



SPECIAL PANCHAKARMA AND ENT WORKSHOP

23rd - 27th June 2014

Led by Dr Lohit, Panchakarma Ratna DM College & Hospital, Hassan and
Dr Shamsa, Head of ENT Dept. National Institute of Ayurveda, Jaipur

09:00 - 09:30 – Tea and Introductions

12:30 – 13:30 - Lunchbreak

DR LOHIT – Panchakarma Ratna DM College Hospital

MONDAY 23 RD JUNE	TUESDAY 24 TH JUNE	WEDNESDAY 25 TH JUNE	THURSDAY 26 TH JUNE	FRIDAY 27 TH JUNE
Practicals	Theory 09:30–12:30	Theory 09:30-12:30	Theory 9:30-12:30	Theory 09:30-12;30
09:30-10:00 Head Massage	Various head treatments	Shirodhara	Agnikarma	Shashtika Shali Pinda Sveda
10:10-10:40 Foot massage	Precautions/ indications	Sneha Basti	Upanaha & Ishtika Sveda	Synchronized full body massage
10:50-11:30 Marma massage	Model demo	Kukshi/ Hrd Basti	Patra Pinda Sveda	Practical assessment/ considerations
11:40-12:25 Sarvanga Abhyanga	Types of oils	Udvardana	Demo/ Practical considerations	
	Q & A		Niruha Basti	
L	U	N	C	H
Theory 13:30–16:40	Practicals	Practicals	Practicals	Practicals
Theory of massage	13:30-14:10 Janu Basti	13:30-14:15 Shirodhara	13:30-14:00 Agnikarma	13:30-14:00 Bolus Preparation
Marma massage	14:20-15:00 Kati Basti	14:25-14:55 Sneha Basti	14:10-14:40 Upanaha Sveda	14:10-15:00 Shashtika Shali Pinda Sveda
Special oil for various conditions	15:10-16:00 Shiro Basti Talpodichill	15:00-15:45 Kukshi/ Hrd Basti	14:50-15:20 Ishtika Sveda	15:10-16:00 Synchronized Sarvanga Abhyanga
Massage as poorva-karma	16:10-16:40 Prusta/ Greeva Basti	15:55-16:40 Udvardana	15:30-16:00 Patra Pinda Sveda	16:00-116:40
Q & A			16:00-16:40 Niruha Basti	Q & A

DR SHAMSA - Head of ENT Dept. NIA Jaipur

MONDAY 23 RD JUNE	TUESDAY 24 TH JUNE	WEDNESDAY 25 TH JUNE	THURSDAY 26 TH JUNE	FRIDAY 27 TH JUNE
Theory 09:30-12:30	Practicals 09:30-12:30	Practicals 09:30-12:30	Practicals 09:30-12:30	Practicals 09:30-12:30
Introduction to Eye Problems	09:30-10:00 Karna-purna	9.30-10:00 Karnapoorana	9.30-10.00 Kavala & Gandusha	9.30-10.10 Shiro Abhyanga
Conjunctivitis, Blephritis, Cataract, Glaucoma, Refractive error, Blindness	10:10- 10:30 Pratimarsha Nasya	10.00-10.30 Karna Prakshalana	10.00-10.30 Mukh Pratisarana	10.20-11.20 Shiropichu, Shirolepa, Prachanna karma
Causative factors, Preventative Care, Dinacharya, Ritucharya, Chakshushya Ahara and vihara	10:40 -11:10 Preparation of Dhooma varti & Dhooma	10.30-11.00 Karna Dhoopana	10.30-11.00 Danta Poorana	11:30-12:30 Haircare (hairpacks)
Various Eye treatments	11:20:11:50 Pradharman Nasya	11.00-12.00 Karna Avachuranana	11.00-11.30 Agnikarma in Danta	
Q & A	12:00-12:30 Gur-nagra Nasya	12.00-12.30 Karna Pichu	11.30-12.30 Herbal Facial Treatments	
L	U	N	C	H
Practicals	Theory 13:30-16:40	Theory 13:30-16:40	Theory 13:30-16:40	Theory 13:30-16:40
13:30-14:00 Eye drop preparation, Eye exercises	Common nasal problems; Allergic Rhinitis, Vasomotor, Raktapitta, Epistaxis	Various ear disorders; Ear discharge, Blockage, Tinnitus, Infection, Deafness	Common clinical mouth disorders; Stomatitis, Pharyngitis, Laryngitis and dental problems	Introduction to Shiro Rogas
14:00-14:30 Seka	Nasal discharge, blockage, congestion, Polyps	Causative factors, Prevention, Adoption of healthy practices	Causative factors, preventative measures, Oral hygiene	Migraine, Headache, Neuralgic Headache, Alopecia
14:40-15:20 Akshi- tarpana	Causative factors	Various Ear Treatments	Various Oral treatments	Sinusitis, Dandruff
15:30-16:00 Putapaka	Prevention, Precautions, adoption of healthy practices		Kavala, Gandusha, Mukha Pratisarana, Danta Poorana,	Causes, Prevention, Healthy practices, Precautions
16:10-16:40 Vidalka	Q & A		Agnikarma in danta	
			Q & A	

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Workshop fees:

For each separate day: £35

For all five days: £150

To reserve your place, please make cheques payable to BAAAP and send to the following address:

Neelam Kohli, 52 Paines Lane, Pinner, Middx HA5 3BT

Kindly note that places are strictly limited and will be allocated on first come first served basis

Alternatively to pay by electronic transfer, details are:

BAAAP

HSBC, 2 Love Lane, Pinner, Middx, HA5 3EG

Bank account no - 71474626

Sort Code: 40-36-21

Enquires: info@britayurpractitioners.com

Tel: 07405 023 651/ 07801 325 198/07775 505 924

Venue: 18 West End Avenue, Pinner, HA5 1BJ

