

GOVERNMENT SPONSORED

PANCHAKARMA TECHNICIAN

TRAINING PROGRAMME CURRICULUM



DURATION

7 MONTHS

Basic structure and function of human body (Rachana Sharira and Kriya Sharira)

Terminal Outcomes:

- Demonstrate knowledge of the basic structure and function of the human body.

Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• List down various body parts with a brief understanding of anatomy and physiology. • Explain the concept of six regions. (Shadangatwam) of Sharira. • Explain the concept of qualities (Guna) and disturbing factors (Dosha). • Describe the plasma (Rasa Dhatu), blood (Rakta Dhatu) and muscles (Mamsa Dhatu). • Overview of Different Anatomical Positions of Body, Digestive System, Nervous System, Respiratory System, Musculoskeletal, Locomotory, Circulatory, Cardiovascular, etc.	• Prepare a model of human body parts using waste material depicting different anatomical parts. • Prepare a chart of body parts depicting the physiological process of the human body system.

Introduction: Panchakarma Technicians and their key functions.

Terminal Outcomes:

- Describe the key roles and responsibilities of a Panchakarma Technician

Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Understand the concept of Panchakarma, • List of the instruments used for Panchakarma Therapy • Explore the guidelines and identify the best practices for technicians in preparing the room for therapy. • Describe the roles and responsibilities of Panchakarma Technician. • Discuss the importance of medicaments used in panchakarma and its use. • Explain about vital parameters and normal values of the same • Discuss parameters of Patient's vital including Blood Pressure, Temperature, Pulse, Respiration, Temperature and RBS ,spo2 • Understand positioning techniques for various panchakarma therapies • Discuss quality control and quality assurance at the panchakarma unit • Discuss about dos and don'ts related to the panchakarma department. • Discuss the career prospects of Panchakarma Technician in India and abroad. • Understand one's limit of competency and authority • Understand the roles and responsibilities of other professionals involved in conducting the Panchakarma Procedure	• Prepare a chart depicting the roles and responsibilities of a panchakarma technician. • In a role play-Demonstrate all the equipment and instruments involved in the Panchakarma department. • In a role play -demonstrate checking the vital signs of the patient.

Fundamental Principles of Ayurveda

Terminal Outcomes:

- Demonstrate the correct techniques of Ayurvedic therapies.
- Demonstrate the correct technique of using Ayurvedic oils and massage.

Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain the concept of Ayurveda • Discuss in brief the concept of mind, body and soul • Explain the importance of Panchkarma Therapy • Explain the importance of <i>Deepana Dravya</i> and <i>Pachana</i> • Explain the concept of <i>Tridosha</i>, <i>Sapta</i>, <i>Dhatu</i> (body elements), <i>Mala</i> (waste products), <i>Koshta</i> (alimentary tract) • Explain the concept of <i>Prakriti</i> (body constitution) • Explain the concepts of <i>Daraniya</i> (non-suppressive urges) and <i>Aadharaniyavegas</i> (suppressive urges) • Discuss the concept of <i>Srotas</i> (body channels) • Explain the concept of <i>Ama</i> and <i>Agni</i> • Explain the importance and application of ayurvedic therapies “<i>Shadupakramas</i> (<i>Brimhana, Langhana, Svedana, Stambhana, Rukshna, Senhana</i>), <i>Rasayana, Vajikarana, Samsamana, Samsodhana, Pathya - Apathya</i>” • Explain the concept of ayurvedic pharmacology knowledge of <i>Rasa, Guna, Karma, Virya, Vipaka</i> and <i>Prabhava</i> of <i>Dravya</i> • Understand the concept of <i>Swasthavritta</i>. • Explain the different oils used in medicinal therapy	• Demonstrate the correct techniques of ayurvedic therapies “<i>Shadupakramas</i> (<i>Brimhana, Langhana, Svedana, Stambhana, Rukshna, Senhana</i>), <i>Rasayana, Vajikarana, Samsamana, Samsodhana, Pathya - Apathya</i>” • Make a list of <i>Daraniya</i> and <i>Aadharaniya</i> vegas. • Demonstrate the correct technique of using different oils and massage.

Major Panchakarma Procedures

Terminal Outcomes:

- Explain about the pharmacodynamics, indications, contraindications of various panchakarma procedures
- Explain about the concepts of *Samyak Yoga, Ati Yoga* and *Ayoga, Lakshanas*

Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain about the pharmacodynamics, indications, contraindications of various panchakarma procedures such as <i>Vamana Karma</i> (therapeutic emesis), <i>Virechana Karma</i> (purgation), <i>Basti Karma</i> (enema), <i>Nasya Karma</i> (nasal administration of oils and herbal derivatives), <i>Rakta Mokshana</i> (therapeutic bloodletting) • Explain about the concepts of <i>Samyak Yoga, Ati Yoga</i> and <i>Ayoga, Lakshanas</i> • Discuss about the <i>Vyapads</i> (complications) in <i>Vamana, Virechana, Nasya, Basti</i> and <i>Rakta mokshana</i>	• Make a list of Lakshanas of <i>Samyak Yoga, Ati Yoga</i> and <i>Ayoga, Lakshanas</i> after panchakarma procedures. • Create a chart outlining the procedures for various Panchakarma therapies.

Purva Karma of Panchakarma Therapy

Terminal Outcomes:

- Demonstrate standard procedure related to Purva Karma of Panchakarma.
- Demonstrate the standard procedure for medicament formulations
- Explain dos and don'ts to patients before therapy.

Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain the pre-procedure compliances of therapy including the Right Patient, Right Dose, Right Drug, Right Route, Right Time, Right Documentation, Right to Know and Right to Refuse • Discuss the process of collecting and safely storing belongings for the client • Assess the patient's overall condition by measuring vital signs before starting the procedure. • Explain about the standard operating procedures for <i>Snehana Karma</i> (oleation treatment) • Explain about standard operating procedures for <i>Sweda Karma</i> (fomentation) and its benefits • Organize work and prioritize the activities as per the instructions of the therapist/ doctor • Explain about do's and don'ts while preparing the medicaments • Discuss side effects that may arise due to incorrect calculation of dosage • Discuss about the plant, animal and mineral origin drugs and compound formulations. • Identify limitations or comfort areas of patient based 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 prior a specific therapy	• Demonstrate the various positions for different Panchkarma procedures. • Demonstrate the standard procedure for medicament dosage calculation • Make a list of do's and don'ts after Panchkarma procedures.

Pradhan Karma of Panchakarma Therapy

Terminal Outcomes:

- Demonstrate the different types of Ayurvedic massages.
- Demonstrate the types of procedures such as *Shirodhara*, *Shirobasti*, *Shirobhyanga*, *Padabhyanga*, *Udwartana*, *Udgharshana*, *Mardana*, *Samvahana*, *SiroPichu* and *Sthanik Pichu*, *Lepa*, *Kavalaand*, *Gandoosha* (gargling)
- Explain dos and don'ts to patients during therapy.
- Maintain records and reports of patients

Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain the indication, contraindication and process of performing Abhyanga (Ayurveda oil Massage), Shiro Abhyangam (Head Massage), Padha Abhyangam (Foot Massage), Mukha Abhyangam (Face Massage) etc. • Discuss about making appropriate adjustments to massage therapy to meet any changing needs. • Explain the significance of techniques, pressures, and rhythms during massage procedures under the guidance of the physician. • Explain about three divisions of Shirodhara as per medium/oil used. • Understand the importance of checking the client's well-being throughout and give reassurance where needed • Explain about different oils used as per the massage process, their description and uses. • Explain the importance of maintaining a client's privacy and confidentiality. • Explain the process of escalating any safety issues to the concerned authority.	• Demonstrate the different types of Ayurvedic massages • Demonstrate the types of procedures such as <i>Shirodhara</i>, <i>Shirobasti</i>, <i>Shirobhyanga</i>, <i>Padabhyanga</i>, <i>Udwartana</i>, <i>Udgharshana</i>, <i>Mardana</i>, <i>Samvahana</i>, <i>SiroPichu</i> and <i>Sthanik Pichu</i>, <i>Lepa</i>, <i>Kavalaand</i>, <i>Gandoosha</i> (gargling) • Make a list of different types of Swedha .

Paschat Karma of Panchakarma Therapy

Terminal Outcomes:

- Demonstrate the aftercare of articles like cleaning, disinfection and sterilization.
- Demonstrate the method of handling, segregation and transportation of used linen.

Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Discuss the process of handing over personal belongings to the client • Explain do's and don'ts for patients post-therapy per order from a therapist/doctor • Maintain records of grievances and escalate the authority as per organizational policies and procedures • Identify the needs of the individual post-therapy sessions and record them as per organizational policies • Explain the importance of taking and recording feedback from patients' post-therapy as per the organizational process • Plan a suitable appointment for the individual in consultation with the therapist/doctor or concerned authority • Prepare the panchakarma unit for the next procedure • Explain the process of maintaining records of consumable and non-consumable items like sheets, towels, napkins etc. • Explain safety measures of keeping oils, medicine from moisture, water, fire, rodents, insects, and mites etc. • Explain the process of reporting any malfunction or damage of required articles, shortage of stock, missing item to the appropriate authority. • Explain the correct methods for handling, segregation and transport of used and unused linen • Maintain rfor consumables and non-consumables items	• Ina role play-Prepare the massage unit in a skill lab for the next procedure. • Prepare a chart depicting the steps for the process of handling belongings to the client. • Demonstrate the process of packing and storing equipment, materials, oils, and consumables. • In a role play-demonstrate the process of reporting damage, shortage of stock, and missing items, in the store.

Ayurvedic Ahara

Terminal Outcomes:

- Demonstrate the method of preparing *Swarasa, Kalka, Kwath, Hima, Phanta, Tandulodaka, Mantha, Avaleha, Dhanyamla, Kshirapaka, Panaka, Mamsarasa, Lepa*.

Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
- Discuss the importance of <i>Ahara</i> in health and unhealthy conditions. - Explain the importance of <i>Hita Avam Ahita Ahara</i> based on <i>Doshika Prakriti</i> - Explain about <i>Ritucharya Avam Ahara</i> and its preparation. - Explain <i>Dinacharya Avam Ahara</i> and its preparation. - Explain the importance of <i>Anupana</i> concerning panchakarma - Discuss the concept of <i>Peyadi, Tarpanadi Krama</i> and its preparation - Explain the preparation of <i>Swarasa, Kalka, Kwath, Hima, Phanta, Tandulodaka, Mantha, Avaleha, Dhanyamla, Kshirapaka, Panaka, Mamsarasa, Lepa</i> Explain the preparation of <i>Peya, vilepi, yusham, mamsarasa</i>. - Explain about the importance of diet according to panchakarma procedure	Demonstrate the method of preparing <i>Swarasa, Kalka, Kwath, Hima, Phanta, Tandulodaka, Mantha, Avaleha, Dhanyamla, Kshirapaka, Panaka, Mamsarasa, Lepa</i>

Inventory Control

Terminal Outcomes:

- Demonstrate the technique of maintaining inventory or stock
- Maintain inventory register and checklist
- Report any loss of commodities and inventory

Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
- Explain the importance of maintaining stock - Explain the importance of keeping a record of manufacturing and expiration dates - Report any loss of commodities or consumables as per organizational policy - Discuss inventory replenishment and distribution systems - Understand the importance of Identifying, recording and removing stock not complying with inventory control guidelines - Explain about Re-process or discard stock processes which are not complying with inventory control guidelines - Explain the FIFO (first in and first out) process.	- Prepare a chart for the steps for inventory control and management. - Visit a department to check the process of inventory management and prepare a report on the best practices.

Therapeutic communication skills

Terminal Outcomes:

- Communicate effectively with co-workers.
- Organize and prioritize work to complete assignments on time.
- Adhere to the organizational code of conduct while handling conflicts.

Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Discuss the importance of effective communication with patients, relatives, and colleagues. • Describe the attributes of a team player. • Discuss confidentiality and privacy practices related to patient information. • Discuss the importance of teamwork. • Explain work ethics in the Ayurveda Hospital set-up. • Discuss the importance of following rules and policies of organization for maintaining code of conduct and scope of work. • Discuss the various communication styles for maintain gender neutral behaviour and PwD (Divyangs) sensitivity.	• Demonstrate the usage of technical terms to ensure effective communication. • Apply time management skills during daily activities. • Prepare reports using the information gathered from observation, experience, reasoning, or communication.

Reporting and Documentation

Terminal Outcomes:

- Demonstrate technical skills of Storage and retention and retrieval of database and records.
- Maintain confidentiality of records

Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Define the scope of practice for panchakarma technicians in reporting and documentation • Define and discuss the method of reporting matrix. • Explain the importance of maintaining of records. • Explain the various types of records to be maintained by the panchakarma technician • Demonstrate essential components of various records and the method of their documentation and retrieval • Explain essential components of various records and the method of their documentation and retrieval • Explain abbreviations and symbols relevant to Panchakarma procedures	• Enter data in various forms and format according to the standard guidelines. • Create a sample set of documents to record procedure related information of client. • Demonstrate how to compile all the relevant information in sample formats necessary to create the database of client.

Safety and emergency response at workplace

Terminal Outcomes

- Respond to institutional emergencies safely and appropriately.

Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
- List the precautions to be taken for personal safety. - Explain the use of protective devices such as restraints and safety devices. - List the hospital emergency codes. - Explain about fire emergencies and safe use of electrical appliances Explain Disaster management techniques to deal with institutional emergencies. - List the common emergencies which could happen in a healthcare setting. - Explain about First Aid Kit and its components and its applicability - Discuss standard protocols while providing first aid care to victims - List the various do's and don'ts to be followed while providing first aid care	- Demonstrate usage of hospital emergency codes and basic emergency response in a mock drill depicting an institutional emergency. - Create a chart depicting common emergency situations and its referral mechanism in a Panchakarma Unit.

Infection control policies and procedures

Terminal Outcomes

- Develop techniques of self-hygiene.
- Apply infection control policies and procedures during daily activities.

Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
- Explain the concept of healthy living. - Describe the importance of infection control and prevention. - List strategies for preventing transmission of pathogenic organisms. - Describe the nosocomial infections or hospital acquired infections. - Explain the importance of incident reporting. - Discuss in brief about pandemics and special precautions taken during it. - Explain the concept of immunization. - Describe the hand-hygiene guidelines and procedures used in healthcare-settings. - Explain the importance of using Personal Protective Equipment (PPE). - List the types of PPE. - Describe the process of wearing and removing each of the PPE. - Explain various vaccinations against common infectious diseases.	- Demonstrate the steps of spill management. - Demonstrate the procedures of hand hygiene. - Demonstrate donning, doffing and discarding of PPE

Bio Medical Waste Management

Terminal Outcomes

- Dispose of different types of biomedical waste in appropriate colour coded bins/containers.
- Apply local guidelines of biomedical waste disposal system during daily activities.

Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Categorize the different types of biomedical waste. • Explain the importance and mechanism of proper and safe disposal, transportation and treatment of bio-medical waste. • Identify the various types of colour coded bins/containers used for disposal of biomedical waste. • Explain the importance of following local guidelines of biomedical waste disposal.	• Segregate the biomedical waste applying the local guidelines. • Create a chart depicting different types of biomedical waste and various types of colour coded bins/containers used for disposal of biomedical waste.