



SKILL SE
SAFALTA

In Association With



VRINDAVAN
CHIKITSALAYAM



VAIDYARATNAM

VRINDAVAN AYURVEDA CHIKITSALAYAM



3 Month Panchakarma

Training Curriculum



Month 1: The Professional Foundation & Biological Basis
Focus: Establishing the scope of practice, ethics, and the anatomical framework.

1. Professional Identity & Ethics (Modules 3, 11, 12)

- Scope of Authority: Understanding the "Line of Control" between a Technician and a Vaidya (Doctor). Knowing when to act and when to report.
- Confidentiality (HIPAA/Data Privacy): The legal and ethical necessity of protecting patient identity and medical history.
- Reporting Matrices: Learning the hierarchy of communication —from Senior Technician to the Chief Physician.

2. Ayush Systems & Human Anatomy (Modules 1 & 2)

- Shadangatwam: Mastery of the six body regions (Head, Trunk, and 4 Limbs).
- Srotas (Channels): Basic understanding of the transport systems in the body (Respiratory, Digestive, Circulatory).
- Anatomical Position: Learning the specific terminology used to describe patient positioning for therapy.





Month 2: Clinical Excellence (The "Karma" Cycle)
Focus: The technical execution of the core Panchakarma therapies.

1. Fundamental Principles (Module 4)

- Tridosha Theory: How Vata, Pitta, and Kapha govern physiological functions.
- Agni & Ama: Assessing digestive fire and metabolic toxins before starting therapy.

2. The Therapy Cycle (Modules 5, 6, 7, 8 & 9)

- Purva Karma (Preparation): Mastery of Snehana (internal/external lubrication) and Swedana (sweating).
- Pradhana Karma (The Big Five): * Vamana (Emesis), Virechana (Purgation), Basti (Enema), Nasya (Nasal), and Raktamokshana (Bloodletting).
- Paschat Karma & Ahara: Understanding Peyadi Krama—the step-by-step transition from liquid to solid food to rekindle Agni.





Month 3: Management, Safety & Career Readiness
Focus: Unit maintenance, infection control, and professional transition.

1. Unit Maintenance & Safety (Modules 10 & 13)

- Inventory (FIFO): "First In, First Out" protocol for medicinal oils and herbs to prevent expiry waste.
- Emergency Codes: Knowledge of hospital codes (e.g., Code Red for Fire, Code Blue for Medical Emergency).

2. Infection Control & Waste (Modules 14 & 15)

- PPE Protocols: Correct sequence for donning (putting on) and doffing (taking off) gear.
- BMW Segregation: * Yellow: Anatomical waste/soiled bandages.
- Red: Plastic waste (gloves/tubing).
- White/Blue: Sharps and glass.

3. Employability & Final Review (Module 16)

- Digital Literacy: Maintaining electronic health records (EHR) in Excel or specialized Ayush software.
- Financial Literacy: Understanding basic billing, taxation, and salary structures in the wellness industry



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