

Course : 2-Year Full Time P.G. Diploma in Panch Karma Therapy

Duration : 2 Years

No. of seats : Minimum - 2 Maximum - 5

Examination Pattern

2 Theory paper of 100 marks each	200 Marks
Practical	200 Marks
Internal assessment/sessions	100 Marks

Total 500 Marks

Examination Schedule

1. The two theory papers examination and practical examination will be conducted at the end of 2nd year of course by university.
2. The Internal assessment/sessional examination will be conducted at the end of 1st year of course and the marks will be sent to controller along with the practical examination marks at the end of 2nd year.

Duration of Teaching

50 lectures per course for theory paper.

Number of seats : Minimum - 2 Maximum - 5

Syllabus- The course will be consist of theory and practical training in Panch Karma therapy along with sessional work consisting of keeping full record including case history details of Panch karma given and follow up out come of the at least 150 case. The candidate completed above work with having 75% attendance will be allowed to appear in final examination at the end of 2nd year which will consist of 2 written papers of 100 marks each and a practical examination of 200 marks as per syllabus describe below.

Paper I

100 Marks

Part-A

Pancha Karma :

50 Marks

Pancha Karma, its place in the therapy, Samsodhana and samsamana, scope and importance of Pancha Karma, Sadupakramas and Panch Karma Therapy: Sat Karmas of Yoga Tradition and Pancha Karma as purificatory measures and principles of nature cure practices. Pancha Karma Kala vichar, Ashtanga Ayurveda evum Pancha Karma, Yogya and ayogya of Pancha Karma, special qualities of vaidya dealing the Pancha Karma, common pathya and apathya of Pancha Karma.

Snehana Karma

Sneha and the properties and sources of Snehana Dravyas, Snehopaga durgs; The indications, contraindications, Procedures, types and schedule of Snehana; Features of adequate, inadequate and excessive oleation, Snehana as independent therapeutic measures

Bahya Snehana

- **Abhyanga (Massage):** Its types, methods, indications, contraindication and duration. Physiological and anatomical implications of massage therapy including lymphatic drainage, direction of blood circulation, origin and insertion of muscles and location of joints. Medium of Abhyanga-Snigdha ruksha. Massage oils. Direction and degree of pressure of massage.
- **Parisheka:** Affusions, Udavartana, Udgharshana, mardana and Samvahana-their definition, specific uses and indications.
- **Avagaha, Kavalagraha and Gandusa:** Their definition, types, medicaments, properties and uses.
- **Lepa** (medicinal plaster), its types-Pralepa, Pradeha and Aalepana; Upanaha (Poultice) methods, drugs used and indications.
- **Pichu-** Definitions, uses and types yonipichu, nasapichu, gudapichu; Dhupana and gandhana-the material used and their significance; Aksi Tarpana and Vranapurana method, indications duration signs and symptoms of proper and improper Tarpana.

Internal Snehana

Accha Snenapana and Vicharana types, the preparations used and dosage schedule.

Swedan Karma : Swedana, The properties and sources of Swedana Dravyas, Swedopaga drugs; The indications contraindications procedures, types and schedule of swedana; Features of adequate inadequate and excessive sudation swedana as independent therapeutic measure.

Sagni Sweda : Sankara, Prastra, Nadi, Pariseka, Kuti etc. Tapa Sweda Vs. Usma sweda consideration, Kati vasti, Janu vasti, Manya vasti and Urah vasti.

Niragni Sweda : With special reference to Vyayama (exercises) and Atapa Sevena (Exposure to sun rays), their types, indications and contraindications, with the knowledge about the physiological changes related with exercise and sunlight exposure e.g. the changes related with exercises and sunlight exposure e.g. the changes in muscular metabolic systems, respiration and cardiovascular changes, state of body heat, salt and electrolyte changes.

Part B

50 Marks

Upakalpaniya : Detailed knowledge about the materials, drugs, equipments and instruments used Panch Karma therapy and physical medicine, preparation of Peyadi samsarjan karma.

Pancha Karma Sharira

1. Concept of Twaca, Kala, Asaya, Kostha, Sakha, Srotas, Dasa Sarira Pranayatana, Shatachakra, Nadi, Peshi, Snayu, Sandhi and their implication in the practice of bio-purificatory and rehabilitative procedures of Panch Karma.
2. Membrane physiology, transport across cell membrane, diffusion, factors affecting channels of cell membrane, osmosis across selectively permeable, membrane active transport and its mechanism, membrane potentials, Role of ions in Action potential as relevant to Sansodhana Karma.
3. Digestion, absorption and assimilation of lipids, Lipid metabolism plasma lipids, Triglycerides, phospholipids and cholesterol, their anatomical and physiological significance in the body as relevant to Snehana Karma.

4. Body temperature and its regulation, Heat production and heat loss, heat transfer with in the body. Flow of blood and heat transfer, sweating and its regulation by autonomic nervous system other aspects of bio-purification and related mechanisms.
5. Concept of 'Gut Brain' its relevance to Vata System and Vasti Therapy.

Paper II

100 Marks

Part A

50 Marks

Five major procedures of Pancha Karma Vamana Virecana, Anuvasana, Asthapana and Sirovirecana, Raktamokshana as a Pancha Karma measure.

Vamana Karma : Its Significance; Vamaka dravyas (emetics) and their pharmacodynamics; Vamanopaga drugs, indications. Contraindications, procedures, of Vamana Karma, preparation of the patient, Dhumapana after Vamana, features of adequate, inadequate and excessive vamana, complications and their management, regimen following Vamana, Samasarjana Karma.

Virecana Karma : Virecana drugs and yogas, their types, pharmacodynamic properties and dose determination; Indications & Contraindications of Virechana, examination and selection of Patients for Virechana. Factors to adequate and excessive Virechana; complication and their management.

Vasti Karma : Its significance as a unique therapeutic procedure; its anatomical, pharmaceutical, pharmacological classifications; types based on numbers, schedule, action and quantity, the Asthapana and Anuvasana drugs; Indications contraindications, procedure of Asthapana and Anuvasana Vasti, factors to be examined in relation to Vasti Karma. Vasti pratyagamana kala, features of adequate, inadequate and excessive Vasti Karma, Post-Vasti regimen, complication of Vasti therapy and their management.

Sirovirechana or Nasya Karma : Its significance In prevention and treatment of Urdhwa Jatrugata Vikaras; classification of Nasya; Navana, Avapidaka, Dhumpana (Pradhamana) and Dhupana, Marsha and Pratimarsha Nasya, Sirovirecana and Nasya drugs, their pharmacodynamics; Indications contraindications, Procedure and precautions of Nasya Karma; Nasa Sarira; Post Nasya regimen Features of adequate and excessive Nasya; complication and their management.

Rakta Mokshana : Its classification, indications. Contraindications and procedure; indications according to Dosa involvement state of Dosas, Rakta and patients, Jalaukavacarana Prachhana. Srunga, Alabu, Ghatyantra, Siravyadha- its indications contra- indications, features of adequate and excessive Sira Vedha: Measures to Stop blood flow.

Agni Karma – Their types, method, indication and contra indications

Kshar Karma – Paniya and Pratisarniya types, method of uses, indication and contra indications.

Kriya Kalpa - Tarpana, Putapaka, Seka, Ashchyotana and Anjana, their method of application, indication and contra indications.

Part B

50 Marks

- **Six Purificatory Measures of Yoga Tradition**; Dhauti, Vasti, Neti, Nauli, Kapalbhathi and Trataka, their specific indications, contra indications, types, techniques. Purificatory measures adopted in cure practices.

- Physiology of emesis, antiperistalsis of vomiting, CTZ of medulla as initiator of drug induced vomiting, cortical excitation of vomiting.
- Knowledge about the mechanism of diarrhoea and related fluid electrolyte changes; absorption and secretion in the colon, colonic movements, Bacterial flora of Colon and its physiological significance; Enteric nervous system.
- Keraliya Panch Karma- its comparison with classical Panch Karma; its components- Dharakarma, Kayaseka (Pizchil) Pinda Sweda (Navarakizhi), Anna lepa and Sirolepa, their specific indications types and detailed procedures.
- Sirahseka (Sirodhara) method, indications, materials used, Dharakalpa Takradhara, Kashaya Dhara, Jala Dhara, Taila and Ghrita Dhara.
- Pinda Sweda; Details of materials used, their preparation, procedure. Variants of Pinda Sweda.
- Sirovasti: The equipment. Procedure, duration and indications.

Contemporary Techniques of Pancha Karma : Bio-energy modulation and its relationship with Panchakarma therapy Principles of physical medicine and rehabilitation; scientific basic, modern principles, types, procedures, indications and contraindications of the following massage therapy, exercise therapy, U.V. radiation therapy, Infra red radiation therapy, occupational therapy, music therapy, vibration therapy etc.

Knowledge about the principles, techniques, applications and uses of Electrotherapy, U.S. Therapy, short and macro wave diathermy, Transcutaneous Electric Nerve Stimulation (Tens): Pulse Magnetic Field (PMF) and LASER therapy.

Knowledge about the important researches in the field of clinical study of Panch karma therapy and the standardization of its procedures.

Practical

100 Marks

Experience of handling patients undergoing poorva Karma, Pradhana Karma and paschat Karma Procedures. Practical Knowledge and experiences of all karmas both classical and traditional besides techniques of physiotherapy and physical medicine.

Reference Books :

1. Relevant portions of Charak Samhita.
2. Pancha Karma Therapy by Prof. R.H. Singh
3. Panch Karma Chikitsa by Dr. H.S. Kasture
4. Kayachikitsa Vol. I by Prof. R.H. Singh
5. Yoga and Yougiki Chikitsa by Prof. R.H. Singh
6. Physical Medicine and Rehabilitation.