



ARYABHATTA KNOWLEDGE UNIVERSITY

Near Bus Stand, Mithapur, Patna - 800 001

E-mail:- akuniv10@gmail.com

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

DETAILED SYLLABUS

PAPER 1 – ADHISTANA SIDDHANTA /BASIC PRINCIPLES

PART A

1. FUNDAMENTALS OF AYURVEDA

- 1.1 Introduction to Ayurveda – Definition, aim and objectives, and specialities of ayurveda
- 1.2 Concept of, dōsha, 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 sapta padartha of dravyaguna vijnana :
dravya rasa, guna, virya, vipaka, prabhava and karma
 - 2.1.1 Rasa: Panchabhautik 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 BHAI SAJYA KALPANA

- 3.1 introduction to panchavidha kashaya kalpana, other kalpana – swarasa, kalka, kwatha, hima and phanta, tandulodaka, mantha, panaka, churna, avaleha, prasha, gudapaka,

Handwritten signature
13-10-2018

Handwritten signature
13-10-18

Handwritten signature
56-11-19

Handwritten signature
5-11-19

sharkara, ksheerapaka, snehakalpana, sandhana kalpana, pathya kalpana, vati & 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 durgs

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

gm

-310-

D. B. Patel
13.10.2018

D. B. Patel
13.10.18 12 | Page

D. B. Patel
06.11.19

D. B. Patel
06.11.19

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
2. Measurement of temperature, B.P; Pulse rate and its relevance – Dealing with a patient.
3. Various common drugs coming under panchakarma
4. Identification of commonly used drugs in panchakarma (enlisted)
5. Preparation of svarasa, kalka, phanta, kashaya and dhanyamia (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 Srota : 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

[Handwritten signature]

311

[Handwritten signature]
13.10.18

[Handwritten signature]
13.10.18

[Handwritten signature]

[Handwritten signature]
08.11.19

[Handwritten signature]
08.11.19

- 1.6 Asthi and Majjavaha Srotas : Osteomyelitis, Osteoporosis, Osteopenia, autism, cerebral palsy
- 1.7 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 koshta 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 lakshanas, samyak snigdha lakshana:
- 3.2 Bahaya and abhyantara snehana
- 3.3 Snehana methods: Abhyanga, moordhini taila pravicharana sneha pathyapathya 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, upanaha and its varieties
- 4.3 Virous pottali 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 panchakarmqa

[Signature]

[Signature]
13.10.2018
-312-

[Signature]
13/10/18

[Signature]
56.11.19

[Signature]
6-11-19

1178

considered before vama karma-atura pareeksha; procedure, assessment of various shuddhi lakshanas, details of sadyo vaman

2.2 Complications of vaman and its management

3. VIRECHANA KARMA

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

4. NASYA KARMA

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

5. ASTHAPANA BASTI KARMA

5.1 Indication and contraindications in asthapana basti karma; classification of basti-ingredients-methods of administration; sambhara sanghraha in specific and preparation of basti dravya; manasopachara 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 anuvasana basti karma; types, ingredients; sambhara sanghraha in specific; manasopachara 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; manasopachara and relevance; points to be considered before uttara basti karma-

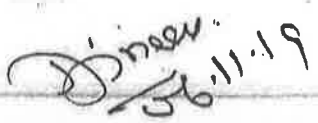


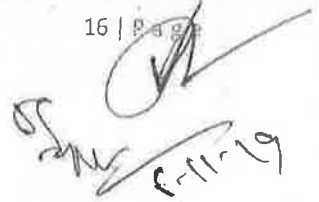

13-10-2018


13-10-16

16 / Page

- 313 -


26-11-19


8-11-19

177

atura pareeksha; assessment & care during the procedure.

7.2 Complications and its management in utara basti.

PRACTICALS

1. Vamana – complete procedure, virechana-complete procedure, nasya complete procedure
2. Niruha basti preparation : (dwadasha prasrutika basti), lekhana basti preparation, takra basti preparation, ksheera basti preparation, vaitarana basti preparation, mustadi yapana basti preparation, piccha basti preparation, ardhmatrika basti preparation, erandamooladi basti preparation
3. Basti Administration – Niruha procedure
4. Anuvasana, matra basti preparation, anuvasana, matra basti administration
5. Utara 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 krama preparation; Tarpanadi krama – preparation
- 1.4 Pathyapalana during paschat karma kala
- 1.5 Basic introduction to physiotherapy – relevance with panchakarma

[Signature]

[Signature]
13.10.2018
-314-

[Signature]
13.10.18

[Signature]
06.11.19

[Signature]
17/10/18

176

PART B

1. Raktamokshan – Indications and contraindication in raktamokshana, importance of raktamokshan, classification and various modalities in raktamokshan, sambhara sanghaha in specific, manasopachara, jaloukavacharana vidhi, points to be considered before basti karma-atura 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 paricharaka, 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, vilipi, akruta yusha, kruta yusha
2. Paschat karmas – Dhoomavarti preparation and dhoomapana, kavalagandoosha procedure, kriya kalpa.
3. Jaloukavacharan – Complete procedure, siravyadhan – using scalp vein set.

DETAILS OF ENLISTED SYLLABUS MATTER

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

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

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

[Handwritten signatures and dates]
-315-
12.10.2018
12.10.18
18 | Page
5.11.19

vasa, chitraka, amalaki, bibhitaki, haritaki, pippali, 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. Swarasa – Ardraka swarasa, Tulasi swarasa, Vasa putapaka swarasa
2. Kalka-Nimba kalka, Rasona Kalka
3. Kwatha – Punarnavasthaka kwatha, Rasna Sapthaka kwatha, kulattha kwath
4. Hima – Dhanyaka hima
5. Phanta – Panchakola phanta, yastimadhu phanta.
6. Churna – Sitopaladi churna, Hinguwashtaka Churna.
7. Gutika – Chitrakadi Gutika, Sanjivani Vati.
8. Guggulu – Triphala Guggulu, Kaishora Guggulu
9. Avaleha – Manibadra avaleha
10. Varti-Phala Varti, Chandrodaya varthi
11. Manda, Peya, Vilepi, Yavagu, Krishra, Vesavara
12. Yusha – Mudga yushal.
13. Arishta – Takrarishta.
14. Asava – Kumaryasava, Kanakasava
15. Sukta kalpana – Kanji
16. Upanaha – Atasi Upanaha
17. Sneha Kalpana : Ksheerashatphala ghrita, Panchaguna taila, Arka taila, Bala taila, Narayan Taila.




13.10.2018
-316-


13.10.18


06.11.18


6.11.18

