

Dr. Franklin's Panchakarma Institute and Research Centre

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Syllabus for 120 hrs

Panchakarma course

Panchakarma = Poorva Karma + Pradhan Karma + Pachath Karma

I.

- *History of Ayurveda and the basic principles of Ayurveda*
- *Theory about Poorva Karmas like Sirodhara, Sirovasthi, Pizhichil, Massages, Snehapana.*

II.

- *Theory about Pradhan Karma Process i.e. Vamana, Virechana, Nasyam, Snehavasthi and Kashayavasthi*

III.

- *Pachath Karma i.e. soft Massage, Diet & Rest, Medicated warm water bath, Herbal Paste application, Medicated smoke, Medicated mouth wash.*

Practical sessions

- ❖ *Sirodhara*
- ❖ *Sirovasthi*
- ❖ *Pizhichil*
- ❖ *Face Massage e and head Massages,*
- ❖ *Whole body Massage*
- ❖ *Whole body food pressure Massage (Traditional Chavittithirummu)*
- ❖ *Kizhi*
- ❖ *Pichu*
- ❖ *Kadeevasthi*
- ❖ *Nasyam*
- ❖ *Tharpanam*
- ❖ *Karnapooranam etc..*