

# CME FOR TEACHERS OF PANCHAKARMA

(Sponsored By RAV)

## Day wise Report of CME Programme

### Day 1: 11/12/23 – Inaugural Function

- The CME program for teachers of Panchakarma began on 11<sup>th</sup> December 2023, Monday with a formal inauguration program. This was chaired by Dr. Muralikrishna, retired principal and HOD, SV Ayurvedic College, Tirupati who also proposed the keynote address and presided by Dr. Surekha Medikeri, Principal, GAMC Bengaluru.



Inaugural program

- During the inaugural, the delegates had the chance to introduce themselves, which set a bond of familiarity among themselves and the staff.

- **SESSION-1: BASIC PRINCIPLES:**

- **SPEAKER: DR. MURALI KRISHNA. P**

- The Inauguration was then followed by the first scientific session by Dr. Murali Krishna P who threw some light on the fundamentals and basic principles of Panchakarma and also shared some success stories of treating cases like GB syndrome.



Session by Dr. Muralikrishna



- **SESSION-2: ABHYANTARA SNEHANA**

- **SPEAKER: DR. RAMYA. A**

- The second session commenced post-lunch, and was on the topic – Abhyantara Snehana, which was conducted by Dr. Ramya A, Vice Principal and professor, Ashtangam Ayurveda Vidyaetam, Palakkad, Kerala.
- This session was very informative and covered all aspects, of Abhyantara Snehana, precautions to be taken and clinical expertise of the speaker, which was then followed by an elaborate discussion.



Session by Dr.Ramya A

## 2. Day2 : 12/12/23

- SESSION-1: BAHYA SNEHANA
- SPEAKER: DR. KORALLI ANIL

- The second day started off with a detailed discussion on Bahya Snehana by Dr. Anil Koralli, Associate Professor, dept of Panchakarma, KLE shri BMK Ayurveda Mahavidyalaya, Belgaum where he also showcased the scope of new instrumentation in the field of Panchakarma and shared some information about the new instruments he was developing.
- The Theory session was then followed by practical session where the delegates could utilise demonstration of procedures like Shirodhara and Shirobasti.



Session by Dr. Koralli Anil



- **SESSION-2: SWEDANA**

- **SPEAKER: DR. SUBIN V R**

- In the afternoon, Dr Subin Vaidyamadham, Associate Professor, Dept of Panchakarma, Vaidyaratnam PS Varier Ayurveda College, Palakkad, Kerala conducted a knowledgeable session on Swedana Karma, its applicability in different diseases, its variations and different modalities and possible modifications.
- After this, the practical session included demonstration of Dhanyamla Parisheka Sweda and Churna Pinda Sweda (Avi Kizzhi) along with a meticulous discussion.



Session by Dr. Subin V R

### 3. Day -3 13/12/23

- SESSION-1: VAMANA

- SPEAKER: DR. ASHVINI KUMAR M

- Scientific session on day 3 started off early in the morning at 6AM with practical demonstration of Vamana Karma. The demonstration included 2 modalities of Vamana viz Classical Vamana and Sadhyovamana and both procedures were conducted systematically under the expertise of Dr. Ashvini Kumar M, Professor, dept of Panchakarma, SDM College of Ayurveda Hassan.
- This was followed by the theory session on Vamana karma where sir discussed about the indications, applicability and challenges faced during vamana karma. Delegates and the speaker engaged in a discussion with varying opinions on Samyak Lakshana of Vamana.



Session by Dr. Ashvini Kumar M



- **SESSION-2: NASYA**

- **SPEAKER: DR. SACHIN CHANDALIYA**

- Dr. Sachin Chandaliya, Professor and HOD, was the speaker for the next session which was on Nasya. The practical session was conducted systematically with demonstration of Naavana, Avapeedaka and Pradhamana Nasya. Delegates also got an opportunity to utilise and study the instrument that was developed by Dr.Chandaliya exclusively for administration of Pradhamana Nasya which was commendable.
- The theory session involved elaborate discussion on mode of action of Nasya, its pharmacodynamics and also clinical experience with different forms of Nasya.



Session by Dr.Sachin Chandaliya

#### 4. Day-4: 14/12/23

- **SESSION-1: VIRECHANA AND SAMARJANA KRAMA**

- **SPEAKER: DR. JAIRAJ P BASARIGIDAD**

- The first speaker for the day was Dr. Jairaj P Basarigidad, Professor, DGM Ayurvedic Medical College, Gadag who conducted a detailed session on Virechana, its types, Modalities, Protocol to be adopted in ayoga and atiyoga, and clinical expertise, especially in Pakshaghata.
- This was followed by discussion on Samsarjana krama and preparation of various edibles used in Samsarjana such as Peya, Vilepi, Yusha etc.



Session by Dr. Jairaj P Basarigidad



- **SESSION-2: KRIYA KALPA AND ALLIED KARMA**

- **SPEAKER: DR. DEEPALI SHEREKAR**

- The second session was on Kriya kalpa and allied karma like Kavala, Gandusha, Karnapurana, Nasapana which was a comprehensive discussion put together by Dr. Deepali Sherekar, Associate Professor, Govt. Ayurved College, Nanded.
- This was followed by the practical demonstration of Akshi tarpana, Pindi and Bidalaka.



Session by Dr. Deepali Sherekar

## 5. Day 5: 15/12/23

- **SESSION-1: BASTI KARMA**
- **SPEAKER: DR. VASANT PATIL**
- On day5, Eminent Resource person, Dr Vasant Patil, Professor, AyurvedaMahavidyalaya, Hubli, shared his mountain of knowledge on Basti karma through a practical session on Niruha Basti Sammilana in 3 different methods (using hasta tala, khalva yantra and electric blender) and Basti pranidhanathrough putaka method and Enema can method.
- Sir also shared the research aspects of basti karma, basti as an emulsion, its stability, applicability of various basti and plenty of successstories that involved basti.



Session by Dr. Vasant patil



- **SESSION-2: BASTI**
- **SPEAKER: DR. PUNAM GAURAV SAWARKAR**

- The afternoon session was taken over by Dr. Punam Gaurav Sawarkar, Associate Professor, Mahatma Gandhi Ayurved college and Hospital, Wardha, Maharashtra, where she discussed about assessment of basti, challenges in basti karma, emergency management, Uttara basti and its applicability and many successcases.



Session by Dr. Punam Gaurav Sawarkar

## 5. Day-6 16/12/23

- **SESSION-1: RAKTA MOKSHANA**
- **SPEAKER: DR. CHANDRAMOULEESWARAN P**

- First speaker for the day was Dr. Chandramouleeswaran P, Principal and HOD, Department of Panchakarma, Ayurveda College and Hospital, Coimbatore, who Spoke elaborately about Raktamokshana, its types, practical difficulties while practicing different methods of Raktamokshana.
- This was followed by practical demonstration of Siravyadha, Jaloukavacharana, Pracchana and Kuttana.

### PATIENT CARE:

- There is oozing of blood from wound created by the mouth of leech after detachment.
- It is checked by use of Yastimadhu (Glycyrrhizaglabra) or turmeric powder application of digital pressure bandaging with the cotton cloth.



Session by Dr. Chandramouleeswaran P



**SESSION-2: PHYSIOTHERAPY**  
**SPEAKER: DR. MADHUSUDAN K H**

Afternoon session was taken over by Dr. Madhusudan K H, Consultant, Pranav Holistic Healing and Rejuvenation, where the speaker explained about the integration of Ayurveda, yoga and Physiotherapy and its utility in the clinical practice in detail.

This was followed by a Practical demonstration on various techniques used in physiotherapy along with different Sudation techniques.



Session by Dr. Madhusudan K H

**6. Valedictory Programme**

- The 6 days CME Programme wined up with a formal Valedictory Programme, which was chaired by Smt. Leelavathy K IAS, Commissioner, Department of AYUSH, Govt. of Karnataka. Mr. Aslam Basha, CAO, GAMC, Bengaluru was also present on the dias. Programme was hosted by Dr. Shakuntala S Pujeri, Assistant Professor, Department of Panchakarma, GAMC Bengaluru. Dr. Priyadarshini D, Assistant Professor, Department of Panchakarma, GAMC Bengaluru welcomed the gathering and Dr. Shaila Borannavar, Professor, Department of Panchakarma, GAMC Bengaluru gave the brief report on the CME programme. This was followed by distribution of the kit to the delegates along with a Certificate and 16GB Pendrive, containing the study materials of all the guest lecture delivered during these 6days, which will be useful for the delegates for the future reference.
- During the programme delegates had the chance to share their opinion regarding the CME. The programme ended with the vote of thanks proposed by Dr. Ananta S Desai, HOD Department of Panchakarma, GAMC Bengaluru.



Valedictory Programme



## KIT DISTRIBUTION TO THE DELEGATES

1. Dr. Achala Ram Kumawat



2. Dr. Ajay Kumar Yadav



3. Dr. Amol Patane



4. Dr. Ashwini Patil



5. Dr. Basavaraj Honnalli



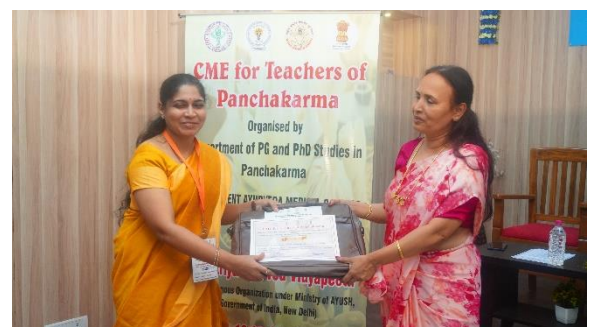
6. Dr. Bhushan Bairagi



7. Dr. Biswajith Dash



8. Dr. Deshpande Shilpa Bhaskar Rao





9. Dr. Dipak Sarma



10. Dr. Itika Thakur



11. Dr. K Harshavardhan Appaji



12. Dr. Kairavi Trivedi



13. Dr. Kamini Soni



14. Dr. Maneesha P C



15. Dr. Manoj Kumar Behra



16. Dr. Manoj Kumar Singh





17. Dr. Mukund Karhade



18. Dr. Namrata Bhatt



19. Dr. Padma Priya N



20. Dr. Padmaja Deshpande



21. Dr. Prema Kumari M S



22. Dr. Raheena B



23. Dr. Rashmi R



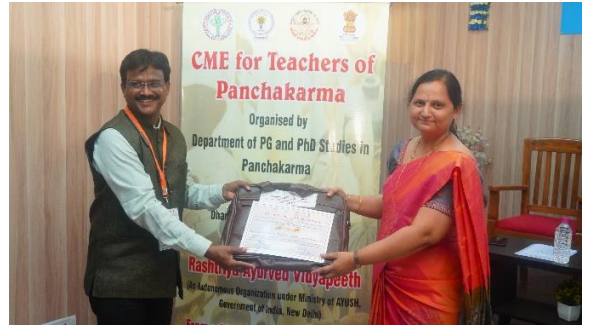
24. Dr. Revathi K



25. Dr. Roshni Dhurve



26. Dr. Sahebrao Kishanrao Kadam



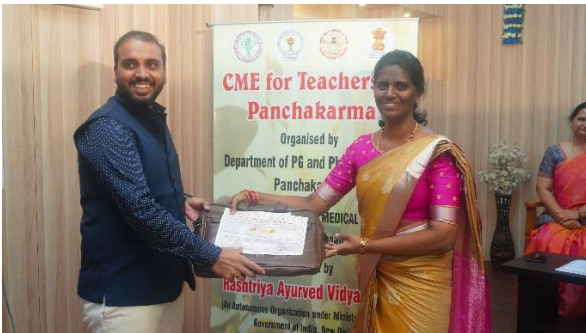
27. Dr. Shashank Reddy



28. Dr. Shilpashree K



29. Dr. Shridhar Lakkundi



30. Dr. Vishnu Prasad



Signature of Organizing Secretary

Signature of the Principal



