

NATIONAL INSTITUTE OF TRAINING IN AYUSH



SHORT TERM COURSE ON

PANCHAKARMA

Course include theory and hands-on sessions on Fundamentals of Panchakarma therapy, Snehana and Swedana Therapy, Agnikarma & Bandhana.

DURATION

15 DAYS



VENUE

THEORY SESSIONS

National Institute of Training in AYUSH (NITIA), Iranimuttam, Thiruvananthapuram, Kerala

PRACTICAL SESSIONS

Government Ayurveda College, Poojappura, Thiruvananthapuram

FIFTEEN DAYS SHORT TERM COURSE ON
PANCHAKARMA

PHASE I: THEORY & CLINICAL FOUNDATIONS (DAYS 1-10)

DAY	SESSION & TOPICS
DAY 1	FUNDAMENTALS OF PANCHAKARMA
	S1 Introduction, Sodhana vs Samana, Doshagati
	S2 Theatre Requirements, Waste Management & Infection Control
	S3 Safety Measures, Indications/Contra-indications
	S4 Deepana-Pachana, Rookshana, Ama Concept
	Additional session on : Udwartana, Udgharshanam & Udsadanam
DAY 2	SNEHA THERAPY
	S1 & S2 Snehana Classification (Achapana, Vicharana, Shodhananga)
	S3 Bahya Snehana (Abhyanga, Samvahana, Padaghata)
	S4 Abhyantara Snehapana (Procedure, Dosage, Anupana)
DAY 3	SPECIALIZED SNEHA PROCEDURES
	S1 Assessment of Snehapana (Samyak, Ayoga, Atiyoga)
	S2 Murdhataila (Siroabhyanga, Siroseka, Sirovasti)
	S3 & S4 Netra Kriyakalpa & Karnapoorana
DAY 4	SWEDANA THERAPY
	S1 Introduction to Swedanam & Tapa/Upanaha Sweda
	S2 Drava Sweda (Parisheka, Avagaha)
	S3 & S4 Ushma Sweda, Nadi Sweda & Kizhi Types



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COURSE ON
PANCHAKARMA

DAY	SESSION & TOPICS
DAY 5	VAMANA & VIRECHANA
	S1 & S2 Vamana Procedure & Samsarjana Krama
	S3 & S4 Virechana Procedure & Koshta-Agni Assessment
DAY 6	VASTI THERAPIES
	S1 to S4 Niruha, Anuvasana, Matra & Uttara Vasti
DAY 7	NASYA & RELATED PROCEDURES
	S1 & S2 Nasya Classification & Procedure
	S3 & S4 Nasapanam, Dhoomapana & Localized Vastis
DAY 8	RAKTAMOKSHANA
	S1 to S4 Jalaukavacharana, Prachana, Siravedha
DAY 9	AGNIKARMA & BANDHANA
	S1 to S3 Agnikarma & Bandhana Techniques
	S4 OPD Management & Referral
DAY 10	PHYSIOTHERAPY MODULE
	S1 Introduction to Physiotherapy & Static Exercises
	S2 Clinical Applications (Neurological/Musculoskeletal)
	S3 Modalities (Infrared, Ultrasound, Wax Bath)



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PHASE II: HANDS-ON SESSIONS (DAYS 11-15)

DAY	PRACTICAL CONTENT
DAY 11	Udwartana, Abhyanga, Murdhataila, Lepamam
DAY 12	Swedana Practicals & Specialized Kizhi Preparation
DAY 13	Clinical Administration of Vamana, Virechana, Vasti & Nasya
DAY 14	Nasya & Raktamoksha (Jalouka, Prachana, Siravedha)
DAY 15	Bandaging & Physiotherapy Modalities

FACILITIES OFFERED

- *World class training facilities
- *Perfect academic ambience
- *Accredited faculties
- *Rental accommodation based on requirement

Course fee - Rs 45,000/- per head
(25% Discount for Government-Sponsored Candidates)

THEORY SESSIONS



Scan for
Location

PRACTICAL SESSIONS



Scan for
Location

