

Name of College with LOGO

AYURVEDACHARYA (B.A.M.S.)

THIRD PROFESSIONAL B.A.M.S.

<< Subject Name >>

(SUBJECT CODE : AyUG-)

JOURNAL /ACTIVITY BOOK

Name of the student :

Institutional Roll No. :

Examination Reg. No. :

Academic Year :

(Name of the College)

(Affiliated to –National Commission for Indian System of Medicines, New Delhi &

Name of the University)

Name of the department

Batch- _____

Certificate

This is to certify that, Mr. / Ms. _____, Enrolment Number-_____ has satisfactorily completed the Practicals in (Subject Name) prescribed by the (Name of University) as a part of the Third Professional B.A.M.S. Course.

Examination Seat No.: _____

Sign. of Teacher

Sign. of H.O.D.

Date of Examination- _____

Sign. Of Internal Examiner-_____

Sign. Of External Examiner-_____

JOURNAL /ACTIVITY BOOK

<< Subject name >>

(SUBJECT CODE : AyUG -)

Journal Cum Activity Book

DEPARTMENT OF

<< Name of Department >>

Name of the College

Components of Journal with instructions

1. Panchakarma equipments

Illustrate traditional and modern equipment used in Panchakarma, highlighting their uses and applications.

- 1 Droni (Therapeutic Massage Table)
- 2 Swedana yantra (Steam chamber)
- 3 Nadi Swedana Yantra (Steam Therapy Apparatus)
- 4 Shirodhara Set (Oil-Dripping Apparatus)
- 5 Varshulika (Dhara vessel)
- 6 Kati Basti / Janu Basti Moulds (Lumbar Retention Apparatus)
- 7 Niruha & Anuvasana Basti yantra (Netra & Putaka)
- 8 Basti Samyojana yantra (Basti mixing vessel)
- 9 Nasya yantra (Nasal applicator)

2. Panchakarma procedure

1. Patra Pinda Sveda (Herbal Poultice)
2. Abhyanga (Oil Massage)
3. Shirodhara (Oil-Pour Therapy)
4. Udvartana (Herbal Powder Massage)
5. Kati Basti (Lumbar Therapy)
6. Vamana (Therapeutic Emesis)
7. Virechana (Purgation Therapy)
8. Niruha Basti (Medicated Enema)
9. Anuvasana basti (Medicated Enema)
10. Nasya (Nasal Administration)

3. Compilation

Write a detailed minimum of 25 A4 size paper report on one Panchakarma topic assigned by the teacher (e.g., "Role of Basti in Vata Disorders" or "Comparative Study of Vamana and Virechana").

4. Long case – 10 Cases

5. Short case – 5 Cases

1. Panchakarma equipments

1 Name of Equipment:

Equivalent Classical Name:

Neat Labelled Diagram/ Picture:

Uses/ Applications

- Possible Complications and Management:

- Observations

3) Compilation

Write a detailed minimum of 25 A4 size paper report on one Panchakarma topic assigned by the teacher (e.g., "Role of Basti in Vata Disorders" or "Comparative Study of Vamana and Virechana").

4) Long Panchakarma Case

Case No 1

Name:

Age:

Sex:

Occupation:

Prakriti (Constitution):

Agni (Digestive Capacity):

Chief Complaints: Duration, severity, and location.

History of Present Illness: Onset, progression, aggravating/relieving factors.

Past History: Previous Panchakarma therapies, chronic illnesses.

Dosha Analysis: Vikriti (Current Imbalance), involvement of Srotas (Channels).

Ashtavidha Pariksha (Eightfold Examination): Nadi (Pulse), Mala (Stool), Mutra (Urine), etc.

Dashavidha Pariksha (Tenfold Examination)

General Examination: Built, weight, signs of Ama (Toxins).

Systemic Examination: Focus on affected systems (e.g., GI for Virechana cases).

Provisional Diagnosis: Based on Dosha imbalance.

Panchakarma Plan with Justification: Specific procedures, duration, herbs used.

Pre/Post-Procedure Care: Diet (Ahara), lifestyle (Vihara).

Outcome: Improvement in symptoms, Dosha balance, follow-up.

Signatures:

Consultant

Student.

5) Short Panchakarma Case –

Case No 1

- Patient Demographics: Brief details.

- Chief Complaints: Focused presentation.

- Dosha Analysis: Key findings.

- Procedure Performed: E.g., Abhyanga, Nasya.

- Outcome: Immediate results and recommendations.

Signature of Student

Signature of Consultant