

# **SYLLABUS OF DIPLOMA IN PANCHKARMA TECHNICIAN**

## **First Year**

- i. Ayurveda Parichaya Evam Swasthvritta
- ii. Sharira
- iii. Dravya Guna, Bhaishajya kalpna & Pathyapathya
- iv. Chikitsa Ke Samanya Siddhanta

## **Second Year**

- i. Panchkarma- Purva karma
- ii. Panchkarma- Pradhana karma-I
- iii. Panchkarma- Pradhana karma-II
- iv. Maintenance of Panchkarm unit and Nursing Practice

## **First Year**

### **Paper I - Ayurveda Parichaya Evam Swasthvritta**

#### **PART A**

#### **Ayurveda parichya**

- Definition of Ayu and its synonyms, types of Ayu (Hitayu, Ahitayu, Sukhay and Dukhaya). Definition of Ayurveda and its prayojana. Trisutra Ayurveda, Ashtangas of Ayurveda
- Ayurved-avtarana, General description about Atreya- Dhanwantari parampara, general description about brihatrayi (charak samhita, sushruta samhita and Astanga Hridaya) and laghutrayi (Madhav nidaan, Sarandhar samhita and Bhav prakasha).
- Definition of padartha, shada padartha viz., Samanya, vishesha, guna, dravaya, karma and samvaya. Importance of saamnya-vishesh siddhant.
- Concept of Prakriti, Purusha in origin of srishti, Nava dravya including Panchmahabhuta- (aakash, vayu, agni, jala and prathvi), Aatma, Mana, Kaal And Disha, their definition, qualities and significance in Ayurveda.
- General idea of Dosha (vaat, pitta and kapha ), Dhatu (rasa, rakta, maansa, meda, asthi, majja and shukra), and Mala (sweda, mala and mutra), Upadhatu and dhatu mala.
- Knowledge of Trividha Upastambha (aahar, nidra & brahmcharya), Trividha bala (sahaja, yuktikrita & kaalja), Trividha aayatana (Asatmendriya artha samyoga), Trividha roga (nija, aagantuja & manas), Trividha rogamaarga (kostha, shakha and Madhya maarga), Trividha bhishag (Chadamchara, siddhasaadhita and jeevitasara) and Trividha aushadha (daivypashrya, yuktivyapashrya and satvavjaya and subtypes of Yuktivyapashrya (Antaparimaarjana, Bahi parimaarjana and shastra pranidhaan).

#### **PART B**

#### **Swasthvritta**

- Definition of Swastha as mentioned in Charaka Samhita and Sushruta samhita. Definition of health as per W.H.O.
- Definition of Ahara and its types (Ashita, peet, lehya and khadita). Ahar parinamakara bhava. Aharavidhi visheshayatana. Importance of Matrashan- Matra of Laghu and Guru aahar, Effects of Hina matra and Ati matra. Knowledge of Samashana, Adhyashana, Vishamshan etc. Anupana and its importance. Concept of balanced diet. Nidra (sleep), its type and

importance in health. Contraindication of Divaswapna. Bhramcharya and its significance. Indication of Maithuna according to different ritus.

- Dincharya and its importance in swasthvritta. Abhyanga and its contraindication, Vyayama and its contra indication, Dehamardan, Udvartan, Snana and its properties & contraindications.
- Concept of Desha, its types (jaangala, saadharan and anupa). Concept of kaal its division on the bases of swantsara, ayan ( like Uttarayan & Dakshinayan), ritu (shishira, vasant, greeshma, varsha, sharad & hemant). Ritu charya i.e. lifestyle and diet according to different. Importance of ritucharya in relation to panchkarma. Concept of Ritu-sandhi and its importance in disease.
- Concept of Dharniya and Adharniya vega and their significance in health. Concept of Achara Rasayana.
- National programme like pulse-Polio, Malaria, Tuberculosis, Leprosy etc). Role of para-medical staff in Disaster management.

#### **Reference books**

1. Padarthavigyan Acharya Ramraksha Pathak
2. Ayurvediya Padartha Vigyana Vaidya Ranjit Rai Desai
3. Ayurveda Ke Itihasa Ka Parichaya Dr. RaviduttaTripathi
4. Ayurveda Ka VaigyanikaItihasa Acharya Priyavrata Sharma

## Paper II - Sharira

### **PART A** **Rachna Sharira**

- Definition of Sharira and Shaarira. **Garbha Sharira**- Garbhotpatti, Panch mahabhuta, their Gunas, their role in dehotpatti. Shadanga sharira.
- Definition of koshta and koshthanga. General anatomy of Digestive system i.e. anatomy of stomach, duodenum, small and large intestine and rectum. Anatomy of liver, pancreas and gall bladder.
- Cardio- vascular system and its general anatomy like Hridya (heart). Knowledge of Shira (veins), Dhamani (artery) and Srotas etc. study of blood and its components. General anatomy of respiratory system i.e. lungs and trachea.
- General anatomy of Urinary system and its component like kidney, ureter and urinary bladder, study about urine and its components etc. Anatomy of male and female reproductive organs testicle and penis, uterus, vagina and ovary.
- Knowledge of Musculo- skeletal system. Concept of Asthi (bones), Sandhi (joints), Snayu (ligaments), kandara (tendons), Peshi (muscle) as per ayurveda.
- General idea of central nervous system. Knowledge of sense organs like eye, ear, nose skin and tongue.
- Dashvidha pranayatana and Marma, their importance.

### **PART B** **Kriya Sharira**

- Definition of Dosha and their types, location in the body, their normal functions. Factors behind aggravation of Doshas. Dosha prakopa kaal and its importance in shodhana of Doshas according to Ritu. Combination of dosha like sansarga- sannipata.
- Definition of Dhatus, their types and Upadhatu. Dhatutpatti krama. Concept of Oja, its importance.
- Definition of Mala, their types, karma and importance. Knowledge of Dhatu Mala.
- Dosha-dushya samurechana and its importance in disease. Gati of dosha like kshaya, vridhhi and saamya; their characteristics and functions in abnormal stage. kshaya- vridhhi lakshan of dhatus. Srotas, factors behind their vitiation, features of their vitiation.

- Basic study of cell and tissue. Blood and its components, Physiology of blood circulation, Respiration, excretion etc. Definition of indriya, indriya artha, indriya adhishtana, gyanendriya, karmendriya.
- General physiology of digestion- Grahani and its importance, concept of agni and its types. Koshtha and its types.
- Concept of Prakriti and its type. Characteristic features of different type of sharira prakriti.

### **Practical**

Practical classes of 30mins daily. Including following practicals:-

1. Practical study of bones.
2. Practical study of visceral organs.
3. Practical study of location of marma
4. Assessment of Prakriti
5. Assessment of Agni
6. Assessment of Koshtha
7. Introduction to laboratory instruments- Simple & Compound Microscope, Scalp vein set, bulbs for blood collection, Stethoscope, B.P. Apparatus, Thermometer
8. Collection of blood sample – prick, vene-puncture method, use of anticoagulants
9. Pulse examination, Respiratory rate examination

Reference books

1. Charak Samhita- Brahmanand tripathi
2. Sushruta Samhita- Ambika dutta shastri
3. Sharir Rachna- Tarachand sharma
4. Brihat Shariram Vaidyaratna- P.S. Varrier
5. Regional Anatomy - B. D. Chaurasia
6. Ayurvediya Kriyasharir - Ranjit Rai Desai
7. Abhinava Sharir Kriya Vigyana - Acharya Priyavrata Sharma
8. Abhinava Sharir Kriya Vigyana - Dr. Shiv Kumar Gaur

### **Paper III - Dravya guna, Bhaishajya kapana and Pathyapathya**

#### **PART A** **Dravya Guna**

- Definition of Dravya Guna vignana and its importance, Definition of Dravya and its types. Concept of Panchmahabhuta in composition of Dravya.
- Knowledge of Basic Concepts Of Dravya Guna (like Rasa, Guna, Karma, Veerya, Vipaka and Prabhava). Types of Rasa (madhur, amla, lavan, katu, tikta and kashya), Guna (mainly dwandaja guna), Veerya (dwividha and astavidha), Vipaak (trividhavipaak) etc.
- Definition of technical terms like Deepan, Paachana, Grahi, Stambhana, Vyavaayi, Vikasi, Vaman, Sanshodhan, Anulomana, Sansrana, Bhedana, Rechana etc. and of some formulations like Triphala, Trikatu, Laghu Panchamula, Brihat Panch mula, Dashamula etc.
- Commonly used medicine for Vaman (like Madan phala, Jeemutaka, Kutaja, Ikshwaku, Dhaamargava, Yastimadhu, Nimba etc), Virechana (like Trivrit, Aaragvadha, Snuhi, Triphala, Draksha, Jaipaal etc), for Basti (like *Guduchi, Bala, Eranda, Devadaaru, Punarnava, Raasna, Nirgundi, Saunf, Yavani, Nagarmotha, Putika, Rasunta*, plants of Dashmool group i.e. Bilva, Kaashmari, Shynaak, Agnimantha, Paatla, gokshru, Shaaliparni, Prishnaparni, Kantkaari, Brahati etc), for Nasya (like Apaamarga, Pippali, Maricha, Vidanga etc); their identification, useful part, method of collection, preservation and processing etc.
- Knowledge of some other medicine like *Madhu, Gomutra, Saindhav lavan, Taila, Ghrita*, etc.

#### **PART B** **Bhaishjya kalpana**

- Bhaishjya kalpana.- definition of commonly used terms like Bahvana, Shodhan, Mardana, Manthan etc.
- Panchvida Kashaya Kalpna (i.e. Swarasa, Kalka, Kashya, Hima And Phanta). Method of preparations of Swarasa, Kalka, Kwatha, Phanta, Hima, Shadangpaaniya, Ushnodaka, Tandulodaka, Mantha, Dhaanymla (Kaanji), Ksheerpaak, Avaleha, Vati, Varti, Gudavarti, Khada, Kambalika, Siktha, Takra, Veshvaar, Anna, Bhaat etc.
- Knowledge of processing of various medicines used in panchkarma procedures especially for panda swedan, vaman, virechana etc. Preparation of Nirooha Basti.
- Knowledge of preparation of medicated Taila, Ghrita etc.

- Study of Ancient Mana (units of measurements) like ratti, masha, kola, karsha, pala, prasati, prastha, drone, tula etc. Contemporary Systems of measurements in modern SI units.

## **PART C**

### **Aahaar & Pathyapathya**

- Aahar kalpna – Definition of Aahar, its types and Asta vidha aahar vidhi vidhaan. Knowledge of Viruddh aahaar and its type.
- Sansarjana karma, its importance in panchkrma, its Schedule. Practical knowledge of preparing Manda, Peya, Vilepi, Yavaagu, Yusha, Maansa rasa, Veshvaar, Krishara, Khada, Kaambalika, Takra etc.
- Knowledge of diet used pre and post operatively in various Panchkarma procedures, its preparation and timings.
- Pathyapatya during various procedures of Panchkarma. Knowledge of Astamahadoshkar bhava.

### **Reference books-**

1. Charak Samhita.
2. Pathyapathya Vibodhan.
3. Dravya Guna Vignaneeyam- Vol.-1, Vaidya Priya Vrit Sharma.
4. Dravya Guna Vignan - By Dr. K. Nishteshwar.
5. Text Book of Bhaishajya Kalpana – By Dr. Shobha G Hiremath.
6. Bhaishajya Kalpana Vignaneeyam – By Dr. Siddhinandan Mishra.

## Paper IV - Chikitsa Ke Samanya Siddhanta

### PART A

#### Nidaan - kaya chikitsa & Shalya – Shaalakya

- General idea about Panchvidha Nidaan. Definition of Nidaan, Purvarupa, Rupa, Upashaya and Samprapti. Definition of Vyadhi (disease), Classification of Vyadhi (diseases), Saadhyata-Asaadhyata of diseases.
- Examination of patient by Trividha Pariksha and Astavidha pariksha. Commonly used blood investigations (like TLC, DLC, ESR, Hb, Liver function test, kidney function test, Blood sugar and Urine examination) and their significance.
- Definition of Chikitsa. Classification of Chikitsa, *Samshodhan And Sanshaman Chikitsa; Dwivida and Shadvidha Upakrama; Chikitsa Chatuspada*. Duties of *Parichaarak*.
- General idea about causative factors, sign-symptoms and panchkarma treatment of common diseases like *Jwara, Raktapitta, Rajyakshma, Shwasha, Ajjerna, Madhumeha, Paandu, Kamala, Gridhasi, Sandhigata vaat, Aam vata, Pakshaaghaat, Ardita, Avavaahuka, lumbago* etc.
- Definition of *Shalya tantra*, general idea of Astavidaha shalya karma and their uses. Introduction of Raktamokshana, its scope and idea about different modes of Raktamokshana and their uses.
- Basic knowledge of commonly occurring diseases related to Shalya Tantra like Arsha, Bhagandara, Ashmari, Vidradhi, Granthi, Vrana, Bhagna etc. Panchkarma procedure related to treatment for these disease like Avagaahan sweda, Pinda sweda, Upnaaha, Parisheka, Vrana basti vrana dhupana, Agni Karma etc.
- Definition of Shalakya Tantra. General introduction of *Akhsi, Nasa, karna, Shirio and Mukha roga*).
- Commonly occurring disease like *Abhishyanda*, Dry eye, *Baadhirya*, Karna Srava, Nasa Gata Rakta Pitta, Praitishyaya, Danta shula, Shira shoola, Ardhav bhedaka and Mukhapaak etc and use of Panchkarma treatment in these conditions.
- Knowledge of Kriyakalpa, Karna Poorana, Gandusha, Dhoompaan and Kawal.

**PART B**  
**Stree Roga- Prasuti Tantra and kaumarbhritya**

- General introduction to Prasuti tantra and stree roga, twenty types of yoni roga. Idea of Raja sraava (Menstrual cycle). Diseases related to the females like, Rakta pradara, Sweta pradar, Stanya dosha, Menopause, uterine prolapsed, infertility etc.
- General idea of Garbhini and Sutika. Garbhini charya in relation to Panchkarma. Precautions regarding Panchkarma therapy in Garbhini, rajaswala and sutika.
- Panchkarma procedure related to Stree roga and Prasuti tantra like yoni pichu, Uttar basti, Yoni dhaavan and yoni dhupan.
- Definition of Kaumarbhritya, Idea of Vaya(age), precautions during Panchkarma therapy of children.
- Panchakarma in disease related to children like Cerebral palsy, Muscular Dysrtrophy, Bala shosha, Phakka, Pakshaghaat etc.
- Definition of Agada Tantra (Toxicology) & Visha. Visha Bheda (classification of poisons) Sthavara and Jangama Visha. Visha Guna. Aam visha, its symptoms and emergency treatment in relation to panchkarma.

**Reference books-**

1. Charak Samhita.
2. Sushruta Samhita
3. Kaya Chikitsa – V D Shukla (4 vol.)
4. Kaumarbhritya – D N Mishra
5. Stree roga and Prasuti tantra- A P Achal
6. Shalakya Vigyana- R R Chaudhari
7. Shalya Vigyana- S k Sharma

## Second Year

### Paper V – Panchkarma- Purva karma

#### PART A

#### Deepan-paachan, Snehana & Swedana

- General idea of Aam and its significance in shodhan chikitsa. Deepan- paachan and drugs used for it like Chitrakaadi gutika, Shankha vati, Trikatu etc.
- Definition, Properties, basic source of sneha dravyas. Types of sneha dravya. Commonly used oil like Narayan Taila, Bala Taila, Sahacharadi taila, Pinda Taila, Mahavishgarbha Taila, Dhanvantar taila, Murrivena oil, Panchguna Tail, Mahavishgarbha Taila, Dhanvantar taila, Murrivena oil, ksheer bala taila and Ghrita like Tiktak Ghrita, Triphala ghrita etc with their chief content and indications.
- Indication–contraindications of different sneha, their anupaan, knowledge of timings of sneha consumption. Care of patient after snehapaan. Knowledge of symptoms related to Samyaka-Asamyaka –Atisneha etc.
- Precautions and diet during and after snehana. Commonly occurring sneha vyapada and its management.
- Massage therapy- Qualities of Masseur, massage technique according to body parts. Different types of massages like Effleurage, Petrissage or Peedanam, kneading (mardanam), friction wringing or Marshanam, Tapotement etc.
- Knowledge of Lepa, Mardana, Udawartana, Samvaahan, Paadaghaat, Murdhni sneha etc.
- Definition and properties of Swedan dravya. Basic knowledge about types of Swedana, Nadi swda, Sarvanga sveda, Taapa Sveda, Pinda sweda, patra pottali, Upnaha, Avgahan, steam bath, Sauna etc.
- Indication – contraindications of different swedana. Observation during and after Swedana. Knowledge of Samyaka- asamyaka –ati Swedana etc.
- Precautions and diet during and after Swedana.

#### **Keraliya panchkarma & spa culture**

- Knowledge about preparation of medicine for different keraliya procedures. Preparation of Pottali method of preparing of bolus of Masha flour etc.
- Patra pinda swedana, Shastika shaali swedana, Anna lepana, Baluka swedana, and their uses. Precautions and care during and after the procedures.

- Shirodhara and its different types like Takradhara, ksheerdhara etc. Sarvaanga dhara (Pidichil), Avagaahan sweda, Localized basti (like Shiro basti, kati basti, Jaanu basti, Greeva basti, Hrida basti etc). Knowledge of Kriyakalp like Tarpana etc. Precautions and care during and after the procedures.
- General idea about aroma therapy, fish spa and stone therapy etc.

#### **Practical –**

- Collection of drugs, utensils, Preparation of patient for snehapaan, abhyanga-swedana, preparation of therapy room. Maintenance of procedure room including day to day cleansing of table, instruments and sanitation of droni.
- Practice of medicine preparation for various procedures like processing of oil and ghee, medicines for specific types of pinda sweda, shirodhara, pidichil etc., pottali formation for different types of pinda sweda etc.
- Execution of following procedures of snehana -swedana on patients under supervision of physician. Different techniques of abhyanga(massage) and swedana (fomentation) , shirodhara including takra dhara, ksheerdhara, pidichil, shirobasti, netra tarpan, janu basti, kati basti, pristha basti, greeva basti, hrid basti, baluka sweda, patrapinda sweda, shastika shaali pinda sweda, anna lepana. Practice of therapies related to spa.
- Assisting the Physician in at least 10 cases of snehapaan. Special attention on diet and lifestyle regimen during snehapaan.

Practical classes of 45mins twice a week. Student himself/herself has to perform various procedures or techniques as described above on the patients.

#### **Reference books-**

1. Panchkarma Vigyan – Vd. H S Kature
2. Kayachikitsa – V D Shukla (IV vol.)
3. Essentials of Panchkarma therapy- Dr P K Kar
4. Keralliya panchkarma Chikitsa vigyana – Dr T L Devraaj
5. Illustrated Panchakarma- G Srinivas Acharya
6. Ayurvedic massage- S V Govindan

## **Paper VI – Panchkarma- Pradhan Karma-I**

### **PART A** **Vaman karma**

- Definition of Vaman, Commonly used drugs for Vaman and Vamanopaga, their collection (Sambhaar sangraha), processing etc. collection of equipments related to Vaman karma like Vaman peetha, Measuring glasses, glass wares, arrangements for Dhoompaan like Dhoomnetra, Dhoom varti and other utensils.
- Indication and contraindications of Vaman. Timings of the procedure.
- Purva karma (Preparation of patient prior to vaman karma). Pradhan karma- Knowledge of procedure of vaman karma. (How to assist the physician during Vaman karma). Paschat karma (Dhoom Paan, Sansarjana Karma etc.) Observation during and after Vaman. Knowledge of Samyaka- Asamyaka –Ati Vaman lakshan.
- Precautions during and after Vaman. Commonly occurring Vaman vyapada and its mangament. Emergency dealing related to Vaman Karma.
- Diet before Vaman karma and sansarjana karma.

### **PART B** **Virechana karma**

- Definition and its types. Commonly used drugs for Virechana and as Virechanopaga, their collection, processing, dose etc. Formulations like Icchabhedi rasa, Trivritta leha, Abhyadi modaka, Triphala, Eranda taila, Aragvadha-Mridvika siddhodaka, Amlaki siddhodaka used for virechana, their use, dose and precautions. Collection of equipments related to Virechana karma like Bedpans, urinals, chair and other utensils.
- Indication and contraindications of Virechana. Timings of the procedure
- Purva karma (Preparation of patient prior to Virechan karma). Pradhan karma- Knowledge of procedure of Virechan karma. (Care of patient during Virechana karma). Paschat karma (sansarjana karma etc.) Observation during and after Virechan. Knowledge of Samyaka- asamyaka –ati Virechan etc.
- Precautions during and after Virechana. Commonly occurring Virechan vyapada and its management. Emergency and its management dealing related to virechana karma like epistaxis.
- Diet before Virechana karma and sansarjana karma.

## **PART C**

### **Nasya karma**

- Definition, its types. Commonly used drugs for Nasya, Shirovirecha and as Shirovirechanopaga, their collection, processing, dose etc. Formulations used for Nasya like Anu Taila, Shadbindu Taila, Trikatu choorna etc. Collection of equipments related to Nasya karma like *Nasyapeetha*, *Gokarna*, *dropper*, *Pichu* and other utensils.
- Indication and contraindications of Nasya. Timings of the different types of Nasya.
- Purva karma (Preparation of patient prior to Nasya karma). Pradhan karma- Knowledge of procedure of different types of Nasya karma. Care of patient during Nasya karma. Paschat karma. Knowledge of Samyaka- asamyaka –ati yoga of Nasya karma etc.
- Precautions and diet during and after Nasya. Commonly occurring Nasya vyapada and its management. Emergency dealing related to Nasya karma.

#### **Practical –**

#### **Practical classes of 45 mins twice a week.**

- Collection of drugs, utensils, Preparation of Vaman room and preparation of patient for the Vaman. Assisting the Physician in at least 10 cases of Vaman. Special attention on how to facilitate vaman, checking vitals and emergency dealing during procedure. Knowledge of Dhoompaan after vaman. Preparation of Dhoom Varti. Preparation of Aahaar for Sansarjana karma.
- Collection of drugs, utensils, Preparation of Virechan room, maintenance of wash room etc. Preparation of patient for the Virechana. Assisting the Physician in at least 20 cases of Virechana. Special care of patient during Virechana like checking of vitals and emergency dealing during procedure. Preparation of Aahaar for Sansarjana karma.
- Collection of drugs, utensils, Preparation of Nasya room, Preparation of patient for the Nasya Karma. Assisting the Physician in at least 10 cases of Snehika Nasya and 10 cases of Shirovirechan Nasya. Care of patient during Nasya like checking of vitals and emergency dealing during procedure.

#### **Reference books-**

- Charak Samhita.
- Sushruta Samhita
- Kaya Chikitsa – V D Shukla (vol.-4.)
- Panchkarma Vigyan – Vd. H S Kature
- Principals and Practice of Panchakarma- Dr. P K Kar
- Vyavhaarika Panchkarma- Vd. Vachasundar

## **Paper VII – Panchkarma- Pradhan Karma-II**

### **PART A** **Basti karma**

- Definition, its types. General idea of Nirooha, Anuvaasan and Uttar basti. Idea of Matra basti and Yaapan basti like Mustadi yaapan basti.
- Commonly used drugs for different types of Basti and as *Aasthapanopaga* and *Anuvaasanopaga*. their collection, processing etc. Collection of equipments related to Basti karma like *Kharal*, *Musal*, *Basti Netra*, *Putaka*, Enema cane, Syringe, Catheter, Bedpans, urinals, Gloves and other utensils etc.
- Indication – contraindications, Timings of Nirooha basti. Purva karma, Pradhan karma and Paschaat karma related to Nirooha Basti. Knowledge of Samyaka- asamyaka –ati yoga of niruha basti karma etc.
- Drugs/combinations related to different Nirooha basti like Balaguduchyadi basti, Dashmooladi Basti, Panchtikta ksheer basti, Erandamooladi basti their collection, processing and Preparation of Basti.
- Precautions and diet during and after Nirooha Basti karma.

### **PART B** **Anuvaasan Basti & Uttar Basti karma**

Anuvaasan(Sneha) Basti- Indication – contraindications ,Timings. Purva karma, Pradhan karma and Paschaat karma related to Anuvaasan Basti. Knowledge of Samyaka- asamyaka –ati yoga of Anuvaasan Basti karma etc. Oil preparations commonly used in Basti karma like Dashmool Taila, Ksheer bala taila and Preparation of Basti etc.

- Uttar basti- Indication and contraindications, timings. Purva karma, Pradhan karma and Paschaat karma related to Uttar Basti. Knowledge of procedure both in male and female. Knowledge of instruments related to Uttar basti like Vulselum, Canula, Uttar Basti Netra, syringe, retractor etc.
- Precautions and diet during and after Anuvaasan Basti karma.
- Care of patient during different Basti karma. Commonly occurring Basti karma vyapada and their management. Emergency dealing related to different Basti karma.

**PART C**  
**Rakta mokshana**

- Definition, its types. General idea of leech therapy, shringa, alabu, Pracchan and sira vedha.
- Collection of Instruments related to Raktamokshana like leech, Shringa, Alabu, needle, syringe, drip set, scalpel, cotton, bandage, tape, haridra, lavan, honey, etc. and their maintenance. Dressing after Raktamokshana. Maintenance of leech like their collection, preservation and disposal.
- Indications and contraindications of Raktamokshana, their timings. Purva karma (Preparation of patient prior to different types of Raktamokshana ). Pradhan karma- Knowledge of procedure of different types of Raktamokshana. Care of patient during and after Raktamokshana. Paschat karma. Knowledge of Samyaka- asamyaka –ati yoga of Raktamokshana .
- Precautions and diet during and after different Raktamokshana. Commonly occurring vyapada of Raktamokshana and its management. Emergency dealing related to Raktamokshana.

**Practical –**

- Collections of drugs, utensils, Preparation of Basti room, wash room and preparation of patient for the Basti. Maintenance of procedure room including day to day cleansing of table, instruments like basti netra etc.
- Performing each Nirooha Basti karma and Sneha Basti in at least 25 patients. Special attention on posture during basti, checking vitals and emergency dealing during procedure. Post operative care of patient. Preparation of Aahaar after basti.
- Collection of drugs, utensils, Preparation of Raktamokshan room. Preparation of patient for the Raktamokshana. Assisting the Physician in at least 20 cases of different types of Raktamokshana. Application of Leech on at least 10 subjects. Special care of patient during Raktamokshana like checking of vitals and emergency dealing during procedure. Knowledge of Intravenous infusion etc. Postoperative care of the patient like dressing of wound after Raktamokshana.

**Reference books-**

- Charak Samhita.
- Sushruta Samhita
- Kaya Chikitsa – V D Shukla (vol.-4.)
- Panchkarma Vigyan – Vd. H S Kature
- Principles and Practice of Panchakarma- Dr. P K Kar
- Vyavhaarika Panchkarma- Vd. Vachasundar

## **Paper VIII – Maintenance of Panchkarm unit and Nursing Practice**

### **PART A**

#### **Maintenance of Panchkarma Unit.**

- Description of panchkarma unit as per Ayurvedic classics. Maintenance of store (Sambhaara sangraha related to panchkarma procedures). Principles of good house-keeping. Maintenance of cleanliness and orderliness of Panchkarma unit/Spa centre. Care of different rooms of the centre like Doctor chamber, Basti room, Uttar basti room Vaman room, Snehana room, Swedana room, patient's room and Toilets.
- Day to day cleaning of Panchkarma Instruments and its maintenance. Sterilization of uttar basti instruments
- Hospitality. Duties of Panchkarma Technician, Personal hygiene and Communication skills, general etiquettes, dress code, behavior towards elderly etc. Duties of Panchkarma technician in relation to various procedures
- Maintenance of record both of consumables and non-consumables. Knowledge regarding maintenance of consumables like sheets, towels, napkins and other. Safety of crude medicine from moist, water, fire, rodents, insects and mites etc.
- Record keeping. Maintenance of record (Daily, Monthly and Yearly) of Panchkarma Procedures at OPD and IPD level. Maintenance of computerized record. Computer literacy- MS word, Excel, Power point presentation. Use of audio-visual aids system in Health education.
- Bio medical waste related to Panchkarma and its disposal. Disposal of blood, gloves, bandages, oil and masha flour paste etc according to BMW guidelines.

### **PART B**

#### **Nursing Practice**

- General idea of Blood pressure, Body Temperature, Pulse and Respiratory rate and their monitoring.
- Practical Knowledge of catheterization both in males and females. Ryle's tube insertion and CPR (cardio pulmonary respiration).
- Injection and infusion of Normal saline etc
- Bandaging techniques, dressing of wounds.
- Different laws related to medical science like medical negligence, poison act, death certificate etc.

- National Programmers like Malaria Eradication, Pulse Polio, Leprosy, Tuberculosis etc.
- Mother and child health, Janani surksha Yojna etc. Immunization program as per Govt. of India.

### **Practical**

- Maintaining panchkarma and spa centre as per norms set by government. Proper disposal of bio medical waste.
- Counting of pulse and respiration, recording of temperature and blood pressure. Maintenance of panchkarma master chart. Giving injections and infusion. Dressing of wounds. Sterilization of instruments and therapy room. Cardio pulmonary resuscitation.
- Maintenance daily, monthly and yearly panchkarma procedure record.

### **Reference books-**

- Charak Samhita.
- Panchkarma Vigyan – Vd. H S Kature
- Architecture of Panchakarma- Dr. P K Kar
- Principals and Practice of Nursing- Sr Nancy.
- Rogi paricharya, Shri Krishna Aushadhalaya, Koleda, Ajmer.