

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

Nov-23
Academic Term Plan-UG

Course/ Class:IVthB.A.M.S.
Department-Panchakarma
Term-I/II/III

Batch –Nov [Academic year 2023_]
Subject-Panchakarma

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**

1 st Month	INTRODUCTION TO PANCHKARMA	DR. MONICA MULAY DR. ANJALI DAMLE DR. RAHUL KATHAWATE	PPT
1 st Month	BASTI YANTRA PUTAKA AND NETRA, DETAILED STUDY OF TRADITIONAL BASTI YANTRA AND THEIR DOSHAS	DR. MONICA MULAY DR. ANJALI DAMLE	GROUP DISCUSSION
1 st Month	UTILITY OF BASTI KARMA IN HEALTH AND DISEASES	DR. RAHUL KATHAWATE	LECTURE
1 st Month	MANAGEMENT DURING VAMANA KARMA AND OBSERVATIONS	DR. MONICA MULAY	DEMONSTRATION
1 st Month	METHOD OF VIRECHANA KARMA AND MANAGEMENT DURING VIRECHANA KARMA AND OBSERVATIONS	DR. RAHUL KATHAWATE DR. MONICA MULAY	LECTURE

1 st Month	POST VAMANA MANAGEMENT	DR.ANJALI DAMLE DR.RAHUL KATHAWATE	LECTURE
2 nd Month	TYPES OF SNEHANA AND SWEDANA	DR. MONICA MULAY	LECTURE
2 nd Month	TYPES OF RAKTAMOKSHAN	DR.ANJALI DAMLE DR.RAHUL KATHAWATE	LECTURE
2 nd Month	NASYA INTRODUCTION AND ITS TYPES	DR. MONICA MULAY DR.ANJALI DAMLE	LECTURE
2 nd Month	BASTI VISHESH MAHATWA	DR. MONICA MULAY DR.ANJALI DAMLE	LECTURE
2 nd Month	SYMPTOMS OF SAMYAK YOGA, AYOGA, ATIYOGA OF VIRECHANA KARMA	DR. RAHUL KATHAWATE DR. MONICA MULAY	LECTURE
2 nd Month	KNOWLEDGE OF ALTERNATIVE BASTI YANTRA/ ENEMA CAN,ENEMA SYRINGE,MODIFIED PLASTIC /RUBBER,BAG FOR PUTAKA,MODIFIED PLASTIC NETRA	DR. ANJALI DAMLE DR. RAHUL KATHAWATE	LECTURE
3 rd Month	SYMPTOMS OF SAMYAK YOGA, AYOGA AND ATIYOGA OF VAMANA KARMA	DR. MONICA MULAY DR. ANJALI DAMLE	GROUP DISCUSSION
3 rd Month	UTILITY OF BASTI KARMA IN HEALTH AND DISEASES	DR. MONICA MULAY DR. ANJALI	PPT

		DAMLE	
3 rd Month	POST VAMAN MANAGEMENT	DR. RAHUL KATHAWATE DR. MONICA MULAY	LECTURE
3 rd Month	TYPES OF SHUDDHI-HINA, MADHYA AND PRAVARA AND ACCORDINGLY SAMSAJANA KRMA	DR. ANJALI DAMLE	LECTURE
3 rd Month	TYPES OF SHUDDHI-HINA, MADHYA AND PRAVARA	DR. ANJALI DAMLE DR. RAHUL KATHAWATE	DEMONSTRATION
4 th Month	COMPLCATIONS OF VIRECHANA AND THEIR MANAGEMENT WITH AYURVEDA AND MODERN DRUGS	DR. MONICA MULAY DR. ANJALI DAMLE	PPT
4 th Month	VIRECHANA KARMUKATA(MODE OF ACTION)	DR. MONICA MULAY DR. ANJALI DAMLE	LECTURE
4 th Month	KARMA, KALA AND YOGA BASTI KARMA SCHEDULES AILONG WITH THEIR UTILITY	DR. RAHUL KATHAWATE	LECTURE
4 th Month	NIRUHA BASTI-ITS ETYMOLOGY, SYNONYMS, DEFINATIONS, CLASSIFICATIONS, SUBCLASSIFICATIONS AND INDICATIONS AND CONTRA INDICATIONS	DR. MONICA MULAY DR. ANJALI DAMLE	PPT
4 th Month	PARIHARYA VISHAYA FOR VIRECHANA DOSE FIXATION OF NIRUHA BASTI ACCORDING TO AGE CONTENTS AND METHOD OF PREPARATION OF NIRUHA BASTI DRAVYA AND DIET	DR. RAHUL KATHAWATE DR. MONICA MULAY	GROUP DISCUSSION

5 th Month	PARIHARYA VISHAYA FOR VIRECHANA	DR. ANJALI DAMLE DR. RAHUL KATHAWATE	LECTURE
5 th Month	PEYADI SAMARJANA KRAMA AND TARPANADI KRAMA WITH THEIR SPECIFIC INDICATIONS	DR. RAHUL KATHAWATE	LECTURE
5 th Month	YAPAN BASTI VISHESHATA	DR. MONICA MULAY DR. ANJALI DAMLE	LECTURE
5 th Month	VAMAN SYAMYAK YOGA	DR. MONICA MULAY	LECTURE
5 th Month	VATAVYADHI AND PANCHKARMA	DR. ANJALI DAMLE	LECTURE
5 th Month	ANUVASAN DRIVYA	DR. RAHUL KATHAVATE	LECTURE
6 th Month	NIRUHA BASTI –VIVIDHA YOGA	DR. MONICA MULAY	PPT
6 th Month	VAMAN AND VAMANOPAG DRVYA	DR. MONICA MULAY	PPT
6 th Month	AAMVATATIL SWEDANA	DR. ANJALI DAMLE	PPT
6 th Month	DEFINATION, IMPORTANCE AND AND TYPES OF RAKTAMOKSHANA	DR. RAHUL KATHAVATE DR. MONICA MULAY	LECTURE

7 th Month	ADMINISTRATION OF NIRUHA BASTI, PRATYAGAMANA KAAL, POST NIRUHA BASTI MANAGEMENT AND SAMYAK YOGA AYOGA AND ATIYOGA OF NIRUHA	DR. ANJALI DAMLE DR. RAHUL KATHAVATE	PPT
7 th Month	COMPLICATION OF VAMANA AND THEIR MANAGEMENT WITH AYURVEDA AND MODERN DRUGS	DR. MONICA MULAY DR. ANJALI DAMLE	LECTURE
7 th Month	GENERAL PRINCIPLES AND RULES OF RAKTAMOKSHANA	DR. RAHUL KATHAVATE DR. MONICA MULAY	GROUP DISCUSSION
7 th Month	COMPLICATION OF NIRUHA BASTI AND ITS MANAGEMENT ACCORDING TO AYURVEDA AND MODERN MEDICINE, PARIHARYA VISHAYA OF NIRUHA CBASTI AND KALA	DR. MONICA MULAY DR. ANJALI DAMLE	LECTURE
7 th Month	PARIHARYA VISHAYA OF VAMANA	DR. RAHUL KATHAVATE	PPT
8 th Month	ETYMOLOGY, DEFINITION, SIGNIFICANCE OF NASYA KARMA	DR. MONICA MULAY DR. ANJALI DAMLE	GROUP DISCUSSION
8 th Month	ANUVASANA BASTI AND ITS ETYMOLOGY, SYNONYMS, DEFINITION, CLASSIFICATIONS, SUB CLASSIFICATIONS AND INDICATION AND CONTRA INDICATIONS	DR. RAHUL KATHAVATE DR. MONICA MULAY	LECTURE

8 th Month	CLASSIFICATION OF RAKTAMOKSHANA	DR. ANJALI DAMLE DR. RAHUL KATHAWATE	PPT
8 th Month	GENERAL INDICATIONS AND CONTRA INDICATIONS OF RAKTAMOKSHANA	DR. MONICA MULAY DR. ANJALI DAMLE	LECTURE
8 th Month	DOSE FIXATION OF ANUVASAN BASTI ACCORDING TO AGE, CONTENTS AND METHOD OF PREPARATION OF ANUVASAN BASTI DRAVYA AND DIET	DR. RAHUL KATHAVATE DR. MONICA MULAY	LECTURE
9 th Month	CLASSIFICATION OF SNEHAN KARMA	DR. ANJALI DAMLE DR. RAHUL KATHAVATE	LECTURE
9 th Month	VARIOUS TYPES OF JALAUKA	DR. MONICA MULAY	GROUP DISCUSSION
9 th Month	ADMINISTRATION OF ANUVASANA BASTI, PRATYAGAMAN KALA, POST ANUVASANA BASTI POST MANAGEMENT, SAMYAK YOGA, AYOGA AND ATIIYOGA OF ANUVASANA	DR. ANJALI DAMLE	GROUP DISCUSSION
9 th Month	CLASSIFICATION AND SUB CLASSIFICATION OF VAMANA KARMA	DR. RAHUL KATHAWATE	LECTURE
9 th Month	INDICATIONS AND CONTRAINDICATIONS OF JALAUKAVACHARAN	DR. ANJALI DAMLE	LECTURE
9 th Month	COMPLICATION OF ANUVASANA AND ITS MANAGEMENT ACCORDING TO AYURVEDA AND MODERN MEDICINE AND PARIHARYA VISHAYA OF ANUVASANA BASTI	DR. RAHUL KATHAVATE	LECTURE
10 th Month	KNOWLEDGE OF GENERAL DRAVYA USED FOR NASYA KARMA, SHIROVIRECHANA GANA, SHIROVIRECHANA	DR. MONICA	PPT

	DRAVYAS	MULAY	
10 th Month	VARIOUS TYPES OF JALAUKA	DR. ANJALI DAMLE	GROUP DISCUSSION
10 th Month	BASTI KARMUKTA (MODE OF ACTION)	DR. RAHUL KATHAVATE	DEMONSTRATION
10 th Month	INDICATION AND CONTR INDICATIONS OF NASYA	DR. MONICA MULAY	LECTURE
10 th Month	METHOD OF APPLICATION AND SAMYAK YOGA	DR. ANJALI DAMLE	LECTURE
10 th Month	KNOWLEDGE OF MADHUTAILIK BASTI, ERANDMULADI BASTI, YAPANA BASTI, PICCHA BASTI, KSHIRA BASTI, KSHARA BASTI	DR. MONICA MULAY	GROUP DISCUSSION
11 th Month	TIME OF ADMINISTRATION OF NASYA	DR. ANJALI DAMLE DR. RAHUL KATHAWATE	LECTURE
11 th Month	COMPLICATION OF JALAUKAVACHARAN AND THEIR MNAGEMENT WITH AYURVEDA AND MODERN MEDICINE	DR. MONICA MULAY	PPT
11 th Month	KNOWLEDGE OF VAITARAN BASTI, PANCHPRASRUTIK BASTI, KRIMIGHNA BASTI, TIKHTKSHEER BASTI, ARDHMATRIKI BASTI	DR. ANJALI DAMLE	PPT
11 th Month	DOSE FIXATION OF DIFFERENT TYPE OF NASYA	DR. MONICA MULAY	LECTURE
11 th Month	PREPARATION OF PATIENT AND PREPARATION OF UTTAR BASTI TROLLEY	DR. ANJALI DAMLE	PPT
11 th Month	ADMINISTRATION OF MARSHA, PRATIMARSHA, AVAPEDEKA, DHOOMPAANA, DHUM NASYA	DR. RAHUL KATHAVATE	PPT
11 th Month	COMPLICATION OF PRACCHAN AND THEIR MANAGEMENT WITH AYURVEDA AND MODERN MEDICINE	DR. MONICA MULAY	LECTURE

12 th Month	DIET AND REGIMEN BEFORE AND AFTER NASYA KARMA	DR. MONICA MULAY	LECTURE
12 th Month	UTTAR BASTI ITS DEFINATION,INDICATIONS AND CONTRAINDICATIONS, DETAILED STUDY OF TRADITIONAL BASTI YANTRA AND THEIR DOSHAS, KNOWLEDGE OF ALTERNATIVE BASTI YANTRA	DR. ANJALI DAMLE	LECTURE
12 th Month	INDICATIONS AND CONTRA INDICATIONS OFV PRACCHAN	DR. RAHUL KATHAWATE	GROUP DISCUSSION
12 th Month	METHOD OF APPLICATIONA AND SAMYAK LAKSHAN OF PRACCHAN	DR.MONICA MULAY	DEMONSTRATION
12 th Month	PREPARATION OF PATIENT AND PREPARATION OF UTTAR BASTI TROLLEY	DR.ANJALI DAMLE	PPT
12 th Month	ADMINISTRATION OF MARSHA, PRATIMARSHA, AVAPEEDAKA, DHOOMPAANA, DHUM NASYA	DR. RAHUL KATHAVATE	LECTURE
12 th Month	COMPLICATION OF PRACCHAN AND THEIR MANAGEMENT WITH AYURVEDA AND MODERN MEDICINE	DR. MONICA MULAY	LECTURE
12 th Month	ANUVASAN AND ITS TYPES	DR. RAHUL KATHAVATE	LECTURE
12 th Month	INDICATIONS AND CONTRA INDICATIONS OF SIRAVEDH	DR. RAHUL KATHAWATE	PPT
12 th Month	COMPLICATION OF NASYA AND THEIR MANAGEMENT	DR.MONICA MULAY	PPT
13 th Month	DRUG PREPARATION AND FIXATION OF DOSE, METHOD OF ADMINSTRATION IN MALE AND FEMALES	DR. MONICA MULAY	GROUP DISCUSSION
13 th Month	USE OF PANCHAKARMA IN DIFFERENT VATAVYADHI	DR. RAHUL KATHAWATE	LECTURE
13 th Month	METHOD OF APPLICATION AMD SAMYAK LAKSHAN OF NASYA	DR. MONICA MULAY	LECTURE
13 th Month	METHOD OF APPLICATION AMD SAMYAK LAKSHAN OF SIRAVEDH	DR. ANJALI DAMLE	PPT
13 th Month	USE OF RAKTAMOKSHANA IN VATARAKTA	DR. RAHUL KATHAWATE	LECTURE

13 th Month	ABHYANTAR SNEHAPANA ARHA ANARHA	DR. ANJALI DAMLE	LECTURE
13 th Month	VYADHINUSAR SNEHAPANA	DR. MONICA MULAY	LECTURE
13 th Month	PARIHARYA VISHAYA FOR VIRECHAN KARMA	DR. RAHUL KATHAVATE	LECTURE
13 th Month	SHAKHA KOSHTHA GATI	DR. MONICA MULAY	LECTURE
13 th Month	OBSERVATIONS AND COMPLICATIONS OF AND THEIR MANAGEMENT	DR. ANJALI DAMLE	PPT
13 th Month	NASYA KAARMUKTA (MODE OF ACTION)	DR. MONICA MULAY	DEMONSRATION
13 th Month	COMPLICATIONS OF SIRAAVEDH AND THEIR MANAGEMENT WITH AYURVEDA AND MODERN MEDICINE	DR. MONICA MULAY	GROUP DISCUSSION
14 th Month	DEFINATION, UTILITY AND IMPORTANCE OF PHYSIOTHERAPY.	DR. ANJALI DAMLE	LECTURE
14 th Month	GENERAL KNOWLEDGE OF VAMAN AND VAMANOPAGA DRUGS, ACTIONS, PROPERTIES, PREPARATIONS, PRESERVATION W.S.R. TO MADANPHALA AND KUTAJ	DR. RAHUL KATHAWATE	LECTURE
14 th Month	KNOWLEDGE OF EMERGENCY MANAGEMENT OF COMPLICATIONS SUCH AS WATER AND ELECTROLYTE IMBALANCE, SHOCK, BLEEDING PER RECTAL, HEMETEMISIS, EPISTAXIS	DR. MONICA MULAY	LECTURE
14 th Month	GENERAL KNOWLEDGE OF VAMAN AND VAMANOPAGA DRUGS, ACTIONS, PROPERTIES, PREPARATIONS, PRESERVATION W.S.R. TO NIMBA, YASHTIMADHU, VACHA	DR. MONICA MULAY	PPT
14 th Month	BASIC KNOWLEDE OF STATIC EXERCISE, INFRARED, SHORT WAVE DIATHERMY, ELECTROMAGNETIC THERAPY, WAX BATH THERAPY, ULTRASONIC THERAPY	DR. RAHUL KATHAVATE	DEMONSTRATION

15 th Month	COMPLICATION OF JALAUKAVACHARAN AND THEIR MNGEMENT WITH AYURVEDA AND MODERN MEDICINE	DR. MONICA MULAY	LECTURE
15 th Month	BRIEF INTRODUCTION OF DOSHOTKLESHANA BASTI	DR. ANJALI DAMLE	PPT
15 th Month	KNOWLEDGE OF VAITARAN BASTI, PANCHPRASRUTIK BASTI, KRIMIGHNA BASTI, TIKHTKSHEER BASTI	DR. RAHUL KATHAWATE	LECTURE
15 th Month	VAMAN PRADHANKARMA	DR. ANJALI DAMLE	LECTURE
15 th Month	INDICATIONS AND CONTRA INDICATIONS OF PRACCHAN	DR. ANJALI DAMLE	DEMONSTRATION
15 th Month	COMPLICATION OF PRACCHAN AND THEIR MANAGEMENT WITH AYURVEDA AND MODERN MEDICINE	DR. RAHUL KATHAWATE	LECTURE
16 th Month	DRUG PREPARATION AND FIXATION OF DOSE, METHOD OF ADMINISTRATION IN MALE AND FEMALES	DR. MONICA MULAY	LECTURE
16 th Month	UTTAR BASTI ITS DEFINATION, INDICATIONS AND CONTRA INDICATIONS, DETAILED STUDY OF TRADITIONAL BASTI YANTRA AND THEIR DOSHAS, KNOWLEDGE OF ALTERNATIVE BASTI YANTRA	DR. MONICA MULAY	GROUP DISCUSSION
16 th Month	PREPARATION OF PATIENT AND PREPARATION OF UTTAR BASTI TROLLEY	DR. RAHUL KATHAWATE	LECTURE
16 th Month	SWEDAN ARHA ANARHA	DR. MONICA MULAY	LECTURE
16 th Month	BASTI MAHATTVA	DR. RAHUL KATHAWATE	PPT
16 th Month	VAMAN PASHCHAT KARMA	DR. MONICA MULAY	PPT
16 th Month	KOSHHA SHUDDHIKARAN	DR. ANJALI DAMLE	PPT
16 th Month	BASTI KARMUKATA	DR. RAHUL KATHAWATES	LECTURE

For Anjali Damle

**HEAD OF DEPARTMENT
PANCHAKARMA DEPARTMENT**

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Name of the Departmental Faculty:

1. Dr. Rahul Kathawate
2. Dr. Anjali Damle
3. Dr. Monica Mulay

PRACTICAL 1ST MONTH

Faculty :

Vd. Anjali Damle

Vd. Monica Mulay

Vd. Rahul Kathawate

Topic : Introduction about Panchakarma and its procedures ; Practical on Abhyanga karma; Practical on Swedana Karma and its types;Practical on Pinda sweda karma;Group discussion on Abhyantar snehpan; Case taking on sandhigatavata; Practical on Janubasti; Practical on Sthanik Dhara; Practical on Patrapottali Sweda; Practical on Churnapottali Sweda; Practical on Upnah Sweda; Case taking on amvaat; Group discussion on Murdhni Taila; Practical on Shroabhyanga and Shiropichu; Practical on Dhumpan; Gruop discussion on Vatavyadhi; Practical on Shirodhara; Practical on Shirobasti; Case taking on Kushthvyadhi; practical on Avgaha Swedana; case taking on Vatarakta; Practical on jalaukavacharana; Practical on Siravedh karma; Group discussion on pathyapathya; Practical on Netra Kriya kalpa Practical on Lepa.

PRACTICAL 2nd MONTH

Faculty :

Vd. Anjali Damle

Vd. Monica Mulay

Vd. Rahul Kathawate

Topic : Practical on Anuvasan Basti dan; Practical on Niruha Basti and Basti Sammelana; Group discussion on Utkleshan basti; Practical on Yapana Basti; Group discussion on Erandamuladi Madhutailik Basti; Practical on Preperation of madhutailik Basti; Group Discussion on Basti dravya pramana and kalka pramana; Group discusssin on Lekhan Basti; Practical on Vaitaran basti; Group discussion on Basti arha and anarha; Case taking on Grudhrasi vyadhi; Practical on Agnikarma; Practical on Viddhakarma; Practical on Nasya karma; Practical on Pradhman Nasya; Practical on Avapid Nasya; Group discussion on Nasya vyapad; practical on Karnapoorana; Group discussion Vaman arha and anarha; vaman and Vamanopaga dravya in details; Practical on vaman karma; Group discussion on Virechan arha and anarha; Practical on Virechan karma; Virechan dravya in detail; Group discussion on Vaman and Virechan vyapad and its treatment; Group discussion on Snsarjan Krama.

For AU Damle

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