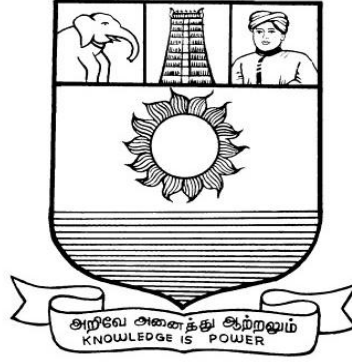


மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்  
திருநெல்வேலி – 627 012

**Manonmaniam Sundaranar University**  
**Thirunelveli – 627 012.**



கல்விசார் நிலைக்குழுக் கூட்டம்

**MEETING OF THE STANDING COMMITTEE ON  
ACADEMIC AFFAIRS HELD ON 27.10.2017**

**Syllabus for Diploma in Panchakarma Assistance Course offered  
through Directorate of Vocational Education  
(Community Colleges and Extension Learning Programme)  
from 2017 – 2018**

**DIPLOMA IN PANCHAKARMA ASSISTANCE**  
**SCHEME OF EXAMINATION**

Subject Code	Title of the Paper	Credit	Hours	Passing Minimum
<b>Semester I</b>				
C17PA11/E17PA01	Elements of Human Anatomy and physiology	6	90	40/100
C17PA12/E17PA02	Basic Principles of Ayurveda	6	90	40/100
C17PA13/E17PA03	Pancha Karma-I	6	90	40/100
C17CE10/E17CE10	Communicative English	6	90	40/100
C17PAP1/E17PAP1	Practical – I Drug Preparation	4	60	40/100
<b>Semester II</b>				
C17PA21/E17PA04	Pancha Karma-II (Basti karma)	6	90	40/100
C17PA22/E17PA05	Pancha Karma-III (Raktamokshana)	4	60	40/100
C17LS23/E17LS05	Life Skill	6	90	40/100
C17PAP2/E17PAP2	Practical – II Massage Techniques	4	60	40/100
C17PAPW/E17PAPW	Project/Internship	12	120	40/100

**Eligibility for admission:** Pass in 12th 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 paper is 40%. Classification will be done on the basis of percentage marks of the total marks obtained in all the papers and as given below:

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

**Syllabus**

**First Semester**

Paper-I	: Elements of Anatomy and physiology
Paper-II	: Basic Principles of Ayurveda
Paper-III	: Pancha Karma-I
Paper-IV	: Communicative English
Paper-V	: Practical – II Drug preparation

**Second Semester**

Paper-VI	: Pancha Karma-II (Basti karma)
Paper-VII	: Pancha Karma-III (Raktamokshana)
Paper-VIII	: Life Skill
Paper-IX	: Practical – II Massage Techniques
Paper-X	: Project/Internship

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

## **SEMESTER I**

### **(C17PA11/E17PA01)PAPER I – ELEMENTS OF HUMAN ANATOMY AND PHYSIOLOGY**

#### **UNIT-I**

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

#### **UNIT-II**

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

#### **UNIT-III**

**Skeletal system:** bone and joints.

#### **UNIT-IV**

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

#### **UNIT-V**

**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

### **(C17PA12/E17PA02)PAPER II –BASIC PRINCIPLES OF AYURVEDA**

#### **UNIT –I**

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**

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

#### **UNIT –III**

Six philosophies of life- introduction.

#### **UNIT-IV**

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

#### **UNIT-V**

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

#### **Reference books:**

Text Book of Ayurveda- VASANT D.LAD

### **(C17PA13/E17PA03)PAPER III – PANCHA KARMA- I**

#### **UNIT – I**

Panchakarma, sadupakaramas- scope and importance.

#### **UNIT –II**

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

#### **UNIT –III**

Snehana karma- indication, contraindication, procedure,types.

#### **UNIT –IV**

Bahayasnehana, internal snehana,Upakalpaniya

#### **UNIT –V**

Six purificatory measures of yoga tradition

#### **Reference books:**

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

## **(C17CE10/E17CE10)Paper IV Communicative English**

### **Unit I: Learning context**

Concept of learning – Learning style –Grammatical framework – sentence framing – paragraph and textsP

### **Unit II: Reading**

Basic concept – Purposes of reading-Decoding-Reading materials – Barriers of reading

### **Unit III: Writing**

Basic concept-Writing style-Terminology-stages-English spelling and punctuation – Written texts

### **Unit IV: Speaking**

Language functions-Conversation- Features of spoken English – Types of English course: functional English, English literature, advance English – Phonetic

### **Unit V: Developing Communication Skills**

Meaning –Classroom presence- Features of developing learning process- Practical skills and Listening- uses of communicative English

### **Reference Books:**

1. Raman,m.&S.Sharma (2011) communication skills,OUP,New Delhi: India
2. Lata,P.&S.Kumar(2011) communication skills,OUP,New Delhi: India,
- 3.Leech,G&J.Svartvik(2002) A communicative grammar of English,Pearson,India,
4. Sethi,J. and P.V. Dharmija (2007) A course in Phonetics and spoken English.Second edition, Prentice hall: New Delhi

**(C17PA1/E17PA1) PAPER V- PRACTICAL –I DRUG PREPARATION**

Drug preparations of basic treatments.

**(C17PA21/E17PA04)PAPER VI – PANCHA KARMA- II (Basti karma)**

**UNIT – I**

Basti karma- definition , types, idea of basti karma

**UNIT –II**

Drugs used for collection equipments related basti.

**UNIT –III**

Indication, contraindication, knowledge of samyaka

**UNIT –IV**

Drugs /combination, processing and preparation of basti.

**UNIT –V**

Precaution and diet during and after bastikarma.

**Reference books:**

PanchkarmaVigyan – Vd. H S Kature

Architecture of Panchakarma- Dr. P K Kar

**(C17PA22/E17PA05) PAPER VII – PANCHA KARMA- II  
(Raktamokshana)**

**UNIT – I**

Raktamokshana- definition , types, idea of Raktamokshana

**UNIT –II**

Drugs used for collection equipments related Raktamokshana.

**UNIT –III**

Indication, contraindication,knowledge of Raktamokshana

**UNIT –IV**

Drugs /combination, processing and preparation of mokshana.

**UNIT –V**

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

**(C17LS23/E17LS05)PAPER VIII- LIFE SKILL**

**(Common to All Courses)**

**UNIT-I ATTITUDE** : Positive thinking – Goal setting – Problem Solving and Decision making – Leadership and Team Work.

**UNIT-II COMMUNICATION SKILLS:** Oral communication: Concept of English language – Fluency – Verbal communication in official and public situations.

**UNIT-III COMMUNICATION SKILLS:** Written Communication: Comprehension – Writing a formal letter like application for Job, enquiry, reply, complaint and such others – preparation of Resume, Curriculum Vitae.

**UNIT-IV COMPUTING SKILLS – 1:** Introduction to Computers, its various components and their respective functions – Memory storage devices – Microsoft (MS) Office – MS Word.

**UNIT-V COMPUTING SKILLS – 2** Internet Basics – Origin of Internet – MODEM – ISP – Upload – Download – e-mail – Origin of worldwide web (www) Browsers – Search engines.

**Reference books:**

Life skill, Manonmaniam Sundaranar University Publications Division (2011)

**(C17PAP2/E17PAP2)PAPER IX- PRACTICAL -II MESSAGE TECHNIQUES**

Massage Techniques

**(C17PAPW/E17PAPW) Paper X PROJECT/INTERNSHIP**

Need compulsory internship/projects related to the course.