

# **PANCHAKARMA THERAPIST TRAINING PROGRAM**

**FOUR WEEKS PROGRAM (120 HOURS)**

**COURSE FEE – US\$ 550**

## **FEATURES**

- Introduction to Ayurveda
- An overview of Panchakarma
- Prakriti (body - type) analysis
- Poorva Karma (preparatory methods)
- Snehana (oleation) & Swedanam (hot fomentation)
- Abhyangam (Ayurveda massage) techniques
- Introduction to related herbs and oils
- Indian head massage techniques
- Spinal massage
- Marma (vital pressure point technique) therapy
- Sarvangdhara (Pizhichil)
- Synchronized massage
- Shirodhara
- Tarpanam (eye care treatments)
- Preparations of related decoctions & oils
- Udvartanam (herbal powder massage for obesity & cellulites management)
- Ayurveda ways of pain management (Kati basti, Patrapinda swedanam, Shastishali pinda Swedanam)
- Pradhan Karma (main methods)
- Vaman (induced vomiting)
- Virechan (induced purgation)
- Anuvasana (medicated oil enema)
- Asthapana (Medicated decoction enema)
- Nasya (drug administration through nose)
- Pashchat Karma (post-Therapeutic Measures) - preparations of food for Sansarjan Karma (post Panchakarma food management)



## **SCHEDULE**

**On first Monday of every month**

**Course fee is including course material, theory & practical sessions, material that use in course etc. Maharshi Charak Ayurveda gives you a certificate after completing the course.**

**Accommodation charges for single or double occupancy are INR 1000/- (US\$ 16) per day per room and meals (Morning tea, Breakfast, Launch, Evening tea & Dinner) in INR 500/- (US\$ 8) per day per person.**

**For reservation contact at [info@charakayurveda.com](mailto:info@charakayurveda.com) visit us at [www.charakayurveda.com](http://www.charakayurveda.com)**