

# Diploma in Ayurveda & Panchakarma Course Syllabus

## **DIPLOMA IN AYURVEDA & PANCHAKARMA ONE MONTH COURSE-SYLLABUS**

### **INTRODUCTION TO ANATOMY & PHYSIOLOGY**

#### **COURSE DESCRIPTION**

To give students a practical working knowledge of how the human body works in order to better understand the physical impact of typical massage and other spa treatments and their counter indications

#### **TOPICS**

- Skeletal
- Muscular
- Nervous
- Lymphatic
- Cardiovascular
- Digestive
- Skin

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### **SPOKEN ENGLISH**

#### **COURSE DESCRIPTION**

Enables the Student to follow the classes which are taught in English, Communicate with fellow students and faculty and to subsequently be able to communicate effectively with clients in English

#### **TOPICS**

- Basic English phrases
  - Basic Grammar
  - Communicative English
  - LProfessional Conduct
  - Presentation skills
- .....

# YOGA FOR WELLBEING

## COURSE DESCRIPTION

To teach basic techniques of yoga for the student to be able to stay fit, flexible and to improve both physical and mental stamina. With additional training and practice a person will be able to teach others at a basic level

## TOPICS

- History & Evolution of Yoga
- Schools of Yoga
- Pranayama
- Asana
- Mudras

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## Indian head massage

The Indian head massage, also known by the portmanteau "champissage" (champi—the Indian word for massage + massage), is based on the ancient Ayurvedic form of healing that dates back almost 4,000 years. It works the upper three chakras: vishuddha, ajna, and sahasrara, [1] and can be used for physical harmony, for healing, for vitality, and for good, old-fashioned relaxation. No wonder it's becoming so popular in the west.

## Abhyanga – traditional Kerala Ayurveda massage (THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

This full body massage is done with medicated herbal oils by two/one therapists in a synchronized manner for 45 minutes. The number of strokes and pressure vary with the condition of the individual. According to classical texts, this massage is indicated daily to prevent ageing and degeneration process. Kerala Ayurveda has pioneered this therapy as per the ancient Ayurveda classics and standardized the procedure with a specific number of strokes. This therapy will treat the whole body physically, mentally and emotionally while balancing the doshas. Its rhythmic motion helps to relieve joints and muscles from stiffness and makes all body movements free. This stimulating treatment increases blood circulation, which in turn encourages quick removal of metabolic wastes, while providing relief to diseases such as anxiety, fatigue, circulatory disorders, rheumatic and arthritic problems, backaches and injuries.

**Sirodhara**

(THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

Sirodhara rejuvenates and revitalizes the body and mind. This therapy relieves stress and strain related problems, slows the aging process, improves memory and is known to have a curative effect for paralysis, insomnia; depression. Luke warm herbal oil is poured in a continuous stream onto the forehead, while receiving a gentle massage on the head. It bestows better vision, better hearing, clears nasal problems and calms the body and mind. Sirodhara ultimately strengthens the physical constitution of the individual. Anxiety, hypertension and other neurological malfunctions.

**Njavarakizhi**

(THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

A massage to the body with small cotton cloth boluses filled with cooked Njavara rice after a liberal application of medicated oil over the whole body. The rice is cooked in cow's milk and herbal decoction. The boluses are dipped in the same mixture of cow's milk and herbal decoction and applied all over the body to induce sudation (sweat). This procedure is highly rejuvenating, nourishing and prepares the individual to bear the stresses and strains of a busy lifestyle. It enhances physical consistency, strengthens the nervous system and improves the overall appearance of the skin. This is a strengthening fomentation employed in neurological disorders, rheumatism, arthritis and malnutrition of limbs.

**Elakizhi**

**(PathrapotalaSweda)**

(THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

This start with the application of oil to all body. Then it is subjected to exude profusely through a massage with boluses of chopped and fried leaves of some specific medicinal herbs after dipping in particular medicated oils. it is effective for various kinds of arthritis, Spondylitis, back pain, sports injuries and for all other soft tissue inflammations especially join pains.

**ChoornaSwedam**

**(Podikkizhi)**

(THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

In this type of swedam the powders of kulatha, yava (barley), kushta (Saussurealappa), devadaru (cedrusdeodara), shatapushpa (anethumgraveolens), etc are fried in a frying pan without adding any oils and then they are made into a bolus, the patient is first massaged with the prescribed oil, and then the bolus is heated in a frying pan and then made to pound on the affected part.Choornaswedam is generally prescribed to those patients who suffer from diseases caused due to kaphavata, excess kaphadosha, and also in those persons who have amaavastha in vatadiseases.This treatment is very effective in relieving the pain and also helps to improve the blood circulation, and also gives

strength to the joints of hands and legs.

### **Udwarthanam**

(THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

A combination of an effective weight loss therapy, followed by moisturizing Abhyangam. This is a typical deep massage using herbal powders, which stimulates hair follicles and subcutaneous fat tissue to break down subcutaneous fat storage. This treatment reduces blood cholesterol, obesity, skin problems, imparts mobility to the joints, strengthens muscles and refreshes the body. The most promising effect is the slimming of the body. Coupled with the relaxing effects of Abhyangam, this therapy tones and nourishes the body as well as helps with weight loss.

### **Nasyam**

(THEORY+ MEDICINAL PREPERATION+ VIDEO DEMO)

The application of medicated oil or powders through the nostrils is called nasyam. Nasyam is very important treatment for illness in the head region. Nasal drops are administered in each nostril for elimination of excess bodily humours accumulated in sinuses, throat, nose & head areas. 'Nasa hi ShirsoDwaram' it means nose is the doorway of the brain according to Ayurveda. Main types of nasyam are virechananasyam, dhmananasyam, brumhananasyam and shamananasyam. Nasya not only helps in removing toxins from the head, neck, brain, eyes, ear, nose and throat region, but it also helps in snehan (unction), shaman (pacifying the toxins without removing them), bhringan, tarpan (nourishment) and gives immunity to these parts. With the use of nasaya, mucous membrane of nasal cavity is stimulated and therefore, other associated organs are also affected. Therefore, the obstructed kapha, in the channels, is removed which results in proper blood circulation in the head The procedure of nasaya help in the elimination of spasm in the nose.

### **Kativasthi**

(THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

Specially prepared warm herbal oil is poured over the lower back and retained inside the black gram paste boundary for the required duration. The healing properties of herbal oils used for this therapy deeply cleans and enriches the blood, builds and maintains strong muscle and connective tissues and lubricates the joints keeping them flexible and pain free. Kativasthi alleviates lower back conditions like Lumber Spondylosis, Inter vertebral disc prolepses, Lumbago (low back ache), and Sciatica.

### **Pizhichil**

(THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

Pizhichil the topmost rejuvenation treatment of Ayurveda a true gift from Ayurveda to become young again. In this treatment, precious warm medicated oil is squeezed on to the patient's body from a piece of cloth, periodically soaked in a vessel containing the

oil, with soft massage in a rhythmic way. Two to four trained therapists under the supervision of a physician perform the treatment. The patient should be made to adopt the seven standard positions, so that no area of the body is left uncovered. It is a highly effective way of treating diseases like paralysis, muscle spasms and other degenerative diseases affecting the muscles.

### **AFTER THE SUCCESSFUL COMPLETION OF THE ADVANCED COURSES.**

- *100% Placement*
- *Spa/Ayurveda Notes*
- *Academic Certification*
- *One Day Workshop Conducted by the Spa Manager/Beauty therapist/Ayurveda Expert of a five-star hotel*
- *Spa Visit to a five-star or four-star hotel in Bangalore/Picnic to Mysore or Bangalore*
- *Certificates from BharathSevakSamaj, A National Development Agency Promoted by Government of India*
- *Campus recruitment*

