



NATIONAL INSTITUTE OF AYURVEDA, JAIPUR



**(Deemed to be University De-Novo)
(Ministry of AYUSH, Govt. of India)**

PG Department of Panchkarma

Program Name: DAN&P

Course Name: PANCHKARMA Theory

Course Code: NIA/UG/ DAN& P

COURSE OUTCOMES

At the end of this course student will achieve: -

1. Definition of Panchakarma, utility and importance of Panchakarma
2. Purva karma snehana – Abhyanga, duration, Snehana dravya, properties, methods of Abhyanga, Snehapana, types, duration, dosage, Anupana, Precautions, symptoms of insufficient, excessive and proper snehana, complications of Snehana.
3. Introduction to swedana, types, methods, duration, symptoms of insufficient, excessive and proper swedana
4. Vamana – Introduction to vamana, methods, Knowledge about Vamanopaga and vamana dravya, Symptoms of insufficient, excessive and proper Vamana, Sansarjana Karma, complications of Vamana. Nursing paricharya.
5. Virechana – Introduction to Virechana, methods, Knowledge about Virechanopaga and Virechan dravya, Symptoms of insufficient, excessive and proper Virechana, Sansarjana Karma, complications of Virechana. Nursing paricharya.
6. Basti – Introduction to Basti, methods of Basti administration, types of basti, Niruha and Anuvasana, karma, Kala & yoga basti, Uttar basti, Brimhana Basti, Madhutailika and Matra basti, Symptoms of insufficient, excessive and proper Basti, Sansarjana Karma, complications of Basti. Nursing paricharya.
7. Nasya - Introduction to Nasya, types, methods, knowledge about Brimhana & shodhana nasya. , symptoms of insufficient, excessive and proper Nasya, complications of Nasya, Nursing paricharya.
8. Keraliya Panchakarma – introduction –
 - A. Dharakarma – Shirodhara equipments, types, takra dhara, shirodhara, taila dhara, formation and methods
 - B. Pinda sweda – Patrapinda sweda, Shalishastika pinda sweda, introduction, medicine, preparations & procedures.
 - C. Kayaseka, Shirobasti, Pizichhil – used medicines, preparation & procedures.
9. Geriatrics and disease of old age – introduction and care.
10. Rasyana – definition, properties, types, methods of usage, utility.
11. Vajikarana – definition, medicines and utility.