



अखिल भारतीय आयुर्वेद संस्थान  
**ALL INDIA INSTITUTE OF AYURVEDA (AIIA)**  
(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)  
(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

Dated 29/11/2021

The Director  
AllA, Sarita Vihar  
New Delhi-110076

**Subject: Submission of one month curriculum for Health Care Professional-Reg.**

**Reference:- Office order:-A-17001/10/11/2018-A11MV01.111/2306, Dated-22/10/2021.**

Sir,

With reference to the above cited subject and reference, hereby, I am submitting the revised Curriculum of one-month duration including theory and practical of health care professionals with required information.

So, I request to you kindly do the needful and oblige

Thanking You

Yours sincerely

Enclosed: A/A

Dr. Mahesh Vyas,,Dean Ph.D.& HOD  
Dr. Kamal Kumar, Assistant Professor  
Dr. Nidhi Sharma, Assistant Professor  
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## Curriculum for sensitizing Health Care Professionals on Ayurveda

(Duration- 1 month)

**Theory -90 Hrs**

### **Essential Requirements:**

Serial No.	Criteria	Requirement	Remarks (If any)
1	Basic eligibility of participants	Health Care Workers (Non Ayurveda)	
2	Duration of the Course	1 Month	
3	Number of trainees per Batch	Min.-5 Max.- 10	
4	Trainer Qualification	Any post Graduate degree holder in Ayurveda	
5	Number of Trainers required (Theory)	Min.-4	
6	Number of Guest faculty required	Any faculty of other systems of Ayush if required	
7	Number of working Technician (Skill expert) required for practical training	NA	
8	Infrastructure Technical specification requirement	NA	
9	Assessment Method	Theory & Practical exam- 100 marks each 75% attendance is compulsory (Required for passing)	

1. General introduction to the fundamentals of Ayurveda. 10 hrs
- a) Introduction to Ayurveda, main classics, history & development in brief.
  - b) Basic Principles of Ayurveda- Tridosha, Saptadhatu, Trimala, Panchmahabhuta, Prakriti, Manas in clinical parlance.
  - c) Introduction to concept of Agni, Srotas, Ama, Oja.
  - d) Chikitsa Chatushpada: properties & skills. (Duties & skills of Paricharak/attendant in detail)
  - e) Introduction to terminology of Ayurveda - Grahan, Lekhan, Deepan, Pachan, Stambhan, Samshama, Shaman, Shodhan, Rechan, Vaman, Virechan, Anuloman, Yamak, Trivrat, Langhan, Brihan etc.
2. Lifestyle management 10 hrs
- a) Concept of body, mind and spirit.
  - b) Concept of Trayupastambh.
  - c) Concept of Swasthavritta, Dincharya (Daily regimen), Ritucharya (Seasonal regimen).
  - d) Shatkarma of Yoga.
3. Diet management 10 hrs
- a) Diet for healthy individual.
  - b) Disease specific diet orientation.
  - c) Concept of viruddha ahar (non-compatible food).
  - d) Concept of pathya -apathya
4. Dravyaguna (Ayurveda Pharmacology) 10 hrs
- a) Introduction to concept of Dravya, Rasa, Guna, Karma Virya , Vipaka, Prabhav.
  - b) Common drugs to be used like Triphala, Trikatu, Panchkola etc.
  - c) Single herb like - Ilaritaki, Amalaki, Marich, Shuthi, Jeerak, Handra, Pippali etc.
5. Bhaishajya Kalpana (Methods of drug Preparation) 14 hrs
- a) Introduction to different forms of drugs in Ayurveda (Panchkashaya kalpana & their variation).
  - b) Methods of preparation and administration of drugs.
  - c) Various food preparatory methods for healthy and diseases individuals - Peya, Vilepi Yavagu, Manda etc.
  - d) Concept of Anupana,
  - e) General introduction of ayurvedic drugs used in emergency condition like fever ,pain, bleeding disorders etc.
  - t) Bhaishajya Kala (Time of administration of drug)

6. Panchkarma & Kriyakalpa (Procedures of Ayurveda) 10 hrs
- a) Basics of Panchkarma along with detailed Purva karma, Pradhan karma & pashchat karma.
  - b) Nasya, kaval, gandush, tatvan, putpaka vidalaka, ashchyota, anjan, dhumpan etc.
  - c) Local applications like udvrtan, upnaah, lepa etc.
  - d) Blood letting procedures like leech, cupping etc.

7. Shalya 8 hrs

- a) The pre and post-operative care according to Ayurveda (Vrana paricharya)
- b) Fracture and dislocation of bone
- c) Burn care

S- Stri roga and Prasuti tantra- 10 hrs

- a) Management of period according to Ayurveda (Sutika paricharya) (antenatal, intra-natal and post natal care)
- b) New born baby care according to Ayurveda (sishu paricharya)
- c) Uttar basti

9. Kaurnarbhritya (Paediatrics ) 8 hrs

- a) Methods of preparation of different forms of Drugs for children.
- b) Modes of administration of Ayurveda drugs to the children.
- c) Lehan Karma

Practical -90 Hrs.

- 1 . Prakriti determination 5 hrs
- 2. Methodologies of preparation and administration of Various drugs. 15 hrs
- 3. Methodologies of preparation of Various foods. 20 hrs
- 4. Panchakarma 15 hrs

5. Preparing the patient before Panchakarma & care of patient during & after panchakarma. 5 hrs
6. Identification of some important herbs. 10 hrs
7. Demonstration of other procedures Kriyakalpa like Anjan, Dhumpana, Kaval, Gandush, Ashochyotan, Vidalak etc. methods of preparing the patient for the procedures and afterward care.

Eligibility criteria: Health care workers (Non Ayurveda)

Uniform trainee assessment criteria:

1. 75 percent attendance is compulsory.
2. After completion of one month training program a theory exam and a practical exam will be conducted of 100 marks each. Minimum 75 percent marks will be required for passing.