



Tilak Ayurved Mahavidyalaya, Pune

TILAK AYURVED MAHAVIDYALAYA, PUNE

DEPARTMENT OF PANCHAKARMA

GOALS OF PANCHAKARMA STUDIES

- Achieve the health and maintain it.
- Propagate healthy lifestyle among the population.
- Improve the quality of physical and mental health among the population.
- Propagate the importance of Panchakarma among the population.
- Understand the basic Siddhanta of Panchakarma – Arha-Anarha, Kaal, Shakha-Koshtha Gati, Avastha Vichar, Proper utilization of Dravya according to Panchakarma, etc.
- Understand Panchakarma Vyapada and their treatment.
- To prepare the students as best Panchakarma practitioners.

OBJECTIVES OF PANCHAKARMA STUDIES

At the end of the course, the students should be able to –

- Explain the basic principle of Panchakarma.
- Describe Shodhan Arha Anarhatva.
- Describe Pathya Apathya for Panchakarma.
- Explain Purvakarma, Pradhankarma and Pachatkarma.
- Explain Parihaar Kala and its importance.
- Explain action or Karmukatva of each Karma i.e Snehana, Swedana, Vaman, Virechana, Nasya, Basti, Raktamokshana etc.
- Explain Panchakarma Vyapada and their treatment.
- Student should be able to understand the basic principle behind utilization of each Karma.
- Understand the Avastha, Arhata for Shodhan as well as Anarhatva for the same.

SKILLS TO BE ACHIEVED AT THE END OF PANCHAKARMA STUDIES

At the end of the course, the student shall be able to make use of -

- The principles and practice of Panchakarma in order to perform the same with ease.
- Techniques of Nasya, Abhyanga, Basti, Shirah-snehan, Agnikarma, Siravedha, Gandusha etc.

- Diagnose and manage common diseases.
- The art of communication with the patient including history taking and medico social work.
- Diagnose and manage the health problems in view / with respect to Panchakarma.
- Plan and implement and evaluate a health education programme with skills to use simple procedures of Panchakarma like Abhyanga, Shman Nasya, Udvartana, Gandush, Dhoompana etc.
- Interact with the members of health care team and participate in the organization of health care services and implementation of Panchakarma procedures in healthy as well diseased person.

