



A NABH Accredited Ayurveda Hospital

# VAIDYARATNAM Vrindavan Ayurveda Chikitsalayam

Near Chandigarh

## 3-DAY PANCHAKARMA TRAINING PROGRAM

**PŪRVAKARMA** - The preparatory stage of Panchakarma, with special focus on Snehana and Swedana.

**Pradhana Karmas** - Panchakarmas such as Vamana, Virechana, Basthi (Nirooha and Anuvasana), and Nasya, Detoxification and rejuvenation therapies that help to remove toxins from the body.



**Duration**  
3 Days



**Mode**  
Theory + Hands-on  
Practical Demonstration



**Accommodation**  
Included



# ABOUT VVAC

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## VAIDYARATNAM VRINDAVAN AYURVEDA CHIKITSALAYAM

is a classical Kerala Ayurveda hospital offering authentic Panchakarma, traditional therapies, and holistic clinical care under the guidance of experienced Vaidyas.

Rooted in the legacy of the Vaidyaratnam tradition, VVAC integrates ancient Ayurvedic principles with NABH-standard medical protocols for safe, result-oriented healing.



## What Makes VVAC Unique

Authentic Kerala Panchakarma delivered by trained therapists

Clinical Ayurveda upheld to NABH-quality standards

Expert Vaidyas supported by a Kerala-trained medical team

Fully equipped Panchakarma treatment facilities

In-patient care with therapeutic accommodation

A holistic healing environment nestled in the Shivalik foothills



# PROGRAM OVERVIEW

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This three-day intensive training aims to impart a clear understanding of Panchakarma procedures and their clinical significance.

The program covers core Panchakarma procedures including Vamana, Virechana, Basthi in both Anuvasana and Asthapana forms, and Nasya. It also guides participants through essential Paschat Karma practices that support recovery, enhance therapeutic outcomes, and promote deeper detox and sustained wellbeing.

Participants will gain both theoretical knowledge and hands-on exposure through demonstrations in the hospital's Panchakarma treatment area.

## DAY-WISE SCHEDULE

**DAY 1 – Introduction of Pūrvakarma & Panchakarma**  
Theme: Theoretical Framework and Clinical Relevance



### **Morning Session (Lecture Hall)**

- Inaugural address & Orientation
- Overview of Panchakarma
- Indications & contraindications of Purvakarma

### **Afternoon Session (Demonstration Area)**

- Introduction to Panchakarma setup & equipment
- Material used in Panchakarmas

## DAY 2 – SNEHANAM (Oleation Therapy)

Theme: Concept, Indications & Clinical Applications

### Morning Session (Lecture Hall)

- Indications, contraindications & clinical aspects of Panchakarma – Vamana & Virechana

### Afternoon Session (Clinical Practice)

Demonstrations:

- Hands-on training – Snehana application
- Temperature maintenance
- Discussion on Vatavyadhi management using Snehana



## DAY 3 – Morning Session (Lecture Hall)

Theme: Principles, Practice & Integration with Sneha

### Morning Session (Lecture Hall)

- Indications, contraindications, clinical aspects of Panchakarma – Basthi and Nasya
- Properties / Effects, Samyaka Lakshana, Atiyoga Lakshana and its management

### Afternoon Session (Clinical Practical)

Demonstrations of:

- Various procedures
- Hands-on exposure in treatment room

### Valedictory Session

- Discussion & participant feedback
- Certificate distribution



# PROGRAM HIGHLIGHTS

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In-house preparation of authentic oils and medicines (Kashayapura).

Hands-on experience in a serene environment, surrounded by nature, conducive to healing.

Provision of customized learning materials and procedure protocols.

Certification upon successful completion of the program.

## Venue

Zone, Phase, Village Thana, EPIP, 2, Baddi,  
Himachal Pradesh 173205

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**Accommodation & Food Included**

## Eligibility

**BAMS Graduates, Students, and Ayurvedic Practitioners.**



# LEARNING OUTCOMES

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After successful completion, participants will be able to:



Understand the theoretical basis of Purvakarma and Panchakarma



Identify indications, contraindications & management of various Panchakarmas



Perform Purvakarma and Panchakarma procedures



Correlate traditional concepts with modern clinical relevance



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