



Syllabus for Diploma of Panchakarma Therapist (Ayurveda)



**Mahayogi Guru Gorakhnath Ayush University, Gorakhpur, Uttar
Pradesh -273306, India**

MGG Ayush University Diploma of Panchakarma Therapist Syllabus-2025

Syllabus

PAPER- 1

100 MARKS

Sr. No.	Part-A	50 Marks
1.	• General knowledge of Sharira, Shadanga Sharira. • Concept of Prakriti and its type. • General Knowledge of Shira, Dhamani, Srotas, Asthi, Sandhi, • Snayu, Lasika, Peshi, Kala, Kandara, Twacha, Dashvidha • Knowledge of Marma. • General Knowledge of Anatomy of Musculo-skeleton System, • Digestive System, Cardio-Vascular System, Respiratory system, Excretory system, Central nervous system.	10
2.	• General knowledge of Tridosha, Sapta Dhatu (Body elements), आयुर्वेद याग • Mala(Waste products), Dosha-Dushya Sammurchhana, Concept of Agni, Koshtha and Koshtanga. • General basic physiology of Musculo-Skeleton System, Digestionsystem, Cardio-vascular system, Respiratory system and Excretory system. • General knowledge of physiology of Blood and its components.	10
3.	• Dincharya and Ritucharya in relation with Panchkarma. • Diet in Relation with Panchkarma process. • Explain about the importance of Anupana with respect to Panchakarma. • General knowledge of Dharaniya Vega (suppressive urges) and Adharniya Vega (non-suppressive urges) related to Panchakarma Therapy.	10
4.	• General knowledge of Dravya, Guna and Aushadha which are commonly used in Panchakarma. • General knowledge of Ayurvedic pharmacology of Rasa, Guna, Virya, Vipaka, Karma, Prabhava of Dravya. • Different oils used in Panchakarma therapy.	10

MGG Ayush University Diploma of Panchakarma Therapist Syllabus-2025

Sr.No.	Part-B	50 Marks
1.	• Role of Panchakarma Therapist in various Panchakarma procedure units. • Explain the significance of effective communication skills with colleagues, patients, staffs. • Apply problem solving and decision-making skills.	10
2.	• Enhance awareness of the responsibility to maintain health safety and security and performing basic first aid in case of emergencies. • Identify potential hazards in the hospital and hospital color coding system. • Demonstrate Documentation related to safety and security. • Demonstrate the skills of infection control and use of personal protective equipment (PPE).	10
3.	• Identify the factors which influence the outcome of an exposure to infection. • Explain the importance of incident reporting. • Develop techniques of self-grooming and maintenance.	10
4.	• Explain the importance of proper and safe disposal of bio-medical waste and treatment. • Explain the categories and standards of bio-medical waste. • Discuss about disposal of bio-medical waste - color coding, types of containers, transportation of waste ,etc. • Demonstrate the procedures of hand hygiene to prevent cross infection including effective hand washing to include; social and clinical techniques.	10
5.	• Define the scope of practice for panchakarma Therapist in reporting documentation. • Explain the importance of maintaining various records. • Explain the various types of records to be maintained by the PanchakarmaTherapist. • Knowledge about traditional and contemporary uses of equipments /machines /containers.	10

Practical marks-50

Practical- Practical study of location of Marma and surface anatomy.

Introduction to instruments - Stethoscope, BP Apparatus, Thermometer, Pulse Examination, Blood Pressure, Respiratory Rate examination , Knowledge of Record keeping, Assessment record of input and output.

MGG Ayush University Diploma of Panchakarma Therapist Syllabus-2025

PAPER -II

100 MARKS

Sr.No.	PART A	50 Marks
1.	- Panchakarma- it's types, Scope and importance - Samsodhana and Samsamana. - Sadupakrama and Panchakarma Therapy. - Panchakarma Kala Vichara. - Ashtanga Ayurveda evum Panchakarma. - Yogya and Ayogya of Panchakarma. - Special qualities of Paricharaka while dealing the Panchakarma. - Common Pathya and Apathya of Panchakarma.	15
2.	Snehana Karma - Sneha and its properties. - Sources of Snehana Dravyas. - Snehopaga durgs. - The indications, contraindications, procedures, types and schedule of Snehana.Features of adequate, inadequate and excessive oleation. Internal Snehana: Accha Snenapana and Vicharana Snehapaana, the preparations used and dosage schedule. - Probable mode of action of Snehan karma	15
3.	Abhyanga:- Its types, methods, indications, contraindication and duration. - Physiological and anatomical implications of Abhyanga therapy. - General knowledge about different oils used for Abhyanga. - Direction and degree of pressure of massage.	10
4.	- Parisheka, Avagahan, Udvartana, Udgharshana, Mardana and Samvahana-their definition, specific uses and indications. - Lepa its types :- Pralepa, Pradeha and Aalepana, e.g - Sothahar, Varnakar lepa etc. Upanaha (Poultice) methods, drugs used and indications Pichu uses and types.	10

MGG Ayush University Diploma of Panchakarma Therapist Syllabus-2025

Sr. No.	PART B	50 Marks
1	• Dharakarma, Kayaseka (Pizchil) and its types. • Anna Lepa and Shirolepa, their specific indications types and detail about procedures. • Shiroleka (Shirodhara) method, indications and materials used. • Dharakalpa :- Takradhara, Kashaya Dhara, Jala Dhara, Taila and Ghrita Dhara. • Shirobasti :- Procedure, duration and indications. • Probable mode of action of Dharakarma.	20
2	Swedana Karma • The properties and sources of Swedana Dravyas. • Swedopaga drugs. • The indications, contraindications, procedures, types and schedule of swedana. • Features of adequate, inadequate and excessive Swedana. • Pinda Swedana :- Details of materials used, their preparation, procedure. Variants of Pinda Swedana. ❖ Sagni sweda :- Sankara, Prastra, Nadi, Pariseka, Kuti etc. Tapa Sweda Vs. Usha sweda consideration, Kati Basti, Janu Basti, Many Basti and Ura Basti ❖ Niragni Sweda :- With special reference to Vyayama (exercises) and Atapa Sevana (Exposure to sun rays), their types, general knowledge of indications and contraindications. ❖ Probable mode of action of Swedan Karma.	30

Practical marks- 100

Practical: Practical Knowledge and experiences of all Purvakarma techniques, Practical demonstration of different Purvakarma Procedures, Handling patients undergoing Purvakarma, knowledge of procedure record keeping.

MGG Ayush University Diploma of Panchakarma Therapist Syllabus-2025

PAPER III

Sl.NO	PART A	50 MARKS
1	Vamana Karma * Its Significance; Vamaka Dravy as (emetics), Vamanopaga Dravy as. * General indications and Contraindications. * Preparation of the patient. * Dhumpna after Vamana Karma. * General knowledge of Samyaka lakshan of Vamana karma and Vyapats. * Regimen following during and Vamana Karma, Samasarjana Karma. Probable mode of action of Vamana Karma	15
2	Virechana Karma * Virecana drugs and Yogas, their types. * General Indications & Contraindications of Virechana. * Preparation of the patient. * General Knowledge of Samyaka lakshan of Virechana karma and Vyapat, Samasarjana Karma. Probable mode of action of Virechana karma	15
3	Basti Karma * Its significance as a unique therapeutic procedure. * Its anatomical, pharmaceutical, pharmacological classifications. * Types based on numbers, schedule, action and quantity. * The Asthapana and Anuvasana drugs. * Indications, contraindications, procedure of Asthapana and Anuvasana Basti. * Factors to be examined in relation to Basti Karma. Basti Pratyagamana Kala. * General knowledge of Samyaka Basti and Basti vyapat. * Post-Basti regimen. Probable mode of action of Basti Karma(Probable mode of action after administration of Varti- Taila- Ghrta- Kalka- Churna- Kasaya Kalpana Through Guda (Ano- Rectal Route)	20

MGG Ayush University Diploma of Panchakarma Therapist Syllabus-2025

Sn.No.	PART B	50 MARKS
1	Shirovirechana/Nasya Karma * Its significance in prevention and treatment of Urdhwa Jatrugata Vikaras. * Classification of Nasya:- Navana, Avapidaka, Dhumpana (Pradhamana) and Dhmapana, Marsha and Pratimarscha Nasya. * Shirovirechana and Nasya drugs. * Indications and contraindications of Nasya Karma. * Procedure and precautions of Nasya Karma. * Post Nasya regimen. * General knowledge of Samyaka lakshana of Nasya karma and Vyapat of Nasya Karma. - Probable mode of action of nasya dravya (oil , churna, swaras etc.)	20
2	* Dhoomapana- definition, significance, classification, Indications and contraindications. * Agni Karma types, method, indication and contra-indications. * Various types of Kriya Kalpa - Tarpana, Putapaka, Seka, Ashchytana, their method of application, indication and contra-indications. * Kavalagraha and Gandusa	20
3	Rakta-Mokshana * Its classification, indications, contraindications and procedure. * Indications according to Dosha involvement state of Dosha, Rakta and patient * Jalaukavacarana, Pracchana, Shrunga, Alabu, Ghatiyantra, Siravedha- its indications contra- and indications. * General knowledge of Samyaka lakshana of Rakta Mokshana and Vyapata of Rakta Mokshana, Measures to stop blood flow. - Probable mode of action of Rakta Mokshana	10

Practical marks -100

Practical: Experience of handling patients undergoing Pradhana Karma and Paschata Karma, Practical Knowledge and experiences of all Karmas, knowledge of procedure record keeping.

Diploma of Panchakarma Therapist

Eligibility criteria:-12th standard pass of any stream from school recognized by stateboard CBSE/ICSE or any other recognized Board by Govt. of India.

AGE:-Not less than 18 years.



MAHAYOGI GURU GORAKHNATH AYUSH UNIVERSITY

Pipri, Bhathat, Gorakhpur, Uttar Pradesh-273306

(Application for Diploma of Panchakarma Therapist For Indian & Foreign Students)

(Last Date For Submission of Application form–15 days from the date of advertisement)

ABOUT THE CANDIDATE (To be filled by the Candidate)

Please affix a
self attested
passport size
recent
photograph

1. Name:

2. Address for correspondence:

.....

Mobile No:.....Email ID:.....

3. (Attach self attested copies of all the relevant credentials)

Particulars	Subject(s)	Year of Completion	College / Institute/University
Intermediate			
Highschool			

4-Admission Criteria for Diploma of Panchakarma Therapist:- Candidate shall have passed 10+2 examination conducted by the respective state/central government authorities recognized as equivalent to 10+2 examination by the Association of Indian Universities (AIU) of any stream

DECLARATION BY THE CANDIDATE

I hereby declare that the particulars furnished by me are correct. I am aware that any incorrect information may lead to the cancellation of my admission. I shall abide by the rules and regulations of the University.

Date:.....

Place:.....

Signature of the Candidate



**Mahayogi Guru Gorakhnath Ayush University, Gorakhpur,
Uttar Pradesh -273306, India**