

Training Schedule

Vocational Stream

Panchakarma Assistant (666)

S. No.	Schedule		Theory		Practical		Instructions to the trainer	Learning outcomes
	Week	Day	Topic	HRS	Topic	HRS		
	Week 1	Day 1	Concept of Panchakarma <ul style="list-style-type: none"> • its principle & objectives of Panchakarma • the categorization of Panchakarma • major procedures & minor procedures • specialized procedures and miscellaneous procedures 	3	Preparation of display charts of categorization of Panchakarma Create charts to understand about major, minor, specialized & miscellaneous procedures. Show online Institutes and hospitals which perform Panchakarma	2	Show the online Panchakarma Assistant videos on swayam.gov.in Preparation of display charts of Principles of Panchakarma Create charts to understand the utility of Shad- upakrama Discuss Panchakarma and its importance	Candidate will recall the knowledge of principles & objectives of Panchakarma Candidate will able to recall the categorization of Panchakarma, recall the major procedures, minor procedures, specialized procedures and miscellaneous procedures. Candidate will able Can able to Apply general rules for all Panchakarma procedures
		Day 2	Concept of Shad-upakarmas and its measures General rules for all Panchakarma procedures	3	Group Discussions on application of Panchakarma in daily life	2	Revise the conceptual terms of Panchakarma	Familiarity with Shad-upakarmas and defines each one of therapeutic measures

		Day 1	Define Sneha karma The indications & contraindications of sneha karma	2	Chart formation on Properties of Snehana Dravya Demonstrate snehapan (Internal administration of snehana) which includes pre-procedure, main procedure & post-procedure Practise Snehana procedure Diagrammatic representation of Samyaka snehana lakshana	3	Show the online Panchakarma Assistant videos on swayam.gov.in Discuss about basic sources & Categorisation of snehana dravya	Familiarizes with Sneha karma Identifies indications & contraindications of sneha karma Demonstration of snehapan including pre procedure, main procedure and post procedure Summarize the complications & benefits of sneha karma.
	Week 2	Day 2	Concept of Sweda karma The types of sweda karma The indications & contraindications of sweda karma The complications & benefits of sweda karma	2	Demonstration of types of sudation Practise Swedana procedure Diagrammatic representation of possible complications & benefits of Swedana karma	3	Familiarize learners with indication & contraindications of Sweda Karma with examples Discuss about basic sources & Categorisation of sweda dravya	Defines Sweda karma Lists out the types of sudation Explains indications & contraindications of sweda karma Performs sweda karma Summarizes the complications & benefits of sweda karma.
	Week 3	Day 1	Concept of Vamana karma The indications & contraindications of Vamana karma	2	Chart representation of indications & contraindications of Vamana karma Practise the procedure of Vamana karma	3	Show the online Panchakarma Assistant videos on swayam.gov.in Demonstrate by videos/charts indications & contraindications	Defines the Vamana karma Identifies the indication & Contraindications of Vamana karma

			<p>Vamana karma (pre procedure, main procedure & post procedure)</p> <p>Assessment of vamana karma</p> <p>The complications & benefits of vamana karma.</p>		Demonstration of Vamana karma		Visit ayurveda hospital to understand the procedure & complications	
		Day 2	<p>Define Virechana karma</p> <p>The indications & contraindications of virechana karma</p> <p>Summarize the complications & benefits of virechana karma.</p>	2	<p>Chart representation of indications & contraindications of virechana karma</p> <p>Demonstrate virechana karma (pre procedure, main procedure & post procedure)</p> <p>The assessment of virechana karma</p>	3	<p>Describe learners the properties of virechana karma</p> <p>Explain the importance of virechana karma</p> <p>Visit ayurveda hospital to understand the procedure & complications</p> <p>Explain the complication & Management during virechana</p>	<p>Familiarity with the Virechana karma</p> <p>Summarize the indications & contraindications of virechana karma</p> <p>Assess the virechana</p>
Week4		Day 1	<p>Define vasti</p> <p>The types of vasti</p> <ul style="list-style-type: none"> • Vasti yantra and their parts • The Procedure of Niruha vasti • The Procedure of Anuvasana vasti • The Procedure of Matra vasti 	2	<p>Demonstrate the preparation of Vasti Yantra</p> <p>Chart demonstration of Niruha vasti dosage</p>	3	<p>Show all materials/apparatus required for the vasti</p> <p>Arrange a live demonstration to show the procedure of Niruha vasti, Matra vasti, Uttara vasti directly on patients</p>	<p>Defines vasti</p> <p>Lists out different types of vasti based on materials used, site of administration, efficacy and number</p> <p>Prepares Vasti yantra</p> <p>Explains the procedure of Niruha vasti</p>

							Explains the procedure of Anuvasana and Matra Vasti	
		Day 2	The Procedure of Uttara vasti: In Males In Females	2	jjh Video demonstration of Uttara Vasti	3	Discuss the importance of Vasti karma Show the learners the instruments used during Vasti Explains the precautions to be taken during procedure	Explains the procedure of Uttara vasti Prepares the Uttara vasti instruments
	Week 5	Day 1	Concept of Nasya karma Types of nasya karma The indications & contraindications And the procedure of nasya karma	2	Demonstrate the Nasya Karma Display through the pictures the administration of Nasya Karma and its types	3	Show the online Panchakarma Assistant videos on swayam.gov.in Visit to nearby hospital to show the Nasya Karma on pateints	Defines nasya karma Classifies different types of nasya karma Demonstartes nasya karma
		Day 2	Describe the different methods to be followed to perform raktamokshana (sira vedana, alabu, shringa	2	Application of jaloukavacharan (leech)	3	Demonstrate different procedures of raktamokshana (whichever is possible)	Defines Raktamokshana Recalls different methods to

			avacharanam, alabu, ghati yantra, jaloukavacharana)				be followed to perform raktamokshana (sira vedana, alabu, shringa avacharanam, alabu, ghati yantra, jaloukavacharana) Applies leech therapy
Week 6	Day 1	The meaning of Dhara Dhara based on its administration & application Describe in detail about sarvangadhara, shirodhara in detail.	2	Demonstration of shirodhara	3	Show the materials required for sarvangadhara & shirodhara Give hands on training to perform Shirodhara Show the online Panchakarma Assistant videos on swayam.gov.in	Recalls the meaning of Dhara Classifies dhara based on its administration & application in their own words Demonstrates whole procedure of sarvangadhara and Shirodhara Sets up materials required for shirodhara and perform procedure and post procedure of shirodhara.
	Day 2	Shirodhara Equipment Manpower requirement for the procedure	2	Role of panchakarma assistant in Shirodhara Display through chart the complications and its management	3	Discuss the drugs used in Dhara Discuss about preparation of patients Discuss about the benefits of procedure	Enumerates the materials required & arrangements should be done before,during and after the procedure Identifies the complications
Week 7	Day 1	Explain the concepts of Shirovasti and Netra vasti	2	Demonstrate shirovasti Demonstrate Netra vasti	3	Describe about the importance & utility of physical oil pooling therapies Give hands on training on	Assists the shiro vasti Assists in performing netra vasti Summarizes the benefits of

						bahya vasti	Vasti	
		Day 2	Explain Janu vasti and Kati vasti Explain the Indications of Vasti	2	Demonstrate janu vasti Demonstrate kati vasti	3	Shows the online Panchakarma Assistant videos on swayam.gov.in Discuss the benefits of Janu vasti and kati vasti	Prepares the Janu vasti ring Assists in janu vasti Assists in performing kati vasti Summarizes the indications of Vasti
	Week 8	Day 1	Define pottali sweda Explain the principles, practices and procedures of Patra Pottli sweda	2	Preparation of patra pottali (leaf bolus) Demonstration of patra pottali pinda sweda on persons with knee joint swelling	3	Shows the online Panchakarma Assistant videos on swayam.gov.in Demonstrate how to tie pottali Shows the equipments & items required for patra pottali pinda sweda Live demonstration or online videos on different pinda sweda	Defines pottali sweda Performs procedure of patra pottali pinda sweda Prepares patra pottali Demonstrates the patra pottali pinda sweda
		Day 2	Sashtika Shali panda sweda	2	Demonstration of sashtika shali pinda sweda	3	Shows the equipments & items required for sashtika shali pinda sweda.	Performs the procedure of sashtika shali pinda sweda
	Week 9	Day 1	Describe Abhyanga on different parts of the body along with its benefits.	2	Demonstration of shiro abhyanga (head massage)	3	Live demonstration of full body Abhyanga	Describes step wise pattern of Abhyanga on different body parts Performs step wise shiro abhyanga
		Day 2	Describe Udwartana on body along with its benefits.	2	Demonstration of udwartana Practice of demonstration of kriya kalpa on healthy	3	Live demonstration of Udwartana Shows live demonstration or	Demonstrates Udwartana Demonstrates kriyakalpa

			Describe the utility of kriyakalpa (Ascyotana, seka, bidalaka, pindi, tarpana, putapaka and Anjana)		volunteers		online videos of possible kriyakalpa (Ascyotana, seka, bidalaka, pindi, tarpana, putapaka and Anjana)	(Ascyotana, seka, bidalaka, pindi, tarpana, putapaka and Anjana) Identifies the utility of Kriyakalp
	Week 10	Day 1	Describe miscellaneous procedures like Avagaha, annalepam, dhumapanam	2	Video demonstration of the Avagaha Group discussion on Mode of Action	3	Show the online Panchakarma Assistant videos on swayam.gov.in Show the instruments used in procedure Discuss the benefits of procedure	Demonstrates the miscellaneous procedures like Avagaha, annalepam, dhumapanam
		Day 2	Describe miscellaneous procedures like Upnaha, lepam, kaval and shiropichu	2	Demonstrate the Kaval & Gandusham Demonstrate the Shiropichu	3	Show the instruments used in procedure Discuss the benefits of procedure	Demonstrates the Kaval & Gandusham Demonstrates the Shiropichu Identifies the requirement of Shiropichu & Kavala-Gandusham
	Week 11	Day 1	Explain the diet to be followed during vamana virechana vasti nasya & raktamokshana Explain the diet schedule after vamana & virechana karma	2	Chart formation on Status of Sodhit persons Group discussion on diet to be taken during Purva Karma	3	Illustrate the importance of diet before, during and after panchakarma procedures Explain the complications occurring due to not following diet	Suggests the diet to be followed during vamana virechana vasti nasya & raktamokshana Prepares the diet schedule after vamana & virechana karma
		Day 2	Samasarjana Karma Rules for preparation of receipe Its importance	2	Chart formation on adverse effects of excessive physical activity	3	Revise the Pathya Apathya during panchakarma	Familiarity with the Samasarjana Karma Summarizes the importance of

			Complications arising out of Ashta-Mahadoshakara bhava and its management		Group discussion on complications			Samasarjana Karma Recalls the recipe for preparation of Samasarjana Karma
	Week 12	Day 1	Panchakarma equipments Dharapathi Shirodhara stand, patra Shirovasti cap, yantra Kati vasti ring Nasya	2	Demonstrate panchakarma equipments Display the equipments by discussing the purpose & utility	3	Show the online Panchakarma Assistant videos on swayam.gov.in Visit any institution or Ayurvedic hospital to show panchakarma equipments	Recognises the equipments used in every Karma Competency to identify the utility of Panchakarma equipments
		Day 2	Revision and doubt clearance class	2	Revision and doubt clearance class	3		
		Total HRS		52		68		
Total HRS				120				