

Anand Charitable Trust's
Anand Ayurved College
Phulewadi Road, Vaijapur.
Department of Panchakarma

Advanced Teaching Program (ATP)
Course Distribution (w.e.f. 19th September 2022)
Academic Year 2022-23

TERM I

SN	Topic Name	No of Lectures Required	Faculty Name
1	INTRODUCTION TO PANCHAKARMA	10	
	a Introduction to Panchakarma & Shodhana	1	Dr. Rohini Naikwad
	b Panchakarma importance for promotion of health, prevention and treatment of diseases	1	
	c Tividha karma- Purva, Pradhana and Pashchat & their Importance.	1	
	d Indication of Shodhana, Shodhana in Rutucharya	1	
	e General principles of Doshagati from koshta	1	
	f Specification of Panchakarma Theatre	1	
	g Panchakarma Theatre and necessary equipment	1	
	h Importance of Koshta and Agni Parikshan	1	
	i Ashtodoshakar Bhava.	1	
2	SNEHANA KARMA I	13	
	a Etymology and definition of Sneha and Snehana, Snehayoni, Sthavara and Jangama	1	Dr. Wasim Shaikh
	b Vasa and Majja with their specific utility and sections, Yamaka, Trivrit and Maha	1	
	c Metabolism of Fat	1	
	d Achcha and Pravicharana of Sneha, Snehapaka and its importance in Panchakarma	1	
	f Types of Snehana: 1. Bahya & 2. Abhyatantra Snehana	1	
	g Bahya Snehana: Methods, indications and contraindications of Mardana, Unamardana.	1	
	h Methods, indications and contraindications of Padaghata , Samvahana	1	
	i Methods, indications and contraindications of the following types of Akshi Tarpan, Lepa, Talam	1	
	j Siro Abhyanga and Siro Dhara	1	
	k Takradhara, Kshiradhara, Jaladhara	1	
	l Siro Pichu and Siro Basti	1	

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3		SNEHANA KARMA II	12	
	a	Abhyatantra Snehana: Shodhanartha, Shamanartha and Brimhanartha Snehana	1	Dr. Wasim Shaikh
	b	Poorva karma Abhyantara Snehana	1	
	c	Pradhana karma Abhyantara Snehana	1	
	d	Sneha Vyapat & their management according to Ayurveda & Modern	1	
	e	Sadyo Sneha & Avapeedak Sneha: Method of administration, dose fixation and utility	1	
	f	Snehana Karmukata (mode of action)	1	
	g	Udvaartana, Utsadana, Talapothichil	1	
4		SWEDANA KARMA	17	
	a	Etymology and Definition of Sveda and Svedana Classifications of Svedana	1	Dr. Rohini Naikwad
	b	General Sweda dravya, properties of Sweda dravyas, swedopaga gana	1	
	c	Indications and contraindications Detailed knowledge with their Utility of the following Svedana procedures: Sankara, Churma Pinda Sveda	1	
	d	Kukkutand Pinda, Shashtika Shalipinda Sveda	1	
	e	Nadi Sveda, Bashpa Sveda Ksheer dhooma, Ksheer seka, Kwath seka	1	
	f	Avagaha Sveda, Dhanymla Dhara Parisheka	1	
	g	Pizichil, Upanaha Sveda, Annalepa	1	
	h	Local Basti such as Kati Basti, Janu Basti, Greeva Basti and Urobasti	1	
	i	General precautions during Sagni Svedana and methods to protect vital during svedana	1	
	j	Samyak Yofa, Aroga and Atiyoga of Svedana	1	
	k	Complications of Svedana and their Management according to Ayurveda and Modern Medicine	1	
	l	Diet and Management during and after Svedana Parihar Vishaya	1	
	m	Svedana Karmukata (mode of action)	1	
	n	General Knowledge about current Sudation techniques like Sauna bath, Steam bath	1	

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TERM II

4	VAMAN KARMA	23	
a	Etymology, definition and importance of Vamana Karma	1	Dr. Wasim Shaikh
b	Indications and Contraindications for Vamana	1	
c	Knowledge of Koshta and Agni	1	
d	List of Vamana and Vamanopaga drugs	1	
e	General knowledge of drugs, properties, actions, preparations, preservation with special reference to Kutaj, Nimba	1	
f	General knowledge of drugs properties, actions, preparations, preservation with special reference to Yashti and Vacha	1	
g	Purva Karma of Vamana Deepan Pachana, Abhyantara Snehana and diet	1	
h	Preparation of the patient on Morning of Vamana	1	
i	Vamaka Yoga, Anupana, fixation of dose and method of administration	1	
j	Administration of Vamanopaga Dravya such as milk, sugarcane juice, Yashtimadhu decoction	1	
k	Lakshana indicating Doshagati during the process	1	
l	Management during Vamana Karma & observations	1	
m	Symptoms of Samyak Yoga, Ayoga and Atiyoga of Vamana Karma	1	
n	Post Vamana Management	1	
o	Types of Shuddhi-Hina, Madhya and Pravara	1	
p	Peyadi Samsarjana Krama and Tarpandi krama with their specific indications	1	
q	Complication of Vamana and their management with Ayurveda and modern drugs	1	
r	Pariharya Vishaya	1	
s	Vamana Karmukata Ayurved view (mode of action)	1	
t	Vamana Karmukata Modern view (mode of action)	1	

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6	VIRECHANA KARMA	21	
	a	Etymology, definition and importance of Virechana Karma	1
	b	Utility of Virechana Karma in health and disease	1
	c	Indications and Contraindications for Virechana	1
	d	Knowledge of Koshta and Agni	1
	e	Classification of Virechana Drugs, General properties of Vichana dravya	1
	f	General knowledge of single and compound Virechan drugs.	1
	g	Properties, actions, preparations, preservation of Katuki, Jaipal	1
	h	Management of 3 gap days-Abhyanga, Svedana	1
	i	Management on morning of Virechana Day	1
	j	Preparation of Virechana Kalp, Anupan, Dose and method of its administration	1
	K	Method of Virechanana Karma and management during Virechana Karma and observations	1
	L	Symptoms of Samyak yoga, Ayog and Atiyog of Virechana Karma	1
	m	Post Virechana Management	1
	n	Types of Shuddhi- Heen, Madhya and Pravara and accordingly, samsarjana Karma	1
	o	Complications of Virechana and their management with Ayurveda and modern drugs	1
	p	Pariharya Vishya	1
	q	Virechana Karmukata Ayurveda view (mode of action)	1
	R	Mode of action as per modern view	1
			Dr. Rohini Naikwad

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TERM III

7		BASTI KARMA I	14	
	a	Etymology, definition and importance of Basti as Ardha Chikitsa	1	Dr. Wasim Shaikh
	b	Utility of Basti Karma in health and diseases	1	
	c	Basti Yantra – Putaka and netra, detailed study of traditional basti Yantra and their doshas	1	
	d	Knowledge of alternative Basti Yantra- Enema- Cane, Enema Syringe, modified plastic / rubber bag for putaka, ,modified plastic Netra	1	
	e	Classification of Basti	1	
	f	Karma, kala and Yog Basti schedules along with their utility	1	
	g	Niruha Basti : its etymology synonyms, definition, classifications, sub-classifications and indications and contra Indication	1	
	h	Dose fixation of Niruha Basti according to age	1	
	i	Contents and method of preparation Niruha Basti Dravya	1	
	j	Diet and administration of Niruha Basti	1	
	k	Pratyagamana kala, post Niruha Basti Management	1	
	l	Samyak Yog Ayog and Atiyog of Niruha	1	
8		BASTI KARMA II	09	
	a	Anuvasan Basti : its etymology synonyms, definition, classification, sub classification, indication and contra indication	1	Dr. Rohini Naikwad
	b	Dose fixation of Anuvasana Basti according to age and contents and methods of preparation of Anuvasan Basti Dravya	1	
	c	Diet & Administration of Anuvasan Basti	1	
	d	Pratyagamana Kala, Post Anuvasan Basti management	1	
	e	Samyak Yoga, Ayogaand Atiyoga of Anuvasana	1	
	f	Complication of Anuvasan Basti management according to Ayurved and Modern Medicines	1	
	g	Pariharya Vishya and kala	1	
	h	Basti Karmukata (mode of action) Ayu View	1	
	i	Basti Karmukata (mode of action) Ayu View	1	

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9	BASTI KARMA III	11	
	a	Madhutaililka Basti, Erandmuladi Basti, Yapana Basti	1
	b	Pichha Basti, Kshira Basti, Ksara Basati, Vaitarana Basti	1
	c	Panchprasutik Basti, Lekhan Basti, Krumighna Basti	1
	d	Tiktashir Basti, Ardhamatrika Basti	1
	e	Uttara Basti Male, indications and contraindications detailed study of traditional Basti Yantra and their Doshas knowledge of alternative Basti Yantra	1
	f	Preparation of patient, preparation of Trolley for Uttarbasti, drug preparation and dose	1
	g	Uttara Basti female, indications and contraindications detailed study of traditional Basti Yantra and their Doshas knowledge of alternative Basti Yantra	1
	h	Preparation of patient, preparation of Trolley for Uttarbasti, drug preparation and dose	1
	i	Method of administration in females	1
	j	Observation & complication and their management	1
			Dr. Rohini Naikwad
10	NASYA KARMA	13	
	a	Etymology, definition, significance of Nasya	1
	b	Classifications and Sub-classifications	1
	c	Knowledge of general dravya used for Nasya Karma, Shirovirechan Gana, Shirovirechanopag.	1
	d	Indications and contraindications of Nasya	1
	e	Time of administration of Nasya	1
	f	Dose fixation of different types of Nasya	1
	g	Diet and Regimes before and after Nasya Karma	1
	h	Administration of Marsha, Pratimarsha, Avapeedaka, Dhoomapana and Dhuma NAsya	1
	i	Symptoms of Samyak-yoga of Nasya	1
	j	Complication of Nasya and their management	1
	k	Parihar Vishaya	1
	l	Nasya KArmukata Ayurved view	1
	m	Mode of action as per modern view	1
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11		DHUMPANA KARMA	05	
	a	Etymology, definition, significance of Dhumpana Karma	1	Dr. Rohini Naikwad
	b	Classification, knowledge of general Dravya used for Dhumpana Karma	1	
	c	Indications and contraindications of Dhumpana Karma	1	
	d	Time, dose fixation of different types, Diet and regimen before and after Karma	1	
	e	Administration, Symptoms of Samyak-yoga, Complication and their management of Dhoomapana	1	
12		RAKTMOKSHANA KARMA	08	
	a	Definition, Importance and types of Raktmokshana	1	Dr. Rohini Naikwad
	b	Indications and contraindications of Raktmokshana	1	
	c	Jalaukavacharana : Knowledge of different types of Jalauka (Leech), Indications and contraindications of Jalaukavacharana, various types of Jaluka, Method of Application, Samyak lakshan, Complication of Jalaukavacharana and their management with Ayurveda and Modern medicines.	1	
	d	Prachhana : Indications and contraindications of PRachhana. Method of Application, Samyak Lakshan, Complication of PRachanna and their management with Ayurveda and modern medicines.	1	
	e	Siravedha : : Indications and contraindications of Siravedha. Method of Application, Samyak Lakshan, Complication of Siravedha and their management with Ayurveda and modern medicines	1	
	f	Knowledge of emergency management of complications such water and electrolyte imbalance, shock, bleeding perrectal, hemetemsis, epistaxis.	1	
	g	Karmukta of Raktmokshana	1	
13		PHYSIOTHERAPY	04	
	a	Definition, utility and importance of Physiotherapy	1	Dr. Wasim Shaikh
	b	Basic knowledge of static exercise, infrared	1	
	c	Basic knowledge of short wave diathermy, electromagnetic therapy	1	
	d	Basic knowledge of Wax bath Therapy, Ultrasonic therapy	1	

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