



Arya International Ayurveda
Academia

Overview of Speciality course in Clinical Panchkarma

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Mission of Arya Ayurveda Institute



Arya International Ayurveda Academia

Arya International Ayurveda Academia (AIAA) is an Academic wing of Arya Ayurveda Institute, which was established as private organisation in 2012. It is currently based in Pune, Maharashtra, India.

AIAA has trained many Ayurveda practitioners across the globe in different specialities of Ayurveda.

AIAA **adopts** practical and integrated approach for improving clinical skills of Ayurveda practitioners.

AIAA is continuously tailoring its endeavours to **standardise** treatment protocols for Indian and international scope of Ayurveda Practice.

Faculty for course

Dr. Amruta Ketan Athale BAMS, MD (Ayurveda), R.M.A.S. (U.S.A), C.A.P (Canada) is a physician trained in Ayurveda and modern medicine in a 8.5 year program in India under the Maharashtra University of Health Sciences. Being involved as Ayurveda Physician and Mentor, at the most reputable Ayurveda Hospitals, Clinics and Institutes for more than 15 years in India and Abroad taught her practical approach for patients care. She has travelled and lived extensively all over the world to offer consultations, develop and teach courses, design research protocols, deliver lectures for health care professionals and individuals.

Objectives of the course

- ❖ To enhance knowledge, skills and core competencies of Ayurveda Practitioners in management of clinical disorders with classical Ayurveda Panchkarma methods
- ❖ ***To educate Ayurveda practitioners about Classical management protocol of Ayurveda Panchkarma for result oriented practice***

Teaching and Training Methodology

- The course utilizes a variety of teaching or learning techniques. Training is imparted through direct teaching complemented by various informative case studies, assignments, and didactic lectures.
- This complete and comprehensive learning package includes E-notes, informative videos and completion certificate which will be provided to all the participants by the organising institute.
- The course content will be delivered by world renowned Ayurveda Practitioner and Educator.

Silent features of the course

Modular
Structure

Customized
Training for
International
Practitioners

Practical Tips

Renowned
Faculty

Informative
Case studies

Once a week
session

Course Curriculum

**Understand
ing
Panchkarm
a**

**Snehana or
Oleation**

**Swedana or
Sudation**

**Vamana or
Therapeutic
Emesis**

**Virechana
or
Therapeutic
Purgation**

**Basti or
Enema**

**Nasya or
Nasal
Instillation**

Certification Criteria

Participant evaluation will be through a continuous internal evaluation, course work and performance in the written examination (in the form of MCQs). The criteria for successful completion of the program shall be as follows:

- ✓ *Participation in online classes (including pre test and post test submission of each module. This could be also helpful in self assessing the improvement in clinical skills of Ayurveda practitioner)*
- ✓ *Completion of assigned course work (includes solving Clinical cases with related topics discussed in the course esp. module 2 onwards)*

Module 1

Understanding Panchkarma

- Importance and scope of Panchkarma in Ayurveda Practice
- Three folds of Panchkarma: Pre Panchakarma Procedure, Panchkarma Procedure and Post Panchkarma Procedure
- Clinical Importance of Pre procedures and Post procedures of Panchkamra
- Importance of Koshta Nirnaya (Understanding different types of digestions) and Digestive strength in Panchkarma
- General Precautions during Panchkarma
- Regimen and Diet during all three stages of Panchkarma
- Scope of Panchakarma in Preventive health care

Module 2

Understanding Oleation

- Definition of Oleation therapy
- Types of Snehana – Internal and External
Oleation therapy
- Indications and contraindications of Snehana
- Mode of action and Efficiency of Oleation
therapy

Module 2

Internal Oleation

- Snehana as a Pre-procedure of Detox and Snehana as a separate treatment procedure
- Calculating the proper dose of oleaginous substances for internal oleation treatment.
- Clinical Signs and Symptoms of Indigested, Digesting and completely digested Sneha or Oleaginous substances
- Features of proper oleation, inadequate oleation, excessive oleation and improper Oleation
- Diet and Regimen during Internal oleation

Module 2

External Oleation

Details of procedure and utility of following external oleation therapies:

- Abhynaga, Samvahana and Ears)
- Mardana (different types of Oil Massage)
- Pichu (Local treatment with Oil soaked tampons)
- Udvardana (Powder massage)
- Janu Basti (Oleation of knees)
- Shiro-abhyanga (Head massage)
- Kati Basti (Oleation of back)
- Karna Poorana (Instillation in

Module 3

Swedana or Sudation

- Definition of Swedana therapy
- Types of Swedana
- Indications and contraindications of Swedana
- Swedana as a Pre-procedure of Detox and Swedana as a separate treatment procedure
- Features of proper Swedana, inadequate Swedana, excessive Swedana and improper Swedana and its management

Module 3

Swedana or Sudation

- Methods to protect the Vital organs during swedana procedure
- Details of Procedure and utility of following types of Swedana Types:
- Swedana with different Pouches: Herbs, Rice, Sand etc., Steam chamber, Sauna etc.
- Diet and Regimen during Internal Swedana
- Mode of action and Efficiency of Swedana
- General knowledge of current Swedana techniques and its utility

Module 4

Vamana or Therapeutic Emesis

- Introduction, Utility and importance of Vamana
- Eligibility and no eligibility for Vamana
- Different resources for implementing Vamana
- Conduction of Preprocedural, Main procedure and Post procedure of Vamana
- Assessment of Vamana Procedure
- Features of proper Vamana, inadequate Vamana, excessive Vamana and improper Vamana and its management
- Detail study of Samsarjana Krma or Specific Diet schedule recommended after detox procedures and its role after Panchkarma procedures
- Mode of action of Vamana

Module 5

Virechana or Therapeutic Purgation

- Introduction, Utility and importance of Virechana
- Eligibility and no eligibility for Virechana
- Different resources for implementing Virechana
- Detail study of Virechana Medicines, their properties, dose and method of administration like: Castor oil, Hatitaki, Triphala, Aragwadha, Kutaki etc.

Module 5

Virechana or Therapeutic Purgation

- Procedure of Virechana: Conduction of Pre-procedure, Main procedure and Post procedure of Virechana
- Assessment of Virechana Procedure
- Features of proper Virechana, inadequate Virechana , excessive Virechana and improper Virechana and its management
- Detail study of Samsarjana Krama or Specific Diet schedule recommended after detox procedures and its role after Panchkarma procedures
- Mode of action of Virechana

Module 6

Basti or Enema

- Basti or Enema
- Introduction, Definition, Utility and Importance of Enema in Ayurveda Treatment
- Details of different Types of Basti based on Basti material, Mode of action, Dosage, Number of Basti, etc.
- Method of Administration of Basti
- Eligibility and no eligibility for Basti
- Different resources for implementing Basti

Module 6

Basti or Enema

- Procedure of Basti: Conduction of Pre-procedure, Main procedure and Post procedure of Basti
- Assessment of Basti Procedure
- Features of proper Basti, inadequate Basti, excessive Basti and improper Basti and its management
- Detail study of Samsarjana Krama or Specific Diet schedule recommended after detox procedures and its role after Panchkarma procedures
- Mode of action of Basti
- Different formulations of enema for different clinical conditions

Module 7

Nasya or Nasal Instillation

- Nasya or Instillation of Nasal Drops
- Introduction, Definition, Utility and Importance of Nasya in Ayurveda Treatment
- Details of different Types of Nasya based on Nasya material, Dosage, Efficiency, mode of action etc.

Module 7

Nasya or Nasal Instillation

- Method of Administration of Nasya
- Eligibility and no eligibility for Nasya
- Different resources for implementing Nasya
- Procedure of Nasya: Conduction of Pre-procedure, Main procedure and Post procedure of Nasya
- Assessment of Nasya Procedure
- Mode of action and efficacy of Nasya