

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

