



Kerala Ayurvedic & Panchakarma Institute
(An Institute of Ayurvedic Therapeutic Massage & Bodywork)

PROSPECTUS FOR DIPLOMA COURSE

**141, Avtar Enclave, Paschim Vihar,
New Delhi – 110063, INDIA
Ph. +91 11 25277903
Email: kapi@ayurvedasanthigram.com**

DIPLOMA IN AYURVEDIC MASSAGE & PANCHAKARMA THERAPY

Duration of Diploma Course: 1 year

Eligibility: S.S.L.C. (High School) and knowledge of English

Age for admission: 16 years (minimum)

Medium of Instruction: English

Total Contact Hours: 1000

Total Lab Hours: 1200

SYLLABUS & DETAILED TRAINING PROGRAMME

1. FUNDAMENTALS OF AYURVEDA

Contact hours – 100

1. History of Ayurveda
2. Panchamahaboota sidhantha (Theory of Five Fundamental Elements)
3. Tridosha Sidhantha (Theory of three Humours)
4. Saptadathu (7 Bodily Elements)
5. Trimala (Three products of Excretion)
6. Prakriti (Body Constitution)
7. Ashaya (Knowledge about reservoirs of the body)
8. Srotovigyanam (Knowledge about different systems of the body)
9. Astanga Ayurveda (Knowledge about 8 branches of Ayurveda)

2. PHARAMACOLOGY OF MEDICINAL PLANTS

Contact hours – 80, Practical Lab Hours – 100

1. Importance of Dravyaguna (Ayurvedic Pharmacology)
2. Identification and classification of medicinal plants
3. Collection of Medicinal plants
4. Preservation of Medicinal plants
5. Preparation and storage of Medicines

3. ANATOMY (PART-I)

Contact hours – 80, Practical Lab Hours – 120

1. Sareera Rachana (Human Anatomy)
2. Marma Vigyanam (Knowledge about vital points of the body)
3. Basic constituents of human body.
4. Divisions of body parts.
5. Surface Anatomy.

4. ANATOMY (PART-II)

Contact hours – 80, Practical Lab Hours – 120

1. Brief explanation of system –
 - a. Skeletal system
 - b. Muscular system
 - c. Nervous system
 - d. Circulatory system
 - e. Excretory system
2. Organs - Their relation to Doshas and Dhatus (Humours & Bodily elements)

5. PHYSIOLOGY (PART-I)

Contact hours – 80, Practical Lab Hours – 100

1. Kriya Shareeram (Human Physiology)
2. Sroto Vigyanam (Knowledge about different channels of the body)
3. Dhatu and Upadhatus (Bodily elements & Accessory elements)
4. Ama (Knowledge about morbid wastes of the body)
5. Agni (Knowledge about bodily fire including digestive fire)

6. PHYSIOLOGY (PART-II)

Contact hours – 80, Practical Lab Hours – 100

1. Prakriti (Body Constitutions)
2. Doshadooshyasammoochanam (Combination of humours and bodily elements during disease process)
3. Tridosha as Prakriti and Vikriti (Vitiation of Humours)
4. Concept of Metabolism - catabolism and anabolism

7. AYURVEDIC MASSAGE THERAPY & BODYWORK (PART-I)

Contact hours – 100, Practical Lab Hours – 150

A detailed study of various Ayurvedic Massage procedures – Uzhichil (Ayurvedic Massage with herbal oil), Elakizhi (Massage with linen bundles containing herbal leaves), Podikizhi (Massage with linen bundles containing herbal powders), Shirodhara (Therapy of dripping herbal oil or decoctions in a stream over the forehead)

8. AYURVEDIC MASSAGE THERAPY & BODYWORK (PART-II)

Contact hours – 100, Practical Lab Hours – 150

A detail study of ayurvedic procedures – Pizhichil (Ayurvedic Oil Bath with Massage), Navarakizhi (Massage with linen bundles containing medicated cooked rice), Udwarthanam (Massaging with herbal powder), Shirovasthi (Medicated Oil therapy on the head) Karnapoornam (Therapy on the ear), Tarapanam (Therapy on the Eyes).

9. PANCHAKARMA THERAPY (PART-I) (FIVE CLEANSING ACTIONS)

Contact hours – 100, Practical Lab Hours – 120

1. Importance of Panchakarma
2. Basic Principals of Panchakarma
3. Study of Poorvakarma (Preparatory therapy)
4. Poorvakarma (Preparatory therapy) by various methods of Massages

10. PANCHAKARMA THERAPY (PART-II)

Contact hours – 100, Practical Lab Hours – 120

1. Study of Pradhankarma (Main detoxification therapy)
2. Panchakarma (Five cleansing actions)
 - a. Nasyam (cleansing of nasal & sinus passages)
 - b. Vamanam.(cleansing of stomach and lungs)
 - c. Virechanam (cleansing of small intestines)
 - d. Vasti, (cleansing of the colon)
 - e. Raktamokshna (cleansing of impure blood in the body)
3. Study of Paschatkarma (The post-treatment care)

11. YOGA

Contact hours – 100, Practical Lab Hours – 120

1. Importance of yoga.
2. Astanga yoga (8 types of yoga)
3. Pranayam and its importance
4. Pashadkriya
5. Asanas
6. Its uses in different disease conditions

INTRODUCTION TO AYURVEDA AND PANCHAKARMA

Ayurveda is fast becoming a household name with all those interested in "alternative medicine". Yet Ayurveda is not an alternative medicine. It is one of the oldest forms of medical science known to man - originating more than 5000 years ago.

Ayurveda is more than a system of herbal medicine. It is a way to a healthy & long life and can complement modern medicine. Ayurveda has two main aims: It treats the symptoms of a disease and it helps individuals to strengthen their immune system. Ayurveda treats the body, mind and spirit of a person as a whole entity, and works on the basis that the mind and body affect each other, and together can overcome disease.

According to Ayurveda, our natural state is one of health, happiness and an inner sense of well-being. Health is defined as the body being clear of toxins, the mind is at peace, emotions are calm and happy, wastes are efficiently eliminated and organs are functioning normally. In a busy, stressful and toxic world, our physical and mental systems accumulate toxins causing deterioration in bodily functioning. This eventually weakens our systems, which opens the door for chronic, degenerative, and non-specific diseases to develop. These can evolve into serious specific diseases, ultimately damaging an individual's health and wellness.

Panchakarma (five actions) is a cleansing and rejuvenating program for the body, mind and consciousness. It is known for its beneficial effects on overall health, wellness and self-healing.

Panchakarma can help by reversing these negative effects of daily living. It can restore your natural state of health and wellness by cleansing your body of toxins, bringing balance into your system and improving bodily function. It can also help you sustain this process by making positive changes in lifestyle.

The Panchakarma therapeutic process appears quite simple in its application. However, its effects are powerful and effective. Panchakarma is a unique, natural, holistic, health-giving series of therapeutic treatments that cleanse the body's deep tissues of toxins, open the subtle channels, bring life-enhancing energy thereby increasing vitality, inner peace, confidence and well-being.

ABOUT KERALA AYURVEDIC & PANCHAKARMA INSTITUTE

Kerala Ayurvedic & Panchakarma Institute was established in 1998 at New Delhi, the capital of India with the aim of establishing high standards in imparting education to prospective Ayurveda Panchakarma Therapists keeping in mind the meticulous training and deep knowledge that such therapists should have about Ayurveda and its various massage and treatment techniques. Ayurveda being the science of life, therapists have an extremely important role to play. The institute imparts industry specific knowledge and practical training with an excellent faculty and training facilities. This enables our students a definite competitive edge in the job market.

OUR ESTEEMED FACULTY

- **AYURVEDA FUNDAMENTALS** – Dr. Harish Varrier – BAMS
- **PHARMACOLOGY OF MEDICINAL PLANTS** – Dr. Sreeragh H. L. – BAMS
- **ANATOMY**
 - Dr. Rakesh Sood – MBBS, MD
 - Dr. Harish Varrier – BAMS
- **PHYSIOLOGY**
 - Dr. Rakesh Sood – MBBS, MD
 - Dr. Sreeragh.H. L. – BAMS
- **AYURVEDIC THERAPEUTIC MASSAGE & BODYWORK**
 - Dr. Harish Varrier – BAMS
 - Dr. Jagannath Upadhyaya – BAMS
- **PANCHAKARMA THERAPY**
 - Dr. Harish Varrier – BAMS
 - Dr. Sreeragh.H. L. – BAMS
- **YOGA** – Mr. Verma – Yogacharya

OUR BOARD OF DIRECTORS

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- Dr. Ambika Nair – BHMS (Course Coordinator)

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