

## PANCHAKARMA DEPARTMENT

SRV Ayurvedic Medical College and Hospital

### 1 \*. Introduction\*

The Panchakarma Department is a vital clinical and academic unit of the institution, dedicated to the classical Ayurvedic detoxification and rejuvenation therapies. Panchakarma is one of the most important branches of Ayurveda aimed at eliminating toxins (Doshas) from the body and restoring physiological balance.

The department is equipped with well-maintained Panchakarma therapy rooms, trained therapists, and qualified faculty members. It provides both theoretical knowledge and practical clinical exposure to students while offering effective treatment to patients. Panchakarma therapies such as Vamana, Virechana, Basti, Nasya, and Raktamokshana are performed following standard Ayurvedic protocols.

### 2. Aims\*

To promote holistic health care through classical Panchakarma therapies.

To provide quality education and hands-on training to undergraduate students.

To integrate traditional Ayurvedic principles with modern clinical practices.

To offer safe, effective, and affordable treatment for chronic and lifestyle disorders.

To develop the department as a center for excellence in Panchakarma therapy and research.

### 3. Objectives\*

To train students in Purva Karma (pre-procedures), Pradhana Karma (main therapies), and Paschat Karma (post-care).

To ensure students gain clinical skills in performing Panchakarma procedures.

To maintain standardized treatment protocols for various diseases.

To enhance knowledge regarding indications, contraindications, and complications management.

To promote research activities and evidence-based practice in Panchakarma.

To provide patient-centered care with proper diagnosis and treatment planning.

#### 4. Cases Handled /\* \*Activities\*

##### Clinical Cases Handled

The department manages a wide range of diseases, especially:

Musculoskeletal disorders (e.g., Arthritis, Sciatica)

Neurological disorders (e.g., Paralysis, Migraine)

Skin diseases (e.g., Psoriasis, Eczema)

Metabolic and lifestyle disorders (e.g., Obesity, Diabetes)

Respiratory disorders (e.g., Allergic Rhinitis, Sinusitis)

##### Major Procedures Performed

Vamana (Therapeutic emesis)

Virechana (Purgation therapy)

Basti (Medicated enema)

Nasya (Nasal therapy)

Raktamokshana (Bloodletting)

##### Other Therapies

Abhyanga (Oil massage)

Swedana (Fomentation)

Shirodhara

Kati Basti / Janu Basti

Pizhichil and other Kerala therapies

Academic & Clinical Activities

Regular OPD & IPD patient management

Clinical demonstrations for students

Workshops and training sessions on Panchakarma procedures

Health camps and awareness programs

Case discussions and seminars

Maintenance of clinical records and research data

Extra Highlights (Based on Your Images)

Hands-on student training during procedures

Case-taking and consultation practice

Team-based clinical approach with doctors and interns

Exposure to real-time Panchakarma setups