

# 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. dvididhopakrama

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

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

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

### 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
- ❖ Pizhichil  
Indications and benefits  
Contra-indications  
Procedure  
Selection of the oil

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## SECOND YEAR

### THEORY:

The Vamana karma

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

Sirovirecana karma(Nasyam)

Classification of nasya (According to Caraka, Susruta, Vagbhata etc)

Navana nasya

Avapida nasya

Dhmapana or pradhanana 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

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Features of inadequate nasya  
Features of excessive nasya  
Complications  
Advantages of adequate nasya karma

### 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.

#### ❖ 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

#### ❖ Gandhoosham

Procedure  
Indications  
Contra-indications  
Preparation of the patient  
Drugs

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### ❖ Kabalam

Procedure  
Indications  
Contra-indications  
Preparation of the patient  
Drugs

### ❖ Dhoomapanam

Procedure  
Indications  
Contra-indications  
Preparation of the patient  
Drugs

## THIRD 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

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Procedure of raktamokshana

-Jalauka

Indication of jalauka

Purification of jalauka

Observation of jalaukavacharana

Removal of jalauka from skin

-Siravyadha

Indications of siravyadha

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

Ayurvedic Pharmacology

Selection of oil

Raw materials used

Identification of raw materials

Preparations

PRACTICALS:

❖ Sirovasti

Procedure

Indications

Contra-indications

Preparation of the patient

Drugs

❖ Talapotichil

Procedure

Indications

Contra-indications

Preparation of the patient

Drugs

❖ Tarpanam

Procedure

Indications

Contra-indications

Preparation of the patient

Drugs

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### ❖ Pudpakam

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

### ❖ Karnapooranam

Procedure  
Indications  
Contra-indications  
Preparation of the patient  
Drugs

Practical on Preparation of Classical Ayurvedic formulations

Asavam  
Arishtam  
Kashayam  
Leham  
Ghritam  
Tailam  
Gulika...etc