

**RASHTRIYA SHIKSHAN MANDAL'S  
TILAK AYURVED MAHAVIDYALAYA**

583/2, Rasta Peth, Pune 411011

**Academic Term Plan-PG**

**Batch – Preliminary MD**

**Department-Panchakarma**

**Duration: 1year**

**Subject-Panchakarma Theory**

**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

Topic/Syllabus point	Lecture Hours (in hours)	Remark/Teaching tool PPT/PBL/Demonstration/Group discussion/Conventional Method, etc.
INTRODUCTION TO PANCHAKARMA,PANCHKARMA AND SHODHANA,ITS IMPORTANCE FOR PROMOTION OF HEALTH, PREVENTION AND TREATMENT OF DISEASES	6	LECTURE
ANTAPARIMARJAN AND BAHIRPARIMARJAN CHIKITSA	4	LECTURE
ETYMOLOGY, DEFINATION OF CHIKITSA AND THEIR TYPES	5	LECTURE
TRIVIDH KARMA- PURVA, PRADHANA, PASHCHAT KARMA IN RELATION TO SHODHANA AND THEIR IMPORTANCE	8	PPT
SHADVIDH ,DWIVIDH UPAKRAMA AND SHATKRIYAKAL	6	LECTURE
APPLIED ANATOMY OF CORTEX ,CRANIAL AND PERIPHERAL NERVES	4	LECTURE
METHODS OF PHYSICAL EXAMINATION OF CENTRAL NERVOUS SYSTEM –SENSORY MOTOR EXAMINATION	4	LECTURE

*For A.U. Damle*

**HEAD OF DEPARTMENT  
PANCHAKARMA DEPARTMENT**

GENERAL KNOWLEDGE OF GHRITA, TAILA, VASA, MAJJA WITH THEIR SPECIFIC UTILITY AND ACTIONS, YAMAKA, TRIVRIT AND MAHA SNEHA	5	LECTURE
GENERAL PRINCIPLES OF DOSHAGATI FROM KOSHTHA TO SHAKHA AND VICE VERSA	5	DEMONSTRATION
EXAMINATION OF MUSCLE POWER AND TONE SUPERFICIAL AND DEEP	4	LECTURE
GENERAL PRECAUTIONS(PARIHARYA VISHAYA) FOR PANCHKARMA	2	GROUP DISCUSSION
TEN TYPES OF NIRAGNI SWEDANA	4	PPT
ACCHA AND PRAVICHARANA OF SNEHA	2	DEMONSTRATION
SPECIFICATIONS OF PANCHKARMA THEATRE AND NECESSARY EQUIPMENTS	6	LECTURE
KNOWLEDGE OF 13 TYPES OF SAGNI SWEDANA AND CHATURVIDH SWEDANA	7	PPT
SNEHAPAKA AND ITS IMPORTANCE IN PANCHKARMA	5	LECTURE
FUNCTIONS OF VARIOUS SINGLE MUSCLES AND GROUP OF MUSCLES APPLIED ANATOMY AND PHYSIOLOGY OF JOINT	4	LECTURE
SNEHAYONI-STHAVARA AND JANGAM, PROPERTIES OF SNEHA DRAVYA, SNEHOPAG DRAVYAS	5	GROUP DISCUSSION
METHODS OF EXAMINATION OF LOCOMOTOR SYSTEM	4	LECTURE
INDICATION OF SHODHANA AND SHODHANA ACCORDING TO RUTU	4	LECTURE
GENERAL SWEDA DRAVYA, PROPERTIES OF SWEDA DRAVYAS, SWEDOPAGA DRAVYAS	5	LECTURE
TYPES OF SNEHANA- BAHYA SNEHANA-METHODS, INDICATIONS, CONTR INDICATIONS, TYPES OF BAHYA SNEHANA-MARDANA, UNMARDANA, SAMVAHANA, PADAGHATA, KARN PURAN, AKSHI TARPAN, LEPA AND	5	GROUP DISCUSSION

TALAM		
DIFFERENTIAL DIAGNOSIS OF AMAVATA, VATARAKTA, SANDHIGATAVATA	8	PPT
EXAMINATION OF LUMBAR,CERVICAL DISORDERS INCLUDING GRUDHRASI AND VISHWACHI	6	LECTURE
APPLIED ANATOMY OF CARDIOVSACULAR SYSTEM	2	LECTURE
APPLIED PHYSIOLOGY OF CARDIOVASCULAR SYSTEM	2	LECTURE
APPLIED ANATOMY OF RESPIRATORY SYSTEM	3	LECTURE
APPLIED PHYSIOLOGY OF RESPIRATORY SYSTEM	3	LECTURE
FUNCTIONS OF CAPILLARIES AND ITS PERMIABILITY	2	LECTURE
DETAIL KNOWLEDGE, UTILITY AND PROCEDURE OF SANKAR SWEDA, RUKDHA SWEDA AND SNIGDHA SWEDA	4	DEMONSTRATION
DETAIL KNOWLEDGE ,UTILITY AND PROCEDURE OF KUKKUTAND PINDA SWEDA, SHALI SHASHTHIK PINDA SWEDA	4	LECTURE
SNEHANA, INDICATIONS AND CONTRA INDICATIONS OF SNEHANA	5	PPT
SHODHANARTH SNEHANA-IMPORTANCE AND METHOD OF DEEPANA -PACHAN AND ROOKSHAN IN SHODHANARTH SNEHANA,PROPERTIES OF ROOKSHAN DRAVYA, SAMYAK ROOKSHAN LAKSHANA	6	LECTURE
METHODS OF EXAMINATIN OF RESPIRATORY SYSTEM	4	LECTURE
CONSIDERATION AND OF AGNI AND KOSHTHA IN SHODHANARTH SNEHANA	5	LECTURE
SNEHANA KARMUKTA(MODE OF ACTION)	4	PPT
PREPARATION OF THE PATIENT ON MORNING OF VAMANA DAY	2	LECTURE
SPECIAL PROCEDURES- TAKRADHARA,UDVARTANA,UTSADANA,UDGHARSHA NA,TALAPODICHIL,PUTPAKA,	5	GROUP DISCUSSION

ASHCHOTANA, ANJANA, GANDUSHA, KAVALA		
VAMAKA YOGA, ANUPANA, FIXATION OF DOSE AND METHOD OF ADMINISTRATION	4	PPT
DETAIL KNOWLEDGE, UTILITY AND PROCEDURE OF PATRAPINDA SWEDA, JAMBIR PINDAA SWEDA	5	LECTURE
MURDHNI TAILAM-SHIRO ABHYANGA, SHIRO SEKA/DHARA, SHIRO PICHU, AND SHIROBASTI	5	LECTURE
GENERAL KNOWLEDGE OF SINGLE AND COMPOUND VIRECHANA DRUGS, PROPERTIES, ACTIONS, PREPARATIONS, PRESERVATIONS W. S. R. TO TRIVRUTTA, ARAGVADH, ERAND, KATUKI, JAIPAL	4	LECTURE
INDICATION OF DIFFERENT MATRA, VARIOUS DOSE SCHEDULES FOR SHODHANARTH SNEHANA, HRISIYASEE HRASVA, MADHYAM AND UTTAMA MATRA, AROHAN MATRA	4	LECTURE
KNOWLEDGE AND METHOD OF EXAMINATION OF VARIOUS SKIN LESION	5	PPT