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

Name of the course	Certificate course in Pancha Karma Therapy
Eligibility	10 <sup>th</sup> Passed
Stream	Distance Education
Duration	6 months
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards

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**Certificate Course in Panchakarma (DDE)****Scheme of Examination****Mark Distribution**

<b>Paper code</b>	<b>Name of Subject</b>	<b>Internal marks</b>	<b>External marks</b>	<b>Total marks</b>
	Basic Theory of Ayurveda and Anatomy	25	75	100
	Yoga Therapy	25	75	100
	Practical: Panchakarma and Yoga	25	75	100
	Village Placement Programme	100		100
	<b>Total marks</b>			<b>400</b>

Syllabus  
CERTIFICATE IN PANCHAKARMA THERAPY

PART - I : THEORY

PAPER - 1 : BASIC THEORY OF AYURVEDA AND PANCHAKARMA

Unit -1 History of ayurveda - Concept of Diseases in Ayurveda - Principles 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 Basics of Anatomy and physiology  
Respiratory - Digestive Systems - Excretory Systems- Lymphatic, Circulatory- Muscular - Skeletal and Nervous Systems. ✓

Unit -3 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- Raktalmoksha: detoxification of the blood - kerala Type of Pancha Karma

Unit -4 Panchakarma and their effects in various diseases  
stages of Disease- Scope of Panchakarma in different stages of disease - Requirements of Panchakarma ✓

Unit -5 Massage and yoga  
TYPES OF MASSAGE - Full Body Massage (Fitness Massage)- Therapeutic Massage- Massage During Pregnancy- Beauty Massage- Massage of Infants  
KERALA MASSAGE - Uzhichilil (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, 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,
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: Dhyana Foundation
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
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vecmata 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- Amenorrhoea, Dysmenorrhoea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care

## REFERENCES

1. Shenmasthanakamini 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 Therapy 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.Vjnekar(1994), Yogic Therapy, 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 Therapy ,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 Therapy, Coimbatore: the Yoga Publishing Home.
20. Karmananda 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. Chandrasekaran (2012) yoga therapy, Chennai : VHF publications.
23. Gore, Vange, Kulkarni and Oak (2008) yoga therapy for selected diseases, Lonar: Kairalyadhama
24. Stiles Mukunda ( ) Structural yoga therapy, New Delhi: Goodwill publishing house
25. Manjula (2012) yoga for back and joint disorders Mumbai: The yoga Institute
26. Kuralayana Swami and Vinayak (2011) yogic Therapy Lonar: Kairalyadhama

PART - II : PRACTICAL

PAPER - 3 : 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**

Administration 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 Chirakalna 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)- Pizhivil (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

**Unit -5 Yoga**

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

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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10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust

*Paper IV*  
**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.