FACULTY OF INDIAN MEDICINE SYSTEM SGT UNIVERSIY, GURGAON PANCHAKARMA DEPARTMENT

	Panchakarma		100 Hrs.
S.No.	Topic	Domain	Time
1.	Introduction to Panchakarma, Panchakarma and		3Hrs
	Shodhana, its importance for promotion of health,	Must know	
	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		
2.	General Principles of doshagati from Koshta to	Nice to know	2Hrs
	Shaka and vice versa, General precautions		
	(PariharyaVishaya) for Panchakarma, Importance of		
	Koshta and Agni Parikshan, Specifications of		
	Panchakarma theatre and necessary equipments		
2	CNIETT A NI A		211
3.	SNEHANA Etymology and Definition of Snaha and Snahana	Nice to know	3Hrs
	Etymology and Definition of Sneha and Snehana,	Nice to know	
	Snehayoni- Sthavara and Jangama, The Properties of Snehadravyas, SnehopagDravyas,		
	General knowledge of Ghrita, Taila, Vasa and Majja		
	with their specific utility and actions, Yamaka,	Must know	
	Trivrit and MahaSneha, Snehapaka and its	Widst Kilow	
	importance in Panchakarma, Metabolism of fat,		
	Achcha and Pravicharana of Sneha		
4.	Types of Snehana: a) Bahya and b)		3Hrs
	AbhyantaraSnehana		
	a) BāhyaSnehana :		
	Methods, indications and contraindications of the	Must know	
	following types of Bahyasnehana; Mardana,		

	Unmardana, Pādāghāta, Samvāhana, Karna		
	Purana&AkshiTarpan, Lepa, Talam, MurdhniTaila :		
	Siro-Abhyanga, ShiroSeka/dhārā, Siro Pichu and		
	Siro-Basti		
	b) ĀbhyantaraSnehana:	Must know	
	Three Types of ĀbhyantaraSnehana: Shodhanārtha,	1,14,000 11110 ()	
	Shamanārtha and BrimhanārthaSnehana,		
	c)Indications and contraindications for Snehana		
5.	ShodhanārthaSnehana		3Hrs
	a. Importance and method of DeepanPāchan and	Must know	
	Rookshana in ShodhanārthaSnehana. Properties of		
	RookshanaDravya. SamyakRookshanaLakshana		
	b. Consideration of Agni and Koshtha in Snehana		
	c. Indication of Different Matra, Various dose		
	schedules for ShodhanārthaSnehana; Hraseeyasi,		
	Hrasva, Madhyama and UttamaMātrā,		
	ĀrohanaMātrā		
	d. Methods of ShodhanārthaSnehana,		
	e. Anupāna of Sneha		
	f. Jeerna and JeeryamanLakshana		
	g. Samyak Yoga, Ayoga and Atiyoga of Snehana,		
	SnehaVyāpat& their management according to		
	Ayurveda & Modern Medicine		
	h. Diet and regimen during Snehana		
	i. SnehanaKārmukata (mode of action)		
6.	SadyoSneha: Method of administration, dose	Must know	2Hrs
	fixation and utility ShamanārthaSnehana, Method		
	of administration, dose fixation and utility		
	BrumhanarthSenhana: Method of administration,		
	dose fixation and utility AvapeedakSneha: Method	Must know	
	of administration, dose fixation and utility.		
7.	Special Procedures: Takradhara, Udvartanam,	Must know	2Hrs
	Putpāka, Aschotana, Anjana, Gandusha, Kavala,		

	Dhoompāna, Udvartana, Utsādana, Udgharshana, Talapothichil		
8.	SWEDANA 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.	VAMANA 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.	VIRECHANA 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.	BASTI 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

22.	Knowledge of alternative BastiYantra-enema can, enema syringe, modified plastic/rubber bag for Putaka, modified plastic netra. Classifications of Basti, Karma, Kāla and Yoga Basti schedules along with their utility.	Must know	3 Hrs
23.	NiruhaBasti: 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.	AnuvasanaBasti: 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.	Uttara Basti,: its definition, indications and contraindications, Detailed study of traditional BastiYantra and their Doshas Knowledge of alternative BastiYantra 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	Must know	3Hrs
27.	NASYA 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	Must know	5Hrs
28.	Administration of Marsha, Pratimarsha, Avapeedaka, Dhoomapana and DhumaNasya, ParihārVishaya, NasyaKarmukata (mode of action)	Must know	5Hrs
29.	RAKTAMOKSHANA Definition, importance and Types of Raktamokshana, General Principles and rules of Raktamokshana, Classification of Raktamokshan, General Indication and Contra indication of Raktamokshan	Must know	4Hrs

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

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

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

44.	PRACTICAL FOR DEMONSTRATION / GROUP PRACTICALS		
45.	Snehana: abhyanga, udwartana, shirodhara, shirobasti, lepa, pizichhil etc.	Must Know	10Hrs
46.	Swedana: nadisweda, pariseka, patrapottali, shashtikshali, upnaha etc.	Must Know	10Hrs
47.	Vamana: 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.	Virechana: 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.	NiruhaBasti: method of preparation, method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Must Know	10Hrs
50.	AnuvasanaBasti: method of preparation, method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Must Know	10Hrs
51.	Uttar Basti: method of preparation, method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Must Know	10Hrs
52.	Nasya: method of administration, instrument identification, different formulations, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Must Know	10Hrs
53.	Raktamokshana: method of administration, instrument identification, jalouka types, shuddhi determination, lakshanas of proper/ improper shuddhi determination, complication management.	Must Know	10Hrs
54.	Physiotherapy: instrument identification, use and method of application		10Hrs
55.	Case taking and treatment: LONG CASE: patient history and accordingly suited shodhana (Vamana, Virechana etc.) SHORT CASE: patient history and accordingly suited panchakarma (snehana, swedana etc.)	Must Know	10Hrs

S. No.	Торіс	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	 Enumerate doshagati types Discuss general precautions for Panchkarma Elaborate importance of kastha & agni pariksha Comprehend the specifications of Panchkarma theatre & necessary equipments 	To cover doshagati types from kostha to shakha & viceversa 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		
		diffity.	necessary		
			equipments &		
			their utility.		
			ineli dellicy.		
3.	SNEHANA	Explain Snehana in	To cover	Didactic, SIS,	3Hrs
	Etymology and	detail, its definition,	Etymology and	PBL,Students	
	Definition of Sneha and	its Yoni types,	Definition of	Seminar,	
	Snehana, Snehayoni-	Sneha Dravayas, their	Sneha and	Group	
	Sthavara and Jangama,	importance,	Snehana,	Discussion	
	The Properties of Sneha	properties, utility &	Snehayoni types	Tutorials	
	dravyas, Snehopag	actions.	such as Sthavara		
	Dravyas, General	Snehopag Dravayas,	and Jangama, The		
	knowledge of Ghrita,	their importance,	Properties,		
	Taila, Vasa and Majja	properties, utility &	importance, utility		
	with their specific utility	actions.	& actions of		
	and actions ,Yamaka,	Explain importance of	Sneha dravyas,		
	Trivrit and Maha Sneha,	Snehapaka in	Snehopag		
	Snehapaka and its	Panchkarma.	Dravyas, General		
	importance in	Explain importance of	knowledge of		
	Panchakarma,	Fat	Ghrita, Taila,		
	Metabolism of fat,	Discuss types of	Vasa and Majja		
	Achcha and	Sneha & their	with their specific		
	Pravicharana of Sneha	Pravicharna.	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		

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

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

	administration, dose fixation and utility Avapeedak Sneha: Method of administration, dose fixation and utility.		Avapeedaka Sneha in detail.		
7.	Special Procedures: Takradhara, Udvartanam, Putpāka, Aschotana, Anjana, Gandusha, Kavala, Dhoompāna, Udvartana, Utsādana, Udgharshana, Talapothic hil	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.	SWEDANA 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,Grou pDiscussion 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	Diet and management	Management		
	action)	during and after	according to		
	,	Svedana, Parihār	Ayurveda &		
		Vishaya	Modern Medicine,		
		-	Diet and		
			management		
			during and after		
			Svedana, Parihār		
			Vishaya to be		
			followed during		
			swedena.		
11.	G	Explain in detail the	To cover in detail	Didactic, SIS,	3Hrs
	with their Utility of the	mode of action,	the mode of	PBL,	
	following Svedana	method & utility of	action, method &	Students	
	procedures:	various Svedana	utility of various	Seminar,	
	Sankara/Pinda Sveda-	procedures.	Svedana	Group	
	Ruksha and Snigdha		procedures.Sankar	Discussion	
	Sveda Patrapinda Sveda,		a/Pinda Sveda-	Workshop	
	Jambir Pinda		Ruksha and	Panel	
	Sveda, Vāluka		Snigdha Sveda	Discussion	
	Sveda, Churna Pinda		Patrapinda Sveda,		
	Sveda, Kukkutand Pinda		Jambir Pinda		
	Sveda, Shashtika		Sveda, Vāluka		
	Shalipinda Sveda, Nadi		Sveda, Churna		
	Sveda, Bashpa Sveda		Pinda		
	Ksheer dhooma ,Ksheer		Sveda, Kukkutand		
	Seka, Kwath Seka,		Pinda Sveda,		
	Avagaha		Shashtika		
	Sveda,Dhanymla Dhara		Shalipinda Sveda,		
	Parisheka Sveda,		Nadi Sveda,		
	Pizichil, Upanaha Sveda,		Bashpa Sveda		
	Annalepa		Ksheer dhooma		
			,Ksheer Seka,		
			Kwath Seka,		

			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.	VAMANA 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, ,GroupDiscus sion,	3Hrs

	Vamana and	drugs; properties,	General		
	Vamanopaga drugs;	actions, preparations,	knowledge of		
	properties, actions,	preservation with	Vamana and		
	preparations,	special Ayurvedic	Vamanopaga		
	preservation with special	medicines.	drugs; their		
	reference to	medicines.	properties, actions,		
	Madanphala, Kutaj,		preparations,		
	Nimba, Yashti, Vacha		preparations, preservation with		
	Triffica, Tashti, Vacna		special reference		
			_		
			to Madanphala,		
			Kutaj, Nimba,		
			Yashti, Vacha in		
			detail.		
14.	Purva Karma of	Explain in detail about	To cover the	Didactic, SIS,	3Hrs
14.		the Purva karma of	Poorva Karma of		31118
	Vamana:Deepan-			PBL, Students	
	Pāchana, Abhyantara	Vamana with special	Vamana Karma in		
	Snehana and diet,	emphasis on Snehana	detail with special	Seminar,	
	Management of one gap	& diet.	emphasis on diet,	Group	
	day-Abhyanga &		Snehana &	Discussion	
	Svedana, diet, special		preparation of the		
	Kapha increasing diet,		patient before		
	Preparation of the patient		Vamana.		
	on Morning of Vamana				
	day				
15	Vamalza Vaca Amuras	Digauga Vamala	To cover Versales	Didactic CIC	211
15.	Vamaka Yoga, Anupana,	Discuss Vamaka	To cover Vamaka	Didactic, SIS,	3Hrs
	fixation of dose and	Yoga, Anupana,	Yoga, Anupana,	PBL,	
	method of	fixation of dose and	fixation of dose	Students	
	administration,	method of	and method of	Seminar,	
	Administration of	administration,	administration,	Group	
	Vamanopaga Dravya	Administration of	Administration of	Discussion	
	such as milk, sugarcane	Vamanopaga Dravya,	Vamanopaga	Workshop	
	juice, Yashtimadhu	Lakshana indicating	Dravya such as	Panel	
	decoction, Lakshana	Doshagati during	milk, sugarcane	Discussion	

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

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

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

	drugs, Pariharya	drugs, Pariharya	Samsarjana		
	Vishaya, Virechana	Vishaya.	Krama,		
	Kārmukatā (Mode of		Complications of		
	action)		Virechana and		
	,		their management		
			with Ayurveda		
			and modern drugs,		
			Pariharya Vishaya		
			in detail.		
21	D A C'IT	Evaloia Etymology	То осуме	Didagtia CIC	2 II.ma
21.	BASTI	Explain Etymology,	To cover	Didactic, SIS,	3 Hrs
	Etymology, definition	definition and	Etymology,	PBL,	
	and importance of Basti	importance of Basti,	definition and	Students	
	as Ardha-Chikitsa,	Discuss Basti as	importance of	Seminar,	
	Utility of Basti Karma in	Ardha-Chikitsa,	Basti,	Group	
	health and disease, Basti	Utility of Basti Karma	Discuss Basti as	Discussion	
	Yantra- Putaka & Netra,	in health and disease,	Ardha-Chikitsa,		
	Detailed study of	Basti Yantra- Putaka	Utility of Basti		
	traditional Basti Yantra	& Netra, Detailed	Karma in health		
	and their Doshas,	study of traditional	and disease, Basti		
	Knowledge of	Basti Yantra and their	Yantra- Putaka &		
	alternative Basti Yantra-	Doshas, Knowledge of	Netra, Detailed		
	enema can, enema	alternative Basti	study of		
	syringe, modified	Yantra-enema can,	traditional Basti		
	plastic/rubber bag for	enema syringe,	Yantra and their		
	Putaka, modified plastic	modified	Doshas,		
	netra.	plastic/rubber bag for	Knowledge of		
		Putaka, modified	alternative Basti		
		plastic netra as per the	Yantra-enema can,		
		modern scenario.	enema syringe,		
			modified		
			plastic/rubber bag		
			for Putaka,		
			modified plastic		
			netra as per the		

			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.	Niruha Basti: Its etymology, synonyms, definition, classifications, subclassifications 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 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,Grou pDiscussion Workshop Panel Discussion	3Hrs

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

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

			Tiktashir Basti, Ardhamātrika Basti		
defand De trac and Kn alte a. I b. I for c. c Fix d. 1 adi and e. c f. c	tara Basti,: its finition, indications d contraindications, etailed study of ditional Basti Yantra d their Doshas nowledge of ernative Basti Yantra Preparation of patient, Preparation of Trolley t Uttarbasti, drug preparation and exation of dose, method of ministration in male d females, observations, complications and eir management	Explain Uttara Basti, its definition, indications and contraindications, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra 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	To cover definition of Uttar Basti, its indications and contraindications, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra 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 & Ayurvedic medicines.	Didactic, SIS, PBL,Students Seminar,Grou p Discussion Workshop Panel Discussion	3Hrs

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

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)	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	5Hrs
			in detail.		
29.	RAKTAMOKSHANA 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	Didactic, SIS, PBL,Students Seminar,Grou pDiscussion Workshop Panel Discussion	4Hrs
30.	Jalaukavacharana: 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	in detail. 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

31.	their management with Ayurveda and Modern medicines. Pracchāna: 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.	Jalaukavcharana and their management with Modern & Ayurveda medicines. 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	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	2Hrs
32.	Sirāvedha: 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, hemetemsis, epistaxis	Comprehend emergency management of complications such as water & electrolyte imbalance, shock, bleeding per rectum, hemetemsis, epistaxis in detail.	To cover aspect of emergency management of complications such as water & electrolyte imbalance, shock, bleeding per rectum, hemetemsis, epistaxis in detail.	Didactic, SIS, PBL, Students Seminar, Group Discussion Workshop Panel Discussion	2Hrs
34.	PHYSIOTHERAPY 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,Definiti on, 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
	Practical				
35.	SNEHANA:	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	10Hrs

		formulations used for Snehana	Snehana		
36.	SWEDANA:	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	10Hrs
37.	VAMANA:	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	10Hrs
38.	VIRECHANA:	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	10Hrs
39.	BASTI:	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	10Hrs
40.	UTTAR BASTI:	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	10Hrs

41.	NASYA:	Complete knowledge	purvakarma,	Workshop	10Hrs
71.	MADIA.	about purvakarma,	pradhankarma,	Role Play	101113
		pradhankarma,	paschatkarma of	Tutorials	
		paschatkarma of	Snehana & Drugs and	Group	
		Nasya &Drugs and	formulations used for	Discussion	
		formulations used for	Snehana	Discussion	
			Shehaha		
		Nasya			
42.	RAKTAMOKSHANA:	Complete knowledge	purvakarma,	Workshop	10Hrs
		about purvakarma,	pradhankarma,	Role Play	
		pradhankarma,	paschatkarma of	Tutorials	
		paschatkarma of	Snehana & Drugs and	Group	
		Raktamokshana &	formulations used for	Discussion	
		Drugs and	Snehana		
		formulations used for			
		Raktamokshana			
43.	PHYSIOTHERAPY:	Complete knowledge	purvakarma,	Workshop	10Hrs
		about procedures of	pradhankarma,	Role Play	
		Physiotherapy &	paschatkarma of	Tutorials	
		Instruments used for	Snehana & Drugs and	Group	
		Physiotherapy	formulations used for	Discussion	
			Snehana		
		PRACTICAL FOR			
		DEMONSTRATION / GROUP PRACTICALS			
44.	Snehana	To perform abhyanga,	abhyanga,	Case	10Hrs
		udwartana, shirodhara,	udwartana,	presentation	
		shirobasti, lepa, pizichhil etc.	shirodhara,	Panel	
		piziciiiii eeei	shirobasti, lepa,	Discussion	
			pizichhil etc.	Teachers	
				Seminar	
				Didactic	
				Field	
				Visits/Industrial	
				Visits	
45.	Swedana	To perform nadi	nadi sweda,	Case	10Hrs
		sweda, pariseka, ptra	pariseka, ptra	presentation	
		pottali, shashtik shali, upnaha etc.	pottali, shashtik	Panel	
		upilalia etc.	shali, upnaha	Discussion	
				Teachers	
				Seminar	
				Somma	

46.	Swedana	To perform snehapana, dose and duration fixation, dose and form of medicine used, shuddhi determination, lakshanas of proper/improper shuddhi determination,	snehapana, dose and duration fixation, dose and form of medicine used, shuddhi determination, lakshanas of proper/	Didactic Field Visits/Industrial Visits Case presentation Panel Discussion Teachers Seminar Didactic	10Hrs
		complication management.	improper shuddhi determination, complication management	Field Visits/Industrial Visits	
47.	Virechana	To perform 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	10Hrs
48.	Niruha Basti	The 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	10Hrs

49.	Anuvasana Basti	the method of	method of	Case	10Hrs
		preparation,	preparation, method	presentation	
		method of	of administration,	Panel	
		administration,	instrument		
		instrument	identification,	Discussion	
		identification, different	different	Teachers	
		formulations,	formulations,	Seminar	
		shuddhi	shuddhi	Didactic	
		determination,	determination,	Field	
		lakshanas of	lakshanas of proper/	Visits/Industrial	
		proper/ improper	improper shuddhi	Visits	
		shuddhi	determination,	VISILS	
		determination,	complication		
		complication management.	management.		
50.	Uttar Basti:	method of	method of	Case	10Hrs
		preparation,	preparation, method		101113
		method of	of administration,	presentation	
		administration,	instrument	Panel	
		instrument	identification,	Discussion	
		identification,	different	Teachers	
		different formulations,	formulations,	Seminar	
		shuddhi	shuddhi	Didactic	
		determination,	determination,	Field	
		lakshanas of [']	lakshanas of proper/	Visits/Industrial	
		proper/ improper	improper shuddhi		
		shuddhi	determination,	Visits	
		determination,	complication		
		complication	management.		
51.	Nasya	management. method of	method of	Case	10Hrs
31.	Nasya	administration,	preparation, method		lunrs
		instrument	of administration,	presentation	
		identification,	instrument	Panel	
		different	identification,	Discussion	
		formulations, shuddhi	different	Teachers	
		determination,	formulations,	Seminar	
		lakshanas of proper/ improper shuddhi	shuddhi	Didactic	
		determination,	determination,	Field	
		complication	lakshanas of proper/		
		management.	improper shuddhi	Visits/Industrial	
			determination,	Visits	
			complication		
			management.		
52.	Raktamokshana:	method of	method of	Coso	1011
3 2.	какіашокѕпапа:	administration,		Case	10Hrs
		instrument	preparation, method of administration,	presentation	
		identification, jalouka	· ·	Panel	
		types, shuddhi	instrument identification,	Discussion	
		determination,	iuenuncauon,		

		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	
53.	Physiotherapy:	instrument identification, use and method of application	instrument use and method of application	Case presentation Panel Discussion Teachers Seminar Didactic Field Visits/Industrial Visits	10Hrs
54.	Case taking and treatment:	 LONG CASE: patient history and accordingl y suited shodhana (Vamana, Virechana etc.) SHORT CASE: patient history and accordingl y suited panchakar ma (snehana, swedana etc.) 	Case taking	Case presentation Panel Discussion Teachers Seminar Didactic	10Hrs

- 1. Charak Samhita with Commentary of Ayurveda Dipika by Chakrapanidatta&Jalpakalpataru 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