

# **BSDT's AYURVED MAHAVIDYALAYA, WAGHOLI, PUNE**

## **DEPARTMENT OF PANCHAKARMA**

### **INTRODUCTION**

This department works for undergraduate students of final professionals of B.A.M.S. Panchakarma includes five distinctive therapies viz. Vamam (emesis), Virechan (purgation), Basti (Enema), Nasya (nasal medication) and Raktamokshan (Bloodletting). Panchakarma is a pillar on which the majority of Ayurvedic treatment principals stand. Stress, natural pollutants and poor lifestyle makes a lethal load on the body, which if left in the tissues and circulation, results in poor health. Panchakarma treatment turns around this degenerative process rapidly and its impact is quick and long lasting. Panchakarma utilises a combination of therapies to free the body from accumulated toxins.

This department is well equipped with spacious therapy rooms and pantry with all necessary instruments and trained Therapists and Attendants. Teaching aids include a departmental library, charts, models, audio-video, PPT-PDF presentations.

The department manages various types of panchakarma procedures in the hospital and provides various therapies such as Netra tarpan, Nasya, Janu Basti, Manya Basti, Shirodhara, Talam, etc. It has well equipped and well-furnished cottages, semi special & general rooms including treatment rooms specially designed according to the ancient ayurvedic textual norms in pollution free and healthy environment. Our vision is Samprayogam Sarvesham Siddhirakhyati Karmanam and mission is Swashatsya Swasthya Rakshanamaturasyavikarprashamanam.



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## SUBJECT OUTCOMES

*Upon successful completion of this subject, students will be able to:-*

**SLO 1: Describe** Panchakarma Vidhi / Standard operative Procedures of each Panchakarma w.s.r. to Trividha Karma (Purva-Pradhan-Paschat).

**SLO 2: Discuss** therapeutic indications & contraindications of various types of panchakarma and their allied procedures.

**SLO 3: Demonstrate** various types of panchakarma and their allied procedures

**SLO 4: Identify** appropriate ayurvedic herbs / medicines used in panchakarma procedures according to diagnosis and administer accordingly.

**SLO 5: Assess** patients clinically for panchakarma and their allied procedures.

## SPECIALITY OF PANCHAKARMA DEPARTMENT

### a) Panchakarma for Healthy Persons:

Ayurveda recommended seasonal panchakarma procedures for healthy person to detoxify body and thus too mental health. Our panchakarma department offers specific seasonal panchakarma procedures like Basti, Nasya in rainy season. Vamana in spring season and Virechana and Raktamokshan in autumn season. Along with dietary and lifestyle related guidance to cope up with seasonal changes.

### b) Panchakarma for patients suffering from chronic and incurable disease

A well-equipped panchakarma centre offers treatment to patients suffering from various chronic disease like asthma, arthritis, skin diseases, disease of nervous system, degenerative diseases, avascular necrosis etc.

### c) Panchakarma for cancer patients

We provide special facility of various panchakarma treatments in cancer patients. Panchakarma treatments in cancer patients helps to improve their quality of life and increases disease free survival.

