

KERALA AYURVEDIC PANCHAKARMA INSTITUTE

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

SYLLABUS FOR SHORT DURATION TRAINING PROGRAMME

1. FUNDAMENTALS OF AYURVEDA

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
 - 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)

1. Sareera Rachana (Human Anatomy)
2. Marma Vigyanam (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)

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)

5. PHYSIOLOGY (PART-I)

1. Kriya Shareeram (Human Physiology)
2. Sroto Vigyanam (Knowledge about different channels of the body)
3. Dhātu and Upadhātus (Bodily elements & Accessory elements)
4. Ama (Knowledge about morbid wastes of the body)
5. Agni (Knowledge about bodily fire including digestive fire)

6. PHYSIOLOGY (PART-II)

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

7. AYURVEDIC MASSAGE THERAPY & BODYWORK (PART-I)

A detailed study of various Ayurvedic Massage procedures – Uzhichil (Ayurvedic Massage with herbal oil), Podikizhi (Massage with linen bundles containing herbal powders), Shirodhara (Therapy of dripping herbal oil or decoctions in a stream over the forehead)

8. AYURVEDIC MASSAGE THERAPY & BODYWORK (PART-II)

A detail study of ayurvedic procedures –Navarakizhi (Massage 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).

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

1. Importance of Panchakarma
2. Basic Principals of Panchakarma
3. Study of Poorvakarma (Preparatory therapy)

4. Poorvakarma (Preparatory therapy) by various methods of Massages

10. PANCHAKARMA THERAPY (PART-II)

1. Study of Pradhankarma (Main detoxification therapy)
2. Panchakarma (Five cleansing actions)
 - a. Nasyam (cleansing of nasal & sinus passages)
 - b. Vamanam.(cleansing of stomach and lungs)
 - c. Virechanam (cleansing of small intestines)
 - d. Vasti, (cleansing of the colon)
 - e. Raktamokshna (cleansing of impure blood in the body)
3. Study of Paschatkarma (The post-treatment care)