

Panchakarma Paricharaka Basic Course

Pre-requisites to Training-- 8th Standard

Duration of Course— 3 Months training (1 month OJT)

Student Intake Capacity- 30 Students

Total Duration

Serial No.	Criteria	Requirement	Remarks (If any)
1	Basic eligibility of participants	Candidate must have passed 8th from any recognized board of India	
2	Duration of the Course	3 Month	
3	Number of trainees per Batch	Min.- 10 Max.-20	
4	Trainer Qualification	MD Panchakarma/ MD Kayachikitsa	
5	Number of Trainers required (Theory)	Min.- 2	
6	Number of Guest faculty required	RSBK PG – Preparation of medicines Dietician (Ayurveda)	
7	Number of working Technician (Skill expert) required for practical training	Min.- 5	
8	Infrastructure Technical specification requirement	10 batch – 4 tables 20 batch – 8 tables or above	
9	Assessment Method	Monthly evaluation will be done and the certificate will be given only after successful completion of the final assessment at the end of 3 (three) months	

Theory Duration- 180 : 00 (hh:mm)

Practical Duration- 360: 00 (hh:mm)

Practical Class Timing - 9 am to 1 pm(4 Hrs)

Theory Class Timing - 2 pm to 4 pm (2 Hrs)

Training Outcomes- After completing this course, participants will be able to:

- Assist the therapist/doctor and other related professionals during the procedure.
- Interpret prescription efficiently and carry out panchakarma procedures competently.
- Explain the use of different herbs and formulations related to panchakarma.
- Discuss indications, contraindications, and precautions in diet related to panchakarma.
- Carry out maintenance of the panchakarma unit
- Carry out routine patient care tasks during the panchakarma procedure.
- Check the vital parameters to assess the physical state of patient

Sr. No.	Module	Key Learning Outcomes
1	<p>Introduction: Panchakarma Attendant and their key functions</p> <p>Theory Duration (hh:mm) 30:00</p> <p>Practical Duration (hh:mm) 60:00</p>	<ul style="list-style-type: none"> • Describe the roles and responsibilities of panchakarma Attendant • Explain about the different instruments and equipment's required to prepare the panchakarma unit • Demonstrate documentation and maintain proper registers related to panchakarma procedures • Discuss about the importance of medicaments used in panchakarma and its safe use. • Discuss about the quality control and quality assurance at panchakarma unit • Discuss about the correct method of handling various articles and medicaments in panchakarma unit • Discuss about do's and don'ts related to functions of panchakarma Attendant
2	<p>Carry out panchakarma therapy</p> <p>Theory Duration (hh:mm) 40:00</p> <p>Practical Duration (hh:mm) 140:00</p>	<ul style="list-style-type: none"> • Explain the pre procedure compliances of therapy including Right Patient, Right Dose, Right Drug, Right Route, Right Time, Right Documentation, Right to Know and Right to Refuse • Demonstrate various patient positioning used to conduct different therapies • Measure the vital parameters of patient to assess general state before conducting procedure • Demonstrate standard procedure for medicament dosage calculation • Explain about the standard operating procedures for Snehana Karma (oleation treatment) • Demonstrate the different types of massages • Demonstrate the types of procedures such as Shirodhara, Shirobasti, Shirobhyanga, Padabhyanga, Udwartana, Udgharshana, Mardana, Samvahana, SiroPichu and Sthanik Pichu, Lepa, Kavala and, Gandoosha (gargling) • Explain about standard operating procedures for Sweda Karma (fomentation) and its benefits

		<ul style="list-style-type: none"> • Demonstrate the Tapa Sweda (fomentation), Upanaha Sweda (poultice), Ushma Sweda (herbal steam and Bolus bags) • Organize work and prioritize the activities as per the instructions of the therapist/ doctor • Assist the patient in home visits also • Explain about do's and don'ts related to each Therapy • Demonstrate standard procedure for medicaments formulations • Explain about do's and don'ts while preparing the medicaments • Discuss about various side effects that arise due to incorrect calculation of dosage and its composition • Discuss about the plant, animal and mineral origin drugs and compound formulations. • Demonstrate the standard procedure for primary and Secondary preparations of medicament and their uses
3	<p>Provide support to the patient throughout the therapy session</p> <p>Theory duration (hh:mm) 20:00</p> <p>Practical Duration (hh:mm) 40:00</p>	<ul style="list-style-type: none"> • Plan suitable time of appointment to the individual in consultation with therapist/doctor or concerned authority • Identify limitations or comfort areas of patient basis on preferences considering factors such as gender, religion, culture, language, etc • Explain do's and don'ts to patients during therapy as per orders from a therapist/doctor with respect to a specific therapy • Maintain records of grievances and escalate to the concerned authority as per Institutional and departmental policies and procedures • Identify the needs of the individual post therapy sessions and record it as per Institutional and departmental policies • Explain the importance of taking and recording feedback from patients post therapy as per Institutional and departmental process
4	<p>Soft skills and Communication</p> <p>Theory duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 20:00</p>	<ul style="list-style-type: none"> • Explain the significance of effective communication • Demonstrate the use of effective communication with patients and family without using jargons and colloquial terms • Apply effective communication skills with colleagues using appropriate terminology in communication • Apply basic reading and writing skills • Apply goal setting, team building, teamwork, time management, thinking and reasoning and communicating with others • Apply problem solving and decision-making skills • Describe the need for patient service and service excellence in medical service • Explain work ethics in hospital set up • Discuss objection handling • Analyse the information gathered from

		<p>observation, experience, reasoning, or communication to act efficiently</p> <ul style="list-style-type: none"> • Apply the information gathered from observation, experience, reasoning, or communication to act efficiently • Evaluate the information gathered from observation, experience, reasoning, or communication to act efficiently • Identify rapidly changing situations and adapt accordingly • Discuss planning and organization of work
5	<p>Post therapy compliances</p> <p>Theory duration (hh:mm) 20:00</p> <p>Practical Duration (hh:mm) 40:00</p>	<ul style="list-style-type: none"> • Explain do's and don'ts for patients post therapy including precautions to be taken at home settings as per orders from a therapist/doctor with respect to a specific therapy • Apply standard operating procedures for maintenance of panchakarma unit • Identify the suitable cleaning agent and method/procedure for cleaning • Inspect the functionality of required articles for next session • Apply safe practices while cleaning articles and other related components • Identify faulty articles and report in line with relevant requirements, policies and procedures • Inspect articles during and after processing • Apply hygiene and infection control associated with handling of linen • Explain the correct methods for handling, segregation and transport of used and unused linen • Explain the relevance and maintenance of records for consumables and non consumables items
6	<p>Bio Medical Waste Management</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 20:00</p>	<ul style="list-style-type: none"> • Explain the importance of proper and safe disposal of bio-medical waste and treatment • Explain the categories of bio-medical waste • Discuss about disposal of bio-medical waste colour coding, types of containers, transportation of waste, etc. • Explain standards for bio-medical waste disposal • Discuss means of bio-medical waste treatment
7	<p>Personal Hygiene</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 20:00</p>	<ul style="list-style-type: none"> • Explain the concept of healthy living. • Demonstrate the procedures of hand hygiene to prevent cross infection including effective hand washing to include; social and clinical techniques • Demonstrate the techniques of proper usage of PPE • Explain the importance of PPE • Explain various measures adopted against common infectious diseases in panchakarma unit.

Criteria for Assessment of Students

Guidelines for Assessment:

- 1 The assessment for the theory part will be based on knowledge bank of questions.
3. Institute will create unique question papers for theory part.
4. Institute will create unique evaluations for practical part.
5. To pass, every trainee should score a minimum of 50%.
7. In case of unsuccessful completion, the trainee may seek reassessment.

Any certified candidate of three months course should have a minimum experience of 1 Year to apply for Panchakarma attendant