Notification

The Syllabus of Certificate Course of Panchkarma Technician has been approved by the Academic Council of the University in its 16th meeting held on 09.11.2019 effective from session 2018-19 is hereby notified.

By order of the Vice-Chancellor
Sd/-
Registrar (I/c)
Aryabhatta Knowledge University, Patna

Memo no. : 012/Acad/01-08/AKU/2019- 4832

Date:13.12.2019

Copy to:
(i) PA to the Vice-Chancellor, (ii) Pro Vice-Chancellor's Office, (iii) Registrar's Office, (iv) Controller of Examinations, AKU, Patna with copy of Syllabus for information and (v) Shri Vishal Ratan Kumar with copy of Syllabus for uploading the information on University website.

Registrar (I/c)
Aryabhatta Knowledge University, Patna
ANNEXURE 1
DETAIL SYLLABUS
PAPER 1 – ADHISTANA SIDDHANTA / BASIC PRINCIPLES

PART A

1. FUNDAMENTALS OF AYURVEDA

1.1 Introduction to Ayurveda – Definition, aim and objectives, and specialties of ayurveda

1.2 Concept of dosha, dhatu and mala

1.3 Principles of chikitsa: Shadupakrama, Shodhana, Panchakarma, Shamana

1.4 Knowledge of equipment and instruments used in Panchakarma

2. FUNDAMENTALS OF DRAVYA GUNA

2.1 Dravyaguna shastra paribhasa – lakshana of saptapadartha of dravyaguna vijnana:
   dravya rasa, guna, virya, vipaka, prabhava and karma

2.1.1 Rasa: Panchabhaubinik constitution of rasa, guna and karma of shad rasas

2.1.2 Guna: Lakshana and classification of all the 41 gunas & Practical/clinical
   application in Panchakarma

2.1.3 Veerya: Importance and application

2.1.4 Vipaka: Importance and application

2.1.5 Karma: Various karma in relation with panchakarma

2.1.6 Prabhava: Effect of Prabhava

2.1.7 Introduction to commonly used raw drugs in Panchakarma (list of drugs to be
   enlisted)

3. FUNDAMENTALS OF BHAISAJYA KALPANA

3.1 Introduction to panchavidha kashaya kalpana, other kalpana – swarasa, kalka, kwatha,
   hima and phanta, tandulodaka, mantha, panaka, churna, avaleha, prasha, gudapaka,
sharkara, ksheerapaka, snehakalpana, sandhana kalpana, pathya kalpana, vatil & guggulu kalpana, lepa and malahar.

3.2 Anupana: Concept and various anupanas in Panchakarma Yogas

3.2.1 Basics of good manufacturing practices (GMP)

3.2.2 Identification of prepared durs

PART B

4. FUNDAMENTALS OF ANATOMY

4.1 Asthi Shareera: Basics, number, types

4.2 Shandhi Shareera: Numbers, types of sandhi

4.3 Peshi Shaaria: Structure, types, number and importance. Comparison of physiology of skeletal muscles, cardiac muscles and smooth muscles, physiology of muscle contraction.

4.4 Marma shaarira: Number, location, classification, clinical importance with panchakarma therapies

4.5 Indriya Shaarira: Basis of jnanendriya

4.6 Brief systemic anatomy

4.7 Locomotory System: Basics and detailing in regard to panchakarma and its applicability

4.8 Surface anatomy

5. FUNDAMENTALS OF PHYSIOLOGY

5.1 Dosha: Karma, relationship between Ritu-Dosha-Rasa-Guna. biological rhythms of Tridosha on the basis of day night age season and food intake

5.2 Dhatu: Introduction to Dhatu, Upadhatu, Mala and ojas along with its karma.

5.3 Agni: Properties and functions of agni (jatharagni, bhutagni and dhatvagni)

5.4 Concept of ama and srotas

5.5 Tvak: Classification, thickness of each layer and function, skin, sweat glands and
sebaceous glands & temperature regulation.

5.6 Aharapaka (Process of digestion) : Ahara Parinamkar Bhava Ashta vidha ahara ayatana, description of Annavaha Srotas and their Mula

5.7 Human Circulation basics and detailing with special relevance to Panchkarma procedures.

5.8 Brief systemic physiology ie. Heart, lungs, liver, stomach, spleen, pancreas, intestine, kidneys, bladder, spinal cord, brain and other major organs, skeletal system with bones, Various important muscles, surface anatomy.

PRACTICALS

1. Orientation to Panchkarma theatre – Introduction to various panchakarma instruments


3. Various common drugs coming under panchakarma

4. Indentification of commonly used drugs in panchakarma (enlisted)

5. Preparation of svarasa, kalka, phanta, kashaya and dhanyamla (enlisted)

6. Demonstration of anatomical structures (enlisted)

PAPER 2 – POORVAKARMA

PART A

1. GENERAL INTRODUCTION TO VARIOUS DISEASES

Brief introduction of diseases of

1.1 Rasavaha Srotas : Hypotension, hypertension, anaemia and rheumatoid arthritis

1.2 Raktavaha Srotas : Haemolytic disorders, skin diseases, psoriasis, allergies

1.3 Pranavaha Srotas : Bronchitis, bronchial asthma, coryza

1.4 Udakavaha : Dehydration and electrolyte imbalance

1.5 Vata Vyadhi : Hemiplegia, Paraplegia, sciatica, muscular dystrophy, low back ache, sciatica, frozen shoulder, osteoarthritis, parkinsonism
1. Asthi and Majava Srotas: Osteomyelitis, Osteoporosis, Osteopenia, autism, cerebral palsy

1. Others: Insomnia, tension headache, stress related problems constipation.

PART B

2. FUNDAMENTALS OF PANCHAKARMA & POORVAKARMA

2.1 General introduction to poorva, pradhan & pashchat karma, trividha karma for shodhana.

2.2 Applied aspect of kostha and agni

2.3 Importance of panchakarma in health and disease

2.4 Indication and contraindication for shodhana. Importance of purva karma in shodhana.

3. SNEHANA

3.1 Definition of sneha, types of sneha, snehapana, achcha and pravicharana of sneha, indications and contraindications of snehana, snehapana and its importance in panchakarma, sneha jeera and jeeryamana lakshanam, samyak snigdha lakshanam.

3.2 Bahaya and abhyantara snehana

3.3 Snehana methods: Abhyanga, moordhini taila pravicharana sneha pathyapathyam during snehapana, ahara during snehapana.

3.4 Complication of snehana and management

4. SWEDANA

4.1 Definition and types: Saagni, niragni swedas

4.2 Methods: Tapa, ushma, drava, upana and its varieties

4.3 Vidaat potali sweda, sthanika swedana and sarvanga swedana

4.4 Indications and contraindications of swedana

4.5 Complication of swedana and its management

4.6 Importance of sneha swedana in panchakarma
considered before vamana karma-atura pareeksha: procedure, assessment of various shuddhi jakshanas, details of sadyo vaman

2.2 Complications of vamana and its management

3. VIRECHANA KARMA

3.1 Indications and contraindications in virechana: classification; sambhara sanghrahā in specific-instruments and yogas; preparation of patient before virechana—manasopachāra and relevance; points to be considered before virechana karma-atura pareeksha; assessment of various shudhi lakshanas.

4. NĀSYA KARMA

4.1 Types, sambhara sanghrahā in specific-instruments and yogas; manasopachāra and relevance; indications and contraindications in nāsyā karma; points to be considered before nāsyā karma-atura pareeksha; pathya palana-paschat karma

5. ASTHAPANA BASTI KARMA

5.1 Indication and contraindications in asthapanā basti karma; classification of basti ingredients-methods of administration; sambhara sanghrahā in specific and preparation of basti dravyā; manasopachāra and relevance; points to be considered before basti karma-atura pareeksha; pathya palana: paschat karma

6. ANUYASANA BASTI KARMA

6.1 Indications and contraindications in anuyasana basti karma; types, ingredients; sambhara sanghrahā in specific; manasopachāra and relevance; points to be considered before basti karma-atura pareeksha; methodology, pathya palana-paschat karma

6.2 Basti complications and its management

7. UTTARA BASTI KARMA

7.1 Indications and contraindications in uttarta basti; sambhara sanghrahā in specific; manasopachāra and relevance; points to be considered before uttara basti karma—
atur pareeksha; assessment & care during the procedure.

7.2 Complications and its management in uttara basti.

PRACTICALS

1. Vamana – complete procedure, virechana-complete procedure, nasya complete procedure


3. Basti Administration – Niruha procedure

4. Anuvasana, matra basti preparation, anuvasana, matra basti administration

5. Uttara basti preparation and administration.

PAPER 4 – PASCHAT KARMA & RAKTAMOKSHAN

PART A

1. PASCHAT KARMA

1.1 Importance of paschat karma

1.2 Specific paschat karma like gandusha, dhoomapanqa

1.3 Samsarjana karma-importance; Samsarjana krma types; peyadi krma preparation; Tarpanadi krma – preparation

1.4 Pathyapalana during paschat karma kala

1.5 Basic introduction to physiotherapy – relevance with panchakarma
PART B

1. Raktamokshan – Indications and contraindication in rakṣamokshana, importance of rakṣamokshana, classification and various modalities in rakṣamokshana, sambhara sanghraha in specific, manasopachara, jaloukavacharanā vidhi, points to be considered before basti karma-ātūra pareeksha, pathya palana – paschat karma

2. Knowledge of quality standards of NABH (National Accreditation Board of Hospitals) for Ayurveda, guidelines for establishment and management of eco-friendly Panchakarma theatre including management of biomedical waste

3. Ethics and etiquette in parichāraka, documentation (consent) and its maintenance in accordance with panchakarma, development of personality and communication skills

4. Emergency first aid

5. Kriya kalpa (enlisted)

PRACTICALS

1. Preparation of samsarjana diet, peya, vilpi, akruta yusha, kruta yusha


DETAILS OF ENLISTED SYLLABUS MATTER

List of plant origin drugs: Arka, eranda, nirgundi, gandhprasarini, rasona, jambira, haridra, vacha, mishfreya, shunthi, guduchi rasana, bala, alarka, kadali, kutaja, manjistha, nimba, madanaphala, snuhl, danti, aragvadhā, trivita, mustaka, apamarga, shigru, ela, vasa, chitraka, amalaki, bibhitaki, haritaki, pippali, marica, masha, tila, sarshapa, mudga.

List of jangama (animal origin drugs): Duḍhā, takra, dadhi, thrīta, madhu, taila, gomutra.

List of Mishra Gana (Compound formulation): Triphala, trikatu, dashmula, panchcola,
vasa, chitraka, amalaki, bibhitaki, haritaki, pippall, marica, masha, tila, sarshapa, mudga.

List of Jangama (animal origin drugs): Dugdha, takra, dadhi, thrita, madhu, taila, gomutra.

List of Mishraka Gana (Compound formulation): Triphala, trikatu, dashmula, panchcola, shadushana

Enlisted practicals to be performed – (Minimum one from each category) Method of preparation, therapeutic uses, dose and anupana of the following
1. Swaraśa – Ardraka swarasa, Tulasi swarasa, Vasa putapaka swarasa
2. Kaika-Nimba kaika, Rasona Kaika
3. Kwatha – Punarnavasthaka kwatha, Rasā Sapthaka kwatha, kulattha kwath
4. Hima – Dhanyaka hima
5. Phanta – Panchakola phanta, yastimadhu phanta.
8. Guggulu – Triphala Guggulu, Kaishora Guggulu
9. Avaloha – Manibadra avaloha
10. Varti-Phala Varti, Chandrodaya varthi
11. Manda, Peya, Vilepl, Yavagu, Krishna, Vesvara
12. Yusha – Mudga yushal.
14. Asava – Kumaryasava, Kanakasava
15. Sukta kalpana – Kanji
16. Upanaha – Atasi Upanaha