

21. PANCHKARMA

Theory 400 Marks (100 each)
Practical and Viva Voce- 100 Marks

PAPER-I

100 Marks

PURVA KARMA-SNEHANA AND SVEDANA

Part -A

INTRODUCTION:

1. Detail knowledge of Shadupakram and relation of Shodhan with it
2. Panchkarma in Ashtanga Ayurved and Significance of Shodhana
3. Ama and Shodhana, benefits of Shodhana, Samikshya Bhavas in Shodhana,
4. Importance of Pachana prior to Snehana, methods, drugs, duration and dose for Pachana, samyak Lakshana of Pachana

SNEHANA:

1. Etymology and definition of Sneha and Snehana
2. General considerations about Snehana
3. Classifications of Sneha, Sneha-Yoni, detailed knowledge of four types main Sneha- Ghrita, Taila, Vasa and Majja with their characteristics, importance and utility, various aspects of Uttama Sneha
4. Properties of Snehana Dravya and their interpretation
5. Effects of Snehana
6. Sneha Kalpana, various types of Sneha Paka with their utility
7. Indications and contraindications of Snehana
8. Classification of Snehana: Bahya and Abhyantara Snehana
9. Bahya Snehana and Bahir-Parimarjana, utility and importance of Bahya Snehana
10. Classification of Bahya Snehana Methods, indications, contraindications, specific utility of the followings Abhyanga, Mardana, unmardana, Padaghata, Samvahana, Udvartana/Utsadana, Udgharshana, Avagaha, Pariseka, Lepa, Pralepa, upadeha etc various types of lepa having cosmetic values along with the drugs and methods; Ayurveda face pack; lepa for cosmetic problems such as tilakalak, neelika, nyaccha, mukha dushika etc with drugs and methods. Gandusha, Kavala; Karna and Nasa Purna, Akshi Tarpana; Murdhni Taila: Shiro-abhyanga, Shirodhara, Siro Pichu and Siro Basti, Shiro Lepa (Talapotichil), Talam and Takradhara, etc.
11. Knowledge of digestion and metabolism of fat: absorption of fatty substances through skin; types of skin like dry, moist etc and their Ayurvedic management.
12. Karmukata of Abhyantara and Bahya Snehan
13. Knowledge of different contemporary massage techniques
14. Abhyantara Snehana: Definition of Brimhnartha, Shamanartha and Shodhanartha, method and utility of Brimhanartha and shamanartha Snehana; difference between Shamanartha and Shodhanartha Snehana
15. Methods of Abhyantara Snehana
16. Shodhanartha Snehana: Acchapana and Vicharana, Utility and various methods of Sadyasnehana, Avapidaka Sneha
17. Matra of Sneha : Hrasiyasi, Hrasva, Madhyama and Uttama Matra with their indications, specific utility of Ghrita, taila, Vasa and majja; Anupana of Sneha along with justification and their role in the drug action.
18. Need and method of Rukshana before performing Snehana in specific conditions and Samyak Rukshana Lakshana
19. Shodhananga Snehana Vidhi and methods of fixation of dose

20. Diet and Pathya during Snehana
21. Observation of sneha Jiryamana, Jirna and Ajirna Lakshana
22. Samyak, Asnigdha and Atisnigdha Lakshana of Snehana
23. Sneha vyapat and their management
24. Pariharya vishaya and Parihara Kala

Part -B

SVEDANA:

1. Etymology and definition of Svedana
2. General considerations about Svedana
3. Properties of Svedana and Svedopaga Dravya
4. Indications and contraindications of Svedana
5. Various Classifications of Sveda and Svedana
6. Detailed knowledge of four types of Sveda of Sushruta with their utility.
7. Hina, Mridu, Madhya and Mahana Sveda; Ekanga and Sarvanga sveda with their utility
8. Utility and method of each of 13 types of Saagni and 10 types of Niragni Sveda
9. Shodhananga and Samshamaniya Sveda
10. Methods to protect the vital organs (varjya anga) during Svedan Procedure
11. Detailed Knowledge about Utility of below mentioned Svedan procedures:- Patrapinda Sveda, Shashtika Shalipinda Sveda, Churna Pinda Sveda, Jambira Pinda Sveda, Dhanya Pinda Sveda, Kukkutanda Sveda, Anna lepa, Valuka Sveda, Ishtika Sveda, Nadi Sveda, Bashpa Sveda, Kshira bashpa Sveda, Avagaha Sveda, Parisheka Sveda, Pizichil, Dhanyamla Dhara, Kashaya Dhara, Kshira Dhara and Upanaha Sveda etc .
12. Avasthanusari Svedana in various disorders
13. Samyak, Ayoga and Atiyoga Lakshana; Sveda Vyapat and their management
14. Diet and regimens during and after Svedana
15. Karmukata of Svedana; kleda and sveda; pathophysiology of sweat and sebum; fat metabolism and skin and its appendages; secretory and excretory function of skin; skin as sparshanendriya; various types of nerve endings in skin; effects of stimulation by touch, friction pressure and temperature etc.
16. Current sudation modalities like Sauna bath, Steam Bath, Infrared, etc. along with their effects and mode of action, role of snehana and svedana in promotion of skin health.
17. Svedana with Kati Basti, Janu Basti and Griva Basti etc along with karmukata.
18. Study of Snehana and Svedana related portions in classics with commentaries

PAPER – II

100 Marks

VAMANA AND VIRECHANA KARMA

Part -A

VAMANA KARMA:

50 Marks

1. Etymology, definition and general considerations of vamana
2. Properties of Vamaka and Vamanopaga drugs
3. Knowledge and utility of important Vamaka drugs and their preparations (Vamana Yoga)
4. Avasthanusara Vamana and its utility.
5. Indications of Vamana
6. Contraindications of Vamana with reasons
7. Pachana prior to Snehana
8. Detailed knowledge and method of preparation of patient with Snehana
9. Abhyanga and Svedana as Purvakarma of Vamana
10. Diet and management of gap day
11. Need of increasing of Kapha for proper Vamana, Kapha increasing diet
12. Preparation and management of Patients on the morning of Vamana

13. Administration of food articles prior to Vamana
14. Selection of Drug and time of administration; Anupana, Sahapana, dose and method of administration of Vamana and Vamanopaga preparations
15. Method of Vamana Karma, waiting period for Sva-Vamana Vega and manipulation in its absence
16. Observations prior to beginning of Vamana such as sweat on forehead, horripilation, fullness of stomach and nausea along with its phramaco-dynamics.
17. Observation; and assistance to the patient during Vamana
18. Vega and Upavega of Vamana and its counting, observations and preservation of vomitus matter and its weighing
19. Samyak, Ayoga and Atiyoga of Vamana
20. Laingiki, Vaigiki, Manaki and Antiki Shuddhi,
21. Hina, Madhya and Pravara Shuddhi and Samsajana Krama accordingly
22. Detail knowledge of methods of Samsarjana Krama and its importance
23. Kavala and Dhumapana after vamana
24. Management of Ayoga, Atiyoga and Vyapat of Vamana with Ayurveda and modern drugs
25. Parihara Vishaya and Kala for Vamana
26. Vamana Karmukata with Pharmacodynamics of Vamana
27. Study of Vamana related portions in classics with commentaries
28. Recent advances of researches on the effect of Vamana
29. Scope of research in vamana.
30. Role of Vamana in promotion of health, prevention and treatment of diseases

Part -B

VIRECHANA KARMA:

1. Etymology, definition and general considerations of Virechana.
2. Importance of Vamana and Virechana as shodhana, Virechana better than Vamana.
3. Necessity of Vamana prior to Virechana.
4. Preparation of patients for Virechana after Vamana.
5. Preparation of patients directly for Virechana.
6. Properties of main Virechaka and Virechanopaga drugs, Classifications of Virechana drugs with definition, example and utility of each type.
7. Indications of virechana Karma.
8. Contraindications of Virechana with reasons.
9. Utility of Virechana for the specific conditions and stages of the diseases.
10. Internal Snehana for Virechana with diet.
11. Management of 3 gap days and importance of low Kapha for proper Virechana.
12. Abhyanga and Svedana as Purvakarma of Virechana.
13. Preparation and Management of Patients on the morning of Virechana.
14. Reason for performing Virechana on empty stomach.
15. Selection of virechana Drug and time of administration; Anupana, sahapana and method of administration of Virechana and Virechanopaga preparations
16. Method of performing of Virechana Karma.
17. Observations during Virechana, Vega and Upavega of Virechana and its counting, observations and preservation of faeces and its weighing.
18. Samyak, Ayoga and Atiyoga of Virechana.
19. Laingiki, Vaigiki, Manaki and Antiki Shuddhi of Virechana.
20. Hina, Madhya and Pravara Shuddhi and Samsarjana Krama accordingly.

21. Detail knowledge of methods of Samsarjana Krama and its importance, and Tarpana krama and its importance.
22. Management of Ayoga, Atiyoga and Vyapat of Virechana with Ayurveda and modern drugs.
23. Parihara Vishaya and Kala for Virechana.
24. Virechana Karmukata along with its Pharmacodynamics.
25. Applied anatomy and physiology of Gastrointestinal system related with Vamana and Virechana.
26. Study of Virechana related portions in classics with commentaries.
27. Recent advances of researches on the effect of Virechana.
28. Scope of research in Virechana.
29. Role of virechana in promotion of health, prevention and treatment of diseases.

PAPER – III

100 Marks

BASTI KARMA AND NASYA KARMA

Part -A

BASTI KARMA:

1. Etymology, definition and general considerations of Basti
2. Importance of Basti in Kayachikitsa and other branches of Ayurveda
3. Classifications of Basti and Basti drugs
4. Drugs useful in Basti
5. Indications of Basti, its role at the various stages of diseases
6. Contraindications of Basti with reasons
7. Description of Basti yantras, Basti netra and Basti putaka and their Doshas. Modified Basti Yantra, their merits and demerits
8. Dose schedules of Niruha and Anuvasana basti

9. NIRUHA BASTI

- Etymology, synonyms, definition and classifications and subclassifications of Niruha Basti and detailed knowledge of each type of Niruha Basti along with indications and contraindications and benefits.
- Contents of various types of Niruha Basti, their proportions, methods of mixing basti Dravya, Niruha vasti and its relation with other shodhan therapies: Relation of niruha vasti with anuvasana vasti.
- Purvakarma for Niruha Basti; Pathya before, during and after Niruha Basti; all the aspects of administration of various Niruha Basti. Method of preparation of various Niruha vasti dravya; rationale behind use of various ingredients, sequential mixing and position of patient.
- Observations during and after Niruha Basti.
- Basti Pratyagamana, Samyakyoga, Ayoga and Atiyoga Lakshana and Various Vyapat of Niruha Basti and their management according to Ayurved and Modern Systems of Medicines. Management during and after Niruha Basti.
- Pariharya vishaya and pariharakala.

10. Anuvasana Basti

- Etymology, synonyms, definition and classifications of Anuvasana Basti and detailed knowledge of each type of Anuvasana Basti along with indications and contraindications and benefits Various types of Ghrita and Taila useful in Anuvasana Basti; Anuvasana Basti with Vasa and Majja along with their merits and demerits.
- Relation of Virechana, Shodhana, Niruha Basti, Snehana with Anuvasana Basti

- Purvakarma for Anuvasana Basti; Pathya before, during and after Anuvasana Basti; all the aspects of administration of Anuvasana Basti including Kala.
- Observations during and after Anuvasana Basti
- Anuvasana Basti Pratyagamana, Samyakyoga, Ayoga and Atiyoga Lakshana and Various Vyapat of Anuvasana Basti and their management.
- Management during and after Anuvasana Basti
- Pariharya vishaya, Pathya and pariharakala for Anuvasana.

11. Various combined basti schedules such as Karma, Kala, yoga Basti etc.
12. Detailed knowledge of sneha basti and Matra Basti.
13. Detailed Knowledge of different basti formulations like Piccha Basti, Kshira Basti, Yapana Basti, Madhutailika Basti, Erandamuladi Niruha Basti, Panchaprasrutika Basti, Kshara Basti, Vaitarana Basti, Krimighna Basti, Lekhana Basti, Vrishya Basti, Manjishtadi Niruha Basti, Dashamula Basti, Ardhamatrika Basti, Sarva rogahara Niruha Basti, Brimhana Basti, Vataghna Basti, Pittaghna Basti and Kaphaghna Basti etc, and their practical utility.
14. Karmukata of Basti. Applied anatomy and physiology of colon, Pharmaco-dynamics of Basti.
15. Concept of 'Gut Brain' and its relevance to Basti Therapy.
16. Study of relevant portions of Basti in classics with commentaries.
17. Recent advances of researches on the effect of Basti.
18. Scope of research in Basti.
19. Role of Basti in promotion of health, prevention and treatment of diseases

Part -B

UTTARA BASTI:

1. Definition and Classification of Uttara Basti, its Netra and Putaka. Dose of Uttara Basti Sneha and Kashaya Basti. Different Uttara Basti Kalpanas in various diseases
2. Detailed knowledge of Purvakarma and Administration of Uttara Basti in male and female; precautions, aseptic measures, complications and their management
3. Karmukata of Uttara Basti. Applied anatomy and physiology of urethra and related female genitalia, Pharmaco-dynamics of Uttara Basti.

NASYA KARMA:

1. Etymology, synonyms, importance and definition of Nasya
2. Nasya drugs according to various Samhita
3. Classifications and sub-classifications of Nasya with detailed knowledge of each type
4. Indications and contraindications of each type of Nasya with reasons
5. Drugs useful for Nasya with Dose and methods of preparations and their doses
6. Nasya Kala and Pathya before, during and after Nasya; Duration of different Nasyas
7. Purvakarma of each type of Nasya
8. Detailed knowledge of administration of each type of Nasya with management during and after Nasya.
9. Detailed knowledge of common Nasya formulations such as Shadbindu Taila, Anu taila, Kshirabala Taila, Karpasastyadi Taila, Bramhi Ghrita etc.
10. Samyak yoga, Ayoga and Atiyoga of each types of Nasya, its Vyapat and their management

11. Pashchat Karma; Role of Dhumapana, Kavala after Nasya,
12. Diet and Pathya before, during and after Nasya Karma
13. Pariharya vishaya, Parihara Kala,
14. Nasya Karmukata, Applied anatomy and physiology related to Nasa hi Siraso Dvaram, blood and nerve supply to nose, Shringataka marma, olfactory nerve and centers, aroma therapy, trans nasal administration of drug, recent advances in nasal drug delivery
15. Study of relevant portion in classics with commentaries
16. Recent advances of researches on the effect of Nasya
17. Scope of research in Nasya.
18. Role of Nasya in promotion of health, prevention and treatment of diseases

PAPER – IV

100 Marks

RAKTAMOKSHANA, PHYSIOTHERAPY AND DISEASE WISE PANCHAKARMA

Part -A

RAKTAMOKSHANA:

1. Definition, importance, classifications and detailed knowledge of each type of Raktamokshana with their methods of performance
2. General principles, indications, contraindications of Raktamokshana
3. Detailed knowledge of Jalaukavacharana: Indications and contraindications of Jalaukavacharana, various types of Jalauka with their beneficial and harmful effects.
4. Purvakarma and method of Jalaukavacharana, observations and Pathya before, during and after Jalaukavacharana
5. Management during and after Jalaukavacharana
6. Symptoms of Samyak, Ayoga , Atiyoga and Vyapat of Raktamokshana and their management with Ayurveda and Modern medicines.
7. Pariharya vishaya and Parihara kala
8. Karmukata of different types of Raktamokshana

Clinical Physical Medicine

1. Definition and terminology of clinical physical medicine.
2. Biomechanics of human movements; Physiology of exercise
3. Treatment modalities used in Physical Medicine- general properties and detailed clinical use of each
 - a. Heat – general physiological properties and mode of action as a treatment agent, Forms of heat therapy – superficial and deep heating. General knowledge of Infrared, Paraffin Wax bath, short wave diathermy, electro magnetic therapy, ultra sound therapy, convection heating devices,
 - b. Cold as a therapeutic agent
 - c. Prescription of physical modalities and their applications in medicine.
4. Clinical use of massage, manipulation, stretching
5. Principles of occupational therapy, training in activities of daily living for rehabilitation, self-help devices (walking aids, wheelchairs, tricycles & modified vehicles), instrumental activities of daily living,
6. Physiotherapy exercises for Paralytical disorders, cervical spondylosis, frozen shoulder and slip disc.

Part -B

DISEASE-WISE PANCHAKARMA

1. Role of Panchakarma in different Stages of the diseases mentioned in Ayurveda particularly in followings:
"Jvara, Raktapitta, Madhumeha, Kushtha, Shvitra, Unmada, Apasmara, Shotha, Plihodara, Yakridaluodara, jalodara,, Arsha, Grahani, Kasa,Tamaka Shwasa, Vatarakta, Vatavyadhi, Amlapitta, Parinama Shula, Ardhavabhedaka, Ananta Vata,, Amavata, Sheetapitta, Shleepada, Mutrakruchchra, Mutrashmari, Mutraghata, Hrudroga, Pinasa, Drushtimandya, Pandu, Kamala, Sthaulya, Krimi, Madatyaya, Moorchcha, Padadari, Mukhadushika, Khalitya, Palitya etc."
2. Use of Various Panchakarma procedures in the following disorders -
Migraine, Parkinson's Disease, trigeminal neuralgia, Bell's palsy, cerebral palsy, Muscular dystrophy, hemiplegia, paraplegia, Lumbar Disc disorders, Spondylolisthesis, Ankylosing spondylosis, Carpel Tunnel Syndrome, Calcaneal Spur, Plantar fasciitis, GB syndrome, Alzhiemer's disease, Irritable Bowel Syndrome, ulcerative colitis, psoriasis, hypothyroidism, hyperthyroidism, hypertension, allergic rhinitis, Eczema, diabetes mellitus, Chronic obstructive pulmonary Disease, Insomnia, Rheumatoid Arthritis, Gout, Osteoarthritis, multiple sclerosis, SLE, male & female infertility, cirrhosis of liver, Jaundice, General Anxiety Disorders.

Practical and viva-voce:

100 Marks

1. Case presentation along with justification of Shodhana intervention - 30 Marks
2. Preparation and execution of shodhana therapy - 30 Marks
3. Viva - 30 Marks
4. Lecture/Presentation on a given topic - 10 Marks

Reference Books:

- 1 Charak Samhita with commentary of Ayurved Dipika by Agnivesha
Chakrapanidatta and Jalpakalpa taruby Gangadhara
- 2 Sushruta Samhita with the Nibhandha Samgraha commentary Sushruta
of Dalhana and Nyayachandrika panjika of Gayadasa on
nidansthana
- 3 Ashtang Hridaya with Sarvanga sundara and Ayurved rasayana Vagbhata
commentaries
Ashtanga Sangraha with Shashilekha commentery Vagbhata
Bhela Samhita
Kashyapa Samhita
Bhavaprakasha of Bhavamishra
Sharangadhara Samhita
Vangasen
Gadanigraha
- 4 Ayurvediya Panchkarma chikitsa Dr Mukundilal
Dwivedi
- 5 Panchkarma Vigyan Dr Haridas
Shreedhar Kasture
- 6 Illustrated Panchkarma Dr.G Srinivasa
Acharya

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| 7 | Ayurveda-Principles and Practice of Panchakarma | Dr. Mandip and
Dr Gurdip Singh |
| 8 | The Panchkarma Treatment of Ayurved with Kerala Specialities | Dr. T.L. Devaraj |
| 9 | Panchkarma Therapy | Dr. R.H. Singh |
| 10 | Principles and practice of vasti | Dr. Vasudevan
Nampoothiri and
Dr. L. Mahadevan |
| 11 | Claiton's Physiotherapy | |
| 12 | Teddy's Physiotherapy | |
| 13 | Harrison's Principles of Internal Medicine | |
| 14 | Guyton's Physiology | |

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