

## Report on CME & Workshop 2026

<b>Academic Year</b>	<b>2025-2026</b>
<b>Name of the Activity</b>	<b>CME on Importance of Vasantik Vaman &amp; Workshop on Dhooma Varti preparation</b>
<b>Date of the Activity</b>	<b>16/4/2026</b>
<b>Number of Participants</b>	<b>Total No. of participants -108</b>
<b>Organized By</b>	<b>D. Y. Patil Deemed to be University School of Ayurveda Department of Panchakarma in collaboration with Department of Swasthavritta &amp; Yoga.</b>
<b>Objective</b>	<ol style="list-style-type: none"> <li>1. To create awareness about the importance of Vasantik Vaman procedure for prevention of Diseases and maintenance of Health among students.</li> <li>2. Clinical Guidelines and SOP of Vamana Karma and its Utility</li> <li>3. To create awareness about the principles and therapeutic significance of Dhoomapana in Ayurveda.</li> <li>4. To provide hands-on training in the preparation of Dhoomavarti, emphasizing standard procedures, hygiene, and quality control.</li> <li>5. To bridge the gap between theoretical knowledge and practical application of Ayurvedic pharmaceutical and Panchakarma practices among students.</li> </ol>
<b>Venue of the event:</b>	D. Y. Patil deemed to be University, School of Ayurveda, Nerul, Navi Mumbai
<b>Organizing Members:</b>	<ol style="list-style-type: none"> <li>1. Dr. Ritu Wadhwa, H.O.D., Department of Panchakarma</li> <li>2. Dr. Mangala Wange, HOD., Department of Swasthavritta and Yoga</li> <li>3. Dr. Jaya Ghore, Associate Professor, Department of Panchakarma</li> <li>4. Dr. Pratik Patil, Professor, Department of Swasthavritta and Yoga</li> <li>5. Dr. Aarti Nangare, Associate Professor, Department of Swasthavritta and Yoga</li> <li>6. Dr. Pallavi Wagh, Assistant Professor, Department of Panchakarma</li> <li>7. Dr. Sanjana V. Korgaonkar, Assistant Professor, Department of Panchakarma</li> <li>8. Dr. Aishwarya, Assistant Professor, Department of Swasthavritta and Yoga.</li> <li>9. Dr. Sadhana, Assistant Professor, Department of Swasthavritta and Yoga.</li> </ol>

## Detailed Reports

### This is first phase of **32 hours CME programme along with Closing Ceremony of Vasantik Vaman Camp 2026**

which will be conducted by the dept. of **Panchakarma** with the dept. of **Swasthavritta and Yoga** under the Guidance of **Dr. MaheshKumar Harit**, Dean, School of Ayurveda.

#### **Morning Session-**

The program commenced sharply at 11:30 am and was hosted by Dr. Visman Kaur. Following the Dhanwantari Stavan, the official inauguration was done by **Dr. Ritu Wadhwa, H.O.D.**, Department of Panchakarma, along with **Dr. Mangala Wange, H.O.D.**, Department of Swasthavritta, School of Ayurveda. The introduction of the honourable guests was delivered by Dr. Sara Lendal.

The academic session included the following guest lectures:

**1. Guest Lecture:** Clinical Guidelines and SOP of Vamana Karma by **Dr. Datta Bapardekar**, Asso. Professor Sion Ayurveda college, Sion, Mumbai.

**2. Guest Lecture:** Clinical Experiences in Vamana Karma and its Utility by **Dr. Pankaj Tathed.** HOD & Professor Sion Ayurveda college, Sion, Mumbai.

The session was conducted in a hybrid mode, wherein the speaker delivered the lecture virtually while the participants attended in person. This was followed by an interactive doubt-solving session.

#### **Afternoon Session-**

A workshop on Dhoomavarti preparation was conducted by final-year postgraduate students of the Swasthavritta Department under the guidance of Dr. Mangala Wange (HOD -Department of Swasthavritta) and Dr. Ritu Wadhwa (HOD -Department of Panchakarma).

The session was attended by third-year students and witnessed active participation throughout.

The workshop began with an introductory lecture by Dr. Chetali Kothari (PG-3, Swasthavritta), who elaborated on the concept of Dhoomapana in Ayurveda and Preparation of Dhoomavarti and its importance in daily regimen (Dinacharya).

The practical session was conducted by Dr. Aswathi M. and Dr. Amulya Singh (PG-3, Swasthavritta and Yoga). They introduced the various raw drugs used in the preparation and explained their properties and significance.

The demonstrators then guided the participants through the entire procedure in a systematic manner.

- This included: Fine powdering (Choorna nirmana) of the ingredients
- Preparation of paste (Kalka nirmana)
- Rolling the paste into wick form (Varti nirmana)
- Proper drying techniques
- Storage and preservation methods

Special attention was given to maintaining hygiene, ensuring standardization, and adhering to quality control measures during the preparation process.

The demonstrators also shared practical tips to achieve the correct consistency and shape of the **Dhoomavarti**.

An important highlight of the workshop was the active involvement of

participants.

Students had given an opportunity to prepare *Dhoomavarti* by themselves under expert supervision, which made the learning process more engaging and effective.

**Outcome-** This hands-on experience helped in reinforcing their understanding and building confidence in performing the procedure independently.

The workshop successfully bridged the gap between theoretical knowledge and clinical practice. It enhanced the students' understanding of traditional Ayurvedic pharmaceutical preparations and their practical applications in healthcare.

The event concluded with a vote of thanks delivered by Dr. Visman Kaur.

## CME & Workshop 2026



## A workshop on Dhoomavarti preparation





D. Y. Patil Deemed to be University School of Ayurveda, Nerul, Navi-Mumbai



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