

## PANCHAKARMA-CME

### 6-day CME for Teachers Module

#### Unit 1 Topic: *Panchakarma*

Categories: Microteaching session of Basic principles of *Panchakarma*

##### i. Interactive session

Time duration- 1.5hours

- Definition of Panchakarma and the rationality behind it.
- The difference between *Panchakarma* and *Panchashodhana*.
- Benefits of *Sodhana* and its significance
- Detailed knowledge of *Shadvidha Upakramas* and its clinical utility
- Concept of *Ama*, knowledge of *Upastitha*, *Leena* and *Utklishta* doshas and its relation with *Koshta* with special mentioning about *Dosha gati*
- The Relevance and need of *Panchakarma* in present era
- Critical analysis of *Ritu Sodhana* and its practical application
- *Samikshya bhavas* and *Pariharyavishaya*
- Concept of *Deepana*, *Pachana* – with established difference between *Langhana* and *Rookshana* and their assessment
- Discussion on the significance of assessment factors prior to initiation of *Panchakarma* procedures.
- Clinical experiences related to different *Panchakarma* procedures as emergency measures, and their classical rationale.
- Biomedical waste management in *Panchakarma*
- Setting up of *Panchakarma* theatres with modern instrumentation and recent advancements

#### Unit 2 Topic: *Bahya Snehana*

Categories: Microteaching session on *Bahya Snehana*

##### i. Interactive session

Time duration- 1.5 hours

- Clear understanding of the importance of *Abhyantara* and *Bahya Snehana* and their clinical utilities
- Procedural Standardization of *Bahya Snehana*, indications, and precautions viz. *Abhyanga*, *Moordhinitaila*, *Parisheka*, *Padaghata*, *Lepa* etc.
- Modified techniques of *Bahya Snehana* and their benefits
- Mode of action of *Bahya Snehana*, whether it is absorbed into the skin and the role of *Bhrajaka pitta*.

##### ii. Activity session (Group discussion and Practical)

Time duration- 1.5 hours

- Practical demonstrations of *Moordhinitaila– Shiro-abhyanga, Shirodhara, Shiro pichu, Shiro basti*
- Practical demonstrations of *Abhyanga, Parisheka, Padaghata, Lepa* etc.
- Clinical experiences relating to *BahyaSnehana*

### Unit 3 Topic: *Abhyantara Snehana*

#### Course contents:

#### i. Interactive session - I

**Time duration- 45min.**

- Concept and Classical methods of *Abhyantara Snehana- Shodhanartha, Shamanartha and Brhmanartha*
- Difference between *Accha* and *Vicharna Sneha*.
- Different conditions where *Accha Sneha* and *Vicharana Sneha* are administered.
- Procedural Standardization of *Shodhanartha Sneha pana* in terms of time, dose, duration and its clinical utility.
- Clinical utility and procedural standardization of *AvapidakaSnehapana* and *Sadyo Snehana*
- Clinical utility of various types of *Sneha Paka* and biochemical parameters to assess the same.
- Selection of *Sneha dravya, Anupana*, dietetic regimen during the period of *Snehapana*
- Critical analysis of *Sneha Jeeryamana* and *Jeernalakshanas*.
- Critical analysis of *Sneha vyapath* along with their management.
- *PariharyaVishayas* to be followed during *Snehapana*.

#### Interactive session- II

**Time duration- 45 min.**

- Standardization of doses of *Snehapana* in metric system – each of *Sarpi, Taila, Vasa* and *Majja*
- Understanding of the Assessment *Koshtha and Agni* in both *Ayurvedic* and Modern views.
- Proper Assessment of *SamyakSnigdhaLakshana* with practical approach.
- Need for development of tools to assess *Samyak/ Ayoga/Atiyoga* of *Snehana*.
- Mode of action of *Abhyanthara Snehapana*.
- Determination of Bio-chemical changes which may occur during *Sneha pana*.
- Rationality of indications of *Sneha pana* and Contra indications in terms of modern science with special mentioning about lipid metabolism related disorders.
- Scope of research in *Snehana*.

#### ii. Activity session

**Time duration- 30 min.**

- Practical demonstration of *Snehapaana*.
- Clinical experiences relating to *Abhyantara Snehana*

#### **Unit 4 Topic: *Swedana Karma***

##### **Course contents:**

##### **i. Interactive session- I**

**Time duration- 1.5 hours**

- Concept of *Swedana* and its classification
- Different *Swedana karmas* done in different diseases and their rationality.
- Criteria for selection of suitable *Swedana Karma* in various diseases.
- Contraindications for *Swedana Karma* with rationale in terms of *Ayurveda* and modern science
- Standard operational procedure of different *Swedana Karma* viz. *Nadiswedana*, *Bashpaswedana*, *Upanahaswedana*, *Bhaya Basti* etc.
- Standard operational procedure of different *Pinda sweda* and its varieties with indications and their rationality viz. *Patrapindaswedana*, *Shashtikashalipindaswedana*, *Churnapindaswedana*, *Jambirapindaswedana* etc
- Assessment of *Samyak*, *Atiyoga* and *Ayogalakshanas* of **Swedawsr** to clinical applicability.
- Critical analysis of *Swedavyapath* along with their management.

##### **Interactive session- II**

**Time duration- 1.5 hours**

- Significance of *Swedana Karmas* other than *Shodhana Poorvanga Sweda*.
- The rational explanation of mode of action of *Sweda Karma*.
- Determination of Haemodynamic changes which may occur after *Swedana*.
- Modified techniques of *Sweda Karma* vis-a-vis classical methods. Need to explore newer methods and newer formulation of *Swedana*.
- Revalidating the procedures of *Prastarasweda*, *Kutisweda*, *Bhusweda*, *Karshusweda* etc.
- Practical application and restriction of *Swedana karma* with extreme temperature variations (significance of *Kala* and *Deshavichara*).
- Revalidating the instruments to be used during the administration of *Sweda*
- Current Sudation techniques like *Sauna* bath, Steam bath
- Scope of research in *Swedana*.

##### **ii. Activity session (Group discussion and Practical)**

**Time duration- 1.5 hours**

- Practical demonstrations of different types of *Swedana Karma* like *Patrapindaswedana*, *Shashtikashalipindaswedana*, *Churnapindaswedana*, *Jambirapindaswedana*, *Nadiswedana*, *Bashpaswedana*, *Upanahaswedana*, *Bhaya Basti* etc.
- Clinical experiences relating to *Swedana Karma*

## Unit 5 Topic: Vamana

### Course contents

#### i. Interactive session- I

**Time duration- 1.5 hours**

- Concept of Vamana Karma and its general consideration.
- Review of practical utility of the different *Vamana Kalpa* in different diseases.
- Contraindications of *Vamana Karma* with rationale in terms of *Ayurveda* as well as modern science. Need to include newer indications and Contra-indications of *Vamana Karma*
- Properties and Standardization of the *Vamaka Dravya*.
- Objective assessment of different methods of Vamana like *Mridu*, *Madhyama* and *Tikshna*.
- Different *Vamana Kalpas* – *Swarasa*, *Kalka*, *Kashaya* etc, *Ghreyavamana*
- Role of *Vamanopaga Dravya* in *Vamana Karma*.
- SOP of *Vamana Karma*.
- Definitions of the terms '*Vega*' and '*Upvega*'.
- Different types of Shuddhi and rationale behind their evaluation.
- Assessment criteria for evaluation of *Samyak Vamana* or its *Ayoga/Atiyoga*.
- *Laingiki*, *Vegiki*, *Maniki* and *Antiki Shuddhi* of *Vamana karma* and their clinical importance

#### Interactive session- II

**Time duration- 1.5 hours**

- *Avasthanusara Vamana* and its clinical utility.
- Concept of *Sadyo Vamana*, its indications and applicability.
- Mode of action of *Vamanaand* also in terms of emetics of modern medicine.
- Commonly occurring *Vamana Vyapat* and their management. Emergency kit for the management of *Vamana Vyapat*
- Need of pH evaluation of vomitus in first and last vega and Bio chemical analysis of Vamana matter.
- Need of upgrading Instrumentation pertaining to conducting and measuring the procedure of *Vamana Karma*.
- Scope of Researches with special reference to *Vamana Karma*.
- Role of *Vamana* in promotion of health, prevention and treatment of diseases.

**ii. Activity session (Group discussion and Practical)**

**Time duration- 1.5 hours**

- Practical demonstration of *Vamana Karma/ Sadhyovaman*
- Chemical analysis of Vomitus matter.
- Clinical experiences relating to *Vamana Karma*

**Unit 6 Topic: Virechana**

**Course contents:**

**i. Interactive session- I**

**Time duration- 1.5 hours**

- Concept of *Virechana Karma* and its general consideration.
- Classification of *Virechana aushadha* into *Bhedana, Sramsana, Rechana and Anulomana* and its clinical applicability.
- Critical analysis for undergoing *Vamana* prior to *Virechana karma*.
- Identification of effective *Virechana* Drugs and its clinical utility in various diseases.
- Standardization of *Virechana* Drugs and dose.
- Contraindications for *Virechana Karma* with rationale in terms of *Ayurveda* as well as modern science. Need to include newer indications and Contra-indications of *Virechana Karma*.
- Clinical utility of performing *Basti Karma* as a *purvakarma* for *Virechana Karma*.
- SOP of *Virechana Karma*
- Specify the time of administration of *Virechana Aushadhi*.
- *Laingiki, Vegiki, Maniki* and *Antikishuddhi* of *Virechana karma* and its clinical importance

**Interactive session- II**

**Time duration- 1.5 hours**

- Assessment criteria for evaluation of *SamyakVirechana* or *its Ayoga/ Atiyoga*.
- Assessment of *Mridu, Madhyama, TikshnaVirechana*.
- Mode of action of *Virechanakarma* and *Virechana* Drugs in terms of laxatives/ osmotic purgatives/ stimulant purgatives in modern science with respect to extra cellular and intracellular fluid.
- Review of *Vyapat* of *Virechana Karma* and its management. Emergency kit for the management of *Virechana Vyapat*
- Scope of Research in *Virechana karma*.

**ii. Activity session (Group discussion and Practical)**

**Time duration- 1.5 hours**

- Practical demonstration
- Clinical experiences relating to *Virechana Karma*
- Microscopic and chemical analysis of the stool.

## Unit 7 Topic: *Samsarjana Krama*

### Course contents:

#### i. Interactive session

**Time duration- 1 hour**

- Standardization of *Samsarjana Krama* based on geographical area and dietetic habits. Critical analysis of importance of *Tarpanadi Krama* and *Rasa Samsarjana Krama*.
- Differentiate the conditions to administer *Tarpanadi Krama*, *Peyadi krama* and *Rasa samsarjana krama*.
- Rational use of *Tarpanadi Krama*, *Peyadi krama* and *Rasa Samsarjana krama* according to *Desa*, *Kala* and *Satmya*.
- Traditional and Modified *Samsarjana* schedule in terms of current lifestyle changes with charts preparation.

## Unit 8 Topic: *Basti*

### Course contents:

#### i. Interactive session-I

**Time duration- 1.5 hours**

- Concept of *Basti Karma*, its importance and its general consideration.
- Review of indications and contraindications in practical aspect.
- Special note about diseases where *Asthapana* or *Anuvasana* alone is indicated.
- Chemical Analysis of *Asthapana Basti dravya* before and after the mixing.
- Different methods of preparation of *Basti drava* and most potential method of preparation and mixing the *Bastidrava*.
- Standardization procedure of *Anuvasna*, and *Asthapana* and clinical applicability of different types of *basti*.
- Standardization of Method of administration of *Uttar Basti* in both male and female in aseptic conditions
- Standardization of the dose of *Basti*.
- Classical and Modified pattern in *Basti* administration – *Yoga*, *Kala*, *Karma basti*
- Frequency of *Basti* administration and concept of *Basti pratyagamanakaala*

#### Interactive session- II

**Time duration- 1.5 hours**

- Knowledge of different types of *basti* formulations like *Yapana*, *Lekhana*, *Madhutailika*, *Basti* etc.
- Mode of Action of *Basti* in Modern terms. Pharmacodynamics of *Basti Karma* in relation to Absorption in systemic circulation, Systemic biology, influence through ENS, Microbiome gut brain axis.
- Clinical understanding of Mode of action of *Uttar Basti* in Males and Females.
- Clinical applicability of modified and classical instrumentation used for *Basti Chikitsa*.
- Usage of Disposable *Basti* material for preparation of *Basti netra* and *Basti putak* (Material change).

- Differences between *Basti* and enema.
- Assessment of *Samyak*, *Atiyoga* and *Ayogalakshanas* of *Bastisr* to clinical applicability.
- Critical analysis of *Bastivyapath* along with their management. Emergency kit for the management of *Basti Vyapad*.
- Understanding the clinical manifestation of complications due to lack of sterility and protocol of management there in.
- Understanding of disposal of waste in relation to bio medical waste protocols.
- Scope of Researches with special reference to *Basti Karma*.

**ii. Activity session (Group discussion and Practical)**

**Time duration- 1.5 hours**

- Practical demonstration of preparation and administration of *Asthapana Basti*
- Practical demonstration of preparation and administration of *Anuvasana Basti*
- Practical demonstration of preparation and administration of *Uttara Basti*
- Clinical experiences relating to *Basti*

**Unit 9 Topic: *Nasya***

**Course contents:**

**i. Interactive session**

**Time duration- 1.5 hours**

- Concept of *Nasya Karma*, its classification and its general consideration.
- Knowledge of Anatomy of nose and para-nasal sinuses.
- Standardization of *Bindu Pramana*.
- Standardization of the dose of various types of *Nasyadrava*.
- Different types of *Nasya* – *Sneha*, *Avapeeda*, *Pradhmana*, *Gulika*, and practical utility
- Contraindications for *NasyaKarma* with rationale in terms of *Ayurveda* as well as modern science.
- Clinical understanding of recent advancement in the nasal drug delivery.
- Standard operation procedure of different *Nasya*.
- Standard operation procedure of *Dhumapana*.
- Assessment of *Samyak*, *Atiyoga* and *Ayogalakshanas* of *Nasya karmawsr* to clinical applicability.
- Critical analysis of *karma vyapathof* along with their management. Emergency kit for the management of *NasyaVyapad*.
- Rationale of 14 *Kala* described for *Pratimarsha Nasya*.
- Mode of action of *Nasya karma*. Understanding of effect on drugs absorption and transportation and its utility.

- Analysis of *Nasya* effect on Neuro endocrinal level and neuro psychological levels.
- Understanding of disposal of waste like sputum, medicine etc. in relation to bio medical waste protocols.

**ii. Activity session**

**Time duration- 1.5 hours**

- Practical demonstration of different types of *Nasya Karma*.
- Clinical experiences relating to *Nasya Karma*

**Unit 10 Topic: *Kriyakalpa* and other allied *Karma***

**Course contents:**

**i. Interactive session**

**Time duration- 1.5 hours**

- Knowledge of applied anatomy of Eye.
- SOP of Different *Kriyakalpa* viz. *Akshitarpana* etc
- Their indications and contraindications with explanations.
- Critical analysis of *vyapath* of *Kriyakalpa* along with their management.
- Procedural standardization and clinical utility of *Gandusha*, *Kavala*, *Karna purana*, *Nasa purana* etc.

**ii. Activity session (Group discussion and Practical)**

**Time duration- 1.5 hour**

- Practical demonstration of different *Kriyakalpa*.
- Practical demonstration of *Gandusha*, *Kavala*, *Karna purana*, etc.
- Clinical experiences related to *Kriyakalpa*, *Gandusha*, *Kavala*, *Karna purana* etc

**Unit 11 Topic: *Raktamokshana***

**Course contents:**

**i. Interactive session**

**Time duration- 1.5 hours**

- Concept of *Rakthamoksha*, its classification and its general consideration.
- Indications and Contraindications of different types of *Rakthamoksha*
- Modern instrument specifications used in *Rakthamoksha*
- Clinical consideration of the applicability of *Shringa* and *Alabu*.
- Standard procedures adopted in various types of *Raktamokshana*.
- Clinical knowledge about the site of *Siravedha* in respect to various diseases.
- Standardization, collection and preparation of leeches.



- Leech therapy in different diseases.
- Assessment of *Samyak*, *Atiyoga* and *Ayogalakshanas* of *Rakthamokshasr* to clinical applicability.
- Critical analysis of *vyapath* of *Rakthamoksha* along with their management with Emergency kit
- Standardization of Investigations to be adopted before *Raktamokshana*.
- Mode of action of *Rakthamoksha*
- Understanding of disposal of waste in relation to bio medical waste protocols.

**ii. Activity session**

**Time duration- 1.5 hours**

- Practical demonstration of different types of *Rakthamoksha*
- Clinical experiences related to *Raktamokshana*.

**Unit 12 Topic: Physical medicine**

**Course contents:**

**i. Interactive session**

**Time duration- 1 hour**

- Need of Physical medicine to be included in *Panchakarma*
- Clinical utility of understanding the biomechanics of Human Movements.
- Clinical use of Manipulation, Stretching, occupational therapy, heat therapy, Infrared Therapy, paraffin wax therapy, diathermy therapy, ultrasound therapy, electromagnetic therapy and Cold therapy in relation to various diseases.
- Clinical experiences related to Physical medicine

**ii. Activity session**

**Time duration- 30 min.**

- Practical demonstration of Manipulation, Stretching, heat therapy etc.
- Clinical experiences relating to Physical medicine

## **Proposing the method for enrolment, participation and evaluation of the CME programme.**

### **A. Enrolment/ Selection:**

#### **Statement of Purpose (SOP) for attending CME:**

It will be a short brief summary of the participant's background including Education, Institute working, special interest in the subject. Initiatives adopted by the teacher in teaching subjects. Why participants want to attend CME. Considering the CME topic list; which areas he wants to learn or refresh. How he will utilize the knowledge gained during this program.

**After selection:** Providing schedule, Study material and introducing with participants expectations from the participants, Activities they need to complete and probable submissions.

### **B. Evaluation can be planned in four stages.**

1. **Reaction of participants:** - (Feedback on contents - Currently we are taking daily feedback and one feedback at the end.) A survey preferably online can be planned and submitted by participants. Questions will include reactions related to the CME of the participant. Qualitative and Quantitative questions can be planned based on sessions

2. **Learning:** - Post-test: Quiz, or presentation from the participant. This will be an opportunity to know about the conducted program as well as the knowledge and skills gained by participants.

3. **Behavior:** -

A report of the change in Knowledge, skills, Practice to teaching will be reported by the participants within three months after completion of CME.

4. **Benefits** –

Participants will share a detailed report related to the benefits due to CME related to Knowledge, Skills and behavior/practice. What is implemented in the teaching? What was reaction of Students, Peers and Students? Remark of the participant implementing change. Any support difficulties noted. What else can be added in CME.

### **Total Duration of Hours**

**36 Hours + 01 Hour**

i.	Interactive sessions	23 Hours
ii.	Practical	13 Hours
iii.	Pre and post training assessment	01 Hour