



Kavikulaguru Kalidas Sanskrit University

University established by State Government of Maharashtra and UGC Recognized u/s 2f and 12B

Ramtek Office : Administrative Building, Mauda Road, Ramtek - 441106, Dist.Nagpur

Nagpur Office : 05th Floor, NIT Commercial Complex, Near Morebhavan, Sitabuldi, Nagpur 440012



योगेन चित्तस्य पदेन वाचा मलं शरीरस्य च वैद्यकेन ।
योऽपाकरोत् तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि ।।

DIPLOMA IN AYURVEDIC PANCHAKARMA

Course Curriculum (Syllabus)

Approved by the Academic Council Meeting No. 1/2019, Item no. 79, Dt. 30-1-2019

(Revised 2019-20)

Name of the Course	DIPLOMA IN AYURVEDIC PANCHAKARMA
Name of the Faculty	Faculty of Indian Religion, Philosophy and Culture
Examination Type	Yearly
Course Duration	02 years
Total Credits	No credits
Eligibility	<ul style="list-style-type: none">• 12th Passed (any faculty),• Direct admission in 2nd Year for B.A.M.S. passed or equivalent,

Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
First Year	360	144	340	136	-	-	700	280	No Credits	--
Second Year	360	144	340	136	-	-	700	280	No Credits	-
Final Total	720	288	680	272	-	-	1400	560	No Credits	-

Curriculum Charges : (NET copy Rs.30/-)
(Print Copy Rs. 7/- per page)

Name of the Course	DIPLOMA IN AYURVEDIC PANCHAKARMA (DAP)
Name of the Faculty	Faculty of Indian Religion, Philosophy and Culture
Examination Type	Yearly
Course Duration	02 years
Total Credits	No credits
Eligibility	12 th Passed (any faculty), Direct admission in 2 nd Year for B.A.M.S. passed or equivalent.

Note :- 1. Theory & Practical Combined Passing

2. The Students must have to appear for theory & Practical Examination.

Paper Code	Paper Title	Internal (Pr/Desr /Viva/Oral/ Test/Sessional etc.) A		Theory B		Other C		Subject Total (in case of joint passing) A+B+C		No. Credits (if Credit System is applicable)
		Max	Passing	Max	Passing	Max	Passing	Max	Passing	
First Year										
DAP-I-01	Anatomy & Physiology	120	48	80	32	-	-	200	80	No credits
DAP -I-02	Fundamental of Ayurveda	120	48	80	32	-	-	200	80	No credits
DAP -I-03	Panchakarma Therapy Part -I	120	48	80	32	-	-	200	80	No credits
DAP -I-04	Sanskrit First Mudra	-	-	100	40	-	-	100	40	No credits
First Year Total		360	144	340	136	-	-	700	280	
Second Year										
DAP -II-01	Ayurvedic Massage Therapy & Body work	120	48	80	32	-	-	200	80	No credits
DAP -II -02	Panchakarma Therapy Part -II	120	48	80	32	-	-	200	80	No credits
DAP -II -03	Swastha vritta Vidnyan	120	48	80	32	-	-	200	80	No credits
DAP -II -04	Sanskrit Second Mudra	-	-	100	40	-	-	100	40	No credits
Second Year Total		360	144	340	136	-	-	700	280	
Final Total		720	288	680	272	-	-	1400	560	

Diploma in Ayurvedic Panchakarma.

Aims & Objectives :-

- 1) Training is imparted by professionals in the respective field to selected candidates in order to create the necessary expertise to undertake the specialized work of specific Ayurvedic Panchakarma Therapies.
- 2) We promote Ayurvedic panchakarma therapies all over the world for the better health of the society.
- 3) We are creating the jobs as a Panchakarma Technitian for different Ayurvedic Panchakarma Hospitals.

Eligibility :

- 12th Passed (any faculty),
- Direct admission in 2nd Year for B.A.M.S. passed or equivalent.

Medium : Hindi, Marathi, English

Duration : 2 years

Papers : 4 papers yearly (First Three Papers - each carries theory 80 marks & practical 120 marks)
- 4th paper sanskrit carries 100 marks
Total marks 700 marks.

Passing : 40% (Theory & Practical combined)

Syllabus & Detailed Training Programme Total Hours : 1000 hours

□ Contact hours 400 practical lab hours 600 - Spread over 2 years.

□ Including 3 months internship.

FIRST YEAR

Total Marks : 700	Theory : 340	Practical : 360
Paper 1	- Anatomy and Physiology	
Paper 2	- Fundamentals of Ayurveda	
Paper 3	- Panchakarma Therapy (PART – I)	
Paper 4	- Sanskrit – First Mudra	

SECOND YEAR

Total Marks : 700	Theory : 340	Practical : 360
Paper 1	- Ayurvedic Massage Therapy & Bodywork	
Paper 2	- Panchakarma Therapy (PART – II)	
Paper 3	- Swasthavritta Vidnyan	
Paper 4	- Sanskrit – Second Mudra	

FIRST YEAR

Paper 1 - Anatomy and Physiology

80 Marks

Contact hours – 40

Practical Lab Hours – 60

- Unit I :**
- Definition of Sharir and Shaarira. **20 Marks**
 - Shareera Rachana (Human Anatomy)
 - Marma Vidnyan (Knowledge about vital points of the body) Basic constituents of Human body.
 - Divisions of body parts. **20 Marks**
 - Surface Anatomy, Definition of Kostha & Koshtang
- Unit II :**
- Skeletal System **20 Marks**
 - Muscular System
 - Nervous System
 - Reproductive System
- Unit III :**
- Circulatory System **20 Marks**
 - Digestive System
 - Excretory System
 - Organs & their relation with dosha & dhatu
- Unit IV :**
- Kriya Sahriram (Human Physiology) **20 Marks**
 - Tridosh
 - Prakriti
 - Dhatu and Upadhatus (Bodily elements & accessory elements)
 - Agni (Knowledge about bodily fire)
 - Endocrine Glands

Practical

120 Marks

- i) Study of Surface Anatomy **20 Marks**
- ii) Study of Bones **20 Marks**
- iii) Study of Organs – Eye, Ear, Lungs, Stomach **20 Marks**
Liver, Kidney
- iv) Spotting of anatomy & Physiology **20 Marks**
- v) Record Books **20 Marks**
- vi) Viva **20 Marks**

Reference Book :

- 1) Panchakarma Vidnyan – Vd. H. S. Kasture
- 2) Essentials of Panchakarma Therapy – Dr. P. K. Kar
- 3) Kerliya Panchakarma Chikitsa Vidyan – Dr. T. L. Devraj
- 4) Illustrated Panchakarma - G. Shrinivas Acharya
- 5) Ayurvedic Massage – S. V. Govindan

Paper 2 - Fundamentals of Ayurveda (part-I)	80 Marks
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Contact hours – 40

Practical Lab Hours – 60

- Unit I :**
- Defination of Ayurveda & its Prayojana. **20 Marks**
 - History of Ayurveda
 - Panchamahabhoota Siddhantha (Theory of Five Fundamental Elements)
 - Tridosha Sidhantha
- Unit II :**
- Saptadhatu (7 Bodily Elements) **20 Marks**
 - Trimala (Three Producets of Excretion)
 - Prakriti (Body Constitution), Trividha Upastambha
- Unit III :**
- Strotovigyanam (Knowledge about diff. system of the body) **20 Marks**
 - Astang Ayurveda (Knowledge about 8 branches of Ayurveda)
- Unit IV :**
- Importance of Dravyaguna. **20 Marks**
 - Identification and classification of medicinal plants
 - Importance & types of Gun, Ras, Virya, Vipak & Prabhav
 - Collection of medicinal plants.
 - Preparation and storage of medicines.

Practical	120 Marks
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- i) Prakruti Parikshan **20 Marks**
- ii) Collection of medicinal 10 plants **20 Marks**
- iii) Preparation of Ayurved Medicine **20 Marks**
(Churna, Kadha, Ras, Tablets)
- iv) Practical Book **20 Marks**
- v) Viva **20 Marks**
- vi) Spotting **20 Marks**

Reference Books :

- 1) Ayurved Sidhanth Parichay – Moreshwar
- 2) Sharir Kriya Vidnyan – Rande, Paranjape
- 3) Ayurved Parichay – Banwarilal Gaund
- 4) Ayurved Mul Siddhant – Laxmikant Dvivedi
- 5) Basic Principle of Ayurveda – Kashyap Das

Paper 3 - Panchakarma Therapy (PART – I)

Contact hours – 40

Practical Lab Hours – 80

- Unit I :**
- Snehapan Vidhi Types of Tail, Vase, Majja **20 Marks**
 - Swedan Types–Tapsweda, Ushmasweda, Shapsweda, Nadisweda, Upanah, Pindsweda, Parishek
- Unit II :**
- Study of Panchakarma & its definition **20 Marks**
 - Study of various Ayurvedic Massage Procedures (Kerlian Massage, Acupressure & Meridian Massage)
 - Ayurvedic philosophy of panchakarma
 - General introduction of panchakarma
- Unit III :**
- Importance of panchakarma & its Prayojan **20 Marks**
 - Basic principles of panchakarma
- Unit IV :**
- Study of poorvakarma **20 Marks**
 - Snehan, Swedan
 - poorvakarma by various methods of massages.
 - Snehagun, Swedagun
 - Limitation of Panchakarma
 - Panchakarma is body detoxification (Shodhan)
 - Swedpeti & Nadisweda Importance

Practical

120 Marks

- i) Study of various ayurvedic massage **20 Marks**
- ii) Study of swedan by various methods. **20 Marks**
- iii) Spotting **20 Marks**
- iv) Practical books. **20 Marks**
- v) Viva **20 Marks**
- vi) Visit to the Panchakarma Center **20 Marks**

Reference Book :

- 1) Panchakarma Vidnyan – Vd. H. S. Kasture
- 2) Essentials of Panchakarma Therapy – Dr. P. K. Kar
- 3) Kerliya Panchakarma Chikitsa Vidyan – Dr. T. L. Devraj
- 4) Illustrated Panchakarma - G. Shrinivas Acharya
- 5) Ayurvedic Massage – S. V. Govindan

Paper 4 – Sanskrit

100 Marks

Contact Hours – 60

Sanskritvagvilas – First Mudra

100 Marks

Reference Book :

- 1) Published by Kavikulguru Kalidas Sanskrit University, Ramtek.

SECOND YEAR

Paper 1-Ayurvedic massage Therapy & Bodywork

80 Marks

Contact hours – 40

Practical Lab Hours – 80

- Unit I :**
- Detailed study of various Ayurvedic massage procedures. **20 Marks**
 - Ayurvedic massage with Herbal oil (Uzhichil)
 - Massage with linen bundles containing herbal leaves (Elakizhi)
- Unit II :**
- Massage with linen bundles containing herbal powders (Podikizhi) **20 Marks**
 - Shirodhara, Takradhara
- Unit III :**
- Pizhichil (Ayurvedic oil Bath with Massage) **20 Marks**
 - Navrarakizhi (massage with linen bundles containing medicated cooked rice/Pindasweda)
- Unit IV :**
- Udwarthanam (Massage with Herbal Powder) **20 Marks**
 - Shiobasti (Medicated oil therapy on the head)
 - Karnapoornam (Therapy on the ear)
 - Tarpanam (Therapy on the eyes)

Practical	120 Marks
i) Ayurvedic oil massage, Herbal oil massage, herbal laves massage, Herbal powder massage.	20 Marks
ii) Shirodhara, shirobasti	20 Marks
iii) Karnapooranam Netratarparam	20 Marks
iv) Spotting	20 Marks
v) Viva	20 Marks
vi) Practical Books	20 Marks

Reference books :-

- 1) Panchakarma Vidnyan – Vd. H. S. Kasture
- 2) Essentials of Panchakarma Therapy – Dr. P. K. Kar
- 3) Kerliya Panchakarma Chikitsa Vidyan – Dr. T. L. Devraj
- 4) Illustrated Panchakarma - G. Shrinivas Acharya
- 5) Ayurvedic Massage – S. V. Govindan

Paper 2 - Panchakarma Therapy (Part-II)	80 Marks
Five cleansing actions)	

Contact Hours – 40

Practical Lab Hours – 80

Unit I :	<ul style="list-style-type: none">● Defination of Panchkarma & its Prayojana.● Importance & Prayojan of Panchakarma.● Study of Pradhankarma (main detoxification Therapy)	20 Marks
Unit II :	<ul style="list-style-type: none">● Panchakarma (Five cleansing actions)● Nasyam (Cleansing of nasal & sinus passages)● Vamanam (Cleansing of stomach & lungs)● Virechan karma	20 Marks
Unit III :	<ul style="list-style-type: none">● Vasti (वस्ती),Cleansing of Colon),● Anuvasan & Niruhbhasti● Raktamokshana (Cleansing of impure blood in the body)● Uttarbasti	20 Marks
Unit IV :	<ul style="list-style-type: none">● Study of Paschatkarma (Post treatment care)● Agnikarma● Sansarjan vidhi● Ksharkarma	20 Marks

● Gandushvidhi

Practical	120 Marks
i) Snehan & Nasya Karma	20 Marks
ii) Vaman, Virechan, Vasti Kriya Practical	20 Marks
iii) Agnikarma Practical, Kati Basti, Manyu Basti, Janu Basti, Hruday Basti	20 Marks
iv) Raktamokshan Vidhi & Leach Therapy	20 Marks
v) Practical Record	20 Marks
vi) Viva	20 Marks

Reference Books :

- 1) Panchakarma Vidnyan – Vd. H. S. Kasture
- 2) Essentials of Panchakarma Therapy – Dr. P. K. Kar
- 3) Kerliya Panchakarma Chikitsa Vidyan – Dr. T. L. Devraj
- 4) Illustrated Panchakarma - G. Shrinivas Acharya
- 5) Ayurvedic Massage – S. V. Govindan

Paper 3 – Swasthavritta	80 Marks
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Contact hours – 40

Practical Lab Hours – 60

Unit I :	<ul style="list-style-type: none">● Concept of Health and necessary of Swasthavritta● Individual Health – Daily Resume (Dincharya)● Seasonal Resume – Rutucharya	20 Marks
Unit II :	<ul style="list-style-type: none">● Three Pillars of Health (Trayopastambha)● Tridanda – (Atma, MAN, Indriya)	20 Marks
Unit III :	<ul style="list-style-type: none">● Ashtang Yoga● Epidemiology or infectious Diseases (Selected Five) i) Chicken Pox, ii) Malaria, iii) Typhoid, iv) Cholera, v) Worms	20 Marks
Unit IV :	<ul style="list-style-type: none">● Primary Health Prevention● National Health Programme (Selected Three) i) Tuberculosis, ii) AIDS, iii) Diabetes mellitus● Family Welfare Programme	20 Marks

Practical of Swasthavritta	120 Marks
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| i) Students visit to different social places
(Visit to Panchakarma Center) | 20 Marks |
| ii) Visit to Yogasan | 20 Marks |
| iii) Visit to Primary Health Center
(For Knowledge of Vaccination) | 20 Marks |
| iv) Spotting | 20 Marks |
| v) Viva | 20 Marks |
| vi) Practical Record | 20 Marks |

Reference book :

- 1) आयुर्वेदिक स्वस्थवृत्त – दत्तात्रेय जळुकर
- 2) स्वस्थवृत्त विज्ञान – रामहर्ष सिंह
- 3) स्वस्थवृत्त – शिवकुमार गौड
- 4) स्वस्थवृत्त – डॉ. रानडे परांजपे
- 5) Preventive and Social Medicine – J. V. Park
- 6) योग दिपीका – बी. के. एस. अयंगार

Paper 4 – Sanskrit	100 Marks
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Contact Hours – 60

Sanskritvagnivas – Second Mudra

100 Marks

Reference Book :

- 1) Published by Kavikulguru Kalidas Sanskrit University, Ramtek.

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