti management, Samyak Yoga,	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	3Hrs



	Medicines, Pariharya Vishaya and kala	and Modern Medicines, Pariharya Vishaya & kala.	Ayoga and Atiyoga of Niruha, Complication of Niruha Basti and its management according to Ayurved and Modern Medicines, Pariharya Vishaya& kala in detail.		
24.	<b>Anuvasana Basti:</b> Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications, Dose fixation of Anuvasan Basti according to age, Contents and Method of preparation of Anuvasan Basti dravya, Diet, Administration of Anuvasan Basti, Pratyāgamana Kāla, Post Anuvasan Basti management, Samyak Yoga, Ayoga and Atiyoga of Anuvasana, Complication of Anuvasan and its management according	Explain Anuvasana Basti,Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications, Dose fixation of Anuvasan Basti according to age, Contents and Method of preparation of Anuvasan Basti dravya, Diet, Administration of Anuvasan Basti, Pratyāgamana Kāla, Post Anuvasan Basti management, Samyak Yoga, Ayoga and Atiyoga of Anuvasana,	To cover Anuvasana Basti,Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications, Dose fixation of Anuvasan Basti according to age, Contents and Method of preparation of Anuvasan Basti dravya, Diet, Administration of Anuvasan Basti, Pratyāgamana Kāla, Post	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	3Hrs

	to Ayurved and Modern Medicines, Pariharya Vishaya and kala	Complication of Anuvasan and its management according to Ayurved and Modern Medicines, Pariharya Vishaya and kala as per classics.	Anuvasan Basti management, Samyak Yoga, Ayoga and Atiyoga of Anuvasana, Complication of Anuvasan and its management according to Ayurveda and Modern Medicines, Pariharya Vishaya and kala as per classical texts.		
25.	Basti Kārmukatā (Mode of action). Knowledge of following types of Basti: Madhutailika Basti, Erandmuladi Basti, Yāpana Basti, Pichchha Basti, Kshira Basti, Kshara Basti, Vaitarana Basti, Panchaprasutik Basti, Lekhan Basti, Krumighna Basti, Tiktashir Basti, Ardhamātrika Basti	Explain Basti Kārmukatā (Mode of action). Knowledge of various types of Basti.	To cover Basti Kārmukatā (Mode of action). Basic Knowledge of following types of Basti: Madhutailika Basti, Erandmuladi Basti, Yāpana Basti, Pichchha Basti, Kshira Basti, Kshara Basti, Vaitarana Basti, Panchaprasutik Basti, Lekhan Basti, Krumighna Basti,	Didactic, SIS, PBL, Students Seminar, Group Discussion	3 Hrs

			Tiktashir Basti, Ardhamātrika Basti		
26.	<p><b>Uttara Basti</b>,: its definition, indications and contraindications, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra</p> <p>a. Preparation of patient, b. Preparation of Trolley for Uttarbasti, c. drug preparation and Fixation of dose, d. method of administration in male and females, e. observations, f. complications and their management</p>	<p>Explain Uttara Basti, its definition, indications and contraindications, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra</p> <p>a. Preparation of patient, b. Preparation of Trolley for Uttarbasti, c. drug preparation and Fixation of dose, d. method of administration in male and females, e. observations, f. complications and their management</p>	<p>To cover definition of Uttar Basti, its indications and contraindications, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra</p> <p>a. Preparation of patient, b. Preparation of Trolley for Uttarbasti, c. drug preparation and Fixation of dose, d. method of administration in male and females, e. observations, f. complications and their management according to modern &amp; Ayurvedic medicines.</p>	<p>Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion</p>	3Hrs

27.	<p><b>NASYA</b> Etymology, definition, Significance of Nasya Karma, Classifications and sub-classifications, Knowledge of general Dravya used for Nasya Karma, Shirovirechan Gana, Shirovirechanopag dravyas, Indications and contraindications of Nasya, Time of administration of Nasya, Dose fixation of different types of Nasya, Diet and regimen before and after Nasya Karma, Complication of Nasya and their management, Symptoms of Samyak-yoga of Nasya</p>	<p>Explain Nasya, its Etymology, definition, Significance of Nasya Karma, Classifications and sub-classifications, Knowledge of general Dravya used for Nasya Karma, Shirovirechan Gana, Shirovirechanopag dravyas, Indications and contraindications of Nasya, Time of administration of Nasya, Dose fixation of different types of Nasya, Diet and regimen before and after Nasya Karma, its Complication and their management, Symptoms of Samyak-yoga of Nasya as per classics.</p>	<p>To cover Etymology, definition, Significance of Nasya Karma, Classifications and sub-classifications, Knowledge of general Dravya used for Nasya Karma, Shirovirechan Gana, Shirovirechanopag dravyas, Indications and contraindications of Nasya, Time of administration of Nasya, Dose fixation of different types of Nasya, Diet and regimen before and after Nasya Karma, Complication of Nasya and their management, Symptoms of Samyak-yoga of Nasya in detail.</p>	<p>Didactic, SIS, PBL, Students Seminar, Group Discussion</p>	<p>5Hrs</p>

28.	Administration of Marsha, Pratimarsha, Avapeedaka, Dhoomapana and Dhuma Nasya, Parihār Vishaya, Nasya Karmukata (mode of action)	Explain the administration of different types of Nasya, their mode of action & Parihar Vishaya.	To cover Administration of Marsha, Pratimarsha, Avapeedaka, Dhoomapana and Dhuma Nasya, Parihār Vishaya, Nasya Karmukata (mode of action) in detail.	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	5Hrs
29.	<b>RAKTAMOKSHANA</b> Definition, importance and Types of Raktamokshana, General Principles and rules of Raktamokshana, Classification of Raktamokshan, General Indication and Contra indication of Raktamokshan	Explain Raktamokshana, its Definition, importance and Types, General Principles and rules, Classification, General Indications and Contra indications	To cover Raktamokshana, its Definition, importance and Types, General Principles and rules, Classification, General Indications and Contra indications in detail.	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	4Hrs
30.	<b>Jalaukavacharana:</b> Knowledge of different types of Jalauka (Leech) , Indications and contraindications of Jalaukavacharana, various types of Jalauka. Method of Application, Samyak Lakshan, Complication of Jalaukavcharana and	Explain Jalukavacharana, types of Jalauka, Indications and contraindications of Jalaukavacharana, Method of Application, Samyak Lakshan, Complication of Jalaukavcharana and	To cover Jalukavacharana, types of Jalauka, Indications and contraindications of Jalaukavacharana, Method of Application, Samyak Lakshan, Complication of	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	3Hrs

	their management with Ayurveda and Modern medicines.	their management.	Jalaukavcharana and their management with Modern & Ayurveda medicines.		
31.	<b>Pracchāna:</b> Indications and contraindications of Pracchana. Method of Application, Samyak Lakshan, Complication of Pracchana and their management with Ayurveda and Modern medicines	Explain Pracchana Karma, its Indications and contraindications. Method of Application, Samyak Lakshan, Complication of Pracchana and their management with Ayurveda and Modern medicines in detail.	To cover Pracchana Karma, its Indications and contraindications. Method of Application, Samyak Lakshan, Complication of Pracchana and their management with Ayurveda and Modern medicines in detail.	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	2Hrs
32.	<b>Sirāvedha:</b> Indications and contraindications of Siravedha. Method of Application, Samyak Lakshan, Complication of Siravedha and their management with Ayurveda and Modern medicines	Explain Siravedha, its Indications and contraindications. Method of Application, Samyak Lakshan, Complication of Siravedha and their management with Ayurveda and Modern medicines in detail.	To cover Siravedha, , its Indications and contraindications. Method of Application, Samyak Lakshan, Complication of Siravedha and their management with Ayurveda and Modern medicines in	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	2Hrs

			detail.		
33.	Knowledge of emergency management of complications such as water & electrolyte imbalance, shock, bleeding per rectal, hematemesis, epistaxis	Comprehend emergency management of complications such as water & electrolyte imbalance, shock, bleeding per rectum, hematemesis, epistaxis in detail.	To cover aspect of emergency management of complications such as water & electrolyte imbalance, shock, bleeding per rectum, hematemesis, epistaxis in detail.	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	2Hrs
34.	<b>PHYSIOTHERAPY</b> Definition, Utility and Importance of Physiotherapy. 2. Basic Knowledge of Static exercise, Infrared, Short wave diathermy, Electromagnetic therapy, Wax bath therapy, Ultrasonic therapy.	Discuss Physiotherapy, Definition, Utility and Importance of Physiotherapy. 2. Basic Knowledge of Static exercise, Infrared, Short wave diathermy, Electromagnetic therapy, Wax bath therapy, Ultrasonic therapy.	To cover Physiotherapy, Definition, Utility and Importance of Physiotherapy. 2. Basic Knowledge of Static exercise, Infrared, Short wave diathermy, Electromagnetic therapy, Wax bath therapy, Ultrasonic therapy in detail.	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	2Hrs
<b>Practical</b>					
35.	<b>SNEHANA:</b>	Complete knowledge about purvakarma, pradhankarma, paschatkarma of Snehana & Drugs and	purvakarma, pradhankarma, paschatkarma of Snehana & Drugs and formulations used for	Workshop Role Play Tutorials Group Discussion	<b>10Hrs</b>

		formulations used for Snehana	Snehana		
<b>36.</b>	<b>SWEDANA:</b>	Complete knowledge about purvakarma, pradhankarma, paschatkarma of Swedana & Drugs and formulations used for Swedana	purvakarma, pradhankarma, paschatkarma of Snehana & Drugs and formulations used for Snehana	Workshop Role Play Tutorials Group Discussion	<b>10Hrs</b>
<b>37.</b>	<b>VAMANA:</b>	Complete knowledge about purvakarma, pradhankarma, paschatkarma of Vamana & Drugs and formulations used for Vamana	purvakarma, pradhankarma, paschatkarma of Snehana & Drugs and formulations used for Snehana	Workshop Role Play Tutorials Group Discussion	<b>10Hrs</b>
<b>38.</b>	<b>VIRECHANA:</b>	Complete knowledge about purvakarma, pradhankarma, paschatkarma of Virechana & Drugs and formulations used for Virechana	purvakarma, pradhankarma, paschatkarma of Snehana & Drugs and formulations used for Snehana	Workshop Role Play Tutorials Group Discussion	<b>10Hrs</b>
<b>39.</b>	<b>BASTI:</b>	Complete knowledge about purvakarma, pradhankarma, paschatkarma of Basti & Drugs and formulations used for Basti	purvakarma, pradhankarma, paschatkarma of Snehana & Drugs and formulations used for Snehana	Workshop Role Play Tutorials Group Discussion	<b>10Hrs</b>
<b>40.</b>	<b>UTTAR BASTI:</b>	Complete knowledge about purvakarma, pradhankarma, paschatkarma of Uttar Basti & Drugs and formulations used for Uttar Basti	purvakarma, pradhankarma, paschatkarma of Snehana & Drugs and formulations used for Snehana	Workshop Role Play Tutorials Group Discussion	<b>10Hrs</b>



41.	<b>NASYA:</b>	Complete knowledge about purvakarma, pradhankarma, paschatkarma of Nasya & Drugs and formulations used for Nasya	purvakarma, pradhankarma, paschatkarma of Snehana & Drugs and formulations used for Snehana	Workshop Role Play Tutorials Group Discussion	<b>10Hrs</b>
42.	<b>RAKTAMOKSHANA:</b>	Complete knowledge about purvakarma, pradhankarma, paschatkarma of Raktamokshana & Drugs and formulations used for Raktamokshana	purvakarma, pradhankarma, paschatkarma of Snehana & Drugs and formulations used for Snehana	Workshop Role Play Tutorials Group Discussion	<b>10Hrs</b>
43.	<b>PHYSIOTHERAPY:</b>	Complete knowledge about procedures of Physiotherapy & Instruments used for Physiotherapy	purvakarma, pradhankarma, paschatkarma of Snehana & Drugs and formulations used for Snehana	Workshop Role Play Tutorials Group Discussion	<b>10Hrs</b>
		<b>PRACTICAL FOR DEMONSTRATION / GROUP PRACTICALS</b>			
44.	<b>Snehana</b>	<b>To perform</b> abhyanga, udwartana, shirodhara, shirobasti, lepa, pizichhil etc.	abhyanga, udwartana, shirodhara, shirobasti, lepa, pizichhil etc.	Case presentation Panel Discussion Teachers Seminar Didactic Field Visits/Industrial Visits	<b>10Hrs</b>
45.	<b>Swedana</b>	<b>To perform</b> nadi sweda, pariseka, ptra pottali, shashtik shali, upnaha etc.	nadi sweda, pariseka, ptra pottali, shashtik shali, upnaha	Case presentation Panel Discussion Teachers Seminar	<b>10Hrs</b>

				Didactic Field Visits/Industrial Visits	
<b>46.</b>	<b>Swedana</b>	<b>To perform</b> snehapana, dose and duration fixation, dose and form of medicine used, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	snehapana, dose and duration fixation, dose and form of medicine used, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management	Case presentation Panel Discussion Teachers Seminar Didactic Field Visits/Industrial Visits	<b>10Hrs</b>
<b>47.</b>	<b>Virechana</b>	<b>To perform</b> Virecana, dose and duration fixation, dose and form of medicine used, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Virecana, dose and duration fixation, dose and form of medicine used, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Case presentation Panel Discussion Teachers Seminar Didactic Field Visits/Industrial Visits	<b>10Hrs</b>
<b>48.</b>	<b>Niruha Basti</b>	<b>The</b> method of preparation, method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	method of preparation, method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Case presentation Panel Discussion Teachers Seminar Didactic Field Visits/Industrial Visits	<b>10Hrs</b>

<b>49.</b>	<b>Anuvasana Basti</b>	<b>the</b> method of preparation, method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	method of preparation, method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Case presentation Panel Discussion Teachers Seminar Didactic Field Visits/Industrial Visits	<b>10Hrs</b>
<b>50.</b>	<b>Uttar Basti:</b>	method of preparation, method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	method of preparation, method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Case presentation Panel Discussion Teachers Seminar Didactic Field Visits/Industrial Visits	<b>10Hrs</b>
<b>51.</b>	<b>Nasya</b>	method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	method of preparation, method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Case presentation Panel Discussion Teachers Seminar Didactic Field Visits/Industrial Visits	<b>10Hrs</b>
<b>52.</b>	<b>Raktamokshana:</b>	method of administration, instrument identification, jalouka types, shuddhi determination,	method of preparation, method of administration, instrument identification,	Case presentation Panel Discussion	<b>10Hrs</b>

		lakshanas of proper/improper shuddhi determination, complication management.	different formulations, shuddhi determination, lakshanas of proper/improper shuddhi determination, complication management.	Teachers Seminar Didactic Field Visits/Industrial Visits	
<b>53.</b>	<b>Physiotherapy:</b>	instrument identification, use and method of application	instrument use and method of application	Case presentation Panel Discussion Teachers Seminar Didactic Field Visits/Industrial Visits	<b>10Hrs</b>
<b>54.</b>	<b>Case taking and treatment:</b>	<ul style="list-style-type: none"> <li>• LONG CASE: patient history and accordingly suited shodhana (Vamana, Virechana etc.)</li> <li>• SHORT CASE: patient history and accordingly suited panchakarma (snehana, swedana etc.)</li> </ul>	Case taking	Case presentation Panel Discussion Teachers Seminar Didactic	<b>10Hrs</b>

## Reference Books

1. Charak Samhita with Commentary of Ayurveda Dipika by Chakrapanidatta&JalpakaIpataru by Gangadhara
2. Sushrut Samhita with the SushrutaNibhandhaSamgraha Commentary of Dalhana&NyayachandrikaPanjika of Gayadasa on NidanaSthana
3. AshtangaHridaya with SarvangaSundara& Ayurveda Rasayana Commentaries
4. AshtangaSangraha with Shashilekha Commentaries
5. AyurvediyaPanchakarmaChikitsaDrMukundilalDwivedi
6. PanchakarmaVigyanDrHaridasShreedharKasture
7. Illustrated PanchakarmaDr.GSrinivasa Acharya
8. Clinical Panchkarma (English) Dr. P.Yadaiah
9. PrayogikaPanchkarma (Hindi) Dr. P. Yadaiah
10. VividaVyadhiyomePanchkarma (Hindi) Dr. P. Yadaiah
11. The Panchkarma Treatment of Ayurveda with Kerala Specialtie Dr. T.L. Devaraj
12. Panchkarma Therapy Dr. R.H. Singh
13. Ayurveda-Principles and Panchakarma Practice DrMandip R. G. & Prof. Gurdip Singh
14. Principles and Practice of Basti Dr. Vasudevan& Dr. L. Mahadevan
15. PanchakarmaSangraha Dr. ManojShamkuwar
16. Essential of Panchakarma Therapy Dr.PulakKanti Kaur
17. Principles and Practice of Panchakarma Vaidya Vasant Patil
18. Harrison's Principle of Internal Medicine
19. Guyton's Physiology

**Note:**

Theory: Sl.No 1-34

Practical – Sl.No – 35-55

Theory one paper- 100 marks

Lectures-100 hrs

Practicals-200 hrs

Practical/Viva voce – 50 marks

Total marks - 150