



**D Y PATIL**  
DEEMED TO BE  
UNIVERSITY  
SCHOOL OF  
AYURVEDA  
NAVI MUMBAI

FEES STRUCTURE	Before 5 <sup>th</sup> Nov.	After 5 <sup>th</sup> Nov.
UG & PG student	500/-	700/-
Teachers and Practitioners	700/-	1000/-

**Last date of registration 12<sup>TH</sup> Nov.**

**PAYMENT DETAILS**

A/C NAME : D.Y PATIL UNIVERSITY SCHOOL OF AYURVEDA  
A/C NO: SB031011100051050  
IFSC CODE: ABHY0065031  
BANK: ABHYUDAYA CO. OP. BANK LTD  
BRANCH : NERUL NAVI MUMBAI  
Scanned copy of payment receipt should be sent to [panchakarmadyp@gmail.com](mailto:panchakarmadyp@gmail.com)

**ORGANIZING COMMITTEE**

<b>DR. RITU WADHWA</b> Professor HOD of panchakarama	<b>DR. JAYA GHORE</b> Associate professor	<b>DR. PARESH KATARIYA</b> Assistant professor
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# SNEHA ACHARNAM

## 2017

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**Workshop on Snehana & Aromatherapy for Teachers, Physicians, P.G. and U.G. Students**

**on Friday 17/11/2017**

<b>DR. VIJAY D.PATIL</b> Chancellor & President D.Y.Patil University Navi Mumbai	<b>Dr.Mahesh Kumar Harit</b> Dean School Of Ayurveda, D.Y.Patil University	<b>Dr.Ritu Wadhwa</b> H.O.D Panchakarma Department
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If any query contact on  
**+91 9987453504 | +91 8652182785**  
Venue: Virtual Classroom, 1<sup>st</sup> Floor, D. Y. Patil Ayurvedic Hospital, Sec .7 , Nerul, Navi Mumbai.

**ORGANISED BY DEPARTMENT OF PANCHAKARMA  
SCHOOL OF AYURVEDA D.Y.PATIL UNIVERSITY ,  
SECTOR.7, NERUL, NAVI MUMBAI**



## THEME OF WORKSHOP

### 1. "TO UNDERSTAND THE APPLIED ASPECT OF SNEHA IN PANCHAKARMA"

Ayurveda is the complete healing system of medicines. Panchakarma therapy is basically applied for removing accumulated toxins or doshas from the body at the same time it rejuvenates the body. Snehan is one of the important therapeutic procedure can be used as pre-procedure as well as the main procedure. It is also known as oleation therapy.

Human body is made up of multiple cells and most of cells is made up of fat hence we can say that strength of an individual depends on sneha.

Sneha dravya works mainly in three ways i.e.

- ❖ **Bruhmana:** Includes akshi tarpan and different types of local basti.
- ❖ **Shamana:** Includes disease specific snehapana.
- ❖ **Shodhana:** Includes internal oleation as preprocedure.

All three ways add to unctuousness, invigoration, lustre, strength, corpulence of the body and alleviates vata, pitta and kapha. The main aim of this workshop is to provide practical knowledge of snehana and clear all myths regarding sneha kalpana.

All this knowledge will be shared by eminent Personality of Panchakarma Field Prof. Dr. U. S. Nigam

### 2. "To enhance karmukta of sneha (oil) by adding essential oil which gives instant and aromatic effect".

Aromatherapy – A science of essential oils derived from various parts of the plants. Traditionally used therapy to cure diseases and to beautify skin and hair. It has great therapeutic as well as cosmetic applications in our Ayurved and panchkarma practice. So lets learn core aromatherapy to broaden our perspective of clinical practice.

All this knowledge will be shared by eminent speaker Dr. Mugdha Sawale

## SCHEDULE OF WORKSHOP

### Live demonstration and hands on training workshop "SNEHA ACHARNAM 2017"

PROGRAMME	TIME
Registration and Breakfast	8.30 AM to 9.30 AM
Inauguration	9.30 to 10.00 AM
<b>Session - 1</b>	
Brief Introduction of Guest speaker and felicitation	10.00 to 10.30 AM
Guest Speaker - Dr. U.S.Nigam	
<b>Topic- Practical approach of classical snehan</b>	10.30 AM TO 12.15 PM
Live Demo of External applications of snehan specially murdha tailam Panchakarma procedure	
(External applications of snehan)-	12.15 PM TO 1.30 PM
<b>LUNCH-</b>	<b>1.30 PM TO 2.15 PM</b>
<b>Session - 2</b>	
DR. Mugdha Sawale -	
<b>Topic - Science of Aromatherapy and its practical uses in Ayurved Panchkarma practice.</b>	2.35 PM TO 4.00 PM
Panel Discussion	4.00 to 4.30 PM
Vote of Thanks	4.30 PM to 4.40 PM
Certificate distribution and High tea	4.40 PM TO 5.00 PM