

PARUL UNIVERSITY
IN COLLABORATION WITH NATURALDAYS WELLNESS

ONE-YEAR FELLOWSHIP IN KSHARSUTRA

Advanced Clinical Training in Ayurvedic Anorectal Disorders & Para-Surgical Procedures

ACADEMIC SESSION 2026–2027
PROSPECTUS

1. About the Fellowship

A one-year structured clinical fellowship providing advanced academic and supervised clinical training in Ksharsutra therapy and selected anorectal disorders.

Learning pathway: Knowledge → Observation → Assisted Performance → Supervised Performance → Competency Assessment.

2. Programme Highlights

- 12-month structured curriculum with clinical milestones.
- OPD, procedure/OT exposure and case discussions.
- Hands-on Ksharsutra preparation and selected clinical procedures.
- Contemporary diagnostic and differential-diagnosis training.
- Perioperative care, complication recognition, consent and documentation.
- Research methodology and academic project/dissertation.
- Faculty mentorship, logbook and competency assessment.
- Final University-level assessment and fellowship certification as per approved requirements.

3. Eligibility

Minimum: BAMS from a recognised institution/university,

MD/MS Ayurveda candidates may be considered subject to University admission rules. Admission is subject to eligibility verification and the University's applicable process.

4. Duration & Structure

Component	Focus
Duration	12 months / one academic year
Academic	Lectures, seminars, case discussions and journal clubs
Clinical	OPD, procedure/OT exposure, follow-up and documentation
Skills	Demonstration, simulation where available, assisted and supervised performance
Research	Research methodology + approved academic project
Assessment	Continuous assessment + final theory/clinical/practical/viva as prescribed

5. Learning Outcomes

- Assess selected anorectal conditions through structured clinical examination.
- Recognise indications, contraindications and referral situations for Ksharsutra therapy.
- Understand Ksharsutra preparation, standardisation, quality assurance, storage and traceability.
- Develop safe clinical and procedural plans under appropriate supervision.
- Provide perioperative/postoperative care and recognise complications.
- Maintain consent, clinical records and procedural documentation.
- Practise ethically with patient safety as the priority.
- Complete and present an approved academic research project.

6. 12-Month Curriculum

Period	Core Focus
Months 1–3	Shalya Tantra foundation; anatomy; fistula, fissure, haemorrhoids, abscess; examination, diagnosis and red flags.
Months 4–6	Ksharsutra preparation and standardisation; quality assurance; patient selection; routine applications and follow-up.
Months 7–9	Complex/recurrent fistula; imaging principles; differential diagnosis; advanced case assessment; supervised procedural exposure

Period	Core Focus
Months 10–12	Laser treatment, advance instrument training, Complications; perioperative care; ethics and documentation; research; final logbook and assessment.

7. Key Academic Modules

- Ayurvedic Shalya Tantra – classical principles and Kshara/Ksharsutra concepts.
- Applied Anatomy – anal canal, rectum, pelvic floor, sphincter complex and perianal spaces.
- Clinical Proctology – fistula-in-ano, fissure, haemorrhoids, abscess, pilonidal sinus and selected disorders.
- Diagnostics – clinical examination, proctoscopy where indicated, investigations and imaging principles.
- Ksharsutra Science – raw materials, preparation, coating, standardisation, quality and storage.
- Clinical Posting- under supervision clinical practice of anorectal diseases management.
- Perioperative Care – consent, infection prevention, pain/supportive care, follow-up and documentation.
- Research – literature review, study design, basic statistics, data collection and scientific presentation.

8. Clinical & Procedural Training

Participants receive progressive exposure through observation, assistance and supervised performance. The level of participation depends on patient suitability, faculty assessment, institutional protocols and demonstrated competency.

- Ksharsutra preparation and quality documentation
- Ksharsutra application in selected cases
- Anorectal clinical examination
- Proctoscopy where clinically indicated
- Selected fistula, fissure, haemorrhoid and abscess procedures
- Post-procedure care and follow-up

9. Patient Safety, Ethics & Documentation

- Informed consent and counselling
- Patient identification and procedure verification
- Infection prevention and aseptic/sterile practice
- Recognition and escalation of complications
- Accurate case sheets, procedure notes and discharge documentation
- Confidentiality and professional ethics
- Referral when a condition is outside the trainee's competence or authorised scope

10. Research & Academic Project

Each participant undertakes an approved academic project related to Ksharsutra, Shalya Tantra, anorectal disorders, clinical outcomes, standardisation, safety or quality improvement.

- Research question and literature review
- Study methodology
- Basic biostatistics
- Data collection and analysis
- Scientific writing
- Final presentation/viva

Publication may be encouraged but is not guaranteed and remains subject to ethical, scientific and journal requirements.

11. Assessment

Area	Purpose
Monthly assessment	Knowledge and continuous feedback
Clinical/case assessment	Clinical reasoning and patient assessment
Procedural competency	Direct observation and faculty assessment
Logbook	Verified clinical exposure and progression
Research project	Academic work and presentation
Final examination	Theory, clinical/practical and viva as approved by the University

12. Attendance & Progression

- Minimum attendance 80%.
- Academic and clinical participation will be monitored.
- Logbook completion and professional conduct are required.
- Additional supervised training/reassessment may be required for critical competencies.
- Final eligibility is subject to University regulations.

13. Certification

Participants who fulfil the prescribed attendance, academic, clinical, research and examination requirements will receive the fellowship certificate in accordance with the University's approved framework.

This is a one-year fellowship and should not be represented as equivalent to an MD/MS degree.

14. Professional Pathways

- Clinical practice within the participant's authorised professional scope
- Hospital-based Ayurvedic clinical roles
- Academic/teaching activities subject to institutional requirements
- Clinical research and quality-improvement work
- Continuing professional development and CME

15. Participant Note

The primary purpose of the fellowship is structured learning and competency development. Participants are expected to recognise their limits, seek appropriate supervision and prioritise patient safety. Clinical responsibility and procedural privileges remain subject to institutional policy, professional qualification and applicable requirements.

16. Contact & Enrolment

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