



மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்  
**MANONMANIAM SUNDARANAR UNIVERSITY**

**SYLLABUS FOR DIPLOMA IN PANCHAKARMA ASSISTANCE PROGRAM  
OFFERED THROUGH DIRECTORATE OF VOCATIONAL EDUCATION  
(COMMUNITY COLLEGES AND VOCATIONAL SKILL DEVELOPMENT CENTRES)  
FROM 2019 - 2020**



கல்விசார் நிலைக்குழுக் கூட்டம்

**MEETING OF THE STANDING COMMITTEE ON  
ACADEMIC AFFAIRS HELD ON WEDNESDAY  
THE 22<sup>nd</sup> JANUARY 2020**

**DIPLOMA IN PANCHAKARMA ASSISTANCE**

பஞ்சகர்மா உதவியியல் பட்டயம்

**SCHEME OF EXAMINATION**

Subject Code	Title of the Course	Credit	Hours	Passing Minimum
<b>Semester I</b>				
C19PA11/E19PA01	Elements of Human Anatomy and Physiology	6	90	40/100
C19PA12/E19PA02	Basic Principles of Ayurveda	6	90	40/100
C19PA13/E19PA03	Panchakarma-I	6	90	40/100
C19CE10/E19CE10	Communicative English	6	90	40/100
C19PAP1/E19PAP1	Practical I- Drug Preparation	4	120	40/100
<b>Semester II</b>				
C19PA21/E19PA04	Panchakarma-II (Basti karma)	6	90	40/100
C19PA22/E19PA05	Panchakarma-III (Raktamokshana)	6	90	40/100
C19LS23/E19LS05	Life Skill	6	90	40/100
C19PAP2/E19PAP2	Practical II-Massage Techniques	4	120	40/100
C19PAPW/E19PAPW	Project/Internship	10	150	40/100

**Eligibility for admission:** Pass in 12<sup>th</sup> Std. examination conducted by the Govt. of Tamil Nadu Board of Secondary Education, Government of Tamil Nadu or any other equivalent examination.

**Examination:** Passing Minimum for each Course is 40%. Classification will be done on the basis of percentage marks of the total marks obtained in all the Courses and as given below:

40% but less than 50% - Third class  
 50% but less than 60% - Second class  
 60% and above - First class

**Theory Paper**

Internal Marks-25  
 External Marks-75

## **Syllabus**

### **First Semester**

Course-I	:	Elements of Anatomy and Physiology
Course-II	:	Basic Principles of Ayurveda
Course-III	:	Panchakarma-I
Course-IV	:	Communicative English
Course-V	:	Practical I-Drug preparation

### **Second Semester**

Course-VI	:	Panchakarma-II (Basti karma)
Course-VII	:	Panchakarma-III (Raktamokshana)
Course-VIII	:	Life Skill
Course-IX	:	Practical II-Massage Techniques
Course-X	:	Project/Internship

**\*(Semester Pattern for Community College Only)**

### **Program Objectives**

- Due to Today's consumeristic life style the danger of non infectious diseases rather than infectious diseases has increased a lot. In this situation the demand for allied studies of Ayurvedha medical system such as Panchakarma therapist is also increasing.
- As the awareness about alternative treatment methods like Ayurveda is increasing along with the changing life styles the demand for qualified staff in such fields is also increasing. To address this situation it is necessary to conduct courses for various cadres in alternative treatment methods. Especially in Ayurveda Panchakarma is one of the very important treatments which needs assistance for both doctor and patient while being conducted. Hence studying this course provides a wide scope of job opportunities.

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**SEMESTER I**  
**COURSE I**  
**(C19PA11/E19PA01)ELEMENTS OF HUMAN ANATOMY AND**  
**PHYSIOLOGY**

**Objectives**

- It is very important to understand reestablish the time proven science of Panchakarma in Human Health Care.
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- Hence it becomes very essential to first study the Human Anatomy, Physiology and Pathology.

**UNIT-I**

**18 Hrs**

**Muscular system:** Muscles of upper limb, thorax abdomen, pelvic, head and neck.

**UNIT-II**

**18 Hrs**

**Nervous system:** Central nervous system, peripheral nervous system.

**UNIT-III**

**18 Hrs**

**Skeletal system:** bone and joints.

**UNIT-IV**

**18 Hrs**

**Physiology:** introduction of cardiovascular system, respiratory system, cells tissue.

**UNIT-V**

**18 Hrs**

**Blood and body fluids-** RBC And Hb, WBC And Platelets, Blood Groups.

**Reference books:**

1. Foundation of Anatomy and Physiology – ROSS AND WILSON
2. Human Physiology-SARADA SUBRAMANIYAM

**COURSE II**  
**(C19PA12/E19PA02)BASIC PRINCIPLES OF AYURVEDA**

**Objectives:**

Ayurveda is an ancient method of Human health care which is based on various factors such as rasa, saptha thadu, thridosha etc. It has about eight branches and it is necessary to study the basic principles of the system for a better understanding of the same.

**UNIT –I** **18 Hrs**

Definition - ayurveda, four goals of life origin of Ayurveda, The eight branches of ayurveda, The Brihatrayees and Laghutryees, Panchbhutatattyva, Tridosha- Vatta, Pitta &Kapha- Qualities.

**UNIT – II** **18 Hrs**

Actions formation sthana (Place) in the body based on day &night age saphadhatu Rasa RaktaMamsaMedas ,AstiMajjasukra&sronita their formation, functions. Trimalas - Purisha, Mutra, Seda - Formation and Functions. Agnis - Saptadhatnagni, Panchabhutagni, Jataragni.

**UNIT –III** **18 Hrs**

Six philosophies of life- introduction.

**UNIT-IV** **18 Hrs**

Universal attributes of doshic theory- basics, characteristics and elements.

**UNIT-V** **18 Hrs**

The bodily channels and systems- introductions, digestion and nutrition.

**Reference books:**

- Text Book of Ayurveda- VASANT D.LAD

## COURSE III

### (C19PA13/E19PA03)PANCHAKARMA- I

#### Objectives:

Panchakarma means five actions or treatments which is a process used to clean the body of toxic materials accumulated due to reasons such as disease poor nutrition and environmental conditions etc. It also balances the tridoshas in Human system. It includes enema, purgation, emesis, infiltration of drugs into nostrils and bloodletting. It is important to gain knowledge on all these techniques to cure a patient.

#### UNIT – I

**18 Hrs**

Panchakarma, sadupakaramas- scope and importance.

#### UNIT –II

**18 Hrs**

Food, life style modification based on taste and other drug attributes of pathartham.

#### UNIT –III

**18 Hrs**

Snehana karma- indication, contraindication, procedure, types.

#### UNIT –IV

**18 Hrs**

Bahayasnehana, internal snehana, Upakalpaniya

#### UNIT –V

**18 Hrs**

Six purificatory measures of yoga tradition

#### Reference books:

1. Relevant portions of Charak Samhita.
2. Panchakarma Therapy by Prof. R.H. Singh
3. Yoga and YougikiChikitsa by Prof. R.H. Singh

## Course IV

### (C19CE10/E19CE10)COMMUNICATIVE ENGLISH

#### 1. **Basic Grammar:**

- a. Review of grammar
- b. Remedial study of grammar
- c. Simple sentence
- d. Word passive voice etc.

#### 2. **Bubbling Vocabulary:**

- a. Synonyms
- b. Antonyms
- c. One – work Institution

#### 3. **Reading and Understanding English**

- a. Comprehension passage
- b. Précis – writing
- c. Developing a story from hints.

#### 4. **Writing English**

- a. Writing Business letters.
- b. Paragraph writing
- c. Essay writing
- d. Dialogue writing

#### 5. **Speaking English**

- a. Expressions used under different circumstances
- b. Phonetics

- Reference :**
1. V.H.Baskaran – “English Made Easy”
  2. V.H.Baskaran – “English Composition Made Easy”  
(Shakespeare Institute of English Studies, Chennai)
  3. N.Krishnaswamy – “Teaching English Grammar”  
(T.R.Publication, Chennai)
  4. “Life Skill” – P.Ravi, S.Prabakar and T.Tamzil Chelvam,  
M.S.University, Tirunelveli.

**COURSE V**  
**(C19PAP1/E19PAP1) PRACTICAL -I**  
**DRUG PREPARATION**

**Objectives:**

Ayurveda is using medicines prepared with herbs in various forms such as oil, powder, gee etc. One who studies Ayurvedic treatment methods should get acquainted with basics of such preparations and their uses unless and otherwise it is difficult to do any sort of quality assistance to the Ayurvedic medical practitioner.

- Drug preparations of basic treatments.

**SEMESTER II**  
**COURSE VI**  
**(C19PA21/E19PA04)PANCHAKARMA II (Basti karma)**

**Objectives:**

Basti karma - Medicated enema is one of the modalities among the five detoxifying procedures done in Ayurveda. In this method medicated oil or herbal decoction is administered through anal route which has a broader therapeutic action on the body's health promotion. Hence it is essential to study and clearly understand about Basti karma.

**UNIT - I** **18 Hrs**

Basti karma- definition , types, idea of basti karma

**UNIT -II** **18 Hrs**

Drugs used for collection equipments related basti.

**UNIT -III** **18 Hrs**

Indication, contraindication, knowledge of samyaka

**UNIT -IV** **18 Hrs**

Drugs /combination, processing and preparation of basti.

**UNIT -V** **18 Hrs**

Precaution and diet during and after bastikarma.

**Reference books:**

- PanchkarmaVigyan – Vd. H S Kature
- Architecture of Panchakarma- Dr. P K Kar



## **COURSE VII**

### **(C19PA22/E19PA05)PANCHAKARMA II (Raktamokshana)**

#### **Objectives:**

This is the blood cleansing and purification therapy done in Ayurveda . In this blood detoxification is done by expelling it out of the body to reduce the amount of toxic substances in blood borne disorders. It is done either with sharp instrument or without them but using leaches or cow horn or using vegetables like bottle guard according to patient's body type based on tridosha. Hence it is very important to study about Rakta mokshana.

#### **UNIT – I**

**18 Hrs**

Raktamokshana- definition , types, idea of Raktamokshana

#### **UNIT –II**

**18 Hrs**

Drugs used for collection equipments related Raktamokshana.

#### **UNIT –III**

**18 Hrs**

Indication, contraindication, knowledge of Raktamokshana

#### **UNIT –IV**

**18 Hrs**

Drugs /combination, processing and preparation of mokshana.

#### **UNIT –V**

**18 Hrs**

Precaution and diet during and after mokshana.

#### **Reference books:**

- PanchkarmaVigyan – Vd. H S Kature
- Principals and Practice of Panchakarma- Dr. P K Kar
- VyavhaarikaPanchkarma- Vd. Vachasundar

**Course VIII**  
**(C19LS23/E19LS05) Life Skill**

**I Life Coping or adjustment**

- a) External and internal influence in one's life
- b) Process of coping or adjustment
- c) Coping with physical change and sexuality
- d) Coping with stress, shyness, fear, anger for life and criticism.

**II Attitude**

- (a) Attitude
- (b) Self acceptance, self – esteem and self actualization
- (c) Positive thinking

**III Problem Solving**

- (a) Goal Setting
- (b) Decision Making
- (c) Time Management and stress Management.

**IV Computers**

- (a) Introduction to Computers
- (b) M.S.Office
- (c) Power Point

**V Internet**

- (a) Introduction to internet
- (b) E – mail
- (c) Browsing

**References:**

- 1) Life Skill Programme course I & II by Dr. Xavier Alphona MCRDCE Publications. R.K.Mutt Road, Chennai – 28
- 2) ஆளுமை பண்பு வளர்த்தல் மற்றும் தகவல் தொடர்பு by M.Selvaraj Community College, Palayamkottai
- 3) “Life Skill” –P.Ravi, S.Prabahar & T.Tamil Chelvam, M.S. University, Tirunelveli

**COURSE IX**

**PRACTICAL -II**

**(C19PAP2/E19PAP2)MESSAGE TECHNIQUES**

**Objectives:**

In Ayurveda treatment massage plays a vital role. It is done by techniques such as tapping, pressing stroking and moving hands on body with pressure after applying herbal oil selected according to patient's body type based on tridosha. This stimulates various Varma points over the body and relieving the patient out of stress and strain both physically and mentally which are the basis of cure.

- Massage Techniques

**Course X**

**(C19PAPW/E19PAPW)PROJECT/INTERNSHIP**

- Unless one who studies many things about anything get exposed to the practicalities related to their field of study, it becomes incomplete creating a vacuum in their expertise. Hence it is essential to work in the corresponding industry and get experienced for a while which would make the study meaningful.
- Need compulsory internship/projects related to the course.