

## **4.2. PANCHAKARMA**

**Theory One Paper – 100 Marks**

**Practical Viva-voce – 50 Marks**

**Hours of teaching Theory – 100**

**Clinical training: 3 months**

### **I. Introduction**

1. Introduction to Panchakarma, Panchakarma and Shodhana, its importance for promotion of health, prevention and treatment of diseases.
2. Trividha Karma- Purva, Pradhana and Pashchat Karma in relation to Shodhana and their importance.
3. Indications of Shodhana, Shodhana according to Ritu
4. General Principles of doshagati from Koshta to Shaka and vice versa
5. General precautions (Pariharya Vishaya) for Panchakarma
6. Specifications of Panchakarma theatre and necessary equipments
7. Importance of Koshta and Agni Parikshan

### **II. Snehana**

1. Etymology and Definition of Sneha and Snehana
2. Snehayoni- Sthavara and Jangama: Properties of Sneha dravyas, Snehopag Dravyas
3. General knowledge of Ghrita, Taila, Vasa and Majja with their specific utility and actions ,Yamaka, Trivrit and Maha Sneha
4. Metabolism of fat
5. Achcha and Pravicharana of Sneha
6. Snehapaka and its importance in Panchakarma
7. **Types of Snehana:** i) Bahya and ii) Abhyantara Snehana

#### **i) Bāhya Snehana :**

Methods, indications and contraindications of the following types of Bahyasnehana; Mardana, Unmardana, Pādāghāta, Samvāhana, Karna Purana & Akshi Tarpan, Lepa, Talam,

**Murdhni Taila:** Siro-Abhyanga, Shiro Seka/dhārā, Siro Pichu and Siro-Basti

#### **ii) Ābhyantara Snehana**

Three Types of Ābhyantara Snehana: Shodhanārtha, Shamanārtha and Brimhanārtha Snehana, Indications and contraindications for Snehana

### **Shodhanārtha Snehana**

- a. Importance and method of Deepan Pāchan and Rookshana in Shodhanārtha Snehana. Properties of Rookshana Dravya. Samyak Rookshana Lakshana
- b. Consideration of Agni and Koshtha in Snehana
- c. Indication of Different Matra, Various dose schedules for Shodhanārtha Snehana; Hraseeyasi, Hrasva, Madhyama and Uttama Mātrā, Ārohana Mātrā
- d. Methods of Shodhanārtha Snehana,
- e. Anupāna of Sneha

- f. Jeerna and Jeeryaman Lakshana
- g. Samyak Yoga, Ayoga and Atiyoga of Snehana, Sneha Vyāpat & their management according to Ayurveda & Modern Medicine
- h. Diet and regimen during Snehana

**Sadyo Sneha:** Method of administration, dose fixation and utility

**Shamanārtha Snehana,** Method of administration, dose fixation and utility

**Bronhanarth Senhana:** Method of administration, dose fixation and utility

**Avapeedak Sneha:** Method of administration, dose fixation and utility

8. Snehana Kārmukata (mode of action)

**9. Special Procedures:**

Takradhara, Udvartanam, Putpāka, Aschotana, Anjana, Gandusha, Kavala, Dhoompāna, Udvartana, Utsādana, Udgharshana, Talapothichil

### III. Svedana

1. Etymology and Definition of Sveda and Svedana
2. Classifications of Sveda/Svedana
3. General Sweda dravya, Properties of Sweda dravyas, Swedaopag dravyas ,
4. Indications and contraindications of Svedana
5. Ten Types of Niragni Svedana
6. Knowledge of 13 types of Sagni Svedana and Chaturvidh Svedan
7. Detailed Knowledge with their Utility of the following Svedana procedures:  
Sankara/Pinda Sveda-Ruksha and Snigdha Sveda  
Patrapinda Sveda, Jambir Pinda Sveda, Vāluka Sveda, Churna Pinda Sveda, Kukkutand Pinda Sveda, Shashtika Shalipinda Sveda, Nadi Sveda, Bashpa Sveda Ksheer dhooma , Ksheer Seka, Kwath Seka, Avagaha Sveda, Dhanymla Dhara  
Parisheka Sveda, Pizichil, Upanaha Sveda, Annalepa
8. Local Basti such as Kati Basti, Janu Basti, Greeva Basti and Urobasti
9. General precautions during Sagni Svedana and Methods to protect vital during svedana
10. Samyak Yoga, Ayoga and Atiyoga of Svedana
11. Complications of Svedana and their Management according to Ayurveda & Modern Medicine
12. Diet and management during and after Svedana
13. Parihār Vishaya
14. Svedana Kārmukata (Mode of action)
15. General Knowledge about current Sudation techniques like Sauna bath, Steam bath

### IV. Vamana Karma

1. Etymology, definition and importance of Vamana Karma
2. Utility of Vamana Karma in health and disease
3. Indications and Contraindications for Vamana
4. Knowledge of Koshta and Agni
5. General knowledge of Vamana and Vamanopaga drugs; properties, actions, preparations, preservation with special reference to Madanphala, Kutaj, Nimba, Yashti, Vacha
6. Purva Karma of Vamana: Deepan-Pāchana, Abhyantara Snehana and diet

7. Management of one gap day-Abhyanga & Svedana, diet, special Kapha increasing diet
8. Preparation of the patient on Morning of Vamana day
9. Vamaka Yoga, Anupana, fixation of dose and method of administration
10. Administration of Vamanopaga Dravya such as milk, sugarcane juice, Yashtimadhu decoction
11. Lakshana indicating Doshagati during the process
12. Management during Vamana Karma & observations
13. Symptoms of Samyak Yoga, Ayoga and Atiyoga of Vamana Karma
14. Post Vamana management
15. Types of Shuddhi-Hina, Madhya and Pravara
16. Peyadi Samsarjana Krama and Tarpanadi Kram with their specific indications
17. Complication of Vamana and their management with Ayurveda and modern drugs
18. Pariharya Vishaya
19. Vamana Karmukata (Mode of action).

#### **V. Virechana Karma**

1. Etymology, definition and importance of Virechana Karma
2. Utility of Virechana Karma in health and disease
3. Indications and Contraindications for Virechana
4. Knowledge of Koshta and Agni
5. Classification of Virechana Drugs, General properties of Virechana dravya
6. General knowledge of single and compound Virechana drugs; properties, actions, preparations, preservation with special reference to Trivrutta, Aragvadha, Eranda, Katuki, Jaipal
7. Purva Karma of Virechana: Deepan- Pachana, Abhyantara Snehana and diet
8. Management of 3 gap days-Abhyanga, Svedana & diet
9. Management on Morning of Virechana day
10. Preparation of Virechana Kalpa, Anupana, dose and method of its administration
11. Method of Virechana Karma and management during Virechana Karma & observations
12. Symptoms of Samyak Yoga, Ayoga and Atiyoga of Virechana Karma
13. Post Virechana management
14. Types of Shuddhi-Hina, Madhya and Pravara and accordingly Samsarjana Krama
15. Complications of Virechana and their management with Ayurveda and modern drugs
16. Pariharya Vishaya
17. Virechana Kārmukatā (Mode of action)

#### **VI. Basti Karma**

1. Etymology, definition and importance of Basti as Ardha-Chikitsa
2. Utility of Basti Karma in health and disease
3. Basti Yantra- Putaka & Netra, Detailed study of traditional Basti Yantra and their Doshas  
Knowledge of alternative Basti Yantra-enema can, enema syringe, modified plastic/rubber bag for Putaka, modified plastic netra.
4. Classifications of Basti

5. Karma, Kāla and Yoga Basti schedules along with their utility.
6. **Niruha Basti:** Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications.
  - a. Dose fixation of Niruha Basti according to age
  - b. Contents and Method of preparation of Niruha Basti dravya
  - c. Diet
  - d. Administration of Niruha Basti
  - e. Pratyāgamana Kāla, Post Niruha Basti management
  - f. Samyak Yoga, Ayoga and Atiyoga of Niruha.
  - g. Complication of Niruha Basti and its management according to Ayurved and Modern Medicines
  - h. Pariharya Vishaya and kala
7. **Anuvasana Basti:** Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications.
  - a. Dose fixation of Anuvasan Basti according to age
  - b. Contents and Method of preparation of Anuvasan Basti dravya
  - c. Diet
  - d. Administration of Anuvasan Basti
  - e. Pratyāgamana Kāla, Post Anuvasan Basti management
  - f. Samyak Yoga, Ayoga and Atiyoga of Anuvasana.
  - g. Complication of Anuvasan and its management according to Ayurved and Modern Medicines
  - h. Pariharya Vishaya and kala
8. Basti Kārmukatā (Mode of action).
9. Knowledge of following types of Basti:  
Madhutailika Basti, Erandmuladi Basti, Yāpana Basti, Pichchha Basti, Kshira Basti, Kshara Basti, Vaitarana Basti, Panchaprasutik Basti, Lekhan Basti, Krumighna Basti, Tiktashir Basti, Ardhamātrika Basti
10. **Uttara Basti:** its definition, indications and contraindications, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra
  - a. Preparation of patient,
  - b. Preparation of Trolley for Uttarbasti,
  - c. drug preparation and Fixation of dose,
  - d. method of administration in male and females,
  - e. observations,
  - f. complications and their management

## VII. Nasya

1. Etymology, definition, Significance of Nasya Karma.
2. Classifications and sub-classifications
3. Knowledge of general Dravya used for Nasya Karma, Shirovirechan Gana, Shirovirechanopag dravyas
4. Indications and contraindications of Nasya
5. Time of administration of Nasya
6. Dose fixation of different types of Nasya
7. Diet and regimen before and after Nasya Karma
8. Administration of Marsha, Pratimarsha, Avapeedaka, Dhoomapana and Dhuma Nasya
9. Symptoms of Samyak-yoga of Nasya,

10. Complication of Nasya and their management
11. Parihār Vishaya
12. Nasya Karmukata (mode of action)

### **VIII. Raktamokshana**

1. Definition, importance and Types of Raktamokshana
2. General Principles and rules of Raktamokshana
3. Classification of Raktamokshan
4. General Indication and Contra indication of Raktamokshan
5. **Jalaukavacharana:** Knowledge of different types of Jalauka (Leech) , Indications and contraindications of Jalaukavacharana, various types of Jalauka. Method of Application, Samyak Lakshan, Complication of Jalaukavacharana and their management with Ayurveda and Modern medicines.
6. **Pracchāna:** Indications and contraindications of Pracchana. Method of Application, Samyak Lakshan, Complication of Pracchana and their management with Ayurveda and Modern medicines
7. **Sirāvedha:** Indications and contraindications of Siravedha. Method of Application, Samyak Lakshan, Complication of Siravedha and their management with Ayurveda and Modern medicines
8. Knowledge of emergency management of complications such as water & electrolyte imbalance, shock, bleeding per rectal, hematemesis, epistaxis

### **IX. Physiotherapy**

1. Definition, Utility and Importance of Physiotherapy.
2. Basic Knowledge of Static exercise, Infrared, Short wave diathermy, Electromagnetic therapy, Wax bath therapy, Ultrasonic therapy.

### **PRACTICALS / CLINICAL TRAINING –**

Total Duration of 3 Months posting

OPD (for 1-Month): observation of OPD patients, selection of the patients, observation of OPD base Panchakarma procedures

IPD (Panchakarma) and Panchakarma Unit – Observation of different procedures of Panchakarma, Assistance to the procedure under guidance of Panchakarma specialist

Under clinical posting, each student has to study and write 15-long Cases and 10 short cases in prescribed format

Long case Paper- minimum 1 Vaman , 1 Virechan, 1Niruha & Anuvasan Basti, 1Nasya, 1 Raktamokshan

Short case paper –Minimum one each of Pinda sweda, Shirodhara, Abhyanga, Netra Tarpan, Bahya Basti, Nadi Sweda etc.

### **Distribution of Marks**

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|--------------------------------------|----------|
| 1. Practical Record of 25 procedures | 05 Marks |
| 2. Long Procedure                    | 10 Marks |

3. Long Procedure Viva	05 Marks
4. Short Procedure	08 Marks
5. Viva on Short Procedure	02 Marks
6. General Viva-voce	20 Marks
<b>Total</b>	<b>50 Marks</b>

### Reference Books

1. Charak Samhita with Commentary of Ayurveda Dipika by Chakrapanidatta & Jalpakalpataru by Gangadhara
2. Sushrut Samhita with the Sushruta Nibhandha Samgraha Commentary of Dalhana & Nyayachandrika Panjika of Gayadasa on Nidana Sthana
3. Ashtanga Hridaya with Sarvanga Sundara & Ayurveda Rasayana Commentaries
4. Ashtanga Sangraha with Shashilekha Commentaries
5. Ayurvediya Panchakarma Chikitsa Dr Mukundilal Dwivedi
6. Panchakarma Vigyan Dr Haridas Shreedhar Kasture
7. Illustrated Panchakarma Dr.G Srinivasa Acharya
8. Clinical Panchkarma (English) Dr. P.Yadaiah
9. Prayogika Panchkarma (Hindi) Dr. P. Yadaiah
10. Vivida Vyadhiyome Panchkarma (Hindi) Dr. P. Yadaiah
11. The Panchkarma Treatment of Ayurveda with Kerala Specialtie Dr. T.L. Devaraj
12. Panchkarma Therapy Dr. R.H. Singh
13. Ayurveda-Principles and Panchakarma Practice Dr Mandip R. G. & Prof. Gurdip Singh
14. Principles and Practice of Basti Dr. Vasudevan & Dr. L. Mahadevan
15. Panchakarma Sangraha Dr. Manoj Shamkuwar
16. Essential of Panchakarma Therapy Dr.Pulak Kanti Kaur
17. Principles and Practice of Panchakarma Vaidya Vasant Patil
18. Harrison's Principle of Internal Medicine
19. Guyton's Physiology