



Estd : 1989
NCISM College Code : AFU0153
MUHS College Code : 3401

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छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



Amle Batch 2025- 2026 ATP First Term

PAPER 1	MK/DK/NK	LH	NLHT	NLHP	TOTAL MARKS
1	MK MK MK MK MK DK	1.1-CO1: Define panchakarma, panchashodhana & describe the importance of shodhana & its benefits UNK-PA 1 1.2-CO1, CO3: Explain the concept of panchakarma in swastha & atura. UNK-PA 1 1.3-CO1, CO3: Explain general indications & contraindications of shodhana. RDS-PA 1 1.4-CO1: Explain agni & koshta pariksha in panchakarma RDS-PA 1 1.5-CO1, CO3: Explain doshagati & upasthit dosha in panchakarma. MRS -PA 1 1.6-CO1: Describe prakruti prapta purusha lakshana & Asthamahadoshakar bhava. MRS -PA 1	Activity 1 - Topic 1.1 -TCA 1.2 -GSB	Practical 1 - Topic 1.1-DPR 1.2 -GSB 1.3-DAA	8
2	MK MK MK MK MK MK MK MK MK MK	2.1- CO1: Define Sneha and Snehana and describe the classification of Snehana karma UNK-PA 2 2.2- CO1: Describe Guna of Sneha Dravya. UNK-PA 2 2.3- CO2: Describe the Indications of Ghrita.. RDS-PA 2 2.4- CO2: Describe the Indications of Taila.. RDS-PA 2 2.5- CO7: Describe classification of Lipids, Digestion, Absorption and Metabolism of Fat.. MRS -PA 2 2.6- CO1, CO2: Describe the importance and method of Deepana, Pachana and Rookshana in Snehana.. MRS -PA 2	Activity 2 - Topic 2.1- GSB 2.2-TCA 2.3,2.7 - DPR 2.4,2.8 - DAA 2.5,2.9 - UKN 2.6,2.10 - RDS	Practical 2 - Topic 2.1,2.5,2.9-GSB 2.2,2.6,2.10-TCA 2.3,2.7,2.10,2.14 -DPR 2.4,2.8,2.12,2.13 -DAA	12



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	MK MK MK MK	2.7- CO1,CO2: Describe the Guna of Rookshana dravya- Ushnodaka,Dhanyamla, Takra and Samyak Rookshana Lakshana. UNK-PA 2 2.8- CO3,CO4: Describe Indications and contra indications of Abhyantara Snehana. UNK-PA 2 2.9- CO3,CO4: Explain Shodhanartha Snehapana, time of administration, Matra, Kala and Anupana. RDS-PA 2 2.10- CO3,CO4: Explain Shamanartha Snehapana, Kala, Matra and Anupana. RDS-PA 2 2.11- CO3,CO4: Comprehend Brumhana Sneha Kala, Matra and Anupana..MRS -PA 2 2.12- CO3,CO4: Describe definition, indications, contra indications and the benefits of Abhyanga..MRS -PA 2 2.13- CO3,CO4: Explain types of Massage and various Massage Techniques.UKN 2.14- CO3,CO4: Comprehend the concept of Murdha Taila and specific Indications.RDS 2.15- CO3,CO4: Interpret Shiropichu and Shirobasti..MRS -PA 2	2.11 -MRS		
3	MK MK MK MK MK MK MK	3.1- CO1:Describe definition of Sweda,Swedana karma and classsification of Swedana karma with its Guna. UNK-PA 3 3.2- CO1: Describe Guna and Karma of Sweda and Swedopaga Dravya. RDS-PA 3 3.3- CO2,CO3: Explain indications and contraindications of Swedana Karma.MRS -PA 3 3.4- CO3 : Explain indications, contraindications and method	Activity 3 - Topic 3.1, - TCA 3.2-GSB 3.3-MRS	Practical 3 - Topic 3.1,3.6 -GSB 3.2 -TCA 3.3,3.5 -DPR 3.4 -DAA	Principal Kanchanwadi, Chhatrapati Sambhajinagar.



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	MK	of application of Chaturvidha Sweda. UNK-PA 3			
	MK	3.5- CO3: Distinguish the method of application of Sankara Sweda and Nadi Sweda procedure. RDS-PA 3 3.6- CO2: Interpret the Samyak Swedana Lakshana, Ayoga Lakshana and Atiyoga Lakshana. MRS -PA 3 3.7- CO3: Analyze the principles of practice of Swedana Karma in the clinical conditions of Sandhigata Vata, Vatarakta, Pakshaghata, Ardita, Gridhrasi and Amavata. UNK-PA 3 3.8- CO2, CO3, CO4: Analyze the fitness of Sweda in a patient posted for the procedure. RDS-PA 3 3.9- CO1, CO4: Explain Swedana Karmukata. MRS -PA 3			
TOTAL MARKS:					32

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AMLE BATCH SYLLABUS TERM WISE, DEPT. OF PANCHAKARMA

1st Term syllabus

Sr. No.	Topics	Term	Marks	Lecture Hours (LH)	Non-Lecture Hours Theory (NLHT)	Non-Lecture Hours Practical (NLHP)
1	Fundamentals of Panchakarma	1	8	6	2	4
2	Snehana Karma	1	12	16	12	28
3	Swedana Karma	1	12	9	4	10
	Total		32	31	18	42

2nd Term Syllabus

Sr. No.	Topics	Term	Marks	Lecture Hours (LH)	Non-Lecture Hours Theory (NLHT)	Non-Lecture Hours Practical (NLHP)
1	Special Procedures: Sankara Sweda, Ksheeradhooma, Pizhichil, Dhanyamladhara, Takradhara, Thalam and Thalapothichil and Annalepa	2	10	7	9	19
2	Physiotherapy	2	5	6	1	7
3	Vamana Karma	2	10	13	7	15
4	Virechana Karma	2	10	13	7	15
	Total		35	39	24	56

3rd Term Syllabus

Sr. No.	Topics	Term	Marks	Lecture Hours (LH)	Non-Lecture Hours Theory (NLHT)	Non-Lecture Hours Practical (NLHP)
1	Basti Karma	3	18	18	10	25
2	Nasya Karma	3	10	10	6	12
3	Emergency management and Research updates in Panchakarma and Upakarma	3	5	2	2	5
	Total		33	30	18	42



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DEPARTMENT OF PANCHAKARMA

ATP IInd Term Syllabus (Oct 25 to March 26) (LH-40, NLHT-19, NLHP-25)

[Special Procedures-10 marks, MCQ, SAQ, LAQ; Physiotherapy -5 Marks, SAQ; Vamana Karma & Virechana Karma-10 marks each, MCQ, SAQ, LAQ]

Category	PA	Topic	Faculty	Description
LECTURE HOURS -LH (MK)				
LH (CO2, 3)	PA3	4.1	UKN	Explain the definition, types, procedure and benefits of Sankara Sweda
LH (CO2, 3)	PA3	4.2	UKN	Explain the definition, types, procedure and benefits of Ksheeradhooma
LH (CO2, 3)	PA3	4.3	RDS	Explain the definition, types, procedure and benefits of Pizhichil
LH (CO2, 3)	PA3	4.4	RDS	Comprehend the definition, types, procedure and benefits of Dhanyamladhara
LH (CO2, 3)	PA3	4.5	MRS	Explain the definition, types, procedure and benefits of Takradhara
LH (CO2, 3)	PA3	4.6	MRS	Explain the definition, types, procedure and benefits of Thalam and Thalapothichil
LH (CO2, 3)	PA3	4.7	MRS	Interpret the definition, types, procedure and benefits of Annalepa
LH (CO7)	PA4	5.1	UKN	Define Physiotherapy and describe the scope and importance of Physiotherapy in practice.
LH (CO7)	PA4	5.2	UKN	Explain the physiological benefits of Static exercises
LH (CO7)	PA4	5.3	RDS	Explain the physiological benefits of Isotonic exercises.
LH (CO7)	PA4	5.4	RDS	Distinguish the physiological effects of deep heating modalities & Superficial heating modalities
LH (CO7)	PA4	5.5	MRS	Explain the clinical indications & physiological effects of Electrotherapy
LH (CO7)	PA4	5.6	MRS	Interpret the specific applications & physiological effects of Manual therapy
LH(CO1, 3)	PA4	6.1	UKN	Define Vamana and describe the indications and contraindications of Vamana Karma

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Category	PA	Topic	Faculty	Description
LECTURE HOURS -LH (MK)				
LH(CO2,4)	PA4	6.2	UKN	Explain the Purva Karma of Vamana with Sambhara Sangraha & Atura Pariksha.
LH(CO2,4)	PA4	6.3	UKN	Explain Atura Siddhata including Abhyantara Snehapana, Vishrama Kala procedures and Vamaka Yoga preparation with anupana and dose
LH(CO2,4)	PA4	6.4	UKN	Explain Pradhana Karma with administration of Vamana Yoga, analysis of Lakshana indicating Doshagati, management during Vamana Karma and observation of Vega
LH(CO2,4)	PA4	6.5	RDS	Explain the symptoms of Samyak, Ayoga, Atiyoga with Chikitsa of Ayoga and Atiyoga
LH(CO2,4)	PA5	6.6	RDS	Explain Paschat Karma including assessment of Shuddhi, Dhoompana & Kavala, Samsarjana Krama and Parihara Vishaya of Vamana
LH(CO4,6)	PA5	6.7	RDS	Explain Vamana Vyapat and Chikitsa
LH(CO3)	PA5	6.8	RDS	Explain the concept of Sadyo Vamana
LH(CO1,3)	PA5	6.9	MRS	Explain Vamana Karmukata
LH(CO1,3)	PA5	6.10	MRS	Analyze the principles of practice of Vamana in Kushta
LH(CO1,3)	PA5	6.11	MRS	Analyze the principles of practice of Vamana in Shwasa
LH(CO1,3)	PA5	6.12	MRS	Analyze the principles of practice of Vamana in Yuvanapidaka
LH(CO1,3)	PA5	6.13	MRS	Analyze the principles of practice of Vamana in Amlapitta
LH(CO1)	PA5	7.1	UKN	Define Virechana and describe the indications and contraindications
LH(CO1)	PA5	7.2	UKN	Describe the types of Virechana
LH(CO2)	PA5	7.3	UKN	Apply the principles of selection of Virechana formulations Trivrut Lehya, Avipathi Choorna, Abhayadi Modaka, Gandharveranda Taila
LH(CO2,4)	PA5	7.4	UKN	Describe the Sambhara Sangraha and Atura Pariksha



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Category	PA	Topic	Faculty	Description
LECTURE HOURS -LH (MK)				
LH(CO2,4)	PA5	7.5	RDS	Explain Aatura Sidhata including Abhyantara Snehapana ,Vishrama Kala procedures and Virechana Yoga with Anupana and dose
LH(CO4)	PA5	7.6	RDS	Explain the administration of Virechana Yoga and observation of Vega
LH(CO4,6)	PA5	7.7	RDS	Infers the symptoms of Samyak, Ayoga, Atiyoga of Virechana with Chikitsa of Ayoga and Atiyoga
LH(CO4,6)		7.8	RDS	Explain Paschat Karma of Virechana including assessment of Shuddhi, Samsarjana Krama and Parihara Vishaya of Virechana
LH(CO4,6)		7.9	RDS	Explain Virechana Vyapat and Chikitsa
LH(CO1,3)		7.10	MRS	Explain Virechana Karmukata
LH(CO3)		7.11	MRS	Analyse principles of practice of Virechana Karma in Kushta
LH(CO3)		7.12	MRS	Analyse principles of practice of Virechana Karma in Vatarakta
LH(CO3)		7.13	MRS	Analyse principles of practice of Virechana Karma in Pakshaghata
LH(CO3)		7.14	MRS	Analyse principles of practice of Virechana Karma in Prameha
NON LECTURE HOURS TEACHING-NLHT(MK)				
NLHT(CO1)	PA3	4.1	UKN	Discriminate regional variations in practice of Pizhichil
NLHT(CO1)	PA3	4.2	RDS	Comprehend the concept of Sankara Sweda
NLHT(CO1)	PA3	4.3	MRS	Identify and categorise various drugs used for Thalam and Thalapothichil
NLHT(CO1, 3)	PA3	4.4	GSB	Comprehend the utility of Thalapothichil
NLHT(CO1, 4)	PA3	4.5	MRS	Comprehend the procedure of Takradhara
NLHT(CO1, 3)	PA3	4.6	CAT	Identify variations in practice of Takradhara
NLHT(CO1, 3)	PA3	4.7	PDR	Infer the clinical utility of Dhanyamla
NLHT(CO1, 7)	PA4	5.1	HDK	Relate the integration of Physiotherapy and Ayurvedic approaches
NLHT(CO1, 3)	PA4	6.1	UKN	Explain the Indications and contraindications of Vamana Karma



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Category	PA	Topic	Faculty	Description
LECTURE HOURS -LH (MK)				
NLHT(CO2)	PA4	6.2	RDS	Enlist and Identify Vamana and Vamanopaga dravya and describe the properties of Vamana drugs
NLHT(CO3)	PA4	6.3	MRS	Prepare a disease wise Vamana Purva Karma chart
NLHT(CO4, 8)	PA4	6.4	GSB	Illustrating patient counselling for Vamana karma
NLHT(CO4)	PA4	6.5	MRS	Show comprehensive knowledge of Vamana Paschat Karma
NLHT(CO3)	PA5	6.6	CAT	Comprehend the concept of Sadyo Vamana
NLHT(CO1)	PA5	7.1	PDR	Explain Indications and contraindications of Virechana Karma
NLHT(CO2)	PA5	7.2	HDK	Enlist and identify Virechana and Virechanopaga Dravya and describe the properties of Virechana Dravya
NLHT(CO3)	PA5	7.3	UKN	Prepare a disease wise Virechana Purva Karma chart
NLHT(CO3)	PA5	7.4	RDS	Distinguish Nitya Virechana and Koshta Shodhana in patients
NLHT(CO1, 3)	PA5	7.5	GSB	Analyze the principles of selection of formulations for Virechana
				NON LECTURE HOURS PRACTICAL- NLHP (MK)
NLHP(CO3)	PA3	4.1	GSB	Demonstrate the preparation, procedure of various Sankara Sweda with their therapeutic indications.
NLHP(CO3)	PA3	4.2	CAT	Demonstrate the procedure of Ksheeradhooma with therapeutic indications.
NLHP(CO3)	PA3	4.3	PDR	Demonstrate the procedure of Pizhichil with therapeutic indications
NLHP(CO3)	PA3	4.4	HDK	Demonstrate the procedure and preparation of Dhanyamladhara with its therapeutic indications.
NLHP(CO3)	PA3	4.5	GSB	Demonstrate the procedure and preparation of Takradhara with its therapeutic indications.
NLHP(CO3, 5)	PA3	4.6	CAT	Demonstrate the procedure and preparation of Thalam and Thalapothichil with their therapeutic indications.



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Category	PA	Topic	Faculty	Description
LECTURE HOURS -LH (MK)				
NLHP(CO3, 4,5)	PA3	4.7	PDR	Demonstrate the procedure and preparation of Annalepa with its therapeutic indications.
NLHP(CO7)	PA4	5.1	HDK	Demonstrate the Isotonic exercises, benefits and proper techniques to perform.
NLHP(CO7)	PA4	5.2	GSB	Demonstrate Superficial heating modalities and Deep heating modalities.(DK)
NLHP(CO7)	PA4	5.3	CAT	Demonstrate Interferential Therapy (IFT) , Transcutaneous Electrical Nerve Stimulation (TENS) and Muscle Stimulation Therapy (MST) (DK)
NLHP(CO7)	PA4	5.4	PDR	Demonstrate Manipulation techniques for Shoulder joint, Knee joint and Spine disorders(DK)
NLHP(CO5)	PA4	6.1	HDK	Demonstrate Purva Karma of Vamana
NLHP(CO5)	PA4	6.2	GSB	Demonstrate Pradhana Karma of Vamana
NLHP(CO5)	PA4	6.3	CAT	Demonstrate Paschat Karma of Vamana
NLHP(CO5)	PA4	6.4	PDR	Demonstrate Sadyo Vamana
NLHP(CO5)	PA4	6.5	HDK	Demonstrate Vamana Karma in Shwasa
NLHP(CO5)	PA5	6.6	GSB	Demonstrate Vamana Karma in Amlapitta
NLHP(CO5)	PA5	6.7	CAT	Demonstrate Vamana Karma in Kushta
NLHP(CO5)	PA5	7.1	PDR	Demonstrate Purva Karma of Virechana
NLHP(CO5)	PA5	7.2	HDK	Demonstrate Pradhana Karma of Virechana
NLHP(CO5)	PA5	7.3	GSB	Demonstrate Paschat Karma of Virechana
NLHP(CO5)	PA5	7.4	CAT	Demonstrate Virechana Karma in Kushta
NLHP(CO5)	PA5	7.5	PDR	Demonstrate Virechana Karma in Vatarakta
NLHP(CO5)	PA5	7.6	HDK	Demonstrate Virechana Karma in Pakshaghata
NLHP(CO5)	PA5	7.7	GSB	Demonstrate Virechana Karma in Prameha



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