

JAI SHRI SIDDHIVINAYAK FONDATIONS

B.R.HARANE AYURVEDIC MEDICAL COLLEGE

Karav- Vangani

DEPARTMENT OF PANCHAKARMA

ADVANCE TEACHING PROGRAMME (ATP) - UG Theory

Batch Third B.A.M.S 2021-2022

Sr no.	MONTH	NAME OF TOPIC	LH	NLHT	NLHP (HOURS) 9AM-11.30AM	FACULTY
1 1ST TE RM		Fundamentals of Panchakarma	6	2	4	
	APRIL 2025	1.Introduction to Panchakarma	1			DR VIJAYA
		2. Panchakarma in Swastha and Atura	1		1	DR KUSH P.
		3.Indications and contraindications of Shodhana	1	1	1	DR SAIBANNA
		4.Agni and Koshta Pariksha in Panchakarma	1	1		DR ALKA
		5. Principles in Shodhana	1		1	DR SAIBANNA
		6.Requirements of Panchakarma theatre	1			DR KUSH P.
2		Snehana Karma	16	12	28	
	MAY 2025	1.Introduction	1	1	1	DR VIJAYA
		2. Sneha Dravya	1	1	1	DR ALKA
		3.Lipids	2	2	2	DR KUSH
	JUNE 2025	4.Rookshana	2	2	2	DR SAIBANNA
		5.Abhyantara Snehana	4	2	2	DR KUSH / DR SAIBANNA

		6.Bahya Snehana -1	3	2	2	DR ANIKET
		Bahya Snehana -2	3	2	2	DR SAIBANNA
3	JULY 2025	Swedana Karma	9	4	10	
		1.Introduction	1			DR ALKA
		2. Swedana Dravya	1			DR ANIKET
		3.Indications and Contraindications of Swedana -1	1	1		DR SAIBANNA
		3.Indications and Contraindications of Swedana -2	1			DR KUSH
	AUGUST 2025	4. Sagni Sweda	1	1	2	DR ANIKET
		5.Niragni Sweda	1			DR KUSH
		7. Principles of practice of Swedana Karma in Sandhigata Vata, Vatarakta, Pakshaghata, Ardita, Gridhrasi, Amavata	1	1	2	DR KUSH/DR SAIBANNA
		8. Swedana Karmukata	1	1		DR VIJAYA
4 2 ND TE RM	SEPT 2025	Special Procedures: Sankara Sweda, Ksheeradhooma, Pizhichil, Dhanyamladhara, Takradhara, Thalam and Thalapothichil and Annalepa	7	9	19	
		Definition, Types, Procedure and Benefits of: 1. Sankara Sweda-1	1	1	1	DR ANIKET
		1. Sankara Sweda-2		1	1	DR BHAGYRSHR EE
		2.Ksheeradhooma	1	1	1	DR KUSH
		3. Pizhichil	1	1	1	DR SAIBANNA
		4.Dhanyamladhara	1	1		DR ALKA

		5.Takradhara	1	1	1	DR SAIBANNA
		6.Thalam	1	1	1	DR BHAGYASHR EE
		Thalapothichil		1	1	DR ANIKET
		7.Annalepa	1	1	1	DR VIJAYA
5	OCT-2025/N OV 2025	Physiotherapy	6	1	7	
		1.Introduction	1	1		DR SAIBANNA
		2. Static exercise 3.Isotonic Exercise	1		1	DR ANIKET
		4.Deep Heating Modalities 5. Superficial Heating Modalities	2		1	DR ALKA
		6.Electro Therapy 7.Manual Therapy	2		1	DR ANIKET
6	DEC 2025	Vamana Karma	13	7	15	
		1.Introduction	1	1		DR BHAGYASHR EE
		2.Indications and Contraindications of Vamana Karma	1	1		DR VIJAYA
		3. Purva Karma of Vamana	2	2	1	DR ANIKET
		4. Pradhana Karma of Vamana	2	1	1	DR ANIKET
		5. Paschat Karma of Vamana	1	1	1	DR BHAGYASHR EE
	JAN 2026	6. Sadyo Vamana	1	1	1	DR ANIKET
		7.Vamana Karmukata	1			DR MANASI
		8. Principles of practice of Vamana Karma in Shwasa	1		1	DR MANASI
		Amlapitta,	1		1	DR VIJAYA
		Kushta	1		1	DR VIJAYA
		Yuvanapidaka	1			DR MANASI

7	FEB 2026	Virechana Karma	13	7	15	
		1.Introduction	1			DR ANIKET
		2.Classification of Virechana	1	1		DR VIJAYA
		3. Principles of selection of Virechana formulations	2	1	1	DR ANIKET
		4.Indications and Containdications of Virechana Karma	1	1		DR BHAGYASHREE
		5. Purva Karma of Virechana	1	1	1	DR MANASI
	MARCH 2026	6. Pradhana Karma of Virechana	2	1	1	DR MANASI
		7. Paschat Karma of Virechana	1		1	DR BHAGYASHREE
		8.Virechana Karmukata	1			DR VIJAYA
		9. Principles of practice of Virechana Karma in Kushta,	1	1	1	DR MANASI
		Prameha	1	1	1	DR BHAGYASHREE
		Vatarakta,	1	1	1	DR ANIKET
		Pakshaghata	1			DR MANASI
8	3RD TERM-APRIL 2026	Basti Karma	18	10	25	
		1.Introduction	1			DR MANASI
		2.Basti Yantra and Matra	1	1	1	DR BHAGYASHREE
		3. Anuvasana and Anuvasanopaga, Asthapana and Asthapanopaga Dravya	1	1		DR VIJAYA
		4.Indications and Contra indications of Anuvasana Basti	1	1		DR MANASI

		5. Purva Karma of Anuvasana Basti	1	2	1	DR MANASI
		6. Pradhana Karma of Anuvasana Basti	1		1	DR BHAGYASHREE
		7. Paschat Karma of Anuvasana Basti	1		1	DR BHAGYASHREE
		8.Indications and Contra indications of Niruha Basti	1	1		DR VIJAYA
		9. Purva Karma of Niruha Basti	1		1	DR BHAGYASHREE
		10. Preparation of Basti Dravya	1		1	DR ANIKET
		11. Pradhana Karma of Niruha Basti	1		1	DR MANASI
		12. Paschat Karma of Niruha Basti	1		1	DR ANIKET
	MAY 2026	13.Niruha Basti Karmukata	1	1		DR MANASI
		14.Anuvasana Basti Karmukata	1			DR MANASI
		15.Basti Formulations	2		2	DR ANIKET
		16. Principles of practice of Basti a) Niruha in Gridhrasi and Amavata b) Anuvasana in Kateegraha	2	3		DR ANIKET
9	JUNE 2026	Nasya Karma	10	6	12	
		1.Introduction	1			DR ANIKET
		2. Shirovirechana Gana	1	1		DR VIJAYA
		3. Purva Karma of Nasya	1	1	1	DR MANASI
		4. Pradhana Karma of Nasya	1	1	1	DR ANIKET
		5. Paschat Karma of Nasya	1		1	DR BHAGYASHREE
		6.Nasya formulations	1	1	1	DR ANIKET

		7.Nasya Karmukata	1	1		DR BHAGYASHR EE
		8. Principles of practice of Nasya in Pakshaghata, Apabahuka, Manyastambha and Ardita	3	1	1	DR MANASI
10	JUNE -JULY 2026	Emergency management and Research updates in Panchakarma and Upakarma	2	2	5	
		1.Emergency management	1	2		DR ANIKET/ DR MANASI
		2.Research updates in Snehana, Swedana, Vamana	1		1	DR BHAGYASHR EE
		Virechana, Basti, Nasya and Upakarma			1	DR VIJAYA
	Total Hours		100	60	140	

Sr No	Name of Faculty	Designation
1	Dr Vijaya Vyvhare	Professor and HOD
2	Dr Alka Giri	Associate Professor
2	Dr Bhagyashree Gurav	Associate Professor
3	Dr Saibana Masane	Assistant Professor
4	Dr Kush Pachnekar	Assistant Professor
4	Dr Aniket Bachhav	Assistant Professor
5	Dr Manasi Deshmukh	Assistant Professor