

Panchakarma & Ayurvedic Technician Course

Purva karma (Preliminary procedures)

Snehana Therapy

- Definition and importance
- Sources of Snehana drugs
- Properties of Snehana drugs
- Indication
- Contra-indication
- Types of oleation

Swedana Therapy

- Definition and Importance
- Indication
- Contra-indications
- Properties of Swedana drugs
- Classification of Swedana
- Fiery Swedana
- Non-fiery Swedana
- Nadi Swedana / Steamtube
- Avagaha Swedana / Hot tube bath
- Vashpa Swedana / Steam bath
- Pinda Swedana
- Effects of excess Swedana
- Effects of correct Swedana

Pradhana Karma (Main procedures)

Vamana Therapy

- Definition and importance
- Indications
- Contra-indications
- Materials and Medicines
- Procedure
- Vamana assessment parameters
- Complications and Management
- Pharmacokinetics of Vamana

Virechana Therapy

- Definition and importance
- Indications
- Contra-indications
- Procedure
- Mechanism of Virechana drugs
- Virechana complications
- Virechana Atiyoga

Basti Therapy (Anuvasana and Niruhana)

- Definition and importance
- Classification of Basti
- Anuvasan Basti
- Nirooha Basti
- Madhu tailika Basti
- Lekhana Basti
- Matra Basti
- Dughd Basti
- Piccha Basti
- Uttara Basti
- Pharmacodynamics of Basti

Nasya Therapy

- Definition and importance
- Herbs to be used
- Indications
- Contra-indications
- Types of Nyasa
- Navana Nasya
- Avapeedana Nasya
- Dhmapana Nasya
- Dhooma Nasya
- Pratimarsha Nasya

Raktamokshan Therapy (by Sushruta)

- Definition and importance
- Classification
- Bloodletting with instruments
- Bloodletting by Leech

Paschata karma (Post procedure)

- Definitions and importance
- Samsarjan karma
- Rasayadi Prayoga
- Shamana Prayoga

Others

External oleation

- Abhyanga
- Shiro-abhyanga
- Shiro-dhara
- Shiro-pichu
- Shiro-basti
- Kati basti
- Greeva basti
- Janu basti
- Akshitarpan
- Karanpuran
- Avgahan
- Pizichil
- Puchudharana
- Gandusha and Kawala / Gargles

Internal oleation

- Duration of oleation
- Determination of dose and dose schedule
- Administration of internal oleation
- Signs of proper Snehana
- Signs of inadequate Snehana
- Signs of excessive Snehana
- Complication of Snehana
- Precautions