



# NATIONAL INSTITUTE OF AYURVEDA, JAIPUR

Deemed To be University (De Novo)

An Autonomous institute  
under The Ministry of  
AYUSH,  
Govt. of India



## ACADEMIC BROCHURE

### PANCHKARMA TRAINING PROGRAMME (45 Days)

#### The institute

The National Institute of Ayurveda Deemed To be University (De Novo) is an apex institute under ministry of AYUSH, Govt. of India. This institute was established to develop high standards of teaching, training and research in all aspects of Ayurvedic System of Medicine with a scientific approach. The institute is engaged in Teaching, Clinical and Research. The Institute imparts UG, PG and Ph.D. Education and also Diploma Training programme in Ayurveda Nursing and Pharmacy.

The UG Training programme of Ayurvedacharya (BAMS) is of 5½ Year duration. The 3 Year PG Training programme of MD/MS(Ay.) is available in 14 Specialties, viz. Agad Tantra, Dravya Guna, Kayachikitsa, Kaumar Bhritya, Maulik Siddhanta, Panchkarma, Prasuti Stri Roga, Roga & Vikrit Vigyan, Rasa Shastra, Sharir Rachana, Sharir Kriya, Shalya Tantra, Shalakyia Tantra and Swastha Vritta. The Institute has a 300 Bedded NABH Accredited Hospital with OPD and a Primary Emergency Care Unit.

There is specialized Panchkarma setup with large number of daily patients for a number of Panchkarma procedures Specialty Clinics for Diabetes, Allergy, Geriatric, Dietary, Child Mental Health, Eye etc. are also available in the Hospital for specialized consultation, treatment etc.

#### Panchkarma training programme for Ayurvedic doctors

Ayurveda proposes to broad dimensions of therapeutic intervention:

(1) Samshodhana (Bio-purification), (2) Samshamana (Bio-balancing). Panchkarma is therapeutic technology of Samshodhana. The word Panchkarma comprises of two words namely pancha and karma. Pancha mean five and karma means therapy (procedure). This

five fold treatment primarily aims at internal purification of the body including gross channels up to the cell levels. It is highly preferred to cure any disease with least possibility of recurrence. Panchkarma is a curative line of treatment for all diseases which are not amenable to Shamana Chikitsa. These five methods of elimination of vitiated Dosha from the body are Vamana Karma (Emesis therapy), Virechana Karma (Purgation therapy), Basti Karma (Enema therapy), Nasya Karma (Errhine therapy) and Raktamokshana (Blood-letting therapy). These five procedures are practiced through a comprehensive package of purvakarma (pre-procedure), Pradhan Karma (main procedure) and Paschat Karma (Post Procedure) in a sequence over a time frame with critical indications, contraindications and other prerequisite necessary to induce adequate Samsodhana and therapeutic Safety. The protocol of treatment with Panchkarma modalities requires a hawk's-eye of specialist who should be well trained and equipped with both theoretical and practical knowledge. Today Ayurveda in general and Panchkarma in specific is a global icon and necessity but the supply of experts is less than the global demand.

Thus Panchkarma training programme of 45 days has been designed and offered by Department of Panchkarma, NIA. This training programme is for Ayurvedic graduates, Practitioners, Medical Officers, Ayurvedic College teachers, Researchers.

**Objective of the training programme:**

1. The concept of Shodhana (detoxification) in details.
2. Principles of Panchkarma and its applications.
3. Practical training in preparation & administration of Panchkarma therapies.

**Type of the training programme:**— 45 days training programme will be a contact learning program with strict periodical assessment and Hands on training will be given to the participants.

**Outcomes of the Training programme:** -The candidate gets to learn from the most experienced and best faculty along with the good infrastructure. Every candidate undergoing the training programme will be confident and perform the Panchkarma therapy.

## **ADMISSION IN PANCHKARMA TRAINING PROGRAMME (45Days):**

**Eligibility for admission:** BAMS from a recognized University.

**Duration:** 45 Days

**Selection Procedure:** On the basis of availability of seats and first come first serve.

**Medium of Instruction:** English, Hindi.

**Seats:** 10 participants per batch

**Certificate:** 3 assessments will be done after 15 days. Certificate will be provided to the trainees after completion of the training programme.

**General rules and regulation:** Will be followed as per NIA guidelines.

**Dress:** White Apron or Uniform as instructed.

**Boarding and Lodging:** Participants will arrange by their own.

**Timing:** - Class timing during working hours

- Practical training: 9:00AM to 02:00 PM

- Theory: 3:00 PM to 4:00 PM

### **Application Fee (by IMPS/NEFT/RTGS):**

All interested applicant has to attach IMPS/NEFT/RTGS payment receipt for an amount of Rs.500 along with application form.

**Application fee:** Rs.500 by IMPS/NEFT/RTGS in favour of “National Institute of Ayurveda” payable at Jaipur as per account detail given below on or before the stipulated date. Scanned copy of dully filled form, NOC (for candidates who is working in government sector) and payment receipt should be mailed at [pknia108@gmail.com](mailto:pknia108@gmail.com).

**Note:** Training programme fees once deposited is neither refundable nor transferable in any circumstances.

### **Account detail:**

**Account Number** - 3124200215

**Name of the Account Holder** – National Institute of Ayurved, Jaipur 302002

**Name of Bank**– Central Bank of India

**Name of Branch**– NIA, Jaipur

**IFSC Code**– CBIN0283634

**Note:** No other modes of payment other than IMPS/NEFT/RTGS will be accepted.

IMPS/NEFT/RTGS receipt of the submitted fees should be attached with the application form.

**How to apply:**

Candidates are required to apply in the prescribed format downloaded from website or neatly typed on A4 size paper on one side as per the format available on the website <http://nia.nic.in> as per the prescribed Performa of Applications form. Institute will not consider any another format or application Performa. Application completed in all respect enclosing self-attested copies of all certificates, mark sheets of educational qualifications should be sent in an envelope superscripted “Application for Panchkarma training programme (45 days)” by registered/Speed-Post on or before the last date, to:

**The Vice Chancellor,  
National Institute of Ayurveda,  
Deemed To be University (De Novo),  
Madhav Vilas Palace, Jorawar Singh Gate, Amer Road, Jaipur 302002 (Rajasthan).**

**Invalid applications:** Candidates are advised to read all instructions carefully before sending their applications otherwise their applications are likely to be rejected on one or more of the following reasons in terms of the notifications.

- Applications received after the closing date.
- Applications not in prescribed format.
- Candidates not having the required qualification.
- Applications without latest photo not being pasted in the provided space.
- Application without signature.
- Applications which are incomplete /illegible in any manner.
- Applications without the prescribed Application Fee (as applicable).
- Application on another format not prescribed by National Institute of Ayurveda, Deemed to be University (De Novo).

**Last Date of receiving application:**

The last date for receiving Application is **07/07/2023**. In case the last date and receipt of application is declared holiday, the date of receipt of the application will be considered as next working day.

## **Fee structure for the training programme**

**Training programme fee:** Indian Nationals (In Indian Rupees)

**Total fee:** 15000.00

**Note:** TA/DA/stipend will be paid to the participants.

**SAARC and BIMSTEC countries:** Fee structure same as Indian National total amount to be deposited at the time of admission.

**Foreign Nationals:** (In US Dollars): \$300 US Dollar.

**Note:** Fees once deposited will not be refunded.



**National Institute of Ayurveda, Jaipur**  
**Deemed To be University (De Novo)**

Paste a  
passport  
size photo

**APPLICATION FORM**  
**PANCHKARMA TRAINING PROGRAMME (45 Days)**

**Application Fee:** ..... **UTR/Reference No:** ..... **Date:** .....

1. **Name (Capital letters):** .....
2. **Father's /Husband's Name:** .....
3. **Date of birth:** ..... **Sex:** ..... **Age:** .....
4. **Address for Communication with Pin Code:** .....  
.....
5. **Registration No:** ..... **State of Registration:** .....
6. **Mobile No:** ..... **Email id:** .....
7. **Category (National/General/SC/ST/OBC/PWD/Foreign)** .....
8. **Educational Qualification:** .....
9. **Nationality (Enclose Govt. ID):** .....
10. **Details of Employer (If Working):** .....
11. **BAMS Examinations Passed** (Please enclose self attested copy of degree & registration certificate ):

College	University	Year of Passing	Marks/ Percentage

12. **List of Enclosures with the Application-** (Please enclose Date of Birth proof, Residence proof, NOC/Recommendation from the department/Institute)

**DECLARATION**

I hereby declare that the information mentioned in this Application is correct and true to the best of my knowledge and belief and I understand that furnishing false/improper information will lead to rejection and cancellation of my candidature and also that I am liable for legal and/or disciplinary action as may be initiated by the National Institute of Ayurveda.

**Date:**

**Signature of the Candidate**