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3.7. PANCH-KARMA.

Theory One Paper – 90 Marks

Theory Internal Assessment -10 Marks

Practical/Viva voce – 44 Marks

Practical Internal Assessment -06 Marks

Number of Lectures - 100

Hospital Training / Clinical Posting – 3 Month

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1. INTRODUCTION

- 1) Introduction to Panchakarma, their importance and utility in the treatment.
- 2) Relation of Panchakarma with Shodhana therapy (purification therapy).
- 3) Threefold Karma
 - i) Poorva karma (pre operative procedure):- General knowledge, importance and utility of Poorva karma (Pachana, Deepana, Snehana, & Swedana)
 - ii) Pradhana karma (Operative procedure)
 - iii) Pashchat karma (Post operative procedure)
- 4) Usefulness of Shodhana (purification therapy) according to the seasons.
- 5) General precautions (pariharya vishaya) during Panchakarma.
- 6) Relevance of Panchakarma in present era.
- 7) Specifications of Panchakarma theatre and necessary equipments

2. SNEHANA

- 1) Etymology and definition of Sneha and Snehana (Oleation therapy)
- 2) Types of Sneha, Qualitative utility of Sarpi, Taila, Vasa and Majja
- 3) Different categories of Snehayonis (sources).
- 4) Need of Rukshana before snehana and Samyak rukshana lakshanas.
- 5) Types of Snehana – Bahya and Abhyantara (external and internal oleation therapy), Snehapaka.
- 6) Knowledge of Yamaka sneha, Trivrit sneha, Maha sneha, Panchaprasrutiki Sneha, Achcha sneha, Pravicharana, sneha, Sadya sneha, Avapidaka Sneha, Shodhana, Shamana and Brimhana Sneha, Hrasiyasi, Hrasva, Madhyama And Uttama Sneha
- 7) Indications and contraindications for Snehana.
- 8) Sneha Procedures:

Abhyantara Shodhananga Sneha Vidhi:

Poorvakarma: Roga and rogi pareeksha, including relevant diagnostic techniques, Koshta pareeksha and Agni nirnaya, preparation of the rogi & fixation of dose.

Pradhana karma: Administration of Sneha & Anupana, Observation- Jeeryamana/Jeerna/Ajeerna/Asnigdha Lakshanas, Samyak Yoga, Ayoga/Atiyoga Lakshanas, Vyapats & their management according to Ayurveda & Modern Systems of Medicines.

Pashchat karma: Pariharya vishaya & Planning of Shodhana. Shamana and Brimhana Snehana Vidhi, Chirakaleena Sneha Vyapats, and their management.

- 9) Diet and regimens during Snehana
- 10) Introduction to Bahirparimarjana Chikitsa.
- 11) Detailed knowledge about procedure and utility of following Bahyasnehanas

(External oleation therapy) – Abhyanga, Samvahana, Mardana, Unmardana, Utsadana, Padhaghata, Murdhni Taila, Pichu, Karna Poorana & Akshi Tarpana

11) Snehana Kamukata.

12) Digestion and Metabolism of Fat.

3. SWEDANA

1) Etymology and definition of Sweda and Swedana (Sudation).

2) Swedana dravyas and their properties.

3) Methods to protect the vital organs (varjya anga) during Swedana Procedure. Ten Types of Niragni Sweda, Different types of Sagni Sweda

4) Knowledge of Shodhananga and Shamana Sweda.

5) Indication and contra- indications of swedana.

6) Detailed Knowledge about Utility of below mentioned Swedana procedures:- Patrapinda Sweda, Shashtika Shalipinda Sweda, Churna Pinda Sweda, Jambheera Pinda Sweda, Dhanya Pinda Sweda, Kukkutanda Sweda, Anna lepa, Valuka Sweda, Ishtika Sweda, Nadi Sweda, Bashpa Sweda, Ksheera bashpa sweda, Avagaha Sweda, arisheka Sweda (Pizichil, Dhanyamla Dhara, Kashaya Dhara, Ksheera Dhara) & Upanaha Sweda.

7) Features of Samyak Yoga (Proper Sudation), Atiyoga (Excessive Sudation), Heenayoga (Inadequate Sudation) and Vyapat of Swedana and their Management.

8) Diet and regimens during and after Swedana.

9) Swedana karmukata (Mode of action of Swedana Chikitsa).

10) Introduction to Bahirparimarjana Chikitsa: Study Lepa, Gandusha, kavala, ShiroLepa (Tala potichil), Talam, Udvartana, TakraDhara, kati, Janu, Basti, Greeva and Urobasti (Tarpana)

11) General Knowledge about current Sudation techniques (Sauna bath, Steam bath, Infrared therapy).

4. VAMANA

- 1) Etymology, definition and Introduction of Vamanakarma
- 2) Importance and utility of Vamana Karma
- 3) Kosta nirnaya and Agni pareeksha in Vamana karma.
- 4) Indications and Contraindications for Vamana.
- 5) General properties of Vamaka Dravyas
- 6) Preservation and Knowledge of Vamaka and Vamanopaga dravyas.
- 7) Detailed study of Madana Phala, Kutaja, Yashti, Vacha and Nimba.

Poorva karma: Snehana & Swedana Diet & regimen prior to Vamana Karma
Preparation of formulation for Vamana Karma Dose & Method of Administration.

Poorva karma: Snehana & Swedana Diet & regimen during vishrama kala prior to Virechana Karma

Pradhana karma: Administration of drugs and Observation, and Assistance of Vegas, Upavegas and Matra. Knowledge of Laingiki, Antiki and Maniki Shuddhi, Features of Samyak yoga (Proper Shuddhi), Atiyoga (Excessive Shuddhi), Ayoga (Inadequate Shuddhi) and their management.

Pashchat karma: Samsarjana(Peyadi,Tarpana and Rasa Samsarjana krama) Pariharya vishaya & Parihara Kala Vyapats & their management according to Ayurveda & Modern Systems of Medicines

- 8) Vamana Karmukata (Mode of action of Vamana).

5. VIRECHANA KARMA

- 1) Etymology, definition, introduction, Importance, Utility & Classification of Virechana Karma.
- 2) Knowledge of Anulomana, Sramsana, Bhedana, Rechana, karma with examples.
- 3) General properties of Virechana Dravyas.
- 4) Detailed study of following Virechana drugs Trivrut, Eranda, Aragvadha, Katuki and Jaipala
- 5) Knowledge of Virechana kalpanas, their properties, dose, anupana and method of administration.

- 6) Knowledge of Koshta Nirnaya and Agni vivechana.
- 7) Indications & Contra-indications for Virechana
- 8) Significance of Vamana before Virechana.
- 9) Virechana Vidhi (Procedure for Virechana)

Poorva karma: Snehana & Swedana Diet & regimen prior to Virechan Karma.

Pradhana karma: Administration of drugs and Anupana, Observation, Assessment of Vegas, Upavegas and Matra. Knowledge of Laingiki, Antiki and Maniki Shuddhi, Features of Samyak yoga (Proper Shuddhi), Atiyoga (Excessive Shuddhi), Heenayoga (Inadequate Shuddhi) and their management.

Pashchat karma : Samsarjana(Peyadi,Tarpana and Rasa Samsarjana krama) Pariharya vishaya & Parihara ala Vyapats & their management according to Ayurveda & Modern Systems of Medicines.

- 10) Virechana Karmukata (Mode of action of Virechana).

6. BASTI

- 1) Etymology, definition, introduction, utility, and importance of Basti Karma.
- 2) Types of Basti based on Karma, Sankhyas, Adhistan & Matra.
- 3) Knowledge of different Basti yantras, their significance and utility.
- 4) Indications & Contra-indications for Anuvasana Basti and Asthapana Basti.
- 5) Knowledge of Anuvasanopayogi and Asthapanopayogi dravyas.
- 6) Administration of Basti:

Poorvakarma (Pre-operative procedure): Preparation of Basti dravyas Fixation of dose Preparation of Patient.

Pradhana karma (Operative procedure): Basti Pranidhana vidhi (Administration of Asthapana, Anuvasana and Matra Basti) Observation of Basti pratyagamana, Samyakyoga, Atiyoga, heenayoga lakshanas and their management.

Paschat karma (post operative procedure): Pariharya vishaya, Parihara Kala Diet and regimen after Basti.

7) Detailed knowledge of Basti Vyapats and their management.

8) Study of following Vishishta Bastis:

Piccha Basti, Ksheera Basti, Yapan Basti, Madhutailika Basti, Erandamooladi Nirooha Basti, Panchaprasrutika Basti, Kshara Basti, Vaitarana Basti, Krimighna Basti, Lekhana Basti, Sarvarogahara Nirooha Basti, Brimhana Basti, Vataghna Basti, Pittaghna Basti and Kaphaghna Basti.

9) Knowledge of Uttara Basti, Importance of Uttara Basti, Uttara Basti Yantra, dravyas and their dosage in Uttara Basti.

10) Detailed knowledge of administration of Uttara Basti in to mutrashaya (Intra Vesical) and Garbhashaya (intra uterine).

11) Basti karmukata (Mode of action of Basti).

7. NASYA

1) Etymology, definition, introduction & Significance of Nasya karma.

2) Knowledge about dravyas (Medicines) used for Nasya karma,

3) Classification of Nasya in detail

4) Indications and contraindications of Nasya

5) Knowledge of dosage of Dravyas (Medicines) and time of administration in different type of Nasya.

6) Nasya Procedure

Poorvakarma (Pre-operative procedure): Preparation of Patient.

Pradhana Karma (Operative procedure): Administration of Nasya.

Paschat Karma (post operative procedure): Parithara Kala, Diet and regimen after Nasya.

7) Detailed Knowledge of features of Samyakyoga (Proper), Ayoga (Inadequate), Atyoga (Excessive) of Nasya and their management.

- 8) Pathya-Apathya during Nasya karma
- 9) Administration of Navana, Marsha, Pratimarsha, Avapeedaka, Dhmapana and Dhooma Nasyas
- 10) Nasya Karmukata (Mode of action of Nasya Therapy)

8. RAKTA MOKSHANA AND VYAYAMOPACHARA

- 1) Definition, Utility and Significance of Raktamokshana, Knowledge of different Techniques of Raktamokshana
- 2) Indications and contraindications for Raktamokshana
- 3) Rakta mokshana karmukata (Mode of Rakta mokshana)
- 4) Basic Knowledge of Physiotherapy
- 5) Knowledge of emergency management in complications such as Water & Electrolyte imbalance, hypo- volamic shock, Haematemesis, Epistaxis, Bleeding per rectum, acute abdomen etc.

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❖ **TERM WISE DISTRIBUTION OF THEORY SYLLABUS**

<u>SR.NO</u>	<u>TERM</u>	<u>POINTS</u>
1	FIRST	1
2	SECOND	2 TO 5
3	THIRD	6 TO 8

❖ **SCHEME OF PRACTICALS / CLINICAL TRAINING –**

Total Duration 3 Month

- OPD - 1-Month(Under III BAMS)
- IPD(Panchkarma) - 2-Months (1 Month Under II-BAMS&1Month Under III BAMS.))

- Under clinical posting, each student has to study and write 20-long Cases and 10 short cases and prepare record of it. Format of case paper should be designed as per local trend by HOD, but it must be in English.
- Out of these 20 long cases following division should be strictly followed
(VAMAN- 4 ,VIRECHAN- 4, BASTI- 8, RAKTAMOKSHAN-2,NASYA- 2)

❖ **GUIDLINES OF PANCHKARMA PRACTICALS / CLINICS**

Under clinical posting following activities /skills /Practical work should be done by each student.

1. Training in case taking clinical examination and case presentation
2. Clinical training of disorders for which Panchkarma is a First Indication .
3. Preparation of Patient for Panchkarma & their follow up after karmas.
4. Preparations of instruments, medicines before actual karma
5. maintainance of Record in department

6. Observation of panchkarma procedures and offering actual assistance to Panchakarma procedures.
7. Knowledge of various equipments used in Physiotherapy section.
8. Knowledge of IV fluid administration, blood sampling and common panchkarma ward procedures

❖ **PRACTICAL EXAMINATION : (To be conducted by University)**

- | | |
|-------------------------------------|--------------|
| 1. Long Case taking and case viva | - 12 Marks |
| 2. Short Case taking and case viva | - 06 Marks |
| 3. Specific viva Drug & Instruments | - 10 Marks |
| 4. General viva | - 12 Marks |
| 5. Long & Short cases Record | - 04 Marks . |

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Total = 44 Marks

❖ **THEORY EXAMINATION (To be conducted by University)**

There will be One Papers of 90 Marks The examiners are directed to set a question paper in such a way that it shall covers all points of syllabus. On any syllabus group maximum 5 SAQ and maximum 10 MCQ can be included in the question paper by Paper setter.

a. **SECTION-A. (M.C.Q.)** - 15 MARKS

➤ IT CONTAINS **30 M.C.Q.s** – CARRYING ½ (half), MARK EACH.

b. **SECTION-B. (S.A.Q.)** - 30 MARKS

➤ IT CONTAINS **12 S.A.Q.s** – EACH CARRYING 3 MARKS AND ANY 10 SAQs SHOULD BE SOLVED BY STUDENT.

c. **SECTION-C. (L.A.Q.)** - 45 MARKS

➤ IT CONTAINS **4 L.A.Q.s** –EACH CARRYING 15 MARKS AND ANY 3 LAQs SHOULD BE SOLVED BY STUDENT.

❖ **DIVISION OF SYLLABUS POINTS AND GROUP WISE WEIGHTAGES OF MARKS IN UNIVERSITY QUESTION PAPER.**

<u>GROUPS</u>	<u>SYLLABUS POINTS</u>	<u>ALLOTTED MAXIMUM MARKS</u>	<u>QUESTION PATTERN</u>
A	01 to 03	30	1LAQ + 4SAQ + 6MCQ
B	04 to 05	30	1LAQ + 4SAQ + 6MCQ
C	06	26	1LAQ + 2SAQ+ 10 MCQ
D	07to 08	25	1LAQ +2SAQ + 08 MCQ
		111 Marks	-

❖ **Reference Books**

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|---|---|-------------------|-----------------------|
| 1 | Caraka Samhita with commentary of Ayurveda Dipika by Chakrapanidatta & Jalpakalpa taruby Gangadhara | Edn-1
Vol-I-V | Agnivesha |
| 2 | Sushruta Samhita with the Nibandha Samgraha commentary of Dalhana & Nyayachandrika panjika of Gayadasa on nidanasthan | Edn-VI
Vol-I | Sushruta |
| 3 | Ashtanga Hrudaya with Sarvanga sundara & Ayurveda rasayana commentaries | Edn-VIII
Vol-I | Vagbhata |
| 4 | Ayurvediya Panchakarma chikitsa | Edn-I
Vol-I | Dr Mukundilal Dwivedi |
| 5 | Panchakarma Vigyan | Edn-I
Vol-I | Dr Haridas Shreedhar |

			Kasture
6	Illustrated Panchakarma	Edn-I Vol-I	Dr.G Srinivasa Acharya
7	Clinical Panchkarma (English)	Second Edition 2008	Dr. P.Yadaiah
8	Prayogika panchkarma (Hindi)	Second Edition 2007	Dr. P. Yadaiah
9	Vivida Vyadhiyome Panchkarma (Hindi)	First Edition 2007	Dr. P. Yadaiah
10	The Panchkarma Treatment of Ayurveda with Kerala Specialties	Revised Edition 2008	Dr. T.L. Devaraj
11	Panchkarma Therapy	Second Edition 2005	Dr. R.H. Singh
12	Principles and practice of vasti	2006	Dr. Vasudevan Nampoothiri and Dr. L. Mahadevan
13	Clayton's Physiotherapy		
14	Teddy's Physiotherapy		
15	Harrison's Principle of Internal Medicine		
16	Guyton's Physiology		
17.	Vyavaharik Panchkarma vidnyan – Nachiket P. vachasundar.		
18	Asravistruti ardha chikitsa – Dr.T. M. Gogate.		
19.	Sampurna kayachikitsa - Dr. Subhash Ranade.		
20.	Ayurvediya Panchkarma Vidnyan- Dr. Y. G. Joshi		

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