

## **1. AYURVED SAMHITA & SIDDHANT**

**Theory- 400 marks(100 Each)  
Practical and Viva-Voce - 100 marks**

### **PAPER –I Charak Samhita**

1. Charak Samhita complete with Ayurved Dipika commentary by Chakrapani.
2. Introductory information regarding all available commentaries on Charak Samhita

### **PAPER –II Sushrut Samhita & Ashtang-Hridayam**

1. Sushrut Samhita Sutra sthana and Sharir- sthana. with Nibandha Samgraha commentary by Acharya Dalhana.
2. Ashtang-Hridayam Sutra Sthanamatram with Sarvanga Sundara commentary by Arun Dutt.
3. Introductory information regarding all available commentaries on Sushrut Samhita and Ashtang Hridaya.

### **PAPER – III Ayurvediya and Darshanika Siddhanta**

Introduction and description of philosophical principles incorporated in Charak Samhita, Sushrut Samhita, Ashtanga Hridya, shtang Samgraha.

1. Analysis of principles specially loka-purusha samya, Shadpadartha, Praman, Srishti Utpatti, Panchmahabhuta, Pilupaka, Pitharpaka Karana- Karyavada, Tantrayukti, Nyayas (Maxims), Atmatatva siddhant.
2. Importance of Satkaryavad, Arambhavada, Parmanuvada Swabhavoparamvada, Swabhava Vada, Yadricha Vada, Karmvada.
3. Practical applicability principles of Samkhya- Yoga, Nyaya-Vaisheshika, Vedanta and Mimansa.

### **PAPER – IV Ayurved Itihis and Prayogika Siddhant.**

1. Post independent Development of Ayurveda: Education, Research.
2. Globalisation of Ayurved.
3. Introduction of department of AYUSH, CCIM, CCRAS, RAV.
4. Tridosh Siddhant.
5. Panchabhautik Siddhant
6. Manastatva and its Chikitsa Siddhant.
7. Naishthiki Chikitsa.
8. Practical applicability principles of Charvak, Jain & Bauddha Darshana.
9. Journals, types of Journals review of Articles.

### **Practical- Viva-voce**

(50 case sheets are to be filled from samhita siddhant IPD / OPD)

**- 100 Marks**

### **Reference Books**

1. Charak Samhita with Chakrapani commentary.
2. Sushruta Samhita with Dalhana Commentary.
3. Ashtanga Samgraha with Sarvangasundara.
4. Ashtanga Hridaya with Sarvangasundara.
5. Vaisheshika Darshan – Prashastapada Bhasya
6. Nyaya Darshan - Vatsyayan Bhasya Patanjala
7. Yoga Darshan- Vyas Bhasya
8. Vedantsara
9. Sarvadarshan Samgraha
10. Bhartiya Darshan - Baldev Upadhyaya.
11. Ayurved Darshanam - Acharya Rajkumar Jain.
12. Ayurved Darshan Vimarsha- Dr O.P. Upadhyay.

13. Ayurvediy Jeevak Su -Dr O.P. Upadhyay.
14. Padartha Vidnyan - Dr O.P. Upadhyay.
15. Scientific Exploration of Ayurved – Dr. Sudhir Kumar.

## **2. AYURVEDA SAMHITA & SIDHANTA (Basic Principles)**

### **Astanga Hridaya, Charaka (P,U), Padartha Vignana & Ayurveda Ithihasa, Sanskrit**

<b>1</b>	Dr. B. P. Pandey	<b>Group leader</b>	
<b>2</b>	Dr. Mahesh Vyas	<b>Coordinator -</b>	<b>Coordinator -</b>
<b>3</b>	Dr. B. L. Gaur	Samhitha & Siddantha U.G. & P.G.	
<b>4</b>	Dr. O. P. Upadhyaya	Samhitha & Siddantha U.G. & P.G.	
<b>5</b>	Dr. H. P. Sharma	Samhitha & Siddantha U.G. & P.G.	
<b>6</b>	Dr.S.L.Sharma	Samhitha & Siddantha U.G. & P.G.	
<b>7</b>	Dr. R. D. Thakkur	Samhitha & Siddantha U.G. & P.G.	
<b>8</b>	Dr. Naresh Sharma	Samhitha & Siddantha U.G. & P.G.	
<b>9</b>	Dr. Yogita Jamadade	Samhitha & Siddantha U.G. & P.G.	
<b>10</b>	Dr. Abichal C.	Samhitha & Siddantha U.G. & P.G.	
<b>11</b>	Dr. Mohan Joshi	Samhitha & Siddantha U.G. & P.G.	
<b>12</b>	Dr. G. P. Rama Reddy	Padartha Vigyana & Ayurveda Ithihasa	<b>Coordinator -</b>
<b>13</b>	Dr. Brij Kumar Dwivedi	Padartha Vigyana & Ayurveda Ithihasa	
<b>14</b>	Dr. Milind Mokashi	Padartha Vigyana & Ayurveda Ithihasa	
<b>15</b>	Dr. Santhosh Nair	Padartha Vigyana & Ayurveda Ithihasa	
<b>16</b>	Dr. Ahalya Sharma	Padartha Vigyana & Ayurveda Ithihasa	
<b>17</b>	Dr. Suhag Rawal	Padartha Vigyana & Ayurveda Ithihasa	
<b>18</b>	Dr. G.R.R Chakravarthy	Padartha Vigyana & Ayurveda Ithihasa	
<b>19</b>	Dr. Nandani	Padartha Vigyana & Ayurveda Ithihasa	
<b>20</b>	Dr. Manoj Sharma	Padartha Vigyana & Ayurveda Ithihasa	
<b>21</b>	Dr. Mallika K. J.	Padartha Vigyana & Ayurveda Ithihasa	
<b>22</b>	Dr. Shubhangi K	Padartha Vigyana & Ayurveda Ithihasa	
<b>23</b>	Dr. Premchand Shastri	Sanskrit	<b>Coordinator</b>
<b>24</b>	Dr. Mohan Chand Bhat	Sanskrit	
<b>25</b>	P. V. Thothadrinathan	Sanskrit	
<b>26</b>	Dr. Nigam Sharma	Sanskrit	
<b>27</b>	Dr. Savitri G.S	Sanskrit	
<b>28</b>	Dr. B.K. Shyam Raw	Sanskrit	

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## 2. RACHANA SHAARIRA

Total Marks – 400

### **PAPER-I (GARBHA SHAARIRA)**

**100 Marks**

1. Etymology of Garbhavakranti Shaarira, features of Shukra and Shonita, description of Beeja, Beejbhaga, Beejbhagavyava and Garbhotpadakabhava, Garbha Poshana Krama, Garbhavridhdhikar Bhav, Masanumashiki Garbhavriddhi, Foetal circulation. Explanation of lakshana occurring in Ritumati, Sadhyah Grihita Garbha. Yamal garbha, Anasthi garbha.
2. Explanation of Basic Embryology, and Systemic embryology.
3. Knowledge of basic facts in advancement in Anuvanshiki (Genetics) and Garbhajavikara (Teratology).

### **PAPER –II (KOSHTHANGA SIRA DHAMANI SROTAS SHAARIR)**

**100 Marks**

- 1) **Koshthanga Shaarira:** - Detail etymological derivation of 'Koshtha' and Koshthanga, including detail study of structure of each Koshthanga. Male and Female genital organs.
- 2) **Ashaya:** - Definition, detail description.
- 3) **Kala Shaarira:**-Etymology, Definition, description of Seven Kala with their Modern component and applied aspects.
- 4) **Paribhashika Shaarira:** - Snayu, Kandara, Rajju, Sanghata, Jalaetc. and their general description.
- 5) **Sira, Dhamani and Srotas Shaarira:** - Etymological derivation, definitions, synonyms, number and types of Sira, Dhamani and Srotas, anatomical differences among Sira, Dhamani and Srotas, description of Vedhya and AvedhyaSira (Puncturable and Non puncturable Veins) and clinical importance of Sira, Dhamani and Srotas including Modern Anatomical counterparts.

### **PAPER –III (Marma Shaarira Evum Asthi Sandhi Peshee Shaarira)**

**100 Marks**

- 1) **Marma Shaarira:** - Derivation and definitions of the term Marma and their features, characteristics and number of Marma according to Sushruta Divisions of Marma on morphological basis (Rachana Bheda), Shadangatvam (Regional), Abhighataja (Prognostic) classification, Trimarma according to Charaka. Knowledge of 'Marmaabhighata', MarmaViddha, Detailed study of individual marma with their clinical and Surgical importance. Importance of Marma in Shalyatantra.
- 2) **Asthi Shaarira :-** General introduction and description of Asthi, differences among number of Asthi.Types of Asthi. Detail study of each bone with its ossification &Applied anatomy.
- 3) **Sandhi Shaarira :-** Etymological derivation,description, features, number, types and Applied anatomy of all Sandhi (joints).
- 4) **Peshee Shaarira :-** Etymological derivation,description, features, number, types and Applied anatomy of all Peshee (Muscles).

### **PAPER – IV (Tantra Shaarira Evum Antah and BahihGranthi Vigyaniya)**

**100 Marks**

1. Description of Panchgyanendriya – Ayurved and Modern aspects. (Sensory organs (Eye, Ear, Nose, Tongue and Skin with their Applied anatomy).

2. Shat Chakra - Location and significance in Yoga. Description of Ida, Pingala, Sushumnanadi.
3. Anatomy of brain and spinal cord, Peripheral nervous system (explanation of Nerve Plexuses and peripheral nerves, Cranial nerves and Autonomic nervous system, Cerebro-spinal fluid, Venous sinuses of Brain, Ventricular system of Brain, Blood supply of Brain, Meninges with Applied Anatomy).
4. AntahSraviGranthi and BahihSraviGranthi:-Detail study of Exocrine & Endocrine glands.

**PRACTICAL:-**

- 1) Dissection of atleast one cadaver during the Final part of the course.
- 2) Training of preservation techniques in the Embalming room.
- 3) Preparation of Soft tissue specimen and Models using current technology like Plastination, Lumen casting etc. under the guidance of Teaching staff and Experts of the relevant fields.
- 4) Preparation of Charts and Models of Rachana Shaarira subject to the individual capacity.
- 5) Observation of MRI, CT Scan, USG procedures, Colour Doppler etc.
- 6) Visits to various Museums of other colleges in the Medical field.
- 7) Observation of Ward procedures like Lumbar puncture, Tracheostomy, Abdominal parentesis, Liver biopsy, Venesection, etc. (subject to the availability and opportunities)

**Pattern of Practical Examination**

- |   |            |
|---|------------|
| 1. Practical record book & log book                     | - 20 Marks |
| 2. Spotting (Dissected organs and Bones-Joints-Muscles) | - 20 Marks |
| 3. Dissection   | - 40 Marks |
| 4. Surface & Radiological Anatomy                       | - 40 Marks |
| 5. Dissertation Presentation                            | - 10 Marks |
| 6. Teaching Skills                                      | - 20 Marks |
| 7. Viva-voce  | - 50 Marks |

**Reference Books-**

- |  |                           |
|--|---------------------------|
| 1. Relevant matters of Brihatrayee and Laghutrayee                       |                           |
| 2. PratyakshaShariram  | - GananathSen             |
| 3. AbhinavaShariram  | - Damodar Sharma Gaur     |
| 4. Parishadyam Sabdartha Shariram  | - Damodara Sharma Gaur    |
| 5. BrihatShariram  | - P S Varier              |
| 6. Shiva Samhita   |                           |
| 7. Gray's Anatomy  | - Latest Edition          |
| 8. Human Anatomy   | - B D Chaurasia           |
| 9. Cunnigham's Companion to Manual of Practical Anatomy. Vol I, II & III |                           |
| 10. Developing Human   | - Keith L Moore & Persaud |
| 11. Clinically oriented Anatomy  | - Keith L Moore           |
| 12. Clinically oriented Neuro Anatomy                                    | - Richard Snell           |
| 13. Surface and Radiological Anatomy                                     | - Halim                   |
| 14. Grant's Methods of Anatomy   | - Grant                   |
| 15. Grant's dissector  | - Grant                   |
| 16. Human Embryology   | - I. B. Singh             |

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### 3. KRIYA SHARIR

#### Paper- I (Dosa-Dhātu-Mala Vijñāna)

##### Contribution of different Ayurveda Samhita in Kriya Sharir

- Theory of Pancamahābhūta
- Principle of Loka-Purusa Sāmya
- Importance of Sāmānya - Viśesa principle.
- Different views on the composition of Purusa and the importance of Cikitsya Purusa.
- Importance of Gurvādi Guna in Ayurveda.
- General description of Tridosā theory
- Mutual relationship between Triguna-Tridosā-Pancamahābhūta-Indriya.
- Mutual relationship between Rtu-Dosa-Rasa-Guna.
- Biological rhythms of Tridosā on the basis of Day-Night-Age-Season and Food intake.
- Role of Dosa in the formation of Prakṛti of an individual.
- Role of Dosa in maintaining health.
- **Vāta Dosa:** General locations (*Sthāna*), general attributes (*Guna*) and general functions (*Sāmānya Karma*). Five subdivisions of *Vāta* with their specific locations, specific properties, and specific functions (*Prāna, Udāna, Samāna, Vyāna, Apāna*)
- **Pitta Dosa:** General locations (*Sthāna*), general attributes (*Guna*) and general functions (*Sāmānya Karma*). Five subdivisions of *Pitta* with their specific locations, specific properties, and specific functions (*Pācaka, Ranjaka, Ālocaka, Bhrājaka, Sādhaka*). Similarities and differences between *Agni* and *Pitta*.
- **Kapha Dosa:** General locations (*Sthāna*), general attributes (*Guna*) and general functions (*Karma*) of *Kapha*. Five subdivisions of *Kapha* with their specific locations, specific properties, and specific functions (*Bodhaka, Avalambaka, Kledaka, Tarpaka, Ślesaka*).
- Applied physiology of Tridosā principle: *Kriyākāla, Dosa Vrddhi-Dosa Ksaya*.
- **Dhātu Posana:** Process of nourishment of *Dhātu*. Description of various theories of *Dhātu Posana* (*Ksīra-Dadhi, Kedāri-Kulya, Khale Kapota* etc).
- *Dhātu:* General introduction and definition of *Dhātu*. Formation, Definition (*Nirukti*), Distribution, Attributes, quantity, classification, *Pāñcabhautika* composition and Functions of all seven *Dhātus* in detail: *Rasa, Rakta, Māmsa, Meda, Asthi, Majjā, Śukra*.
- Applied physiology of *Dhātu:* Manifestations of *Ksaya* and *Vriddhi* of each *Dhātu*. Description of *Dhātu Pradosaja Vikāra*.
- Description of *Āśraya* and *Āśrayī* kind of relationship between *Dosa* and *Dhātu*.
- Description of the characteristic features of *Astavidha Sāra*. Description of *Rasavaha, Raktavaha, Māmsavaha, Medovaha, Asthivaha, Majjāvaha* and *Śukravaha Srotāmsi*.
- **Ojas:** Definition, locations, synonyms, Formation, Distribution, Properties, Quantity, Classification and Functions of *Ojas*. Description of *Vyādhiksamitva. Bala Vrddhikara Bhāva*. Classification of *Bala*. Relation between *Ślesmā, Bala* and *Ojas*.
- Applied physiology of *Ojas:* Etiological factors and manifestations of *Ojaksaya, Visramsā* and *Vyāpat*. Physiological and clinical significance of *Ojas*.
- **Upadhātu:** General introduction and Definition of the term 'Upadhātu'. Formation, Nourishment, Quantity, Properties, Distribution and functions of each *Upadhātu*.
- **Stanya:** Characteristic features and methods of assessing *Śuddha* and *Dūsita Stanya*, Manifestations of *Vrddhi* and *Ksaya* of *Stanya*.

- **Ārtava:** Characteristic features of Śuddha and Dūsita Ārtava. Differences between Raja and Ārtava, physiology of Ārtavavaha Srotāmsi.
- Study of Tvak
- **Physiology of Mala** - Definition of the term 'Mala'. Definition, Formation, Properties, Quantity and Functions of Purīsa, Mutra. Manifestations of Vrddhi and Kshaya of Purīsa and Mūtra.
- **Sveda** – Definition, Formation, Properties, Quantity and Functions of Svedavaha Srotāmsi. Formation of Sveda. Manifestations of Vrddhi and Kshaya of Sveda.
- **Dhātumala** – Definition, Formation, properties, Quantity, Classification and Functions of each Dhātumala .

### Paper-II - Prakrti- Sattva Vijñāna

- **Deha-Prakrti:** Various definitions and synonyms for the term 'Prakrti'. Factors influencing the Prakrti. Classification of Deha-Prakrti. Characteristic features of the individuals belonging to each kind of Deha-Prakrti. Recent advances in understanding the Prakrti.
- **Pancajnanendriya:** Physiological description of Pancajnanendriya and physiology of perception of Śabda, Sparśa, Rūpa, Rasa, Gandha. Indriya-panca-pancaka; Physiological description of Karmendriya.
- **Manas** – Definition, location (sthana), Properties, Functions and Objects of Manas.
- **Ātmā** – Definition, Properties of Ātmā. Difference between Paramātmā and Jīvātmā; Characteristic features of Ātmā.
- **Buddhi** – Location, Types, Functions of Buddhi; Physiology of Dhī, Dhrti and Smrti.
- **Nidrā** – Definition of Nidrā, Classification of Nidrā. Tandra, physiological and clinical significance of Nidra; Svapnotpatti and Svapnabheda.
- Physiology of special senses. Intelligence, Memory, Learning and Motivation.
- Physiology of sleep.
- Physiology of speech and articulation;
- Physiology of Pain and temperature.

### Paper-III - Kosthanga Kriya Vijñāna

- **Āhāra:** Definition and significance of Āhāra. Classification of Āhāra. Āhāra-vidhi-vidhāna. Asta āhāra-vidhi viśesāyatana, Āhāraparināmakara bhāva.
- **Āhārpāchana:** Āhāra Pāka Prakriyā, Description of Annavaha Srotās. Description of Avasthāpāka and Nishthapāka. Role of dosha in Āhārapāka. Sāra and Kitta Vibhajana. Absorption of Sāra. Utpatti and Udieeran of Vāta-Pitta-Kapha.
- Definition of the term Kostha. Physiological classification of Kostha and the characteristics of each kind of Kostha.
- **Agni:** Description of the importance of Agni. Classification of Agni. Locations, properties and functions of Jātharāgni, Bhūtāgni, and Dhātvagni.
- Applied physiology of Agni in Kriyā Śārīra and Cikitsā.
- Description of the aetiology and features of Annavaha Srotodusti. Applied physiology of Annavaha Srotās: Arocaka, Ajīrna, Atīsāra, Grahanī, Chardi, Parināma Śūla Agnimāndya.
- Description of the process of digestion of fats, carbohydrates and proteins in human gastrointestinal tract. Different digestive juices, their enzymes and their mechanisms of action. Functions of Salivary glands, Stomach, Pancreas, Small intestine, Liver and large intestine in the process of digestion and absorption.

- Movements of the gut (deglutition, peristalsis, defecation etc.) and their control. Role of neuro-endocrine mechanisms in the process of digestion and absorption. Enteric nervous system.
- Applied physiology of gastrointestinal tract: Vomiting, Diarrhoea, Malabsorption etc.
- Recent understandings related to the gut microbiota and their role in health and disease.
- Introduction to biochemical structure, properties and classification of proteins, fats and carbohydrates.
- Description of the processes involved in the metabolism of proteins, fats and carbohydrates.
- Vitamins: sources, daily requirement and functions. Physiological basis of signs and symptoms of hypo and hyper-vitaminosis.

#### **Paper-IV - Modern Physiology and its applied aspect**

##### **Physiology of Neuro-Immune-Endocrine Mechanisms:**

- Physiology of Nervous System. General introduction to nervous system: neurons, mechanism of propagation of nerve impulse.
- Study of CNS, PNS and ANS. Sensory and motor functions of nervous system. Functions of different parts of brain and spinal cord, Hypothalamus and limbic system
- Physiology of Endocrine system. Classification and characteristics of different hormones. Description of hormones secreted by Hypothalamus, Pituitary gland, Thyroid gland, Parathyroid glands, Pancreas, Adrenal glands and their physiological effects. Effects of hypo and hyper-secretion of various hormones.
- Male and female reproductive physiology. Spermatogenesis and oogenesis. Hormonal regulation of uterine and ovarian cycles. Physiology of pregnancy and lactation. Parturition.
- Adipose tissue and its Function. Circulating lipids. Description of lipoproteins like VLDL, LDL and HDL and their composition.
- Physiology of immune system. Definition and classification of immunity: Innate, acquired and artificial. Mechanisms involved in humoral and cell mediated immunity.

##### **Cardiovascular physiology, Respiratory physiology and Blood:**

- Physiology of Cardio-Vascular system: Functional anatomy of cardiovascular system. Cardiac cycle. Heart sounds. Regulation of cardiac output and venous return. Physiological basis of ECG. Heart-rate and its regulation. Arterial pulse. Systemic arterial blood pressure and its control. Regional circulations. Physiology of lymphatic circulation.
- Physiology of Respiratory system: Functional anatomy of respiratory system. Ventilation. Mechanism of respiration. Exchange and transportation of gases. Neural and chemical control of respiration. Spirometry and lung function tests. Artificial respiration.
- Functions of Haemopoietic system: Composition and functions of blood and blood cells. Haemopoiesis- (stages and development of RBCs, WBCs and platelets); Introduction to bone marrow: composition and functions of bone marrow. Structure and functions of haemoglobin, mechanism of blood clotting, study of platelets. physiological basis of blood groups. Principles of blood transfusion, plasma proteins-synthesis and functions. Applied physiology: Anaemia, Jaundice.

**Musculoskeletal Physiology:**

- Physiology of muscles. Classification of muscles. Electrical and mechanical properties of Cardiac, skeletal and smooth muscles.

**Physiology of Excretion:**

- Physiology of excretion. Functional anatomy of urinary tract. Functions of kidneys. Mechanism of formation of urine. Control of micturition. Renal function tests.
- Structure and functions of skin, sweat glands and sebaceous glands.

**Learners should be well versed with the following instruments-**

- Physiograph, Computerised spirometry, Biochemical Analyzer, Pulse oxymeter, Elisa Reader, Hematology Analyzer, Tread mill

**Bridge areas including recent advances:**

- Recent studies in biorhythms.
- Recent advances in Neuro-Immune-Endocrine physiology.
- Recent advances in stem cell research

**PRACTICAL****Ayurvedic practicals**

- Assessment of Prakrti
- Assessment of Sāra
- Assessment of Dosa Vrddhi Ksaya Laksana
- Assessment of Dhātu Vrddhi – Ksaya Laksana
- Assessment of Agni
- Assessment of Kostha
- Assessment of Śarīra Bala through Vyāyāma Śakti
- Mūtra Parīksa
- Nādī Parīksā
- Anguli Pramāna
- Assessment of Sātmya

**Hematology**

- Use and care of Compound microscope
- Histological study of different organs
- Hemoglobin estimation
- Total RBC count
- Total WBC count
- Differential leukocyte count
- Packed cell volume (PCV)
- ESR
- Bleeding time
- Clotting time
- Blood grouping and Rh typing

**Urine examination****Physical examination**

- Specific gravity and reaction of urine
- Detecting the presence of Albumin in urine

- Detecting the presence of Sugar in urine
- Detecting the presence of Ketone bodies in urine
- Detecting the presence of Bile salts and bile pigments in urine

### **Cardio-Vascular system**

- Clinical methods of examining cardiovascular system
- Examination of Arterial Pulse
- Arterial blood pressure measurement: Effect of posture, exercise and cold pressor test on Blood Pressure
- ECG recording and its interpretation
- Heart Sounds

### **Respiratory system**

- Clinical examination of Respiratory System
- Lung Function Tests including Spirometry

### **Nervous System**

- Clinical examination of nervous system
- Examination of higher mental functions
- Examination of cranial nerves
- Examination of reflexes
- Examination of sensory functions
- Examination of motor functions
- Examination of Autonomic Nervous System
- EEG recording (Demonstration)

### **Reference Books**

- |  |                               |
|--|-------------------------------|
| • Ayurvediya Kriyasharir               | - Ranjit rai Desai            |
| • Kayachikitsa Parichaya               | - C. Dwarikanath              |
| • Prakrit Agni Vigyan                  | - C. Dwarikanath              |
| • Sharir Kriya Vigyan                  | - Shiv Charan Dhyani          |
| • Abhinava Sharir Kriya Vigyana        | - Acharya Priyavrata Sharma   |
| • Dosha Dhatu Mala Vigyana             | - Shankar Gangadhar Vaidya    |
| • Prakrita Dosha Vigyana               | - Acharya Niranjana Dev       |
| • Tridosha Vigyana                     | - Shri Upendranath Das        |
| • Sharira Tatva Darshana               | - Hirlekar Shastri            |
| • Prakrita Agni Vigyana                | - Niranjana Dev               |
| • Deha Dhatvagni Vigyana               | - Vd. Pt. Haridatt Shastri    |
| • Sharir Kriya Vigyana (Part 1-2)      | - Acharya Purnchandra Jain    |
| • Sharir Kriya Vigyana                 | - Shri Moreswar Dutt. Vd.     |
| • Sharira Kriya Vijnana (Part 1 and 2) | - Nandini Dhargalkar          |
| • Dosha Dhatu Mala Vigyana             | - Basant Kumar Shrimal        |
| • Abhinava Sharir Kriya Vigyana        | - Dr. Shiv Kumar Gaur         |
| • Pragyogik Kriya Sharir               | - Acharya P.C. Jain           |
| • Kaya Chikitsa Parichaya              | - Dr. C. Dwarkanath           |
| • Concept of Agni                      | - Vd. Bhagwan Das             |
| • Purush Vichaya                       | - Acharya V.J. Thakar         |
| • Kriya Sharir                         | - Prof. Yogesh Chandra Mishra |

- Sharir Kriya Vigyana - Prof. Jayaram Yadav & Dr. Sunil Verma.
- Basic Principles of Kriya-Sharir (A treatise on Ayurvedic Physiology) - Dr. Srikant Kumar Panda
- Sharir Kriya – Part I & Part II – Dr. Ranade, Dr. Deshpande & Dr. Chobhe
- Human Physiology in Ayurveda - Dr Kishor Patwardhan
- Sharirkriya Vignyan Practical Hand Book – Dr. Ranade, Dr. Chobhe, Dr. Deshpande
- Sharir Kriya Part 1 – Dr. R.R. Deshpande, Dr. Wavhal
- Sharir Kriya Part 2 – Dr. R.R. Deshpande, Dr. Wavhal
- Textbook of Physiology - Gytton & Hall
- Review of medical physiology – William Ganong
- Essentials Of Medical Physiology - Sembulingam, K.
- Concise Medical Physiology - Chaudhari, Sujit. K.
- Fundamental of Anatomy & Physiology - Martini
- Principals of Anatomy & Physiology - Tortora & Grabowski
- Human Physiology - Richards, Pocock
- Samson Wrights Applied Physiology, Keele, Neil, Joels
- Brainstem Control of Wakefulness And Sleep- Steriade, Mirce
- An Introduction to Human Physiology - Green, J.h.
- Ancient Indian Medicine - Kutumbiah P.
- Biographical History of Indian Medicine - Srikanthamurthy KR
- Ayurveda Kriya Sharira - Yogesh Chandra Mishra
- Textbook of Medical Physiology - Indu Khurana
- Tridosha Theory - Subrahmanya Shastri
- Statistics in Medicine - K. Syamalan

**Important journals to refer:**

1. Advances in Physiology Education
2. Academic Medicine
3. Indian journal of Physiology and Pharmacology
4. Journal of Ayurveda and Integrative Medicine
5. Evidence-based Complementary and Alternative Medicine
6. AYU
7. All journals of American Physiological Society
8. Journal of Physiology

**Important research papers to refer:**

1. Hong KW, Oh B. Overview of personalized medicine in the disease genomic era. *BMB Rep.* 2010 Oct;43(10):643-8.
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6. Aggarwal S, Negi S, Jha P, Singh PK, Stobdan T, Pasha MA, Ghosh S, Agrawal A; Indian Genome Variation Consortium, Prasher B, Mukerji M. EGLN1 involvement in high-altitude adaptation revealed through genetic analysis of extreme constitution types defined in Ayurveda. *Proc Natl Acad Sci U S A.* 2010 Nov 2;107(44):18961-6. Epub 2010 Oct 18.
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11. Sewlall S, Pillay V, Danckwerts MP, Choonara YE, Ndesendo VM, du Toit LC. A timely review of state-of-the-art chronopharmaceuticals synchronized with biological rhythms. *Curr Drug Deliv.* 2010 Dec;7(5):370-88.
12. Ohdo S. Chronopharmaceutics: pharmaceuticals focused on biological rhythm. *Biol Pharm Bull.* 2010 Feb;33(2):159-67
13. Humes HD. Stem cells: the next therapeutic frontier. *Trans Am Clin Climatol Assoc.* 2005;116:167-83; discussion 183-4.
14. Bianco P, Robey PG. Stem cells in tissue engineering. *Nature.* 2001 Nov 1;414(6859):118-21
15. Bhattacharya J. The Knowledge of Anatomy and Health in Ayurveda and Modern Medicine: Colonial Confrontation and Its Outcome
16. Wujastyk D. Interpreting the image of the human body in premodern India. *Int J Hindu Studies* 13: 189–228, 2009.
17. Kristina Harris, Amira Kassis, Geneviève Major, Chieh J. Chou. Is the Gut Microbiota a New Factor Contributing to Obesity and Its Metabolic Disorders? *J Obes.* 2012; 2012: 87915

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#### **4. DRAVYAGUNA VIGYAN**

##### **PAPER-I Namarupa Vigyana**

**100 marks**

1. Importance of Namagyana of Dravya, origin of Namarupagyana of Aushadhi in Veda, etymological derivation of various names and synonyms of Aushadhi.
2. Rupagyana in relation to Aushadhi. Sthula and Sukshma description (Macroscopic and Microscopic study) of different parts of the plant.
3. Synonyms of dravyas( aushadha and Ahara) mentioned in Vedic compendia, Brihatrayee, Bhavaprakasha and Rajanighantu.
4. Basonyms, synonyms and distinguish morphological characteristic features of medicinal plants listed in Ayurvedic Pharmacopoeia of India(API).
5. Knowledge of Anukta dravya (Extrapharmacopial drugs)with regards to namarupa.
6. Sandigdha dravya(Controversial drugs) vinischaya.
7. Knowledge of biodiversity, endangered medicinal species.
8. Knowledge of TKDL, Introduction to relevant portions of Drugs and cosmetic act, Magic remedies Act, Intellectual Property Right (IPR) and Regulations pertaining to Import and Export of Ayurvedic drugs.
09. Knowledge of tissue culture techniques
10. Knowledge of Genetically Modified Plants

##### **PAPER –II Guna Karma Vigyan**

**100 marks**

1. Fundamental principles of drug action in Ayurveda and conventional medicine.
2. Detailed study of rasa-guna- virya- vipaka-prabhava and karma with their applied aspects and commentators (Chakrapanidatta, Dalhana, Arunadatta, Hemadri and Indu) views on them.
3. Comprehensive study of karma as defined in Brihatrayee & Laghutrayee
4. Detailed study of Guna and Karma of dravyas listed in API and Bhavaprakasha Nighantu along with current research review.
5. Detailed study of aharadravya/ ahara varga ascribed in Brihatrayee and various nighantus along with Kritanna varga.
6. Pharmacological principles and knowledge on drugs acting on various systems.
7. Basic knowledge on experimental pharmacology for the evaluation of - analgesic, anti pyretic, anti inflammatory, anti diabetic, anti hypertensive, hypo lipidemic, anti ulcer, cardio protective, hepatoprotective, diuretics, adaptogens, CNS activites.
8. Knowledge on Heavy metal analysis, pesticidal residue and aflatoxins
9. Knowledge on evaluation of anti microbial and antimycotic activities.

##### **PAPER – III Prayogavigyana**

**Marks 100**

1. Bhaishjya Prayog Siddhant [Principles of drug administration] - Bhaishajya Marga (routes of drug administration), Vividha Kalpana (Dosage forms), Principles of Yoga Vijnan( compounding), Matra (Dosage), Anupana (Vehicle), Aushadha grahankal (Time of drug administration ), Sevankal avadhi (duration of drug administration), Pathyapathya (Dos' /Donts' /Contraindications), complete Prescription writing (Samagra Vyavastha patraka).
2. Samyoga- Viruddh Sidhanta and its importance
3. Amayika prayoga (therapeutic uses) of important plants ascribed in as well as Brihatrayee, Chakradutta, Yoga ratnakara and Bhavaprakasha.
4. Knowledge of Pharmaco-vigilance in Ayurveda and conventional system of medicine.

5. Knowledge of clinical pharmacology and clinical drug research as per GCP guide lines.
6. Knowledge of Pharmacogenomics

#### **PAPER- IV**

**100 marks**

1. Etymology of nighantu, their relevance, utility and salient features.
2. Chronological history of the following Nighantus with their authors name, period and content- Paryaya ratnamala, Dhanvantari nighantu, Hridayadipika nighantu, Ashtanga nighantu, Rajanighantu, Siddhamantra nighantu, Bhavaprakasha nighantu, Madanpala nighantu, Rajavallabha nighantu, Madhava Dravyaguna, Kaiyadeva nighantu, Shodhala nighantu, Saligram nighantu, Nighantu ratnakara, Nighantu adharsha and Priya nighantu
3. Detailed study Aushadha kalpana mentioned in Sharangadhara samhita and Ayurvedic Formulary of India (AFI).
4. General awareness on poshaka ahara (Nutraceuticals), Varnya (cosmoceuticals), food additives, Excipients etc.
5. Knowledge of plant extracts, colors, flavors and preservatives.
6. Review of important modern works on classical medicinal plants published by Govt of India, department of AYUSH and ICMR.

#### **Syllabus of the Practical training of part two M.D. (Ayu) - Dravyaguna**

##### **Practical:-**

##### **Study tours:**

Field identification of medicinal plants through at least three local Dravyaguna study tours within the state and one study tour out of state. Preparation of minimum 50 herbarium sheets, along with raw drug either from field, of plants be collected during study tours.

##### **1. Evaluation of Crude drugs:**

Macro and microscopic methods of examining five drugs of each of different useful parts of plants, including their powders.

##### **2. Phytochemical evaluation of raw material:**

Quantitative standards like foreign matter, extractive ( water and alcohol), ash value, acid insoluble ash and TLC separation of various parts of minimum two plants of Ayurvedic Pharmacopoeia of India.

##### **3. Yoga vijnana :**

Preparation of two yoga of each kalpana of Ayurvedic Formulary of India:

##### **4. Pharmacology:**

- ✓ Rasa nirdharana by Taste Threshold method of minimum one drug for each of rasas.
- ✓ Observation of animal experimentation models (both in vitro and in vivo)- 05 models for possible rasadi gunas.

##### **5. Clinical**

- ✓ Regular clinical training in the hospital for submission of Single Aushadhi Prayoga (Single drug trial/ Clinico-pharmacological studies.)
- ✓ Survey for Amayika prayoga of aushadhi (Pharmaco epidemiology) for studying their role in clinical practice in contemporary period -observational study-minimum.

##### **6. Dissertation**

A Dissertation, as per the approval of Departmental Research Committee/Competent Committee for the purpose, be prepared under the guidance of approved supervisor

in Dravyaguna and submitted 6 months before the final examination. The approval of Dissertation shall be essential before appearing the final examinations.

**7. Method of practical training – Posting for minimum one month in each of the following units -**

- ✓ Quality control laboratory of nearest pharmacy/institution for crude drug identification, adulterants and substitutes & understanding standardization techniques.
  - ✓ Experimental pharmacology laboratory for developing skills in animal experimentation
  - ✓ Regular clinical training in the Teaching hospital for studying Ekala Aushadhi Prayoga & Adverse drug reactions(ADR).
8. Post Graduate Scholar is expected to present minimum two scientific papers in National / international seminars during the course of study
9. Post Graduate Scholar is expected to publish / get accepted at least one paper in indexed/ peer reviewed journal under the supervision of guide.

**Pattern of Practical Examination-**

**Total =200 marks**

- |  |            |
|--|------------|
| 1. Herbarium   | - 10 Marks |
| 2. Pharmacognosy practical record  | - 10 Marks |
| 3. Pharmacology practical record   | - 10Marks  |
| 4. Clinical records record   | - 10 Marks |
| 5. Practical examination(Identification of green and raw drugs, microscopic examination, Ekala aushadha pariksha | - 60 Marks |
| 6. Thesis Presentation   | - 20Marks  |
| 7. Viva voce   | - 80 Marks |

**Reference books -**

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## **5. RASA SHASTRA AND BHAI SHAJYA KALPANA**

### **Paper I Rasa Shastra**

#### **Part A**

1. History and Chronological evolution of Rasashastra, concept of Raseshwara darshan. Fundamental Principles of Rasashastra Technical terminologies (Paribhasha) used in Rasa shastra.
2. Detailed knowledge of ancient and contemporary Yantropakarana and their accessories used in aushadhikaran and their contemporary modification such as yantras, mushas, putas, Koshtis, bhrashtis, muffle furnaces and other heating appliances, ovens, driers etc. used in manufacturing of Rasaushadhis in small scale and large scale along with their applications.
3. Study of Samskara, Role of agni (Heat), jala and other dravas (water and other processing liquids), kala (Time span), paatra (container) etc. and their significance in aushadhikarana.
4. Concept of Bhavana, study of Mardana and its significance and knowledge of ancient and contemporary grinding techniques.
5. Detailed Knowledge of different procedures of Shodhana, Jarana Murchana and Marana, concept of Puta, definition, types and specifications of different Putas. Significance of different Putas in relation to Bhasmikarana and therapeutic efficacy of dravya under process. Bhasma pariksha vidhi and its significance in relation to contemporary testing procedures. Amritikaran and Lohitikarana.
6. Detailed knowledge of Satva and Druti, Satva shodhan, mrudukaran and Maran of Satva, its significance, in relation to therapeutic efficacy of dravya under process.
7. Concept of Pratinidhi dravya and discussion on controversial drugs.

#### **PART – B**

1. Detailed ancient and contemporary knowledge of Parada and its compounds with reference to source, occurrence, physico-chemical characterization, graahya agrahyatva, Parada dosha, Parada gati, Parada shodhan, Study of Ashta sanskara, ashtadasha sanskara etc., Hingulottha Parada. Concept of Parada jaran, moorcchana, bandhan, pakshaccheda and marana etc. Therapeutic properties and uses of Parada.
2. Detailed ancient & contemporary knowledge with Geochemical / mineralogical / biological identification, source, occurrence, physico-chemical characterization, graahya-agraahyatva, Shodhan Maranadi vidhi and therapeutic properties and uses of dravyas etc. included in Maharasa, Uparasa, Sadharana rasa, Dhatu, Upadhatu, Ratna, Uparatna, Visha, Upavisha, Sudha varga, Lavana varga, Kshara varga, Sikata varga and other miscellaneous drugs used in Rasashastra.
3. Detailed knowledge of manufacturing, pharmacopeial standards, storage, shelf life, therapeutic efficacy, dose, anupana, vikarashanti upaya and development of technology with Standard Operating Procedures of processing, standardization, quality control of Bhasmas and Pishtis

**Bhasma** - Abhraka Bhasma, Svarnamakshika Bhasma, Kasis Bhasma, Svarna Bhasma, Rajata Bhasma, Tamra Bhasma, Loha Bhasma, Mandur Bhasma, Naga Bhasma, Vanga Bhasma, Yashad Bhasma, Trivanga Bhasma, Pittala, Kamsya and Varthaloha Bhasma, Shankha Bhasma, Shukti Bhasma, Kapardika Bhasma, Godanti Bhasma, Praval Bhasma, Mrigashringa Bhasma, Mayurpiccha Bhasma, Kukkutand twak Bhasma, Hiraka Bhasma, Manikya Bhasma.

**Dravaka** - Shankha Dravaka

**Pishti** - Praval pishti, Manikya Pishti, Mukta pishti, Jahara mohara pishti, Trinakanta mani pishti etc.

4. Detailed knowledge of manufacturing, storage, shelf life, pharmacopeial standards, therapeutic efficacy, dose, anupana and development of technology with Standard Operating Procedures of processing, standardization and quality control of Kharaliya rasa, Parpati, Kupipakva rasa and Pottali rasa.
5. Study of classical texts with respective commentaries and special emphasis on Rasarnava, Rasahridaya tantra, Rasa Ratna Samucchaya, Rasendra Chintamani, Rasendra Chudamani, Rasa Ratnakara, Rasadhyaya, Rasa Kamdhenu, Anandkanda, Siddha Bhesaja Manimala, Ayurveda Prakash, Rasatarangini, Bhaishajya Ratnavali, Rasamritam etc. and the books mentioned in the Schedule I of D & C Act – 1940. Relevant portions of Brihatrayi.

## **Paper II Bhaishajya Kalpana**

### **Part A**

1. History and Chronological evolution of Bhaishajya Kalpana, Concept of Bhesaja and Aushadh, fundamental principles of Bhaishajya Kalpana. Technical terminologies (Paribhasha) used in Bhaishajya Kalpana.
2. Classical and Contemporary concepts of Collection, storage, Saviryata Avadhi and preservation methods of different fresh and dry Aushadhi dravyas and their graahya agrahyatva
3. Detailed knowledge of routes of drug administration, Aushadha matra, Anupana, Sahapana, Aushadha Sevana Kala, Kala Avadhi, Pathya, Apathya (Posology).
4. Detailed knowledge of manufacturing, standardization, quality control, pharmacopeial standards, storage, shelf life and development of innovative technology with Standard manufacturing Operating Procedures of following dosage forms
  - i) Panchavidha Kashaya, Churna, Rasakriya, Ghana, Avaleha, Pramathya, Mantha, Panaka, Sarkara, Kshirapaka, Ushnodaka, Aushadha Siddha Udaka, Sadangodaka, Tandulodaka, Laksharasa, Arka, Satva, Kshara, Lavana, Masi, Gutika, Vatika, Modaka, Guggulu and Varti etc.
  - ii) Sneha Kalpana: Concept of accha sneha and sneha pravicharana and Murchhana. Sneha paka, types of sneha paka and sneha siddhi lakshana, Avartana. Sneha kalpa karmukata (Pharmacokinetics and dynamics of sneha kalpa). Role of Sneha in relation to absorption of drug.
  - iii) Kritanna and Bhesaja Siddha Anna Kalpana, Aharopayogi varga, concept of medicinal and functional food, dietary supplements and nutraceuticals etc.
  - iv) Sandhana kalpana: Madya varga and Shukta varga. Asava yoni. Alcoholic and acidic fermentation. Sandhana kalpa karmukata (Pharmacokinetics and dynamics). Advancements in fermentation technology. Knowledge of regulations in relation to alcoholic drug preparations.
  - v) Bahya Prayogarthi Kalpana : Lepa, Upanaha, Udvartan, Avachurnana / Avadhulana, Abhyanga, Dhupana, Malahara.
  - vi) Mukha, Karna, Nasa, Netropacharartha Kalpana:

- vii) Basti Kalpana: Basti Yantra Nirmana, Types of basti. Anuvasana and Asthapana basti. Karma, kala and yoga basti etc. Basti Kalpa (Madhutailika, Piccha basti etc.), Comparison of Asthapana and Anuvasana basti with evacuation and retention enema.

### Part B

All the following procedures are to be studied in relevance to Ayurvedic Bhaishajya Kalpas.

1. Methods of Expression and Extraction: Maceration, percolation, distillation, infusion and decoction.
2. **Liquids:** Clarified liquid, syrup, elixir, filtration techniques
3. **Solid dosage Forms: Powders:** Size reduction, separation techniques, particle size determination, principles of mixing. **Tablets:** Methods of tableting, suppositories, pessaries and capsules, sustained release dosage forms.
4. **Semisolid dosage forms,** emulsions, suspensions, creams and ointments, sterilization of ophthalmic preparations.
5. An introduction to various cosmetic preparations.
6. Drying, open and closed air drying, freeze drying, vacuum drying and other drying methods pharmaceutical excipients.
7. Study of classical texts with special emphasis on Chakradatta, Sharangadhara Samhita, Bhaishajya Ratnavali, Bhava Prakasha, Yogaratnakara, relevant portions of Brihatrayi, Ayurvedic Pharmacopeia of India, Ayurvedic Formulary of India.

### Paper III Rasa Chikitsa & Aushadha Yoga Vigyana

#### PART- A

1. Rasachikitsa, Kshetrikaran, Rasajirna, Lohajirna, Aushadhi Sevana Vikarashanti Upaya. Ashuddha, Apakva, Avidhi Rasadravya Sevanajanya Vikara evam Vikara shanti upaya.
2. Detailed knowledge of Aushadhi patha Nischiti and sanyojan (formulation composition), dose, anupana and method of administration, therapeutic efficacy and uses (indications and contra-indications), probable mode of action etc. of the following Aushadhi yogas
  - i. **Kharaliya Rasa :** Shwasa kuthara Rasa, Tribhuvana kirti Rasa, Higuleshwara Rasa, Ananda bhairava Rasa, Maha Lakshmi vilasa Rasa, Vasnata kusumakara Rasa, Vasanta malti Rasa, Brihat vata chintamani Rasa, Laghu suta shekhar Rasa, Suta shekhara Rasa, Ram ban Rasa, Chandra kala Rasa, Yogendra Rasa, Hridyarnava rasa, Grahani kapata Rasa, Garbha pala Rasa, Jalodarari Rasa, Mrityunjaya Rasa, Madhumalini vasanta Rasa, Arsha kuthara Rasa, Krimi mudgara Rasa, Suchika bharana Rasa, Tri netra Rasa, Smruti sagara Rasa, Vata gajankusha Rasa, Agni kumar Rasa, Ekangavir Rasa, Kama dugha Rasa, Purna chandrodaya Rasa, Pratap lankeshwara Rasa, Maha vata vidhwansaka Rasa, Kasturi bhairava Rasa, Ashwa kanchuki Rasa, Gulma kuthara Rasa, Maha jwarankusha Rasa, Chandra mrita Rasa, Kapha ketu Rasa, Prabhakara Vati, Pravala Panchamrita, Gandhaka Rasayana, Chaturbhuj rasa, Navajivan rasa, Shonitargal rasa, Raktapitta kulakandan rasa, Amavatari Rasa, Kravyada Rasa, Garbha chintamani Rasa, Chintamani Rasa, Trilokya chintamani Rasa, Pradarantaka Rasa, Vangeshwara Rasa, Brihat vangeshwara Rasa, Shwasakasa Chintamani Rasa, Arogya vardhini Vati, Chandra prabha Vati, Agni tundi vati, Shankha Vati.

- ii. Kupipakva Rasa:** Rasa Sindura, Makaradhwaja, Sidha makaradhwaja, Samira pannaga Swarnavanga, Malla sindura, Rasa karpura, Rasa pushpa, Manikyā Rasa.
- iii. Parpati Rasa :** Rasa Parpati, Loha Parpati, Tamra Parpati, Suwarna Parpati, Gagana Parpati, Vijay Parpati, Panchamrit Parpati, Shwet Parpati, Bola Parpati
- iv. Pottali Rasa:** Rasagarbha pottali, Hemagarbha pottali, Mallagarbha pottali, Hiranyagarbha pottali, Shankagarbha pottali, Lokanatha rasa, Mriganka Pottali
- v. Loha evam Mandura Kalpa:** Ayaskriti, Loha Rasayana, Amla pittantaka loha, Chandanadi loha, Dhatri loha, Navayasa loha, Putapakva vishama jwarantaka loha, Shilajatwadi loha, Tapyadi loha, Saptamrita loha, Dhatri loha Amritasara Loha, Shankaramat loha, Pradarantaka loha, Rohitaka loha. Punarnava Mandura, Shatavari Mandura, Tara Mandura, Triphala Mandura, Mandura Vataka etc.

## Part B

Detailed knowledge of Aushadhi patha Nischiti and sanyojan (formulation composition), dose, anupana and method of administration, therapeutic efficacy and uses (indications and contra-indications), probable mode of action etc. of the following Aushadhi yogas

**i. Panchavidha Kashayas and their Upakalpa:** Ardraka swarasa, Tulasi swarasa, Vasa putapaka swarasa, Nimba kalka, Rasona kalka, Kulattha Kwath, Punarnavasthaka kwatha, Rasna saptaka kwatha, Dhanyak hima, Sarivadi hima, Panchakola phanta, Tandulodaka, Mustadi pramathya, Kharjuradi mantha, Shadanga paniya, Laksha rasa, Arjuna kshirapaka, Rasona kshirapaka, Chinchā panaka, Candana panaka, Banapsha sharkara, Nimbu sharkara, Amrita satva, Ardraka satva, Ajamoda arka, Yavanyadi arka

**ii. Kritanna and Bhesaja Siddha Ahara Kalpana:** Yavagu, (Krita and Akrita), Ashtaguna manda, Laja manda, Peya, Vilepi, Krishara, Yusha, Mudga yusha, Kulattha yusha, Saptamushtika yusha, Khada, Kambalika, Raga, Shadava, Mamsarasa, Veshavara, Dadhi, Katvar Dadhi, Dadhi Mastu, Takra, Gholā, Udasvita, Mathita, Chhacchika etc.

**iii. Churna:** Sitopaladi Churna, Talisadi Churna, Triphala Churna, Hingvashtaka Churna, Avipattikara Churna, Swadishta Virechana Churna, Bhaskar Lavana Churna, Sudarshana Churna, Maha Sudarshana Churna, Gandharva Haritaki Churna, Pushyanuga Churna, Ajamodadi Churna, Hingvadi Churna, Eladi Churna, Dadimashtaka Churna, Trikatu Churna, Vaishwanara Churna, Gangadhara Churna, Jati phaladi Churna, Narayana Churna etc.

**iv. Gutika:** Arogya vardhani vati, Chandra prabha vati, Chitrakadi Gutika, Sanjivani Vati, Lasunadi vati, Lavangadi Vati, Vyoshadi vati, Khadiradi Vati, Kankayana Vati, Abhayadi modaka, Marichyadi gutika, Amalakyadi gutika, Samshamini Vati, Kutaja Ghana vati, Amarasundari Vati, Shiva Gutika, Eladi Vati, Kasturyadi Gutika, Arshoghni Vati.

**v. Guggulu:** Yogaraja Guggulu, Maha yogaraja Guggulu, Trayodashanga Guggulu, Kanchanara Guggulu, Rasnadi Guggulu, Triphala Guggulu, Simhanada Guggulu, Gokshuradi Guggulu, Kaishora Guggulu, Panchatikta Guggulu, Amritadi Guggulu, Vatari Guggulu, Lakshadi Guggulu, Abha Guggulu, Navaka Guggulu, Nava Karshika Guggulu.

### vi. Sneha Kalpa

**Sneha Moorchhana** - Ghrita Murchhana, Taila Murchhana

**Siddha Ghrita** - Shatavari Ghrita, Jatyadi Ghrita, Phala Ghrita, Dadimadi Ghrita, Kshirashatpala Ghrita, Mahatriphala Ghrita, Dhanvantari Ghrita, Amritaprasha Ghrita, Kalyanaka Ghrita, Brahmi Ghrita, Changeri Ghrita, Panchatikta Ghrita, Sukumara Ghrita, Panchagavya Ghrita

**Siddha Taila** - Maha Narayana Taila, Maha Masha Taila, Bala Taila, Nirgundi Taila, Shadbindu Taila, Vishagarbha Taila, Sahacharadi Taila, Jatyadi Taila, Apamarga Kshara Taila, Tuvāraka Taila, Kshirabala Taila (Avartita), Lakshadi Taila, Anu Taila, Kumkumadi Taila, Hingutriguna Taila, Kottumchukadi Taila, Prasarinyadi Taila,

Dhanwantari Taila, Balashwagandhadi Taila, Balaguduchyadi Taila, Nilibhringyadi Taila, Brihadavadi Taila, Irimedadi Taila, Chandanadi Taila, Panchaguna taila, Arka taila, Pinda Taila, Kasisadya Taila

**vii. Rasakriya, Avaleha, Khanda etc.:** Darvi Rasakriya, Vasa Avaleha, Brahma rasayana, Chyavanprasha Avaleha, Kushmanda Avaleha, Dadima Avaleha, Bilvadi Avaleha, Kantakaryavaleha, Haridra Khanda, Narikela khanda, Saubhagya shunthi paka, Amrita Bhallataka, Kamsa Haritaki, Chitraka Haritaki, Vyaghri Haritaki, Bahushala Guda, Kalyana Guda

**viii. Sandhana Kalpa:** Lodhrasava, Kumaryasava, Ushirasava, Chandanasava, Kanakasava, Sarivadyasava, Pippalyasava, Lohasava, Vasakasava, Kutajarishtha, Draksharishta, Raktamitrarka, Dashamularishta, Abhayarishta, Amritarishta, Ashokarishta, Sarasvatarishta, Arjunarishta, Khadirarishta, Ashwagandha Arishta, Vidangarishta, Takrarishta, Mahadrakshasava, Mritasanjivani sura, Maireya, Varuni, Sidhu, Kanji, Dhanyamla, Madhu Shukta, Pindasava.

**ix. Anya Kalpa :** Phala varti, Chandrodaya varti, Arka lavana, Narikela lavana, Triphala masi, Apamarga kshara, Snuhi kshara, Ksharasutra, Atasi upanaha, Sarjarasa malahara, Gandhaka malahara, Sindhuradi Malahara, Shatadhouta Ghrita, Sahasra Dhouta Ghrita, Siktha taila, Dashanga lepa, Doshaghna lepa, Bhallataka taila patana, Jyotishmati Taila, Bakuchi Taila, Dashanga dhupa, Arshoghna dhupa, Nishadi Netra bindu, Madhutailika Basti, Piccha Basti, Yapana Basti.

## **PAPER – IV Pharmacology and Pharmacy Management**

### **PART - A**

1. General Pharmacology:
  - a) Principles of Pharmacology, Pharmacodynamics & Pharmacokinetics: Absorption, distribution, Metabolism & excretion, mechanism of action, dose determination and dose response, structure activity relationship.
  - b) Routes of drug administration
  - c) Factors modifying drug effect, Bioavailability and Bioequivalence, drug interactions, adverse drug reaction and drug toxicity
  - d) Preclinical evaluation: experimental pharmacology [bioassay, in vitro, in vivo, cell line studies] animal ethics.
2. Clinical pharmacology: Evaluation of New Chemical Entity – phases and methods of clinical research. Ethics involved in human research.
3. Elemental constituents of human body and its physiological importance. Deficiencies and excess of various elements (micro-nutrients).
4. Toxicity of heavy metals and chelation therapy.
5. Knowledge of toxicity and pharmacological activities of herbo-mineral compounds.
6. Detailed Knowledge of Pharmacovigilance – National and International Scenario. Pharmacovigilance of Ayurvedic Drugs

### **Part B**

1. Scope and evolution of pharmacy. Information resources in pharmacy and pharmaceutical Science.
2. Pharmaceutical dosage form design (Pre-formulation)
3. Packaging materials and Labeling
4. Management of pharmacy, store and inventory management, personnel management, Good Manufacturing Practices related to Ayurvedic drug industry.
5. Pharmaceutical Marketing, product release and withdrawals.
6. Hospital, Dispensing and Community pharmacy.
7. Patenting and Intellectual Property Rights.
8. Laws Governing Ayurvedic drugs

- i. Relevant regulatory provisions of Ayurvedic drugs in Drug and Cosmetics Act - 1940 and Rules - 1945
  - ii. Laws pertaining to Drugs and Magic remedies (Objectionable Advertisement) Act - 1954.
  - iii. Prevention of Food Adulteration (PFA) act.
  - iv. Food Standards and Safety Act - 2006
  - v. Laws pertaining to Narcotics
  - vi. Factory and Pharmacy Acts
  - vii. Consumer Protection Act -1986
- 9.** Regulatory Affairs related to International Trade and Practices of Ayurvedic Drugs  
**10.** Introduction to Ayurvedic Pharmacopoeia of India, Ayurvedic Formulary of India.  
**11.** Introduction to Indian Pharmacopoeia, British and United States Pharmacopoeia, Pharmacopoeial Codex  
**12.** Introduction to Traditional Knowledge Digital Library

**Practicals:-**

Minimum 150 Practical are to be performed covering all the dosage forms.  
 Educational Visits to minimum Five (5) GMP approved Ayurvedic Pharmacies.  
 Ten days posting in R & D / Production unit in GMP certified Ayurvedic Pharmacy.  
 Minimum attendance in three National Conferences within three academic years.  
 Minimum 10 clinical cases using different dosage forms are to be studied and recorded for efficacy and ADRs (if any).  
 Minimum one research paper on the core contributory work of dissertation published or accepted in peer reviewed, indexed journal.  
 Examinee has to submit supporting documents in relation to above mentioned academic activities at the time of Practical examination.

**Pattern of Practical Examination**

**Total Marks : 100**

**Duration of the practical: 2 days**

- |   |                         |
|---|-------------------------|
| <b>1. Identification of the specimen:</b>   | 10 Marks                |
| <b>2. Drug Processing</b>   | 30 Marks<br>(10+10+5+5) |
| i) Major Practicals: 2 (1 Rasashastra and 1 Bhaishajya Kalpana)   |                         |
| ii) Minor Practicals: 2 (1 Rasashastra and 1 Bhaishajya Kalpana)  |                         |
| <b>3. Drug testing and Analysis</b>   | 10 Marks (5+5)          |
| i) Rasaushadhi – 1  |                         |
| ii) Kashthaushadhi – 1  |                         |
| <b>4. Power Point Presentation</b> on dissertation work: 15 Minutes   | 10 Marks                |
| <b>6. A Demo Lecture</b> on any subject topic: 10 Minutes.  | 10 Marks                |
| <b>7. Documentation</b>   | 15 Marks                |
| i. Journals (Practical Records) of minimum 75 practicals (25 each from Rasa Shastra, Bhaishajya Kalpana and Analytical part). |                         |
| ii. Reports of the Visits   |                         |
| iii. Case Records   |                         |
| <b>8. Viva Voce examination</b>   | <b>15 Marks</b>         |

**Reference Books:-**

1. Rasahridaya Tantra
2. Rasarnava

3. Rasaratna Samuccahaya
4. Ayurved Prakasha
5. Rasendrachudamani
6. Rasendra Chintamani
7. Rasatarangini
8. Rasapraksha Sudhakar
9. Rasamrita
10. Rasa Chandanshu : CCRAS Publication
11. Sharangadhara Samhita
12. Sharangadhara Darpan (BP Pandey)
13. Bhavaprakasha
14. Yoga Ratnakara
15. Bhaishajya Ratnavali
16. Siddha Bhaishajya Manimala
17. Ayurvediya Aushadhikarana – Puranik and Dhamanakar
18. Bharat Bhaishajya Ratnakara
19. Rasayoga Sagara
20. Siddha Bhaishajya Manimala
21. Siddha Yoga Sangraha – Yadavaji Trikamji Acharya
22. Sahasrayoga
23. Vaidyaka Paribhasha Pradeepa
24. Dravyaguna Vijnan Part - 1 and 2 - Yadavji Trikamji
25. Chakradatta - Ratnaprabha,
26. Relevant Parts from Charaka Samhita, Sushruta Samhita, Kashyapa Samhita, Ashtanga Sangraha, Ashtanga Hridaya,
27. Remington: Science and Practice of Pharmacy
28. Theory and Practice of Industrial Pharmacy – Leon Lachman *et al*
29. Clinical Pharmacology, KD Tripathi
30. Clinical Pharmacology, Lawrence Benette
31. Drug Discovery and Evaluation (Pharmacological assays) HG Vogel
32. Pharmacological Basis of therapeutics – Goodman and Gilman
33. Data Base of Medicinal Plants of CCRAS
34. Quality and Standards of Medicinal Plants – ICMR publication
35. Quality Control of Ayurvedic Drugs – PLIM, Gaziabad
36. Ayurvedic Pharmacopeia of India
37. Ayurvedic Formulary of India
38. Indian Pharmacopeia
39. British Pharmacopeia
40. United States Pharmacopeia
41. Pharmacopeia Codex
42. Current Good Manufacturing Practices
43. Drugs and Cosmetic Act 1940 and Rules 1945 with latest amendments
44. Drugs and Magic remedies (Objectionable advertisement) Act-1954
45. Prevention of Food Adulteration (PFA) act
46. Laws pertaining to Narcotics
47. Factory and Pharmacy Acts
48. Consumer Protection Act -1986
49. Brief information on the peer reviewed journals, official websites and other official search engines along with their links (related with the subject)
50. Rutleys Elements of Mineralogy
51. Bhasma Vigyaniam
52. Kupipakva Vigyaniam
53. Anupana Manjari

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## **6. AGADA TANTRA EVUM VIDHIVAIIDYAKA**

### **PAPER-I Agada Tantra (Ayurvedic and Contemporary Toxicology)**

**100 marks**

1. Agada Tantra, its sequential development during Veda kala, Samhitha kala, Samgraha kala and Adhunika kala.
2. Definition of Visha, properties of visha and its comparison with madya and oja, visha samprapti, visha prabhava, visha-vega, vegantara and visha karmukata (toxicodynamic and toxicokinetic study).
3. Descriptive and comparative study of Upavisha in unison with Contemporary Toxicology.
4. Examination of poisons as per Contemporary and Ayurvedic Methods.
5. Descriptive study of sthavara visha, definition, classifications, classical signs and symptoms of poisoning including vanaspatic (phyto poison), khanija (mineral) and compound sthavara visha.
6. Study of Jangama visha and their sources (Animal poisoning and Zoonotic Diseases). Descriptive study of snakes according to ancient and contemporary knowledge. Causes of snake bite and its types. Composition of snake venom and its pharmacological actions. Signs and symptoms of envenomation and its prognostic signs. Clinical features of Vrischika (scorpion), Luta (spider), Grihagadhika (Lizard), Mushaka (rats), Alarka (dogs), Makshika and Mashaka (mosquitoes) and their pathologic manifestations including their role in the manifestation of communicable diseases.  
Shanka visha and its management. Visha sankat and Visha Kanya.
7. Garavisha and Dushi visha, their varieties, signs, symptoms and management with contemporary relevance. Detailed study of Allergies including allergic manifestations in the eyes, nose, lungs and skin.
8. Detailed study of Madya visha and substances acting on the nervous system; substance abuse. (Diagnosis, Management and De-addiction)
9. Detailed study of the contemporary knowledge about vishajanya Janpadodhvarsaniya roga (community health problems due to poisons - Environmental pollution, water pollution, soil pollution, air pollution, Industrial pollutions etc. their features and management according to ancient and recent concepts.
10. Concept of Virudha aahara, Aahara visha and Satmyasatmyata in contemporary and Ayurvedic views.
11. Conceptual study: - Drug interactions and incompatibility, Pharmacovigilance

### **PAPER- II Visha Chikitsa Vigyan (Management Of Poisoning)**

**100 marks**

1. Fundamental Principles for treatment of poisoning
2. General and specific treatment of different types of Sthavara visha.
3. General and specific treatment of different types of Jangama visha (animal poisons, insect poisons, snake bites and other zoonotic diseases).
4. Emergency medical management of poisoning including preparation, administration and complications of antivenoms/antisera.
5. Chaturvimsati upakrama (24 management procedures).
6. Management of Garavisha and Dushivisha. Treatment of Allergies including allergic manifestations in the eyes, nose, lungs and skin.
7. Diagnosis and Management of Drug Induced Toxicity
8. Management of the toxic manifestations caused by the contact poisons (paduka, vasthra, abharana, mukhalepa- vishabadha etc).
9. Management of food poisoning.
10. Death due to poisoning, Duty of physician in poisoning, in cases of suspected poisoning. Post mortem findings in poisoning.
11. Extra -corporeal techniques (dialysis etc) for removal of poisons.

**PAPER –III Vyavahara Ayurveda Evam Vidhi Vaidyaka****100 marks**

1. Definition of Vyavahara Ayurveda, its evolution in ancient and contemporary periods.
2. Personal identity and its medico-legal aspects
3. Death and its medico-legal aspects (Medical Thanatology)
4. Asphyxial deaths and its medico-legal importance.
5. Death due to starvation, heat and cold, lightening and electricity. Suspended Animation.
6. Medico-legal autopsy.
7. Injuries due to explosions, chemical and nuclear warfare.
8. Medico-legal aspects of injuries and wounds.
9. Impotence and sterility-Its medico-legal aspects. Regulations of Artificial Insemination. Medico –legal aspects of surrogate motherhood.
10. Sexual offences and perversions.
11. Medico-legal aspects of virginity, pregnancy, delivery, abortion, infanticide and legitimacy with related acts.
12. Indian Penal Code, Criminal procedure code and study of related acts like Indian Evidence Act, Pre Natal Diagnostic Test Act, Nursing Home Act, Human Organ Transplantation Act, Drugs and Cosmetic Act 1940, Narcotic drugs and Psychotropic substances Act 1985, Pharmacy Act 1948, Drugs and Magical Remedies (Objectionable Advertisements) Act 1954, Medicinal and Toilet Preparations Act 1955 and Anatomy Act etc. Any related act enacted by the government from time to time.
13. Courts and Legal procedures.
14. Forensic Science Laboratory
15. Medico legal aspects of mental illness
16. Duties and privileges of physician.
17. Structure of Central Council of Indian Medicine, its jurisdiction and functions. Code and Conducts as per the CCIM, Rules and Regulations there under.
18. Respective State Council of Indian Medicine, its structure, power, voluntary duties.
19. Doctor - patient relationship.
20. Rights and privileges of patients; Euthanasia.
21. Professional secrecy and privileged communication.
22. Professional negligence and malpractice
23. Indemnity Insurance scheme.
24. Consumer Protection Act related to medical practice.
25. Ethics as in classics. Types of physicians and methods of identification, Pranabhisara and Rogabhisara Physicians, qualities of physician, responsibilities of Physicians, Chaturvidha vaidya vriti, duties of physicians towards patients, Vaidya sadvritam, Apujya Vaidya who is accepting fees, relationship with females.

**PAPER – IV Aushadha Yoga Vigyan****100 marks**

1. Study of process for sodhana, marana and samskarana of poisonous drugs.
2. Pharmaco-dynamics of different formulations used in Agadatantra
3. Study of pharmacology and usage of antidotes as per the Ayurvedic and contemporary science.
4. Fundamentals of pharmaceuticals according to Ayurvedic and contemporary point of view.
5. Chemical, analytical, laboratory examination of poisons and suspicious substance.
6. Introduction of different instruments /equipments used in the examination of poisons.
7. Introduction to Clinical toxicology
8. Introduction to Experimental toxicology

9. Introduction to Toxicology - genomics
10. Survey and study of the traditional and folklore vishachikista sampradaya.

### **Content of Practical/Demonstration**

1. Identification of specimens models and equipments of toxicological and jurisprudence importance.
2. Practical training in postmortem examination (10 cases)
3. Regular clinical postings in the Agadatantra OPD / IPD
4. Medico-legal cases (20 cases)
5. Chemical Identification of various acids, alkalies, alcohols – Hydrochloric acid, Nitric acid, Sulphuric acid, Ascorbic acid, Sodium Hydroxide and Potassium Hydroxide
6. Detection of minerals Copper, Mercury, Lead, Arsenic and their compounds.
7. Physical and Chemical analysis of Datura, Karaveera, Vatsanabha, Jayapala, Arka and Bhallataka with Microscopy, powder microscopy, TLC, solvent extraction, detection of Phenol, tannins etc. (10 studies)
8. Detection of human blood, hair, semen and other biological secretions of Forensic importance.
9. Herbarium of 15 sthavara vishas and 10 agadas.
10. Preparation of two Agada yogas

### **Clinical Postings**

1. Modern medical hospitals – 2 weeks  
(For emergency management of poisoning)
2. Postmortem postings - 2 weeks
3. Court postings - 1 week

### **Visit to**

1. Forensic Laboratory
2. Anti snake venom serum manufacturing Unit.

### **Pattern of practical examination**

- |   |                  |
|---|------------------|
| 1. Post mortem / Medico-legal case record and clinical record                     | - 10 Marks       |
| 2. Identification of specimens models and equipments of jurisprudence importance. | - 20 Marks       |
| 3. Spotting related to Visha, Upavisha and others poisonous drugs                 | - 20 Marks       |
| 4. Thesis presentation  | - 25 Marks       |
| 5. Viva-voce  | - 25 Marks       |
| <b>Total</b>  | <b>100 Marks</b> |

### **Reference Books:-**

- |  |                            |
|--|----------------------------|
| 1. Useful Portion of Charak-Sushrut-Vagbhata |                            |
| 2. Dravyaguna Vigyan                         | - Acharya Yadavji          |
| 3. Aushadhigunadharm Shastra                 | - Pt Visvanath Dvivedi     |
| 4. Kriyatmat Aushada parichaya Vigyan        | - Pt Visvanath Dvivedi     |
| 5. Ayurvedic Vyadhi Vigyan                   | - Acharya Yadavji Trikamji |
| 6. Madhavanidan with Madhukosha commentary   |                            |
| 7. Sharangadhara Samhita                     |                            |
| 8. Yogaratnakara                             |                            |
| 9. Aushadigunadharm Shastra                  | -PtGangadharaShastri Gune  |
| 10. Rasendracintamani                        |                            |
| 11. Rasaratna samuchhaya                     |                            |
| 12. Vishavigyan                              | - Dr. Krishna Kumar        |
| 13. Related matter of Kautilya Artha Shastra |                            |
| 14. Harmekhlatantra                          |                            |
| 15. Anupana manjari                          |                            |

16. Ayurvedprakash
  17. System of clinical Medicine
  18. Forensic Pharmacy
  19. Hand book of Forensic Medicine and toxicology
  20. Viva Forensic Medicine and toxicology
  21. Forensic Medicine and Ethics
  22. Modi's Medical Jurispudence and Toxicology
  23. The essentials of forensic medicine and toxicology
  24. Medical Laws and Ethics
  25. M.R.K. Krishnan's Handbook of Forensic Medicine
  26. Text book of Medical Jurisprudence and Toxicology
  27. Atlas of Forensic Medicine
  28. Medico legal Post Mortems (Atlas)
  29. Textbook of Forensic Medicine and Toxicology
  30. Textbook of Forensic Medicine and Toxicology
  31. Textbook of Forensic Medicine and Toxicology
  32. Textbook of Forensic Medicine and Toxicology
  33. Forensic Pathology
  34. Textbook of Forensic Medicine and Toxicology
  35. Pocket picture guide to Forensic Medicine
  36. Forensic Medicine
  37. Taylor's Principles and Practical of Medical Jurisprudence
  38. Doctor and law
  39. Textbook of Toxicology
  40. Medicine Harrison's Principal of Internal Medicine
  41. Agad Tantra
  42. Modern Medical Toxicology
  43. Critical care toxicology
  44. Diagnosis and Management of common poisoning
  45. Colour Atlas of Forensic Medicine
  46. Guidelines of poisons
  47. Doctors patients relationships
  48. Bhavaprakasha.
  49. Vishavaidya Jyotsnika -- English translation By VPSV Ayurveda college, Kottakkal.
  50. Lakshnamritham.
  51. Toxicology, Ayurvedic perspective
  52. Text book of Agadatantra
  53. Agadatantra ki Pathyapustaka
  54. Vyavahar Ayurveda Vigyanam
  55. Forensic Medicine
  56. Visha Chikitsa
  57. Park Text book of Preventive and Social Medicine.
  58. Environmental Science and Biotechnology
  59. Veterinary Toxicology
  60. Guide to Drinking Water Quality (3 Volumes)
  61. A short Text Book of Medical Entomology
- Savil
  - B.M. Mhithai
  - Dr. P.V. Chadha
  - L.C. Gupta
  - J.P. Narena
  - Dr.K.S. Narayan Reddy
  - Dr. H.S. Mehta
  - Dr. C.K. Parikh
  - Dr. Tomio Watenbe
  - Dr. Parikh and Others
  - Dr.V.V. Pillay
  - Dr. Karmakar
  - Dr. Singhal
  - Dr. Krishnan Vij
  - Dr. Bernard Knight
  - Lyon's
  - Gower's Medical Publication
  - Simpson Knight
  - J and A Churchis
  - Singhal
  - Singhal
  - Dr. Shekhar Namboodri
  - Dr. V.V.Pillay
  - Bruent Wallace
  - Agarwal wali
  - Govindaiah
  - W.H.O.
  - Dr.Lavekar
  - VPSV Ayurveda college, Kottakkal
  - Edited By Dr Huparikar, Dr. Joglekar
  - Edited By Dr Huparikar, Dr. Joglekar
  - Dr.Indramohan Jha (Sachchan)
  - Dr. B. Umadathan
  - Dr. M. Balakrishnan Nair
  - K. Park
  - Theory and Practice - A.G. Murukesan &C. Rajakumari
  - Dr. Satish K. Gargi
  - WHO Publication
  - H.S. Bhatti, R. Sehgal, R.C. Mahajan.

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## **7. SWASTHAVRITTA**

### **PAPER I VAIYAKTIKA SWASTHAVRITTAM SADVRITTAM CHA**

**Marks 100**

1. Concept of holistic health according to Ayurveda.
2. Spectrum of health, Iceberg phenomenon of diseases, dimensions of health.
3. Dinacharya – Detailed accounts by Charaka, Sushruta, Vagbhata and Bhavamishra.
4. Probable Physiologic effect of Dinacharya procedures.
5. Ratricharya – Bhavamishra and other classics.
6. Day and night pattern in various countries.
7. Ritucharya – Classical description by Charaka, Sushruta, Vagbhata, BhelaSamhita and Bhavamishra.
8. Ritus prevalent in various Indian states.
9. Ritu pattern in various countries of the world.
10. Shodhana Schedule for Ritusandhis.
11. Concept of Vegas, types and the physiology behind each vega and vegadharana.
12. Ahara – Classical food items in Charaka, Sushruta, Vagbhata and Sharangadhara.
13. Aharavargas and comparison with todays' food items.
14. Staple diet of various States of India.
15. Staple diet of various countries in correlation with their climate.
16. Principles of dietetics. Balanced diet for healthy adult, adolescent, elderly people, pregnant ladies and lactating mothers.
17. Food intervention in malnutrition, under nutrition and over nutrition.
18. Rules of food intake according to Charaka, Sushruta and Vagbhata.
19. Pros and Cons of vegetarian and Non vegetarian foods.
20. Viruddhahara – Classical and modern day examples.
21. Sadvritta – Compare Charaka, Sushruta and Vagbhata .
22. Prajnaparadha – Causes, Effects and solution.
23. AcharaRasayana, Nityarasayana.
24. Rasayana procedures for Swastha
25. Vajeekarana for Swastha.
26. Mental Health and the role of Ayurveda in it.
27. Vyadhikshamatva – Modern and Ayurvedic concepts.
28. Principles of Health Education.
29. Genetics in Ayurveda and Modern Science

### **PAPER II SAMAJIKA SWASTHAVRITTAM (COMMUNITY HEALTH)**

**Marks 100**

1. Concept of community health.
2. Concept of Prevention according to Ayurveda.
3. Concept of prevention according to Modern medicine. Levels of prevention. Stages of intervention.
4. Web of causation of diseases, Multifactorial causation.
5. Natural History of diseases.
6. Ecology and community health.
7. Disinfection practices for the community – Modern and Ayurvedic.
8. Immunization programmes. Possible contribution of Ayurveda.
9. Environment and community health (Bhumi, Jala, Vayu, Shuddhikarana ,Prakasha,Shabda, Vikirana)
10. Housing –W.H.O Standards. Design of Aaturalaya(hospital), Sutikagara, Kumaragara, Panchakarmagara and Mahanasa (Kitchen)
11. Disposal of Wastes- Refuse, Sewage. Methods of Sewage disposal in sewered and unsewered areas.
12. Occupational Health. Ergonomics. Role of Ayurveda in ESI.
13. Medical Entomology– Arthropods of Medical Importance and their control measures.

14. Knowledge of parasites in relation to communicable diseases.
15. School Health Services and possible contribution of Ayurveda.
16. Demography and Family Planning.
17. Family Welfare Programme and the role of Ayurveda in it.
18. Old age problems in community. Role of Ayurveda in Geriatrics.
19. Care of the disabled.
20. Life Style disorders (Non Communicable diseases) in community and the role of Ayurveda in them.
21. Health tourism. Ayurvedic Resort Management- Panchakarma and allied procedures.
22. Medical Sociology.

**PAPER III SAMKRAMAKA ROGA PRATISHEDHAM EVAM SWASTHYAPRASHASANAM**

**Marks 100**

1. Modern Concept of Epidemiology
2. Critical evaluation of Janapadodhwamsa.
3. Epidemiology of different Communicable diseases in detail.
4. General investigations for Communicable diseases
5. Sexually Transmitted Diseases and their control
6. Ayurvedic view of Samkramaka Rogas.
7. Investigation of an Epidemic
8. Control of Epidemics.
9. Host Defenses.
10. Ayurvedic methods of Vyadhikshamatva.
11. Health advice to travelers.
12. Hospital, Isolation ward and bio medical waste management
13. National Health Programmes. Contribution of Ayurveda in National Health Programmes.
14. Health administration under Ministry of H &FWD
15. AYUSH , NRHM, NUHM administration, functions and programmes.
16. National and International Health Agencies and their current activities.
17. Disaster management
18. Statistics related with Infectious diseases at International, National and State levels
19. Vital Statistics

**PAPER IV YOGA AND NISARGOPACHARA**

**Marks 100**

1. History and evolution of Yoga
2. Different Schools of Yoga
3. Rajayoga –(Ashtanga yoga) philosophy of Patanjali according to Yogasutras.
4. Hathayoga - according to Hathayogapradeepika, GherandaSamhita and Shivsanhita.
5. Karmayoga – Philosophy according to Bhagavad Gita
6. Mantrayoga, Layayoga, Jnanayoga and Bhaktiyoga.
7. Physiological effect of Yoga on Body and mind – Ancient and modern concepts.
8. Concept of Sthula, Sukshma and Karana Shariras
9. Concept of Panchakoshas
10. Concept of Shad chakras and Kundalini
11. Shad Kriyas and their therapeutic effects.
12. Therapeutic effect of yogic practice in the following diseases - Diabetes, Hypertension, Cardiovascular disorders, Obesity, Asthma, Piles, Irritable Bowel Syndrome, Eczema, Psoriasis, Stress Disorders, Eye disorders, Head Ache, Juvenile Delinquency, Mental retardation, Depression, Neurosis, Sexual Dysfunction, Uterine Disorders, Cancer.

13. Yoga in Ayurveda –Concept of moksha,Tools for Moksha,Naishtikichikitsa, TatvaSmriti, Satyabudhhi, yoginamBalamAishwaram (charakaSamhitaSharirasthana chapter 1 & 5)
14. History of Nisargopachara.
15. Basic Principles of Western School of Nature Cure
16. Basic Principles of Indian School of Nature Cure – Panchabhuta Upasana and its therapeutic utility.
17. Different types of Massage and their therapeutic effects
18. Concepts of Acupuncture and Acupressure.
19. Principles of Chromotherapy and Magnetotherapy

### **Scheme of Practicals**

**1.**Health promotive and protective practices of Dinacharya procedures viz. Dantadhavana, Anjana, Nasya, Kavala, Gandusha, Dhumapana, Abhyanga, Udvartana

### **2) Practical Demonstration of Yoga**

#### **a) Aasanas (24)**

- 1) Swastikasan
  - 2) Gomukhasan,
  - 3) Sarpasan,
  - 4) Kukuttasan,
  - 5) Uttankurmasan,
  - 6) Dhanurasan,
  - 7) Matsyendrasan,
  - 8) Mayurasan,
  - 9) Bhadrasan,
  - 10)Sinhasan,
  - 11)Sarvangasan,
  - 12)Shirshasan,
  - 13)Pavanmuktasan,
  - 14)Bhujangasan,
  - 15)SuptaVajrasan,
  - 16)Chakrasan,
  - 17)Siddhasan,
  - 18)Padmasan,
  - 19)Veerasan,
  - 20)Paschimatanasan,
  - 21)Vajrasan,
  - 22) Shavasan,
  - 23)Makarasan,
- Suryanamaskara

#### **b) Pranayama**

- 1) Nadishudhhi- AnulomVilomPranayam,
- 2) Suryabhedani,
- 3) Ujjayi,
- 4) Bhasrika,
- 5) Bhramari,
- 6) Sheetali,
- 7) Sitkari

#### **c) Mudra**

##### **1) Viparita karani**

- 2) Yoga Mudra
- 3) Maha Mudra
- 4) brahma Mudra
- 5) Ashwini mudra

**d) Bandha**

1) Jalandhara, uddiyana, mula bandha

**e) Shuddhikriya** – JalaNeti, Sutra Neti, JalaDhauti, Kapalbhata, Tratak Basti, Nauli, vastra dhauti (if possible)

**3) Practical Demonstration of Naturopathy procedures**

- a. MruttikaSnana
- b. Mruttika Patti
- c. Pada and Hasta Snana
- d. Bashpasnana (Steam bath)
- e. Awagahana (Immersion bath)
- f. prishtasnana (Spinal bath)
- g. Katisnana(Hip bath)
- h. Alternate hot and cold bath
- i. Observe Jacuzzi and whirlpool bath at available places.

**4) Long case sheets for Pathya, Apathya, Aushadhi (if needed), Yoga and Nisargopachara advice to**

- a) Non communicable diseases 20
- b) Communicable diseases 10
- c) Garbhini Paricharya 10
- d) Mal Nutrition treatment cases 10
- e) Case studies of Immunization cases 10

**iv) Departmental Practicals**

- 1) Dantadhawana - 2
- 2) Anjana - 2
- 3) Nasya - 2
- 4) Gandusha- 2
- 5) Kavala- 2
- 6) Dhoompana – DhumavartiNirmana - 2

**5) Educational Visits-**

The brief report of each visit (Minimum 10 compulsory) should be written by student in a journal (Duly signed by Guide and HOD)

- 1) Water Purification Centre,
- 2) Milk Dairy,
- 3) Industry,
- 4) Leprosy Centre,
- 5) T.B. Centre,
- 6) Yoga Centre,
- 7) Naturopathy Centre,
- 8) Primary Health Center
- 9) Disposal of Waste Unit,
- 10) Sewage Disposal Unit ,
- 11) Hospital Disinfections,
- 12) Govt. Psychiatric Hospital
- 13) Isolation Hospital
- 14) A.R.T. Centre
- 15) Food and Drug Administration Centre
- 16) District /Civil Hospital

**7) Field Work**

- a) Active Participation in Various National Health Programmes
- b) Community Health Survey
- c) School Health Check-up (minimum 100 students)
8. Departmental duties : Regular Attendance as-

Duty in OPD and IPD with regard to Pathyapathya, Yoga and Nisargopachar.

1. Museum Development
2. Yoga training for self Swastha and patients.
3. Departmental Seminars
4. Research Journal /Article Reviews
5. Submit minimum 2 papers in any publications.
6. Practical knowledge of AharaDravya&Adulteration of Food
7. Proper planning, beginning ,completion of Thesis work under the guides
8. Micro Teaching (Training to take Lectures and Practicals of UG). Minimum 10.
9. Daily diary- Log book

### Format of Practical / Oral Examination

Sr.No.	Heading of Practicals	Marks
1	Daily work book-Log book	10
2	Case Record Sheets	20
3	One Long Case ( Pathya-Apathya advice)	20
4	Two Short Cases(10X2) (Yoga and naturopathy advice each)	20
5	Spotting on Instrument/Equipment/ Medicine/Solve a Problem-(10 Spots x2)	20
6	Thesis Presentation	50
7	Viva Voce	60
	Total	200

### Reference Books:-

- 1) Relevant portions of Charak, Sushruta, Vagbhata (AshtangHrudaya), Ashtang Samgraha, Sarangadhara, Bhavaprakasha, Madhavanidan&Yogaratanakara, Bhela Samhita with the respective commentaries
- 1) SwasthavrittaSamuchaya –VaidyaPtRajesvarDuttaShastri
- 2) SwasthyaVignyan -Dr.B.G.Ghanekarshastri
- 3) PrakritikaChikitsa -Kedarnath Gupta
- 4) Reddy's Comprehensive Guide to Swasthavritta –Dr.P.Sudhakar Reddy
- 5) SwasthaVigyan - Dr.MukundswaroopVerma
- 6) Ayurvediya Hitopdesha - Vd.RanjitRai Desai
- 7) Yoga and Ayurveda - Dr.Rajkumar Jain
- 8) SwasthvrittaVigyan - Dr.Ramharsha Singh.
- 9) Swasthvrittam - Dr.BramhanandTripathi
- 10) AyurvediyaSwasthvrittam - Vd.Jalukar
- 11) HathayogPradipika – SwatmaramYogendra (Kaivalyadhama)
- 12)YogikYogPadhati - BharatiyaprakrutikChikitsaPadhat
- 13)YogikChikitsa - ShriKedarnath Gupta
- 14)PrakrutikChikitsaVigyan - Verma
- 15)Janasankhyashikshasidhanta evamUpadeysa - S.C.Seel
- 16)Swasthvritta - Dr.Shivkumar Gaud
- 17) Health and Familywelfare - T.L.Devraj
- 18)SachitraYogasanDarshika - Dr.IndramohanJha
- 19)Preventive and Social medicine - J.K.Park
- 20)Yogadeepika - Shri. B.K.S. Iyengar
- 21) Swasthavritta - Vd.Sakad
- 22)Positive Health - Dr.L.P.Gupta
- 23)Biogenic Secretes of Food In Ayurveda - Dr.L.P.Gupta
- 24)Yoga and Yogikchikitsa - Ramharsha Singh
- 25)The Foundation of Contempary Yoga - R.H.Singh
- 26)YogasidhantaevumSadhna - H.S.Datar

- 27) Patanjali Yoga Sutra – Maharshi Patanjali, Karambelkar
- 28) Prakritik Chikitsa Vidhi - Sharan Prasad
- 29) Text book of Swasthavritta - Dr. Ranade, Dr. Bobade, Dr. Deshpande
- 30) Gherand Samhita
- 31) Bio-Statistics - B.K. Mahajan
- 32) Swasthavrittavidnyan - Dr. Mangala Gauri
- 33) Community Medicine - Baride and Kulkarni.
- 34) Light on Yoga - Shri. B.K.S. Iyengar
- 35) Light on Pranayama - Shri. B.K.S. Iyengar
- 36) Light on Patanjala yogasutra - Shri. B.K.S. Iyengar
- 37) Shiva samhita – Kaivalyadhama
- 38) Gheranda samhita – Kaivalyadhama
- 39) Swasthavritta vigyan – Vd. Patrikar Vijay
- 40) Swasthavritta – Vd. Yashwant Patil and Vd. Vhawal
- 41) Food and nutrition – Swaminathan
- 42) Preventive and Social Medicine – Mahajan
- 42) Preventive and Social Medicine – B.N. Ghosh
- 43) Preventive and Social Medicine – Gupta
- 44) Yoga and Nisargopachar- Vd. Prama Joshi

Syllabus prepared by

1. Dr. Mihir Hajarnavis (Group leader)
2. Dr. Arpan Bhatt (Coordinator)
3. Dr. S. Venugopal Rao
4. Dr. Sajitha.K
5. Dr. Yeshwant.R. Patil
6. Dr. Poornima Krishnamurthy
7. Dr. Yashwant Chauhan.
8. Dr. Rajkumar Bobade
9. Dr. Jayan Damodaran
10. Dr. Yogeshwar Dayal Bansal
11. Dr. Sudhanshu Dutt Sharma

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## **8. ROGA NIDANA**

### **PAPER- I FUNDAMENTAL PRINCIPLES OF ROGANIDANA**

Concept of Tridosha and its Pathological implications. 63 permutations and combination of Tridosha. Lina and Stambhita Dosha, their cause and importance in manifestation of Samprapti

Concept of Rakta as a Chaturtha Dosha. Importance of Rakta in the manifestation of diseases.

Concept of Ashrayashrayi bhava and its applied utility.

Different types of Dosha Gati.

Causative factors and practical utility of movement of Doshas from Kostha to Shakha and Shakha to Koshtha. Concept of Ashayapakarsha.

Trayo roga marga, their diseases and clinical importance of Roga Marga.

Concept and classification of Avarana, its role in pathogenesis, mode of diagnosis of Avarana and its importance in chikitsa sutra.

Applied aspect of Dhatu Poshana Krama and Dhatu Samvahana. Concept of Margaga and Sthanastha Dhatus.

Concept and applied aspects of Doshapaka and Dhatupaka

Fundamental and applied aspect of Dhatu, Upadhatu and Mala. Diseases developed due to their vitiation (pradoshaja vikara).

Concept and applied aspects of Srotas, their importance in health and diseased conditions.

Concept and applied aspects of Sroto Dushti and Khavaigunya. Understanding the various srotas which are not included in classical list of srotas but enumerated while describing the samprapti of diseases.

Description of Dosha-Dushya-Sammurchhana, Concept of Prakriti Sama Samaveta and Vikriti Vishama Samaveta Sammurchhana. Importance of Dosha-Dushya-Sammurchhana in Diagnosis and treatment.

Concept of Vikara vighata bhavabhava prativisesha.

Concept of Agni and its role in manifestation of health and disease.

Concept and pathogenesis of Ama. Contemporary interpretation of Ama and its role in pathogenesis.

Sama, Nirama stages of Dosha, Dhatu and Mala.

Understanding Samprapti of Santarpanottha and Apatarpanottha Vyadhi

Detailed classification of diseases as described in Ayurveda. Knowledge of ICD and DSM classification.

Detailed understanding of Nidan Panchaka with their classification and clinical importance.

Relation between 'Hetu & Lakshana' and 'Samprapti & Lakshna'.

Explanation and applied aspects of Kriyakala and its utility in diagnosis and treatment.

Importance of Upadrava, Arishta and Sadhyasadhyata and Udarka.

Natural History of the Diseases, concept of vyadhisankara in Ayurveda.

### **PAPER – II ROGA VIGYANA**

Knowledge of classical Samprapti of following diseases with interpretation of Nidana Panchaka including Upadrava, Arishta and Sadhyasadhyata and Chikitsa Sutra. Knowledge of commonly occurring diseases of the respective systems mentioned in contemporary medicine and their Ayurvedic interpretation.

1. Diseases of Pranavaha srotas- Kasa - Shwasa - Hikka – Urahkshata – Shosha – Rajayakshma and Ayurvedic understanding of common clinical entities like Pneumonia, Pleural effusion, Bronchitis, Bronchiectasis, Pulmonary Tuberculosis, Bronchial Asthma.
2. Diseases of Annavaha- Pureeshavaha Srotas- Agnimandya - Ajirna - Aruchi- Chhardi, Amlapitta- Shoola, Grahani –Gulma- Udara Roga –Vibandha, Atisara – Pravahika along

- with various clinical presentations. Ayurvedic understanding of common clinical entities like Peptic Ulcer, Irritable Bowel Syndrome, Diarrhoea, Dysentery, Constipation, ulcerative colitis.
3. Diseases of Udakavaha Srotas- Trishna, Daha and knowledge of water and electrolyte imbalance disorders
  4. Diseases of Rasavaha Srotas - jwara and Ayurvedic understanding of common clinical entities like various types of Fever- Malaria, Typhoid, viral fevers. Pandu, Amavata, Hridroga, Shotha and Ayurvedic understanding of common clinical entities like Anaemia & its Classification, Rheumatic fever, Rheumatoid Arthritis, Angina, Ischaemic Heart Disease, Hypertension, Myocardial Infarction ,Congestive cardiac failure.
  5. Diseases of Raktavaha Srotas- Kamala - Raktapitta - Vatarakta – Kroshtukaseersha - Shitapitta – Maha Kushta – Visarpa – Shwitra and Kshudra Kushta and Ayurvedic understanding of common clinical entities like jaundice, hepatitis, bleeding disorders, Gout, Thrombo Angitis Obliterans (TAO), Deep Vein Thrombosis (DVT), Leukaemia, Thalessemia, Sickle cell Anaemia. Introduction to Urticaria, Psoriasis, Eczema, Pemphigus, Herpes.
  6. Diseases of Mamsavaha srotas- Introduction to Granthi, Arbuda, Galaganda and Arsha. Ayurvedic understanding of all types neoplasia and Thyroid diseases.
  7. Diseases of Medovaha srotas- Sthoulya - Karshya – Prameha and Ayurvedic understanding of common clinical entities like Obesity and Diabetes Mellitus.
  8. Diseases of Asthi - Majjavaha srotas- Sandhigatavata, Introduction to Asthi-majjaparipaka, Asthigata Vidradhi and Ayurvedic understanding of common clinical entities like Osteo- Arthritis, Osteomyelitis, Osteoporosis.
  9. Vatavyadhi-Akshepaka - Apatanaka - Ardita - Pakshaghata – Gridhrasi – Viswachi, Avabahuka, Manyasthambha – Katigraha-Pangutwa- Khanja-Khalwee and Ayurvedic understanding of common clinical entities like Hemiplegia, Parkinson's disease, Lumbago- Sciatica syndrome, Bell's Palsy, Ankylosing Spondylitis, MND and other commonly occurring neurological diseases.
  10. Diseases of Sukravaha srotas- Klaibya and Vandhyatva and understanding of male and female Infertility, Impotence.
  11. Diseases of Mutravaha srotas -Mutrakrichha – Mutraghata, Ashmari and Ayurvedic understanding of common clinical entities like Urinary Tract Infection, Urolithiasis, Nephropathies and Renal failure.
  12. Diseases of Swedavaha srotas-knowledge of khalitya, Palitya and Cosmetology.
  13. Diseases of Manovaha Srotas - Vishada, Udvega, Bhaya, Bhrama, Anidra, Mada, Murchha, Sanyasa, Apsmara, Unmada, Atatwabhinivesha and Ayurvedic understanding of common clinical entities like Depression, Anxiety neurosis, Phobia, Personality disorders.
  14. Indriya Pradoshaja Vikara.
  15. Jara janya Vyadhi: Alzheimer's Disease
  16. Concept and tools for the study of Anukta Vyadhi (Unexplained and newly emerging diseases).
  17. Understanding the concept of karmaja vyadhi

### **PAPER – III PARIKSHA VIGYANA**

1. Introduction to Clinical methods and technique for the study of clinical examination
2. Importance of medical history taking and its importance in clinical medicine.
3. Aims, Objectives and Methods, applied aspects and importance of various Rogi and Roga Pariksha as per classics.
4. Srotas Pariksha, Shadanga Pariksha vis-à-vis general & systemic examination of patient.
5. Interpretation of Charakokta trividha pramana pariksha and Sushrutokta shadvidha pariksha with clinical methods mentioned in modern medicine.
6. Interpretation and use of ashtasthana nirikshana along with use of current tools as per Ayurveda.

7. Charakokta dashavidha and Sushrutokta Dwadashavidha pariksha along with the use of modern supportive tools for understanding of rogibala and roga bala concept to derive chikitsa sutra
8. Ayurvedic interpretation of all relevant findings of modern clinical examinations, various Laboratory and other Diagnostic tools.
9. Understanding of diagnostic procedures in medical emergencies.
10. Concept of Good clinical practice in Ayurveda and modern medicine.
11. Knowledge of standard clinical laboratory set up useful for Ayurvedic practice.
12. Knowledge of Ancillary common laboratory investigations for diagnosis of diseases, their methods, normal and abnormal values, factors influencing values and their Ayurvedic interpretations & clinical significance as mentioned in practical syllabus.
13. Importance of Bio markers and their utility in clinical researches
14. . Update knowledge of emerging diagnostic tools and technologies.
15. . Knowledge of various Ayurvedic diagnostic softwares/programmes available.
16. Avayava Pariksha – Radio- Imaging Techniques, Sonological Techniques, ECG, EEG etc and their clinical interpretation.

#### **PAPER - IV VIKRITI VIGYANA AND JIVANU VIGYANA**

1. Introduction to pathology and technique for the study of pathology
2. Cell injury and cellular adaptations
3. Immunopathology including amyloidosis and its interpretation with the concept of Ojas vis-à-vis Bala
4. Concept of Shotha versus Inflammation, oedema and healing
5. Derangement of Homeostasis and Hemodynamic disorders
6. |General character and classification of Neoplasia
7. Upasargjanya Vyadhi (Communicable diseases)- Romantika – Masurika – Upadamsha – Phirang and introduction to Syphilis, AIDS, Leprosy, Tuberculosis
8. Detail study of Krimi Vigyanam versus infectious and parasitic diseases along with their mode of infection and life cycle
9. Concept of Snayuka, Shleepada and introduction to Filariasis and classification of common parasites.
10. Concept and applied aspects of Janapadodhvamsa and Environmental diseases
11. Nutritional disorders
12. Concept of genetic diseases and its interpretation in terms of Bija dosha
13. Knowledge of common Bacteria, Virus, Parasites, Fungi and their classification with their disease processes, Nutrition requirements, media and methods for culture and sensitivity

#### **PRACTICAL DEMONSTRATION AND HANDS ON EXPERIENCE**

1. Regular posting in Roga Nidana O.P.D.
2. Regular posting in Roga nidana I.P.D.
3. Regular posting in Laboratories
4. Regular posting in other departmental units and Educational Tour to update current medical knowledge
5. Laboratory record – maintenance of observation diary and laboratory record book.
6. Experience in conducting following laboratory investigations for diagnosis of diseases and their methods
  - a) Hematological, Biochemical and Serological measures, Peripheral blood film examination
  - b) Rapid diagnostic techniques.
  - c) Screening test for bleeding disorders- Platelet Count, bleeding time (BT), Clotting time (CT), Prothrombin time (PT).
  - d) Blood grouping - ABO system, Rh typing (Rhesus system)
7. Urine Examination
  - a. Ayurveda anusara mutra pariksha.

- b. Physical Examination, Chemical Examination, and Microscopic Examination
- c. Dipstix examination
- 8. Stool Examination
  - i. Ayurveda anusara purisha pariksha-Physical examination - Sama-Nirama Pariksha
  - ii. Microscopic and macroscopic examination of stool
- 9. Sputum Examination
  - i. Ayurveda pariksha anusara sthivana.
  - ii. Physical, Chemical and Microscopic Examination of the sputum.
- 10. Semen examination
  - 1) Ayurvediya anusara Retas pariksha.
  - 2) Semen examination & clinical interpretation
- 11. Biochemical tests related to various organ panels- Liver, Kidney, Heart, Thyroid, Pituitary and Bones.
- 12. Knowledge of different staining techniques in microbiology.
- 13. Knowledge of Sero-immunological Investigations: RA, Widal test, ASLO titer, ANA, Etc
- 14. Physical, chemical, microscopic, biochemical and bacteriological tests for various kinds of body aspirates
- 15. Knowledge of histopathological techniques.

#### **BEDSIDE PRACTICAL /CLINICAL METHODS**

1. Expertise in clinical methods (General and Systemic Examination).
2. Practical knowledge of examination of Roga based on Pancha Nidan.
3. Practical knowledge of instruments used for clinical examination.
4. Practical records of clinical examination of at least 30 long cases in I.P.D.
5. Practical records of clinical examination of at least 50 short cases.
6. Practical knowledge of ECG, USG and Imaging techniques and their clinical interpretation
7. Understanding of various Ayurvedic diagnostic softwares/programmes available like Ayu soft, Rudra, Ayut Nidana etc.

#### **PATTERN OF EXAMINATION**

Name of Paper	Hours of training	Marks
Paper I	100	100
Paper II	100	100
Paper III	100	100
Paper IV	100	100
Practicals:	Hospital/Laboratory duties at least 4 Hours per day	Total 200 :
Observation Diary		10
Laboratory record		10
Short Case (including Case Record)		20
Long Case (including Case Record)		30
Laboratory Work		40
Thesis Presentation		40
Viva Voce		50

#### **REFERENCE BOOKS**

1. Charaka Samhita with Various Commentaries
2. Madhava Nidana with various commentaries
3. Abhinava Vikriti Vigyana

- Acharya Raghuvir Prasad Dwivedi

- |   |   |
|---|---|
| 4. Doshakaranatwa Mimamsa   | - Acharya P.V. Sharma                     |
| 5. Nadi Darshan   | - Vd. Tara Shankar Mishra                 |
| 6. Nadi Vigyanam  | - Vidyotini Hindi Tika                    |
| 7. Nadi Vigyan  | - Shri Satya Dev Vashisht                 |
| 8. Nadi Vigyan  | - Gangadhar Tika                          |
| 9. Nadi pariksha  | - Vaidya VB Athavale                      |
| 10. Nadi Pariksha   | - GP Upadhyay                             |
| 11. Rogi Pariksha vidhi   | - Acharya Priyavrata<br>Sharma            |
| 12. Roga Vigyan   | - Dr. Vinay Kumar                         |
| 13. Siddanta Nidan  | - Gananatha Sen                           |
| 14. Ayurvediya Roga Vargikaran  | - Vd. Ramanath and<br>Vd. Gurdip Singh    |
| 15. Ayurvediya Nidan Evum Chikitsa Ke Siddhanta                           | - Prof. Ram Harsh Singh                   |
| 16. Relevant portions of Charak Samhita,<br>Sushrut Samhita and Vagbhata  |   |
| 17. Clinical methods in Ayurveda  | - K. R . S. Murthy                        |
| 18. Parameswarappa's Ayurvediya Vikriti Vigyan<br>and Roga Vikriti Vigyan | - Dr. P.S. Byadgi.                        |
| 19. Nidan Panchaka  | - Prof SC Dhyani                          |
| 20. Samprapti lakshana yoh sambhandah                                     | - K.Sadashiva Sharma                      |
| 21. Clinical Diagnosis in Ayurveda in<br>Roga Nidana and Vikriti Vigyana  | - Vaidya Vasant Patil                     |
| 22. Oxford Handbook of Clinical Examination<br>and Practical Skills       | - Oxford Handbooks                        |
| 23. Symptoms & Signs in Clinical Medicine                                 | - Chamberlains                            |
| 24. Clinical Methods  | - Hutchinson's                            |
| 25. Bedside Clinics in Medicine Part- I & II                              | - Kundu                                   |
| 26. Practical Pathology   | - Dr. K. Uma Chaturvedi                   |
| 27. Medical Laboratory Technology   | - R. Sood                                 |
| 28. Clinical Diagnosis and Management by<br>Davidson                      | - Todd, Sanford and<br>Laboratory methods |
| 29. Robbins Basic Pathology   | - Kumar, Abbas, Fausto at                 |
| 30. Text Book of Pathology  | - William Boyds.                          |
| 31. Text Book of Pathology  | - Harsh Mohan                             |
| 32. Text Book of Pathology  | - Dey and Dey                             |
| 33. Text Book of Parasitology   | - Ramnik Sood                             |
| 34. Clinical Pathology and Bacteriology                                   | - S.P. Gupta                              |
| 35. A Text Book of Microbiology   | - Ananthanarayana, Panikar                |

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## 9. PRASUTI TANTRA- STREE ROGA

### **PAPER – I Garbhagarbhini Vigyan**

1. Applied anatomy of female Genito urinary system, pelvis and Pelvic floor. Pelvic assesment and foetal skull.
2. Physiology, neuro endocrinology and pathology of puberty and Neuroendocrine control of menstrual cycle.. Artava, Rituchakra, Streebija, Pumbija.
3. Garbha sambhava samaagri, Garbhadhanam, Pre-conceptional counseling and care, Pumsavana, Garbhasya shad dhatvatmakata, Garbhavakranti, Matrijadi bhava, Garbha vriddhi, role of panchamahabhutas in the formation and development of foetus. Garbhasya avayavotpatti, Fundamentals of reproduction – gamatogenesis, Fertilization, Implantation and early development of human embryo.
4. Aparā, Garbhodaka Jarayu, Nabhinadi.  
Placenta, amniotic fluid, membranes and umbilical cord -their formation, structure, Functions and abnormalities.  
Garbha-poshana, Garbha shareerkriya vaishishtyam, Garbha lingotpatti, Garbha varnotpatti, Garbhasya masanumasika vriddhi.  
Foetal physiology, circulation, Foetal growth and development
5. Bija – Bijabhaga – Bijabhagavayava janya garbhanga vikruthi. Genetics, Birth defects and other teratologic abnormalities
6. Garbhini nidana, sapekshanidana, Garbhakalina matrigata parivartana, lakshana, Dauhrida. Diagnosis and differential diagnosis of pregnancy, anatomical and physiological changes during pregnancy, Endocrinology related to pregnancy, Immunology of pregnancy.
7. Garbhiniparicharya, Masanumasika Pathya Apathya evum Garbha upaghatakara bhava. Ante Natal care, examination investigations and management,.
8. Garbhasankhya nirnay, Bahu apatyata, Multiple pregnancy.
9. Garbhavyapad - causes, clinical features, complications, management and treatment of Garbhasrava and Garbhapata , Upavishtaka, Nagodara / Upashushka, Lina garbha, Goodagarbha, Jarayu Dosha, Antarmrita garbha , Garbha shosha, Garbha kshaya, Bhutahrta garbha, Raktagulma.  
Abortions, I.U.G.R, Intrauterine Foetal death Ectopic pregnancy and gestational trophoblastic neoplasia,
10. Garbhini vyapad – nidana panchaka and chikitsa of garbhini vyapad.  
Early recognition, differential diagnosis and prompt management of pregnancy complications, Emesis and Hyperemesis gravidarium, Anaemia, Pregnancy Induced Hypertension, Pre-eclampsia, Eclampsia, Antepartum hemorrhage, Rh-incompatibility.  
Management of pregnancies complicated by medical, surgical or Gynecological disorders in consultation with the concerned specialties by team approach
  - a. Pyrexia, Heart disease, Diabetes mellitus, Liver disorders, Respiratory diseases, Renal diseases, Epilepsy, Hypertensive disorders.
  - b. Fibroids, Ovarian tumors, Genital prolapse, Carcinoma Cervix.Infections in pregnancy:  
Toxoplasmosis, Viral infections ,Rubella, CMV, Hepatitis-B, Herpes, Syphilis and other Sexually Transmitted Infections including HIV, Prevention of mother to child transmission of HIV infection (PMTCT).
11. Jataharini related to garbhini avastha
12. Evaluation of Foetal and maternal health in complicated pregnancies by making use of diagnostic modalities.
13. Prenatal diagnosis of fetal abnormalities and appropriate care. PNDT Act and its Implications.
14. Vishesh adhyayan of –

Ashtanghriday sharira	-	Adhyay	-1 <sup>st</sup>	– Garbhavkranti
Sushrutasamhita sharira	-	Adhyay	-3 <sup>rd</sup>	– Garbhavkranti
Charak Samhita sharira	-	Adhyaya	- 8 <sup>th</sup>	Jatisutriya

## **PAPER – II Prasava – Vigyan**

### **Prakrit prasav**

1. Prasav paribhasha, Prasav kaal, Prasava prarambha karana, Prasava kalina garbha sthiti, Avi, Sutikagara.
  - a) Initiation and onset of parturition.
  - b) Examination and evaluation of patient in labour.
  - c) Physiology of labour.
  - d) Mechanism of labour.
  - e) Selection of place of delivery and labour room.
2. Prasava avastha evum paricharya
  - a) Stages of normal labour
  - b) Intrapartum maternal and foetal monitoring
  - c) Management of normal labour

### **Prasava vyapad**

1. Etiopathogenesis, clinical features, prevention and management of Garbhasanga, vilambita prasav, Mudhagarbha and Aparasanga.
  - a. Prolonged labour
  - b. Cephalo pelvic disproportions
  - c. Malpresentation
  - d. Obstructed labour
  - e. Methods of Induction and Augmentation of labour
2. Complications of different stages of labour
3. Obstetric management of high risk Pregnancies- Pre eclamptic toxemia, Eclampsia, Diabetes, cardiac disease, asthma, Epilepsy, ante partum haemorrhage, preterm premature rupture of membranes, , Preterm, Post term, Multiple pregnancy, IUGR & HIV -AIDS
4. Still birth- diagnosis, complications and management.

### **Jatamatra/ Navajata shishu paricharya**

1. Examination and management of neonate.
2. Management of birth asphyxia.
3. Detection of congenital malformation in newborn and timely referral for correction.

### **Sutika vigyana**

1. Sutika Paribhasha, kala maryada, paricharya.
2. Sutika vyadhi and their chikitsa.
3. Stana sampat, Stanya utpatti, Stanya sampat, Stanya pariksha, Stanya vriddhi, kshaya and dusti karana, lakshan and its Chikitsa, stana shotha, stana vidhradhi.
4. Suppression of lactation
5. Normal and abnormal puerperium.

### **Obstetric shock and management**

1. Raktadhana: blood transfusion and replacement of blood constituents.
2. Management of fluid and electrolyte imbalance in obstetrics.

### **Drugs used in obstetric practice, indications/contra indications, doses and side effects.**

### **Vishesha Adhyayana of –**

Ashtanga Hridaya Sharira Sthana 2<sup>nd</sup> Adhyaya – Garbha vyapad

Sushruta Samhita Nidana Sthana 8<sup>th</sup> Adhyaya – Mudhagarbha nidana

Sushruta Samhita Chikitsa Sthana 15<sup>th</sup> Adhyaya – Mudhagarbha Chikitsa

## **PAPER – III Stree Rog vigyan**

1. **Disorders of menstruation and Female reproductive system.**
  - A) Congenital malformations of female genital tract
  - B) Artav dushti, artava vriddi, artava kshaya, asrigdara, anartava, and kashtartav.
  - C) Genital infections including sexually transmitted infections.
  - D) Abnormal vaginal discharges.
  - E) Arsha, Yonikanda, Gulma, Granthi, Arbuda.
  - F) Abnormal uterine bleeding, Endometriosis, fibroid uterus, Adenomyosis, Polycystic ovarian syndrome and neoplasia of female genital organs.
  - G) Endocrinological disorders affecting female reproductive system.
  - H) Somarog.
2. **Detailed study of yoni vyapad mentioned by different Acharyas with their commentaries and all possible correlations with modern gynecological diseases.**
3. **Vandhyatva**
  - A) Hetu, Bheda, Pariksha, and Chikitsa.
  - B) Detailed study of causative factors, Investigations with recent advances in management of infertility, Adoption law.
4. **Stanaroga**

Detailed study of Stanashotha, Stanakilaka and stanavidradhi, stana granthi, stanarbuda.  
Examination of breast, diagnosis and differential diagnosis of breast lump.
5. **Measures of contraception**
  - A) Ayurvedic view of Garbha nirodha and Garbhapatkara yogas.
  - B) Temporary Contraception
  - C) Recent studies in the field of contraception.
  - D) National Health programme to improve maternal and Child health, social obstetrics and vital statistics (maternal and perinatal mortality).
6. **Sthanik chikitsa**

Detailed study of Pichu, Varti, Dhupan, Dhavana, Parisheka, lepa, Kalkadharana, Uttarabasti, agnikarma and kshara karma.
7. **Rajo Nirvritti** - Climacteric and menopause.  
- Geriatric health care
8. **Study of modern diagnostic techniques and Investigations.**
9. **Important drugs used in Streerog.**
10. **Panchakarma in streerog**
11. **Vishesha Adhyayana of –**

Charaka Samhita Chikitsa Sthana – 30<sup>th</sup> Adhyaya - Yonivyapad Chikitsa  
Sushruta Samhita Uttara Tantra - 38<sup>th</sup> Adhyaya – Yonivyapad Pratishedha  
Kashyapa Samhita Kalpa Sthana - Shatapushpa Shatavari, Lashuna kalpa Adhyaya

## **PAPER – IV Prasuti–Streerog-Shalya Karma**

General principles of Gynecological and Obstetric Surgeries. Analgesia and Anaesthesia in Obstetrics and Gynaec operative procedures.

### **Operative Obstetrics**

Decision making, techniques, diagnosis and management of surgical complications.

Dilatation and evacuation, Hysterotomy, Provision of safe abortion services –selection of cases, technique and management of complications, septic abortion, criminal abortion, MTP Act.

Cervical encirclage.

Instrumental delivery (Forceps, vacuum extraction), Caesarean Section, Manual removal of Placenta, Caesarean Hysterectomy.

### **Operative gynecology**

Selection of cases, technique and management of complications of minor and major gynecological procedures.

Dilatation and Curretage, Cervical cauterization.

Polypectomy, Myomectomy, Cystectomy, Oophorectomy.

Surgical sterilization procedures.

Hysterectomy.

Surgical procedures for genital prolapse.

Surgical management of benign genital neoplasm.

Recent advances in Gynaecology and obstetrics – Diagnostic and therapeutics

Shock and its management, Blood Transfusion, Fluid and electrolyte imbalance, Fluid therapy.

Record keeping, ethical and legal issues involved in obstetrics and gynaecology.

Medico-legal aspects – ethics, communication and counselling in obstetrics and Gynecology

Intensive care in Obstetrics and Gynecology.

### **Content of Practical**

1. Practical training to conduct
  - Normal and Complicated deliveries
  - Assisted/ Instrumental deliveries
  - Caesarean Section
  - Neonatal resuscitation
2. Practical knowledge of grabhini pricharya, sutika pricharya and masaanumasik garbha vriddhi.
3. Practical training to perform obstetrical and Gynaecological Surgery
4. Practical training to provide family welfare/ Planning services, safe abortion methods along with surgical sterilization.
5. Practical knowledge and practice of all relevant equipment, Procedures, complications, Emergencies with their management.
6. Practical knowledge of Yogasanas and pranayam useful in Stree rog and Prasuti tantra.
7. Practical knowledge of Panchakarma and Sthanik Chikitsa used in Stree Rog and Prasuti Tantra.
8. Practical Knowledge of recent advances in Gynaecology and obstetrics.

### **Pattern of Practical Examination**

- |  |            |
|--|------------|
| 1. Practical Record Book                             | - 20 Marks |
| 2. Bed side examination                              |            |
| Short Case   | - 20 Marks |
| Long Case  | - 40 Marks |
| 3. Identification of the Instruments/x-ray/USG plate | - 20 Marks |
| 4. Thesis Presentation                               | - 50 Marks |
| 5. Viva Voce   | - 50 Marks |

**Reference Books-**

1. Related matter from all the samhitas and their commentaries.
2. Prasuti tantra evum stree roga by prof Tewari P V
3. Concepts of gynecology Dr Nirmala G Joshi.
4. Prasuti Tantra Prof. M. Dwivedi
5. Stree roga vigyan - Dr VNK Usha
6. Navya prasuti Vigyan Dr Pooja Bharadwaja
7. Text book of gynaecology-Berek and Novak.
8. Text book of obstetrics- Williams
9. Text book of obstetrics- D C Dutta
10. Text book of gynaecology - D C Dutta
11. Gabbe's normal and problem pregnancies.
12. Human embryology by Sandler.
13. Jeffcoat's principles of gynaecology
14. Te linde's gynaecological surgery.

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## **10. KAUMARBHRITYA-BALA ROGA**

**PAPER – I Bija, Garbha Vigyaniya (Human Genetics, Embryology)**

**Marks: 100**

### **A. Prakrita Bija-Bijabhaga-Bijabhagavayava evam Tadjanya Vikriti (Genetics and related disorders)**

1. Ayurvedic genetics with modern interpretations: Shukra, Shonita, Shukra Shonita Doshas, Bija-Bijabhaga-Bijabhagavayava Vikriti, Matrija and Pitraja Bhavas, Yajjah Purushiya and Atulyagotriya; Measures for obtaining good progeny.

2. Modern genetics

Basic concepts:

1. Cell, cell division, nucleus, DNA, chromosomes, classification, karyotype, molecular and cytogenetics, structure of gene, and molecular Screening.
2. Human Chromosomes - Structure, number and classification, methods of chromosome preparation, banding patterns.
3. Single gene pattern inheritance: Autosomal & Sex chromosomal pattern of inheritance, Intermediate pattern and multiple alleles, Mutations, Non Mendelian inheritance, mitochondrial inheritance, Genomic imprinting, parental disomy.
4. Criteria for multi-factorial inheritance.

Pathogenesis

1. Pathogenesis of chromosomal aberrations and their effects, recombinant DNA, genetic inheritance, inborn errors of metabolism
2. Chromosomal abnormalities: Autosomal & Sex chromosomal abnormalities, syndromes
3. Multifactorial pattern of inheritance: Teratology, Cancer Genetics – Haematological malignancies, Pharmacogenetics.
4. Chromosomal disorders
5. Chromosomal aberration (Klinefelter, Turner and Down's syndrome)
6. Genetic Counseling, Ethics and Genetics.

### **B. Prakrita Bija-Bijabhaga-Bijabhagavayava evam Tadjanya Vikriti (Genetics and related disorders)**

1. Garbha (embryo), Garbhawastha (gestation period), sperm, ovum; spermatogenesis; oogenesis; structure of ovum
2. Sperm in the male genital tract; sperm in the female genital tract, activation and capacitation of sperm.
3. Garbha Masanumasika Vriddhi evam Vikasa (Ayurvedic and modern concepts of Embryo and Fetal development)
  - First week of development
  - Second week of development
  - Third week of development
  - Fourth to eighth week of development (Embryonic period)
  - Development from third month till birth (Fetal period)
4. Formation of Prakriti, their assessment in children viz. Bala, Kumara, Yauvana; Pathya-Apathya according to Prakriti.
5. Aparā (Placenta) Aparā Nirmana (Formation of placenta), Aparā Karya (Functions of placenta); Aparā Vikara (Placental abnormalities)
6. Nabhinadi (Umbilical Cord)  
Formation and features of umbilical cord
7. Garbha Poshana ( Nutrition- from conception to birth)
8. Yamala Garbha( twins)

9. Garbha Vriddhikara Bhavas, Garbhopaghatkara Bhavas.
10. Effect of maternal medication, diet and illness over fetus.
11. Teratology including defects of bija, atma karma, kal, ashaya etc.: causative factors for teratogenicity, mode of actions of teratogenes, critical periods
12. Perinatal Care and Perinatal complications
13. Scientific study of Jataharini specific to children.
14. Prenatal diagnosis
15. Samanya Janmajata Vikara (Common congenital anomalies of different systems): Sahaja Hridaya Vikara (Congenital Cardiac Disorders) Jalashirshaka (Hydrocephalus), Khandaoushtha (cleft lip), Khanda-Talu (cleft palate), Sanniruddha Guda (Anal stricture / imperforated anus), Pada-Vikriti (Talipes equinovarus and valgus), Tracheoesophageal Fistula (TOF), Spina bifida, Meningocele, Meningomyelocele, Pyloric Stenosis.

**PAPER-II Navajata Shishu Vigyan evam Poshana**

**Marks: 100**

**PART-A**

1. Navajata Shishu Paribhasha, Vargikarana (Important definitions and classification related to neonates.)
2. Navajata Shishu Paricharya evam Prana-Pratyagamana (Care of the newborn including recent methodology for the resuscitation)
3. Samanya Navajata Shishu Paricharya (General Neonatal Care –Labour room onwards)
4. Samaya purva evam Samaya pashchat Jata Shishu Paricharya (Management of preterm, post term and IUGR newborn)
5. Prasava Kalina Abhighataja Vyadhi (Birth injuries): Upashirshaka (Caput , cephalohematoma), Bhagna (Fractures), Mastishkantargata Raktasrava (ICH, IVH, Subdural hemorrhage)
6. Navajata Shishu Parikshana (Examination of new born): Ayu Parikshana (including Lakshanadhyaya) Modern approach of Neonatal Examination including gestational age assessment
7. Kumaragara: Navajata Shishu Kaksha Prabandhana (Nursery management), NICU, Nursery plan, staff pattern, medical records, Visankramnikarana (sterilization), Knowledge of equipments used in nursery.

**PART-B**

8. Navajata Shishu Vyadhi (Early neonatal disorders): Hypothermia, Shvasavarodha (Asphyxia Neonatorum/Respiratory distress), Ulvaka (Aspiration pneumonia), Rakta Vishamayata (Neonatal septicemia), Kamala (Neonatal Jaundice), Akshepaka (Neonatal convulsion), Pandu (Anemia), Atisara (Diarrhea), Asamyaka Nabhinal kartanjanya vyadhi.
9. Navajata Kshudra Vikara (Minor neonatal ailments): Chhardi (Vomiting), Vibandha (constipation), Udara shul (Infantile colic), Puya Sphota (Pyoderma), Shishu Netrabhishyanda (Ophthalmia neonatorum).
10. Sadyojatasya Atyayayika Chikitsa (Management of neonatal emergencies): Shock, Fluid and electrolyte imbalance, Convulsion, Hemorrhagic diseases of Newborn etc.
11. Procedures: Shiro-Pichu, Abhyanga, Parisheka, Pralepa, Garbhodaka Vamana (Stomach wash), Ashchytana Neonatal resuscitation techniques, Blood sampling, Intravenous canulation, Umbilical vein catheterization, Bone marrow aspiration, Phototherapy, Naso-Gastric tube insertion, Urethral catheterization, Exchange blood transfusion, Thoracocentesis, Bone marrow infusion, Lumbar puncture
12. Nutrition:
  - A. Navjat Shishu Ahara (Neonatal feeding):

1. Specific Feeding methodology as per Ayurveda and recent advances; Day to day fluid, milk, caloric requirement for the newborn, feeding technique for the preterm baby.
2. Stanyotpatti and Prasruti (Lactation physiology), Stanya Samghatana (Composition of breast milk), Stana Sampat (Characteristics of normal breast), Stanya Sampata evam Mahatva (Properties & importance of pure milk), Stanya-Piyusha (Colostrum); Stanya-Pana-Vidhi (Method for breast milk feeding), Stanyakshaya / Stanyanasha (Inadequate production and absence of breast milk), Stanya parikshana (Examination of breast milk), Stanyabhava Pathya Vyavastha (Alternative feeding methods in absence of breast milk), Various feeding methods, TPN( Total Parenteral Nutrition)
3. Stanyadosha (Vitiating of Breast milk), Stanya Shodhana (Purification of breast milk), Stanya Janana and Vardhanopakrama (Methods to enhance breast milk formation)
4. Dhatri (Wet nurse): Dhatri Guna and Dosha (Characteristics of Wet nurse), Concept of Breast Milk Banking.
5. Lehana (Elucturies)

**B Bala-Poshana (Child Nutrition):**

6. Daily requirements of nutrients for infant and children
7. Common food sources
8. Satmya and Asatmya Ahara (Compatible and incompatible diet)
9. Pathya evam Apathya Ahara (Congenial and non-congenial diet)
10. Stanyapanayana (Weaning)

**PAPER-III Balrog (Pediatric Disorders)**

**Marks: 100**

**PART-A**

1. Pranvaha Srotasjanya Vyadhi (Respiratory disorders)- Kasa (Cough), Shvasa (Respiratory distress Syndrome), Tamaka Shwasa (Childhood Asthma), Bronchiolitis, Shvasanaka Jwara (Pneumonia- bacterial, viral etc) Rajyakshma (tuberculosis), Vaksha-Puyata (Pyothorax), Vaksha Vata-Purnata (Pneumothorax)
2. Annavaha Srotasjanya Vyadhi (Gastrointestinal disorders): Jwar (Fever), Chhardi (Vomiting) Ajirna (Indigestion), Kshiralsaka, Atisara (Diarrhea), Pravahika, Vibandha (Constipation), Udarshula (Pain in abdomen), Guda bhramsh (Rectal prolapse)
3. Rasa evam Raktavaha Srotasjanya Vyadhi (Hematological and circulatory disorders): Pandu (Anemia and its various types like Nutritional, haemolytic etc.) and , Raktapitta (Bleeding disorders), Vishishta Hridrog (Specific cardiac diseases- RHD etc), Hypertension, Leukemia.
4. Mamsavaha Srotasjanya Vyadhi: Myopathies
5. Mutravaha srotasjanya Vyadhi (Urinary System disorders): Vrikkashotha (Glomerulonephritis and nephrotic syndrome), Mutrakriccha (Dysuria), Mutraghata (Anuria),
6. Vataavaha Sansthanjanya Vyadhi (Nervous system disorders): Apasmara (Epilepsy), Mastulunga-Kshaya, Mastishka-Shotha (Encephalitis), Mastishkavrana-Shotha (Meningitis),
7. Pediatric disabilities and Rehabilitation: Cerebral palsy, Ardita (Facial paralysis), Pakshavadha (Hemiplegia), Ekangaghata (Monoplegia), Adharanga Vayu (diplegia), Amavata (Juvenile Rheumatoid arthritis)
8. Manovaha Srotasa Vyadhi: Breath holding spell, Shayya mutra (Bed wetting), Autism, ADHD (Attention Deficit and hyperactive disorders), Learning Disability, Mental retardation, Temper tantrum, Pica.

**PART-B**

9. Antahsravi evam Chayapachayajanya Rog (Endocrine and Metabolic disorders)

10. Kuposhanjanya Vyadhi (Nutritional disorders): Karshya-Phakka-Balshosha-Parigarbhika (PEM and allied disorders), Vitamin-mineral and trace elements deficiency disorders, Hypervitaminosis,
11. Krimi evam Aupsargika Rog (Infestations and Infections): Krimi (Giardiasis and intestinal helminthiasis, Amoebiasis) Common bacterial, viral infections with special reference to vaccine-preventable diseases: Rohini (Diphtheria), Whooping cough, Aptanaka (Tetanus including neonatal tetanus), Romantika (Measles), Karnamula Shotha (Mumps), Rubella and Masurika (Chickenpox), Antrika Jwar (Typhoid and Paratyphoid), Viral Hepatitis,; Vishama Jwar (Malaria) and Kala-azar, Dengu fever, HIV (AIDS), Poliomyelitis, Mastishkavaran Shotha (Meningitis), Mastishka Shotha (Encephalitis), Chickengunia
12. Tvaka Vikara (Skin disorders): Ahiputana (Napkin Rashes), Shakuni (Impetigo), Sidhma, Pama, Vicharchika, Charmadal (Infantile atopic dermatitis), Gudakutta.
13. Anya Vyadhyi (Miscellaneous disorders): Jalodar (Ascites), Gandamala, Apachi (Cervical lymphadenitis), Kukunakadi Akshi Rog, Hodgkin & non-Hodgkin Lymphoma, Abnormal growth patterns, Short stature, Niruddha prakash (Phimosis), Paridagdha Chhavi, Utpullika
14. Samghata- Bala Pravrita Rog (damstra): Dog bite. Snake bite, Scorpion bite etc
15. Atyayika Balarog Prabandhana (Pediatric emergency management): Shock and Anaphylaxis, Fluid and electrolyte management, Drowning, Foreign body aspiration, Status epilepticus, Acute hemorrhage, Acute renal failure, Febrile convulsion, Status asthmaticus, Burn, Acute Poisoning
16. Balagraha: Scientific study of Graha Rogs
17. Life Style disorders

**PAPER-IV Kaumarabhritya in Ancient Classics and recent Advances Marks: 100**

1. Significant contributions of Kashyapa samhita, Arogya raksha Kalpadrum and other texts /treatises of Ayurveda such as Harita Samhitain the field of Kaumarbhritya including relevant parts from Brihatrai
2. Panchakarma: Principles of Panchakarma [Swedan–Hasta–Pata sweda etc], and their application in pediatric practice in detail.
3. Update knowledge of clinical pediatrics including recent researches in Kaumarbhritya.
4. Fundamentals of Hospital management with special emphases on Pediatric Ward.

**Practical/ Clinical Exposure for (Record of exposures to be produced at the practical examination)**

1. Full term, preterm, post term new born baby care
2. Practical procedures like – phototherapy, premature baby care, KMC, venepuncture, cord blood sampling, stomach wash, suction, resuscitation, etc.
3. Practical skill of Pediatric Panchakarma procedures
4. Child Health Check up
5. IQ Assessment of Children
6. Exposure to National Health Programs related to Children, including Immunization Program.
7. Patient case Records (50 Records)
8. Practical knowledge of modern diagnostic (invasive & non invasive) tools and techniques used in pediatrics.
9. Management of common pediatrics emergencies.
10. Participation in UG teaching/training from UG syllabus via A-V aids (minimum-3)
11. Minimum 15 days compulsory reciprocal exposures in Kaumarbhritya department of other institution during the study period.
12. Participation in National/international seminars
13. Publication/acceptance of two research papers in indexed/peer reviewed/ISSN journals from the dissertation.

**Pattern of practical examination:**

- |  |           |
|--|-----------|
| 1. Case record                             | -15 Marks |
| 2. Bed side examination                    |           |
| a) Short Case                              | -15 Marks |
| b) Long Case                               | -25 Marks |
| 3. Identification of instruments/ spotting | -10 Marks |
| 4. Lecture/Dissertation Presentation       | -10 Marks |
| 5. Viva-voce                               | -25 Marks |

### Reference Books

1. Kashyapa Samhita Complete Hindi translation by Satyapal Vidhyalankara English translation by Prof. Premvati Tiwari
2. Principles & practice of Pediatrics in Ayurveda: CHS Shastry
3. Child Health Care in Ayurveda: Abhimanyu Kumar
4. Ayurvedic Concepts of human Embryology: Abhimanyu Kumar
5. Kaumarbhritya by Prof. D.N. Mishra
6. Kaumarbhritya Ke Antargata Balgraho Ka Kramika Evam Vaigyanika Adhyana by Prof. Chanchal Sharma
7. Notes on Kaumarbhritya-by Dr. Dinesh K S
8. Pran - Pratyagamanam-by Dr. B.M. Singh
9. Ayurveda Dwara Matra Evam Shishu Paricharya by Dr. KS Patel, V.K. Kori & Rajgopal S
10. Kaumarbhritya related references from Charaka Samhita, Sushruta Samhita Vagbhata etc.
11. Clinical Methods in Paediatrics by Meharban Singh
12. Pediatrics Emergencies by Meharban Singh
13. Essential Pediatrics O.P. Ghai
14. Text Book of Pediatrics Nelson
15. Care of New Born by Meharban Singh

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## **11. KAYACHIKITSA**

### **PAPER- I Fundamentals of Kayachikitsa**

**100 marks**

1. Rogi-Roga Pariksha: Nidan Panchak, Trividha pariksha, Ashtavidhpariksha, Dashvidhpariksha in the light of recent advances. Clinical methods-Detailed history taking and patient examination, Systemic examination as per ayurveda and recent advances.
2. Interpretation of common investigations: ECG, Echo cardiography, TMT, Spirometry, X-ray, USG, CT-Scan, MRI, EEG, EMG, in different pathological conditions.
3. Detailed Knowledge of Principles of Chikitsa in Ayurveda. Types of Chikitsa. Principles and practices of Rasayana and Vajikarna.
4. National Health Programmes and prospective role of Ayurveda services and therapeutics in them.
5. Medical ethics, Common laws and regulations applicable to clinical practice.
6. Elaborate knowledge of undertaking common medical procedures like Ryle's tube feeding, tapping, transfusions, catheterization, tractions.
7. Ayurveda Dietetics: importance of Pathya, Apathya and Anupana.
8. Drug-drug interactions and adverse drug reactions, Iatrogenic disorders.

### **PAPER – II Samanya Roga Chikitsa**

**100 marks**

Nidana/ Chikitsa including Nidana Parivarjana, Pathya, Apathaya, Chikitsa siddhanta, Shamana, Shodhana, Panchakarma, Rasayana and Atyayika Chikitsa (Anupana, Drug/Non-drug) as per Ayurvedic and conventional therapeutics of following Srotogata vyadhi:

1. Pranavahasrotas: Shwasa, Hikka, Kasa, Rajayakshma, Hridroga, Parshwashoola, Urakshata, Svarabheda  
Cardio-respiratory system: Bronchitis, Bronchiactasis, Bronchial asthma, COPD, Cor-pulmonale, Pneumonias, Occupational lung diseases, Pulmonary tuberculosis, Congenital Heart disorders, IHD, RHD- Valvular diseases, Cardiac failures, Cardiomyopathy, Pericarditis, Endocarditis, Hypertension,.
2. Annavahasrotas: Agnimandya, Ajirna, Aruchi, Amadosha, Amlapitta, Chhardhi, Shoola, Grahani.  
Gastrointestinal disorders: GERD, APD, Malabsorption Syndrome,
3. Udakavahasrotas: Trishna, Shotha, Udararoga, water and electrolyte imbalance
4. Rasavaha srotas: Jwara, Amavata, Pandu, Madatyaya, Anaemias, Rheumatoid arthritis, Substance abuse disorders.
5. Raktavaha Srotas: Raktapitta, Kamala, Vatarakta, Kushtha, Kshudraroga, Sheetpitta, Udarda, Kotha, Visarpa, Shvitra. Haemopoeitic disorders, Bleeding and Coagulation disorders, Leukaemias, Thrombocytopenia, Disorders of Bone Marrow, Hepatobiliary disorders, Hepatitis, Cirrhosis, Cholecystitis, Liver abscess, Jaundice, Dermatological disorders, Parasitic, Infective, Allergic, Autoimmune skin disorders, Eczemas,
6. Mamsa-Medovahasrotas: Medoroga, Sthaulya, Prameha, Galaganda, Gandamala, Urustambha, Diabetes mellitus, over weight .
7. Asthi-Majjha vahasrotas: Asthikshaya, Sandhigatavata, Osteoarthritis, Osteopenia
8. Shukravahasrotas: Such as Kalibya, Dwajabhanga. Impotence
9. Mutravahasrotas: Mutrakricchra, Mutraghata, Ashmari, Urinary disorders: UTI, Lithiasis, ARF, CRF, Uraemia, BPH.
10. Purishvaha srotas: Atisara, Pravahika, Anaha, Adhamana, Krimi, Udavarta, Enteritis, Dysenteries, Ulcerative colitis, IBS, Worm infestation.

### **PAPER – III Vishishta Roga Chikitsa**

**100 marks.**

Comprehensive knowledge of etiology, demography, pathogenesis, symptomatology, complications, investigations, diagnosis and drug/non-drug management of following diseases as per Ayurveda/ Conventional therapeutics:

1. Vata-Vyadhi- Pakshavadha, Adharanga Vata, Sarvanga Vata, Ananta Vata, Gata Vata, Gridhrasi, Ardita, Akshepaka, Apatantraka, Ekangvata, Vishvachi, Avabahuka, Avarana.  
Musculoskeletal disorders: Myopathies, G B Syndrome, Muscular dystrophies, Lumbago  
Neurological disorders: Neurodegenerative disorders like Alzheimer's, Parkinsonism, CVA, Neuropathies, Facial palsy, Motor Neuron Diseases, Epilepsy, Sciatica.
2. Sankramakroga: Sheetala, Masoorika, Updansha, Phiranga, Gonorrhoea, Chancroids, Syphilis,
3. Manasa vyadhi; Unmada, Apasmara, Atatvavinivesha, Mada, Moorcha, Sanyasa.  
Common psychiatric disorders: Classification of psychiatric ailments. Disorders of thought like Schizophrenia. Disorders of Mood like Mania, Depression. Neurosis, personality disorders, psychosexual disorders.
4. Metabolic disorders: Gout, Dyslipidaemia, Atherosclerosis, Obesity.
5. Endocrinal disorders; Disorders of Pituitary, Thyroid, Adrenal Medulla, Reproductive hormones.
6. Parasitic/Infective/Communicable disorders: Shlipada, Filariasis, Vishama Jvara, Malaria, Manthara Jwara, Enteric Fever, Dengue, Chickenpox, Measles, Influenza, Kalaazar, Mumps, Rabies, Poliomyelitis, Plague, Meningitis, Encephalitis, Chickungunya, HIV/AIDs, Common worm infestations.
7. Common neoplastic disorders and their management strategies. Role of Ayurveda medicines in cancer care including palliative care.
8. Autoimmune diseases: Myopathies, Rheumatic fever, SLE.
9. Common poisonings and their management like Insecticide/Pesticide poisoning, Snake poisoning, Vegetable and chemical poisoning.
10. Janapadodhvamsa Vikara. Environmental diseases and their management.

**PAPER – IV Advances in Kayachikitsa**

**100 Marks.**

Critical care medicine, Management of medical emergencies, ICU services, Field medical services

1. Hospital management strategies, Infrastructure, use of IT technology, essential manpower, equipment, Patient care, management and coordination with contemporary health institutions and field institutions.
2. National Health Campaigns of AYUSH and components under NRHM.
3. Clinical Research in Kayachikitsa and its application in clinical medicine as per new evidence base in different systemic disorders.
4. New emerging health challenges and ayurvedic medicines: Chickangunya, HIV/AIDs, Swineflu, Chickenflu, Dengue, Restless leg syndrome, Sick building syndrome, Fibromyalgia.
5. Role of Ayurveda in immune-protection, immuno-modulation and in management of other allergies and immunological disorders.
6. Indications and importance of Organ transplantation, Ethical and legal issues involved.
7. Knowledge of Geriatric care and terminal care medicine.
8. Basic knowledge of Gene therapy, Stem cell therapy, Genetic modeling and chromosomal disorders in different disease conditions.
9. Radio-isotopes, disease and tumor markers in diagnosis and assessment of therapy.
10. Scope and methods of independent and collaborative research in Kayachikitsa.
11. Disaster management strategies.
12. Application of advances in Rasayana and Vajikarana therapies
13. Application of emerging trends in Panchakarma in medical management.
14. Physical medication and rehabilitation.

## PRACTICALS

Practicals shall be held to evaluate the patient care, diagnostic and treatment expertise of the student. It should also be taken as a chance to evaluate the clinical skills.

Clinical Ability Evaluation-60 marks based on

- |  |           |
|--|-----------|
| 1. Case records of 40 IPD Patients in Detail               | 10 marks  |
| 2. Long case History-1:                                    | 20 Marks  |
| 3. Short Case history-1 :                                  | 10 Marks  |
| 4. Medical procedures demonstration/ Panchakarma procedure | 20 Marks. |
- Academic Competence evaluation- 40 marks based on:
- |                                       |           |
|---------------------------------------|-----------|
| 1. Viva                               | 30 Marks. |
| 2. Teaching and communication skills: | 10 Marks. |

## Reference Books

1. Relevant portions of Brihatrayi and Laghutrayi with commentaries
2. Cikitsadarsha- Pandit Rajeshvar Dutta Shastri
3. Kayachikitsa - Ramaraksha Pathak
4. Rog Pariksha Vidhi - Priyavrat Sharma
5. Panchakarma Vigyan - Haridas Sridhar Kasture
6. Ayurvediya Nidana- Chikitsa Siddhanta - Prof. R.H.Singh.
7. Kayachikitsa Vol. 1 and 2 - Prof. R.H.Singh.
8. The Holistic Principles of Ayurvedic Medicine - Prof. R.H.Singh.
9. Essentials of Kayachikitsa -II, Vol. 1 - Dr. Aruna
10. Kayachikitsa Vol. I-IV. - Prof. Ajay Kumar
11. Panchakarma Therapy - Prof.R.H.Singh
12. Panchakarma Illustrated -Prof.G.Shrinivasa Acharya
13. Practice of Ayurvedic Medicine(Kayachikitsa) -Prof.A.K.Tripathi
14. Nidanachikitsa Hastamalaka - Prof. R.R.Desai
15. Clinical Methods in Ayurveda - Prof. K.R. Srikantamurthy
16. Aushadhi Gunadharm Shastra - Gangadhar shastri Gune
17. Introduction to Kayachikitsa - Prof. C. Dwarakanath
18. Samprapti lakshnanayoh Sambandhah - Prof.Sadashiv Sharma
19. Nidana Panchak - Prof.S.C.Dhyani
20. Kayachikitsa - Prof.S.C.Dhyani
21. Davidson's Principles and Practice of Medicine.
22. API Text Book of Medicine.
23. Harrison's Text Book of Medicine.
24. Cecil Text Book of Medicine.
25. Relevant texts of concerned subjects.

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## 12. MANOVIGYAN AVUM MANASAROGA

### **PAPER-I Manovyapara Evam Manovigyanam**

**Marks 100**

1. Prachya - arvachya matanusara Mano vighyanasya Bhutavidyayah, Amanusha tatha Grahadinam parichaya, setihasa.
2. Prachya arvachya matanusara Manasah Nirupanam-Concept of Manas from Ayurved and modern perspective.
3. Vividha darshananusara Manasah varnanam.-concept of mind in various philosophies.
4. Manasah Svarupam – Structure of mind, Manasah Sthanam- Location of mind, Manovishayah- Objects of mind, Manogunah (Anutva and Ekatva) –Attributes of mind- Minuteness and oneness, Manasah Ubhayatmakatvam-Duality of Manas, Manasah Dravyatvam Karanatvam cha- mind as a substance and tool,Manasah Karanadravyatvam-mind as causative substance,Manodoshah- (Rajas and Tamas),Manasah Bhoutikatvam- Elemental nature of Manas Introduction to concept of Buddhi and Ahamkara - intellect and ego, Manasah Ahamkarikatvam –origin of mind from ego (samkhya),Manasah Annamayatvam- Relationship between food and mind,Manasah trigunatmakatvam(Sattva,Rajas, Tamas)- mind and the three major attributes,Manasah jadatvam- inertia of mind, Manasah dhatutvam-mind as a component of living being, Manasah Karma- Actions of Manas.
5. Manovyapara Nirupanam.
6. Manovyapare Pranodana sadhaka Bodhakadi Doshanam Sambandhah-Relation of humoral fractions such as Prana, Udana, Sadhaka- Bodhaka in the activity of Manas, Concept of Ojas and Manas
7. Katham prakopayanti ManoDoshah SharirDoshan?- How does manasika Doshas aggravate sharirika Doshas?
8. Indriya panchapanchakam- five factors in relation to the mental faculties.
9. Gyanendriyanam vishayah- the objects of sense faculties.
10. Gyanotpatti prakriyayam Manaso pradhanyam- Importance of Manas in cognitive process.
11. Indriyarthagrahananantaram Manasah vyapara avum gyanotpattou manaso dayitvam - Action of Manas in cognition after reception by respective Indriya.
12. Knowledge of Dirgha Shashkuli nyaya, Alata-chakra nyaya, Vichi-taranga nyaya, Kadamba-mukula nyaya.
13. Shabda – sparsha – rupa – rasa – gandhanam grahakam manah, tasya mahatvam cha - Manas as conductor of sense objects and its importance.
14. Vayuh indriyanam udyojakah tatha Manasah preranam -Vayu as stimulator of indriya and initiator of manas.
15. Vakpravrittou Manasah yogadanam - Role of Manas in production of speech.
16. Pratisharire Manasah bhinnatvam - Concept of individuality of mind.
17. Chikitsya purushah- treatable person (living being).
18. Atma nirupanam- description of Atma, Sukshma sharirsya varnanam- description of subtle body, Atma manasoh sambandhah- relation between Manas and Atma.
19. Antah karana chatusthaya (the four internal faculties).
20. Importance of Dhi, Dhriti and Smriti- importance of intellect, retention power and memory.
21. Role of manas in achieving Tri eshana and Chaturvidha Purushartha/chatur varga- role of manas in attaining the pursuits and four goals of life.
22. Concept of Satyabuddhi, Ritambhara Pragya and Upadha- concept of true and false knowledge.
23. Concept of Punarjanma, Purvajanmakrita karma, Karmaphala.
24. Manovaha Srotasam Parichaya– Introduction of Manovaha srotas(channels of mind)
25. Manovaha, Samgyavaha, Buddhivaha, Chetanavaha, Chetovaha, Vatavaha, Raktavaha adi upayukta Srotasam Manasroge varnanam- Description of Manovaha,

- Sangyavaha, Buddhivaha, Chetanavaha, Vatavaha, Raktavaha srotas etc in relation to Manasroga
26. Shatchakra nirupanam.
  27. Sattvasara purusha- person with mental excellence.
  28. Nidravichara- Concept of sleep, Swapna vichara- Concept of dream, Tandravichara – Concept of drowsiness.
  29. Concept of manasprakriti- mental temperament, Concept of Manasa bhava in Shareerika prakriti.
  30. Manasaroge Manovigyane cha upayukta Paribhashika shabdanam vishleshanam- technical terms used in psychology and psychiatry
  31. Manas roge upayukta Samhitanam satika adhyayanam- study of portions of treatises useful in psychiatry along with their commentary.
  32. Arvachina mano viganasya adhishtana siddhantah, mastishka karmanam sthapanam cha-Fundamentals of modern psychology and functions of brain.
  33. Applied Neuro-anatomy and physiology, Neurotransmitters, Psychoneuro immuno endocrinology
  34. Manasah swabhavika pratirodhah - Defence mechanism of mind.
  35. Shishu manas-shastra, vikasatmaka Manas-shastra – Shishu, Bala, Kumarah, Proudah, Vriddhah cha- Essential elements of psychology, developmental psychology: child, adolescence, adult and aged.
  36. Bhava, Sheela, Buddhi, Smriti, Prerakatva adinam gyanam -Concept of Mood, behaviour, attitude, emotions, intelligence, memory, motivation, perception etc.
  37. Manas Swasthya Evam Manoroganam Paribhasha – Definition of Mental Health and psychiatric disorders.
  38. Manasrogvigyansya mahatvam, phalam, prayojanam, prabhavashcha

#### **PAPER –II Manovaiikariki Evam Bhutavidya**

**Marks 100**

1. Manovega, Mano vikarah, ManoDoshah, ManaSharirayoh paraspara anuvaidhayitvam- mutual symbiosis of sharir and manas, Manasah chanchalatvam, Manaso vyadhinam ashrayatvam, Manasrogeshu Doshanam paraspara anubandhah, Manasvyadhi utpattou sharirDoshanam vikarakaritam, Indriyadinam hinamithyatiyogah. Prajnaparadha, Purva janma krita karma tatha Papa karmasya rogkarakatvam, Adharmasya Achararasayana upekshanasya cha rogkarakatvam.

#### **Bhutavidya – Definition and scope with applied aspects: Divergent views**

1. Types and Characteristic features of Bhuta and Graha, Amanushopasarga Vikara caused by Bhuta and Graha, Aetio-pathogenesis of Bhuta and Graha
2. Relationship of Bhuta with Jwara, Ojakshaya, Manovikara, Arishta Lakshana and Daivabala Pravritta diseases.
3. Grahavesha, affecting time of Graha, their specific features, prodromal features and prognosis.
4. Differential understanding of Balagraha and Grahabadha.
5. Sushrut's concept of invasion of Bhuta/Graha.
6. Manas Rognam Nidan, Sampraptischa
7. Manobuddhyadi Vibhramsha
8. Manas dharaniya vega.
9. Kayika-Vachika-Manasika karma hinamithyati yoga in Manasa roga samprapti.

#### **Manovikriti –Psychopathology**

1. Bijapradosha and Kulaja bhava in manas roga -Genetics and hereditary factors in Psychiatry.
2. Manas roganam prachya arvachina matanusarena vargikaranam
3. Classification of manas rogas yatha kevalamanas, manas sharir, shariramanasika, agantuja adayah
4. Understanding of Parapsychology and its role in overt psychiatric disorders.
5. Recent ICD and DSM classification

### **Manas Rogi pariksha vidhi- Psychiatric examination**

1. Prachya arvachina matanusarena rogi pariksha visheshena sattva pariksha – Examination of patient according to Ayurvedic and modern methods
2. Trividha Sattva Pariksha
3. Charakokta Anumana Pariksha
4. Manasika avastha Pariksha - Mental Status Examination
5. Vividha pariksha manakah -Different psychiatric assessment inventories like Hamilton's scale, Bech's Depression inventory etc.
6. Manorog chikitsiya manomapaka upakaranani cha - Psychiatric and psychometric tools for diagnosis, Evidence based diagnostic methods.
7. Prayogashaliya pariksha -Investigations– Haematological, biochemical, neuro-physiological, endocrinal, EEG, radio imaging- MRI etc.
8. Manasrognam sadhyasadhyata – Prognosis of psychiatric diseases.
9. Manas Rog Sandharbhe Vidhi Vaidyakasya vistrita gyanam.
10. Forensic psychiatry- Knowledge about legal and ethical issues in psychiatry, Indian lunacy act, mental health act, Norms to setup a well equipped Mental Hospital (OPD, IPD)

### **PAPER – III Manas Roga Chikitsa**

**Marks 100**

Comprehensive knowledge of etiology, demography, underlying psycho pathogenesis, symptomatology, complications, investigations, diagnosis, prognosis and drug-non drug management of following psychiatric disorders as per Ayurvedic-Modern therapeutics with their pharmacodynamics:

1. Unmada (Psychoses)- Nija, Agantuja Unmada, Bhutonmada, Vishaja Unmada, Sutikonmada, Smaronmada, Tattvonmada- Paronoia, Mano dukhaja Unmada -Stress related disorders.
2. Apasmara - -seizure disorders
3. Apatantraka – hysterical convulsions
4. Tandavaroga -Chorea
5. Yoshapasmara - conversion disorders
6. Atatvabhinivesha- Obsessive compulsive disorders
7. Vishada- Depressive illness
8. Gadodvega -Hypochondriasis
9. Mada, Murchha, Sanyasa- sensorial disorders
10. Madatyaya, Panatyaya (Panavibhrama, Paramada, Panajirna) - Substance abuse disorders.
11. Nidra vikara (Sleep disorders) , Klama, Tandra, Glani.
12. Bhrama, Vibhrama - Delusional disorders.
13. Chittodvega - Generalized Anxiety disorders.
14. Smriti vikara (memory disorders)
15. Manasika klaibya, Sushrutokta Napumsakata
16. Manasa Dosha Vikara- Kama, Krodha, Lobha, Moha, Irshya, Bhaya, Mana, Mada, Dambha, Ahamkara, Harsha, Matsarya, Iccha, Dvesha.
17. Mood and affective disorders – major depressive disorders, mania and their possible Ayurveda co-relates.
18. Schizophrenia
19. Personality disorders
20. Behavioural disorders
21. Organic mental disorders
22. Post traumatic stress disorders
23. Psycho sexual disorders
24. Eating disorders
25. Somatoform and dissociative disorders

26. Senile psychiatric disorders - Dementia, Alzhiemer's disease, Parkinsonism, Menopause, Andropause and their possible Ayurveda co-relates.
27. Adhi- Vyadhi Roganam Manasika Prabhava Chikitsa Cha - Psychosomatic disorder-- Bhayaja and Shokaja Atisara, Kamaja and Shokaja Jwara, Tamakashwasa, Prameha, Amlapitta, Parinamashula, Grahani, Ucca Raktachapa(Hypertension), Shula (pain disorders), Twak Vikara.
28. Jirna- Asadhya Sopadrava Vyadhinam Vivechanam – Mental problems in chronic incurable diseases like AIDS, Cancer etc.
29. Mano prakriti vikara – psychopathic personality.
30. Jivana Shaili Tatha mano sammarda janya roгах - Life style and stress related disorders.
31. Shishu tatha Kumara Manoroga - Child and adolescent psychiatry.
32. Jadata, Buddhimandya , Adhyayana Akshamata – Mental deficiency, mentally challenged and learning disabilities.
33. Achara vaikalya - Conduct disorders
34. Manobhava vikara - Emotional disorders
35. Cerebral palsy, infantile autism, Attention Deficit Hyperactive disorders, Tourette's disorder with their possible Ayurveda co-relates.
36. Preventive aspects in Manas Roga – Achara Rasayana, Sadvritta, Shodhana, Rasayana and Vajikarana
37. Manas Roganam Samanya Vishesa Chikitsa Siddhantanam Varnanam,- Daiva Vyapashraya, Yukti Vyapashraya, Sattvavajaya, Adravyabhuta Chikitsa Upayah.
38. Sattvavajaya Chikitsa: Its application and techniques viz. Dhi, Dhairya, Atma Jnana, Kula Jnana, Kala Jnana, Desha Jnana, Bala Jnana, Samadhi, Santwana, Ashwasana, Ayurveda Psycho shock therapy viz. Trasana, Bhayadarshana, Adbhuta Darshana, Vismarana, Vismapana and Pratidvandwi Bhava with their scientific basis.
39. Role of Rasayana, Medhya Rasayana, Achara Rasayana and Vajikarana in Manasa Roga
40. Pathyapathya in Manasa Roga.
41. Manas Rogopayogi Vividha Aushadheenam Vivechanam: Ekamulika (Single drug), Panchavidha Kashaya Kalpana, Rasa Rasayana etc.
42. Brihatrayee, Yogaratnakara, Sharngadhara, Gadanigraha, Bhavaprakasha, Sahasrayoga ukta vividha yoganam vivechanam:Brahmi, Mandukaparni, Vacha, Jatamansi, Yashtimadhu, Shankhapushpi, Kushmanda, Ashwagandha, Kushtha, Tagara, Guduchi, Jyotishmati, Srikhandadichurna,Saraswatachurna etc. Swarna, Swarnamakshika Bhasma, Rajata, Pravala, Mukta, Manahshila, Krishna Chaturmukha Rasa, Krishnachaturbhuj Rasa, Brihatvatachintamani Rasa,Vata kulantaka Rasa, Manasmitra vataka, Smritisagar Rasa, Unmada gajakesari Rasa, Apatantrakari vati,Kumarakalyana Rasa etc. Kalyanaka ghrita, Brahmi ghrita, Mahapanchagavya ghrita, Mahapaishachika ghrita, Mahabhutarava ghrita, Kushmanda ghrita, Purana ghrita, Panchagavya ghrita etc.
43. Saraswatarishta, Ashwagandharishta, Chittachandirasava etc.
44. Himasagara taila, Tungadrumadi taila, Gandharaja taila, Brahmi taila, Sidharthaka agada etc.
45. Dhupa, Nasya, Lepa, Anjana yogas useful in Manas Roga.
46. Folk Medicine in Manasa Roga.
47. Mano Bheshaja vigyanam - Essentials of Psycho pharmacology, Knowledge of Biological and Pharmacological Therapies in the Management of Various Psychiatric diseases such as hypnotics, sedatives, anxiolytics, mood stabiliser/elevators, antidepressants, antipsychotics, anticonvulsants, Electro-convulsive therapy(ECT) and its applied aspects.

**Panchakarma**

1. Importance of Panchakarma and other allied procedures in the management of Manasa Roga.
2. Theoretical knowledge and application of the following karmas in Manasa Roga – Snehana, Svedana, Vamana, Virechana, Basti, Nasya, Raktamokshana, Mastishkya-Shiro-Basti, Shiro-Dhara, Shiro-Pichu, Shiro-Abhyanga, Murdhni taila, Anjana, Dhupa, Dhupana etc.

**Yoga**

1. Manovigyana sandharbhe yogasya vaishishtyam, Yogashastrasya upayogita mahatvam cha.
2. Yogasya darshanika svarupagyanasahitam tasya astanganam samichinam Gyanam.
3. Ayurveda drishtya yoga adhyayanasya upayogita, Ayurveda shastre pratipaditah yogasya siddhantah.
4. Satvavajaye gyana-bhakti-karma yoganam manasa roge vivechanam-Hatha yogascha.
5. Role of Shatkarma - Kapalabhati, Trataka etc. in Manasa Roga.
6. Naishthiki chikitsa in Manasa Roga.
7. Therapeutic potential of Yoga, Psycho biological effects of Yoga, Spiritual therapy and Yoga.
8. Sudarshana kriya , Transcendental meditation, Yoga nidra, Vipashyana and other allied yogic techniques in Manasa Roga chikitsa.
9. Manas and prana (bio-energy), pranic healing, means of bio-energy modulation in Manasa Roga.

**Other allied therapeutic procedures:**

1. Various methods of psychotherapy and counselling techniques, transactional analysis, behavioural therapy, psycho analysis.
2. Swapna Samvahana chikitsa -Hypnotherapy-Past life Regression and Age Regression Therapy in Manasa Roga.
3. Knowledge of psychiatric emergency and their management.
4. Knowledge of surgical intervention in Manasa Roga
5. Recent advances and updates in concepts, drugs and therapeutic procedures in Manasa Roga.

**Content of the Practicals**

S.No.	Topic	No. of Cases
1.	Hypnotherapy techniques	10
2.	Case Study- Unmada	20
	Apasmara	20
	Atatvabhinivesh	10
	Chittodvega	25
	Vishada	25
	Madatyaya	10
	Psycho Sexual disorders	25
	Psychogenic headache	20
	Nidra vikara	20
	Stress related disorders	25
3.	Examination of Manasika Bhava in psychosomatic illness	25
4.	Yogasana, Pranayama and Meditation Techniques	25
5.	Panchakarma Procedures in Manasa Roga	25
6.	Anjana, Dhoopanadi Karma	25

7.	Instruments (GSR biofeedback, EST, EEG, etc.)	25
8.	Counselling on the pattern of Sattvavajaya	25
9.	Psychometric scales (Ayurveda and conventional)	30

Visit to Mental Hospitals

**Pattern of Practical Examination - 100 Marks**

1.	Practical Record Book	- 10 Marks
2.	Bed side examination	
a.	Short Case	- 10 Marks
b.	Long Case	- 25 Marks
3.	Assessment of Scales and inventories (Ayurveda and Conventional)	- 10 Marks
4.	Thesis Presentation(PPT)	- 25 Marks
5.	Viva-voce	- 20 Marks

**Reference Books-**

1.	Related matter of Charak, Sushrut and Vagbhata and other ancient texts with commentaries	
2.	Prachin Manovikara Vigyanm	- Ayodhya Prasad Achal
3.	Ayurvediya Padarth Vigyan	- Ranjit Rai Deshai
4.	Ayurved Darshan	- Acharya Rajkumar Jain
5.	Purusha Vichaya	- Prof. V.J. Thakkar
6.	Ayurvediya Manas Vigyan	- Prof. Ram Harsh Singh
7.	Yoga evum Ayurved	- Acharya Rajkumar Jain
8.	Basic principles of Ayurvediya Padartha Vigyan	- Dr Yogesh Chandra Mishra
9.	Synopsis of Psychiatry	- Harold kaplon and Benjamin saddock
10.	Oxford textbook of Psychiatry	- Michael Gerlder, Paul Harrison
11.	General psychology and Abnormal psychology	- S.K. Mangal
12.	A text book of Post Graduate Psychiatry	- Neeraj Ahuja
13.	Mind in Ayurveda and other Indian Traditions	- A.R.V.Murthy
14.	Psychopathology in Indian medicine	- Satyapal Gupta
15.	Body- Mind-Spirit Integrative Medicine	- Prof. Ram Harsh Singh
16.	Rationale of Ayurveda Psychiatry	- Dr. A.R.V. Murthy
17.	Foundations of contemporary Yoga and Yoga Therapy-	Prof. Ram Harsh Singh
18.	Stress and its Management	- Dr. K.N. Udupa
19.	Concept of Mind	- Edited by Prof. C.R. Agnivesh, Kottakkal
20.	Kayachikitsa	- Part 3 by R. R. Pathak and Vidhyadhar Shukla
21.	Panchakarma Illustrated	- Prof. Shrinivasa Acharya
22.	Unified Dimensions of Ayurvedic Medicine	- Dr. J.S. Tripathi
23.	Essential Psychiatry	- Bhatia MS
24.	Sahassrayoga	- Nishteswar and Vaidyanath
25.	Ayurveda and the Mind	- David Frawley
26.	Manasa Roga Vijnana	- Balakrishna
27.	Comprehensive Textbook of Psychiatry	- Kaplan and Sadock's
28.	Psychiatry for medical students	- Robert J Waldinger
29.	Introductions to Psychology	- Morgan / King.

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### 13. RASAYANA&VAJIKARANA

#### PAPER – 1 CONCEPT & PRACTICE OF RASAYANA

Marks: 100

##### 1. Basic fundamentals and concepts of Rasayana

- Derivation, definition and synonyms of Rasayana
  - Classification of Rasayana
  - Understanding rasayana in perspective of:
    - Neutriceutical action
    - Immunomodulation
    - Oxygen free radicals &Antioxidant activity
    - Adaptogenesis
    - Cell proliferative activity
    - Cell regenerative activity
    - Genoprotectiveactivity
    - Micronutrients
    - Anabolic activity
  - Interpretation of different types of Rasayana
  - Prakruti-Guna/character wise Rasayana
  - Sara wise rasayana
  - Dhatu specific rasayana
  - Indriyanusararasayana like netryya, hridya, tvacchya etc.
  - Srotas wise rasayana
  - Occupation wise rasayana
  - Season wise rasayana
  - Molecular biology concerned to rasayana
    - Human genome project
    - Genetics and Gene therapy
    - Stem cell theories
  - Introduction to Bioinformatics
  - Concept of Bala, types of bala, vriddhikshayahetu.
  - Knowledge of measures to improve bala
  - Concept of ojas. Types of ojas. Ojo-vriddhi-kshaya-karabhava.
  - Ojodustiprakara, hetu, samprapti and their management
  - Immunology
    - Immune system & components
    - Knowledge of immune mechanisms
    - Immune disorders
    - Rasayana as immunomodulator
    - Rasayana – immune specific/immunoglobulin specific
    - Rasayana in Immune compromised disease like, HIV/AIDS, tuberculosis, Cancer, liver cirrhosis etc.
2. Concept of jara (geriatrics) and ageing (gerontology)
  3. Concept of svabhavabalapravrittavyadhi with special reference to Jara its classification (kalaja&akalaja), etiopathogenesis and management
  4. Organ wise, system wise Common geriatric disorders and their management
  5. Yogya, ayogya, vidhi and prayojana of:
    - Kutipraveshikarasayana
    - Dronipraveshikarasayana
    - Karapratichiyarasayana

- Indraproktarasayana
  - Vaatatapikarasayana
6. Concept & practice of Achararasayana
  7. Knowledge & application of svasthavritta measures
  8. Swasthyanuvartakarasayana
  9. Rasayana as nutrient supplement
  10. Panchakarma and its role in rasayana
  11. Application of Kamyarasayanato achieve - Smriti, Medha, Bala, Prabha, Varna, Svara
  12. Knowledge of Vayasthaapana/Ayushyarasayana
  13. Naimittikarasayana – Vyadhicaraandvyadhiapunarbhavarasayana

**PAPER – 2 CONCEPTS OF APATYA&SUSANTAANA**

**Marks: 100**

1. Etymology, derivation, definition, synonyms of vandhya, vandhyaa, apatya, santaankara, susantaana
2. Importance of fertility
3. Essentials of fertility
4. Knowledge of Garbhasambhavasamagri
5. Knowledge of Garbhaadanaparicharya
6. Knowledge of Garbhotpatti
7. Knowledge of Shukravridhhi, kshayahetu, lakshana and chikitsa
8. Knowledge of Shukrapradoshajavyadhi and its management
9. Knowledge of Shukradustihetu, prakara, lakshana, diagnosis and management
10. Knowledge of Retodustiprakara, hetu, lakshana and chikitsa
11. Knowledge of Sukravahasrotodustikarana, lakshana, diagnosis and management
12. Knowledge of Disorders of spermatogenesis (etio-pathogenesis, diagnosis and management)
  - a. Oligozoospermia, asthenozoospermia, teratozoospermia, azoospermia, aspermia, pyospermia, necrozoospermia, OAT syndrome, sertoli cell only syndrome, klinefelters syndrome, kallaman's syndrome. Dal-castele's syndrome etc.
13. Obstructive azoosprmia-diagnosis, medical management and knowledge of surgical procedures
14. Retrograde ejaculation and other ejaculatory disturbances in respect to fertility – knowledge, diagnosis and management.
15. Reproductive endocrinal disorders and management
16. Immunological infertility – knowledge of various components involved in immunological infertility, mechanism, diagnosis and management
17. Sperm function tests, semen and cervical mucus interaction, post coital test
18. Knowledge of karyotyping and interpretation
19. Knowledge of chromosomal, genetic disorders pertaining to fertility and management
20. Knowledge and practice of Genetic counseling
21. Knowledge of Normal and abnormal sexual differentiation
22. Applied aspects of panchakarmain rasayana and vajikarana
23. Applied aspects of uttarbasti
24. Knowledge of Susantaana (epigenetics): preconceptional measures
25. Knowledge and technique of Pumsavanakarma for healthy progeny
26. Introduction to MART (Medically Assisted Reproductive Technologies): IUI, IVF-ET, ICSI, cloning etc.
27. Testicular biopsy – indications, surgical procedure, interpretation of HPE results
28. Knowledge of cystoscopy – diagnostic, interventional
29. Scrotal scan & Doppler
30. Knowledge of Varicocele: diagnosis, medical and surgical management
31. Knowledge of disorders of accessory sex glands and their management

**PAPER – 3 CONCEPTS AND PRACTICE OF VAJIKARANA****Marks: 100**

1. Etymology, derivation, definition, scope and understanding of word vajikarana and its application in present scenario
2. Physiology of sexual act including mechanism of erection, ejaculation and orgasm
3. Knowledge of hypothalamo-pituitary-testicular axis
4. Knowledge of Psycho-neuro-endocrino-vasculogenic mechanism of sexual activity
5. Knowledge of Haemodynamics and different stages of erection
6. Psychological aspects of sexual function
7. Sukrottejakabhava. Factors influencing sexual function
8. Knowledge of Sukrasrutikarabhava
9. Knowledge of erogenous zones and lunar relationship
10. Maithunavidhi –asthangamaithuan, rules and regulations to have intercourse as per ritu, kala, gotra, kula etc.
11. Concept of Brahmacharya & its application in the present context
12. Sexual ethics
13. Myths & misconcepts regarding sex & sexuality
14. Sex education & counseling including pre- marital counseling
15. Knowledge of contraception and contraceptives
16. Knowledge of sukragatavata/sukrasthavatasukravritavata,
17. Klaibya – definition, nidana, prakara, spamprapti, and chikitsa
18. Male Sexual dysfunctions (etio-pathogenesis, diagnosis & management)
  - a. Disorders of sexual desire (increased libido, decreased libido, no desire etc.)
  - b. Erectile dysfunction (psychological, endocrinological, neurological & vasculogenic)
  - c. Ejaculatory disturbances (early, delayed, anejaculation, retrograde ejaculation)
  - d. Orgasmic disorders (anorgasmia)
19. Female sexual disorders, causes, diagnosis and management
20. Knowledge of various sexual postures and advantages
21. Napumsaka, shanda, trinaputrika, vaarta, hermaphroditism – definition, classification, samprapti, clinical manifestation, diagnosis and management
22. Knowledge of paraphilia, abnormal sexual behavior, perversions and management
23. Knowledge of diagnostic aids pertaining to sexual disorders
  - a. ICIVAD (Intra Cavernal Injection of Vaso Active Drugs)
  - b. Vacuum erection devices
  - c. Penile vibrators
  - d. Rigi scan NPT (Nocturnal Penile Tumescence)/snap gauge test
  - e. Penile biothesiometer
  - f. Penile Doppler
24. Knowledge of Dhat syndrome, night emissions
25. Mutrasukra, shukrashmari, sukrameha
26. Aharsha & apraharshabhava
27. Knowledge of Sexual performance assessment scales: MSP, GRISS, GRIMS, HARDS, Libido score, IIEF-5 scoring system for ED, Androgen deficiency score
28. Knowledge of Priapism and its management
29. Knowledge of theories of andropause and management

**PAPER – IV PHARMACO-THERAPEUTICS OF RASAYANA & VAJIKARANA****Marks: 100**

1. Definition, derivation, etymology, synonyms of vajikara, vrishya
2. Pharmacology and pharmacodynamics of rasayana and vajikarana drugs
3. Definition, scope and understanding of
  - a. Rasayana
    - i. Vyadhibalavirodhi

- ii. Vyadyutpadakapratibandhak
  - iii. Vayasthapan
- b. Sukrajanaka/sukrala
- c. Sukrapravarthaka/rechaka
- d. Shukrashodhana
- e. Shukrastambhaka
- f. Sukrashoshaka, vyavayi/vikashi
- g. Kamoddeepana/kamottejaka etc.
4. Pharmacology of drugs belonging to:
  - a. Sukrajanaka/sukrala
  - b. Sukrapravarthaka/rechaka
  - c. Shukrashodhana
  - d. Shukrastabhaka
  - e. Sukrashoshaka, vyavayi/vikashi
  - f. Kamoddeepana/kamottejaka etc.
5. Pathya and apathya in relation to shukradhatu
6. Formulation, indications & uses of: Vrishyabasti, Vajikaranaabasti, Yapanabasti
7. Pharmacology of:
  - a. Akarakarabha,
  - b. Amalaki,
  - c. Aswagandha,
  - d. Bhallataka,
  - e. Bhang,
  - f. Bhrihati,
  - g. Gokshura,
  - h. Guduchi,
  - i. Haritaki,
  - j. Ikshu,
  - k. Jatiphala,
  - l. Jivanti,
  - m. Kapikacchu,
  - n. Kokilaksha,
  - o. Ksheeravidari,
  - p. Mandukaparni,
  - q. Masha,
  - r. Punarnava,
  - s. Shatavari,
  - t. Svetamusal,
  - u. Yastimadhu etc.
  - v. Indraproktharasayanaa
8. Pharmacology of following Rasaushadhis:
  - a. Abhraka,
  - b. KukkutandaTvakBhasma,
  - c. Naga,
  - d. Rajata,
  - e. Shilajit,
  - f. Svarna,
  - g. Svarnamakshika,
  - h. Vanga,
  - i. Yashada etc.
9. Ingredients, properties, indications and phalasaruti of:
  - Agasthyarasayanaa,
  - Ajamamsarasayanaa
  - Akarakarabhadrivati,
  - Amrita PrashaGritha,
  - AswagandhaGritha,

- AvalgujaRasayanaa
- BalaswagandhaTaila,
- Bhallathakarasayana,
- Brahmarasayana,
- Brihatcchagalladyagritha
- Chandraprabhavati,
- Chyavanaprasha,
- GokshuradiGuggulu,
- HaritakyadiRasayana,
- JatiphaladiVati,
- Kaminividravana Rasa,
- KhadiraRasayana,
- KushmandaRasayanaa
- Lasunarasayana,
- MahamashaTaila,
- Makaradhwaja,
- NagabalaRasayana,
- NarasimhaRasayanaa,
- PippaliVardhamanaRasayanaa,
- Pippalirasayana,
- PurnachadrodayaMakaradhwaja,
- ShatavariGrita,
- Shilajathurasayana,
- Siddha Makaradhwaja,
- SrigopalaTaila,
- VanariGutika
- Vasantakusumakara,
- VeeryastambhaVati,
- VidangaRasayana,
- VidaryadiGritha,
- VrishyaGritha

10. Pharmacology & Pharmacodynamics of various vajikara, vrishya and rasayanabasties
11. Neuro-psycho pharmacology of rasayana, vajikarn drugs
12. Endocrinological aspects of rasayana,vajikarana drugs
13. Recent advances in rasayana and vajikarana drugs, formulations and therapeutic techniques

### **PRACTICALS**

1. Assessment of Prakriti
2. Assessment of saara
3. Assessment of manasaprakriti
4. History taking & clinical examination of geriatric patients
5. Examination of male genito-urinary system
6. Semen analysis- Retopariksha
7. Post coital test, semen & cervical mucus interaction test
8. Technique of ICIVAD
9. Uttarbasti
10. Technique of psychosexual counseling
11. Applicatory knowledge of assessment scales pertaining to vajikaranaa/sexual functions
12. Technique of genetic counseling
13. Practical aspects of Panchakarma pertaining to rasayana&vajikarana
14. Technique of measuring penile BP

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## **14. SHALYA TANTRA - SAMANYA**

### **PAPER - I Shalya Siddhanta – Fundamentals of Surgery**

**100 Marks**

1. Sushruta's contributions in surgical concepts and practices.
2. Knowledge of Dosha, Dhatu and Mala Vigyan and their importance in surgical diseases.
3. Significance and importance of Rakta as the Chaturth Dosha.
4. Yantras and Shastras – Surgical Instruments - Ancient and recent advances.
5. Trividha Karma – Purva, Pradhana and Pashchat Karma and its Importance.
6. Asepsis and Antisepsis.
7. Nirjantukarana – Sterilization – Various methods for surgical equipments, laparoscopes, linen and Operation theatre.
8. Surgical infections – Sepsis, Tetanus and Gas gangrene.
9. Care of patients suffering from Hepatitis, HIV-AIDS, STD and other associated infectious diseases.
10. Ashtavidha Shastra Karma – Critical knowledge and their application in surgical practice.
11. Suturing materials, appropriate use of sutures, drains, prosthetic, grafts and surgical implants.
12. Concept of Marma and their clinical application.
13. Shock - Its varieties and management.
14. Raktasrava / Haemorrhage – Types, Clinical features and Management.
15. Concept of Raktastambhana –Haemostasis.
16. Vranasopha – Inflammation and Vidradhi - Abscess
17. Granthi – Cyst and Arbuda – Benign and malignant Neoplasm – Concept of Oncogenesis and genetics of cancer.
18. Gulma and Udara Roga.
19. Kshudra Roga.
20. Fluid, electrolyte, Acid Base Balance and Nutrition
  - i. Introduction of physiology of fluids and electrolytes.
  - ii. Dehydration and over hydration.
  - iii. Specific electrolyte loss, Acidosis, Alkalosis, Symptomatology and Management.
  - iv. Electrolyte changes in specific surgical conditions and their management.
  - v. Plasma volume expanders and their use in surgical condition.
  - vi. Various replacement fluids in surgery, mode of administration and complications.
  - vii. Nutrition – Indications, types, mode of administration and complications.
21. Blood Transfusion – Blood groups, compatibility, Indications, Contraindications and complications with management.
22. Knowledge of antibiotics, analgesics, anti-inflammatory and emergency drugs in surgical practice.

### **PAPER – II Vishishta Shalya Vigyana - Shalya Tantra Speciality**

**100 Marks**

1. Yogya Vidhi - Practical and Experimental training
  - i. Practice of surgical procedures on different models.
  - ii. Training of Laproscopic and Endoscopic procedures.
2. Vrana – Wound management
  - i. Management of Nija Vrana, Agantuja Vrana, Dushta Vrana and Nadi Vrana.
  - ii. Vrana Chikitsa – Shasti upakramas, Pathya-apathya .
  - iii. Types and Management of Dagdha Vrana - Burns and scalds.
  - iv. Infection of hands and foot, Diabetic wound, Prameha Pidaka – Diabetic carbuncle and its management.
  - v. Management of Pressure ulcers, Venous ulcers and other chronic non-healing ulcers.
  - vi. Gangrene and its management.

3. Mutra Roga – Urological diseases.
  - i. Anatomical and physiological knowledge of kidney, ureter, urinary bladder, prostate, seminal vesicles, urethra and penis.
  - ii. Investigations of Mutravaha Srotas – Urinary tract.
  - iii. Aetiopathogenesis and surgical procedures of Ashmari – Urinary stone diseases.
  - iv. Kidney and ureter – Clinical presentation, Investigations and Management of Congenital anomalies, Trauma, Infection, Neoplasm, Hydronephrosis, Hydroureter and Haematuria.
  - v. Urinary bladder - Clinical presentation, Investigations and Management of Congenital anomalies, Trauma, Infection, Neoplasm, Diverticulum, Vesico-vaginal fistula, Atony, Schistosomiasis, Urinary diversions, Retention of urine – Mutraghata and Mutrakruccha.
  - vi. Urethra - Clinical presentation, Investigations and Management of Congenital anomalies – Hypospadias, Epispadias, Posterior urethral valve, Trauma, Infection, and Neoplasm.
  - vii. Prostate and seminal vesicles – Benign and malignant enlargement of prostate, Prostatitis, Prostatic abscess and Calculi.
  - viii. Penis – Clinical presentation, Investigations and Management of Congenital anomalies, Trauma, Infection, Phimosis, Paraphimosis, Peyronie's disease and Neoplasm.
  - ix. Testis and scrotum - Clinical presentation, Investigations and Management of Congenital anomalies, Ectopic testis, Trauma, Infection, Neoplasm, Testicular torsion, Hydrocele, Varicocele, Spermatocele, Chylocele, Pyocele, Haematocele, Epididymal cyst and Fournier's gangrene.
  - x. Renal failure – Causes, Diagnosis, Investigations and Management.
4. Asthi roga and Marma Chikitsa - Orthopaedics
  - i. Anatomy and physiology of bone.
  - ii. Diseases of Asthi / Bone and Sandhi / Joints – Congenital, Degenerative, Infective, Metabolic and Neoplastic Disorders of Bones and Joints.
  - iii. Aetiopathogenesis, treatment along with surgical procedures of Bhagna - Fracture, Sandimoksha - Dislocation and bone grafting.
  - iv. Diseases of Spine, vertebral column and spinal cord.

**PAPER – III Adhunik Shalya Karma - Modern surgery**

**100 Marks**

1. Fundamentals of modern surgery and treatment of surgical disorders including surgical anatomy, physiology and pathology.
2. Diagnosis and Surgical treatment of head and spine injury, thoracic trauma and abdominal trauma. Blast injuries and Management
3. Diagnosis and Surgical management of neck disorders e.g. salivary glands, thyroid, Thyroglossal cyst and Fistula, Branchial cyst and fistula, Cystic hygroma and Lymphadenopathies.
4. Diagnosis and Surgical management of breast diseases, Benign and Malignant breast tumours.
5. Diagnosis and Surgical measures of diseases of Gastrointestinal system -
  - i. Oral cavity - Oral ulcers, Oral cancer, Precancerous conditions, Submucosal fibrosis, Leukoplakia, Cleft lip and palate, Lip tumours, Mucosal cyst, Nasopharyngeal cancer, Tongue ulcer and cancer.
  - ii. Oesophagus - Oesophageal varices, Dysphagia, Neoplasm, Strictures and Gastro oesophageal reflux.
  - iii. Stomach and duodenum –Congenital anomalies, Injuries, Inflammation, Ulcer, Neoplasm, Pyloric stenosis, Acute dilatation, Hiatus hernia and Foreign bodies.
  - iv. Pancreas - Congenital anomalies, Acute and Chronic pancreatitis, Calculi Neoplasm and Cysts of pancreas.

- v. Peritoneum, Omentum, Mesentery, Retroperitoneal Space – Peritonitis, Abscess, Neoplasm, Mesenteric cyst, Torsion of mesentery, Vascular thrombosis, Retroperitoneal cyst and Fibrosis.
  - vi. Abdominal mass - Diagnosis and Management.
  - vii. Small intestine - Congenital anomalies, Inflammation, Ulcer, Neoplasm, Stenosis, Injuries, Foreign bodies, Diverticuli, Peutz-jeghers syndrome, Chron's disease, Carcinoid tumours, Enteric perforation and Intestinal fistula.
  - viii. Large intestine - Congenital anomalies, Inflammation, Ulcer, Neoplasm, Stenosis, Injuries, Foreign bodies, Diverticuli, Faecal fistula, Amoebiasis and Familial polyposis coli.
  - ix. Caecum and Vermiform appendix- Appendicitis, Appendicular abscess, Appendicular mass, Perforation, Carcinoid Tumor and other Neoplasm.
  - x. Gastrointestinal bleeding – Haemetemesis, Malaena, Haemobilia, Bleeding per anum - Causes, Diagnosis and Management.
  - xi. Rectum and anal canal - Diagnosis and Surgical management of Congenital Anomalies, Inflammation, Ulcer, Neoplasm, Stenosis, Prolapse, Haemorrhoids, Fistula-in-ano, Fissure-in-ano, Anorectal Abscess, Incontinence, Injuries, Foreign bodies, Sacrococcygeal Teratomas and Pilonidal sinus .
6. Umbilicus and abdominal wall – Congenital anomalies, Umbilical infections, Sinus, Neoplasm, Abdominal dehiscence, Divarication of recti, Desmoid tumor and Meleney's gangrene.
  7. Diagnosis and surgical measures of diseases of Hepatobiliary system -
    - i. Liver – Abscess, Cyst - Hydatid cyst, Primary and Secondary malignant tumours, Portal Hypertension and Budd-Chiari Syndrome.
    - ii. Gall bladder and Bile duct - Congenital anomalies, Acute and Chronic Cholecystitis, Cholelithiasis, Neoplasm, Cholangitis, Stenosis, Choledocholithiasis, Choledochal cyst and Cholangiocarcinoma.
    - iii. Spleen – Splenomegaly and Splenic Injury.
  8. Diagnosis and surgical measures for disorders of Artery, Vein, Ligaments, Muscles and Tendons.
  9. Diagnosis and surgical management of Hernias – Inguinal, Femoral, Umbilical, Incisional, Abdominal wall and other hernias.
  10. Endoscopic procedures - Oesophagogastroduodenoscopy, Sigmoidoscopy and Colonoscopy.
  11. Diagnostic and therapeutic laparoscopy.
  12. Anaesthesia - Definition, Types, Anesthetic agents, Indications, Contraindications, Procedures, Complications and management.

#### **PAPER –IV Shalya Vangmaya – Shalya literature, Research and Development**

1. Thorough study of the Sushruta Samhita including other relevant portions of Brihatrayee and Laghutrayee.
2. Knowledge and importance of Surgical Audit.
3. Medico legal issues – Understanding the implications of acts of omission and commission in practice. Issues regarding Consumer Protection Act, medical profession, national health policy - Implications in a medico-legal case like accidents, assaults etc.
4. Surgical ethics including Informed consent.
5. Knowledge of different type of experimental Surgical Model for Research in Surgery.
6. Sandhana Karma – Plastic reconstructive and cosmetic surgery. Fundamentals of Sandhana Karma –
  - i. Karna Sandhana – Auroplasty
  - ii. Nasa Sandhana – Rhinoplasty
  - iii. Ostayandhana – Cheiloplasty
  - iv. Grafts and Flaps – Techniques and applications.
  - v. Vascular anastomosis and grafts.

7. **Anushalya Karma** – Parasurgical procedures

- i. Kshara Karma, Kshara Sutra, Agnikarma and Raktamoskhana.

**Pattern of Practical examination**

1. Case record (25)	100 Marks
2. Short case	-10 Marks
3. Long case	-10 Marks
4. Identification of specimen / radiograph and Instruments	-20 Marks
5. Thesis Presentation	- 20 Marks
6. Viva-voce	-20 Marks

**Reference Books**

1. Sushruta Samhita
2. Ashtanga Sangraha
3. Ashtanga Hridaya
4. Charaka Samhita
5. The Surgical instruments of the Hindus - Girindranath Mukhopadhyaya
6. Shalya Tantra Samuchchaya - Pandit Ramadesh Sharma
7. Shalya Vigyan (Part 1-2) - Dr. Surendra Kumar Sharma
8. Shalya Samanvaya (Part 1-2) - Vd. Anantaram Sharma
9. Shalya Pradeepika - Dr. Mukund Swaroop Verma
10. Sushruti - Dr. Ram Nath Dwivedi
11. Clinical Shalya Vigyan - Dr. Akhilanand Sharma
12. Bhagna Chikitsa Deshpande - Dr. Prabhakar Janardhan
13. Kshara sutra management in anorectal ailments and Dr. Kulwant Singh. - Dr. S.K. Sharma, Dr. K.R.Sharma
14. Anorectal diseases in Ayurveda Kumar Chowdary. - Dr. Sizoria and Dr. Praveen
15. Adhunik Shalya Chikitsa Siddanta - Dr. Katil Narshingham Udupa
16. Agnikarma Technology Innovation - Dr. P.D. Gupta
17. Shalya Tantra Ke Siddhant - Dr. K.K.Takral
18. Recent advances in the management of Arshas / Haemorrhoids - Dr. P. Hemantha Kumar
19. Arsha Evum Bhagander Mein sutra Avacharan - Vd. Kanak Prasad Vyas
20. Recent advances in Kshara Sutra - Dr. M. Bhaskar Rao
21. Leech application in Ayurveda - Dr. M. Bhaskar Rao
22. Kshara Sutra - Dr. S.N.Pathak
23. Shalya Shalaky Tantra - Vd. S.G. Joshi
24. Surgical ethics of Ayurveda - Dr. D.N. Pande
25. Text book of Surgery - Sabistan
26. Operative Surgery - Rob and smith
27. Bailey and Love's Short Practice of Surgery Mann and R.C.G. Russell - Norman.S. Williams, Charles.V.
28. Fractures and Joint Injuries - Watson-Jones
29. Text books of Operative Surgery - Farquharsons'
30. Principles of Surgery - Schwartz
31. Emergency Surgery -Hamilton Bailey's
32. Surgical pathology - Willing Worth
33. Clinical methods in surgery - S. Das
34. Textbook of Operative Surgery - S. Das
35. Shalya Vigyan (Sachitra) - Anantram Sharma
36. Anushastra Karma - Dr. D.N. Pande
37. Concept of Vrana is Ayurveda - Dr. Lakshman Singh
38. Significance for Poorva Karma in Surgical Patient - Dr. Lakshman Singh

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|--|---|
| 39. Sangyahan Prakash  | - Dr. D.N. Pande                            |
| 40. A concise Text Book of Surgery                                 | - S. Das                                    |
| 41. A manual on Clinical Surgery                                   | - S. Das                                    |
| 42. A System of Surgical Diagnosis                                 | - T.N. Patel                                |
| 43. A Practical Guide to Operative Surgery                         | - S. Das                                    |
| 44. Drugs and Equipment for Anaesthesia                            | - Arun kumar                                |
| 45. Manual of Surgical Instruments                                 | - M.M. Kapur                                |
| 46. Ward Procedures  | - Patel Mansukh. B                          |
| 47. Recent trends in the management of Arshas / Haemorrhoids       | - Dr. P. Hemantha Kumar                     |
| 48. Primary Anaesthesia  | - Maurice King                              |
| 49. Synopsis of Anaesthesia  | - Lee                                       |
| 50. Clinical Anatomy/ Surgical Anatomy                             | - John E.Skandalakis                        |
| 51. Surgical Instruments of the Hindus                             | - Girindharnath Mukopadyay                  |
| 52. Outline of Orthopedics   | - John Crawford Adams and David Hamblen. L  |
| 53. Outline of Fracture  | - John Crawford Adams                       |
| 54. Recent trends in the management of Bhagandara / Fistula-in-ano | - Dr. P. Hemantha Kumar                     |
| 55. Principles and Practice of Agnikarma                           | - Dr. Anand Kumar and Dr. Kanchan Shekokar. |
| 56. Manipal Manual of Surgery                                      | - Dr. Rajgopal Shenoy                       |

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## **15. SHALYA – KSHARA EVUM ANUSHAstra KARMA**

### **PAPER - I Shalya Siddhanta – Fundamentals of Surgery**

**100 Marks**

- 1 Sushruta's contributions in surgical concepts and practices.
- 2 Knowledge of Dosha, Dhatu and Mala Vigyan and their importance in surgical diseases.
- 3 Significance and importance of Rakta as the Chaturth Dosha.
- 4 Yantras and Shastras – Surgical Instruments - Ancient and recent advances.
- 5 Trividha Karma – Purva, Pradhana and Pashchat Karma and its Importance.
- 6 Asepsis and Antisepsis.
- 7 Nirjantukarana – Sterilization – Various methods for surgical equipments, laparoscopes, linen and Operation theatre.
- 8 Surgical infections – Sepsis, Tetanus and Gas gangrene.
- 9 Care of patients suffering from Hepatitis, HIV-AIDS, STD and other associated infectious diseases.
- 10 Ashtavidha Shastra Karma – Critical knowledge and their application in surgical practice.
- 11 Suturing materials, appropriate use of sutures, drains, prosthetic, grafts and surgical implants.
- 12 Concept of Marma and their clinical application.
- 13 Shock - Its varieties and management.
- 14 Raktasrava / Haemorrhage – Types, Clinical features and Management.
- 15 Concept of Raktastambhana –Haemostasis.
- 16 Vranasopha – Inflammation and Vidradhi - Abscess
- 17 Granthi – Cyst and Arbuda – Benign and malignant Neoplasm – Concept of Oncogenesis and genetics of cancer.
- 18 Gulma and Udara Roga.
- 19 Kshudra Roga.
- 20 Fluid, electrolyte, Acid Base Balance and Nutrition
  - a. Introduction of physiology of fluids and electrolytes.
  - b. Dehydration and over hydration.
  - c. Specific electrolyte loss, Acidosis, Alkalosis, Symptomatology and Management.
  - d. Electrolyte changes in specific surgical conditions and their management.
  - e. Plasma volume expanders and their use in surgical condition.
  - f. Various replacement fluids in surgery, mode of administration and complications.
  - g. Nutrition – Indications, types, mode of administration and complications.
- 21 Blood Transfusion – Blood groups, compatibility, Indications, Contraindications and complications with management.
- 22 Knowledge of antibiotics, analgesics, anti-inflammatory and emergency drugs in surgical practice.

### **PAPER – II Vishista Anushastra Karma**

**100 Marks**

#### **1. Kshara Karma and Prayoga – Therapeutic Chemical Cauterization.**

- i. Introduction of different types of Kshara, Method of preparation, Standardization, pH value, Application, Complications and its management.
- ii. Surgical Anatomy and Physiology of Anus and Rectum.
- iii. Arshas - Nidana, Purvaroop, Roopa, Samprapti, Prakara and Chikitsa.
- iv. Haemorrhoids - Aetio-pathogenesis, types and its surgical management.
- v. Knowledge of different methods of treating Haemorrhoids - Rubber band ligation, D.G.H.A.L, Radiofrequency, Ablation, Cryo-surgery, Cautery, Laser, Infrared coagulation and other advanced techniques.
- vi. Bhagandara - Nidana, Samprapti, Prakara, Doshanusarachikitsa, Knowledge and application of Kshara Sutra.

- vii. Fistula-in-ano - Definition, Aetio-Pathogenesis, Types, Diagnostic methods and its Surgical, Para Surgical Management including knowledge of Fibrin Glue, Advanced Flap Therapies and other recent techniques.
- viii. Parikartika - Nidana, Samprapti and its Chikitsa.
- ix. Fissure-in-ano - Aetio-pathogenesis, types and its surgical management.
- x. Sannirudhaguda and its Chikitsa.
- xi. Anal Stenosis - Aetio-pathogenesis and its surgical management.
- xii. Gudavidradhi - Nidana, Purvaroopo, Roopa, Samprapti, Prakara and its Chikitsa.
- xiii. Anorectal abscesses – Aetio- pathogenesis, types, complications and its surgical management.
- xiv. Gudagatashalya – Diagnosis and its Management.
- xv. Foreign body in rectum and anal canal - Method of diagnosis and its management.
- xvi. Congenital Anorectal disorders and its surgical management.
- xvii.** Gudaarbuda and Granthi and its Chikitsa.
- xviii.** Anorectaltumour - Types and its surgical management.

## **2. Agnikarma – Therapeutic cauterization**

- i. Introduction, definition and importance of Agnikarma.
- ii. Agnikarma - Poorva, Pradhana and Paschat karma, various substances and Shalakas used for Agnikarma and their indications, contra-indications and complications.
- iii. Diagnosis and management of Oil burn, Dhumopaghata, Ushnavata, Sunburn, Frost bite and Electric burn.
- iv. Knowledge of modern thermal equipment - Diathermy, Laser therapy, microwave, Ultracission technique, Cryo Technique and its uses.
- v. Effect of Agnikarma on skin, muscle tissue, nerves, metabolism, blood circulation and infective lesions.

## **3. Raktamokshana – Bloodletting Procedures**

- i. Introduction and importance of Raktamokshana.
- ii. Indication and contraindication of Raktamokshana.
- iii. Justification of usage of different types of Raktamokshana in various therapeutic applications.
- iv. Different types of Raktamokshana – Sastrakriitha - Siravyadhana, Prachana and Asastrakriitha - Shringa, Jaluka, Alabu and Ghati.
- v. Jalauka - Nirukti, Paryaya, Bhedha, Sangrahana, Samrakshana, Jalaukavacharana Vidhi - Poorva, Pradhana and Paschat karma.
- vi. Knowledge of Leeches - Morphology, Anatomy, Physiology, Bio-chemical effects of its various constituents present in its saliva.
- vii. Rakta- Importance, Formation, Panchabhoutikatva, RaktaSthana, Guna, Prakurta Karma and Rakta Sara Purashalakshanas. Suddha and Dushta Rakta Lakshanas. Rakta Pradoshaja Vyadhis.

## **PAPER – III Adhunika Shastra Karma - Modern Surgery**

**100 Marks**

1. Fundamentals of modern surgery and treatment of surgical disorders including surgical anatomy, physiology and pathology.
2. Diagnosis and surgical measures for disorders of vein, artery, ligaments, joints and muscles.
3. Diagnosis and Surgical management of neck disorders e.g. salivary glands, thyroid tumours, etc.
4. Diagnosis and Surgical management of breast diseases.
5. Diagnosis and surgical management of traumatic disorders - Head injury, thoracic and abdominal trauma.
6. Diagnosis and surgical management of diseases of Gastrointestinal system- stomach, pancreas, peritoneum, omentum, mesentery, retroperitoneal space, small intestine, large intestine and vermiform appendix.

7. Diagnosis and surgical management of Proctological disorders.
8. Diagnosis and surgical measures of diseases of Hepatobiliary system - Liver, gall bladder, bile ducts and spleen.
9. Diagnosis and surgical management of diseases of Urogenital system.
10. Diagnosis and surgical management of diseases of scrotum and testis. – Hydrocele, Ectopic testis and Undescended testis.
11. Diagnosis and surgical management of Hernias – Inguinal, femoral, umbilical, incisional, abdominal wall and other hernias.
12. Endoscopic procedures – Oesophagogastroduodenoscopy, Sigmoidoscopy and Colonoscopy.
13. Diagnostic and therapeutic laparoscopy.
14. Anaesthesia - Definition, Types, Anaesthetic agents, Indications, Contraindications, Procedures, Complications and Management.

**PAPER – IV ShalyaVangmaya**

**100 Marks**

1. Thorough study of the Sushruta Samhita including other relevant portions of Brihatrayee and Laghutrayee.
2. Knowledge and importance of Surgical Audit.
3. Value of research and teaching in surgery.
4. Medico legal issues - Understanding the implications of acts of omission and commission in practice. Issues regarding Consumer Protection Act, medical profession, national health policy - Implications in a medico-legal case like accidents, assaults etc.
5. Surgical ethics including Informed consent.
6. Knowledge of different type of experimental Surgical Model for Research in Surgery.

**Pattern of Practical examination**

**100 Marks**

- |   |           |
|---|-----------|
| 7. Case record (25)   | -10 Marks |
| 8. Short case   | -10 Marks |
| 9. Long case  | -20 Marks |
| 10. Identification of specimen / radiograph and Instruments | -20 Marks |
| 11. Thesis Presentation                                     | -20 Marks |
| 12. Viva-voce   | -20 Marks |

**Reference Books**

- |   |                                   |
|---|-----------------------------------|
| 57. Sushruta Samhita  |                                   |
| 58. Ashtanga Sangraha   |                                   |
| 59. Ashtanga Hridaya  |                                   |
| 60. Charaka Samhita   |                                   |
| 61. The Surgical instruments of the Hindus                                  | - Girindranath Mukhopadhyaya      |
| 62. Shalya Tantra Samuchchaya   | - Pandit Ramadesh Sharma          |
| 63. Shalya Vigyan (Part 1-2)  | - Dr. Surendra Kumar Sharma       |
| 64. Shalya Samanvaya (Part 1-2)   | - Vd. Anantaram Sharma            |
| 65. Shalya Pradeepika   | - Dr. Mukund Swaroop Verma        |
| 66. Sushruti  | - Dr. Ram Nath Dwivedi            |
| 67. Clinical Shalya Vigyan  | - Dr. Akhilanand Sharma           |
| 68. Bhagna Chikitsa<br>Deshpande  | - Dr. Prabhakar Janardhan         |
| 69. Kshara sutra management in anorectal ailments<br>and Dr. Kulwant Singh. | - Dr. S.K. Sharma, Dr. K.R.Sharma |
| 70. Anorectal diseases in Ayurveda<br>Kumar Chowdary.                       | - Dr. Sizoria and Dr. Praveen     |
| 71. Adhunik Shalya Chikitsa Siddanta  | - Dr. Katil Narshingham Udupa     |
| 72. Agnikarma Technology Innovation   | - Dr. P.D. Gupta                  |
| 73. Shalya Tantra Ke Siddhant   | - Dr. K.K.Takral                  |

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|--|---|
| 74. Recent advances in the management of Arshas / Haemorrhoids             | - Dr. P. Hemantha Kumar                     |
| 75. Arsha Evum Bhagander Mein sutra Avacharan                              | - Vd. Kanak Prasad Vyas                     |
| 76. Recent advances in Kshara Sutra  | - Dr. M. Bhaskar Rao                        |
| 77. Leech application in Ayurveda  | - Dr. M. Bhaskar Rao                        |
| 78. Kshara Sutra   | - Dr. S.N.Pathak                            |
| 79. Shalya Shalakya Tantra   | - Vd. S.G. Joshi                            |
| 80. Surgical ethics of Ayurveda  | - Dr. D.N. Pande                            |
| 81. Text book of Surgery   | - Sabistan                                  |
| 82. Operative Surgery  | - Rob and smith                             |
| 83. Bailey and Love's Short Practice of Surgery<br>Mann and R.C.G. Russell | - Norman.S. Williams, Charles.V.            |
| 84. Fractures and Joint Injuries   | - Watson-Jones                              |
| 85. Text books of Operative Surgery  | - Farquharsons'                             |
| 86. Principles of Surgery  | - Schwartz                                  |
| 87. Emergency Surgery  | -Hamilton Bailey's                          |
| 88. Surgical pathology   | - Willing Worth                             |
| 89. Clinical methods in surgery  | - S. Das                                    |
| 90. Textbook of Operative Surgery  | - S. Das                                    |
| 91. Shalya Vigyan (Sachitra)   | - Anantram Sharma                           |
| 92. Anushastra Karma   | - Dr. D.N. Pande                            |
| 93. Concept of Vrana is Ayurveda   | - Dr. Lakshman Singh                        |
| 94. Significance for Poorva Karma in Surgical Patient                      | - Dr. Lakshman Singh                        |
| 95. Sangyahan Prakash  | - Dr. D.N. Pande                            |
| 96. A concise Text Book of Surgery   | - S. Das                                    |
| 97. A manual on Clinical Surgery   | - S. Das                                    |
| 98. A System of Surgical Diagnosis   | - T.N. Patel                                |
| 99. A Practical Guide to Operative Surgery                                 | - S. Das                                    |
| 100. Drugs and Equipment for Anaesthesia                                   | - Arun kumar                                |
| 101. Manual of Surgical Instruments  | - M.M. Kapur                                |
| 102. Ward Procedures   | - Patel Mansukh. B                          |
| 103. Recent trends in the management of Arshas / Haemorrhoids              | - Dr. P. Hemantha Kumar                     |
| 104. Primary Anaesthesia   | - Maurice King                              |
| 105. Synopsis of Anaesthesia   | - Lee                                       |
| 106. Clinical Anatomy/ Surgical Anatomy                                    | - John E.Skandalakis                        |
| 107. Surgical Instruments of the Hindus                                    | - Girindharnath Mukopadyay                  |
| 108. Outline of Orthopedics  | - John Crawford Adams and David Hamblen. L  |
| 109. Outline of Fracture   | - John Crawford Adams                       |
| 110. Recent trends in the management of Bhagandara / Fistula-in-ano        | - Dr. P. Hemantha Kumar                     |
| 111. Principles and Practice of Agnikarma                                  | - Dr. Anand Kumar and Dr. Kanchan Shekokar. |
| 112. Manipal Manual of Surgery   | - Dr. Rajgopal Shenoy                       |

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## **16. AYURVED DHANVANTRI - ASTHI SANDHI AND MARMAGAT ROGA**

### **Paper – 1 ASTHI SANDHI MARMA ABHIGHAT SIDDHANTA**

**100 marks**

1. Asthi Sharira - Etymology, Embryology, Applied Anatomy and Physiology of Asthi. Its Panchbhautik constitution, Poshan (Nutrition), Asthivaha Srotas, Upadhatu and Mala. Total Number and classification of Asthi. Concept of Dhatwagni in Ayurveda. Asthi Dhatu Kshaya and Vriddhi lakshana. Knowledge about Tarunasthi. Embryology, Ossification, Histology, Metabolism, Blood Supply, Types and Biomechanics of Bone and cartilage.
2. Healing mechanism of bone and factors influencing the bone healing according to Ayurvedic and Modern concept. Biological and Biophysical technologies for the Enhancement of Fracture Repair. Knowledge of Sandhaniya and Ropaniya drugs.
3. Sandhi Sharira – Classification, Applied Anatomy and Physiology of Asthi Sandhi. Classification, Applied Anatomy and Physiology of Joints and Healing Mechanism of a joint.
4. Marma Sharira – Basic concept of Marma, etymological derivation, definition, classification, Pramana, importance & applied aspect of individual Marma. Interpretation of each Marma in present context (*Regional surgical anatomy*). Detailed description of Tri-Marma and Rogamarga. Prognosis of Marmaghata.
5. Sira, Dhamni, Lasika, and Snayu Sharira - Applied Anatomy and Physiology of Vessels, Lymphatic, Ligaments, Tendons, Muscles, Peripheral Nerves and Plexuses.
6. Knowledge of Splints, Orthotics & Prosthetics.
7. Disability calculation, Bio-mechanics of gait.
8. Vrana Vigyan – Etiology, classification, symptomatology, prognosis, complications and management principles of Nija and Sadyo Vrana. Knowledge of Shashti Upakrama, Seevana - Suturing and Vrana Bandhana -Bandaging. Wounds and Ulcers – Etiology, classification, symptomatology, complications. prognosis and management principles. Advanced wound closure techniques, suture materials, dressing / bandaging materials and techniques. Wound Healing Mechanism.
9. Vranitopasniya - Management of Vranita - Wounded person. Management Principles of wounded persons. Assessment and immediate management of poly-trauma patient , crush syndrome and Acute Respiratory Distress Syndrome.
10. Vranashotha and Vidradhi - Inflammation and Abscess – Etiology, Pathogenesis, classification, stages and management.
11. Knowledge of Orthopedic implants (*e.g. wires, screws, plates, nails*) and Instruments. Knowledge of equipments (*e.g. C-arm image intensifier and drill machines etc*).
12. Orthopedic Radiology - Knowledge of Radiological imaging techniques (X-ray, CT Scan, MRI, USG, Radioisotop scanning) in Orthopedics.
13. Medico-legal aspects in Orthopedics - Handling of Medico- legal cases and issuing of MLCs, Understanding the implications of relevant acts e.g. Consumer Protection Act, Motor Vehicle Act, Right to information Act and other relevant acts in force time to time.
14. Concept of Pain according to Ayurved and Modern Medical science.
15. Principles of Reconstruction, Transplantation, Bone grafting, Bone Banking, Bone transportation and Amputation.
16. Knowledge about National Health Policies and relevant guidelines by State Govt. or Govt. of India.

### **Paper – II ASTHI SANDHI MARMA GATA VYADHI VISESHA**

**100 marks**

1. Diseases of Asthi & Asthi Dhatu - Asthigata Vata, Asthivaha srothodushti, Asthi Dhatu Kshaya & Vriddhi, Adhyasthi, Asthi Vidradhi.
  - a. Congenital, Degenerative, Infective, Metabolic, Neoplastic and Miscellaneous Disorders of Bones.

2. Diseases of Sandhi – Sandhigat Vata, Vatarakta, Amavata and Kroshtukashirshaka.
  - a. Different diseases of joints – Etiology, classification, and treatment principles.
3. Vata Vikara – Asthi, Sandhi and Marma related Vata Vikara like Gridhrasi, Bisvachi, Avabahuka, Manyastambha, Khalvi, Dhatugata vata, Snayugata vata, Katishoola, Katigraha.
4. Diseases pertaining to Muscles, Tendons, Ligaments, Fascia and Bursae.
5. Diseases and Congenital anomalies of Spine e.g. Ankylosing spondylitis, Infective conditions, Tuberculosis, Spondylolisthesis, Inter-vertebral Disc Prolapse, Spondylosis, Scoliosis, Kyphosis, spina bifida, Hemivertebra, Block vertebra, Sacralisation and Lumbrisation etc.
6. Diseases and Congenital anomalies of Cervical Spine
7. Diseases and Congenital anomalies Sacroiliac Joint and Bony Pelvis.
8. Diseases and Congenital anomalies of Hand
9. Diseases and Congenital anomalies of Foot
10. Diseases and Congenital anomalies of Limbs
11. Orthopedic Neurological Disorders. Post Polio Paralysis & Cerebral Palsy.
12. Snehana, Swedana and Panchakarma in Marma, Asthi and Sandhi Vyadhi.
13. Yogic Practices in Orthopedics.
14. Principles of Arthroplasty- Joint Replacement.
15. Introduction of Peripheral Vascular Diseases.
16. Pediatric Orthopedics
17. Orthopedic Oncology
18. Introduction of Radiotherapy, Chemotherapy, Hormone Therapy, Immunotherapy and gene therapy.

**Paper – III Abhigata Vigyan – Traumatology**

**100 marks**

1. Bhagna - Etiology, classification and General Management principles and Prognosis.
2. Modern concept of Bone and Joint injuries - Etiology, Epidemiology, Classification and General management principles.
3. Individual Bone and Joint injuries - Etiology, Epidemiology, Classification and management principles.
4. External immobilization techniques - Classical and traditional Kusha -splints, Plaster of Paris Technique, Knowledge of different splints and Plasters
5. Pathological Fractures including Fragility fractures, Stress Fractures and Peri-prosthetic Fractures.
6. Fractures in Children – Etiology, Epidemiology, Diagnosis, management and complications.
7. Prognosis of skeletal injuries, Complications of Fractures and Joint Injuries e.g. Myositis ossificans, Volkman's ischemic contracture, Compartment syndrome, Crush Syndrome, DVT, Thromboembolism, Fat Embolism.
8. Rehabilitation of trauma patient and Principles of Sukhchestaprachara - Physiotherapy and its use in skeletal injuries
9. Treatment Principles of Asahanta Bhagna - Non-unions, Vishmolvana Sahanta - Malunions and Ignored or un-reduced dislocations.
10. Diagnosis and management principles of injuries of Vessels, Nerves, Tendons and Ligaments.
11. Head, Chest and Abdominal Injuries and management principles.
12. Pelvis and Spine injuries and their management principles.
13. Sports Medicine – Sports medicine and sports related Shoulder injuries, Elbow injuries, Knee injuries, Ankle Injuries, Recurrent Dislocations and other sports related injuries.
14. Knowledge of Marma Chikitsa like Kalari Marma - Martial Art, Adankal - Marmaghata Chikitsa in Siddha Marma in trauma and sports medicine.

**Paper – IV Shalya Kriyatmaka - Operative Orthopedics****100 marks**

1. Agropharniya Vigyan – Knowledge about Pre-operative preparation and Post operative care, Operation Theatre and its requirements regarding Instruments / Equipments and Personnel.
2. Fumigation of Operation Theatre and sterilization of Instruments, Equipments, Linen and Implants by various techniques.
3. Anu Shalya Karma (Para surgical procedures) in orthopedics – Role of Kshara Karma, Agni Karma, Raktavsechana in orthopedic disorders.
4. Knowledge of various Implants regarding their material, types, mechanics and practical use.
5. Knowledge of Conventional and advanced procedures being done for Different Bone and Joint Injuries e.g. Open Reduction and Internal Fixation, Closed Reduction and Internal Fixation, External fixators and other operative techniques.
6. Knowledge of Plastic Surgery in orthopedics and Bone grafting techniques.
7. Knowledge of various surgical procedures being done for Different Bone and Joint Diseases.
8. Hand Surgery for Diseases, Deformities and Injuries.
9. Foot Surgery for Diseases, Deformities and Injuries.
10. Amputations and Arthrodesis – General Principles of Amputations /Arthrodesis and regional Amputations.
11. Knowledge of Diagnostic and Therapeutic Arthroscopy.

**Reference Books**

Sushruta Samhita	Relevant Parts
Sushrut Samhita Ghanekar Commentary	
Sushruta Samhita (Dalhana Commentary)	Relevant Parts
Charak samhita	Relevant Parts
Ashtang Hridaya	Relevant Parts
Ashtang Sangraha	Relevant Parts
Bhava Prakash	Relevant Parts
Yog Ratnakar	Relevant Parts
Bhaishajya Ratnavali	Relevant Parts
Sharangdhar Samhita	Relevant Parts
The Surgical instruments of the Hindus Bhagna Chikitsa (Dr. P.J. Deshpandey)	– Girindranath Mukhopadhyaya.
Agni Karma – Technological Innovations	- Prof. P.D. Gupta
Shalya Tantra Samuchchaya	- Pandit Ramadesh Sharma
Shalya Vijyan (Part 1-2)	- Dr. Surendra Kumar Sharma
Shalya Samanvaya (Part 1-2)	- Vd. Anantaram Sharma
Shalya Pradipika	- Dr. Mukund Swarup Verma
Adhunika Shalya Chikitsa Siddanta	- Dr. Katil Narshingham Udupa
Shalya tantra Ke Sidhant	- Dr. K.K. Takral
Surgical Ethics in Ayurved	- Dr. G.D. Singhal
Susruta's Contribution to Surgery	- Dr. S. Sankaran
Anushastra Karma	- Dr. D.N. Pande
Concept of Vrana is Ayurved	- Dr. Lakshman Singh
Marma Chikitsa	- Dr. C. Suresh Kumar
Joint Affections and their Ayurvedic Prospective	- Vaidya Vilas M. Nanal
Marma Vimarsha	- Vaidya Vilas M. Nanal
Significance for Purva Karma in Surgical Patient	- Dr. Lakshman Singh
Medical Varmalogy	- Dr. N. Shunmugom et.al.
Siddha Varmalogy	- T. Vasanthakumar
Watson and Jones	- Fracture and Joint Injuries (J.N. Wilson)
Practical Fracture Treatment (R. McRae)	

Clinical Orthopedic Examination (R. McRae)  
 Apleys System of Orthopedics (Apley Louis Solomon)  
 Orthopedics – Principles & Their Application Vol. I-II (Samuel L. Turek)  
 Textbook of Orthopedics and Trauma Vol. I-IV (G.S. Kulkarni)  
 Fractures in Adults Vol. I – II (Rockwood and Green's)  
 Fractures in Children Vol. I (Rockwood and Wilkins)  
 Campbell's Operative Orthopedics Vol. I – IV  
 A Concise Text Book of Surgery (S. Das)  
 Pye's Surgical Handicraft  
 Clinical Methods in Surgery (Sriram Bhatt)  
 Clinical Methods in Surgery (S. Das)  
 Operative Surgery (S. Das)  
 Schwartz Principles of Surgery  
 Surgical Exposures in Orthopedics - J.B. Lippincott Comp. Publication

**Pattern of Practical Examination**

**100 marks**

- Discipline and regularity 10 Marks
- Bed side examination
  - Short case 10 Marks
  - Long case 20 Marks
- Identification of specimen / instruments/Radiographs 10 Marks
- Dissertation Presentation 25 Marks
- Viva –Voce 25 Marks

**PRACTICAL TRAINING**

- Training of History taking, bed side clinical examination and case presentations.
- Identification and demonstration of surgical instruments.
- Training of orthopedic related Diagnostic imaging techniques.
- Training of Local anesthetic techniques in orthopedics.
- P.G. Scholar shall develop the skills by observing, assisting and performing independently the following procedures:
  - Non-operative
    - Manipulative reductions and external immobilization techniques.
    - Application of POP cast, Splints and Braces.
    - Bandaging Techniques
    - External medicaments and Procedures like Snehana, Swedana, Vasti, Kati Vasti, Janu Vasti, Greeva Vasti etc.
    - Training in various massage techniques.
    - Corrective POP casts for club foot & other congenital deformities
  - Operative
    - External fixation of compound fractures
    - Debridement of crush injuries
    - Amputations
    - Internal fixation of common simple fractures
    - Polio surgery such as TA lengthening.
    - Sequestrectomy in chronic osteomyelitis
    - Biopsy from a mass
    - Internal fixation of Fractures.
- Training in Vrana (Wound) Management techniques.
- Practical training of Physiotherapy in orthopedic and trauma patients.
- Training of Anu Shalya Karma like Agni Karma, Kshara Karma and Rakta Mokshna in orthopedic disorders.
- Orthopedic related Panchakarma Procedures.

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## **17. SANGYAHARAN**

### **Paper 1 Sangyahan siddhant avum vangmaya: Literary, Research And Development**

- History of Sangyahan and its development in Ayurveda.
- Importance of anesthesia in Ayurveda.
- Contribution of AAIM and other pioneers in the development of Sangyahan.
- Applied aspects of Ayurveda with respect to sangyahan Vrihatrayee and Laghutryee.
- Instruments for anesthesia in ancient era and their development.
- Rakta, its importance, Raktadhana and Raktstambhana.
- Knowledge of disorders like Unmada, Apasmara, Mada, Murrcha, Sanyasa and Stabdhatu etc.
- Madataya, Stages of Madataya and its management.
- Pharmacology of Medhya, Vednasthapak, Madkari, Sangyasthapak, Nidrajanan, Akshepjanan and shamana, Svedjanan, Hridyae, Hridyotejak, Raktbharshamak, Shoolprashaman, Vaman and hrillashar (Antiemetic) dravya as mentioned in Ayurvedic samhita & their application in Sangyahan.
- Aroma therapy as complementary and alternative therapy in pain management and Palliative care.

### **Paper 2 Sangyahan Bshhaja Vigyan (Pharmacology related to Anesthesia)**

#### **Pharmacology of:**

- Drugs acting on Autonomic nervous system:
  - a .Cholinergic system and drugs- Agonist and antagonist
  - b .Adrenergic system and drugs- Agonist and antagonist
- Autocoids and related drugs:
  - a. Histamine and Antihistaminic
  - b. 5HT and antagonist
  - c. NSAID'S
  - d. Prostaglandins and leukotrienes
- Drugs acting on Respiratory system
- Drugs acting on Somatic nervous system
  - a. Skeletal muscle relaxants – Depolarizer and Non-Depolarizer.
  - b. Local anesthetics
- 5. Drugs acting on central nervous system
  - a. General Anesthetics- Fixed and Volatile anesthetic agents.
  - b. Sedative and hypnotics
  - c. Anti epileptics
  - d. Anti psychotic and anti-maniacs
  - e. Opioids Analgesics and antagonists
- 6. Drugs acting on cardiovascular system
  - a. Cardiac glycosides
  - b. Anti arrhythmic drugs
  - c. Anti anginal and other anti ischemic drugs
  - d. Anti hypertensive drugs
- 7. Drugs acting on Kidneys
  - a. Diuretics
  - b. Anti diuretics
- 8. Coagulants and anti coagulants

### **Paper 3 Vishishta Sangyahan – Applied Anesthesia**

- Airway management- Intubation, failed intubation drill, LMA, Bag and mask ventilation.

- Anesthesia For: General surgery, Obstetric and Gynecology ,E.N.T. and Ophthalmic, Orthopedic ,Dental ,Pediatric , Urology , plastic and Outpatient / Day care surgery.
- Anesthesia for patients with: Diabetes mellitus, Thyroid diseases, inherited metabolic diseases, Obesity, Respiratory diseases, Cardiac diseases, Renal diseases, Geriatric problems and neuromuscular diseases.
- Regional anesthesia:
- Sub-arachnoid and epidural anesthesia, analgesia.
- Plexus and nerve blocks for upper and lower limb
- Regional anesthesia for thorax and abdomen
- Surface anesthesia, infiltration and field blocks
- Complications of Regional and general anesthesia, morbidity, mortality and medico-legal aspects.
- Anesthesia for Endoscopic, laparoscopic Surgery and Laser Surgery
- Anesthesia for Trauma and mass casualty
- Emergency anesthesia.

#### **Paper 4 Monitoring Advances and Research in Sangyahan**

- a. Monitoring in anesthesia:
  - Cardiovascular, Respiratory, Renal function, Neurologic and neuromuscular monitoring.
  - Peri- operative Thermo- regulation and monitoring
  - Peri- operative awareness and monitoring depth of anesthesia with BIS.
  - Peri- operative acid-base balance
  - Pt's positioning in anesthesia, its hazards and management
  - Peri- operative Fluid management and Blood transfusion.
  - Risks and hazards of anesthesia
- b. Anesthesia equipments –
  - Medical gas systems
  - Breathing systems
  - Ventilators
  - Anesthesia machine
- c. Post operative management-
  - Post anesthesia care
  - Post operative nausea and vomiting
  - Post operative Intra-Venous fluid therapy
  - Acute post operative pain
- d. Miscellaneous-
  - HDU,ICU, CCPR- BLS & ACLS.
  - Parenteral nutrition.
  - Environmental factor and electrical safety
- e. Management of Acute / Chronic Pain:
  - Assessment of pain
  - Peri-operative pain,
  - Chronic pain syndrome-detection and prevention,
  - WHO regime for Cancer pain,
  - TENS, Behavioral therapy
- f. Anesthesia in remote locations
- g. Clinical care in extreme environments (At high and low pressure and space).
- h. Relevance of Sammohana (Hypnosis), Acupressure and Acupuncture in Sangyahan.
- i. Recent advances in research in Sangyahrana, Pain Management and Palliative Care. Scope and Application of principles of Ayurveda in Sangyahrana Research.

## METHODS OF TRAINING AND TEACHING FOR M.D. (Ayu) ANAESTHESIOLOGY -

Case Presentation	Once a Week
Seminar / Symposia	Once a Week
Pre Anesthesia Care / Clinic	Thrice a Week
Critical Care unit / Recovery Room	Once a Week
Classroom Lectures	Twice a Week
Morbidity / Mortality	Once a Week
Audit	Once a month
Journal Club	Once a month
Record Keeping	Once a month
Emergency Drills / Protocols	Once a Week
Interesting Cases	Once a Month

### Practical Examination

- |  |           |
|--|-----------|
| 1. Case Record(25)                               | -50 Marks |
| 2. Presentation of different types of Anesthesia | -50 Marks |
| 3. Thesis Presentation                           | -50 Marks |
| 4. Viva-Voce                                     | -50 Marks |
| Minimum pass marks                               | 50%       |

Result: - Pass/Fail

Staff required

Teaching- Professor-1  
Reader/Asso. Prof-1  
Lecturer/Assi Prof-2  
Sen.Resident-2

Non Teaching staff  
Anesthesia Technician- 1  
Anesthesia Attendent-2  
Ward boy-2  
Sweeper-2

### Reference Books

- |   |                        |
|---|------------------------|
| a. Sushruta Samhita                         | -                      |
| b. Charka samhita                           | -                      |
| c. Ashtang Hridaya                          | -                      |
| d. Practice of Anesthesia                   | - Churchill Davidson   |
| e. Miller's Anesthesia                      | - Ronald D Miller      |
| f. Synopsis of Anesthesia                   | - Alfred Lee           |
| g. Sangyahan Prakash                        | - Dr. D. N. Pande      |
| h. Agni karma-Technological Innovation      | - Dr. P.D. Gupta       |
| i. Practice of Anesthesia and Resuscitation | - Dr. P.K. Gupta et al |
| j. Essentials of Anesthesiology             | - Prof. A.K. Paul      |
| k. Clinical Anesthesia                      | - Prof. A.K. Paul      |
| l. Anu Shastra karma                        | - Dr. D.N. Pande       |
| m. Textbook of Anesthesia                   | - Aitkenhead           |

- |  |   |                   |
|--|---|-------------------|
| n. Anesthesia and co-existing disease  | - | Stoelting's       |
| o. Physiology and Pharmacology         | - | Stoelting's       |
| p. Understanding Anesthesia Equipments | - | Dorsch & Dorsch's |
| q. Clinical anesthesiology             | - | G. Edward Morgan  |

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## **18. AYURVEDA DHANWANTRI -SHALAKYA - NETRA ROGA**

**Theory Four papers of- 100 marks each  
Practical and Viva-voce - 100 marks**

### **PAPER- I Netra Rog Vangmaya**

1. Available literature of Netra roga vigyana in Brihatrayi, Laghutrayi, Yogaratnakar, Chakradutta, Bhel Samhita, Harita samhita and Kashyap samhita.
2. Critical analysis of the available literature of netra roga vigyana in the above given classics e.g. Puyalasa and Vatahata Vartma In Sushruta samhita and Vagabhat samhita.
3. Unique/ specific contribution of different classics, Acharyas and commentators in the development of Netra roga vigyana.
4. Analytical determination of subjects related to eye disorders in ancient and modern literatures.
5. Update chronological development of Netra roga vigyana right from Vedic period.
6. Update chronological development of Ophthalmology.

### **PAPER- II Ayurvediya Netra Rog Vigyan**

1. Enumeration and classification of Netra Rogas.
2. Descriptive knowledge of *etiology, pathogenesis, prodromal symptoms, clinical features, complications and prognosis* of pakshma -vartma- sandhi- - shukla- Krishna- dristi & sarvagata rogas along with exogenous eye diseases available in Ayurvedic classics. Medical and surgical Management of the above diseases with special skill development in Ashtavidha shastra & Trividha Anushastra chikitsa related to Netra roga.
3. Netra kriya kalpa procedures like seka, ashchyotana, vidalaka, pindi, tarpan, putapaka & anjana and their practical application and analysis based on ocular pharmacology. Standard operative procedures for Kriyakalpas including Aushada kalpanas.
4. Study of nayanabhighata and , its management and prevention.
5. Knowledge of preventive and community ophthalmology along with national programme for control of blindness and role of Ayurveda.
6. Ayurvedic Concept of Congenital, developmental and neoplastic diseases of netra.

### **PAPER – III Adhunik Netra Rog Vigyan**

1. Knowledge and application of current diagnostic techniques and equipments and therapeutics in Ophthalmology.
2. Detailed study of refractive errors along with defects of accommodation and their management.
3. Detailed knowledge of classification, etiology, pathogenesis, signs and symptoms, differential diagnosis, prognosis and complications of diseases of eye orbit, lacrimal apparatus, lids, conjunctiva, cornea, sclera, uveal tract, lens, vitreous, retina, optic nerve and visual pathway with comprehensive knowledge of their medical and surgical management.
4. Ocular trauma , its emergencies and management.
5. Ocular motility disorders and their medical and surgical management
6. Neurological and systemic disorders affecting the eyes and their management.

### **PAPER – IV Recent Advances in Netra Chikitsa & Ophthalmology.**

1. Update advances in the development of Ayurvedic drug formulations, therapeutic procedures and treatments of Netra roga.

2. Advanced technologies in the diagnosis of eye diseases.
3. Advanced technologies & techniques in the medical & surgical management of Netra roga.
4. Advanced management and technologies in Ophthalmology.
5. Detailed study of recent research works on chakshushya dravyas.
6. Comparative and critical study of modern advances in surgical techniques over the surgical methods described in Ayurvedic classics

### **Pattern of practical/Clinical training**

1. Posting in OPD,IPD,OT & Kriya kalp Kaksha.
2. Case presentation ,clinical discussion, Seminars & Work shops.
3. Skill development in Ashtavidha shastra karma, Trividha Anushastra Karma and Modern Ophthalmic Surgical procedures viz lid surgery, pterygium surgery, cataract surgery, squint surgery, glaucoma surgery, DCR & DCT ect.

### **Methods of Training**

- Intensive integrative training would be imparted to scholars in understanding the classical Ayurvedic aspects with an emphasis of critical comparative interpretation.
- Mandatory participation of scholars in seminars, group discussions, clinical demonstrations , journal review meetings, case study, continuing education activities and research clinical projects.
- During the first year course the emphasis would be laid to impart adequate knowledge on fundamental aspects and their applications, with a focus on latest diagnostic tools , instrumentations and laboratory procedures. Practical orientation and hospital based clinical training is an integral part of the curriculum all through.
- In the second year ,training would stress upon extending the knowledge on techniques and imparting skill for surgical performance, ophthalmic procedure based therapies, surgical/para surgical procedures **so that the scholar is able to perform ophthalmic surgical procedures like** Ashtavidha shastra karma, Trividha Anushastra Karma and Modern Ophthalmic Surgical procedures viz lid surgery, pterygium surgery, cataract surgery, squint surgery, glaucoma surgery, DCR & DCT ect **independently**.
- In the third year the scholar should concentrate on the clinical work and research work based on the dissertation.
- The participation of the scholars in all the aspects of educational process is mandatory.
- Hospital postings – The student has to work for 6 terms of resident posting is compulsory out of which first 2 postings will be as a junior resident and the next four postings will be as a senior resident.
- The student should also develop in the academic work of the department.

### **Pattern of Practical Examination**

**100 Marks**

- |   |           |
|---|-----------|
| 1. Bed side examination                                 |           |
| Short Case 2 of 10 marks each                           | -20 Marks |
| Long Case   | -20 Marks |
| 2. Identification of specimen / Instrument / Radiograph | -10 Marks |
| 3. Thesis Presentation / Viva                           | -10 Marks |
| 4. Teaching skill                                       | -10 Marks |
| 5. Viva Voce  | -30 Marks |

## Reference Books

1. Charka Samhita with commentaries
2. Sushrut Samhita and vaghbhata with commentaries
3. Astanga hridaya and Astanga sangraha with commentaries
4. Madhava nidan with commentaries
5. Bhavaprakasha with commentaries
6. Sarangadhara Samhita with commentaries
7. Sahstrayoga Sangraha
8. Relevent part of Chakradhatta, Bhel Samhita, Harita Samhita
9. Shalakya Tantra - Ramanath Dwivedi
- 10 Shalakya Tantra - R.C. Chaudhary
- 11 The Actions and uses of Indigenous Ophthalmic Drugs - N.Srikanth
- 12 Clinical Examination of Ophthalmic Cases - Agarwal and Gupta
- 13 Alder's Physiology of the Eye and Clinical Applications - Cotlier, St. Louis
- 14 Disease of the Lens and Vitrous, Glaucoma and Hypotony - Duke Elder, St. Louis
- 15 A Text Book of Ophthalmology - Ahmed E.
- 16 A Text book of clinical ophthalmology - Dhanda
- 17 Modern Ophthalmology - Dutta, L.C. Jaypee Brothers
- 18 Manual of the Diseases of the Eye - May,C. and Worth, C.
- 19 Ophthalmology – Principles and Concepts - Bailliere Tindal and Castell  
- Newell, F.W., C.V. Mosby Co., St. Louis.
- 20 Ocular Differential Diagnosis - Roy Fedrick Hamptn  
Lea and Febiger
- 21 Clinical Ophthalmology - Smith, R.Vergheese Company
- 22 Abrahm Manual of Refraction - Duke and Elder
- 23 Hand Book of ophthalmology - B.M. Chaterjee
- 24 Hand Book of ophthalmology - Khurana
- 25 Clinical ophthalmology - Kanski
- 26 Parsons Diseases of Eye
- 27 Stallard's Eye Surgery

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## **19.AYURVEDA DHANWANTRI - SHALAKYA - SHIRO- NASA-**

### **KARNA EVUM KANTHA ROGA**

#### **PAPER – I Shiro- Nasa- Karna - Kantha Roga Vigyan Maulik Siddhanta and Vangmaya**

1. Detailed study of Shalakyatantra from Bruhat trayee, Laghutrayee, Kashyap samhita, Yoga ratnakar, Chakradutta, Bhel samhita , Harita samhita and other granthas.
2. Comparative and critical study of rogas explained by various granthas.
3. Syntactical derivation, definition and importance of the word "Shalakyaa". Sequential development and history of science of ear, nose, throat and Shiras disorders. Establishment of "Superiority of shiras' among the organs. Determination and importance of the verse '**Nasa Hi Shiraso Dvaram**'. Syntactical derivation and the synonyms of the words Karna, Nasa, Kantha, Shiras etc.
4. Descriptive knowledge of the anatomy and Physiology of ear, nose, throat and Shiras as per ancient and modern science.
5. Examination of the ear, nose, kantha and shira as per Ayurveda and modern science.
6. Common etiology of ear, nose, throat and shiras disorders, their pathogenesis, prodromal symptoms, classification, clinical features and general treatment.
7. Importance of shaman and sodhana therapy in ear, nose, throat and shira disorders with general introduction to local therapeutic procedures of ear nose and throat and shira e.g. kaval, gandusha etc.
8. Detailed applied knowledge of recent advanced diagnostic and therapeutic techniques and equipments (Yantra and Shastra) used for ENT and Shira disorders.
9. General knowledge of 'vrana bandhana' (bandaging of wounds) and applied bandage in ear etc.
10. Update chronological development of ENT from Vedic period.
11. Study of essential modern drugs, anaesthetic agents of diagnostic and surgical importance.

#### **PAPER – II Ayurvediya Shiro – Nasa - Karna - Kantha Roga Vigyan**

1. Examination of the ear, nose, throat and shira patients.
2. Karna-Nasa –Kantha –and Shira rogas samkhya samprapti, descriptive knowledge of etiology, pathogenesis, prodromal symptoms, classification, clinical features, Upasaya-Anupsaya(prognostic measures) sadhyasadhyatwa and, complications of ear disorders described in the classics of Ayurved. Detail description along with practical orientation of their management.
3. Nasa rogas samkhya samprapti, descriptive knowledge, etiology, pathogenesis, prodromal symptoms, classification, clinical features, Upasaya-Anupsaya (prognostic measures), sadhyasadhyatwa and complications of nasal diseases described in the classics of Ayurved. Detail description along with practical orientation of their treatment.
4. Kantha rogas samkhyasamprapti, descriptive knowledge about etiology, pathogenesis, prodromal symptoms, classification, clinical features, Upasaya- Anupsaya (prognostic measures),sadhyasadhyatwa and complications of kantha diseases described in the classics of Ayurved. Detail description along with practical knowledge of treatment.
5. Shira and Kapala (cranial vault) disorders samkhya samprapti, descriptive knowledge, etiology, pathogenesis, prodromal symptoms, classification, clinical features, Upasaya-Anupsaya (prognostic measures) and complications of Shira and kapala diseases described in the classics of Ayurved. Detail description along with practical knowledge of treatment.

#### **PAPER – III Adhunika Shiro- Nasa- Karna - Kantha Roga vigyan**

1. Descriptive knowledge of instruments and recent equipments available for diagnosis of ear – nose – throat – head disorders along with their practical application.
2. Descriptive knowledge of etiology, pathogenesis, clinical features, differential diagnosis, classification along with complications of different ear – nose- throat and

head disorders. Detail knowledge of the treatment (including conservative and surgical) of the above mentioned disorders.

3. Imaging in ENT and Head disorders, detailed knowledge of LASERS, radiotherapy, chemotherapy and other recently advanced treatment modalities like speech therapy, cochlear implant, rehabilitation of the deaf and mute, etc. related to ear – nose – throat – and head disorders.
4. Management of emergencies in ENT and head disorders.

#### **PAPER – IV Shiro- Nasa- Karna -Kantha Roga Vigyan Shalya Chikitsa**

1. Knowledge of agropaaharniya and d trividha karma i.e pre operative, operative and post operative measures. Knowledge of eight types of surgical procedures (Astavidha Sashtra Karma) and post operative care of the patient with respect to ENT disorders (Vranitopasaniya).
2. Practical knowledge of updated surgical procedures in ear – like constructive surgery of external and middle ear, excision of pre auricular sinus, Tympanoplasty, Mastoidectomy, Stapedectomy, Endolymphatic sac surgery, Facial nerve decompression surgery, Cochlear implant, etc with their complications and their management.
3. Nose – Septo-rhinoplasty, SMR, Functional Endoscopic sinus surgery, Caldwell luc surgery, Antral puncture, Antral lavage, Turbinectomy, Polypectomy, Various surgical procedures done for malignancy of Nose and paranasal sinuses, Young's surgery, etc
4. Throat - Adenoidectomy, Tonsillectomy, Surgical procedures for pharyngeal abscesses, cauterization of pharyngeal wall granulations, tracheostomy, vocal cord surgery, surgery of vocal cord paralysis, management of laryngeal trauma, laryngectomy, etc.
5. General introduction of four treatment procedures like Bheshaj– Kshar – Agni– Shastra and Raktavsechana with their applied aspects in ear nose throat and shiro disorders . Chaturvidha upakrama in raktasandhan vidhi related to ear nose throat and head disorders. Haemostatic management in ENT.
6. Removal of foreign bodies in the ear nose throat and shira as per Ayurveda and modern science.
7. Karna-Sandhan Nasa-Sandhan, fundamental and applied aspects of Ayurveda.

#### **Methods of Training**

- Intensive integrative training would be imparted to scholars in understanding the classical Ayurvedic aspects with an emphasis of critical comparative interpretation.
- Mandatory participation of scholars in seminars, group discussions, clinical demonstrations , journal review meetings, case study, continuing education activities and research clinical projects.
- During the first year course the emphasis would be laid to impart adequate knowledge on fundamental aspects and their applications, with a focus on latest diagnostic tools , instrumentations and laboratory procedures. Practical orientation and hospital based clinical training is an integral part of the curriculum all through.
- In the second year ,training would stress upon extending the knowledge on techniques and imparting skill for surgical performance, ENT procedure based therapies, surgical/para surgical procedures **so that the scholar is able to perform ENT surgical procedures independently.**
- In the third year the scholar should concentrate on the clinical work and research work based on the dissertation.
- The participation of the scholars in all the aspects of educational process is mandatory.
- Hospital postings – The student has to work for 6 terms of resident posting is compulsory out of which first 2 postings will be as a junior resident and the next four postings will be as a senior resident.
- The student should also develop in the academic work of the department.

**Pattern of Practical Examination:**

- |   |           |
|---|-----------|
| 1. Case Record(25)                                      | -10 Marks |
| 2. Bed side examination                                 |           |
| Long Case   | -20 Marks |
| Short Case  | -10 Marks |
| 3. Identification of specimen / Instrument / Radiograph | -10 Marks |
| 4. Thesis Presentation                                  | -25 Marks |
| 5. Viva Voce  | -25 Marks |

**Reference Books**

1. Sushrut Samhita
2. Charak Samhita
3. Ashtang Hridaya
4. Ashtang Samgraha
5. Laghutrayi
6. Modern books related to ENT disorder
7. Diseases of Nose Throat and Ear - Bhargav Shah
8. Diseases of Nose Throat and Ear, Head and Neck EB Edr.
9. A Text book of otorhinolaryngology - Scott Browns editions.
10. Text book of Ear Nose Throat diseases – Dhingra
11. Text book on ENT – Mohd. Maqbool
12. Logan Turner’s book on ENT
13. Ballengers text book of ENT
14. Kumin’s text book of ENT
15. Rob Smith’s book of ENT surgery
16. Paprella’s book of ENT
17. Hazarika’s text book on ENT
18. Books on examination of ENT
19. Audiology Anirwan Biswas
20. Kurt’s Audiology
21. Books on Speech therapy

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## **20. AYURVEDA DHANWANTRI -SHALAKYA - DANTA EVUM MUKHA ROGA**

### **PAPER – I Danta evum Mukha Roga – Ayurveda Siddhanta and Vangmaya Marks 100**

1. Etymology, definition and importance of the word 'Shalakyā', History and development of the science of oral and dental diseases. Etymology and synonyms of the word 'Mukha' and 'Danta'. Ancient and recent knowledge of anatomy of oral cavity and teeth along with the knowledge of salivary glands.
2. Detailed study of Oral cavity and gustatory physiology.
3. Oral hygiene, Social aspect of oral hygiene, preventive measures in oral cavity diseases, general etiology, pathogenesis, prodromal symptoms, clinical features and general management of oral cavity diseases.
4. Agropaharaniya, knowledge of purva, pradhan and pashchat karma. Study of Ashta Vidha Shastra Karmas in relation to Danta and Mukha Roga.
5. Applied and detailed study of therapeutic measures for oral and dental disorders, like Kavala, Gandusha, Dhumapana, Nasya, Murdhtaila Mukhalepa and Pratisarana and their definition, types, indications, contraindications, procedure, features of proper, excess, deficient application and their management.
6. Importance of shodhan and shaman treatment in oral and dental diseases and knowledge of common recipes useful in oral and dental diseases.
7. General introduction of four types of treatment (Bheshja, Shastra, Kshara, Agni). Detail description of Anushastra karma; their practical knowledge in oral and dental diseases.
8. Analytical determination of related subjects of danta-mukha disorders available in ancient and modern commentaries of different Samhita.

### **PAPER – II Ayurvediya Danta evum Mukha Rog Vijnana Marks 100**

1. Examination of oral cavity, periodontia and teeth. Teeth eruption and its systemic disturbances in a child, Classification, Number of teeth along with detail knowledge of abnormal tooth eruption. Dental disorders in paediatric age group, their prevention and treatment.
2. Danta gata rogas - Dental diseases detailed in the classics of Ayurved; their etiology, pathogenesis, prodromal symptoms, clinical features, complication and applied approach in the treatment of dental diseases.
3. Detailed study of etiology, pathogenesis, prodromal-symptoms, clinical features, complications and prognosis of diseases of the Danta-Mula Gata Roga (**gum-periodontia**) as detailed in the classics of Ayurved. Practical approach/orientation in Treatment of the periodontal diseases.
4. Oshtha (lip), Jihva (tongue) and Talu (palate) Rogas, detailed study of etiology, pathogenesis, prodromal - symptoms, clinical features, complications and, prognosis. Detailed description of their treatment along with practical orientation.
5. Sarvasara Mukharogas (Generalized oral diseases) available in ayurvedic classics. Detailed study of etiology, pathogenesis, prodromal-symptoms, clinical features, complications, prognosis and management of mukha rogas along with practical orientation.
6. Knowledge of Dantabhighata (dental trauma) and Mukhabhighata (oral injury) along with diagnostic and referral skills.

### **PAPER – III Adhunik Danta evum Mukha Rog Vijnana Marks : 100**

1. Detail study of etiology, pathogenesis, clinical features, classification and complication of various oral and dental diseases available in literature of Modern sciences. Detail study of their recent available medical therapeutics.
2. Detail description of diagnostic technology in the diagnosis of oral and dental disease.
3. Study of essential modern drugs, anaesthetic agents of diagnostic and surgical importance.

4. Descriptive Knowledge of up-to-date available modern instruments and their application for examination, diagnosis and management of oral, periodontal and dental diseases.
5. Up-to-date knowledge of applied and available surgical procedures indicated in various dental diseases like tooth extraction, RCT, Dental filling, filling materials, tooth fixation and tooth implants etc.
6. Systemic Effects of oral, periodontal and dental diseases.

**PAPER – IV Danta evum Mukha Rog Vijnana & Dentistry**

**Marks - 100**

1. Jaalandhara Bandha, its importance and application in Tooth extraction without anaesthesia.
2. Vishishta Upadanta parikalpana (Dental Material and Prosthesis).
3. Recent Research studies and advanced clinical applications of Kriya Kalpas in Danta and Mukha Rogas.
4. Detailed study of recent available medical therapeutics and Research studies in Dental and oral cavity disorders.
5. Advanced diagnostic technology in Dentistry and oral pathology.
6. Benign and malignant tumors of Oral Cavity, their management and role of Ayurveda in Such conditions.
7. Useful conducts for treatment of oral and dental diseases with study of related medico-legal aspects.

**Methods of Training**

- Intensive integrative training would be imparted to scholars in understanding the classical Ayurvedic aspects with an emphasis of critical comparative interpretation.
- Mandatory participation of scholars in seminars, group discussions, clinical demonstrations, journal review meetings, case study, continuing education activities and research clinical projects.
- During the first year course the emphasis would be laid to impart adequate knowledge on fundamental aspects and their applications, with a focus on latest diagnostic tools , instrumentations and laboratory procedures. Practical orientation and hospital based clinical training is an integral part of the curriculum all through.
- In the second year, training would stress upon extending the knowledge on techniques and imparting skill for surgical performance, Dental procedure based therapies, surgical / para surgical procedures **so that the scholar is able to perform Dental surgical procedures independently.**
- In the third year the scholar should concentrate on the clinical work and research work based on the dissertation.
- The participation of the scholars in all the aspects of educational process is mandatory.
- Hospital postings – The student has to work for 6 terms of resident posting is compulsory out of which first 2 postings will be as a junior resident and the next four postings will be as a senior resident.
- The student should also develop in the academic work of the department.

**Pattern of Practical Examination:**

- |   |           |
|---|-----------|
| 1. Bed side examination                                 |           |
| Short Case 2 of 10 marks each                           | -20 Marks |
| Long Case   | -20 Marks |
| 2. Identification of specimen / Instrument / Radiograph | -10 Marks |
| 3. Thesis Presentation / Viva                           | -10 Marks |
| 4. Teaching skill                                       | -10 Marks |
| 5. Viva Voce  | -30 Marks |

## Reference Books

1. Sushrut Samhita
  2. Useful Portion of Charak Samhita-Ashtang Samgraha
  3. Useful portion of Laghutrayi related to Danta and Mukha Roga
  4. Shalaky Vijnanam
  5. Nimi Tantra
  4. Dental Anatomy Histology
  5. Essentials of Preventive and Community Dentistry
  6. Complete Denture Prosthodontics
  7. Orthodontics the Art and Science
  8. Text book of Pediatric Dentistry
  9. Text book of Oral and Maxillofacial surgery
  10. Clinical Periodontology
  11. Anatomy for Dental Students
  12. Clinical Periodontology
  13. Operative Dentistry
  14. Oral and maxilofacial surgery secrets
  15. Killey and Kay's Outline of Oral Surgery
  16. Clinical Dentistry
  17. Synopsis of Oral Pathology
  18. Oral Pathology
- Dalhana
  - Ashtang Hridaya
  - Ravindra Chandra Chaudhary
  - Ramanath Dwivedi
  - Dr. S.I. Bhalajhi
  - Dr. Soben Peter
  - Dr. J.J. Manappallil
  - Dr. S.I. Bhalajhi
  - Dr. S.G. Damle
  - Dr. Vinod Kapoor
  - Dr. B.R.R. Varma
  - Inderveer Singh
  - Carranza , Newman
  - M A Marzouk
  - A.Omar Abubaker
  - Girdon R Seward
  - Ivor G. Chestnut , John Gibson
  - S N Bhaskar
  - Stone

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## **21. PANCHKARMA**

### **PAPER-I Purva Karma-Snehana and Svedana**

1. Panchkarma in Ashtanga Ayurved and Significance of Shodhana
2. Ama and Shodhana, benefits of Shodhana, Samikshya Bhavas in Shodhana,
3. Importance of Pachana prior to Snehana, methods, drugs, duration and dose for Pachana, samyak Lakshana of Pachana

#### **Snehana**

1. Etymology and definition of Sneha and Snehana
2. General considerations about Snehana
3. Classifications of Sneha, Sneha-Yoni, detailed knowledge of four types main Sneha- Ghrita, Taila, Vasa and Majja with their characteristics, importance and utility, various aspects of Uttama Sneha
4. Properties of Snehana Dravya and their interpretation
5. Effects of Snehana
6. Sneha Kalpana, various types of Sneha Paka with their utility
7. Indications and contraindications of Snehana
8. Classification of Snehana: Bahya and Abhyantara Snehana
9. Bahya Snehana and Bahir-Parimarjana, utility and importance of Bahya Snehana
10. Classification of Bahya Snehana  
Methods, indications, contraindications, specific utility of the followings Abhyanga, Mardana, unmardana, Padaghta, Samvahana, Udvartana/Utsadana, Udgharshana, Avagaha, Pariseka, Lepa, Pralepa, updeha, Gandusha, Kavala; Karana and Nasa Purna, Akshi Tarpana; Murdhni Taila: Shiro-abhyanga, Shirodhara, Siro Pichu and Siro Basti, Shiro Lepa (Talapotichil), Talam and Takradhara, etc.
11. Knowledge of digestion and metabolism of fat
12. Karmukata of Abhyantara and Bahya Snehana
13. Knowledge of different western massage techniques
14. Abhyantara Snehana: Brimhnartha, Shamanartha and Shodhanartha, definition, method and utility of Brimhanartha and shamanrtha Snehana; difference between Shamanartha and Shodhanartha Snehana
15. Methods of Abhyantar Snehana
16. Shodhanartha Snehana: Acchapana and Vicharana, Utility and various methods of Sadyasnehana, Avapidaka Sneha
17. Matra of Sneha : Hrasiyasi, Hrasva, Madhyama and Uttma Matra with their indications, specific utility of Ghrita, taila, Vasa and majja; Anupana of Sneha
18. Need and method of Rukshana before performing Snehana in specific conditions and Samyak Rukshana Lakshana
19. Shodhannga Snehana Vidhi and methods of fixation of dose
20. Diet and Pathya during Snehana
21. Observation of sneha Jiryamana, Jirna and Ajirna Lkashana
22. Samyak, Asnigdha and Ati Yoga Lakshana of Snehana
23. Snehs vyapta and their management
24. Pariharya vishaya and Parihara Kala

#### **Svedana**

1. Etymology and definition of Svedana
2. General considerations about Svedana
3. Properties of Svedan and Svedopaga Dravya
4. Indications and contraindications of Svedana
5. Various Classifications of Sveda and Svedna
6. Detailed knowledge of four types of Sveda of Sushruta with their utility;

7. Hina, Mridu, Madhya and Mhana Sveda; Ekanga and Sarvanga sveda with their utility
8. Utility and method of each of 13 types of Sagni and 10 types of Niragni Sveda
9. Shodhannga and Samshamaniya Sveda
10. Methods to protect the vital organs (varjya anga) during Svedan Procedure
11. Detailed Knowledge about Utility of below mentioned Svedan procedures:- Patrapinda Sveda, Shashtika Shalipinda Sveda, Churna Pinda Sveda, Jambira Pinda Sveda, Dhanya Pinda Sveda, Kukkutanda Sveda, Anna Iepa, Valuka Sveda, Ishtika Sveda, Nadi Sveda, Bashpa Sveda, Kshira bashpa Sveda, Avagaha Sveda, Parisheka Sveda, Pizichil, Dhanyamla Dhara, Kashaya Dhara, Kshira Dhara and Upanaha Sveda.
12. Avasthanusari Svedana in various disorders
13. Samyak, Ayoga and Atiyoga Lakshana, Sveda Vyapat and their management
14. Diet and regimens during and after Svedana
15. Karmukata of Svedana
16. Current sudation modalities like Sauna bath, Steam Bath, Infrared, etc.
17. Svedana with Kati Basti, Janu Basti and Griva Basti
18. Study of Snehana and Svedana related portions in classics with commentaries

## **PAPER – II Vamana and Virechana Karma**

### **Vamana Karma**

1. Etimology, definition and general considerations of vamana
2. Properties of Vamaka and Vamanopaga drugs
3. Knowledge and utility of important Vamaka drugs and their preparations (Vamana Yoga)
4. Avasthanusara Vamana and its utility.
5. Indications of Vamana
6. Contraindications of Vamana with reasons
7. Pachana prior to Snehana
8. Detailed knowledge and method of preparation of patient with Snehana
9. Abhyanga and Svedana as Purvakarma of Vamana
10. Diet and management of gap day
11. Need of increasing of Kapha for proper Vamana, Kapha increasing diet
12. Management of Patients on the morning of Vamana
13. Administration of food articles prior to Vamana
14. Drug, time, Anupana, Sahapana, dose and method of administration of Vamana and Vamanopaga preparations
15. Method of Vamana Karma, waiting period for automatic Vamana Vega and manipulation in its absence
16. Observations prior to beginning of Vamana such as sweat on forehead, horripilation, fullness of stomach and nausea
17. Observation and assistance of the patient during Vamana
18. Vega and Upavega of Vamaana and its counting, observations and preservation of vomitus matter and its weighing
19. Samyak, Ayoga and Atiyoga of Vamana
20. Laingiki, Vaigiki, Manaki and Antiki Shuddhi,
21. Hina, Madhya and Pravara Shddhi and Samsajana Krama accordingly
22. Detail knowledge of methods of Samsarjana Krama and its importance
23. Kavala and Dhumapana after vamana
24. Management of Ayoga, Atiyog and Vyapat of Vamana with Ayurveda and modern drugs
25. Parihara Vishaya and Kala for Vamana

## 26. Vamana Karmukata with Pharmaco-dynamics of Vamana

### **Virechana Karma**

1. Etymology, definition and general considerations of Virechana
2. Importance of Vamana and Virechana as shodhana, Virechana better than Vamana
3. Necessity of Vamana prior to Virechana
4. Preparation of patients for Virechana after Vamana
5. Preparation of patients directly for Virechana
6. Properties of main Virechaka and Virechanopaga drugs, Classifications of Virechana drugs with definition, example and utility of each type
7. Indications of Vamana Karma
8. Contraindications of Virechana with reasons
9. Utility of Virechana for the specific conditions and stages of the disease
10. Internal Snehana for Virechana with diet
11. Management of 3 gap day with diet and importance of low Kapha for proper Virechana
12. Abhyanga and Svedhana as Purvakarma of Virechana
13. Management of Patients on the morning of Virechana
14. Virechana should be performed in empty stomach
15. Drug, dose, time, Anupana, sahapana and method of administration of Virechana and Virechanopaga preparations
16. Method of performing of Virechana Karma
17. Observations during Virechana, Vega and Upavega of Virechana and its counting, observations and preservation of feces and its weighing
18. Samyak, Ayoga and Atiyoga of Virechana
19. Laingiki, Vaigiki, Manaki and Antiki Shuddhi of Virechana
20. Hina, Madhya and Pravara Shddhi and Samsajana Krama accordingly
21. Detail knowledge of methods of Samsarjana Krama and its importance, and Tarpana krama and its importance
22. Management of Ayoga, Atiyog and Vyapat of Virechana with Ayurveda and modern drugs
23. Parihara Vishaya and Kala for Virechana
24. Virechana a Karmukata with Pharmaco-dynamics of Virechana
25. Applied anatomy and physiology of Gastrointestinal system related with Vamana and Virechana
26. Study of Vamana and Virechana related portions in classics with commentaries
27. Recent advances of researches on the effect of Vamana and Virechana
28. Scope of research for Vamana and Virechana.
29. Role of Vamana and virechana in promotion of health prevention and treatment of diseases

## **PAPER – III Basti Karma and Nasya Karma**

### **Basti Karma**

1. Etymology, definition and general considerations of Basti
2. Importance of Basti in Kayachikitsa and other branches of Ayurveda
3. Classifications of Basti
4. Drugs useful in Basti
5. Indications of Basti, its role at the various stages of diseases
6. Contraindications of Basti with reasons
7. Description of Basti yantras, Basti netra and Basti putaka and their Doshas. Modified Basti Yantra, their merits and demerits

## 8. Dose schedules of Niruha and Anuvasana basti

### **Niruha basti**

Etymology, synonyms, definition and classifications and subclassifications of Niruha Basti and detailed knowledge of each type of Niruha Basti along with indications and contraindications and benefits

Contents of various types of Niruha Basti, their proportions, methods of mixing basti Dravya,

Relation of Virechana, Shodhana, Anuvasana Basti with Niruha Basti

Purvakarma for Niruha Basti; Pathya before, during and after Niruha Basti; all the aspects of administration of various Niruha Basti

Observations during and after Niruha Basti

Basti Pratyagamana,

Samyakyoga, Ayoga and Atiyoga Lakshana and Various Vyapat of Niruha Basti and their management according to Ayurved and Modern Systems of Medicines

Management during and after Niruha Basti

Pariharya vishaya and pariharakala,

### **Anuvasana basti**

Etymology, synonyms, definition and classifications of Anuvasana Basti and detailed knowledge of each type of Anuvasana Basti along with indications and contraindications and benefits

Various types of Ghrita and Taila useful in Anuvasana Basti; Anuvasana Basti with Vasa and Majja along with their merits and demerits

Relation of Virechana, Shodhana, Niruha Basti, Snehana with Anuvasana Basti

Purvakarma for Anuvasana Basti; Pathya before, during and after Anuvasana Basti; all the aspects of administration of Anuvasana Basti including Kala

Observations during and after Anuvasana Basti

Anuvasana Basti Pratyagamana,

Samyakyoga, Ayoga and Atiyoga Lakshana and Various Vyapat of Anuvasana Basti and their management.

Management during and after Anuvasana Basti

Pariharya vishaya, Pathya and pariharakala for Anuvasana

Various combined basti schedules such as Karma, Kala, yoga Basti etc.

Detailed knowledge of Matra Basti

Detailed Knowledge of different basti formulations like Piccha Basti, Kshira Basti, Yapana Bastis, Madhutailika Basti, Erandamuladi Niruha Basti, Panchaprasrutika Basti, Kshara Basti, Vaitarana Basti, Krimighna Basti, Lekhana Basti, Vrishya Basti, Manjishtadi Niruha Basti, Dashamula Basti, Ardhamatrika Basti, Sarva roghara Niruha Basti, Brimhana Basti, Vataghna Basti, Pittaghna Basti and Kaphaghna Basti etc, and their practical utility.

### **Uttara basti**

1. Definition and Classification of Uttara Basti, its Netra and Putaka. Dose of Uttara Basti Sneha and Kashaya Basti. Different Uttara Basti Kalpanas in various diseases.
2. Detailed knowledge of Purvakarma and Administration of Uttara Basti in male and female, precautions, aseptic measures, complications and their management  
Karmukata of Basti. Applied anatomy and physiology of colon, Pharmaco-dynamics of Basti.
3. Concept of 'Gut Brain' and its relevance to Basti Therapy.
4. Study of relevant portions of Basti in classics with commentaries.

### **Nasya Karma**

1. Etymology, synonyms, importance and definition of Nasya
2. Nasya drugs according to various Samhita

3. Classifications and sub-classifications of Nasya with detailed knowledge of each type
4. Indications and contraindications of each type of Nasya with reasons
5. Drugs useful for Nasya with Dose and methods of preparations and their doses
6. Nasya Kala and Pathya before, during and after Nasya; Duration of different Nasyas
7. Purvakarma of each types of Nasya
8. Detailed knowledge of administration of each type of Nasya with management during and after Nasya.
9. Detailed knowledge of common Nasya formulations such as Shadabindu Taila, Anu taila, Kshirabala Taila, Karpasastyadi Taila, Bramhi Ghrita.
10. Samyak yoga, Ayoga and Atiyoga of each types of Nasya, its Vyapat and their management
11. Pashchata Karma; Role of Dhumapana, Kavala after Nasya,
12. Diet and Pathya before, during and after Nasya Karma
13. Pariharya vishaya, Parihara Kala,
14. Nasya Karmukata, Applied anatomy and physiology related to Nasa hi Sirso Dvaram, blood and nerve supply to nose, Shringataka marma, olfactory nerve and centers, aroma therapy, trans nasal administration of drug, recent advances in nasal drug delivery
15. Study of relevant portion in classics with commentaries

#### **PAPER – IV Raktamokshana, Physiotherapy and Diseasewise Panchakarma**

##### **A. Raktamokshana-33 Marks**

1. Definition, importance, classifications and detailed knowledge of each type of Raktamokshana with their methods of performance
2. General principles, indications, contraindications of Raktamokshana
3. Detailed knowledge of Jalaukavacharana: Indications and contraindications of Jalaukavacharana, various tyoes of Jalauka with their beneficial and harmful effects.
4. Purvakarma and method of Jalaukavacharana, observations and Pathya before, during and after Jalaukavacharana
5. Management during and after Jalaukavacharana
6. Symptoms of Samyak, Ayoga and Atiyoga and Vyapat of of Raktamokshana and their management with Ayurveda and Modern medicines.
7. Pariharya vishaya and Parihara kala
8. Karmukata of different types of Raktamokshana

##### **B. Clinical Physical Medicine-33 Marks**

1. Definitions and terminology
2. Biomechanics of human movements; Physiology of exercise
3. Treatment modalities used in Physical Medicine- general properties and detailed clinical use of each
  - a. Heat – general physiological properties and mode of action as a treatment agent, Forms of heat therapy – superficial and deep heating. General knowledge of Infrared, Paraffin Wax bath, short wave diathermy, electro magnetic therapy, ultra sound therapy, convection heating devices,
  - b. Cold as a therapeutic agent
  - c. Prescription of physical modalities and their applications in medicine.
4. Clinical use of massage, manipulation, stretching
5. Principles of occupational therapy, training in activities of daily living for rehabilitation, self-help devices (walking aids, wheelchairs, tricycles & modified vehicles), instrumental activities of daily living,
6. Physiotherapy exercises for Paralytical disorders, cervical spondylosis, frozen shoulder and slip disc.

### C. Disease-wise Panchakarma-34 Marks

Role of Panchakarma in Different Stages of the following Diseases:

Jvara, Raktapitta, Madhumeha, Kushtha, Shvitra, Unmada, Apasmara, Shotha, Plihodara, Yakridaluodara, jalodara,, Arsha, Grahani, Kasa,Tamaka Shwasa, Vatarakta, Vatavyadhi, Amlapitta, Parinama Shula, Ardhavabhedaka, Ananta Vata,, Amavata, Sheetapitta, Shleepada, Mutrakruchchra, Mutrashmari, Mutraghata, Hrudroga, Pinasa, Drushtimandya, Pandu, Kamala, Sthaulya, Krimi, Madatyaya, Moorchcha, Padadari, Mukhadushika, Khalitya, Palitya,

Use of Various panchakarma Procedures in the following disorders -

Migraine, Parkinson's Disease, trigeminal neuralgia, Bell's palsy, cerebral palsy, Muscular dystrophy, hemiplegia, paraplegia, Lumbar Disc disorders, Spondylolisthesis, Ankylosing spondylosis, Carpel Tunnel Syndrome, Calcaneal Spur, Plantar fasciitis, GB syndrome, Alzhiemer's disease, Irritable Bowel Syndrome, ulcerative colitis, psoriasis, hypothyroidism, hyperthyroidism, hypertension, allergic rhinitis, , Eczema, diabetes mellitus, Chronic obstructive pulmonary Disease, Insomnia, Rheumatoid Arthritis, Gout, Osteoarthritis,multiple sclerosis, SLE, male & female infertility, cirrhosis of liver, Jaundice, General Anxiety Disorders,

### Referance Books:

- |    |   |   |
|----|---|---|
| 1  | Charak Samhita with commentary of Ayurved<br>Dipika by Chakrapanidatta and Jalpakalpa<br>taruby Gangadhara  | Agnivesha   |
| 2  | Sushrutha Samhita with the Nibhandha<br>Samgraha commentary of Dalhana and<br>Nyayachandrika panjika of Gayadasa on<br>nidansthana  | Sushrutha   |
| 3  | Ashtang Hridaya with Sarvanga sundara and<br>Ayurved rasayana commentaries<br>Ashtanga Sangraha with Shashilekha<br>commentery<br>Bhela Samhita<br>Kashyapa Samhita<br>Bhavaprakasha of Bhavamishra<br>Sharangadhara Samhita<br>Vangasen<br>Gadanigraha | Vagbhata<br>Vagbhata                              |
| 4  | Ayurvediya Panchkarma chikitsa  | Dr Mukundilal Dwivedi                             |
| 5  | Panchkarma Vigyan   | Dr Haridas Shreedhar Kasture                      |
| 6  | Illustrated Panchkarma  | Dr.G Srinivasa Acharya                            |
| 7  | Ayurveda-Principles and Practice of<br>Panchakarma  | Dr. Mandip and Dr Gurdip Singh                    |
| 8  | The Panchkarma Treatment of Ayurved with<br>Kerala Specialities   | Dr. T.L. Devaraj                                  |
| 9  | Panchkarma Therapy  | Dr. R.H. Singh                                    |
| 10 | Principles and practice of vasti  | Dr. Vasudevan Nampoothiri and Dr.<br>L. Mahadevan |
| 11 | Claiton's Physiotherapy   |   |
| 12 | Teddy's Physiotherapy   |   |
| 13 | Harrison's Principles of Inernal Medicines  |   |
| 14 | Guyton's Physiology   |   |

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## 22.Chhaya Avum Vikiran Vigyan

### **Paper-1 Fundamentals of Chhaya Avum Vikiran Vigyan (Radio-diagnosis & Imaging)**

#### **Part-A**

Detail knowledge of principles of Ayurveda and their applied aspects, specially Panch Mahabhuta, Dosh, Dhatu, Mala, Panch Nidan, Prakriti, Shatkriyakaal, Praman, Chhya-Pratichchhaya , Prabha, , Rogi pariksha (Trividha, Shatvidha especially Darshan pariksha),their relevance with Chhaya avum Vikiran Vigyan.

-Study of Ayurvedic classics and modern Medical Science texts related to Chhaya avum vikiran vigyan

- Chhaya avum Vikiran vigyan as a means of Darshan priksha.

#### **Part-B**

- Infrastructure of an ideal Chhaya avum vikiran unit.
- Fundamental principles of Chhaya avum vikiran vigyan
- Detail knowledge of equipments (yantra) used in Chhaya avum Vikiran Vigyan.
- Dark room techniques
- Ionizing and non ionizing energies related to Chhaya avum Vikiran Vigyan - relevant hazards, prevention and precautions, their management by Ayurvedic and modern measurements.
- Trividh Karma –Poorva ,Pradhan avum Pashchat Karma in Chhaya avum Vikiran Vigyan
- Occupational physical disorders of consultants related to Radio-diagnosis and imaging.

### **Paper-2 Applied Anatomy, Physio-pathology and Procedures in Chhaya avum Vikiran Vigyan (Radio-diagnosis & Imaging)**

#### **Part-A**

#### **Applied Anatomy, Physiology & Pathology in Chhaya avum vikiran Vigyan (Radio-diagnosis & Imaging)**

Detail knowledge of Ayurvedic and Modern applied radiological Anatomy (including sectional), Physiology and Pathology of the human body;

1. Sira(Vessels), Gaurya Sira, (Lymphatic channels), Mansa (Muscles), Snayu (Ligaments), Kandara (Tendons), Sandhi(Joints), Nadi(Nerve), Asthi(Bones), Strotas,Marma, Antahsraivi granthi (Endocrine glands) etc.
2. Urdhwajatrugata(Supraclavicular) parts-Kapaal(Skull),Karna(Ears),Chakshu( Eyes), Nasa(Nose), Paranasal sinuses, Lalagranthi( Salivary glands), Face, Greeva(Neck), Sushumna( Spinal cord) and Kaseruka (vertebrae), Mukha(Mouth), Danta(Teeth), Mastulunga(Brain), Lasika granthi( Lymph glands) etc.
3. Koshtha (Trunk) parts-Sushumna( Spinal cord) and Kaseruka( vertebrae).
  - a. Vaksha(Thoracic)parts-Phupphus(Lungs),Hridaya(Heart)&Sira(Vessels), Shwashnalika (Trachea, Bronchi), Annamarg (Esophagus), Lymph nodes, Kooch (Breast), Hridayabandhan ( Diaphragm )etc.
  - b. Udar(Abdominal)parts- Audaryyakalaa (Peritoneum) Aamashaya(Stomach) , Kshudrant (Smallintestine), Vrihadantra (Large intestine), Guda(Rectum and Anal canal), Aantrapuchchha (Appendix) , Yakrit(Liver), Tilam(Gall bladder), Billiary channels, Pleeaha(Spleen), Agnyashaya(Pancreas), Vrikka (Kidney),Gavini(ureter), Basti(urinarybladder), Shishna(penis),Paurushgranthi (prostate) ,Vrishan(testes),Shukrashaya (seminalvesicles),Dimbashaya(ovaries), Perineum Garbhashaya(uterus), Yoni, Dimbvahini( fallopian tubes), Lasika granthi (lymph nodes) etc.
4. Shakha-parts of upper and lower extremities.

## **Part –B Procedures in Chhaya avum Vikiran Vigyan (Radio-diagnosis & Imaging)**

- Various routine and special, non-contrast and contrast radiography, Digital radiography, Radiographic positions and views.
- Various Ultra Sonographic procedures -Various diagnostic and therapeutic Ultrasonography [routine,,joint study, various Endo-USG, Obstetrics -Garbha vinishchaya (confirmation of pregnancy) , Masanumas Garbh vridhhi (fetal development), Garbha swastha (fetal well being) and Vyadhi (fetal diseases) ,Vikrita garbha (congenital anomalies ) . Aparā (Placenta ) , Nabhinadi darshan (umbilical cord ),Garbhapatta (abortion ) Aparā / Garbhaavayav Apaatan (Retained conceptual products), Gynaecology –Yonivyapat (gynaecological disorders), Bandhyatva (infertility) , Garbhashayabhransha (uterine prolapse)etc. Dopplers USG guided techniques and other advances.
- CT, MRI, Radionuclide scanning, PET and other recent advanced procedures in Radio-diagnosis & Imaging.  
Mammography  
Bone Densitometry  
Interventional radiology

## **Paper 3 *Physics and Biology related to Chhaya avum Vikiran Vigyan( Radio diagnosis & Imaging)***

### **Part-A**

- Physics of radiography, Digital radiography, Fluoroscopy, their application.
- Physics of ultrasonography, its applied aspect related to various U.S.G, Doppler procedures.
- Study of contrast materials used in Radio-diagnosis and imaging.

### **Part-B**

- Physics of CT scan, its applied aspect, efficiency and limitations.
- Physics of MRI, its applied aspect, efficiency and limitations.
- Physics and its applied aspect related to other imaging procedures e.g. PET, Radio-Nuclides imaging etc.
- Biology related to Chhaya avum Vikiran Vigyan

## **Paper-4<sup>th</sup> *Applied Chhaya avum Vikiran Vigyan (Radio-diagnosis & Imaging)***

### **Part-A**

Applied aspects of radiographic interpretation and reporting of various diseases related to systems, organs (as mentioned in paper-2<sup>nd</sup>, part-A ) and metabolism.

### **Part-B**

- Applied aspects of Ultrasonography, interpretation and reporting of various diseases related to system, organ (as mentioned in paper-2<sup>nd</sup>, part-A,) and metabolism, routine joint study, various Endo-USG. , Obstetrics -Garbha vinishchaya (confirmation of pregnancy) , Masanumas Garbh vridhhi (fetal development), Garbha swastha (fetal well being,bio-physical profile) and Vyadhi (fetal diseases) ,Vikrita garbha (congenital anomalies,2<sup>nd</sup> level obstretic USG ) . Aparā (Placenta ) , Nabhinadi darshan (umbilical cord ),Garbhapatta (abortion ) Aparā / Garbhaavayav Apaatan (Retained conceptual products), Gynaecology –Yonivyapat (gynaecological disorders), Bandhyatva (infertility) , Garbhashayabhransha (uterine prolapse)etc. Dopplers, USG guided techniques and other advances..
- Applied aspect , interpretation and reporting of CT scan, MRI scan and other advanced Radiological techniques.

- Application of Chhaya avum vikiran vigyan in context to Ayurvedic fundamentals, diagnosis, management and research.

**Reference Books;**

Shusruta Samhita	Relevant part
Charak Samhita	- do-
Astang Hridaya/Sangrah	- do-
Text Book of Radiographic Positioning and Related Anatomy	- By Kenneth L Bontrager, John P Lampignano
Radiographic interpretation to general practitioner	-W.H.O.
Procedures in diagnostic Radiology	- By T. Doyle, W. have, K. Thomson.
Radiographic positioning	- By Clark
Radiobiology for the Radiologist	- By Hall.Christensen's
Physics of Diagnostic Radiology	- By Curry T S , Dowdey J E , Murry R C
Farr's Physics for Medical Imaging	- By Penelope Allisy-Roberts , jerry Williams
Fundamental of Diagnostic Radiology	- By Brant.
Diagnostic Imaging	- By Federle
Diagnostic Imaging	- By Peter Armstrong , Martin Wastie , Ansrea Rockall
Gastrointestinal radiology	- R.L. Eisenberg
Uro-radiology	- T.Sherwood, A.J.Davidson, .B.Talner
Grainger and Allison's Diagnostic Radiology	-Text book of medical imaging
Text Book in Radiology and Imaging	- By D. Sutton.
Introduction to Vascular Ultrasonography	- By Zwiebel , Pellerito
Text book in Ultrasonography	- By Roumack
Manual of Medical Diagnostic Ultrasonography	- By W.H.O. Scientific group.
Computed Tomography & MRI of the whole body	- By Hagga.
Surface and Radiological Anatomy	- By A. Halim
X-Ray equipment for student Radiographers	- By DN and MO Chesney
Clinical Sonography , A Practical Guige	- By Roger C. Sanders ,
Tom Winter	
Ultrasonography in obstretics and gynaecology	-Callen
<b>Standard Journals</b> like Indian Journal of Radiology, Radiology,Radiological clinics of north America,British Journal of Radiology etc.	
<b>Audio-visual aids</b>	-CDs & DVDs

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