



**TAPASYA HEALTH AND WELLNESS**

## **CERTIFICATE COURSE FOR PANCHAKARMA THERAPIST**



**"॥स्वस्थस्योर्जस्करम् आर्तस्य रोगनुत्॥"**

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## INTRODUCTION OF AYURVEDA

The word “Ayurveda” is derived from Sanskrit that means “science of life.” In Ayurveda,

॥ समदोषः समग्निश्च समधातु मलःक्रियाः।प्रसन्नात्मेन्द्रियमनः स्वस्थइतिअभिधीयते॥

This concept of health goes beyond the simple absence of disease, which is prevalent in most ‘healthcare’ systems. On a physical level, it defines a healthy person as someone whose doshas (mind-body constitution) are all in equilibrium, the (digestive) fire (agni) is in a balanced state, in addition to the body’s tissues (dhatus) and waste products (mala) being in balance. The quote also includes mental & spiritual wellbeing as it states that the mind (mana), sense organs (indriyas), and the person’s soul (atma) must be also in a pleasant state (prasanna).

When a person is imbalanced or stressed, they’re likely to develop disease. Ayurveda focuses on implementing lifestyle interventions and natural treatments, therapies and remedies to provide balance among your physical body, mind, spirit and the world around you.

Every individual is unique, and Ayurveda defines a person’s specific constitution, or prakriti. According to Ayurveda, these prakriti determine your physical, psychological, behavioral and immunological traits. Different constitutions respond to different treatments, so what works for you might not work for someone else.





## WHAT IS PANCHAKARMA?

Panchakarma are unique detoxification therapies, very scientifically designed with detailed SOPs. Toxins are unwanted and harmful substances which get collected inside cells because of faulty lifestyle, wrong food habits etc. These toxins are the cause for obstruction in the nourishment of body and decrease in immunity.

Panchakarma treatment aims to release toxins from your body through five classical procedures. These are age old cleansing and detoxifying rituals for body, mind & soul. Panchakarma treatments are advised by Ayurveda doctors of Tapasya after thorough examination of patient.

They are Vaman(Induced therapeutic emesis), Virechana (Induced therapeutic purgation), Basti(Induced therapeutic medicated enema), Nasya(Therapeutic nasal instillation), Raktamokshan(Therapeutic bloodletting). These treatment procedures bring out toxins from cellular level & expelled out of the body through natural orifices.

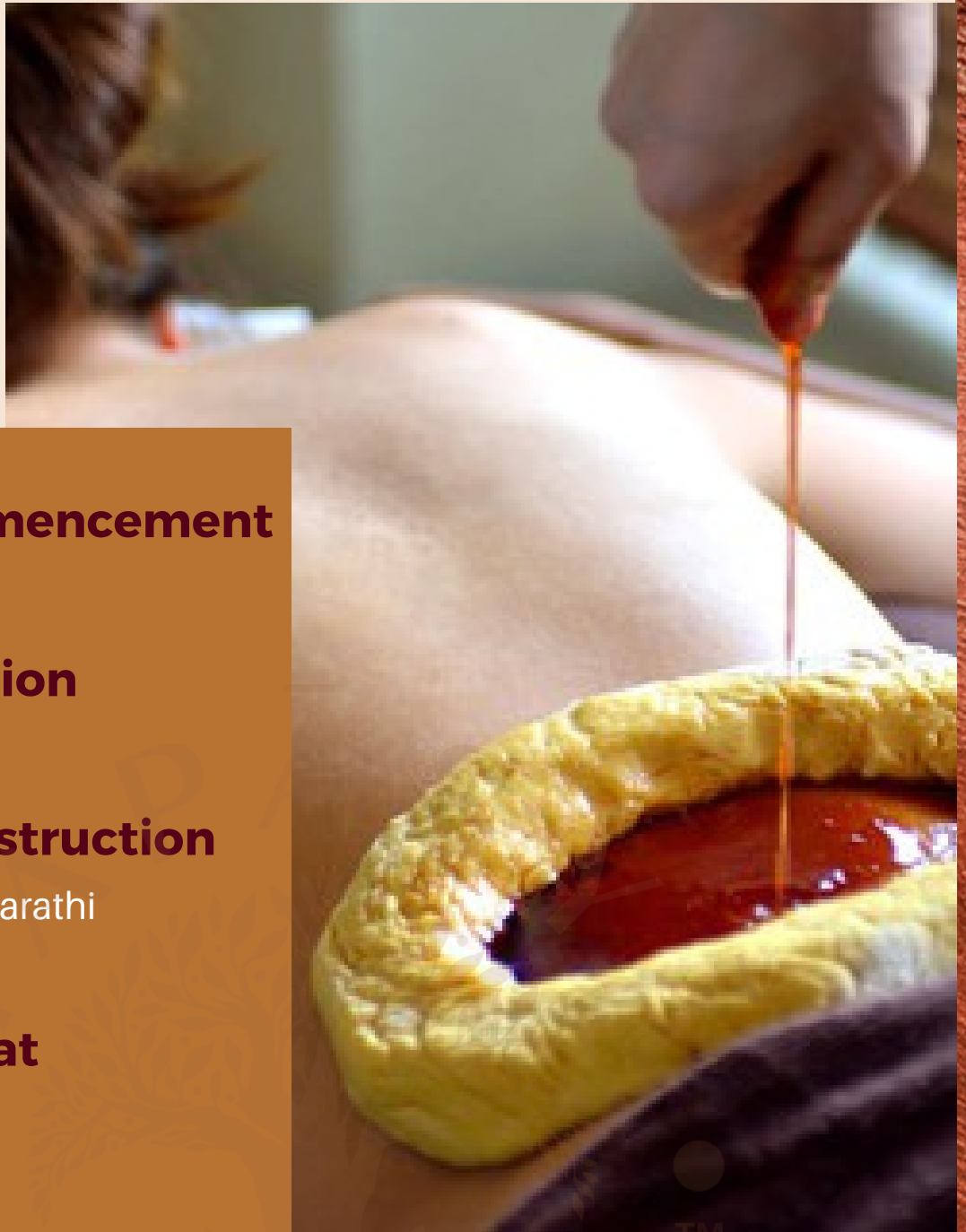
## This course will equip the students:

- Apply basic concepts and fundamental principles of Panchakarma.
- Assist the therapist/doctor and other related professionals during the procedures.
- Check the vital parameters to assess the physical state of patients.
- Carry out routine patient care tasks during the Panchakarma procedures.
- Efficient interpretation of the prescriptions and conduct Panchakarma procedures completely.
- Explain the use of different herbs and formulations related to Panchakarma.
- Discuss indications, contraindications and precautions in diet related to Panchakarma.
- Carry out maintenance of the Panchakarma Unit.
- Maintain a safe, healthy and secure environment.
- Follow biomedical waste disposal and infection control policies and procedures.
- The individual's scope of practice will be more specifically designated by local/state guidelines. It is the individual's responsibility to be compliant.



*"The course is designed by Tapasya Health and Wellness Center to equip the participants with authentic classical knowledge of panchakarma therapies to pursue a successful career in private Ayurvedic Hospitals, Ayurveda Resorts and Therapy Centers as well as to understand ayurvedic concepts of health and wellness for the self and for family. The course content is finely curated by our eminent vaidyas for the benefit of participants."*





- **Course Commencement**

1 August 2023

- **Course Duration**

3 Months

- **Medium of Instruction**

English / Hindi / Marathi

- **Course Format**

Offline (In Person)

Online

- **Course Intake**

15 students per batch

## • FACULTY MEMBERS

Sr. No.	Faculty Name	Qualification
1	Dr. Amol Patil	M.D. Ayurveda
2	Dr. Ruchika Patil	B.A.M.S.
3	Dr. Rasika Patil	M.D. Ayurveda

## • INFRASTRUCTURE AND LEARNING RESOURCES



- Panchakarma Department is highly well-equipped set-up with traditional instruments, and having Executive Panchakarma Facilities.
- Separate male and female sections.



- Executive Panchakarma Rooms
- Panchakarma ward/IPD sections
- Separate male and female wards



## • COURSE SYLLABUS

THEORY SESSIONS	
<p><b>1. INTRODUCTION OF AYURVEDA</b></p> <ol style="list-style-type: none"> <li>1. Definition</li> <li>2. Unique features</li> <li>3. Aim</li> <li>4. Concept of Health</li> </ol> <p><b>2. HISTORY OF AYURVEDA</b></p> <p><b>3. BRANCHES OF AYURVEDA</b></p> <p><b>4. BASIC PRINCIPLES OF AYURVEDA</b></p> <ol style="list-style-type: none"> <li>1. Theory of Creation</li> <li>2. Pancha Mahabhuta Concept</li> <li>3. Tridosha Concept</li> <li>4. Concept of Body Mind Soul</li> <li>5. Concept of Sapta Dhatu (Body Elements)</li> <li>6. Concept of Mala (Waste Products)</li> <li>7. Concept of Srotas (Body Channels)</li> <li>8. Concept of Agni (Digestive Fire)</li> <li>9. Concept of Koshta (Alimentary Tract)</li> <li>10. Concept of Prakruti (Body Constitution)</li> </ol> <p><b>5. PREPARATORY PROCESSES OF PANCHAKARMA</b></p> <p><b>A. SNEHAKARMA (OLEATION TREATMENT)</b></p> <ol style="list-style-type: none"> <li>1. Internal Oleation</li> <li>2. External Oleation</li> <li>3. Abhyanga</li> <li>4. Padabhyanga (Oleation of the feet)</li> <li>5. Shiroabhyanga (Oleation of Head)</li> <li>6. Gandoosha (Gargling)</li> </ol>	<p><b>B. SWEDA KARMA (FOMENTATION)</b></p> <ol style="list-style-type: none"> <li>1. Tapa Sweda (Fomentation)</li> <li>2. Upanaha Sweda</li> <li>3. Ushma Sweda (Herbal Steam &amp; Bolus Bags)</li> <li>4. Drava Sweda (Sudation with liquids)</li> <li>5. Anagneya Sweda (Sudation without fire)</li> <li>6. Benefits of Sweda (Sudation)</li> </ol> <p><b>6. PANCHAKARMA THERAPY</b></p> <ol style="list-style-type: none"> <li>1. Various Ayurvedic Treatments</li> <li>2. Different Panchakarma Treatments</li> <li>3. Ayurveda Massages</li> <li>4. Different types of Massages in Ayurveda</li> <li>5. Uses of panchakarma therapies</li> </ol> <p><b>7. VAMANA (Induced Vomiting)</b></p> <p><b>8. VIRECHANAM (Induced Purgation)</b></p> <p><b>9. VASTI (Medicated Enema)</b></p> <p><b>10. NASYA (Nasal Medication)</b></p> <p><b>11. Arrangements of Ayurvedic Treatments Schedule</b></p> <p><b>12. MARMA (Vital Energy Points)</b></p> <p><b>13 Ayurvedic Dietic Concepts</b></p> <p><b>14. Commonly Used Oils &amp; Uses</b></p>

## • Course Syllabus

PRACTICAL SESSIONS	
<ul style="list-style-type: none"> <li>• Abhyanga &amp; Body Massage</li> <li>• Pizhichil (Sarvanga Dhara)</li> <li>• Nadee sweda</li> <li>• Bashpasweda</li> <li>• Choornapinda sweda (Choornakkizhi)</li> <li>• Pathrapinda sweda (Ilakkizhi)</li> <li>• Shashtikasalipinda sweda (Navarakkizhi)</li> <li>• Shashtikasalee Alepa (Annalepa)</li> <li>• Valookasweda</li> <li>• Upanahasweda</li> <li>• Avagahasweda</li> <li>• Muttakkizhi</li> <li>• Pichu-local</li> <li>• Vasthy-local</li> <li>• Dhara-local</li> <li>• Vamana</li> <li>• Virechana</li> <li>• Shirovasthy</li> <li>• Shirodhara</li> <li>• Takradhara</li> <li>• Ksheeradhara</li> <li>• Thalam</li> <li>• Snehapana</li> </ul>	<ul style="list-style-type: none"> <li>• Akshitarpana</li> <li>• Pindi &amp; Vidalaka</li> <li>• Netraprakshalana</li> <li>• Eye exercise</li> <li>• Annalepana for eye</li> <li>• Kizhisweda</li> <li>• Dhoomapana</li> <li>• Karnapoorana</li> <li>• Karnadhoopana</li> <li>• Ksharasoothra</li> <li>• Matravasthy</li> <li>• Anuvasanavasthy</li> <li>• Kashayavasthy</li> <li>• Utharavasthy</li> <li>• Sarvanga kashaya parisheka</li> <li>• Jaloukavacharana</li> <li>• Prachchaana</li> <li>• Agnikarma</li> <li>• Aalepa</li> <li>• Netradhara</li> <li>• Netra parisheka</li> <li>• Nasya</li> <li>• Aschothana</li> <li>• Anjana</li> </ul>



# CAREER OPPORTUNITY

Accelerate your career in  
Ayurveda

As an Ayurveda  
Panchakarma Therapist  
you have opportunities  
to work with

- ✓ **Wellness Centres**
- ✓ **Health Institution**
- ✓ **Govt. Ayush Activity**
- ✓ **Sports Club / Ayurveda Resorts**

**Panchakarma Centres.**

**Health & Beauty Spa**

**Enroll Now**



## • How to Apply?

Interested candidates may deposit the course fee of Rs. 22000/- (Twenty Two Thousands Rupees Only) in our bank account and complete the application form provided by us. Please ensure to attach attested copies of the supporting documents as mentioned below.

## • Documents to be submitted with applications.

Passport size photo - 2 No.

Self attested copy of Adhar Card

Proof of educational qualification

## • Our Bank Account Details:

A/C Name: Chittashakti Healthcare LLP

Bank - HDFC BANK LTD.

Acc no. 59207777111777

IFSC code - HDFC0000222

Branch: Sangli (Maharashtra)



(scan this QR Code for  
online UPI payment)

**Please note:** This certification is not a “license” to practice Panchakarma. Tapasya Health and Wellness provides the knowledge and skill training necessary to become a competent Panchakarma technician. All students of this program must verify and comply with all local rules and regulations governing aspects of Panchakarma practice.







THANK YOU !