

Sr. No.	Course code	Subject	Teaching Hours per week		Marks	Total Marks
			Theory	practical		
		Semester -I				
1.	DPT-101	PANCHKARMA-A	4		100	100
2.	DPT-102	PRACTICAL-1		24	100	100
		Semester -II				
3.	DPT-201	PANCHAKARMA-B	4		100	100
4.	DPT-202	PRACTICAL-2		24	100	100

**SYLLABUS FOR ONE YEAR COURSE OF
DIPLOMA IN PANCHAKARMA THERAPIST**

**SEMESTER-1
PANCHAKARMA- A**

1. Basic Principles of Ayurveda:- Definition, unique features, Aim, Concept of Health, Theory of creation, Pancha Mahabhuta Concept, Tridosha, Concept of body mind soul, Concept of sapta dhatu (Body Elements), Concept of mala(waste products), Concept of prakruti (Body Constitution), Amavastha- Niramavastha, various types of Vat Vikaras.
2. SHARIR Vigyan –Anatomy, General knowledge about organs of body, Koshtang, Shadangasharir, Asthisharir -general idea about skeletal system of body, Marma, Study of anatomy relevant to Panchkarma. Anatomical position and physiological functions. General physiological process in body. Brief knowledge of Tridosha, Saptadhatus & mala. Concept of Agni. General idea of B.P., Body temperature, pulse and respiratory rate and temperature monitoring
3. Introduction to Panchkarma. Importance & application of all karmas. The stages of Panchakarma treatment a) Purva karma, b) Pradhana karma and c) Paschat karma.
4. Massage therapy - Qualities of Masseur, Massage techniques according of body parts. Different types of massages like Effleurage, Petrissage, kneading (Mardanam), friction wringing or Marshanam, Tapotement etc.
5. Different types of Panchkarma instruments & equipments- Tailadroni, Bashpa sweda yantra, Sirobasti yantra, Bastinetra, Matrabasti yantra, Dharapatra, Nasya peeth, Vaman peeth, Nadiswed yantra etc.
6. SNEHAN KARMA (Oleation treatment): Definition, Snehadravya parichay, Achhapeya, Vicharna, Snehmatra, various types of Sneha used for internal & external Snehan, Practical applications & types of external & internal Snehan, Abhyanga, Padabhyanga (oleation of the feet), Shiro-abhyanga (oleation of head),
7. SWEDAN KARMA (Fomentation)- Definition, its types & their practical utility, Yogya, Ayogya
8. VAMANA (Induced vomiting)- Introduction, Vaman dravya parichay, Vaman dravya properties, indications, contra- indications of Vaman, procedure of Vamana, application of different types of Vaman dravyas, Pathya- Apathya, Samyak vamana, Asamyak Vamana, ativamana, Samsarjana karma.

PRACTICAL-

Abhyanga & Body Massage
Pizhicill (Sarvanga Dhara)
Nadi Sweda

Bashpa sweda
Choomapinda Sweda(choornakkizhi)
Pathrapinda Sweda(llakkizhi)
Shashtiksalipinda Sweda (Navarakkizhi)
Shashtiksalee Alepa(Annelepa)
Valooka sweda
Upanaha sweda
Avagaha sweda
Pichu- local
Shirobasti
Shirodhara
Takradhara
Ksheeradhara
Thalam
Snehapana

SEMESTER-2

PANCHKARMA-B

1. VIRECHANA(Induced purgation)- Introduction, Virechana drugs, indications of virechan, contra- indications of virechan, procedure of virechana, general precautions, Samyak Virechana, Asamyak Virechana, Ati- Virechana, Virechana Vyapada.
2. BASTI (Medicated Enema) — Introduction, Classification, Indications for Asthapana, Contra-indications for Asthapana, drugs used for Basti karma, description of Bastinetra and Bastiputak, purva karma of Basti, Pachat karma of Basti, Indications for Anuvasana, Contra- Indications for Anuvasana, Procedure of Basti, Samyakyoga, Ayog, Atiyooga of Basti, different combination of Basti, Basti Vyapada and its management.
3. NASYA (Nasal Medication)- Introduction, Classification, Navananasya, Avapidanasya, Pradhamananasya, Dhumanasya, Marsa- Pratimarsanasya, Nasya drugs. Indications, Contraindications, Procedure of nasya, Post nasya regimen, Samyaknasya, Asamyaknasya, Atinasya, Nasyavyapad.
4. RAKTMOKSHAN -Introduction, Classification, Features of normal rakta, Functions of rakta, Indications of Raktamokshana, Contra- indication of Raktamokshana, Jalaukaavacharana, Sira- Vyadha.Indications, contraindications, Samyak, Sira- Vyadha, Asamyaksira- Vyadha, Atisiravyadha, Raktastambhana, Post Raktamokshana regimen, Prachhana, Alabu, Ghati- Yantra.
5. KERALIYA PANCHA KARMA:- Keraliyapanchakarma- Its five components, Dhara, Kaya seka, Pinda- Sweda, Anna lepa, Siro lepa - Introduction, Comparison of classical Ayurveda panchakarma&KeraliyaPanchakarma. DHARA: Introduction Classifications, dhroni – Vidhanam, Sarwangdhara, Tailadhara, Kwatha (Ausadhidhara), Siro-Dhara procedure. KAYASEKA: Introduction, Procedure, Complications. PINDA SWEDA (OR) NAVARAKIZHI: Procedure, Preparation of pottali and payasam, Elakizhi, Podikizhi procedure. ANNALEPA: Introduction, Preparation of Anna lepa, Method of treatment. SIROLEPA: Introduction, Preparation, Method. SIRO VASTI: Introduction, Preparation, Method. UDVARTANA: Introduction, Preparation, Method
6. Identification & brief knowledge of herbs & other drugs used in Patrapinda sweda, Vamankalp, Virechankalp, kwathdravya, Nadisweda, Basti etc. Panchkarma procedures.
7. Practical knowledge of Samsarjana karma.
8. Ayurvedic Dietetic Concepts-PathyaKalpana
9. Commonly Used oils in Panchkarma& uses .
10. Description of Panchkarma unit as per Ayurvedic classics. Maintenance of store (Sambhaarsanghra related to Panchkarma procedures). Principles of good housekeeping. Maintenance of cleanliness like doctor chamber, Snehan room, Swedana room, Basti room, Uttar basti room, Vaman room, patient's room and toilets.
11. Day to day cleaning of Panchkarma Instruments and its maintenance. Sterilization of Uttarbasti instruments.

12. Hospitality. Duties of Panchkarma Technician, Personal hygiene and Communication skills, general etiquettes, dress code, behavior towards elderly etc. Duties of Panchkarma technician in relation to various procedures.
13. Maintenance of records both in consumables and non- consumables. Knowledge regarding maintenance of consumables likes sheets, towels, napkins and others. Safety of crude medicine from moisture, water, fire, rodents, insects and mites etc.
14. Records keeping. Maintenance of records (Daily, Monthly and yearly) of Panchkarma procedures at OPD and IPD levels. Maintenance of computerized records. Computer literacy MS Word, Excel, Power Point Presentation. Use of audio- visual aids system in health education.
15. Bio medical waste related to Panchkarma and its disposal. Disposal of blood, gloves, bandages, oil and masha flour paste etc according to BMW guidelines.

PRACTICAL-

Akshitarpana
Pindi & vidalaka
Netraprakshalana
Eye exercise
Annalepana for eye
Dhoomapana
Karnadhoopana
Ksharasoothra
Matrabasti
Anuvasanbasti
Kashayabasti
Agnikarama
Aalepa
Netradhara
Netraparisheka
Nasya
Aschothana
Anjana