

LEARNING OUTCOMES

After successful completion, participants will be able to:



Understand the theoretical basis of Purvakarma and Panchakarma



Identify indications, contraindications & management of various Panchakarmas



Perform Purvakarma and Panchakarma procedures



Correlate traditional concepts with modern clinical relevance

PROGRAM HIGHLIGHTS

- In-house preparation of authentic oils and medicines (Kashayapura).
- Hands-on experience in a serene environment, surrounded by nature, conducive to healing.
- Provision of customized learning materials and procedure protocols.
- Certification upon successful completion of the program.

Venue & Timeline



Zone, Phase, Village Thana, EPIP, 2, Baddi, Himachal Pradesh 173205



Join us from 3rd to 5th April, 2026
(Friday, Saturday & Sunday)

Reporting time: 09:30AM | 3rd April, 2026
Program concludes: 5:00 PM | 5th April, 2026



Accommodation & Food Included

Eligibility

BAMS Graduates, Students, and Ayurvedic Practitioners.



A NABH Accredited Ayurveda Hospital

VAIDYARATNAM
Vrindavan Ayurveda Chikitsalayam

Near Chandigarh

3-DAY PANCHAKARMA TRAINING PROGRAM

PŪRVAKARMA - The preparatory stage of Panchakarma, with special focus on Snehana and Swedana.

Pradhana Karmas - Panchakarmas such as Vamana, Virechana, Basthi (Nirooha and Anuvasana), and Nasya, Detoxification and rejuvenation therapies that help to remove toxins from the body.



Duration
3 Days



Mode
Theory + Hands-on
Practical Demonstration



Accommodation
Included



+91-62836 05133



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Venue

Panchakarma Training Hall & Clinical Section

ABOUT VVAC

VAIDYARATNAM VRINDAVAN AYURVEDA CHIKITSALAYAM is a classical Kerala Ayurveda hospital offering authentic Panchakarma, traditional therapies, and holistic clinical care under the guidance of experienced Vaidyas.

Rooted in the legacy of the Vaidyaratnam tradition, VVAC integrates ancient Ayurvedic principles with NABH-standard medical protocols for safe, result-oriented healing.



What Makes VVAC Unique

- Authentic Kerala Panchakarma delivered by trained therapists
- Clinical Ayurveda upheld to NABH-quality standards
- Expert Vaidyas supported by a Kerala-trained medical team
- Fully equipped Panchakarma treatment facilities
- In-patient care with therapeutic accommodation
- A holistic healing environment nestled in the Shivalik foothills



PROGRAM OVERVIEW

This three-day intensive training aims to impart a clear understanding of Panchakarma procedures and their clinical significance.

The program covers core Panchakarma procedures including Vamana, Virechana, Basthi in both Anuvasana and Asthapana forms, and Nasya. It also guides participants through essential Paschat Karma practices that support recovery, enhance therapeutic outcomes, and promote deeper detox and sustained wellbeing.

Participants will gain both theoretical knowledge and hands-on exposure through demonstrations in the hospital's Panchakarma treatment area.

DAY-WISE SCHEDULE

DAY 1 - Introduction of Pūrvakarma & Panchakarma

Theme: Theoretical Framework and Clinical Relevance



Morning Session (Lecture Hall)

- Inaugural address & Orientation
- Overview of Panchakarma
- Indications & contraindications of Purvakarma

Afternoon Session (Demonstration Area)

- Introduction to Panchakarma setup & equipment
- Material used in Panchakarmas

DAY 2 - SNEHANAM (Oleation Therapy)
Theme: Concept, Indications & Clinical Applications

Morning Session (Lecture Hall)

- Indications, contraindications & clinical aspects of Panchakarma - Vamana & Virechana

Afternoon Session (Clinical Practice)

Demonstrations:

- Hands-on training - Snehana application
- Temperature maintenance
- Discussion on Vatavyadhi management using Snehana



DAY 3 - Morning Session (Lecture Hall)
Theme: Principles, Practice & Integration with Sneha

Morning Session (Lecture Hall)

- Indications, contraindications, clinical aspects of Panchakarma - Basthi and Nasya
- Properties / Effects, Samyaka Lakshana, Atiyoga Lakshana and its management

Afternoon Session (Clinical Practical)

Demonstrations of:

- Various procedures
- Hands-on exposure in treatment room

Valedictory Session

- Discussion & participant feedback
- Certificate distribution



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