

KERALA AYURVEDIC PANCHAKARMA INSTITUTE

(A division of Santhigram Kerala Ayurvedic Co. Ltd.)

B-4/53, Basement, Safdarjung Enclave, New Delhi-110029

Phone: +91-11-43571291, 99113 49335 | Email: info@santhigram.in

DIPLOMA IN AYURVEDIC & PANCHAKARMA THERAPIES

**DURATION: 1 YEAR
COURSE FEES: ₹ 85,000**

SYLLABUS & DETAILED TRAINING PROGRAMME

**TOTAL HOURS: 1000 SPREAD OVER 6 MONTHS
6 MONTHS INTERNSHIP**

1. FUNDAMENTALS OF AYURVEDA

Contact hours – 40

1. History of Ayurveda
2. Panchamahaboota sidhantha (Theory of Five Fundamental Elements)
3. Tridosha Sidhantha (Theory of three Humours)
 - I. Divisions of Dosha like Vata, Pita, & Kapa
 - II. Qualities of Dosha
 - III. Doshas (Normal and deranged functions based on karma)
 - IV. Doshas (Normal and deranged functions based on guna)
 - V. Doshas (Vridhi and kshaya lakshanas)
4. Saptadathu (7 Bodily Elements)
 - I. Divisions of Dhatus
 - II. Qualities of Dhatus
 - III. Dhatus (Normal and deranged functions based on karma)
 - IV. Dhatus (Normal and deranged functions based on guna)
 - V. Dhatus (Vridhi and kshaya lakshanas)
5. Trimala (Three products of Excretion)
 - I. Divisions of Mala
 - II. Normal functions of Mala
 - III. Mala (Vridhi and kshaya lakshanas)

6. Prakriti (Body Constitution)
7. Ashaya (Knowledge about reservoirs of the body)
8. Srotovigyanam (Knowledge about different systems of the body)
9. Astanga Ayurveda (Knowledge about 8 branches of Ayurveda)

2. ANATOMY (PART-I)

Contact hours – 20, Practical Lab Hours – 30

1. Sareera Rachana (Human Anatomy)
2. Marma Vignanam (Knowledge about vital points of the body)
3. Basic constituents of human body.
4. Divisions of body parts.
5. Surface Anatomy.

3. ANATOMY (PART-II)

Contact hours – 20, Practical Lab Hours – 30

1. Brief explanation of system –
 - a. Skeletal system
 - b. Muscular system
 - c. Nervous system
 - d. Circulatory system
 - e. Excretory system
2. Organs - Their relation to Doshas and Dhatus (Humours & Bodily elements)

4. PHYSIOLOGY (PART-I)

Contact hours – 20, Practical Lab Hours – 30

1. Kriya Shareeram (Human Physiology)
2. Sroto Vigyanam (Knowledge about different channels of the body)
3. Dhatu and Upadhatu (Bodily elements & Accessory elements)
4. Ama (Knowledge about morbid wastes of the body)
5. Agni (Knowledge about bodily fire including digestive fire)
6. Definition of Swastha, Sadvrita, Dinacharya and Ritucharya

5. PHYSIOLOGY (PART-II)

Contact hours – 20, Practical Lab Hours – 30

1. Prakriti (Body Constitutions)
2. Doshadooshyasammoochanam (Combination of humours and bodily elements during disease process)
3. Tridosha as Prakriti and Vikriti (Vitiation of Humours)
4. Concept of Metabolism - catabolism and anabolism

6. PHARMACOLOGY OF MEDICINAL PLANTS

Contact hours – 10, Practical Lab Hours – 20

1. Importance of Dravyaguna (Ayurvedic Pharmacology)
2. Importants of Rasa, Guna, Veerya and Vipaka of drugs
3. Identification and classification of medicinal plants
4. Collection of Medicinal plants
5. Preservation of Medicinal plants
6. Preparation and storage of Medicines

7. Bhaishiyakalpana

Contact hours -10, Practical Lab Hours - 20

1. Name of the different formulations commonly used and its indications generally
2. Preparation of Panchavidha kashaya kalpanas
3. Preparation of Manda, Peya, Vilepi and Yusham
4. Regarding the dosages and shelf life of various medicines

8. KAYACHIKITSA (PART-I)

Contact hours – 20, Practical Lab Hours – 10

1. Vyadhi
2. Chikitsa
3. Shatupakramas
4. Chatushpada

9. KAYACHIKITSA (PART-II)

Contact hours – 20, Practical Lab Hours – 10

1. Rasayana
2. Vajeeakarana
3. Study of relevance of various aphrodisiacs

10. AYURVEDIC THERAPY & BODYWORK (PART-I)

Contact hours – 30, Practical Lab Hours –300

A detailed study of various Ayurvedic Therapies procedures – Uzhichil (Ayurvedic Therapies with herbal oil), Elakizhi (Therapies with linen bundles containing herbal leaves), Podikizhi (Therapies with linen bundles containing herbal powders), Shirodhara (Therapy of dripping herbal oil or decoctions in a stream over the forehead), Takra dhara (Dripping of medicated butter milk over the forehead)

11. AYURVEDIC THERAPY & BODYWORK (PART-II)

Contact hours – 30, Practical Lab Hours –250

A detail study of ayurvedic procedures – Pizhichil(Ayurvedic Oil Bath with therapy), Navarakizhi (Therapy with linen bundles containing medicated cooked rice), Udwarthanam (Massaging with herbal powder), Shirovasthi (Medicated Oil therapy on the head) Karnapoornam (Therapy on the ear), Tarapanam (Therapy on the Eyes), Rakthamokshana (Blood letting therapy).

Different types of bandaging techniques (Bandhana-Vidhi)

12. PANCHAKARMA THERAPY (PART-I) (FIVE CLEANSING ACTIONS)

Contact hours – 20, Practical Lab Hours – 30

1. Importance of Panchakarma
2. Basic Principles of Panchakarma
3. Study of Poorvakarma (Preparatory therapy)
 - I. How to perform Deepana, Pachana, Snehana & Swedna
 - II. Qualities of snehadravys, types of snehas
 - III. Patients fit/ unfit for snehana therapy
 - IV. Qualities of swedana dravyas and different types of sweda
 - V. Patients fit/ unfit for swedana therapy

13. PANCHAKARMA THERAPY (PART-II)

Contact hours – 20, Practical Lab Hours –50

Pradhana karma (Panchakarma therapies)

- a. Vamanam.(cleansing of stomach and lungs)
 - a) Indicative disease for vamana
 - b) Patients fit/ unfit for vamana
 - c) Poorvakarma Vamana
 - d) Pradhanakarma Vamana
 - e) Pashat karma of Vamana
 - f) Desired effect of Vamana
 - g) Complications of Vamana
 - h) Medicines used for Inducing Vamana Karma
- b. Virechanam (cleansing of small intestines)
 - a) Indicative disease for Virechanam
 - b) Patients fit/ unfit for Virechanam
 - c) Poorvakarma Virechanam
 - d) Pradhanakarma Virechanam
 - e) Pashat karma of Virechanam
 - f) Desired effect of Virechanam

- g) Complications of Virechanam
- h) Medicines used for Inducing Virechanam

C. Nasyam (cleansing of nasal & sinus passages)

- a) Indicative disease for Nasyam
- b) Patients fit/ unfit for Nasyam
- c) Poorvakarma Nasyam
- d) Pradhanakarma Nasyam
- e) Pashat karma of Nasyam
- f) Desired effect of Nasyam
- g) Complications of Nasyam
- h) Medicines used for Nasyam

c. Vasti (cleansing of the colon)

- a) Indicative disease for Vasti
- b) Patients fit/ unfit for Vasti
- c) Poorvakarma Vasti
- d) Pradhanakarma Vasti
- e) Pashat karma of Vasti
- f) Desired effect of Vasti
- g) Complications of Vasti
- h) Medicines used for Vasti

d. Raktamokshna (cleansing of impure blood in the body)

- a) Indicative disease for Raktamokshna
- b) Patients fit/ unfit for Raktamokshna
- c) Poorvakarma Raktamokshna
- d) Pradhanakarma Raktamokshna
- e) Pashat karma of Raktamokshna
- f) Desired effect of Raktamokshna
- g) Complications of Raktamokshna
- h) Medicines used for Raktamokshna

14. **PANCHAKARMA THERAPY (Post-treatment care) (PART-II)**

Contact hours – 20, Practical Lab Hours –50

1. Peyadi Kramam/ Samsarjanakramam
2. Dhoomapan (Medicated fumigation therapy)
3. Assessment of pulse/ BP/ RR/ HR of the patient

4. Management of the patient in case of any emergency (Emergency Management)

15. General Medical Topics

- a. How to maintain hygiene in the panchakarma theatre
- b. How to maintain personal hygiene
- c. Sterilization techniques
- d. Basic life support/ BLS
- e. Patient care responsibilities
- f. Records management

16. ORAL & PRACTICAL

**STUDENTS WANTING BOARDING & LODGING WILL BE PROVIDED AT
ADDITIONAL COST**