

MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI

| 1 | Name of Course | Diploma Course in Panchakarma Therapy (W. E. F. 2015-16) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--|---|--------------------|------------|---------------|-----------------|------------------|------------|---------------------|------------|--------------------|----------|-------------------------------------|----------|------------------|----------|------------|--|--|--|--|--|------|--------------|----------|---------------------------------------|----------|----------------------|----------|----------------------|
| 2 | Course Code | 201419 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | Max.No.of Students Per Batch | 25 Students | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Duration | 2 year | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | Type | Full Time | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | No.Of Days / Week | 6 days | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | No.Of Hours /Days | 7 Hrs | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | Space Required | 1) Theory Class Room – 200 sqft 2) Practical Lab – 500 sqft (250 x 02) 3) Space required for Practical of English, Elective – 1 & Elective - 2 Subject = 1200 Sq.Ft. (400 Sq.ft. x 3) = Total 1900 Sq.Ft. | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | Minimum Entry Qualification | S.S.C. Pass | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | Objective Of Course | -To create skilled Panchakarma Therapist -To Improve Health of Human Society. -To train and educate the society to lead and live a healthy life without fear about diseases. -To create awareness about Panchakarma, nature and culture . | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 | Employment opportunities | Ayurvedic Hospitals,Panchakarma Centres,Health SPA all over india and abroad | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 | Teachers Qualification | BAMS/ MD (Ayu.) / Diploma in Panchakarma with 2 yrs of experience | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13] Teaching Scheme – | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ppr | | Subject Code | Clock Hours / Week | | Total | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | Theory | Practical | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | English (Communication Skill) | 90000001 | 2 Hrs | 1 Hrs | 3 Hrs | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | Elective – I | | 2 Hrs | 1 Hrs | 3 Hrs | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | Elective – II | | 2 Hrs | 1 Hrs | 3 Hrs | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Anatomy, physiology and pathology | 20140004 | 3 Hrs | 8 Hrs | 11 Hrs | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | Basics of Ayurveda | 20140041 | 3 Hrs | 8 Hrs | 11 Hrs | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | Panchakarma | 20140042 | 3 Hrs | 8 Hrs | 11 Hrs | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | | | | | 42 Hrs | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | Internship | Two Month Summer Internship from 1st May to 30th June is Compulsory. | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15] Examination Scheme – Final Examination will be based on syllabus of both years. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ppr | Subject | Sub Code | Theory | | | | Practical | | Total | | | | | | | | | | | | | | | | | | | | | |
| | | | Dur | Max | Min | Duration | Max | Min | Max | Min | | | | | | | | | | | | | | | | | | | | |
| 1 | English (Communication Skill) | 90000001 | 3 Hrs | 70 | 25 | 3 Hrs | 30 | 15 | 100 | 40 | | | | | | | | | | | | | | | | | | | | |
| 2 | Elective – I | | 3 Hrs | 70 | 25 | 3 Hrs | 30 | 15 | 100 | 40 | | | | | | | | | | | | | | | | | | | | |
| 3 | Elective – II | | 3 Hrs | 70 | 25 | 3 Hrs | 30 | 15 | 100 | 40 | | | | | | | | | | | | | | | | | | | | |
| 4 | Anatomy, physiology and pathology | 20140004 | 3 Hrs | 100 | 35 | 3 Hrs | 100 | 50 | 200 | 85 | | | | | | | | | | | | | | | | | | | | |
| 5 | Basics of Ayurveda | 20140041 | 3 Hrs | 100 | 35 | 3 Hrs | 100 | 50 | 200 | 85 | | | | | | | | | | | | | | | | | | | | |
| 6 | Panchakarma | 20140042 | 3 Hrs | 100 | 35 | 3 Hrs | 100 | 50 | 200 | 85 | | | | | | | | | | | | | | | | | | | | |
| Total | | | | | | | | | 900 | 375 | | | | | | | | | | | | | | | | | | | | |
| 16 | Teachers – Three Teachers per batch for vocational component. For English, Elective-I & II guest faculty on clock hour basis. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 | Student have to choose any one subject for Elective-I and Elective-II from below given subjects | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 | a) For Elective I – Student can choose any one subject <table><tr><th>Code</th><th>Subject Name</th></tr><tr><td>90000011</td><td>Applied Mathematics</td></tr><tr><td>90000012</td><td>Business Economics</td></tr><tr><td>90000013</td><td>Physical Biology (Botany & Zoology)</td></tr><tr><td>90000014</td><td>Entrepreneurship</td></tr><tr><td>90000015</td><td>Psychology</td></tr></table> | | | | | Code | Subject Name | 90000011 | Applied Mathematics | 90000012 | Business Economics | 90000013 | Physical Biology (Botany & Zoology) | 90000014 | Entrepreneurship | 90000015 | Psychology | b) For Elective II – Student can choose any one subject <table><tr><th>Code</th><th>Subject Name</th></tr><tr><td>90000021</td><td>Applied Sciences(Physics & Chemistry)</td></tr><tr><td>90000022</td><td>Computer Application</td></tr><tr><td>90000023</td><td>Business Mathematics</td></tr></table> | | | | | Code | Subject Name | 90000021 | Applied Sciences(Physics & Chemistry) | 90000022 | Computer Application | 90000023 | Business Mathematics |
| Code | Subject Name | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 90000011 | Applied Mathematics | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 90000012 | Business Economics | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 90000013 | Physical Biology (Botany & Zoology) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 90000014 | Entrepreneurship | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 90000015 | Psychology | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Code | Subject Name | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 90000021 | Applied Sciences(Physics & Chemistry) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 90000022 | Computer Application | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 90000023 | Business Mathematics | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

THEORY - I - Anatomy, Physiology and Pathology – 1st year

(Subject Code – 20140004)

| Theory | Practical |
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| ANATOMY PHYSIOLOGY Detailed Syllabus I. Basics in Anatomy 1. Introduction to Human Anatomy 2. Cell structure, properties of cell, tissues - epithelial, connective muscular, nervous 3. Digestive System and Hepato Biliary System 4. Respiratory System 5. Cardio vascular System 6. Lymphatic System 7. Bones and Joints 8. Nervous System 9. Endocrine System 10. Sense Organs Eye, ear, skin, nose, tongue 11. Excretory System 12. Reproductive System Basics 1. Introduction to Human Physiology 2. Blood 3. Cardio vascular system 4. Lymphoid System 5. Digestive system 6. Respiratory system 7. Nervous system 8. Endocrine system 9. Excretory System 10. Reproductive system 11. Sense organs | ANATOMY AND PHYSIOLOGY 1. Human Skeleton It includes - 1) Names of the Bones 2) Identification points 3) Surfaces (Skull, scapula, clavicle, humerus, radius, ulna, carpal bones, meta carpal bones, Phalanges. Innominate bone, Femur, patella tibia, fibula, tarsal bones, meta tarsal bones, Phalanges, Ribs-classification, vetebrae pieces, sternum.) 2. Human Organs Brain, Stomach Lungs, Intestines Heart, Kidney Liver, Uterus Spleen, Fallopian tubes 3. Human slides Epithelial Tissue Connective Tissue Muscular Tissue Nervous Tissue Liver Kidney Spleen Pancreas Lymphnodes Skin testes Ovary Uterus Tonsil Stomach layers Small Intestine Large Intestine 4. Blood Pressure Estimation 5. T.P.R. (Temperature, pulse, respiration) Chart 6. TC, DLC, (TC - Total count RBC Total count of WBC DLC differential count of Leucocytes) |

Anatomy, Physiology and Pathology – 2nd year

| Theory | Practical |
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| <p>PATHOLOGY</p> <p>1. Urine - Analysis - Physical Examination - specific gravity PH, reaction, colour</p> <p>Chemical Examination - Sugar Albumin, bile salts, bile Pigments etc.</p> <p>Microscopic Sediment for RBC, WBC, Epithelial cells, casts, crystals, parasites</p> <p>Preparation of Reagents, procedure and principle of tests</p> <p>2. Sputum Analysis - Physical Examination, Preparation and staining</p> <p>smear for Microscopic Examination</p> <p>3. Semen Analysis- Physical Examination Microscopy - counting,</p> <p>motility, staining, Morphology, abnormal and normal forms.</p> <p>4. Body Fluids - Differential count of Peritoneal, pericardial, pleural fluids and CSF, charging chamber, Identifying and counting the cells.</p> <p>3. Haematology -</p> <p>a. Collection of Blood -</p> <p>Methods of collection veinpuncture, finger puncture and vacutainer</p> <p>methods, materials required procedures, precautions, uses of the sample and advantages of each methods. POCT (sample collection at bed side)</p> <p>b. Preparation of anti coagulants -</p> | <p>PATHOLOGY</p> <p>Blood Collection</p> <p>Precaution and smearing techniques and labelling of the sample</p> <p>Preparation of anticoagulants</p> <p>RBC, WBC, & platelet count</p> <p>ESR stands & ESR estimation</p> <p>PCV & calculation of RBC indices</p> <p>Hb estimation by different methods</p> <p>Urine - Physical Examination & Chemical Examination</p> <p>PRACTICAL</p> <p>I. Automatic Tissue Processer</p> <p>Microtome & Knives</p> <p>Centrifuge</p> <p>Hot air oven & Incubator</p> <p>Busm beaker, stop watch</p> <p>Glass Makers</p> <p>Simple balance & colorimeter</p> <p>Water bath - for tissue flotation</p> <p>Knowledge</p> <p>Maintenance & cleaning</p> <p>Care about tissue equipment</p> <p>II. Maintenance & preservation of</p> <p>Cytology slides</p> <p>M.P. blocks & slides</p> <p>Histopathology specimens and process</p> |

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| <p>Double oxalate, sodium citrate, EDTA, Heparin, action of each</p> <p>preparation, uses disadvantages, quantity required.</p> <p>c. RBC, WBC Count :</p> <p>Methods (Microdilution and bulk dilution)</p> <p>Materials required, diluting fluids, preparation, procedures, advantages of each methods,</p> <p>precautions, formula for calculation and clinical significance.</p> <p>d. Platelet count :</p> <p>Morphology and functions of platelets diluting fluids, procedure,</p> <p>formula for calculation and clinical significances</p> <p>e. Reticulocyte Count :</p> <p>Methods (dry & wet) staining, diluting fluids, normal Morphology</p> <p>and values, clinical significance.</p> <p>f. Haemoglobin Estimation -</p> <p>Materials, procedure, of Tallquist, sahli's, Alkali haemoglobin, cyanmeth</p> <p>haemoglobin and S.G. method, advantages and disadvantages and</p> <p>clinical significance</p> <p>g. Estimation of PCV -</p> <p>Macro & Micro Method, procedure filling the tube, centrifuging and</p> <p>reading, advantages of each - normal values and clinical</p> <p>significance</p> <p>Estimation of Erythrocyte indices - calculation and importance</p> | <p>Preparation of form section material</p> <p>III. Glass ware</p> <p>Microslides & cover slips</p> <p>Sample collection bottles</p> <p>Micropathology</p> <p>Cytology.</p> <p>IV. Immuno Haematology & blood banking</p> <p>ABO blood grouping techniques</p> <p>RH Factor</p> <p>Coombs test - Direct & indirect methods</p> <p>34</p> <p>V. Histopathology</p> <p>1. Fixation of biopsy tissue</p> <p>2. Processing of tissue</p> <p>Fixation</p> <p>Dehydration</p> <p>Clearing</p> <p>Impregnation</p> <p>Mounting</p> <p>Decalcification</p> <p>3. Mounting of museum specimens</p> <p>VI. Cytology</p> <p>Fixations used</p> <p>Fluid preparation for cytological exam</p> <p>Slide preparation and staining</p> <p>Pap staining</p> <p>Mounting and preservation</p> <p>VII. Sick Cell Preparation</p> |
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| <p>MCV, MCH, MCHC, RDW, color index.</p> <p>h. ESR -</p> <p>Methods used, procedure, stages, factors affecting and clinical significance</p> <p>I. Preparation of Blood smear examination -</p> <p>Making ideal films - slide method, cover glass method and staining,</p> <p>Morphology of RBC, WBC, Platelets and Haemop araasites.</p> <p>Differential Leucocyte Count - counting and identification of cells</p> <p>- Normal values, Morphology, procedure for smears and staining</p> <p>clinical significance and limitation.</p> <p>Absolute Eosinophil count - Materials, diluting fluid, procedure,</p> <p>identifying and counting the cells.</p> <p>II. Special stains on peripheral blood smear and bonemarrow smears-</p> <p>Ramanoskys stains, Leishman, Gemsia, wrights, Mycloperoxidase</p> <p>stain, PAS (Periodic Acid Schiff) - Preparation, method and</p> <p>selection of stain, Buffer Solution.</p> <p>Bone Marrow Smear - Preparing smears, cuithont crush artefacts</p> <p>staining and clinical significane.</p> <p>III. Identification of Hemoparasites - Malarial Parasite, Microfilaria,</p> <p>Leishman making thick and thin films procedure and identification</p> <p>of parasite.</p> <p>IV. Sickle Cell Preparation - Principle,</p> | <p>VIII. Bone Marrow Smears Preparation & Staining</p> <p>IX. Cougulation Test, BT, CT.</p> |
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| <p>procedure and Methods,</p> <p>Materials, clinical significance</p> <p>V. Osmotic fragility test - Methods used, materials procedure,</p> <p>observation reporting, normal values, factors affecting,</p> <p>interpretation.</p> <p>VI. Coagulation Tests</p> <p>a) Bleeding time - methods, dukes, Ivy's procedure Normal value,</p> <p>clinical significance</p> <p>b) Cloting time - methods, Lee & White, procedure materials,</p> <p>normal values, factors affecting coagulation clinical significance</p> <p>c) Prothrombin time (PT)</p> <p>d) APTT - in Detail</p> <p>VII. L.E. cell Test - Principle, procedure, materials reproting, clinical</p> <p>significance and titration.</p> <p>Buffy coat preparation - LE Cell Test, Microfilaria Abnormal cells.</p> <p>VIII. Basics of coulter counter</p> <p>IX. Autopsy - Aims & methods of performing Autopsy cleaning,</p> <p>suturing and retaning the body. Cleaning autopsy instruments,</p> <p>tables and rooms, preservation of organs.</p> <p>Processing and preparation of Histopathology.</p> <p>X. Histopathology -</p> <p>1) Biopsy</p> <p>2) Processing of tissue</p> <p>a) Fixation</p> | |
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| b) Dehydration c) Clearing d) Impregnation e) Mounting f) Decalcification of Bone g) Routine Paraffin staining h) Immuno histochemists 3. Microtomes and Knives XI. Museum Techniques Labelling & storage of specimens Methods of color maintenance Presentation of specimen Mounting labelling and cataloging the specimen Maintenance and cleanliness of the Museum Disposal of waste, safety in the lab XII. Immuno Haematology and Blood Banking i) Introduction 2) Human blood group antigens, their inheritance and antihodies 3) ABO Blood group systems 4) RH Blood group system 5) Techniques of grouping and cross matching 6) Blood collection, Preservation and maintaining of Records 7) Coombs Test - a) direct b) indirect | |
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Theory - II - BASICS OF AYURVEDA - 1st Year

(Subject Code – 20140041)

Definition - Ayurveda, History of Ayurveda, four goals of life origin of Ayurveda, The eight branches of ayurveda, The Brihatrayees and Laghutryees, Panchbhuta tattva, Tridosha- Vata, Pitta & Kapha- Qualities. Actions formation sthana (Place) in the body based on day & night, age. Dosh, Dhātu, Mala Siddhant, sapta dhatus Rasa Rakta Mamsa Medas, Asti Majja sukra & sronita their formation, functions.

Trimalas - Purisha, Mutra, Seda - Formation and Functions.

Agnis - Sapta dhatnagni, Panchabhutagni, Jataragni. Definition of health. Concept of Ama, Prakruti, Koshtha

Vegas (Urges)- 13 Types pf Vegas- Vegas to be controlled - Vegas to be not controlled.

Definition of diseases, Synonyms of Roga.

Classification of diseases- Sadhya, Asadhya.

Classification of diseases based on tridoshas, Vata - 80, Pitta- 40, Kapha- 20.

Basic principles of Yoga & Pranayam

Theory - II - BASICS OF AYURVEDA - 2nd Year

1) Introduction of doshas –

A) Vata dosha-Swaroop, guna, karma, Vriddhi kshaya lakshanas.

Applied aspect of Vata dosha in respect to panchakarma procedures like shehan, swedan, basti & raktamokshan etc.

B) Pitta dosha – Swaroop, guna, karma, vriddhi kshaya lakshanas .

Applied aspect of pitta dosha in relation to panchakarma procedures like snehan, swedan, virechan & raktamokshan etc.

C) Kapha dosha – swaroop, guna, karma, vriddhi kshaya lakshanas .

Applied aspect of kapha dosha in relation to panchakarma procedures like snehan, swedan, vaman, virechan, nasya, Raktamokshan, shirodhara etc.

2) Introduction of dhatus – functions & vriddhi kshaya lakshanas & their relation with panchakarma

3) Introduction of Malas- sites, functions, vriddhi kshaya lakshanas .

i) Purisha –sites, functions, vriddhi kshaya lakshanas. Applied aspect in relation to basti, virechan & upakalpanas of panchakarma

ii) Mutra –sites, functions, vriddhi kshaya lakshanas . Applied aspect in relation to uttarbasti and upakalpanas of panchakarma .

iii) Sweda- sites, functions, vriddhi kshaya lakshanas. Applied aspect in relation to snehan, swedan, udvartana

Realation of panchakarma to shodhana. Indication and contraindication of shodhana importance and application of poorvakarma in panchakarma

Definition of sharir kriya & its importance in panchakarma.

Shadkriyakalas, Rogi pareeksha - Trividha pareeksha- DARS'ana, Spars'ana & Pras'ana, Ashta sthana pareedsha

The diseases Causative factors, signs & synotoms, classifications, sadhya- asadhya- in a compact format.

Aknowledge on - Rasa, Guna karma virya vipaka and prabhava of herbs and other resources.

PRACTICAL - II - BASICS OF AYURVEDA (1st & 2nd Year)

(Marks – 100)

- Introduction with Purvakarma :-
 - Practical demonstration of Purvakarma Procedures.
 - Snehan – Sarvadehik snehan, Sthanik snehan (Each 25 patients)
 - Swedan – Kuti sweda, Nadi sweda, Avagaha sweda, Pottali sweda (Each 25 patients)
 - Akshitarpan (Each 15 patients)
 - Shirodhara (Each 20 patients)
 - Shirobasti (Each 10 patients)
 - Katibasti (Each 15 patients)
 - Janubasti (Each 20 patients)
 - Manyabasti (Each 15 patients)
 - Kavalldharan (Each 15 patients)
 - Gandush (Each 15 patients)
 - Dhumpan (Each 15 patients)
 - Preparation of vaman & Basti Dravyas
 - Preparation of manda, Peya, vilepi, Yusha, Mansrasa
 - Student should be very expert in giving Purvakarma treatments for patients.
 - Practical record book.

Theory - III - Panchakarma - 1st Year

(Subject Code – 20140042)

GENERAL INTRODUCTION TO CHIKITSA- a) Samsodhana. b) Samsamana

SIX TYPES OF CLASSICAL THERAPY (SHADUPAKRAMAS)-

1. Langhana, 2. Brimhana, 3. Rokshana, 4. Snehana, 5. Swedana, 6. Stambana

THE CLASSICAL AYURVEDIYA PANCHAKARMA - the stages of panchakarma treatment -

a) purva karma, b) pradhana karma and c) paschat karma.

Applied aspect of Kriya Sharir before & after panchakarma procedures like

Blood pressure

TPR recording

Agni Parikshan

Koshtha Parikshan etc.

Introduction to Bhaishajya Kalpana – Tail Nirman Vidhi, Kalka, Kwatha etc Nirman Vidhi

Related to panchakarma

Poorvakarma Pachan, deepan, snehana, swedana.

Role of poorva karma in Panchakarma

Pachan - Definition & Drugs.

Deepan, - Definition & Drugs

Snehana: Definition ,types Indication and contraindication of snehana.. modern aspects of massage therapy and its pathophysiological action on human body.Different kind of massage therapy like swedish massage, stone massage etc.

Principle of massage therapy direction, pressure, speed, style etc.

- A. Different type of massage – age wise, prakriti wise, organ wise-head, face, body, joint etc.
- B. Abhyanga, Lepa, udvartan, mardan, padaghata, dhara .
- C. Identification of herbs used in snehana & swedana.

Modern aspects of massage therapy and its pathophysiological action on human body.Different kind of massage therapy like swedish massage, stone massage etc

Swedana:Definition ,Classification – sagni & Anagni, Indications, contra- indications, procedure of swedana, observations of the patient- a) Samyak sweda, b) Asamyak sweda, c) Ati sweda, post swedana regimen, mode of action of sweda.

Theory - III - Panchakarma - 2nd Year

Definition ,types of panchakarma,

Classification according to kaya chikitsa & shalya.

Indication and contraindication of vaman , Virechan. Method and knowledge about symptom of proper and improper applications.

Vaman karma:Introduction, pharmacodynamic properties of vamaka dravyas, indications, contra- indications, procedure of vamana, pathya – apathya, samyak vamana, asamyak vamana, ati vamana sam sarjana karma.

Virechan Karma: Introduction, Virechana drugs, indications of virch, Ana, contra- indications procedure of virechana, general precautions, samyak virechana, asamyak virechana, ati-virechana, virechana vyapada.

Basti karma:Introduction ,Definition and types of Basti, Indication and contraindication of Asthapana, Anuvasana Basti ,Method of Basti administration and instrument used . Method of preparation of Basti . Advantages and disadvantages of different Basti./ symptom of improper Basti ,Post basti regimen, Basti Vypad

Nasya karma:Definition of Nasya Indication and contraindication of Nasya karma . Its classification and practical Knowledge of application with instrument. Symptom of samyaka(Adequate) , Ayoga (Inadequate) and Atiyoga(excessive) of Nasya complication of Nasya .

Raktamokshan :Introduction Classification ,Definition of raktamokshan, Features of normal rakta, Functions of rakta, Indications of raktamokshana, Contra- mokshana, Jalauka avacharana, Sira- Vyadha.Indications contra – indications, Samyak, Sira- Vyadha, Asamyak sira- Vyadha, Ati sira- Vyadha, Rakta stambana, Post – Rakta mikshana regimen, Prachana, Alabu, Ghati- Yantra.

Keralian panchakarma procedures-

Its five components, Dhara, Kaya seka, Pinda- Sweda, Pizichil, Anna lepa, navrakizi ,Shirovasti, Shirodhara,Udvartanam, Siro lepa - Introduction, Comparison of classical Ayurveda panchakarma & Keraliya Panchakarma

Ahar –Aushadhi Kalpana

Principles & Practical knowledge of preparation of Ahar & Aushadhi kalpana , samsarjana karma, ahar kalpana like manda peya vilepi etc Aushadhi kalpana like swaras, kwath,him etc.

Practical - III - Panchakarma - (1st & 2nd Year)

- Spotting of Anatomical specimens & Models
- Identification of Ayurvedic plants (Dry & Wet)
- Experience of handling patients undergoing purvakarma,Pradhankarma,Paschatkarma procedures.Practical knowledge & experience of all karmas both classical & traditional techniques
- Practical involves working and acting on the body with pressure – structured, unstructured, stationary, or moving – tension, motion, or vibration, done manually or with mechanical aids.
- Application of Massage:It can be applied with the hands, fingers, elbows, knees, forearm, feet, or a massage device.
- The candidate will be asked for demonstration of any one type of Panchakarma procedure
- Introduction with Pradhankarma
 - Practical demonstration of Pradhankarma practicals.
- Vamana-(abhyantar snehapan for 5/7 days, Bahya snehan swedan purvak vaman in 10 patients)
 - Virechan-(abhyantar snehapan for 5/7 days, Bahya snehan swedan purvak virechan in 10 patients)
 - Basti – Bruhan basti,Lekhan basti, anuvasan basti, niruha basti in 20 patients
 - Nasya- marsha,pratimarsha,Avapidan nasya in 20 patients
 - Raktamokshan – 1. Sarvadehik 2.Sthanik raktamokshan
 - a) Siravedha
 - b) Jalaukavacharan 10 patients each
- Introduction with Paschatkarma :-
 - Importance of Paschatkarma.
 - Student should be very expert in giving Pradhankarma treatments for patients.
 - Practical record book.

Instruments And Equipments Required to be Available In Institute

| Sr..No. | Name of Items | Required Quantity |
|---------|--|--------------------|
| 1 | Chair / desk | For 25 student |
| 2 | Chalks or white board marker and Duster. | As per requirement |
| 3 | Watch. Scale. | As per requirement |
| 4 | Subject Books or notes. | As per requirement |
| 5 | Table and chair for each class room. | As per requirement |
| 6 | Charts of concerned subjects. | As per requirement |
| 7 | Notice Board for information for the students. | As per requirement |
| 8 | Human Skeleton. | 1 |
| 9 | Panchakarma massage table measuring 6'x4' | 2 |
| 10 | Shirodhara Patra with stand | 2 |
| 11 | Swedan peti | 2 |
| 12 | Shirovasti belt | 2 |
| 13 | Janubasti & katibasti yantra | 4 |
| 14 | Vaman Patra | 2 |
| 15 | Nasya Applicator | 10 |
| 16 | Basti Pot with 60 ml syringe | 10 |
| 17 | Cup board. | 3 |
| 18 | Weight Machine. | 1 |
| 19 | Blood Pressure Machine | 3 |
| 20 | Arrangement for Drinking water. | As per requirement |
| 21 | Watch | 2 |
| 22 | Stethoscope | 5 |
| 23 | Toilet arrangement for students. | As per requirement |

Reference books

- 1.Panchakarma vidnyan-Vd.Y.G.Joshi
- 2.Pratyakshik Panchakarma Chikitsa-Dr.Gopalkrishna Vyaghralkar
- 3.Gray's Anatomy
- 4.Anatomy, Physiology, health education- Dr. N. Murugesh.
- 5.Dr.Kasture
