

Ayurveda Panchakarma Training Programme

THE SYLLABUS

FIRST YEAR

THEORY:

The classical six-fold therapy:

- Langhana(depleting)
 - ✓ Indications of langhana by sodhana
 - ✓ Indications of langhana by samana
 - ✓ General indication of langhana
 - ✓ Signs of adequate langhana (samyak yogam)
 - ✓ Signs of excessive langhana (atiyoga)
- Brmhana(anabolising)
 - ✓ The indication of brahmana
 - ✓ Signs of adequate brahmana (samyak yogam)
 - ✓ Signs of excessive brahmana (atiyoga)
- Rukshana(dehydrating)
 - ✓ Indications of rukshana
 - ✓ Signs of adequate rukshana (samyak yogam)
 - ✓ Signs of excessive rukshana (atiyoga)
- Snehana(oleation)
- Swedana(sudation)
- Stambhana(retaining)
 - ✓ Indications of stambhana
 - ✓ Signs of adequate stambhana (samyak yogam)
 - ✓ Signs of excessive stambhana (atiyoga)

Signs of inadequate application of sadupakramas

Sadupakrama vs. dvividhopakrama

The classical Panchakarma therapy

Categories of procedures (according to Caraka, Susruta, Vagbhata)

What is Panchakarma therapy?

Scope and importance

Purva karmas:

The snehana karma

Properties of snehana aushadies (drugs)

Basic source of snehana dravyas

Indication of snehana karma

Contra-indication of snehana karma

Procedure of snehana karma

Examination of the patient

Determination of duration

Determination of dosage

Dietetic management prior to snehana

Procedure of actual snehapana

Anupana in snehapana

Observation of the patient

Features of Jiryamana sneha

Features of snea jirna

Ayurveda Panchakarma Training Programme

Features of samyak sneha
Features of asnighda sneha
Features of atisnigdha sneha
Sneha vyapada (complications)
Post snehana regimen

PRACTICALS:

- ❖ Ahyangam
Indications and benefits
Contra-indications
Procedure
Selection of the oil
- ❖ Udwartanam
Indications and benefits
Contra-indications
Procedure
Selection of the medicine
- ❖ Dhara
Indications and benefits
Contra-indications
Procedure
Selection of the oil

SECOND YEAR

THEORY:

Swedana karma
Indication of swedana
Contra-indications
Features of samyak sweda
Features of asamyak sweda
Features of ati sweda
General post sweda regime
Mode of action of sweda
Classification of swedana karma
-Sagni sweda
-Anagni sweda

- Tapasweda
- Upanaha sweda
- Ushma sweda
- Dravasweda

Naleeswedam
Palpuka or Ksheera dhoomam
Avagaham

The Vamana karma

Ayurveda Panchakarma Training Programme

Pharmacodynamic properties of vamaka and vamanopaga dravyas
Indications of vamana karma
Procedure of vamana karma
Aturapareeksha
Determination of dose in vamana yoga(according to Caraka, Susruta, Vagbhata etc)
Dietary management
Clinical observation of the patient during vamana
Criteria of effective vamana
Features of samyak vamana
Features of asamyak vamana
Features of excessive vamana
Complication of vamana
Certain upakramas to follow vamana
Samsarjana krama

Virecana karma
Indications of virecana karma
Contra-indications of virecana karma
Procedure of virecana karma
The drugs
The patients
Schedule of the therapy
General precautions
Determination if the dosage
Features of samyaka virecana
Features of asamyaka virecana
Features of atiyoga virecana
Complication of virecana

PRACTICALS:

❖ Ilakizhi
Indications and benefits
Contra-indications
Procedure
How to make kizhi
Preparation of the patient

❖ Podikizhi
Indications and benefits
Contra-indications
Procedure
How to make kizhi
Preparation of the patient

Other types of kizhis
➤ Naranga kizhi
➤ Mamsakizhi
➤ Dhaniakizhi etc.

Ayurveda Panchakarma Training Programme

❖ Navarakizhi
Indications and benefits
Contra-indications
Procedure
Postures
How to make kizhi
Preparation of the patient

❖ Navarateppu
Indications and benefits
Contra-indications
Procedure
Postures
Preparation of the patient

THIRD YEAR

THEORY:

Sirovirecana karma(Nasyam)
Classification of nasya (According to Caraka, Susruta, Vagbhata etc)
Navana nasya
Avapida nasya
Dhmapana or pradhmana nasya
Dhuma nasya
Marsa- pratimarsa nasya
Nasya drugs and their pharmacodynamics
Indication of nasya karma
Contra-indication of nasya karma
Procedure
Nasya yantra
Instructions for the patient during nasya
Post-nasya regimen
Features of adequate nasya
Features of inadequate nasya
Features of excessive nasya
Complications
Advantages of adequate nasya karma

PRACTICALS:

❖ Gandhoosham
Procedure
Indications
Contra-indications
Preparation of the patient
Drugs

Ayurveda Panchakarma Training Programme

❖ Kabalam

Procedure
Indications
Contra-indications
Preparation of the patient
Drugs

❖ Dhoomapanam

Procedure
Indications
Contra-indications
Preparation of the patient
Drugs

❖ Tarpanam

Procedure
Indications
Contra-indications
Preparation of the patient
Drugs

❖ Pudapakam

Procedure
Indications
Contra-indications
Preparation of the patient
Drugs

❖ Pichu

Procedure
Indications
Contra-indications
Preparation of the patient
Drugs

❖ Aschiotanam

Procedure
Indications
Contra-indications
Preparation of the patient
Drugs

❖ Anjanam

Procedure
Indications
Contra-indications
Preparation of the patient
Drugs

Ayurveda Panchakarma Training Programme

- ❖ Karnapooranam
- Procedure
- Indications
- Contra-indications
- Preparation of the patient
- Drugs

FOURTH YEAR

THEORY:

- Vasti karma
- Classification of vasti
- Anatomical
- Pharmaceutical
- Pharmacological (according to Caraka, Susruta, Vagbhata etc)
- Number of vasti to be used
- Nomenclature
- Indication of Astapanavasti
- Contra-indication of Astapanavasti
- Indication of Anuasana vasti
- Contra-indication of Anuasana vasti
- Procedure of vasti karma
- Procedure of vasti
- Vasti pratyagama kala
- Features of samyak vasti
- Features of asamyak vasti
- Features of Atiyoga
- Post-vasti regimen

- Vasti vyapata (complications)
- due to vasti netra
- due to vasti putaka
- due to vasti data
- General yogas- preparations and indications

- Raktamokshana
- Classification of raktamokshana
- Features of normal rakta
- Function of rakta
- Indication of raktamokshana
- Contra-indication of raktamokshana
- Procedure of raktamokshana
- Jalauka
- Indication of jalauka
- Purification of jalauka
- Observation of jalaukavacharana
- Removal of jalauka from skin
- Siravyadha
- Indications of siravyadha

Ayurveda Panchakarma Training Programme

Contra-indication of siravyadha
Features of adequate siravyadha
Features of inadequate siravyadha
Features of excessive siravyadha
Procedure of quick stoppage of blood flow
Post raktamokshan regimen
-Prachana
-Sringa
-Alabu
-Ghati yantra

PRACTICALS:

❖ Pizhichil

Indications and benefits
Contra-indications
Procedure
Selection of the oil

❖ Sirovasti

Procedure
Indications
Contra-indications
Preparation of the patient
Drugs

❖ Talapotichil

Procedure
Indications
Contra-indications
Preparation of the patient
Drugs

Ayurvedic Pharmacology

Selection of oil
Raw materials used
Identification of raw materials
Preparations

Practical on Preparation of Classical Ayurvedic formulations

Asavam
Arishtam
Kashayam
Leham
Ghritam
Tailam
Gulika...etc