

# NATIONAL COLLEGE OF AYURVEDA AND HOSPITAL

## DHANI GARAN ROAD BARWALA HISAR HARYANA



## PROSPECTUS



### Certificate Course in Panchakarma Technician 2026

#### Department of Panchakarma

National College of Ayurveda and Hospital

Dhani Garan Road, Barwala (Hisar) Haryana-125121

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Phone: 9580700028, 8222896628

## 1. Introduction

Panchakarma is a core therapeutic branch of Ayurveda that focuses on detoxification, rejuvenation, and restoration of body balance through specialized procedures. With the increasing demand for Ayurvedic wellness services in hospitals, health retreats, naturopathy centers, medical tourism, and spa industries, trained Panchakarma Technicians are in high demand. This certificate course aims to provide students with professional-level skills in administering Panchakarma therapies safely and effectively under the supervision of certified Ayurvedic physicians.

## 2. Objectives of the Course

- To provide foundational and practical knowledge in Ayurvedic Panchakarma therapies.
- To train students in safe and effective participation in Panchakarma detoxification and rejuvenation procedures.
- To develop competency in patient handling, therapy setup, documentation, and hygiene protocols.
- To prepare students for employment in Ayurvedic hospitals, wellness centers, naturopathy units, and health spas.
- To promote holistic and traditional approaches to health care and wellness.

## 3. Course Structure

- Theory Classes:

For 1 year course : 6 Months (Hybrid mode)

- Practical Training: 3 months for 1 Year course
- Clinical Internship: 3 months for 1 Year course

## 4. Fundamental Concepts (Theory Modules)

### I. Basics of Ayurveda

- Panchamahabhuta (Five Elements)
- Tridosha Theory (Vata, Pitta & Kapha)
- Dhatus, Mala, Agni & Ojas
- Prakriti & Vikriti Assessment

### II. Introduction to Panchakarma

- Meaning, Scope, and Benefits
- Detoxification and Rejuvenation Concepts
- Indications and Contraindications

### III. Pre-Panchakarma Procedures

- Snehana (Internal & external oleation)
- Swedana (Types of sudation therapy)

### IV. Main Panchakarma Therapies

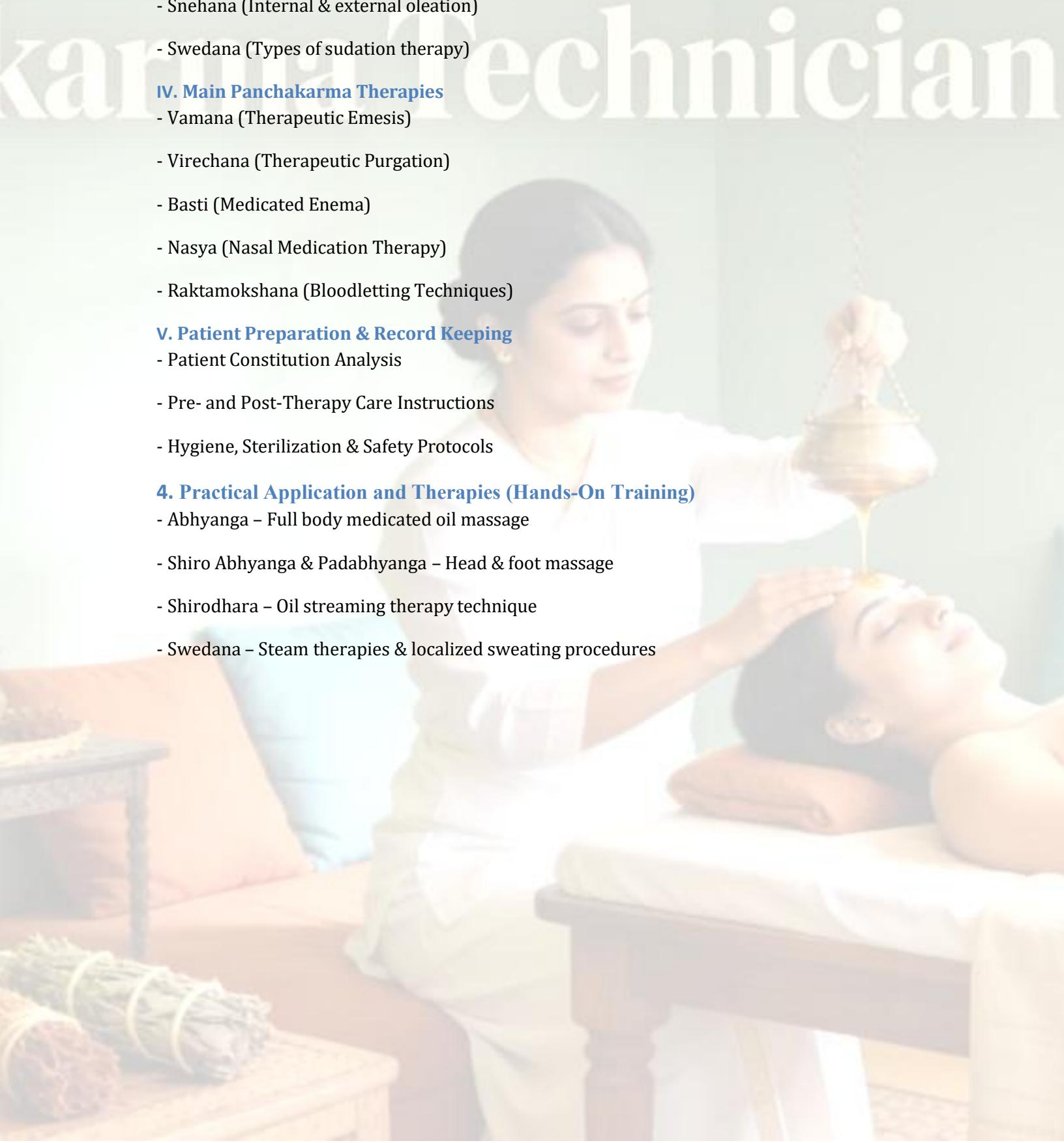
- Vamana (Therapeutic Emesis)
- Virechana (Therapeutic Purgation)
- Basti (Medicated Enema)
- Nasya (Nasal Medication Therapy)
- Raktamokshana (Bloodletting Techniques)

### V. Patient Preparation & Record Keeping

- Patient Constitution Analysis
- Pre- and Post-Therapy Care Instructions
- Hygiene, Sterilization & Safety Protocols

### 4. Practical Application and Therapies (Hands-On Training)

- Abhyanga – Full body medicated oil massage
- Shiro Abhyanga & Padabhyanga – Head & foot massage
- Shirodhara – Oil streaming therapy technique
- Swedana – Steam therapies & localized sweating procedures



- Basti Administration – Preparation & application under physician supervision
- Nasya Therapy – Nasal medication administration
- Kati Basti, Janu Basti, Greeva Basti – Local oil retention therapies
- Udvartana – Herbal powder massage for toning
- Patient Documentation & Observation
- Therapy Room Setup and Equipment Maintenance

## 5. Advanced and Special Topics

- Panchakarma Diet Guidelines (Pathya & Apathya)
- Yoga & Breathing Supportive Techniques
- Panchakarma in Lifestyle Disorders
- Stress and Emotional Balance Techniques
- Basics of Panchakarma Unit Management
- Patient Counseling and Communication

## 6. Course Assessment

- Written Examination: Minimum passing marks 50%.
- Practical Examination: Demonstration of therapy procedures, minimum passing marks 50%.
- Internship / Case Logs: - Clinical Internship Logbook Verification
- Final Viva Examination  
Minimum 30–45 Days of Clinical Training.

## 7. Career Opportunities

- Panchakarma Technician / Therapy Assistant
- Wellness & Spa Therapist (Ayurvedic Centers)
- Ayurvedic Hospital Panchakarma Unit Staff
- Therapist at Yoga & Wellness Retreats
- Home-based Panchakarma service provider (under physician supervision)

**8. Fee structure :** candidates found eligible and selected for the

course will be admitted only after payment of Course fee

For Indian candidates : total Fee 50000 INR

For International Candidates : total Fee 1200 USD



## **NATIONAL College OF AYURVEDA & HOSPITAL** **APPLICATION FORM**

### **Certificate Course in Ayurveda Panchakarma Technician**

#### **A. PERSONAL INFORMATION-**

1. Name (CAPITAL letters):
2. Age -
3. Gender
4. Date of Birth
5. Father's/Husband's Name:
6. Address..... Pin code.....
7. Email-ID-
8. Registration No.
9. State Board of Registration:
10. Nationality-(Govt.ID)
11. Category (Foreign National/General/SC/ST/OBC/PH/EWS/ Ex. Serviceman
12. Mobile No:

#### **B. EDUCATIONAL QUALIFICATION:**

Exam	Specialization	Institute/University	Year of Passing	% Marks/CGPA
10TH				
12TH				
UG				
PG				
Others				

#### **C. DETAILS OF EMPLOYER (IF WORKING):**

#### **Type of current employer**

#### **D. UPLOAD DOCUMENTS:**

Candidate image, Sign image, 10th marksheet, 12th marksheet, UG, Residence proof, Valid Govt ID ,Proof, Registration certificate, category certificate, NOC/Recommendation from current employer(ifapplicable)

Application Fee- 1000/

Course Fee – 50000/-