

Panchkarma Section

Central Ayurveda Research Institute (CARI)

Overview

The **Panchkarma Section** at CARI is a specialized centre dedicated to delivering **authentic Ayurvedic purification and rejuvenation therapies**. Panchkarma, which literally means “five actions,” forms the cornerstone of classical Ayurvedic treatment. Its primary aim is to **detoxify the body, balance the three doshas (Vata, Pitta, and Kapha), and restore holistic health**.

At CARI, these therapies are provided under the supervision of **experienced Ayurvedic physicians and trained therapists**. The centre emphasizes a **safe, hygienic, and patient-friendly environment**, ensuring that each therapy is tailored to individual needs. By combining traditional Ayurvedic principles with modern clinical practices, the Panchkarma Section offers a comprehensive approach to preventive, promotive, and curative healthcare.

Facilities Available

CARI's Panchkarma Section integrates **traditional Ayurvedic practices with contemporary infrastructure** to provide a comfortable and effective treatment experience.

- **Well-equipped therapy units** designed for both male and female patients
- **Traditional Droni (wooden massage tables)** and modern **steam chambers** for various therapies
- **Qualified doctors and trained therapists** assigned for each specific therapy
- Hygienic and serene surroundings to enhance therapeutic benefits and ensure patient comfort

The department ensures that all equipment and materials are maintained according to **high standards of sanitation**, and the environment is conducive to both relaxation and healing.

Major Therapies Offered

The Panchkarma Section offers a wide range of classical Ayurvedic therapies, including:

- **Abhyanga (Therapeutic Massage):** Full-body massage using medicated oils to improve circulation, nourish tissues, and relieve fatigue.
- **Swedana (Herbal Steam Therapy):** Herbal steam therapy to induce perspiration, eliminate toxins, and enhance skin tone.
- **Vamana (Therapeutic Emesis):** Controlled emesis therapy for removing excess Kapha and toxins from the body.
- **Virechana (Purgation Therapy):** Detoxification process focused on cleansing the liver and intestines.
- **Basti (Medicated Enema):** Cleanses the colon and supports the management of neurological, musculoskeletal, and digestive disorders.
- **Nasya:** Administration of medicated oils or powders through the nasal route for sinusitis, headaches, and cervical issues.
- **Shirodhara:** Continuous pouring of medicated oil or decoction on the forehead to relieve stress, anxiety, and insomnia.

Special Therapies

In addition to the classical Panchkarma therapies, CARI also provides **specialized treatments** for localized or targeted therapeutic effects:

- **Udvaartana (Herbal Powder Massage):** Stimulates circulation, reduces obesity, and improves skin texture.
- **Localized Basti:** Includes **Kati Basti, Janu Basti, and Greeva Basti** for lower back, knee, and neck conditions.
- **Potli Seda Therapies:** Such as **Patrapinda Swedan, Jambir Pinda Swedan, and Shashtikshali Pinda Swedan**, using warm herbal poultices for pain relief, rejuvenation, and inflammation reduction.

- **Upnaha:** Specialized herbal fomentation therapy for muscular stiffness and joint ailments.

These therapies are designed to provide **therapeutic relief, rejuvenation, and wellness enhancement**, and are tailored to the specific needs of each patient.

Conclusion

The **Panchkarma Section at CARI** stands as a centre of excellence in Ayurvedic healthcare, offering a **holistic, patient-centered approach**. By blending **time-tested Panchkarma practices with modern clinical infrastructure**, the section delivers safe, effective, and rejuvenating treatments. It caters to individuals seeking **preventive care, detoxification, and holistic healing**, reinforcing CARI's commitment to promoting **health, wellness, and Ayurveda-based lifestyle management**.

User Charges

CARI provides Panchkarma therapies at **nominal, patient-friendly rates** to promote accessibility for all.

S. No.	Services Available	General	Senior Citizen
1.	Sarvang Abhyang	50/-	20/-
2.	Vashpa Swedan	50/-	20/-
3.	Baluka Swedan	50/-	20/-
4.	Ruksh Churna Pinda Swedan	100/-	40/-
5.	Patra Pinda Swedan	100/-	40/-
6.	Jambir Pinda Swedan	100/-	40/-
7.	Shahstikshali Pinda Swedan	200/-	80/-
8.	Basti Karma		
	a) Niruha Basti	100/-	40/-
	b) Anuvan/Sneha/Matra Basti	100/-	40/-
	c) Vaitran Basti	100/-	40/-
	d) Ksheer Basti	100/-	40/-
	e) Lekhan Basti	100/-	40/-
9.	Pizzichil	200/-	80/-
10.	Shirodhara	100/-	40/-
11.	Takradhara	150/-	60/-
12.	Dhanyamla Dhara	100/-	40/-
13.	Shirobasti	100/-	40/-
14.	Kati/Janu/Prishtha/Greeva Basti	100/-	40/-
15.	Nasya	75/-	30/-
16.	Shiropichu/Talam	50/-	20/-
17.	Upnah	60/-	24/-
18.	Vaman/Virechan	250/-	100/-
19.	Shiroabhyanga	50/-	20/-
20.	Udvartan	150/-	60/-
21.	Agnikarma	100/-	40/-
22.	Adhokaya Dhara	100/-	40/-
23.	Janu Dhara	50/-	20/-
24.	Ekanth Dhara	50/-	20/-
25.	Anna Lapan	150/-	60/-
26.	Vrana Dhavan	50/-	20/-
27.	Ksheer Vashpa Swedan	75/-	30/-

Note-

1. Service charges will be waived for patients having BPL card, employees/pensioners of the Council and their family members/patients engaged in research work.
2. Senior citizens will be charged only 40% of the fee (supporting documents for age proof will be obtained and kept on record).

Why Choose CARI Panchkarma Section

- Authentic classical Ayurvedic therapies
- Qualified and experienced medical professionals

- Hygienic, comfortable, and serene environment
- Affordable and patient-oriented service

Panchkarma Technician Course

Central Ayurveda Research Institute (CARI)

Overview

The **Panchkarma Technician Course** at the *Central Ayurveda Research Institute (CARI)* is a **one-year certificate program** designed to train skilled personnel in the principles and practice of Ayurvedic Panchkarma therapies. The course is **affiliated with the Healthcare Sector Skill Council (HSSC)** under the Ministry of Skill Development and Entrepreneurship, Government of India.

Originally initiated in **2018** by the **Central Council for Research in Ayurvedic Sciences (CCRAS)** as the *Panchkarma Attendant Course*, it received official **HSSC accreditation in 2019**, aligning the curriculum with national healthcare skill standards.

This **self-financed program** admits **10 students per year**, offering them both theoretical understanding and hands-on training in classical Ayurvedic therapies, patient care, and Panchkarma procedures.

Course Objectives

- To impart fundamental knowledge of Ayurvedic concepts and Panchkarma therapy.
- To train students in performing Panchkarma procedures safely and effectively.
- To develop skills in patient preparation, therapy assistance, and maintenance of treatment units.
- To create employment-ready professionals for Ayurvedic hospitals, wellness centres, and spas.

Course Structure

The curriculum blends **classroom learning** with **practical demonstrations** and **clinical exposure** under the supervision of qualified Ayurvedic physicians.

Key Modules:

- Basics of Ayurveda and Panchkarma
- Anatomy and Physiology (Ayurvedic & Modern concepts)
- Panchkarma Procedures and Techniques
- Preparation and Handling of Medicated Oils and Decoctions
- Patient Care and Record Maintenance
- Hygiene, Safety, and Equipment Handling
- Communication and Soft Skills for Healthcare

Training Facilities

Students receive hands-on experience in the **fully functional Panchakarma Section** of CARI, equipped with traditional Droni tables, steam chambers, and specialized therapy units. Training emphasizes professional ethics, clinical discipline, and real-time patient interaction.

In addition, students undergo a 15-day exposure visit to other reputed Ayurvedic institutes, gaining broader insight into clinical practices, research activities, and institutional management.

Eligibility and Admission

- **Minimum Qualification:** 10+2 (any stream) from a recognized board
- **Duration:** 1 Year (Full Time)
- **Intake Capacity:** 10 students per year
- **Nature of Course:** Self-Financed
- **Selection:** Based on merit as per institute norms

Achievements of the Course

- Successfully running since 2018, producing **well-trained Panchakarma technicians** annually
- Accredited by the **Healthcare Sector Skill Council (HSSC)** in 2019
- Over **50 students trained**, many employed in **Ayurvedic hospitals, wellness centres, and Panchakarma clinics**
- Students participate in **health camps, clinical workshops, and outreach programs**
- Exposure visits provide students with **diverse institutional experience and enhanced learning opportunities**
- Recognized for promoting **skill-based Ayurveda education** and enhancing **employability**

ATAB Accreditation (Panchakarma Technician Course)

The course has undergone **assessment for ATAB (Ayurveda Training Accreditation Board) accreditation** by the **Rashtriya Ayurveda Vidyapeeth (RAV)** on **27th September 2025**.

The assessment evaluated:

- Curriculum design and compliance with national skill standards
- Quality of faculty and teaching methodology

- Clinical exposure, training facilities, and infrastructure
- Governance, documentation, and skill evaluation processes

While **formal ATAB accreditation is pending**, the assessment highlights CARI's commitment to **high-quality training, academic excellence, and employability-focused skill development** in Panchakarma education.

Career Opportunities

Upon successful completion, candidates receive a **Certificate in Panchkarma Technician** awarded under the **Healthcare Sector Skill Council (HSSC)**.

Graduates can find employment as:

- **Panchkarma Technicians** in Ayurvedic hospitals, wellness centres, and resorts

This course opens pathways to meaningful careers in **Ayurveda-based healthcare and wellness**, both in India and abroad.

Why Choose CARI

- Affiliation with **Healthcare Sector Skill Council (HSSC)**
- Backed by **CCRAS expertise and national recognition**
- **Experienced faculty** and hands-on clinical training
- Focus on **skill development and employability**

Empowering Youth through Ayurveda

The **Panchkarma Technician Course at CARI** embodies the vision of integrating traditional Ayurvedic wisdom with modern skill standards — preparing a new generation of professionals committed to holistic healing and wellness.

The **Central Ayurveda Research Institute (CARI)** has been accredited by the **National Accreditation Board for Hospitals & Healthcare Providers (NABH)** for maintaining high standards of quality and patient safety in Ayurvedic healthcare services.

CARI achieved its **first NABH accreditation on 7th October 2022**, marking a major milestone in its commitment to excellence in traditional medicine practice and institutional management. This recognition affirms that the institute's clinical, administrative, and patient care processes adhere to the nationally benchmarked standards of the **Quality Council of India (QCI)**.

Following the initial accreditation, the institute successfully completed its **Mid-Term Surveillance on 9th May 2024**, demonstrating continued compliance and ongoing quality improvement across all functional areas.

Most recently, the **Reassessment Audit** was conducted on **25–26 September 2025**, reaffirming CARI's dedication to maintaining NABH standards in infrastructure, patient safety, documentation, and service delivery.

Through NABH accreditation, CARI continues to set an example for **quality assurance in the field of Ayurveda**, blending classical treatment methodologies with modern management systems to ensure safe, ethical, and patient-centric care.