**SRI DHARMASTHALA MANJUNATHESHWARA COLLEGE OF AYURVEDA & HOSPITAL, HASSAN**

**Centre for International Studies, Innovations, Skill Development & Research in Ayurveda (CIISDRA)**

**SHORT TERM CERTIFICATE COURSE IN PANCHAKARMA**

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| **Place :** Sri Dharmasthala Manjunatheshwara College Of Ayurveda & Hospital, Hassan**Conducted by** : Department of Panchakarma |
| **DURATION OF THE COURSE** – **300 hours**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sl.no** |  **Content** | **Online** | **Offline** |  **Total** |
| 1 | Theory | 75 hours | - | **75 hours** |
|  |
| 2 | **Hands on training:** |  |  | **150 hours** |
| Session-I – Observation |  | 15 hours |
|  | Session – II –Assisting & independent Performing |  | 60 hours |
|  | Session – III Assisting & independent Performing |  |
|  | Session IV - Pre & Post – Operative procedures |  | 30 hours |
|  | Session V – Work experience |  | 15 hours |
|  | Session VI - Assisted learning |  | 30 hours |
|  |
| 3 | Self-learning |  |  |  **75 hours** |
|  | TOTAL | **300 hours** |

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| **Medium of Instruction**: English**TIMINGS** : Online : 2 ½ Hrs per day (3:00pm to 5:30 pm) (in consultation with participants batch) Offline : As per time table |
| **MINIMUM ELIGIBILITY FOR JOINING THE COURSE :*** 1) The graduates, post graduates of any recognized medical systems.
* 2) Students & Internee of any Medical Institutions with recommendation of the Head of the Institution (HOI).
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| **COURSE DESCRIPTION**This course delivers knowledge of treating the diseases with Panchakarma and Upakarmas in day to-day practice along with performing skills in ethical & effective manner.Course will be conducted in three levels of training- * LEVEL 1 –Online interactive lectures for 30 days
* LEVEL 2- Hands on training on Panchakarma skills for 15 days.
* Method of evaluation conducted in all 3 levels of training for the purpose of assessment of candidates is as follows:

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Mode of conduction of examination** | **Types of question** | **Marks** |
| **Theory** | **Observation** | **Practical** | **Total** |
| LEVEL 1 (Before commencement of online classes) | Online  | Multiple choice  | 25 | - | - | 25 |
| LEVEL 2 (Before commencement of Hands on training programme) | Online | Multiple choice and Short answer | 25 | 25 | - | 50 |
| LEVEL 3 (On completion of Hands on training programme) | Offline | Multiple choice, Short answer &Practical | 50 | 75 | 100 | 225 |
|  |  |  | 100 | 100 | 100 | 300 |

**ASSESSMENT MODALITIES**1. Level I training - need to score minimum 50% marks to enter level II training
2. Level II training - need to score minimum 50% marks to award with certificate.

**Successful candidates will be awarded with certificate**. |
| **OUTCOMES OF THE COURSE:** Trainee will 1. Develop skill to practice Panchakarma procedures for promotion of health, prevention of disease and Rejuvenation 2. Able to practice disease specific Panchakarma procedures3. Gain knowledge about advancement in Panchakarma procedures4. Be confident to establish ideal Panchakarma Centre |
| **SCOPE OF THE COURSE:**1. Panchakarma trained Medical graduate can work as a consultant in own Clinic / poly clinic / Centres in accordance to the Law of the Land2. Can provide public awareness programme3. Can refer critical patients to appropriate health establishments4. Can practice Panchakarma procedure for own health promotion |

**TIME TABLE OF HANDS ON TRAINING**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl.no** | **Duration** | **Hours** | **Schedule** |
| 1 | 7:00am-8:00am | 01 | Hands on training (Session I) - Observation  |
| 2 | 8:00am – 9:00am | - | Breakfast at Yogakshema |
| 3 | 9:00 am – 10:00am | 01 | Case to case Discussion on Pre & Post – Operative procedures at ward (Session IV) |
| 4 | 10.00 am-12.00 noon | 02 | Hands on training (Session II) – Assisting & Performing |
| 5 | 12.00pm – 1.00pm | 01 |  Work experience with faculty (Interaction on course content) (Session V) |
| 6 | 1.00 pm- 2.00 pm | - | Lunch at Yogakshema |
| 7 | 2.00 pm  – 4.00 pm | 02 | Hands on training (Session III)- Assisting & Performing |
| 8 | 4.00 pm – 5.00 pm | 01 | Case to case Discussion on Pre & Post – Operative procedures at ward (Session IV) |
| 9 | 5.00 pm – 6.00 pm | - | Refresh & relax  |
| 10 | 6.00 pm  – 8.00 pm | 02 | Assisted learning – Central Library (Session VI) |
| 11 | 8.00 pm-9.00 pm | - | Dinner at Yogakshema |
| **Active Hours** |  **10** |

**THEORY TOPIC SCHEDULE**

1. **LEVEL I – Online teaching**

|  |  |  |  |
| --- | --- | --- | --- |
| **Si. No** | **Date** | **Topic** | **Resource person** |
|  | **1/4/22** | Sensitization to Panchakarma | Dr.Ashvinikumar  |
|  | **2/4/22** | How to set up an Ideal Panchakarma clinic | Dr. Lohith B A |
|  | **3/4/22** | Insight on Panchakarma pre-operative procedures | Dr.Seetharamu  |
|  | **4/4/22** | Snehana Karma as a treatment modality (Oleation Therapy) | Dr. Shameem banu |
|  | **5/4/22** | Principles and practice of Svedana Karma (Sudation Therapy) | Dr. Seetharamu |
|  | **6/4/22** | Clinical Application of Vamana (Therapeutic Emesis Therapy) | Dr.Shameem banu |
|  | **7/4/22** | Relevance of Panchakarma Practice in StreeRoga (Gynaecological disorders) | Dr. Madhu  |
|  | **8/4/22** | Pertinence of Virechana Karma (Therapeutic Purgation therapy) | Dr. Ashvinikumar  |
|  | **9/4/22** | Panchakarma for Rejuvenation and Detoxification (Cleansing of body and restoration of youthfulness) | Dr. Seetharamu  |
|  | **10/4/22** | Pertinence of Anuvasana Basti Karma (Medicated oil enema therapy ) | Dr. Lohith B A |
|  | **11/4/22** | Tips to practice Niruha Basti Karma (Medicated decoction enema therapy) | Dr. Shameem banu |
|  | **12/4/22** | Infertility and pre conceptional care by Panchakarma  | Dr. Gayathri Bhat  |
|  | **13/4/22** | Enlightenment of Panchakarma Practice in Paediatrics | Dr. Shailaja U |
|  | **14/4/22** | Bio- Medical Waste Management in Panchakarma | Dr. Shameem banu |
|  | **15/4/22** | Panchakarma in developmental Disorders | Dr. Shailaja U  |
|  | **16/4/22** | Clinical utility of Panchakarma in UrdhwajatrugataVikara – NetraRogas (Eye disorders) | Dr. Ashwini M J |
|  | **17/4/22** | Clinical utility of Panchakarma in Urdhwajatrugata Vikara-2 (Ear and throat disorders) | Dr.Dheeraj B C |
|  | **18/4/22** | Management of Manovikars (Mental disorder) with Panchakarma  | Dr. Savitha H  |
|  | **19/4/22** | Clinical utility of Panchakarma in Musculoskeletal Disorders | Dr. Shameem banu |
|  | **20/4/22** | Selection and practice of Panchakarma in Neurological ailments | Dr. Padmakiran (SDM Udupi) |
|  | **21/4/22** | Role of Panchakarma in treating Pranavaha Sroto Dushti Vikaras (Respiratory ailments) | Dr.Seetharamu  |
|  | **22/4/22** | Recent Advances in Panchakarma Instrumentation and Procedures | Dr.Lohith B A |
|  | **23/4/22** | Application of Panchakarma in Acute Dermatological disorders | Dr. Chaitra H |
|  | **24/4/22** | Management of lifestyle disorders with Panchakarma  | Dr. Ashvinikumar M |
|  | **25/4/22** | Application of Panchakarma in chronic Dermatological disorders | Dr. T B Tripaty  |
|  | **26/4/22** | Clinical application of Raktamokshana | Dr. Arun Jain (SDM Blore) |
|  | **27/4/22** | Therapeutic outcome of Nasya Karma (Errhine Therapy) | Dr. Seetharamu M S |
|  | **28/4/22** | Post Panchakarma regimen – Do’s and Don’ts after Panchakarma therapies | Dr. Shameem banu |
|  | **29/4/22** | Role of Ahara Kalpanas used in Panchakarma | Dr.Lohith B A |
|  | **30/4/22** | Oushadha kalpana used in Panchakarma | Dr. Ashvinikumar M  |

**B) LEVEL II-Hands on Training**

**Resource Person Schedule**

|  |  |  |  |
| --- | --- | --- | --- |
| **SI.No** | **Day** | **Procedure**  | **Resource person** |
|  | 1 | Udvartana-Dry herbal powder massage | Dr. Shameem banu |
|  | Sarvanga Abhyanga-Whole body massage | Dr. Seetharamu M S |
|  | 2 | Antah Snahapana -Internal oleation therapy  | Dr. Lohith B A |
|  | Shiro abhyanga-Head massage techniques | Dr. Shameem banu |
|  | 3 | Shiro pichchu, Shiro seka | Dr. Seetharamu M S |
|  | Shiro basti-Pooling of herbal oil on headShiro talam | Dr. Ashvinikumar |
|  | 4 | Abhyanga in paediatric practice | Dr. Shailaja U |
|  | Svedana (Sudation therapy)Bhashpa sweda- steam TherapyNadi sweda- Tube method | Dr. Lohith B A |
|  | 5 | Istika sweda- Brick methodArka patra sweda- arka leaves method | Dr. Seetharamu M S |
|  | Drava sweda (Liquid steaming therapy)Parisheka sweda -Pouring methodAvagaha sweda- Dipping method | Dr. Ashvinikumar M |
|  | 6 | Upanaha sweda in Paediatrics cases  | Dr. Nayan Kumar |
|  | Upanaha sweda- Poultices in various diseases | Dr. Shameem banu |
|  | 7 | Snigdha pinda sweda-wet items packs treatment | Dr. Shameem banu |
|  | Ruksha pinda sweda-dry items packs treatment | Dr. Ashvinikumar M |
|  | 8 | **Local Basti** Janu BastiKati basti | Dr.Lohith B A |
|  | Griva bastiPrushta basti | Dr. Shameem banu |
|  | 9 | Vamana karma and Dhumapana | Dr. Seetharamu M S |
|  | Samsarjana krama | Dr. Shameem banu |
|  | 10 | Virechana karma | Dr. Ashvinikumar M  |
|  | Basti -Medicated decoction enemaChurna bastiLekhana basti | Dr. Seetharamu M S |
|  | 11 | Brumhana bastiKsheera basti | Dr. Ashvinikumar M |
|  | Anuvasana basti / matra basti- Medicated oil enema | Dr. Seetharamu M S |
|  | 12 | Rakta mokshana- Blood letting techniques | Dr. Seetharamu M S |
|  | Pichcha basti | Dr. Lohith B A |
|  | 13 | Sadhyo vamana  | Dr. Shameem banu |
|  | Nasya karma- Errhine therapy | Dr. Lohith B A |
|  | 14 | Aushadha kalpanas used in Panchakarma | Dr.Ashvinikumar M |
|  | Jaloukavacharana | Dr. Lohith B A |
|  | 15 | Ahara kalpanas used in Panchakarma  | Dr.Seetharamu  |
|  | Cupping therapy | Dr. Shameem banu |

**B) Number of Procedures done by candidates during Hands on training**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **SL. No** | **Procedure** | **Observation** | **Assisting** | **Independent** | **Total** |
| 1 | Udvartana-Dry herbal powder massage | 3 | 2 | 1 | 6 |
| 2 | Antah Snahapana -Internal oleation therapy | 3 | 2 | 1 | 6 |
| 3 | Sarvanga Abhyanga-Whole body massage | 3 | 2 | 1 | 6 |
| 4 | Shiro abhyanga-Head massage techniques | 3 | 2 | 1 | 6 |
| 5 | Shiro pichhu, Shiro seka | 3 | 2 | 1 | 6 |
| 6 | Shirobasti-Pooling of herbal oil on headShirotalam | 1 | 1 | 1 | 3 |
| 7 | Abhyanga (Massage) in paediatric practice | 1 | 1 | 1 | 3 |
| 8 | **Svedana (Sudation therapy)*** Bhashpasweda- steam Therapy
 | 3 | 2 | 1 | 6 |
| * Nadisweda- Tube method
 | 3 | 2 | 1 | 6 |
| 9 | * Istikasweda (Brick method)
 | 3 | 2 | 1 | 6 |
| * Arkapatrasweda (Arka leaves method)
 | 3 | 2 | 1 | 6 |
| 10 | **Drava sweda (Liquid steaming therapy)*** Parishekasweda -Pouring method
 | 3 | 2 | 1 | 6 |
| * Avagahasweda- Dipping method
 | 3 | 2 | 1 | 6 |
| 11 | Upanaha sweda- Poultices in adult  | 3 | 2 | 1 | 6 |
| 12 | Upanaha sweda – Poultices in Paediatrics  | 3 | 2 | 1 | 6 |
| 13 | Snigdha Pinda Sweda-wet items packs treatment | 3 | 2 | 1 | 6 |
| 14 | Ruksha pindasweda-dry items packs treatment | 3 | 2 | 1 | 6 |
| 15 | **Local Basti (pooling) & modifications*** JanuBasti
* Kati basti
* Grivabasti
* Prushtabasti
 | 3 | 2 | 1 | 6 |
| 16 | Dhumapana |  |  |  |  |
| 17 | Vamana karma (Therapeutic Emesis therapy) | 1 | 1 | 1 | 3 |
| 18 | Sadhyovamana | 1 | 1 | 1 | 3 |
| 19 | Virechana karma (Therapeutic Purgative therapy) |  |  |  |  |
| 20 | Samsarjana Krama  | 1 | 1 | 1 | 3 |
| 21 | **Basti -Medicated decoction enema*** Churnabasti
* Lekhanabasti
 | 3 | 2 | 1 | 6 |
| 22 | **Basti -Medicated decoction enema*** Brumhanabasti
* Ksheerabasti
 | 3 | 2 | 1 | 6 |
| 23 | Pichchabasti | 1 | 1 | 1 | 3 |
| 24 | Anuvasanabasti / Matrabasti- Medicated oil enema | 3 | 2 | 1 | 6 |
| 25 | Nasya karma- Errhine therapy | 3 | 2 | 1 | 6 |
| 26 | Rakta mokshana- Blood letting techniques | 1 | 1 | 1 | 3 |
| 27 | Jaloukavacharana-leech therapy | 3 | 2 | 1 | 6 |
| 28 | Cupping therapy | 1 | 1 | 1 | 3 |
| 29 | Ahara Kalpanas used in Panchakarma | 1 | 1 | 1 | 3 |
| 30 | Oushadha kalpana used in Panchakarma | 1 | 1 | 1 | 3 |