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Tamil Nadu Physical Education and Sports University**Chennai****Directorate of Distance Education****Department of yoga**

Name of the course	Diploma in Pancha Karma Therapy
Eligibility	+2 Passed
Stream	Distance Education
Duration	One Year
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards

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Diploma in Panchakarma (DDE)

Scheme of Examination

Mark Distribution

Paper code	Name of Subject	Internal marks	External marks	Total marks
	Basic Theory of Ayurveda and Anatomy	25	75	100
	Panchakarma and Wellness	25	75	100
	Yoga Therapy	25	75	100
	Practical: Panchakarma and Yoga	25	75	100
	Village Placement Programme	100	-	100
	Total marks			500

Syllabus
DIPLOMA IN PANCHAKARMA THERAPY

PART - I : THEORY

PAPER – 1 : BASIC THEORY OF AYURVEDA AND ANATOMY

Unit -1 History of ayurveda

History of Development of Ayurveda in India -Decent of Ayurveda- chronology of ayurveda according to different schools. - Concept of Diseases In Ayurveda – Introduction of basic principles of Ayurveda and their significance -Panchamahabhuta- fundamental principles of Ayurvediya Kriya Sharir

Unit -2 Tridoshas - Dhatu - Malas

General introduction, definition and criteria of dhatu Manasa-Prakriti – classification, characteristics clinical significance. Mala - Vyutpatti, Nirukti of term 'mala'

Unit -3 Respiratory - Digestive Systems

Physiology, histology and functional anatomy of respiratory system, physiology of digestion and absorption In Gastro-intestinal tract, mechanism of secretion, Physiology, histology and functional anatomy of Lymphatic system

Unit -4 Circulatory - Excretory -Muscular and Fat Metabolism Systems - Skeletal Systems

Physiology, histology and functional anatomy of cardiovascular system. Properties of Skin-histology and functional Urinary system, Physiology, histology and functional anatomy of Muscular system -Types of muscles. Fat metabolism.

Unit -5 Nervous Systems -Endocrine System-Reproductive System

Physiology of nervous system. Functioning and regulation of nervous system. Physiology of special senses and general senses, Physiological study of Endocrinology. Enumeration of endocrine glands, Male and Female Reproductive System.

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyan Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Shivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust

wellness

PAPER - 2 : PANCHAKARMA AND YOGA

Unit -1 Introduction to Panchakarma - Wellness

Poorva karma- Snehana- Swedana & Pancha karma- Vaman: therapeutic vomiting or emesis- Virechan: purgation- Basti: enema- Nasya: elimination of toxins through the nose- Raktamoksha: detoxification of the blood – Kerala Type of Panchakarma

Unit -2 Physiological Importance of Panchakarma

Physiology - Poorva karma- Snehana- Swedana & Pancha karma- Vaman: therapeutic vomiting or emesis- Virechan: purgation- Basti: enema- Nasya: elimination of toxins through the nose- Raktamoksha: detoxification of the blood Importance of Panchakarma

Unit -3 Panchakarma and their effects in various diseases

stages of Disease- Scope of Panchakarma in different stages of disease – Requirements of Panchakarma

Unit -4 Massage

TYPES OF MASSAGE – Full Body Massage (Fitness Massage)- Therapeutic Massage- Massage During Pregnancy- Beauty Massage- Massage of Infants KERALA MASSAGE – Uzhichil (Foot Massage)- Pizhichil (Oil poured on Body)- Ela Kizhi (Swedana/ Foementation with Boluses of Leaves)- Podi Kizhi (Swedana with Boluses of Powder)- Njavra Kizhi (Foementation with Special Blouses of cooked Rice)- Sarvanga Dhara (Kashaya/Oil Dhara on Body) etc- Benefits of Massage

Unit -5 Yoga

Meaning and definition of yoga-yogic practices-surya namaskar-Asanas-pranayama- bandhas-mudras- kriyas-meditation- yoga and ayurveda

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
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9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust

YOGA THERAPY

Unit I: History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Pancha prana- Assessment- observation- Palpation- Interview- Nadi Pariksa diagnosis- Application of therapeutic yoga practices- Modification- Yogic diet

Unit II: Application of traditional Indian medical systems and therapies:
Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy
Siddha – Five elements theory, physical constituents, pathology
Naturopathy- Principles of naturopathy- modalities of naturopathy
Varmam and Thokkanam, Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magnet therapy, Music therapy

Unit III: Therapeutic application of yoga: High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke and Epilepsy

Unit IV: Therapeutic application of yoga for psychological disorders:
Neurosis: stress, depression, eating disorders
Psychosis: Schizophrenia, autism, Bipolar disorders, dementia
Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling

Unit V: Therapeutic application of yoga for the problems of women- Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care

REFERENCES

1. Shenmashakāmini Narendhan et.al (2008) Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakshana.
2. Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma – Bangalore: Swami Vivekananda Yoga Prakshana
3. Nagarathna & Nagendra (2007) Yoga for Digestive Disorders – Bangalore: Swami Vivekananda Yoga Prakshana
4. Sri Kant ss et.al (2008) Yoga for diabetes , Bangalore : Swami Vivekananda Yoga prakshana
5. Nagarathna & Nagendra (2008) Yoga for Hypertension & Heart disease -- Bangalore :Swami Vivekananda Yoga prakshana
6. Nagarathna & Nagendra (2008) Yoga for Arthritis – Bangalore :Swami Vivekananda Yoga prakshana
7. Nagarathna & Nagendra (2008) Yoga for Back Pain – Bangalore :Swami Vivekananda Yoga prakshana
8. Sivananda Saraswati (1975), Yogic Theraphy Gawhati, Bramacharya Yogeswar Umachal Yojashram.
9. Dr. O.P Jaggi(2001) , Healing Systems , Delhi Orient paper backs
10. Swami Satyananda Saraswathi (2007) , Yoga and Cardiovascular Management Munger, Yoga Publications Trust.
11. Dr. Swami Shankerdevananda (2007) , Yoga Management of Asthma and Diabetes Munger ,Yoga Publications Trust .
12. Dr. Swami Shankerdevananda (2006) ,The Effect of Yoga on Hypertension, Munger ,Yoga Publications Trust.
13. Swami Kuavalayananda & Dr.S.C.Vinekar(1994), Yogic Theraphy, New Delhi Central Health Education Bureau.
14. Luis S.R Vas(2001) Master approaches to New age alternative therapies , New Delhi Pustak Mahal.
15. Phulgendhra Sinha (1976) Yoga cure for common diseases, Delhi, Orient paperback.
16. Joshi(1991) Yoga and Nature Cure therapy, New Delhi :Sterling Publishers Private Limited.
17. Garde R.K (1984) Yoga Theraphy ,Bombay Taraprevala Sons & Co. Pvt Ltd.
18. Nagarathana R.H.R .Nagendra & Shanmantha Kanmani Narendran (2002) Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda Yoga Prakashana.
19. Sundaram Yogacharya(2004) Sundara Yogic Theraphy, Coimbatore: the Yoga Publishing Home.
20. Karmanenda Swami (2008) Yogic management of common diseases, Munger :Yoga Publications trust.
21. Nagarathna and Nagendra (2008) Integrated Approach of Yoga therapy for positive health, Bangalore : Swami Vivekananda Yoga Prakashana.

22. Chandrasakaran (2012) yoga therapy, Chennai :
VHF publications.
23. Gore, Vange. Kullkarni and oak (2008) yoga therapy
for skeletal diseases, Lonarla : Kairalyatharua
24. Stiles Mukunda () Structural yoga therapy,
New Delhi : Goodwill publishing house
25. Mamtara (2012) yoga for back and joint disorders
Mumbai : The yoga Institute
26. Kuralayanda Swami and Vinakar (2011) yogic Therapy
Lonarla : Kairalyatharua

PART - II : PRACTICAL

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PAPER - ~~2~~ : PANCHAKARMA AND YOGA- PRACTICAL

Unit -1 Poorva karma

Rog and rogi pariksha, including relevant diagnostic techniques, Koshta pariksha and Agni nirnaya, preparation of the rogi & fixation of dose & Diet

Unit -2 Pradhana karma

Adminitration of sneha & Anupana, Observation JIryamana/JIrna/AJirna/ Asnigdha Lakshanas, Samyak Yoga, Ayoga/Atiyoga Lakshanas, Vyapats & their management according to Ayurveda

Unit -3 Paschata karma (Third stage)

Pariharya vishaya & Parihara Kala Planning of Shodhana. Shamanana and Brumhana Snehan Vidhi Chirakalina Sneha Vyapats and their management

Unit -4 Massage

TYPES OF MASSAGE – Full Body Massage (Fitness Massage)- Therapeutic Massage- Massage During Pregnancy- Beauty Massage- Massage of Infants KERALA MASSAGE – Uzhicilil (Foot Massage)- Pizhicil (Oil poured on Body)- Ela Kizhi (Swedana/ Foementation with Boluses of Leaves)- Podl Kizhi (Swedana with Bolúses of Powder)- Njavra Kizhi (Foementation with Special Blouses of cooked Rice)-Sarvanga Dhara (Kashaya/Oil Dhara on Body) etc

Unit -5 Yoga

yogic practices-surya namaskar-Asanas- pranayama- bandhas-mudras- kriyas- meditation

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1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
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8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
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13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

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Paper V

VILLAGE PLACEMENT PROGRAMME

Duration : Five days
Date : During Semester
Mode of Evaluation : Internal Assessment
Maximum Marks : 100
Subject : Yoga
Nature of Programme : to teach and train villagers.