

Gurukul Educational And Research Institute

SHIKSHA SANKUL, SAHASTRADHARA ROAD, NEAR BY IT PARK,

DEHRADUN, UTTARAKHAND PIN CODE - 248013



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Diploma in Panchakarma Therapy

Duration

1Year(12 Months)

Eligibility

- 10th / 12th Pass
- Health & Wellness me interest
- Basic knowledge of Ayurveda preferred

Course Modules

Module 1: Introduction to Ayurveda

- History of Ayurveda
- Basic Principles (Dosha, Dhatu, Mala)
- Tridosha Theory
- Ayurvedic Lifestyle

Module 2: Fundamentals of Panchakarma

- Meaning & Importance
- Types of Panchakarma
- Benefits & Indications
- Contraindications

Module 3: Five Main Panchakarma Therapies

- Vamana (Therapeutic Emesis)
- Virechana (Purgation Therapy)
- Basti (Medicated Enema)
- Nasya (Nasal Therapy)
- Raktamokshana (Blood Letting – Theory)

Module 4: Pre & Post Panchakarma Procedures

- Purvakarma
- Snehana (Oil Therapy)
- Swedana (Steam Therapy)
- Paschatkarma Care

Module 5: Ayurvedic Oils & Medicines

- Types of Oils
- Preparation Methods
- Herbal Formulations
- Storage & Safety

Module 6: Body Therapies & Massage

- Abhyanga
- Shirodhara
- Pizhichil
- Udvartana
- Kati Basti

Module 7: Hygiene & Patient Care

- Therapy Room Setup
- Safety Measures
- Patient Consultation Basics
- Record Maintenance

Module 8: Practical Training & Internship

- Live Demonstration
- Therapy Practice
- Case Study
- Final Practical Assessment

Practical Training

- Oil Massage Practice
- Steam Therapy Setup
- Therapy Demonstration
- Patient Handling
- Final Project Report

Examination Pattern

- Theory – 100 Marks



- Practical – 200 Marks
- Project – 100 Marks
- Viva – 50 Marks

Career Opportunities

- Panchakarma Therapist
- Ayurvedic Therapy Assistant
- Wellness Center Executive
- Spa Therapist
- Self Panchakarma Clinic Owner

