

# PANCHAKARMA AYURVEDA PROGRAM



RAISE YOUR CAREER WITH GLOBALLY ACCLAIMED INSTITUTE



Global Institute Of Health Science<sup>™</sup>

[www.gihsonline.com](http://www.gihsonline.com) | [info@gihsonline.com](mailto:info@gihsonline.com) | +91-9033768588

# PANCHAKARMA AYURVEDA

Global Institute of Health Science is a pioneer in health science education especially in distance & online education. Global Institute of Health Science is an ISO 21001:2018 Certified health science Institute & globally acclaimed, also certified with copyright approval from IPR Government of INDIA. GIHS have international certification from UASL UK for Quality Control Management System.

## WHY CHOOSE US

- ✚ BRINGING EXCELLENCE TO HEALTH PROFESSIONALS
- ✚ 10+ YEARS OF EXPERIENCE WITH INTERNATIONAL EXPOSURE
- ✚ INTERNATIONAL ACLAIMED WITH ISO & GOVT APPROVED
- ✚ LIFETIME FREE PERSONALIZED TUTORING FOR SUCCESS

**Panchakarma ayurveda** training program is a cleansing and rejuvenating program for the body, mind and consciousness. It is known for its beneficial effects on overall health, wellness and self-healing.

**Panchakarma** is the purification and detoxification measure of Vata, Pitta, Kapha. The majority of the studies reviewed showed positive outcomes for panchakarma and allied therapies when compared to a disease control. It is highly recommended by most of the international & national organizations.

The GIHS certification objectives are to prepare candidates with update knowledge and skill in the field of ayurveda. It will develop skills in brief regarding all the procedure in panchakarma like Abhyang, Swedan, Vaman, Virechan, basti, Nasya, Shirodhara etc.

Panchakarma course is to build knowledge and skills right from your space with effective syllabus and fee structure.



# SYLLABUS

Introduction to ayurveda / History of ayurveda  
Branches of ayurveda / Basic principles of ayurveda  
Anatomy & Physiology of Female & Male / Introduction to Panchkarma

## **Preparatory processes of panchakarma**

Snehakarma (oleation treatment)  
Internal Oleation  
External Oleation  
Abhyanga  
Padabhyanga (Oleation of the feet)  
Shiroabhyanga (Oleation of Head)  
Gandoosha (Gargling)

## **SWEDA KARMA(FOMENTATION)**

Tapa Sweda (Fomentation)  
Upanaha Sweda  
Ushma Sweda (Herbal Steam & Bolus Bags)  
Drava Sweda (Sudation with liquids)  
Anagneya Sweda (Sudation without fire)  
Benefits of Sweda (Sudation)

## **PANCHAKARMA THERAPY**

Various Ayurvedic Treatments  
Different Panchakarma Treatments  
Ayurveda Massages  
Different types of Massages in Ayurveda  
Uses of panchakarma therapies

- VAMANA (Induced Vomiting)
- VIRECHANAM (Induced Purgation)
- VASTI (Medicated Enema)
- NASYA (Nasal Medication)
- Arrangements of Ayurvedic Treatments Schedule
- MARMA (Vital Energy Points)
- Ayurvedic Dietetic Concepts
- Commonly Used Oils & Uses

## ADMISSION PROCEDURE

- Enrollment online: [www.gihsonline.com](http://www.gihsonline.com) / Apply Online
- Online Access for Study Content within 48 Hours of enrollment
- Shipping of books with Latest updates with every enrollment (optional)
- Will Assign Personalized Professional Expert for Lifetime with no COST
- Online exam and Project submission
- Will award and ship two international certificates

## FEES DETAILS (All modes of payment available)

- Post Graduate Diploma Program (One Year) – 32999/- INR & Fees for International Candidates – 699 \$ USD
- Fast Track PG Diploma Program (4 Months) – 36999/- INR & Fees for International Candidates – 750 \$ USD

## STUDY METHODOLOGY

- Freelance method of study
- Read the books
- Make notes of your queries
- Need to mail or contact to our expert
- Experts will resolve... via mail or via call or Can arrange Session based on your queries
- Experts will support for lifetime to raise your knowledge & Expertise
- Our content is totally based on live cases and Industries best practices

## MODE OF EXAMS

- Login Details for online examinations after completion of the duration.
- 7 days to appear in online exams.
- Examination pattern would be Multiple Choice question MCQ
- PowerPoint project of minimum 30 pages of your own selected topic
- Successful Candidates would award with two certifications (DEGREE & TRANSCRIPTIONAL Degree)

## PLACEMENT SUPPORT

Will Share your profile globally for career growth. With the support of GIHS programs more than 2000 professionals are working in healthcare industry and having strong student & professional base in India, UK, USA, Canada, UAE, Russia, Australia and more.



Global Institute Of Health Science

# Certificate

This is to certify that

**MANSI**

completed the one year programme of  
Post Graduate Diploma in  
Panchakarma Ayurveda & Management  
offered by

Global Institute of Health Science.

during January 2021 to December 2021

Upon successful completion of the programme

**POST GRADUATE DIPLOMA**

**IN**

**PANCHAKARMA AYURVEDA & MANAGEMENT**

is awarded to him/her this day the 03d January 2022.



MHRD (Higher Education)  
Reg No: SW - 12032/2018  
CR Act 1957



ISO 21001:2018

Cert. ID : 6054418ab601f

Academic Head

Verify Certification: <https://www.gihsonline.com/verify-certification/> | [info@gihsonline.com](mailto:info@gihsonline.com) | +91- 9033768588  
INDIA | UK | AUSTRALIA | RUSSIA | CANADA | USA | NEW-ZEALAND | UAE | AFRICA



Global Institute Of Health Science

POST GRADUATE DIPLOMA  
IN  
Panchakarma Ayurveda & Management  
(January 2021 to December 2021)

**MANSI**  
**GRADE SHEET & TRANSCRIPT**

Introduction, Principles & History of ayurveda | Branches of ayurveda  
Anatomy & Physiology of Female & Male introduction to ayurveda  
Preparatory processes of panchakarma | Snehakarma (oleation treatment)  
Internal & External Oleation | Abhyanga | Padabhyanga (Oleation of the feet)  
Shiroabhyanga (Oleation of Head) | Gandoosha (Gargling)  
SWEDA KARMA(FOMENTATION) | Tapa Sweda (Fomentation)  
Upanaha Sweda | Ushma Sweda (Herbal Steam & Bolus Bags)  
Drava Sweda (Sudation with liquids) | Anagneya Sweda (Sudation without fire)  
Benefits of Sweda (Sudation) | PANCHAKARMA THERAPY  
Various Ayurvedic Treatments | Different Panchakarma Treatments  
Ayurveda Massages | Different types of Massages in Ayurveda  
Uses of panchakarma therapies | VAMANA (Induced Vomiting)  
VIRECHANAM (Induced Purgation) | VASTI (Medicated Enema)  
NASYA (Nasal Medication) | Arrangements of Ayurvedic Treatments Schedule  
MARMA | Ayurvedic Dietic Concepts | Commonly Used Oils & Uses

**Examination: 45/50**

**Project Work: 35/50**

**Total: 80/100**

**GRADE: A+**



ISO 21001:2018



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Academic Head

03/01/2022

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## GIHS ADVANTAGE

GIHS provides best courses helps to get the start up in the healthcare field. These courses are ad-hoc to professional career and provides the additional benefit to be the part of an organization.

### OTHER PROGRAMS

#### Health Management Programs

• <a href="#">Health Informatics</a>	• <a href="#">Hospital Administration</a>
• <a href="#">Pharma Management</a>	• <a href="#">Hospital Planning &amp; Management</a>
• <a href="#">Healthcare Management</a>	• <a href="#">Nursing Management</a>
• <a href="#">Public Health Administration</a>	• <a href="#">Health Insurance</a>
• <a href="#">Blood Banking Management</a>	• <a href="#">Medico-Legal Systems</a>
• <a href="#">Medical Laboratory Technology</a>	• <a href="#">Medical Radiology Technology</a>
• <a href="#">Quality management for Hospital and healthcare organizations</a>	
• <a href="#">Disaster management for hospitals and healthcare organizations</a>	
• <a href="#">Hospital Infection Control &amp; Patient Safety</a>	

#### Clinical Research Programs

• <a href="#">Clinical Research &amp; Quality Assurance GCP Audits / Inspections</a>	• <a href="#">Pharmacovigilance &amp; Medical/Scientific Writings</a>
• <a href="#">Clinical Research &amp; Pharmacovigilance</a>	• <a href="#">Clinical Data Management &amp; SAS</a>
• <a href="#">Regulatory affairs IPR &amp; Patent</a>	• <a href="#">Clinical Trials Management</a>

#### Allied Medical Programs

• <a href="#">Mother &amp; Child Health</a>	• <a href="#">Mental Health &amp; Addictions</a>
• <a href="#">Nutrition &amp; Dietetics</a>	• <a href="#">Medical Transcription</a>
• <a href="#">Pregnancy Education</a>	• <a href="#">Gynaecology &amp; Obstetrics</a>
• <a href="#">Electroencephalogram (EEG)</a>	• <a href="#">Nuclear Medicine Technology</a>
• <a href="#">Anaesthesia Management</a>	• <a href="#">First AID (CPR/Emergency Care)</a>

#### Environment Health & Safety Programs

• <a href="#">Industrial Health &amp; Hygiene</a>	• <a href="#">Environment Health Safety &amp; RM</a>
• <a href="#">Occupational Health &amp; Safety</a>	• <a href="#">Industrial Safety</a>
• <a href="#">Food Safety &amp; Quality Management</a>	• <a href="#">Oil &amp; Gas Safety Engineering</a>
• <a href="#">Process Safety &amp; Engineering</a>	• <a href="#">Fire &amp; Industrial Safety MGT</a>

#### Ayurveda & Homeopathic Programs

• <a href="#">Panchkarma: Ayurveda</a>	• <a href="#">Garbhsanskar: Ayurveda</a>
• <a href="#">Naturopathy &amp; Yoga</a>	• <a href="#">Siddha: Medicine</a>
• <a href="#">Ksharsutra: Ayurveda</a>	• <a href="#">Classical Homeopathy</a>
• <a href="#">Materia Medica: Homeopathy</a>	• <a href="#">Repertory: Homeopathy</a>

<https://www.youtube.com/@globalinstituteofhealthscience/videos>