

**COURSE CURRICULUM FOR THIRD PROFESSIONAL BAMS
(PRESCRIBED BY NCISM)**

शास्त्रं ज्योतिः प्रकाशार्थं दर्शनं बुद्धिरात्मनः।

**Panchakarma & Upakarma
(Therapeutic Procedural Management)**

(SUBJECT CODE : AyUG-PK)

(Applicable from 2021-22 batch, from the academic year 2024-25 onwards for 5 batches or until further notification by NCISM, whichever is earlier)



**BOARD OF AYURVEDA
NATIONAL COMMISSION FOR INDIAN SYSTEM OF MEDICINE
NEW DELHI-110026**



Table 2 : Contents of Course

Paper 1 (Panchakarma and Upakarma)						
Sr. No	A2 List of Topics	B2 Term	C2 Marks	D2 Lecture hours	E2 Non- Lecture hours Theory	E2 Non- Lecture hours Practica l
1	Fundamentals of Panchakarma 1. Introduction to Panchakarma 2. Panchakarma in Swastha and Atura 3. Indications and contraindications of Shodhana 4. Agni and Koshta Pariksha in Panchakarma 5. Principles in Shodhana 6. Requirements of Panchakarma theatre	1	8	6	2	4
2	Snehana Karma 1. Introduction 2. Sneha Dravya 3. Lipids 4. Rookshana 5. Abhyantara Snehana 6. Bahya Snehana	1	12	16	12	28
3	Swedana Karma 1. Introduction 2. Swedana Dravya 3. Indications and Contraindications of Swedana 4. Sagni Sweda 5. Niragni Sweda 6. Procedure of Saagni Swedana Karma 7. Principles of practice of Swedana Karma in Sandhigata Vata, Vatarakta, Pakshaghata, Ardita, Gridhrasi, Amavata 8. Swedana Karmukata	1	12	9	4	10
4	Special Procedures: Sankara Sweda, Ksheeradhooma, Pizhichil, Dhanyamladhara, Takradhara, Thalam and Thalapothichil and Annalepa Definition, Types, Procedure and Benefits of: 1. Sankara Sweda	2	10	7	9	19

	2. Ksheeradhooma 3. Pizhichil 4. Dhanyamladhara 5. Takradhara 6. Thalam and Thalapothichil 7. Annalepa					
5	Physiotherapy 1. Introduction 2. Static exercise 3. Isotonic Exercise 4. Deep Heating Modalities 5. Superficial Heating Modalities 6. Electro Therapy 7. Manual Therapy	2	5	6	1	7
6	Vamana Karma 1. Introduction 2. Indications and Contraindications of Vamana Karma 3. Purva Karma of Vamana 4. Pradhana Karma of Vamana 5. Paschat Karma of Vamana 6. Sadyo Vamana 7. Vamana Karmukata 8. Principles of practice of Vamana Karma in Shwasa, Amlapitta, Kushta and Yuvanapidaka	2	10	13	7	15
7	Virechana Karma 1. Introduction 2. Classification of Virechana 3. Principles of selection of Virechana formulations 4. Indications and Containdications of Virechana Karma 5. Purva Karma of Virechana 6. Pradhana Karma of Virechana 7. Paschat Karma of Virechana 8. Virechana Karmukata 9. Principles of practice of Virechana Karma in Kushta, Vatarakta, Pakshaghata and Prameha	2	10	13	7	15
8	Basti Karma 1. Introduction 2. Basti Yantra and Matra	3	18	18	10	25

	3. Anuvasana and Anuvasanopaga, Asthapana and Asthapanopaga Dravya 4. Indications and Contra indications of Anuvasana Basti 5. Purva Karma of Anuvasana Basti 6. Pradhana Karma of Anuvasana Basti 7. Paschat Karma of Anuvasana Basti 8. Indications and Contra indications of Niruha Basti 9. Purva Karma of Niruha Basti 10. Preparation of Basti Dravya 11. Pradhana Karma of Niruha Basti 12. Paschat Karma of Niruha Basti 13. Niruha Basti Karmukata 14. Anuvasana Basti Karmukata 15. Basti Formulations 16. Principles of practice of Basti a) Niruha in Gridhrasi and Amavata b) Anuvasana in Kateegraha					
9	Nasya Karma 1. Introduction 2. Shirovirechana Gana 3. Purva Karma of Nasya 4. Pradhana Karma of Nasya 5. Paschat Karma of Nasya 6. Nasya formulations 7. Nasya Karmukata 8. Principles of practice of Nasya in Pakshaghata, Apabahuka, Manyastambha and Ardita	3	10	10	6	12
10	Emergency management and Research updates in Panchakarma and Upakarma 1. Emergency management 2. Research updates in Snehana, Swedana, Vamana, Virechana, Basti, Nasya and Upakarma	3	5	2	2	5
Total Marks			100	100	60	140