



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 MASSAGE & PANCHAKARMA TECHNICIAN

Course Curriculum (Syllabus)

Approved by the Academic Council Meeting No. 1/2019, Item no. 79, Dt.30-01-2019

Onwards 2019-20

Name of the Course	DIPLOMA IN AYURVEDIC MASSAGE & PANCHAKARMA TECHNICIAN
Name of the Faculty	Faculty of Indian Religion Philosophy & Culture
Examination Type	Yearly
Course Duration	One Year
Total Credits	No Credits
Eligibility	The Students must have passed 12 th Class Examination any Faculty or an Examination Recognised as equivalent

Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
First Year	480	192	420	168	-	-	900	360	No Credits	-
Total	480	192	420	168	-	-	900	360	No Credits	

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

Name of the Course	DIPLOMA IN AYURVEDIC MASSAGE & PANCHAKARMA TECHNICIAN
Name of the Faculty	Faculty of Indian Religion Philosophy & Culture
Examination Type	Yearly
Course Duration	One Year
Total Credits	No Credits
Eligibility	The Students must have passed 12 th Class Examination any Faculty or an Examination Recognised as 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										
CCMPT-01	Anatomy & Physiology	120	48	80	32	-	-	200	80	No Credits
CCMPT -02	Fundamental of Ayurveda	120	48	80	32	-	-	200	80	No Credits
CCMPT -03	Ayurvedic Massage Therapy & Body work	120	48	80	32	-	-	200	80	No Credits
CCMPT -04	Panchakarma Therapy	120	48	80	32	-	-	200	80	No Credits
CCMPT -05	Sanskrit First Mudra	-	-	100	40	-	-	100	40	No Credits
First Year Total		480	192	420	168	-	-	900	360	

DIPLOMA IN AYURVEDIC MASSAGE & PANCHAKARMA TECHNICIAN

Aims & Objectives :-

- 1) Training is imparted for the candidate in order to create the necessary expertise to undertake the specialize work of specific ayurvedic massage technician & panchakarma technician
- 2) We promote Ayurvedic Panchakarma Technician & Massage Technician all over the world for the better health of the society.
- 3) We are creating the job as a Panchakarma Technician & Ayurvedic Massage Technician for different Ayurvedic panchakarma Hospitals.

Eligibility : XIIth class passed (any faculty) or equivalent exception can be mode in the case of the personal who have passed one or two year government diploma by recognized university or board.

Medium : Hindi, Marathi, English

Duration : 1 year

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 and Detailed Training Programme - One year

- 1) Total Hours – 520 (Theory 240 & 280 practical).
- 2) Contact hours and practical hours spread over 1 year.
- 3) Including 3 Months internship.

Subjects

- 1) Anatomy & Physiology - Contact Hours 60
- Lab Hours – 60
- 2) Fundamentals of Ayurveda - Contact Hours – 60
- Lab Hours – 60
- 3) Ayurvedic Massage - Contact Hours – 60
Therapy & Bodywork - Practical Lab Hours – 100
- 4) Panchakarma Therapy - Contact Hours – 60
- Lab Hours – 60
- 5) Sanskrit – First Mudra - Contact Hours – 60

Total Marks : 900

Theory : 440

Practical : 460

Paper 1 - Anatomy and Physiology

Paper 2 - Fundamentals of Ayurveda

Paper 3 - Ayurvedic massage Therapy & Bodywork

Paper 4 - Panchakarma Therapy

Paper 5 – Sanskrit

Paper 1 - Anatomy and Physiology

(शारीर रचना एवं शारीर क्रिया विज्ञान)

80 Marks

Contact hours – 40

Practical Lab Hours – 60

- Unit I :**
- Shareera Rachana (Human Anatomy) **20 Marks**
 - Marma Vidnyan (Knowledge about vital points of the body)
 - Basic Constitution of Human Body
 - Divisions of body parts & surface anatomy.
- Unit II:**
- Skeletal System **20 Marks**
 - Muscular System
 - Nervous System
- Unit III :**
- Circulatory system **20 Marks**
 - Excretory System
 - Organs-Liver, Lungs, Heart, Eye, Ear, Nose, Tongue
- Unit IV :**
- Kriya Shariram (Human Physiology) **20 Marks**
 - Tridosh
 - Prakriti
 - Dhatu and Upadhatus (Bodily elements & accessory elements)
 - Agni (Knowledge about bodily fire)

Practical

120 Marks

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

Reference book :

- 1) Text book of Anatomy.
- 2) Text book of Physiology.
- 3) Drustarth Shariram Part I & II – Rande, Paranjpe
- 4) Sharir Rachana Vidnyan

Paper 2 - Fundamentals of Ayurveda	80 Marks
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Contact hours – 40**Practical Lab Hours – 70**

- Unit I :**
- Definition of Ayurveda & its prayojana **20 Marks**
 - Panchamahabhoota Siddhantha
(Theory of Five Fundamental Elements)
 - Tridosha Sidhantha (Theory of Three Humours)
- Unit II :**
- Saptadhatu (7 Bodily Elements) **20 Marks**
 - Trimala (Three Products of Excretion)
 - History of Ayurveda
- Unit III :**
- Prakriti (Body Constitution) **20 Marks**
 - Strotovigyanam (Knowledge about diff.system of the body)
 - Knowledge about Trividha Upastambha
- Unit IV :**
- Astang Ayurveda (Knowledge about **20 Marks**
8 branches of Ayurveda)
 - Agni (Knowledge about bodily fire)
 - Trividha Aayatana, Trividha Roga, Trividha Rogmarga

Practical	120 Marks
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- 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 Ayurved Panchakarma Center **20 Marks**

Reference book :

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

Contact hours – 40**Practical Lab Hours – 80**

- Unit I :**
- Importance of Massage **20 Marks**
 - Detailed study of various massage procedures.
 - Ayurvedic massage with Herbal oil (Uzhichil)
- Unit II :**
- Massage with linen bundles counting herbal leaves (Elakizhi) **20 Marks**
 - Massage with linen bundles counting herbal powders (Podikizhi)
 - Shirodhara, Takradhara, Ghritdhara
- Unit III :**
- Pizhichil **20 Marks**
(Ayurvedic oil Bath with Massage) ●
 - Navarakizhi (massage with linen bundles containing medicated cooked rice/Pindasweda)
 - Udwarthanam (Massage with Herbal Powder)
- Unit IV :**
- Shirobasti, Janubasti, Hrudaybasti, **20 Marks**
Katibusti (Medicated oil therapy on the head)
 - Karnapooranam (Therapy on the ear)
 - Netratarpanam (Therapy on the eyes)
 - Ksharkarma

Practical**120 Marks**

- i) Ayurvedic oil massage, Herbal oil massage, herbal leaves 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) Visit to the Ayurvedic Massage Center **20 Marks**

Reference book :

- 1) Panchakarma Vidnyan – Vd. H. S. Kasture
- 2) Essentials of Panchakarma Therapy – Dr. P. K. Kar
- 3) Kerlliya Panchakarma Chikitsa Vidyan – Dr. T. L. Devraj
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Paper 4 - Panchakarma Therapy**80 Marks****Contact hours – 50****Practical Lab Hours – 80**

- Unit I :**
- Importance of Panchakarma
 - Basic Principles of panchakarma
 - Study of Poorvakarma (Preparatory Therapy)
- Unit II :**
- Poorvakarma (Preparatory Therapy) by Various methods of massages
 - Netratarpanam
 - Takradhara, Ghritdhara, Shirodhara
- Unit III :**
- Study of Pradhankarma (main detoxification Therapy)
 - Panchakarma (Five cleansing actions)
 - Nasyam (Cleansing of nasal & sinus passages)
 - Vamanam (Cleansing of stomach & lungs)
 - Vasti (वस्ती) (Cleansing of Colon)
 - Raktamokshana (Cleansing of impure blood in the body)
- Unit IV :**
- Study of Paschatkarma (Post treatment care)
 - Basti Kriya
 - Kati Vasti
 - Many Vasti
 - Janu Vasti
 - Hruday Vasti
 - Precautions and care during and after the procedures of Panchakarma.

Practical**120 Marks**

- i) Study of various ayurvedic massage **20 Marks**
- ii) Study of sweden 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 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 5**Sanskrit****100 Marks****Contact Hours – 60****Sanskritvagvilas – First Mudra****100 Marks****Reference Book :** 1) Published by Kavikulguru Kalidas Sanskrit University, Ramtek.
