

SYLLABUS OF PANCHKARMA NURSE

Examination Pattern-

Test Component	Number of Questions	Maximum Marks
Fundamentals of Panchkarma	40	40
AYUSH Nursing Subjects	40	40
General Awareness, Ethics and Computer Knowledge	20	20
Total	100	100

Nature of Examination-

- Objective Type Multiple Choice Questions (MCQs)

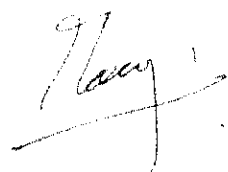
Medium of Examination-

- English and Hindi

DETAILED SYLLABUS:

Section I : Fundamentals of Panchkarma : 40 Marks

Topics	Subtopics
Panchkarma basics	General introduction to chikitsa, Shadupakramas, The classical ayurvediya panchakarma - the stages of panchakarma treatment a) purva karma, b) pradhana karma and c) paschat karma. Classification of panchakarma according to kaya chikitsa and shalya.
Purva Karma	Snehana karma- Properties, basic sources of sneha dravyas, indications of snehana, contra - indications of snehana, procedures of snehana, anupana in snehana, observations of the patient – a) features of samyak snehana (adequate), b) features of asamyak snehana (inadequate), c) features of atisnehan (excessive) d) sneha vyapada, post snehana regimen. Swedana karma- Classification – sagni & Anagni, Indications, contra-indications, procedure of swedana, observations of the patient- a) Samyak sweda, b) Asamyak sweda, c) Ati sweda, post swedana regimen, mode of action of sweda.
Pradhana Karma	Vamana karma- Introduction, pharmacodynamic properties of vamaka dravyas, indications, contra- indications, procedure of vamana, pathya – apathya, samyak vamana, asamyak vamana, ati vamana sam sarjana karma. Virechana karma: Introduction, Virechana drugs, indications of virech, Ana, contra- indications procedure of virechana, general precautions, samyak virechana, asamyak virechana, ati- virechana, virechana vyapada. Vasti karma: Introduction Classification, Indications for Asthapana, Contra-indications for Asthapana, Indications for Anuvasana, Contra-indications for Anuvasana, Procedure of Vasti, Post Vasti, Regimen, Vasti Vyapada.



	Siro- virechanh karma (or) nasya karma: Introduction, Classification, Navana nasya, Avapida nasya, Pradhamana nasya, Dhuma nasya, Marsa-Pratimarsa nasya, Nasya drugs, And their procedcodynamics, Indications, Contraindications, Procedure of nasya, Post nasya regimen, Samyak nasya, Asmyak nasya, Ati nasya, Nasya vyapad. Rakthamokshana: Introduction Classification, Features of normal rakta, Functions of rakta, Indications of raktamokshana, Contra- mokshana, Jalauka avacharana, Sira- Vyadha.Indications contra – indications, Samyak, Sira- Vyadha, Asamyak sira- Vyadha, Ati sira- Vyadha, Rakta stambana, Post – Rakta mikshana regimen, Prachana, Alabu, Ghati- Yantra. The vahih parimarjana therapies of Ayurveda – an introduction Dhara: Introduction Classifications, dhroni – Vidhanam Sarawavidhara, Stri- Stanya Yukta kshra dhara, Thaila dhara, Kwatha (Ausadhi0 dhara, Siro-Dhara procedure.. Kayaseka: Introduction, The Procedure. Complications. Siro vasti: Introduct on, Preparation, Method Udvartana: Introduction, Preparation, Method Kriyakalpa: Types, Indication, Contraindications, Complications Lepa: Types, Method of Preparation, Indications and Contraindications
Paschata karma	Samsarjana Krama (dietary regimen) and observation of Samyak/Ayoga/Atiyoga Lakshanas (signs of proper/inadequate procedures).
Basic Life Support	High-Quality CPR, the Chain of Survival, AED protocols, Foreign Body Airway Obstruction (choking), and rescue breathing
Hospital Infection Control	Chain of Infection, Standard & Transmission-Based Precautions, Hand Hygiene, PPE, and Biomedical Waste Management

Section II: AYUSH Nursing Subjects: 40 Marks

Topic	Subtopics
Basic Principles of Ayurveda	Introduction to Ayurveda, objectives of health, fundamental concepts of Tridosha, Dhatu, Mala and Ojas
Ayurvedic Physiology and Pathology	Agni, Ama, Srotas, Dosha-Dhatu-Mala balance, common disorders and basic disease concepts
Dinacharya and Ritucharya	Daily regimen, seasonal regimen, lifestyle measures for health promotion and prevention
Dravyaguna Vigyana	Rasa, Guna, Virya, Vipaka and Prabhava; identification and therapeutic use of medicinal plants
Medicinal Plants and Drug Basics	Common medicinal plants, parts used, indications, collection, preservation and storage
Basic Human Anatomy and Physiology	Cell, tissues, skeletal system, blood, cardiovascular system, respiratory system, digestive system, endocrine system and nervous system

Rasa Shastra	Parada Samskara, Kajjali, Bhasma, Sindura, Parpati, Kupipakwa Rasayana and safety aspects
Bhaishajya Kalpana	Panchavidha Kashaya Kalpana, Asava-Arishta, Avaleha, Churna, Vati, Taila, Ghrita and formulation basics
Nutrition and Swasthavritta	Balanced diet, preventive healthcare, yoga awareness and lifestyle management

Section III: General Awareness, Ethics and Computer Knowledge: 20 Marks

Topic	Subtopics
General Awareness	Current affairs, Indian health system, government health schemes and science awareness
Professional Ethics	Nursing ethics, patient confidentiality, legal responsibilities and professional conduct
Computer Fundamentals	MS Office, internet and email usage, digital health records and telemedicine basics
Communication Skills	Medical terminology, report writing, comprehension and interpersonal communication

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