

2026

MAY 25-30

KARMA SIDDHI 2026

HANDS ON TRAINING WORKSHOP
ON KERALEEYA KRIYAKRAMAM



ASHTAMGAM

AYURVEDA CHIKITSALAYAM & VIDYAPEEDHAM
AYURVEDA MEDICAL COLLEGE & MULTISPECIALITY HOSPITAL
VAVANOOR-KOOTTANAD, PALAKKAD 679 533

DEPARTMENT OF PANCHAKARMA



Namaskaram, Dear Ātma Bandhu,

As Ayurveda continues to gain increasing relevance in the modern era, it becomes our collective responsibility as Vaidyas to uphold the highest standards of clinical competence and deliver excellence in patient care.

Kriyakrama remains one of the most powerful tools in the hands of an Ayurvedic physician. Clarity in clinical decision-making—knowing what to do, when to do, how to do, and for how long—is what truly defines therapeutic success and enhances clinical efficacy.

Ashtamgam has consistently upheld its vision of empowering the Ayurvedic community with uncompromised quality in knowledge and practice.

With this spirit, we are delighted to invite you to the 4th Edition of Karmasiddhi – 2026. Join us for in-depth discussions on fundamental principles, Samprapti, and Kriyakrama, designed to strengthen your clinical insights and practical approach.

We warmly welcome you to the serene campus of Ashtamgam to be a part of this enriching academic journey.

Let us learn, evolve, and grow together.

Dr.RAMYA A

**Professor & HOD
Department of Panchakarma**

**ASHTAVAIIDYAN
ALATHIYUR NARAYANAN NAMBI**

**Principal
Ashtamgam Ayurveda Medical college**

Main Attractions

6 DAYS RESIDENTIAL TRAINING PROGRAMMEE
DISCUSSING PANCHAKARMA IN VARIOUS SAMPRAPTHY
MEET THE MASTERS
PARAYANAM AND DISCUSSION ON BASIC PRINCIPLES
WALK INTO NATURAL HABITATS
YOGA SESSION
CLINICAL CASE PRESENTATIONS

MEET THE MASTERS



Dr. A K MANOJKUMAR

Former REGISTRAR,
Kerala University of Health
sciences(KUHS)
Professor & HOD ,VPSV AYURVEDA
COLLEGE KOTTAKAL



Dr. DEVAN NAMBOOTHIRI

Chief Physician
ASHOKALAYAM, MALAPPURAM



Vaidya M PRASAD

Director of Sunethri
Ayurvedashram and
Research Centre in Thrissur
Former Principal, Ashtamgam
Ayurveda chikitsalayam &
Vidyapeedham



Dr. PMS RAVEENDRANATH

Chief Physician
POONTHOTTAM AYURVEDASRAM

KARMA SIDDHI 2026

HANDS ON TRAINING WORKSHOP
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Day-01 | 25/05/26

09:30 AM -
10:30 AM

INAUGURATION

10:30 AM -
12:00 PM

Dr. DEEP V C

(Assistant Director, National Ayurveda
Research Institute for Panchakarma
(NARIP), Cheruthuruthy, Kerala)

Topic : Panchakarma application with
therapeutic specificity & recent
updates

12:00 PM -
01:00 PM

Dr. RAMYA A

(Professor & HOD, Department of
PANCHAKARMA, Ashtamgam
Ayurveda Medical college)

Topic : Samyak lakshana assessment-the
doorway to procedural specificity
and efficacy

02:00 PM -
04:30 PM

Dr. SUBIN VAIDHYAMADAM

(Professor, Department of PANCHAKARMA, VPSV Ayurveda college Kottakkal)

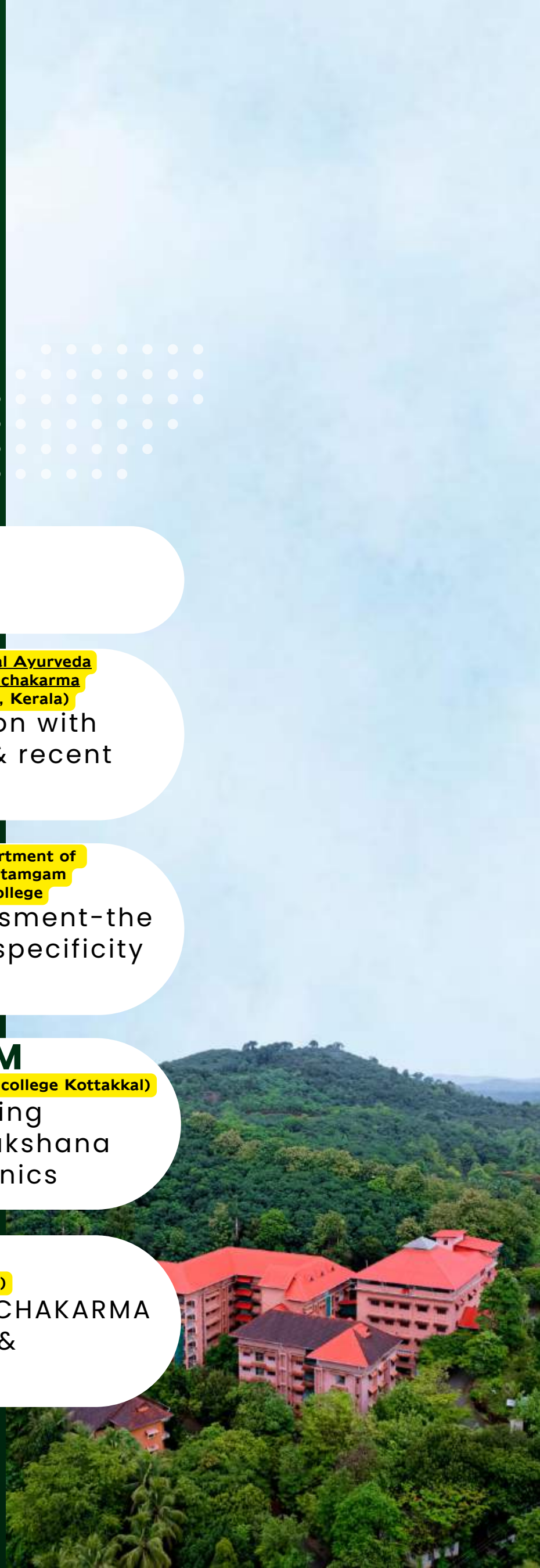
Topic : Understanding & assessing
utklesana, Bahudosha lakshana
and Sodanarhatha in clinics

05:00 PM -
06:30 PM

Dr. A K MANOJ KUMAR

Former REGISTRAR, Kerala University of Health sciences (KUHS)

Topic : The journey to be a PANCHAKARMA
SPECIALIST-observation &
conclusions.



KARMA SIDDI 2026

HANDS ON TRAINING WORKSHOP
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Day-02 | 26/05/26

06:15 AM -
07:00 AM

YOGA SESSION

07:00 AM -
08:15 AM

Dr. OMPRAKASH (Professor, Department of Kriya sarira,
Ashtangam Ayurveda
Medical College)
ASHTANGA HRIDAYA PARAYANA -
Doshadhi vijnaneeyam Chaya, Prakopa, Prasara

09:00 AM -
11:15 AM

Hands on training session
Glimpses through : Sirasekadhi vidhi
Session 1 : Choorna pinda
swedam/Udwarthanam/Utsadhanam

11:30 AM -
1:00 PM

Practical session
Session 2: Dravaswedam-Kashayadhara &
Dhanyamladhara, other sweda-Ushma/Nadiswedam
12:30 - 01:00 pm : Case presentation -
Dept of Shalya tantra

02:00 PM -
04:30 PM

Dr. MUKESH (Professor, Department of Roga Nidana, VPSV Ayurveda college Kottakkal)
Topic : Samprapthy analysis & Kriyakrama
on fatty liver and related disorder

05:00 PM -
06:30 PM

Dr. DEVAN NAMBOODIRI
(Chief Physician, ASHOKALAYAM, MALAPPURAM)
Topic : Differential application of pottali
sweda and vasthi

KARMA SIDHI 2026

HANDS ON TRAINING WORKSHOP
ON KERALAEEYA KRIYAKRAMAM

Day-03 | 27/05/26

06:15 AM -
07:00 AM

YOGA SESSION

Dr. RAHUL R NAIR (Professor & HOD, Department of RogaNidana, Ashtangam
Ayurveda Medical College)

07:00 AM -
08:15 AM

ASHTANGA HRIDAYA PARAYANA -

Doshabhedeeyam

Dosha-Dushya sammorchana doshagati

09:00 AM -
11:15 AM

Hands on training session

Glimpses through - Sodhana chikitsa evum
Panchakarma

Session 3 : Pathra pottali swedam &
Special kizhy

11:30 AM -
1:00 PM

Practical session

Session 4 : Abhyamgam/special massaging techniques

12:30 - 01:00 pm : Case presentation -
Dept of Shalakyta tantra

02:00 PM -
04:30 PM

Dr. SHRIKRISHNA SHARMA KHANDEL

Former Professor, NIA JAIPUR | Chief Physician ,ArogyaLakshmi Ayurveda clinic ,Jaipur

Topic : Samprapthi analysis of Gulmam,
clinical understanding & Kriyakrama

05:00 PM -
06:30 PM

Vaidya M PRASAD

Director of Sunethri Ayurvedashram and Research Centre in Thrissur

Topic : Application of fundamental
principles in deciding
chikitsakrama.

KARMA Siddhi 2026

HANDS ON TRAINING WORKSHOP
ON KERALEEYA KRIYAKRAMAM

Day-04 | 28/05/26

06:15 AM -
07:00 AM

YOGA SESSION

Dr. APARNA Chief Physician, Poomully Mana Ayurveda

07:00 AM -
08:15 AM

**ASHTANGA HRIDAYA PARAYANA -
Doshopakramaneeyam**
Dosha Upakrama

09:00 AM -
11:15 AM

Hands on training session
Glimpses through Vastipradeepam
Session 5 : Kayasekam

11:30 AM -
1:00 PM

Practical session

Session 6 : Shashtika pinda swedam
12:30 - 01:00 pm : Case presentation -
Dept of Prasooti tantra & Kaumara brithya

02:00 PM -
04:30 PM

Dr. JIGESH P P

Professor, Department of PANCHAKARMA, VPSV Ayurveda college, Kottakkal

Topic : Keraleeya kriyakrama application &
mechanics in clinics

05:00 PM -
06:30 PM

Dr. AJAYAN SADANANDHAN

Director, Ayurveda Marma and Medicinal plant Academy

Topic : A journey through the field - finding
potential drugs.

KARMA Siddhi 2026

HANDS ON TRAINING WORKSHOP
ON KERALEEYA KRIYAKRAMAM

Day-05 | 29/05/26

06:15 AM -
07:00 AM

YOGA SESSION

Dr. JITHESH C

(Professor & HOD, Department of Rachana sarira, Ashtamgam Ayurveda
Medical College)

07:00 AM -
08:15 AM

**ASHTANGA HRIDAYA PARAYANA-
Doshopakramaneeyam**
Rogamarga

09:00 AM -
11:15 AM

Hands on training session

Glimpses through Chikitsa samgraham
Session 6: Sirodhara, Takradhara,
Shirovasthi

11:30 AM -
1:00 PM

Practical session

Session 7 : Siropichu, Sirolepa
12:30 - 01:00 pm : Case presentation -
Dept of Kaya chikitsa

02:00 PM -
04:30 PM

Dr. NIRANJAN RAO

Professor & HOD, Department of PANCHAKARMA, SDM Uduppi

Topic : Samprapthi analysis & Kriyakrama
in GI Disorders

05:00 PM -
06:30 PM

Dr. PMS RAVEENDRANATH

Chief Physician, POONTHOTTAM AYURVEDASRAM

Topic : From student to Entrepreneur,
journey of a vaidya.

KARMA Siddhi 2026

HANDS ON TRAINING WORKSHOP
ON KERALEEYA KRIYAKRAMAM

Day-06 | 30/05/26

06:15 AM -
07:00 AM

YOGA SESSION

Dr. DHANYA C P

(Professor & HOD, Department of Swastha vritta, Ashtangam Ayurveda Medical College)

07:00 AM -
08:15 AM

Topic :Diet in Panchakarma

09:00 AM -
11:15 AM

Hands on training session

Glimpses through Ayurveda treatment of kerala

Session 8: Upanaham, Ksheeradhoomam

11:30 AM -
1:00 PM

Practical session

Session 09 : Kateevasthi, Januvasthi, Urovasthi,
Greevavasthi etc. Vasthi mixing

12:30 - 01:00 pm : Case presentation -
Dept of Agada Tantra

Dr. BAGAVATHY AMMAL

Medical Superintendent and CHIEF-CONSULTANT Sitaram Ayurveda Hospital ,Thrissur

02:00 PM -
04:30 PM

Topic :Kriyakrama in PCOD and other
related female disorders

04:30 PM -
05:00 PM

Valedictory function

“

A/C Name :
ASHTANGA EDUCATIONAL TRUST
A/C No : 16970200001572
The Federal Bank Ltd, Br. Koottanad
IFSC : FDRL0001697

”

**LAST DATE OF
REGISTRATION
MAY 15**

Seats Available

50

**To
REGISTER**

Link :



<https://docs.google.com/forms/d/18oSW5dBEwek7qLZ0GGLxxr3FvPaF97pY-B7Qj7I78yc>

**For Registration
Scan the QR code & Join**

**Registration Fee : ₹9000/-
(Including Hands on training, Food,
Accomodation, Registration kit)**

Who can participate???

- Interns
- PG Scholars.
- practitioners



For more queries:

- Dr.SREEPARVATHY - +91 99470 82205
- Dr.NIMISHA - +91 85471 77324



ASHTAMGAM

**AYURVEDA CHIKITSALAYAM & VIDYAPEEDHAM
AYURVEDA MEDICAL COLLEGE & MULTISPECIALITY HOSPITAL
VAVANOOR-KOOTTANAD, PALAKKAD 679 533**