



## Pancha Karma Practitioner Certification Course

### Course Curriculum

#### Prerequisites:

|                                                  |            |
|--------------------------------------------------|------------|
| -Samya Ayurvedic Massage Therapist Certification | 1550 hours |
| -Basic Conventional Nutrition: CNI               | 21 hours   |
| -Conventional Nutrition II: CNII                 | 42 hours   |
| -Basic Ayurvedic Nutrition: ANI                  | 28 hours   |
| -Ayurvedic Nutrition II: ANII                    | 84 hours   |
| -Basic Ayurvedic Cooking: ACI                    | 28 hours   |
| -Ayurvedic Cooking II: ACII                      | 70 hours   |
| -Ayurvedic Aromatherapy II: AAII                 | 42 hours   |
| -Ayurvedic Herbology II: AHII                    | 77 hours   |
| -Ayurvedic Pharmacology II: APII                 | 42 hours   |

#### Total Prerequisites:

**1984 hours**

#### Samya Pancha Karma Practical Courses:

|                                                                      |          |
|----------------------------------------------------------------------|----------|
| -Ayurvedic Psychology II: PSYII                                      | 28 hours |
| -Clinical Anatomy II: CAII                                           | 21 hours |
| -Clinical Ayurvedic Assessment II: CAII                              | 42 hours |
| -Clinical Management II: CMII                                        | 21 hours |
| -Intermediate Samya Yoga: SYIII                                      | 42 hours |
| -Basic Principles of Pancha Karma and Shat Karma PKI                 | 14 hours |
| -Pancha Karma research, health geography and bio-statistics PKRI     | 7 hours  |
| -Samya Marma Chikitsa Therapy (Vital Points) II: MCII                | 21 hours |
| -Samya Chakra Shodhana™ Therapy (Energy/Prana cleansing) II: CSII    | 42 hours |
| -Samya Shiroadhyanga Therapies (Head Massage) III: SAIII             | 7 hours  |
| -Samya Sarvangadhara Therapies (Flowing Oil/Decoction over body) SVI | 28 hours |
| -Samya Padhabhyanga Therapies (Foot Massage) III: PIH                | 7 hours  |
| -Samya Abhyanga Therapies (Full Body Massage) III: AIII              | 21 hours |
| -Samya Padaghata Therapy (Massage using Feet): PGI                   | 42 hours |
| -Samya Ayurvedic Yoga Massage: AYMI                                  | 42 hours |
| -Samya Udvartana Therapies (Herbal Paste Massage) III: UDIII         | 14 hours |
| -Samya Snehana Therapies (Oleation) III: SIII                        | 14 hours |
| -Samya Swedhana Therapies (Steam) II: SWII                           | 21 hours |
| -Samya Lepa Therapies (Poultices and Plasters) III: LIII             | 14 hours |
| -Samya Vasti Therapies (localised oil baths): VAI                    | 28 hours |
| -Vaman Therapy (therapeutic emesis): VAMI                            | 70 hours |
| -Virechana Therapy (therapeutic purgation): VII                      | 42 hours |
| -Basti Therapy (therapeutic enema & douche): BTI                     | 98 hours |
| -Nasya Therapy (nasal administration: sinus therapy): NTI            | 42 hours |
| -Rakta Mokshana (blood cleansing): RMI                               | 42 hours |
| -Miscellaneous Pancha Karma procedures: MSCI                         | 14 hours |
| -Samya Rasayana Therapy: RTI                                         | 42 hours |

#### Total Practical:

**826 hours**

**Evaluation:**

|                                                                                         |          |
|-----------------------------------------------------------------------------------------|----------|
| -Preparation and Presentation of Medicinal Oils<br>and Herbal Formulas: Course Projects | 66 hours |
| -30 day personal Pancha Karma journal and practicum: Course Project                     | 60 hours |
| -Supervised Internship/Case studies                                                     | 60 hours |
| -Unsupervised recorded internship                                                       | 40 hours |
| -Practical course quizzes & tests                                                       | 26 hours |
| -Final Written Exam                                                                     | 2 hours  |
| -Final Practical Exam                                                                   | 3 hours  |

**Total Evaluation:**

**257 hours**

**Total Credit**

**3067 hours**

