

**RASHTRIYA SHIKSHAN MANDAL'S
TILAK AYURVED MAHAVIDYALAYA
583/2, Rasta Peth, Pune 411011**

Academic Term Plan-PG

Batch – 2nd Year

Department-Panchakarma

Subject-Panchakarma Theory

Duration: 1 year

Name of the Departmental Faculty:

- 1. Dr. Rajendra Huparikar**
- 2. Dr. Pramod Kulkarni**
- 3. Dr. Rahul Kathawate**
- 4. Dr. Anjali Damle**
- 5. Dr. Monica Mulay**

TOPICS/ SYLLABUS POINTS	LECTURE HOURS (IN HOURS)	Remark/Teaching tool PPT/PBL/Demonstration/Group discussion/Conventional Method, etc.
Vamak yoga and vamanopag dravya	5	LECTURE
Virechan yoga and its utility	6	LECTURE
Nasya Introduction	4	PPT
Indication of Basti with reasons	5	LECTURE
Indications of vaman	7	LECTURE
Samyak yoga, ayoga, atiyog lakshan of snehan and its management	10	LECTURE
Samyaka yoga, ayoga and atiyoga of virechan	6	LECTURE
Importance of Nasya	9	DEMONSTRATION
Contraindications of Basti with reasons	9	LECTURE
Trividha karma- Purva, Pradhan & Pashyat Karma	10	GROUP DISCUSSION
Types of Nasya and detailing about types	6	PPT
Niruha basti and their properties and importance of sammelan	4	DEMONSTRATION
Shodhana Ritu sambandhan	6	LECTURE

Virechan vyapad and its management	8	PPT
Types of Nasya and detailing about types	8	LECTURE
Samyaka yoga, ayoga and atiyoga of Niruha	9	LECTURE
Contraindications of Vaman with reasons	6	GROUP DISCUSSION
Pariharya Vishay, Ashtamahadoshkar bhava	4	LECTURE
Selection of Virechan kalpa	8	LECTURE
Indications of Nasya	5	LECTURE
Types of Anuvasan	3	GROUP DISCUSSION
Samyak yoga, ayoga and atiyoga of anuvasan	6	LECTURE
Avastha nusar Vaman and its utility	6	PPT
Abhyantar Snehapan- Accha sneha and virechan sneha	5	LECTURE
Parikshan of Virechan-Laingiki, Vegiki, Maniki, Antiki	5	LECTURE
Contraindications of Nasya with reasons	4	LECTURE
Indication and Contraindications of Anuvasan basti	5	LECTURE
Importance of Utkleshak Aahar and Viram divas	6	LECTURE
Virechan karmukta along with its pharmacodynamics	6	LECTURE
Topic presentation by PG student-Nasya types	8	DEMONSTRATION
Samyak yoga, ayoga & atiyog of Anuvasan	8	LECTURE
Pradhan Karma- vaman(management during vaman)	9	PPT
Scope of research in Virechan	4	LECTURE
Nasya drugs and kalpa	2	LECTURE
Purva karma, Pradhan karma & pashyat karma of Basti	5	LECTURE
Veg nirikshan of Vaman	2	PPT
Bahya Snehana	4	LECTURE
Sneha vyapad & its management	8	LECTURE

Role of virechan in promotion of Health, prevention and treatment of disease	6	GROUP DISCUSSION
Samyak yoga, ayoga and atiyoga of vaman	8	PPT
Indications of Snehana	6	LECTURE
Topic presentation and group discussion	7	LECTURE
Indications of Nasya	5	LECTURE
Shirosnehana	4	LECTURE
Contraindications of Nasya with reasons	4	PPT
Vyapad of basti & its management	5	LECTURE
Topic presentation and group discussion	2	LECTURE
Nasya kala & its importance	2	PPT
Basti Karmukta	4	LECTURE
Topic presentation by PG student	2	LECTURE
Swedan mahatva- Indications and contraindication	4	LECTURE
Topic presentation by pg student - Nasya Indications	2	DEMONSTRATION
Group discussions	4	LECTURE
Types of Swedan	3	PPT
Virechan introduction- Etiology, definition & importance	2	DEMONSTRATION
Purvakarma of Nasya	6	LECTURE
Parikshan of Vaman- Laingiki, maniki, vaigiki, antiki shuddhi	5	LECTURE
Topic presentation by pg student	2	PPT
Vaman Pashyat karma- Dhoompana, Kavala/ Gandush	4	LECTURE
Samyak yoga, ati yoga & ayoga of Snehana	6	LECTURE
Necessity of Vaman prior to Virechan	5	GROUP DISCUSSION
Pradhan karma of nasya	3	LECTURE
Dhumavarti, drug selection for dhumpna	2	LECTURE
Samyak yoga, ayoga & atiyoga of Swedan	4	LECTURE

Shadbindu tail, Anu tail & Vacha tail for nasya	3	GROUP DISCUSSION
Avastha nusar Swedana	4	LECTURE
Purva karma of Virechan	5	LECTURE
Panchendriya vardhan, Ksheerbala tail ghrut for Nasya	3	LECTURE
Snehana Swedana Karmukta	6	LECTURE
Types of Virechan and according drugs	5	LECTURE
Pashyat karma of Nasya- Kavala, Gandush in detail	4	DEMONSTRATION
Samyak yoga, ayoga, atiyoga of Nasya	5	LECTURE
Vyapad of Vaman	4	PPT
Modern concept of skin- Snehan, swedan	3	LECTURE
Avastha nusar virechan	3	LECTURE
Group discussion	3	LECTURE
Management of Vyapad of Vaman	5	LECTURE
Management of Vyapad of Snehan	4	GROUP DISCUSSION
Virechak and virechanopag dravya & its guna, virya, vipak, prabhav	4	PPT
Vyapad of Nasya & their management	2	LECTURE
Vaman Karmukta	6	LECTURE
Virechan kalpa according to disease	5	LECTURE
Pathya before, during & after Nasya	2	PPT
Avasthe nusar basti	3	LECTURE
Introduction of Vaman- Definition, etymology & general consideration	5	LECTURE
Samanya siddhant of Panchakarma	7	LECTURE
Parihar Vishay and kala	4	LECTURE
Basti introduction, etymology & definition	5	LECTURE
Properties of Vamak & vamanopag Dravyas	3	LECTURE

Trividh Karma- Purva, Pradhan & pashyat	5	LECTURE
Contraindications of Virechan with reasons	4	DEMONSTRATION
Nasya Karmukta	2	LECTURE
Importance of Basti	5	GROUP DISCUSSION
Properties of Vamak & Vamanopag dravyas	4	PPT
Shodhan rutu sambandha	3	DEMONSTRATION
Observations during Virechan	2	LECTURE
Applied anatomy and physiology of nose	2	PPT
Types of Basti in detail	2	LECTURE
Topic presentation by pg student on Vamak Dravya	2	LECTURE
Pariharya Vishay- Ashtomahadoshkar bhava	4	GROUP DISCUSSION
Samyak yoga, ayoga, atiyoga of Virechan	5	LECTURE
Aroma therapy & transnasal administration	4	LECTURE
Niruha, Anuvasan & Yapan Basti	3	LECTURE
Various vamak yoga & its utility	3	GROUP DISCUSSION
Sneha introduction – etymology , definition, sneha dravya , guna , types	2	PPT
Langiki, vaigiki, ,maniki and antiki shuddhi of Virechana	4	LECTURE
Study of relevant portion in classics with commentary	4	LECTURE
Yoga kala and karma basti	4	LECTURE
Avasthanusaar vamaana	3	LECTURE
Snehana introduction	2	LECTURE
Hina , madhyama and pravar shuddhi and samsarjan karma	4	LECTURE
Group discussion	3	DEMONSTRATION
Indications of niruha basti with reasons	5	LECTURE
Indications of Vamaana	3	PPT
Ghruta, taila, vasa , majja with their characteristics	5	LECTURE

Virechan vyapada and its management	4	LECTURE
Reaseaches on effect of nasya	5	LECTURE
Contraindications of vamana	4	PPT
Effect of snehana	2	LECTURE
Parihaarya vishaya and kala for virechana	2	GROUP DISCUSSION
Scope of research of nasya	2	PPT
Contraindications of niruha basti with reasons	6	LECTURE
Sadhyo vaman and its nishchiti	4	LECTURE
Nasya kalpa according to disease	4	GROUP DISCUSSION
Snehapana	6	LECTURE
Virechana karmukta along with its pharmaco-dynamics	4	LECTURE
Topic presentation by P.G. student	2	PPT
Indications of anuvasana basti	4	LECTURE
Pachan importance prior to snehana	2	LECTURE
Virechana and accha sneha	2	LECTURE
Applied anatomy and physiology of gastro-intestinal system related for virechana	3	PPT
Role of Nasya in promotion of health, prevention and treatment of disease	2	LECTURE
Contraindications of Anuvasana basti	3	LECTURE
Importance of purva karmas	2	LECTURE
Indications of snehana	3	LECTURE
Raktamokshana introduction	2	LECTURE
Samyaka yoga, ayoga and atiyoga of Niruha basti	4	GROUP DISCUSSION
Viram divas importance and management(utkleshana ahara)	2	PPT
Topic presentation by pg student on virechana kalpa	2	DEMONSTRATION
Types of Raktamokshana	2	LECTURE
Samyaka yoga ayoga and atiyoga of Anuvasana basti	4	PPT

Topic presentation by pg student - contraindications of vamana with reasons	2	LECTURE
Contraindications of snehana with reasons	4	LECTURE
Scope of research in virechana	3	GROUP DISCUSSION
Indications and contraindications of Raktamokshana	2	LECTURE
Topic presentation by pg student	2	LECTURE
Vamana purva taiyari and its importance	2	LECTURE
Bahya sneha and its importance	2	GROUP DISCUSSION
Role of virechana in promotion of health, prevention and treatment of disease	3	PPT
Jalokavacharan procedure and identification	4	LECTURE
Basti putaka, netra, pranetajanya vyapada and its management	4	LECTURE
Selection of vama yoga and dose	4	LECTURE
Shirosnehana- shiroabhyanga and shirodhara	3	LECTURE
Poorvakarma of siraveda	1	LECTURE
Basti vyapada and its management	4	DEMONSTRATION
Shiropichu and shirobasti	2	LECTURE
Samyaka yoga , ayoga and atiyoga of Raktamokshana	4	PPT
Topic presentation by pg student	2	LECTURE
Parikshana during vaman	2	LECTURE
Indications and contraindications of shirosnehana	6	LECTURE
Study of virechana related portion in classics with commentaries	7	PPT
Group discussion and heat therapy , infrared, short wave therapy	6	LECTURE
Basti dravya and various basti	5	GROUP DISCUSSION
Piccha basti, krimighna, erandamuladi basti	5	PPT
Group discussion and revision	3	LECTURE
Shirolepa, shirotalam, takradhara	2	LECTURE
Recent researches on the effect of virechana	4	LECTURE

Vyapada of Raktamokshana and their management	4	LECTURE
Vaitaran basti, lekhna basti, erandamulladi, bruhata errandamooladi basti	4	PPT
Vega and upvega counting preservation of vomitus matter and its weighing	7	LECTURE
Sadhya snehana	2	LECTURE
Topic presentation by pg student contraindication of virechana	4	LECTURE
Pracchan and Shrunga, Alabu	5	PPT
Basti pratyagaman Kala	3	LECTURE
Topic presentation by pg student	2	LECTURE
Karmukta of abhyantar & bahya snehan	3	LECTURE
Group discussion	2	LECTURE
Topic presentation by pg student	2	LECTURE
Purvakarma, Pradhan karma, pashyat karma of Basti	3	DEMONSTRATION
Samyaka yoga, ayoga & atiyog of vaman	6	LECTURE
Skin & modern view of snehan, swedan	4	GROUP DISCUSSION
Karmukta of different types of Raktamokshan	3	DEMONSTRATION
Nasya kalpa according to disease	2	Nasya kalpa according to disease
Biomechanics of human movement	2	LECTURE
Topic presentation by pg student on Vega parikshan in Vaman	2	PPT