



Swarnim Startup and Innovation University

Aarihant Ayurvedic Medical College And Research Institute

Gandhinagar

VALUE ADDED COURSE (2023-24)

Shalya Tantra Department

Course name – Fundamental Principles And Practices Of Ayurvedic Pain Management

Organizing Department – Shalyatantra Department.

Course code – STFPAM 1

Course co-ordinators – .Dr. Abhinav Sonawane, Dr. Chirag Vaghela

Duration – 30 hours

Date – 3 July 2023 to 21 August 2023

Course Description:

This 30-hour value-added course (VAC) introduces final year BAMS students to the fundamental principles and practices of Ayurvedic pain management. Through lectures, discussions, and case studies, students will gain a comprehensive understanding of Ayurvedic approaches to managing acute and chronic pain conditions.

Target Audience:

Final year BAMS students

Course Instructors:

- Dr. Abhinav Sonawane
- Dr. Chirag Vaghela

Course Duration:

- 15 Sessions (2 hours per session)
- Twice a week (4-6 pm)

Course Objectives:

By the end of this course, students will be able to:

- Explain the Ayurvedic concept of pain and its relationship to Doshas, Srotas, and Agni.

- Identify and differentiate between various types of pain in Ayurveda.
- Discuss the role of Marma therapy, Agnikarma, and Vidhrakarma in pain management.
- Understand the principles and applications of Panchakarma for pain management.
- Analyze the role of diet and lifestyle modifications in pain management according to Ayurveda.
- Apply Ayurvedic principles to manage pain in various musculoskeletal, neurological, and gastrointestinal conditions.
- Critically evaluate the efficacy and safety of Ayurvedic pain management techniques.
- Integrate Ayurvedic approaches with conventional pain management strategies for a holistic approach.

Course Schedule:

Module 1: Introduction to Ayurvedic Pain Management (4 hours)

- Introduction to Pain in Ayurveda: Definition, types, and causes
- Role of Doshas, Srotas, and Agni in pain perception
- Ayurvedic principles for pain management

Module 2: Techniques for Pain Management (8 hours)

- Marma Therapy: Theory, techniques, and applications for pain relief
- Agnikarma: Principles, types, and applications for pain management
- Vidhrakarma: Indications, contraindications, and uses in pain management

Module 3: Panchakarma for Pain Management (6 hours)

- Introduction to Panchakarma: Principles and procedures
- Utilizing specific Panchakarma therapies for pain management based on Doshic imbalances
- Case studies: Applying Panchakarma for pain management

Module 4: Ayurvedic Management of Specific Painful Conditions (8 hours)

- Musculoskeletal Pain: Ayurvedic approaches to managing arthritis, back pain, and sports injuries
- Neurological Pain: Ayurvedic strategies for managing sciatica, neuralgia, and headaches
- Gastrointestinal Pain: Ayurvedic management of gastritis, peptic ulcers, and irritable bowel syndrome

Module 5: Integration and Future Directions (4 hours)

- Integrating Ayurvedic pain management with conventional approaches
- Evidence-based Ayurveda: Critically evaluating research on Ayurvedic pain management techniques
- Future directions: The role of Ayurveda in pain management within public health initiatives
- Discussion & Review

Teaching Methodology:

- Interactive lectures with audio-visual aids (presentations, videos, case studies)
- Group discussions and case analysis
- Student presentations (optional)
- Hands on training

Assessment:

- Active participation in class discussions and activities (20%)
- Short assignments or quizzes (20%)
- Case study analysis presentation (30%)
- Final written or practical exam (30%)

Course Materials:

- Course handouts and presentations
- Recommended reading list of Ayurvedic texts and research papers

Disclaimer:

This course is designed for educational purposes only and does not constitute medical advice. Students are advised to consult a qualified Ayurvedic practitioner for any pain-related concerns.

Instructors' Introduction:

- Dr. Abhinav Sonawane: (Associate Professor Shalyatantra)
- Dr. Chirag Vaghela: (Assistant professor shalyatantra)

Course design

| Week | Date | Topic | Instructor | Mode |
|------|------------|---|------------|---|
| 1 | 03/07/2023 | Introduction to Ayurvedic Pain Management (Part 1) | Sonawane | Lecture (Audio-visual) + Discussion |
| 2 | 05/07/2023 | Introduction to Ayurvedic Pain Management (Part 2) | Vaghela | Lecture (Audio-visual) + Discussion |
| 3 | 10/07/2023 | Techniques for Pain Management (Part 1): Marma Therapy | Sonawane | Lecture (Audio-visual) + Demonstration + Discussion |
| 4 | 12/07/2023 | Techniques for Pain Management (Part 2): Agnikarma & Vidhrakarma | Vaghela | Lecture (Audio-visual) + Case Study Discussion |
| 5 | 17/07/2023 | Techniques for Pain Management (Part 3): Agnikarma & Vidhrakarma | Sonawane | Lecture (Audio-visual) + Discussion |
| 6 | 19/07/2023 | Techniques for Pain Management (Part 4): Agnikarma & Vidhrakarma | Vaghela | Lecture (Audio-visual) + Case Study Analysis (Student presentations - Optional) |
| 7 | 24/07/2023 | Panchakarma for Pain Management (Introduction to Panchakarma: Principles and procedures) | Sonawane | Lecture (Audio-visual) + Discussion |
| 8 | 26/07/2023 | Panchakarma for Pain Management (Utilizing specific Panchakarma therapies for pain management based on Doshic imbalances) | Vaghela | Lecture (Audio-visual) + Case Study Analysis (Student presentations - Optional) |
| 9 | 31/07/2023 | Panchakarma for Pain Management (case discussion) | Sonawane | Lecture (Audio-visual) + Discussion |
| 10 | 02/08/2023 | Ayurvedic Management of Musculoskeletal Pain | Vaghela | Lecture (Audio-visual) + Discussion |
| 11 | 07/08/2023 | Ayurvedic Management of Musculoskeletal Pain | Sonawane | Lecture (Audio-visual) + Discussion |
| 12 | 09/08/2023 | Ayurvedic Management of Neurological Pain | Vaghela | Lecture (Audio-visual) + Discussion |
| 13 | 14/08/2023 | Ayurvedic Management of Gastrointestinal Pain | Sonawane | Lecture (Audio-visual) + Discussion & Review |
| 14 | 16/08/2023 | Integration and Future Directions | Sonawane | Lecture (Audio-visual) + Discussion |
| 15 | 21/08/2023 | Demonstration | Vaghela | Hands -on |



B. Sonawane

Principal
Ashwini Ayurvedic Medical
College and Research Institute