

CURRICULUM FOR KSHARA KARMA TECHNICIAN TRAINING PROGRAMME

Name of course: Kshara Karma Technician Training Programme

Duration of the course: 3 months

Eligibility criteria: Pass (10+2) or equivalent form any recognize state/central board.

Details of the Training Course

Background of Course

Ayurveda as an emerging field in health care may sound paradoxical but it is true. It is a fact that Ayurveda is a millennia-old system of health care. But the gap in practice and knowledge that came during the last 4 to 5 centuries, particularly during the British rule had pushed Ayurveda to run behind the time. Thus, the continuous development and enrichment of Ayurveda was halted and that rendered its practices and understanding to be incomprehensible to the larger population. But all and sundry accept that Ayurveda is needed for the world. Therefore, Ayurveda has become the emerging field in health care as its principles and practices need contemporary understanding. There is need of hour to develop some skilled manpower that produces quality human resource which help Ayurvedic practitioners, so that they can better contribute in health system of society. In the view of skill India programme institute has proposed a short term training course in Kshara karma technician.

Introduction of course

In astanga Ayurveda Shalya Tantra is very important branch, various surgical principal described by Sushruta are well established and current medical system has followed it with little modification or as such. There are some para surgical procedures like Agnikarma (Thermal cautery), Kshara Karma Therapy (Caustic therapy), Shiravedha (Venepuncture) and Leech therapy described by Sushruta. Kshara karma therapy is on of the effective, having very significant effect in few chronic disorders like haemorrhoids, fistula-in-ano, fissure-in-

ano, Pilonidal sinus and Chronic non-healing wounds where modern surgical procedures has high chances of fail or recurrence.

Kshara is a caustic, alkaline in nature obtained from the ashes of medicinal plants. It is a milder procedure compared to surgery and thermal cautery. It is the superior most among the sharp and subsidiary instruments because of performing excision, incision and scraping. It is versatile, because even such places that are difficult in approach by ordinary measures can be treated by Kshara Karma. Kshara Karma is useful as the substitute of surgical instruments, because they can be used safely on the patients who are afraid of surgery. On the basis of Administration kshara karma therapy is of two types as Pratisaaraneeya Kshara – External application and Paneeya Kshara - Internal administration. On the basis of Concentration – Mild, Moderate and Highly.

As Kshara karma is minimally invasive technique with minimal requirement of health setups. The procedure can be performed under local anaesthesia so it is cost effective too.

Aim of the course

The objective of this Kshara karma technician course is developed skilled manpower to assists the Ayurvedicsurgeons to work kshara karma as routine procedures in health care setups.

Infrastructure of Institute

North Eastern Institute of Ayurveda and Homoeopathy (NEIAH), Shillong has Shalya Tantra department with fully equipped kshara karma lab for the training of preparation of the kshara and Kshara sutra. Institute also have Shalya Tantra OPD with good number of patient and IPD service along with working operating theatre for the kshara karma procedure. The trainee will receive training of kshara preparation in department laboratory and hands on training on the patients in hospital.

Number of seats: 20 seats per batch

Mode of training:

Total duration of course is 220 hrs. (45 hrs Classroom teaching and 175 hrs practical training in OPD/IPD) in 90 days.

The total duration is divided in theory and Practical hands-on training equally.

1. The classroom training will be provided on online mode for 45 days and Trainee will be encouraged for self-practice/learning in this period.
2. Practical training of 45 days will be provided in campus as per course curriculum

Distribution of teaching hours for Theory syllabus for training course

The classroom teaching of will be done as listed below:

S.N.	Topic	Hours of teaching
1.	Introduction of Ayush in healthcare system	01
2.	Surgery in Ayurveda	01
3.	Introduction of Kshara karma	02
4.	Applied Anatomy of rectum, anal canal and perineum	02
5.	Role & Responsibilities of Kshara Karma technician	02
6.	Applied Physiology of rectum and anal canal	02
7.	Diagnosis of Anorectal disorders	02
8.	Preparation of Kshara Sutra	02
9.	Preparation of PratisaraneeyaTeekshna Kshara	02
10.	Preparation of patients before procedure	02
11.	Preparation of operation theatre/ Sterilization	01
12.	Instruments used in kshara karma	01
13.	Handling of Instruments, Kshara and Ksharasutra	01
14.	Diagnostic modalities in Anorectal diseases	02
15.	Anaesthesia in Anorectal disorders	02
16.	Introduction to Nadivrana – Sinus/Pilonidal Sinus BhagandaraPidaka,Bhagandara, Fistula-in-ano Arshas	03
17.	Safety, emergency medical response and first aid	02
18.	Bio-medical waste management	02
19.	Indications and Contraindications of Kshara Sutra	01
20.	Problems and Complications of Kshara Sutra therapy	01
21.	Wound management during Kshara Sutra therapy	0 1
22.	Adjuvant measures during Kshara Sutra therapy	0 1
23.	Kshara Karma in Anorectal disorders like heamorrhoids (Arsha), Parikartika/Fissure-in-ano, Gudabhramsa/Rectal prolapse	04
24.	Use and abuse of laxative, analgesics and antibiotics	0 2
25.	Post Kshara karma therapy care	01
26.	Soft skill/documentation and communication skills	01
27.	Assignment	01
28.	Total	45 hours

Practical

The practical training will be done during the OPD hours of the hospital from 9.am to 2.pm in OPD of Shalya Tantra NEIAH hospital Shillong Meghalaya.

Medium of Instruction/ teaching: English and Hindi

Assessment Criteria

The final assessment of the trainee will be done on the basis of written exam and Practical viva.

The details of assessment are as below

S.N.	Examination	Maximum marks	Marks required to pass
1	Written Theory Paper	100	50
2	Practical Viva	100	50
	Total marks	200	100

Trainee must have to score minimum 50 % marks separately in written as well as practical exam.

Scope for the trainee

After getting certificates in kshara karma technician training programme the trainee may seeks the job opportunities in hospital or clinic of Ayurvedic surgeons. As they trained in handling of the instruments as well as the patients in pre-operative as well as post-operative periods under the supervision of qualified doctors.

Boarding and Lodging: Participants have to be arrange by their own.

General rules and regulation: Will be followed as per NEIAH guidelines for the students. If any trainee is found to be involve any kind of misconduct or unlawful activities will be terminated form the programme immediately. In this situation Director's decision will be final.

Dress: Brown Apron or Uniform as instructed.

More information regarding admission will be available in Admission Brochure form official website of NEIAH, Shillong.