

PANCHAKARMA  
TRAINING MODULE FOR 6-DAY RoTP/CME

Session	Topic	Contents	Duration in Hours
1.	Panchakarma and Bahya sneha	<p>Definition of Panchkarma and the rationality behind it. The difference between Panchkarma and Pancha Sodhana. Whether all Panchkarmas have sodhana property. The relevance and need of Panchakarma in the present era. Clear understanding of the importance of Abhyantara and Bahya Sneha.</p> <p>The classical methods of Bahya Sneha and the benefits of modified techniques of Bahya Sneha. Mode of action of Bahya Sneha, whether it is absorbed into the skin and the role of Bhrajaka pitta. Procedures, indications and precautions for Shirodhara, pizhichil.</p>	1½ Hour
2.		Practical demonstrations	1½ Hour
3.	Abhyantara sneha	Different conditions where Accha Sneha and Vicharana Sneha are administered. Standardization of Accha Sneha pana in terms of dose, duration, selection of Sneha dravya, Anupana, dietetic regimen during the period of Snehapana and management of health problems occurring during Sneha pana.	1½ Hour
4.		<p>Standardization of doses in metric system. Understanding of the Assessment Koshta in both Ayurvedic and Modern views. Proper Assessment of Samyak Snigdha lakshanas with practical approach.</p> <p>Determination of Bio-chemical changes which may occur during Sneha pana. Rationality of indications of Sneha pana and Contra indications in terms in modern science.</p>	1½ Hour
5.		Practical demonstrations	1½ Hour
6.	Sweda karma	Criteria for selection of suitable sweda karma in various disease. Enumeration of the most beneficial sweda karmas. Standard operational procedure of Sweda Karmas. What are the modified techniques of Sweda Karma vis-a-vis classical methods. Pinda sweda and its varieties with indications and their rationality.	1½ Hour

7.		Significance of Sweda Karmas other than Sodhana poorvanga Sweda. What is the significance of Kala and Desha vichara in Sweda Karma. What are different sweda karmas done in different diseases and their rationality. The rational explanation of mode of action of Sweda Karma. Commonly occurring complications of Sweda Karma and their management.	1 ½ Hour
8.		Practical demonstrations	1 ½ Hour
9.	Vamana	Review of practical utility of the different Vamana Kalpas in different diseases. Standardization of the Vamaka dravyas. Objective assessment of different methods of Vamana like Mridu, Madhyama and Tikshna. SOP of Vamana Karma. Mode of the action of Vamaka dravyas in terms of emetics of modern medicine. Role of Vamanopaga Dravyas in Vamana Karma.	1 ½ Hour
10.		Commonly occurring Vamana Vyapats and their management. Objective assessment of complications and their standardization. Standardization of Samsarjana Krama. Methods and ingredients to be followed in Samsarjana Krama as per Desha, Kala, Satmya and Roga.	1 ½ Hour
11.		Practical demonstrations	1 ½ Hour
12.	Virechana	Identification of effective Virechana Drugs. Standardization of Virechana Drugs. Assessment of mode of action of Virechana Drugs. Standardization of dose of Virechana Drugs. Differentiate the conditions to administer Tarpanadi Krama, Peyadi krama and Rasa samsarjana krama and its rational use according to Desha, Kala and Satmya.	1 ½ Hour
13.		Specify the time of administration of Virechana oushadhi. Explain the process of Virechana Karma. Review the Vyapat of Virechana Karma and its management. Assessment of Mridu, Madhyama, Tikshna Virechana.	1 ½ Hour
14.		Practical demonstrations	1 ½ Hour
15.	Basti	Explain definition of Basti. Classification of Basti. Review of indications and contraindications in practical aspect. Special note about diseases where Asthapana or Anuvasana alone is indicated. Chemical Analysis of asthapana Basti dravya before and after the mixing. Standardization procedure of Anuvasna and Asthapana.	1 ½ Hour

16.		Mode of Action of Basti in Modern terms. Anatomy and Physiology of rectum and anus and enteric nervous system. Usage of Disposable Basti material for preparation of Basti netra and Basti putak (Material change). Differences between Basti and enema. Complications and their management at the time of/during Basti. Standardization of the dose of Basti. Review of indications and contra indications of Basti.	1½ Hour
17.		Various types of Basti and their specific indications. Shirobasti, Katibasti etc.	1½ Hour
18.		Practical demonstrations.	1½ Hour
19.	Nasya	Knowledge of Anatomy of nose and para-nasal sinuses. Review of definition and classification of Nasya by different acharyas and its advantages. Pharmacological action of modern drugs administered through nose. Standardization of the dose of various types of Nasyas. Standardization of Bindu Pramana. Standardization of Sneha Paka for Nasya Karma. Standard operation procedure of different Nasyas. Standard operation procedure of Dhumapana. Complications and their management in Nasya Karma. Rationale of 14 Kalas prescribed in Pratimarsha Nasya. Demonstration of Nasya Karma.	1½ Hour
20.		Practical demonstrations	1½ Hour
21.	Kriyakalpa	Knowledge of Anatomy of Eye. Different kriyakalpas and their indications and contraindications along with their practical demonstration.	1½ Hour
22.		Practical demonstrations	1½ Hour
23.	Raktamokshana	Concepts involving raktamokshana in different diseases. Types of raktamokshana and their specific indications. Standard procedures adopted in raktamokshana. Leech therapy in different diseases. Practical demonstration of procedure in different conditions	1½ Hour
24.		Practical demonstrations	1½ Hour
	Pre and Post training assessment	Assessment and Feedback forms may be given to participants before the commencement of sessions, so that they fill the forms at the end of each session/day and put them in sealed envelops.	01 hour
		TOTAL	37 Hours