

# NATIONAL COLLEGE OF AYURVEDA AND HOSPITAL

## DHANI GARAN ROAD BARWALA HISAR HARYANA



## Prospectus



### Certificate Course in Ayurvedic Nursing & OT Assistant 2026

#### Department of Shalya Tantra

National College of Ayurveda and Hospital

Dhani Garan Road, Barwala (Hisar) Haryana-125121

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## PREFACE

The Diploma in Ayurveda Nursing Assistant and Occupational Therapy Assistant (OTA) is designed to equip students with essential knowledge and practical skills required to support holistic healthcare using traditional Ayurveda principles and modern rehabilitation techniques. This program bridges time-honored Ayurvedic healing methods with contemporary approaches in occupational therapy to foster comprehensive patient care and rehabilitation.

Ayurveda, one of the world's oldest holistic medical systems, emphasizes balance in body, mind, and spirit to promote health and well-being. Nursing assistants trained in Ayurveda play a vital role in assisting practitioners in delivering personalized care that aligns with these principles. Meanwhile, Occupational Therapy Assistants contribute by helping patients regain, develop, or maintain functional abilities, thereby improving their quality of life.

This diploma program prepares learners for diverse healthcare settings, emphasizing hands-on training and ethical practice. Graduates emerge as competent professionals capable of facilitating effective patient care, encouraging preventive health practices, and collaborating within multidisciplinary teams.

The curriculum integrates theory, clinical practice, and community health outreach, fostering a deep understanding of both Ayurveda and occupational therapy's supportive roles. This foundation empowers students not only to assist skilled practitioners but also to promote holistic health approaches in the evolving healthcare landscape.

**Date:**

**Place:**

**Dr. Ranjit M Solankar**  
Chairman,  
Syllabus Drafting Committee  
Department of Shalya Tantra,  
National College  
of Ayurveda and Hospital, Barwala HR

## Title of the course- Diploma in Ayurvedic Nursing & OT Assistant

### Objectives-

1. To train students as skilled Ayurvedic Nursing and Operation Theatre Assistants.
2. To impart knowledge of Ayurvedic and modern surgical asepsis, sterilization, and OT protocols.
3. To develop practical ability in assisting during Shalya Tantra procedures including Kshara Sutra, Agnikarma, Raktamokshana, and Vrana Chikitsa.
4. To integrate nursing principles with Ayurvedic Snehana, Swedana, Lepana, and wound management techniques.
5. To prepare competent assistants for Ayurvedic hospitals, Panchakarma & surgical units.

- **Duration** - 2 year  
1200 Hours (Theory – 480,  
Practical – 720)

- **Eligibility** - 10+2 (Science stream –  
Physics, Chemistry, Biology)

Capacity - 30

## Course Duration & Structure

Semester	Duration	Focus Area
Semester I	6 months	Basic Ayurveda, Anatomy, Physiology, Fundamentals of Nursing
Semester II	6 months	OT Techniques, Surgical Asepsis, Shalya Tantra Fundamentals
Semester III	6 months	Ayurvedic Surgical Procedures, Para-surgical Skills
Semester IV	6 months	Wound Care, Patient Care, Internship & Evaluation

## Course Structure (Subject-wise Distribution)

Subject	Theory Hours	Practical Hours	Total Hours
Basic Principles of Ayurveda & Sharira Rachana	60	40	100
Sharira Kriya & Basic Pathology	60	40	100
Fundamentals of Nursing & Patient Care	60	80	140
Principles of Asepsis & Sterilization	60	80	140
Operation Theatre Management	60	120	180
Shalya Tantra & Para-surgical Procedures	60	120	180
Ayurvedic Nursing Practices & Vrana Chikitsa	60	100	160
Record Keeping, Communication, Ethics	30	20	50
Internship & Case Documentation	—	120	120
<b>Total</b>	<b>450</b>	<b>720</b>	<b>1170 Hours (~1200)</b>

## Detailed Syllabus (Module-wise)

### Module I – Basic Principles of Ayurveda & Human Body (100 hrs)

#### Theory:

- Introduction to Ayurveda: *Tridosha, Dhatu, Mala, Agni, Srotas*
- Basic Rachana Sharira (Anatomy) – with special reference to Guda and Marmas
- Basic Kriya Sharira (Physiology) – Digestion, circulation, excretion, nervous system

#### Practical:

- Identification of anatomical structures (models/charts)
- Basic physiology experiments
- Introduction to Ayurvedic terminology

### Module II – Fundamentals of Nursing (140 hrs)

#### Theory:

- Definition, principles, and ethics of nursing
- Roles & responsibilities of a nurse/OT assistant
- Patient hygiene, bed making, vital signs, and first aid

- Record keeping, communication with patients, and empathy in Ayurveda

**Practical:**

- Measurement of BP, pulse, temperature, respiration
- Preparation of patient for minor/major procedures
- Dressing, bandaging, and emergency response drills

**Module III – Principles of Asepsis & Sterilization (140 hrs)**

**Theory:**

- Concept of *Suddhi* and *Shaucha* in Ayurveda
- Modern concepts of asepsis, sterilization, and disinfection
- Instruments, autoclave, boiling, fumigation methods
- Handling surgical linen and OT waste management

**Practical:**

- Demonstration of sterilization and cleaning procedures
- Arrangement of surgical trays and OT setup
- Maintenance of sterile field and use of PPE

**Module IV – Operation Theatre Management (180 hrs)**

**Theory:**

- Layout and zoning of Ayurvedic OT
- Equipment: suction apparatus, cautery unit, lights, tables
- OT protocols before, during, and after surgery
- Role of OT assistant in minor and major operations

**Practical:**

- Preparation of OT table and trolleys
- Assisting in anesthesia setup
- Monitoring vital signs during procedures
- Maintenance of operation records

**Module V – Shalya Tantra & Para-surgical Procedures (180 hrs)**

**Theory:**

- Introduction to *Shalya Tantra* – historical background, Sushruta's contributions
- Description of surgical instruments (*Yantra, Shastra*)
- Principles of Kshara Sutra, Kshara Karma, Agnikarma, Raktamokshana
- Preoperative and postoperative Ayurvedic management

**Practical:**

- Hands-on training in minor procedures under supervision
- Preparation and assistance in Kshara Sutra application
- Practice of Agnikarma on models and minor cases
- Raktamokshana by Jalauka (leech therapy) demonstration

**Module VI – Ayurvedic Nursing Practices & Wound Care (160 hrs)**

**Theory:**

- *Vrana Chikitsa* – types of wounds, healing process, Ayurvedic principles
- Local therapies – *Lepana, Upanaha, Prakshalana, Parisheka*
- Role of herbal formulations – *Jatyadi Taila, Madhu, Ghrita* etc.
- Nutrition and post-operative *Pathya–Apathya*

**Practical:**

- Dressing techniques using Ayurvedic materials
- Preparation of herbal formulations for wound care
- Observation of wound healing and documentation

**Module VII – Record Keeping, Communication & Professional Ethics (50 hrs)**

**Theory:**

- Documentation of surgical cases and OT records
- Ethical and legal responsibilities
- Patient communication, counseling, and confidentiality
- Teamwork and leadership in hospital environment

**Practical:**

- Maintenance of daily OT and ward records
- Reporting of complications and follow-up

**Module VIII – Internship / Clinical Posting (120 hrs)**

**At:** Department of Shalya Tantra / OT Unit / IPD / Panchakarma Unit

**Activities:**

- Assist in at least 20 minor and 10 major OT procedures
- Participate in daily dressing and postoperative care
- Submission of 5 complete case reports

## Evaluation Pattern

Component	Marks
Theory Examination	300
Practical & Viva	400
Case Records / Internship Report	100
Attendance & Internal Assessment	100
<b>Total</b>	<b>900 Marks</b>

**Passing Criteria:** Minimum 50% in each section (Theory & Practical separately).

## Certification

After successful completion, the student will be awarded:

**Certificate Course in Ayurveda Nursing and OT Assistant**  
**“(Shalya Tantra Focused)”**

Issued by: *National College of Ayurveda*

## Fee Structure

Fee structure : candidates found eligible and selected for the course will be admitted only after payment of Course fee

For Indian candidates : 70,000INR

For International Candidates : 2000 USD

## APPLICATION FORM

### Certificate Course in Ayurvedic Nursing & OT Assistance

#### **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(if applicable)

Application Fee- 1000/

Course Fee -70,000 INR