

**Theory** - Audio lecture, word files, PPT, video clips  
(as and when required.)

**Introduction to Panchakarma and basic principles**

Snehan

Swedan

Vaman

Virechan

Nasya

Basti

Raktamokshan

Miscellaneous therapies

Panchakarma Theatre and Equipment's

Kerala Tradition of lifestyle and food

Agad Tantra practice of kerala

Panchakarma vyapat chikitsa

**Practicals**

**Snehan**

Ulichil (Abhyanga) - Sarvang & Sthanik

Pizhichil (sarvang Taila Dhara)

Shirodhara - tailam / Takra/ ksheera

Ekang Dhara

Sthanik Basti - Shirovasti , Greeva basti, Hrud Basti, Kati Basti, janu Basti,  
Netra Tarpan

Karnapooran

Shiropichu , Pichu

Kawal , Gandush

Snehapaanam

Samvahan

**Swedan**

Elakkizhi (Patrapottali swed)

Podikizhi (Churna Pottali swed)

Njavara Kizhi (Shashthik shali pinda swed)

MansKizhi (Mans Pottali swed)
Kashay / Dhanyamla/ Ksheer/ Taila Dhara (Seka)
Upanaha Sweda
Bashpa Sweda - Sarvanga
Bashpa Sweda sthanik - naadi Sweda
Ksheera Dhoomam
<b>Miscellaneous</b>
Lepam
Talam
Talpodichil
Udwartanam
Dhoomapanam
Kawal Gandhush
Kalari & marma
<b>Vaman &amp; Virechan</b>
Poorvakarma
Pradhaankarma
Paschat karma
Sansarjan kram
Observations of Samyak yog ayog atiyog and disease symptoms
<b>Basti Niruha and Anuvasan</b>
Poorvakarma
Pradhaankarma
Paschat karma
Sansarjan kram
Observations of Samyak yog ayog atiyog and disease symptoms
<b>Nasya</b>
Poorvakarma
Pradhaankarma
Paschat karma
Parihaar
Observations of Samyak yog ayog atiyog and disease symptoms

<b>Raktamokshan</b>
Jalouka
Siravedhan
Prachhan
Shrunnga
Alabu
<b>Shaman Aushadhi used in kerala tradition</b>
Kashayam
Churnam
Gulika
Lehyam
Asav Arishta
Sneha - Taila, ghrita, Yamak, Trivrut, Mahasneha
Anyam
<b>Special features of Kerala lifestyle in concerned with Ayurveda</b>
Medicated Water
Medicated bath
Nitya Mangalacharan
Traditional cloths
Awareness of Ayurveda
Ahaar
Karkataka Maas
Periodical sadyo Virechan - as a part of shodhan