

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 Itihas 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

- 100 Marks

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

Reference Books

1. Charak Samhita with Chakrapani commentary.
2. Sushruta Samhita with Dalhana Commentary.
3. Ashtanga Samgraha with Sarvangsundara.
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

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

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, Garbhavridhdikar 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 Avedhya Sira (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 Bahih Granthi Vigyaniya)

100 Marks

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

PG Final Year Syllabus-3

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 |

THEORY - 400 MARKS
PRACTICAL & VIVA - 100 MARKS

PAPER I- SHALAKYA - NETRA ROGA

THEORY - 100 MARKS (3 HOURS)

Part A - 50 marks

1. Nidanapanchaka and samanya chikitsa of netrarogas.
2. Descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, complications, differential diagnosis, prognosis and management of Sandhigata, Vartmagata and Pakshmagatarogas with their comparative knowledge of modern science.
3. Descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, complications, differential diagnosis, prognosis and management of Shuklagata and Krishnagatarogas with their comparative knowledge of modern science.
4. Descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, complications, differential diagnosis, prognosis and management of Drishtigata and Sarvagatarogas with their comparative knowledge of modern science.
5. Descriptive knowledge of Ashtavidhashastrakarma (eight types of surgical procedures) and Chaturvidhachikitsa (Bheshaja, Shashtra, Kshara and Agni) and post operative care of the patient with respect to Netrarogas.
6. Diseases of eyelids and lacrimal apparatus and their Modern and Ayurvedic Management.
7. Disorders of conjunctiva, cornea and sclera and their Modern and Ayurvedic Management.

PART B - 50 marks

8. Disorders of uveal tract and lens and their Modern and Ayurvedic Management.
9. Disorders of vitreous, retina, optic nerve, visual pathway and visual cortex and their Modern and Ayurvedic Management.
10. Benign and malignant tumours of the eye and their Ayurvedic Management.
11. Study of Nayanabhighata with prevention and management.
12. Concept of congenital, developmental disorders of eye and prevention and management through Ayurveda and modern science.
13. Ocular motility disorders and their management as per Ayurvedic and modern science.
14. Neurological and systemic disorders affecting Eyes and their Modern and Ayurvedic Management.



Paper II

THEORY – 100 MARKS (03 HOURS)

PART A – 50 MARKS

1. Nidanapanchaka and samanya chikitsa of shiro-nasa-karna and kantharogas.
2. Descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, complications, differential diagnosis, prognosis and management of Shiro and kapalgatha rogas with their comparative knowledge of modern science.
3. Descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, complications, differential diagnosis, prognosis and management of Nasarogas with their comparative knowledge of modern science.
4. Descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, complications, differential diagnosis, prognosis and management of Karna rogas with their comparative knowledge of modern science.
5. Descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, complications, differential diagnosis, prognosis and management of Kantharogas with their comparative knowledge of modern science.

PART B – 50 marks

6. Descriptive knowledge of Ashtavidhashastrakarma (eight types of surgical procedures) and Chaturvidha chikitsa (Bheshaja, Shasthra, kshara and Agni) and post-operative care of the patient with respect to ENT disorders.
7. Study of various types of Headache and their Modern and Ayurvedic Management.
8. Diseases of the Nose and paranasal sinuses and their Modern and Ayurvedic Management.
9. Diseases of the Ear and their Modern and Ayurvedic Management.
10. Diseases of the Throat and Larynx and their Modern and Ayurvedic Management.



Paper III – SHALAKYA –MUKHA DANTA ROGA

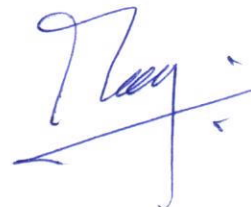
**THEORY - 100 marks
(Part A- 50 and Part B-50)**

PART A

1. Nidanapanchaka and samanyachikitsa of Mukha-Dantarogas.
2. Descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, complications, differential diagnosis, prognosis and management of Oshthagata rogas with their comparative knowledge of modern science.
3. Descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, complications, differential diagnosis, prognosis and management of Dantamulagata rogas with their comparative knowledge of modern science.
4. Descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, complications, differential diagnosis, prognosis and management of Danta rogas with their comparative knowledge of modern science.
5. Descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, complications, differential diagnosis, prognosis and management of Jiwhagata rogas with their comparative knowledge of modern science.
6. Descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, complications, differential diagnosis, prognosis and management of Talugata rogas with their comparative knowledge of modern science.

PART B

7. Descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, complications, differential diagnosis, prognosis and management of Sarvasara mukha rogas with their comparative knowledge of modern science.
8. Jalandhar bandha and its importance and application in painless tooth extraction.
9. Diagnostic Methodology in oral and dental diseases.
10. Oro- Dental diseases with their Modern and Ayurvedic management.
11. Knowledge of essential modern drugs and anaesthetic agents for diagnosis and surgical procedures in oro-dentistry.
12. Updated knowledge of modern instruments of Oro-Dental Disorders.



PAPER IV – SHALAKYA – SHALAKYA VISHISHTHA CHIKITSA VIGYAN

**THEORY – 100 MARKS
(PART A- 50 AND PART B-50)**

PART A

1. Detailed study of Netra kriyakalpas and vishishta aushadhikalpas with their standard operative procedures and their critical analysis.
2. Critical analysis of classical treatment procedures and vishishta aushadhikalpas with their standard operative procedures and their critical analysis in the context of Anya Urdhwajatrugata vikaras .
3. Role of Panchakarma chikitsa in Urdhwajatrugata vikaras.
4. Descriptive knowledge of common ocular surgical procedures like DCT, DCR, Pterygium, Entropion, Ectropion, Chalazion surgery, Cataract surgery, Evisceration, Enucleation, surgical procedures of glaucoma etc.
5. Descriptive knowledge of common ENT surgical procedures like Tympanoplasty, Mastoidectomy, Septoplasty, Septorhinoplasty, antral puncture, Turbinectomy, Polypectomy, Tonsillectomy etc.
6. Applied aspects of Imaging in ENT and head disorders
7. Speech therapy and rehabilitation of the deaf and mute.
8. Recent advances in the medical and surgical management of Eye, ENT and Oro-Dental diseases.
9. Karna sandhana, Nasasandhana, Oshthasandhana with their recent advances.
10. Scope of researches in Shalakya Tantra in present era.

PART B

11. Ocular emergencies and their management.
12. Knowledge of preventive and community ophthalmology -WHO and National Programme for control of blindness and role of Ayurveda in these Programmes.
13. Knowledge of National Programme for deafness and tinnitus and role of Ayurveda in these Programmes.
14. Knowledge of National Programme for prevention of oral cancer and role of Ayurveda in these Programmes. .
15. Effects of environmental hazards, and life style disorders of Eye, ENT and Oro dental disorders and their Modern and Ayurvedic preventive and therapeutic measures.
16. Management of emergencies in ENT, Head and Oro-Dental disorders.
17. Effects of systemic diseases on Eye, ENT, Head and Oro-dental diseases and their Modern and Ayurvedic management.
18. Removal of foreign bodies from Eye, ENT and Oro-Dental disorders.
19. Importance of Yogic kriyas, Yogasana and pranayama in Shalakya tantra.
20. Knowledge of rules, regulations and medico-legal aspects of Ophthalmic, ENT and Oro-dental practice.

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. Apari, 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 st – Garbhavkranti
Sushrutasamhita sharira	-	Adhyay	-3 rd – Garbhavkranti
Charak Samhita sharira	-	Adhyaya	- 8 th 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 Apra sanga.
 - 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 vridhi, 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 2nd Adhyaya – Garbha vyapad
Sushruta Samhita Nidana Sthana 8th Adhyaya – Mudhagarbha nidana
Sushruta Samhita Chikitsa Sthana 15th 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 vridhi, 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, Iepa, 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 –**

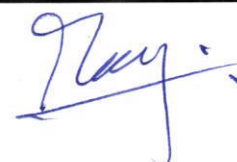
Charaka Samhita Chikitsa Sthana – 30th Adhyaya - Yonivyapad Chikitsa
Sushruta Samhita Uttara Tantra – 38th Adhyaya – Yonivyapad Pratishedha
Kashyapa Samhita Kalpa Sthana – Shatapushpa Shatavari, Lashuna kalpa Adhyaya

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 Curettage, 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

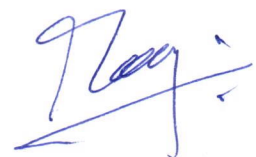
1. Practical training to conduct
 - Normal and Complicated deliveries
 - Assisted/ Instrumental deliveries
 - Caesarean Section
 - Neonatal resuscitation
2. Practical knowledge of grabhini pricharya, sutika pricharya and masaanumasik garbha vridhhi.
3. Practical training to perform obstetrical and Gynaecological 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 Saddler.
13. Jeffcoat's principles of gynaecology
14. Te linde's gynaecological surgery.



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. Navjata 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), Ashchyotana 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 (Vitiation 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. Vatavaha 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), Pakshavadhya (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, Charnadal (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, Utphullika
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 Kaumarabhritya 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 Kaumarabhritya.
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 Kaumarabhritya 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 Shastri
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



COMPUTER (BASIC KNOWLEDGE)

Knowing Computer: What is computer; Basic applications of computer; Components of computer system; Central processing unit (CPU); Visual Display Unit (VDU); Keyboard and mouse, other input/output devices; Computer memory; Concepts of hardware and software; Concept of computing, data and information; Applications of Information Electronics and Communication Technology(IECT); Connecting keyboard, mouse, monitor and printer to CPU and checking power supply.

Operating Computer Using Graphical User Interface (GUI) Based Operating System: What is an operating system; Basics of popular operating systems; The User Interface; Using mouse; Using right button of the mouse and moving icons on the screen; Use of common icons; Status bar; Using menu and menu selection; Running an application; Viewing of file, folders and directories; Creating and renaming of files and folders; Opening and closing of different windows; Using help; Creating short cuts; Basics of O.S. setup; Common utilities;

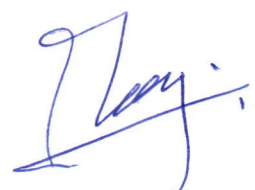
Understanding Word Processing and Microsoft Office (M.S. Office): Word processing basics; Opening and closing of documents; Text creation and manipulation; Formatting of text; Table handling; Spell check, language setting and thesaurus; Printing of word document; Understanding of components of M.S. Office; M.S. word; M.S. excel sheets; M.S. Power point etc;

Using Spread Sheet: Basics of spreadsheet; Manipulation of cells; Formulas and Functions; Editing of spread sheet; Printing of spread sheet;

Introduction to Internet, WWW And Web Browsers: Basics of computer networks; Local Area Network(LAN); Wide Area Network (WAN); Concept of internet; Applications of internet; Connecting to internet; What is Internet Service Provider (ISP); Knowing the internet; Basics of internet connectivity related troubleshooting; World Wide Web; Web browsing software; Search engines; Understanding URL; Domain name; IP address; Using e-governance website;

Communications and Collaboration: Basics of electronic mail; Getting an email account; Sending and receiving emails; Accessing sent emails; Using emails; Document collaboration; Instant messaging; Netiquettes;

Making Presentation: Basics of presentation software; Creating presentation; Preparation and presentation of slides; Slide show; Taking printouts of presentation/handouts



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 (Talapotchil), 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 shamanartha 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 Vamana 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 Pharmacodynamics of Vamana

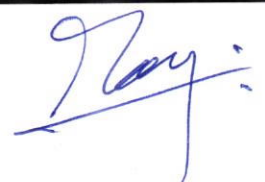
Virechana Karma

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 Pharmacodynamics 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, Yavana Basti, 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, Pharmacodynamics 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 fascitis, 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,

Reference Books:

- | | | |
|----|---|---|
| 1 | Charak Samhita with commentary of Ayurved
Dipika by Chakrapanidatta and Jalpakalpa
taruby Gangadhara | Agnivesha |
| 2 | Sushruta Samhita with the Nibhandha
Samgraha commentary of Dalhana and
Nyayachandrika panjika of Gayadasa on
nidansthana | Sushruta |
| 3 | Ashtang Hridaya with Sarvanga sundara and
Ayurved rasayana commentaries
Ashtanga Sangraha with Shashilekha
commentery
Bhela Samhita
Kashyapa Samhita
Bhavaprakasha of Bhavamishra
Sharangadhara Samhita
Vangasen
Gadanigraha | Vagbhata
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
Panchakarma | Dr. Mandip and Dr Gurdip Singh |
| 8 | The Panchkarma Treatment of Ayurved with
Kerala Specialities | Dr. T.L. Devaraj |
| 9 | Panchkarma Therapy | Dr. R.H. Singh |
| 10 | Principles and practice of vasti | Dr. Vasudevan Nampoothiri and Dr.
L. Mahadevan |
| 11 | Claiton's Physiotherapy | |
| 12 | Teddy's Physiotherapy | |
| 13 | Harrison's Principles of Inernal Medicines | |
| 14 | Guyton's Physiology | |



M.D./M.S.-AYURVEDA PRELIMINARY

PAPER-I

RESEARCH METHODOLOGY AND MEDICAL STATISTICS

PART-A

RESEARCH METHODOLOGY

- 1 **Introduction to Research**
 - A. Definition of the term research
 - B. Definition of the term anusandhan
 - C. Need of research in the field of Ayurveda
- 2 **General guidelines and steps in the research process**
 - A. Selection of the research problem
 - B. Literature review: different methods (including computer database) with their advantages and limitations
 - C. Defining research problem and formulation of hypothesis
 - D. Defining general and specific objectives
 - E. Research design: observational and interventional, descriptive and analytical, preclinical and clinical, qualitative and quantitative
 - F. Sample design
 - G. Collection of the data
 - H. Analysis of data.
 - I. Generalization and interpretation, evaluation and assessment of hypothesis.
 - J. Ethical aspects related to human and animal experimentation.
 - K. Information about Institutional Ethics Committee (IEC) and Animal Ethics Committee (AEC) and their functions. Procedure to obtain clearance from respective committees, including filling up of the consent forms and information sheets and publication ethics.
- 3 **Preparation of research proposals in different disciplines for submission to funding agencies taking EMR-AYUSH scheme as a model.**
4. **Scientific writing and publication skills.**
 - a. Familiarization with publication guidelines- Journal specific and CONSORT guidelines.
 - b. Different types of referencing and bibliography.
 - c. Thesis/Dissertation: contents and structure
 - d. Research articles structuring: Introduction, Methods, Results and Discussions (IMRAD)
- 5 **Classical Methods of Research.**

Concept of Pratyakshadi Pramana Pariksha, their types and application for Research in Ayurveda.

Dravya-, Guna-, Karma-Parikshana Paddhati

Aushadhi-yog Parikshana Paddhati

Swastha, Atura Pariksha Paddhati

Dashvidha Parikshya Bhava

Tadvidya sambhasha, vadmarga and tantrayukti
- 6 **Comparison between methods of research in Ayurveda (Pratigya, Hetu, Udaharana, Upanaya, Nigaman) and contemporary methods in health sciences.**

PG 1st Year Syllabus-2

7. Different fields of Research in Ayurveda

Fundamental research on concepts of Ayurveda

- a. Panchamahabhuta and tridosha.
- b. Concepts of rasa, guna, virya, vipak, prabhav and karma
- c. Concept of prakriti-saradi bhava, ojas, srotas, agni, aam and koshta.

8. Literary Research-

Introduction to manuscriptology: Definition and scope. Collection, conservation, cataloguing. Data mining techniques, searching methods for new literature; search of new concepts in the available literature. Methods for searching internal and external evidences about authors, concepts and development of particular body of knowledge.

9. Drug Research (Laboratory-based)- Basic knowledge of the following:

Drug sources: plant, animal and mineral. Methods of drug identification.

Quality control and standardization aspects: Basic knowledge of Pharmacopoeial standards and parameters as set by Ayurvedic Pharmacopoeia of India.

Information on WHO guidelines for standardization of herbal preparations. Good Manufacturing Practices (GMP) and Good Laboratory Practices (GLP).

10. Safety aspects: Protocols for assessing acute, sub-acute and chronic toxicity studies. Familiarization with AYUSH guidelines (Rule 170), CDCSO and OECD guidelines.

11. Introduction to latest Trends in Drug Discovery and Drug Development

-Brief information on the traditional drug discovery process

-Brief information on the latest trends in the Drug Discovery process through employment of rational approach techniques; anti-sense approach, use of micro and macro-arrays, cell culture based assays, use of concepts of systems biology and network physiology

-Brief introduction to the process of Drug development

12. Clinical research:

Introduction to Clinical Research Methodology identifying the priority areas of Ayurveda

Basic knowledge of the following:-

Observational and Interventional studies

Descriptive & Analytical studies

Longitudinal & Cross sectional studies

Prospective & Retrospectives studies

Cohort studies

Randomized Controlled Trials (RCT) & their types

Single-case design, case control studies, ethnographic studies, black box design, cross-over design, factorial design.

Errors and bias in research.

New concepts in clinical trial- Adaptive clinical trials/ Good clinical practices (GCP)

Phases of Clinical studies: 0, 1, 2, 3, and 4.

Survey studies -

Methodology, types, utility and analysis of Qualitative Research methods. Concepts of in-depth interview and Focus Group Discussion.

13. Pharmacovigilance for ASU drugs. Need, scope and aims & objectives. National Pharmacovigilance Programme for ASU drugs.

14. Introduction to bioinformatics, scope of bioinformatics, role of computers in biology. Introduction to Data base- Pub med, Medlar and Scopus. Accession of databases.

15. Intellectual Property Rights- Different aspect and steps in patenting. Information on Traditional Knowledge Digital Library (TKDL).

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PART-B

40 marks

MEDICAL STATISTICS

Teaching hours: 80

- 1 **Definition of Statistics :** Concepts, relevance and general applications of Biostatistics in Ayurveda
- 2 **Collection, classification, presentation, analysis and interpretation of data** (Definition, utility and methods)
- 3 **Scales of Measurements** - nominal, ordinal, interval and ratio scales.
Types of variables – Continuous, discrete, dependent and independent variables.
Type of series – Simple, Continuous and Discrete
- 4 **Measures of Central tendency** – Mean, Median and Mode.
- 5 **Variability:** Types and measures of variability – Range, Quartile deviation, Percentile, Mean deviation and Standard deviation
- 6 **Probability:** Definitions, types and laws of probability.
- 7 **Normal distribution:** Concept and Properties, Sampling distribution, Standard Error, Confidence Interval and its application in interpretation of results and normal probability curve.

- 8 **Fundamentals of testing of hypotheses:**
Null and alternate hypotheses, type I and type 2 errors.
Tests of significance: Parametric and Non-Parametric tests, level of significance and power of the test, 'P' value and its interpretation, statistical significance and clinical significance
- 9 **Univariate analysis of categorical data:**
Confidence interval of incidence and prevalence, Odds ratio, relative risk and Risk difference, and their confidence intervals
- 10 **Parametric tests:** 'Z' test, Student's 't' test: paired and unpaired, 'F' test, Analysis of variance (ANOVA) test, repeated measures analysis of variance
- 11 **Non parametric methods:** Chi-square test, Fisher's exact test, McNemar's test, Wilcoxon test, Mann-Whitney U test, Kruskal – Wallis with relevant post hoc tests (Dunn)
- 12 **Correlation and regression analysis:**
Concept, properties, computation and applications of correlation, Simple linear correlation, Karl Pearson's correlation co-efficient, Spearman's rank correlation.
Regression- simple and multiple.
- 13 **Sampling and Sample size computation for Ayurvedic research:**
Population and sample. Advantages of sampling, Random (Probability) and non random (Non-probability) sampling. Merits of random sampling. Random sampling methods- simple random, stratified, systematic, cluster and multiphase sampling. Concept, logic and requirement of sample size computation, computation of sample size for comparing two means, two proportions, estimating mean and proportions.
- 14 **Vital statistics and Demography:** computation and applications - Rate, Ratio, Proportion, Mortality and fertility rates, Attack rate and hospital-related statistics
- 15 **Familiarization with the use of Statistical software** like SPSS/Graph Pad

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PRACTICAL

100 marks

I. RESEARCH METHODOLOGY

Teaching hours 120

PRACTICAL NAME

- 1 **Pharmaceutical Chemistry**
Familiarization and demonstration of common lab instruments for carrying out analysis as per API
- 2 **Awareness of Chromatographic Techniques**
Demonstration or Video clips of following:
 - Thin-layer chromatography (TLC).
 - Column chromatography (CC).
 - Flash chromatography (FC)
 - High-performance thin-layer chromatography (HPTLC)
 - High Performance (Pressure) Liquid Chromatography (HPLC)
 - Gas Chromatography (GC, GLC)
- 4 **Pharmacognosy**
Familiarization and Demonstration of different techniques related to:-
Drug administration techniques- oral and parenteral.
Blood collection by orbital plexuses puncturing.
Techniques of anesthesia and euthanasia.
Information about different types of laboratory animals used in experimental research
Drug identification as per API including organoleptic evaluation
- 5 **Pharmacology and toxicology**
Familiarization and demonstration of techniques related to pharmacology and toxicology
- 6 **Biochemistry (Clinical)**
Familiarization and demonstration of techniques related to basic instruments used in a clinical biochemistry laboratory – semi and fully automated clinical analyzers, electrolyte analyzer, ELISA- techniques, nephelometry.

Demonstration of blood sugar estimation, lipid profiles, kidney function test, liver function test. HbA1c, cystatin and microalbumin estimation by nephelometry or other suitable techniques.

Interpretation of the results obtained in the light of the data on normal values.

- 7 **Clinical Pathology**
Familiarization and demonstration of techniques related to basic and advanced instruments used in a basic clinical pathology lab. Auto cell counter, urine analyzer, ESR, microscopic examination of urine.
- 8 **Imaging Sciences**
Familiarization and demonstration of techniques related to the imaging techniques. Video film demonstration of CT-Scan, MRI-scan and PET-scan.
- 9 **Clinical protocol development**

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II. MEDICAL STATISTICS

Practical hours:20

Statistical exercise of examples from Topic number 4, 5, 8-12, 14, 15.

Records to be prepared.

Distribution of marks (practical):

- | | |
|--|------------|
| 1. Instrumental spotting test | - 20 marks |
| 2. Clinical protocol writing exercise on a given problem | - 20 marks |
| 3. Records: | |
| 4. Research methodology | -10 Mark |
| 5. Medical statistics | -10 marks |
| 6. Viva- Voce | -40 Marks |

REFERENCE BOOKS:-

Pharmacognosy:

1. Aushotosh Kar "Pharmacognosy & Pharmacobiotechnology" New Age International Publisher. Latest Edition. New Delhi
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3. Fahn A (1981). Plant Anatomy 3rd Edition Pergamon Press, Oxford
4. Kokate, CK., Purohit, AP, Gokhale, SB (2010). Pharmacognosy. Nirali Prakashan. Pune.
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7. Tyler V C., Brady, L R., and Robers J E., Pharmacognosy, Lea and Febiger, Philadelphia.
8. Tyler VE Jr and Schwarting AE., Experimental Pharmacognosy, Burgess Pub. Co, Minneapolis, Minnesota.
9. Wallis- TE (2011)- reprint. Practical Pharmacognosy (Fourth Edition) Pharma Med Press, Hyderabad.
10. Wallis T E, Analytical Microscopy, J & A Churchill limited, London.
11. Wallis T E., Text Book of Pharmacognosy, J & A Churchill Limited, London.
12. WHO guidelines on good agricultural and collection practices- (GACP) for medicinal plants (2003). World Health Organ Geneva.
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Pharmaceutical chemistry, quality control and drug standardization:

1. Ayurvedic Pharmacopoeia of India. Part I- volume 1 to 8 and Part II- volume 1to 3. Ministry of Health and Family V Controller of Publication. Govt of India. New Delhi.
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8. Laboratory Guide for- The Analysis of Ayurved and Siddha Formulations – CCRAS, New Delhi.
9. Mahadik KR, Bothara K G. Principles of Chromatography by, 1st edition, Nirali Prakashan.

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 11. Quality Control Methods for Medicinal Plant Material. Reprint (2002). WHO- Geneva.
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 13. Sharma BK. Instrumental Methods of Chemical Analysis by, Goel Publishing House.
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- Biochemistry and Laboratory techniques:**
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 2. Campbell, P.N and A.D .Smith, Biochemistry Illustrated, 4th ed, Churchill Livingstone.
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Research methodology:

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2. Ayurvediya Anusandhan Paddhati – P.V. Sharma
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7. NCI. *Clinical Trials Education Series*. <http://www.cancer.gov/clinicaltrials/learning/clinical-trials-education-series>, 2001.
8. Petter Laake, Haakon Breien Benestad and Bjørn Reino Olsen. (2007). Research Methodology in the Medical and Biomedical Sciences. Academic Press is an imprint of Elsevier, 84 Theobald's Road, London WC1X 8RR, UK. ISBN: 978-0-12-3738
9. William C. Scheffer Introduction to Clinical Research

PG 1st Year Syallabus-9

Medical Statistics:

1. Armitage, P. and Berry, G. (1994) Statistical Methods in Medical Research (3rd ed). Blackwell Science.
2. Armitage P, Berry G, Matthews JNS: *Statistical Methods in Medical Research*. Fourth edition. Oxford, Blackwell Science, 2002
3. Bland, M. (2000) An Introduction to Medical Statistics (3rd ed). Oxford: Oxford University Press.
4. Bradford Hill – Basic Medical Statistics
5. Cambell, M.J. and Machin, D. (1993) Medical Statistics: A Common Sense Approach (2nd ed). Chester: Wiley.
6. Dwivedi S. N., Sundaram K. R and V. Sreenivas (2009). Medical Statistics - Principles & Methods-BI Publications Pvt. Ltd. New Delhi –1.
7. Gupta S.P. - Fundamentals of statistics, Sultan Chand, Delhi.
8. Indrayan. (2008). Basic Methods of Medical Research. AITBS Publishers- India
9. Mahajan B K, Methods in Bio statistics for medical students, 5th Ed. New Delhi, Jaypee Brothers Medical Publishers
10. Mehdi, B and Prakash A. (2010). Biostatistics in Pharmacology. Practical Manual in experimental and clinical pharmacology. 1st Edition. New-Delhi: Jaypee brothers Medical Publishers
11. Rao, NSN and Murthy, NS. (2008) 2nd Edition. Applied statistics in health sciences. Jaypee Brothers Medical Publishers Ltd. Bengaluru, New Delhi.

12. Rick J Turner and Todd A Durham (2008). Introduction to Statistics in Pharmaceutical Clinical trials, Published Pharmaceutical Press- An imprint of RPS Publishing, 1 Lambeth High Street, London SE1 7JN, UK
13. Symalan, K. (2006). Statistics in Medicine (First Edition) Trivandrum: Global Education Bureau.
14. Sundar Rao, Jesudian Richard - An Introduction to Biostatistics.
15. Suhas Kumar Shetty- Medical statistics made easy

PG 1st Year Syllabus-10

M.D.-AYURVEDA PRELIMINARY

1. AYURVED SAMHITA & SIDDHANTA (Ayurvedic Compendia & Basic Principles)

PAPER-II

THEORY- 100 marks

PART-A

**Practical- Viva-Voce-100
50 marks**

1. Learning and Teaching methodology available in Samhita- Tantrayukti, Tantraguna, Tantradosha, Tachchilya, Vade Kalpana, Arthashraya, Trividha Gyanopaya, teaching of Pada, Paada, Shloka, Vakya, Vakyartha, meaning and so different Sthana and Chatushka of Brihatrayee.
2. Manuscriptology - Collection, conservation, cataloguing, Critical editing through collation, receion (A critical revision o incorporating the most plausible elements found in varying sources), emendation (changes for improvement) and criticism (critical analysis) of manuscripts. Publication of edited manuscripts.
3. Concept of Bija chatustaya (Purush, Vyadhi, Kriyakaal, Aushadha according to Sushrut Samhita).
4. Introduction and Application of Nyaya (Maxims) - Like Shilaputrak Nyaya, Kapinjaladhikaran Nyaya, Ghunakshara Gobalivarda Nyaya, Naprishtah Guravo Vadanti Nyaya, Shringagrahika Nyaya, Chhatrino Gacchhanti Shatapatrabhedana Nyaya, Suchikatah Nyaya.
5. Importance and utility of Samhita in present era.
6. Importance of ethics and principles of ideal living as mentioned in Samhita in the present era in relation to life style disorder.
7. Interpretation and co-relation of basic principles with contemporary sciences.

PART-B

50 marks

1. Definition of Siddhanta, types and applied examples in Ayurveda.
2. Ayu and its components as described in Samhita.
3. Principles of Karana-Karyavada, its utility in advancement of research in Ayurveda.
4. Theory of Evolution of Universe (Srishti Utpatti), its process according to Ayurveda and Darshana.
5. Importance and utility of Triskandha (Hetu, Linga, Aushadh) and their need in teaching, research and clinical practice.
6. Applied aspects of various fundamental principles: Tridosha, Triguna, Purusha and Atmanirupana, Shatpadartha, Vihara. Scope and importance of Pariksha (Pramana).
7. Importance of knowledge of Sharir Prakriti and Manas Prakriti.
8. Comparative study of Principles of Ayurveda and Shad Darshanas.

PG 1st Year Syllabus-11

1. REFERENCE BOOKS:-

- | | | |
|----|-----------------------|----------------------------------|
| 1 | Charak Samhita | Chakrapani commentary |
| 2 | Sushrut Samhita | Dalhana Commentary |
| 3 | Ashtanga Samgraha | Indu commentary |
| 4 | Ashtanga Hridaya | Arundutta and Hemadri commentary |
| 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. KAYACHIKITSA

PAPER- I Fundamentals of Kayachikitsa

100 marks

1. Rogi-Roga Pariksha: Nidan Panchak, Trividha pariksha, Ashtavidhapariksha, Dashvidhapariksha 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, Bronchiectasis, 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, Uarda, Kotha, Visarpa, Shvitra. Haemopoietic 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, Gonorrhea, Chancroids, Syphilis,
3. Manasa vyadhi; Unmada, Apasmara, Atatvavinivesha, Mada, Moorchha, 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. Janapadodhvasa 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 Gunadharma 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. | |

3. KRIYA SHARIR

Paper- I (Dosa-Dhātu-Mala Vijñāna)

Contribution of different Ayurveda Samhita in Kriya Sharir

- Theory of Pancamahābhūta
- Principle of Loka-Purusa Sāmāya
- 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 Tridosa theory
- Mutual relationship between Triguna-Tridosa-Pancamahābhūta-Indriya.
- Mutual relationship between Rtu-Dosa-Rasa-Guna.
- Biological rhythms of Tridosa 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 (*Prāṇa, 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 Tridosa 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, Visramsa* 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 *Dūṣita Stanya*, Manifestations of *Vrddhi* and *Ksaya* of *Stanya*.

- **Ārtava:** Characteristic features of Śuddha and Dūṣita 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 - Prakṛti- Sattva Vijñāna

- **Deha-Prakṛti:** Various definitions and synonyms for the term 'Prakṛti'. Factors influencing the Prakṛti. Classification of Deha-Prakṛti. Characteristic features of the individuals belonging to each kind of Deha-Prakṛti. Recent advances in understanding the Prakṛti.
- **Pancājñanendriya:** Physiological description of Pancājñanendriya 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, Dhṛti and Smṛti.
- **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 viśeṣāyatana, Āhāraparināmākara bhāva.
- **Āhārpāchana:** Āhāra Pāka Prakriyā, Description of Annavaha Srotās. Description of Avasthāpāka and Nishthapaka. Role of dosha in Āhārpāka. 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, Atisāra, Grahānī, 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 Kosta
- Assessment of Śarīra Bala through Vyāyāma Śakti
- Mūtra Parīksa
- Nāḍī 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 Moreshwar Dutt. Vd. |
| • Sharira Kriya Vijnana (Part 1 and 2) | - Nandini Dhargalkar |
| • Dosha Dhatu Mala Vigyana | - Basant Kumar Shrimall |
| • 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 - Gyton & 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:

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10. Turrin NP, Rivest S. Unraveling the molecular details involved in the intimate link between the immune and neuroendocrine systems. *Exp Biol Med (Maywood).* 2004 Nov;229(10):996-1006
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

5. RASA SHASTRA AND BHAISHAJYA 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 Bhasmikanana 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 agraahyatva, 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 agraahyatva
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 Prayogartha Kalpana : Lepa, Upanaha, Udvartan, Avachurnana / Avadhulana, Abhyanga, Dhupana, Malahara.
 - vi) Mukha, Karna, Nasa, Netropachartha 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 Lakshmivilasa 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, Manikya 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, Rasana 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, Rasana kshirapaka, Chinchana 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, Ghola, 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 Murchana, 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, Tuvarka 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, Kutajarishta, 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 Practicals 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

- | | |
|---|-----------------|
| 1. Identification of the specimen: | 10 Marks |
| 2. Drug Processing | 30 Marks |
| | (10+10+5+5) |
| i) Major Practicals: 2 (1 Rasashastra and 1 Bhaishajya Kalpana) | |
| ii) Minor Practicals: 2 (1 Rasashastra and 1 Bhaishajya Kalpana) | |
| 3. Drug testing and Analysis | 10 Marks (5+5) |
| i) Rasaushadhi – 1 | |
| ii) Kashthaushadhi – 1 | |
| 4. Power Point Presentation on dissertation work: 15 Minutes | 10 Marks |
| 6. A Demo Lecture on any subject topic: 10 Minutes. | 10 Marks |
| 7. Documentation | 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 | |
| 8. Viva Voce examination | 15 Marks |

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

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 Sadhyasadyata 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 Sadhyasadyata 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, Apasmara, 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 Janapadodhvasa 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 Sharma |
| 12. Roga Vigyan | - Dr. Vinay Kumar |
| 13. Siddanta Nidan | - Gananatha Sen |
| 14. Ayurvediya Roga Vargikaran | - Vd. Ramanath and Vd. Gurdip Singh |
| 15. Ayurvediya Nidan Evum Chikitsa Ke Siddhanta | - Prof. Ram Harsh Singh |
| 16. Relevant portions of Charak Samhita, Sushrut Samhita and Vagbhata | |
| 17. Clinical methods in Ayurveda | - K. R . S. Murthy |
| 18. Parameswarappa's Ayurvediya Vikriti Vigyan 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 Roga Nidana and Vikriti Vigyana | - Vaidya Vasant Patil |
| 22. Oxford Handbook of Clinical Examination 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 Davidson | - Todd, Sanford and 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 |

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 – Sastrakritha - Siravyadhana, Prachana and Asastrakritha - 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

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| 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
Deshpande | - Dr. Prabhakar Janardhan |
| 69. Kshara sutra management in anorectal ailments
and Dr. Kulwant Singh. | - Dr. S.K. Sharma, Dr. K.R.Sharma |
| 70. Anorectal diseases in Ayurveda
Kumar Chowdary. | - Dr. Sizoria and Dr. Praveen |
| 71. Adhunik Shalya Chikitsa Siddhanta | - 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
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 |

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, Vesicovaginal 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. Ostasandhana – 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

100 Marks

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|--|------------|
| 1. Case record (25) | -10 Marks |
| 2. Short case | -10 Marks |
| 3. Long case | -20 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. Bhagya 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 Siddhanta | - 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 /
Kumar | Haemorrhoids - Dr. P. Hemantha |
| 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 Shalakyas 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 in Ayurveda | - Dr. Lakshman Singh |
| 38. Significance for Poorva Karma in Surgical Patient | - Dr. Lakshman Singh |

- | | |
|--|---|
| 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 |

6. AGADA TANTRA EVUM VIDHIVADYAKA

PAPER-I Agada Tantra (Ayurvedic and Contemporary Toxicology)

100 marks

1. Agada Tantra, its sequential development during Veda kala, Samhitha kala, Samgraha kala and Adhunik 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 vanaspathi (phyto poison), kharaj (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 Janpadodhvansaniya 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/antiserum.
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 Toxico - 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 sthava 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 |
| Total | 100 Marks |

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 Jurisprudence 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 - J and A Churchis
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.

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 patraaka).
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 (cosmeceuticals), 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 -

CENTRAL COUNCIL OF INDIAN MEDICINE

POST GRADUATE PRELIMINARY 9. M.D. (AYU) SWASTHAVRITA (PREVENTIVE, SOCIAL MEDICINE & YOGA)

PAPER II

- * TEACHING HOURS FOR THEORY SHALL BE 100 HOURS.**
**** TEACHING HOURS FOR PRACTICAL SHALL BE 100 HOURS.**

**THEORY- 100 MARKS
PRACTICAL AND VIVA-VOCE - 100 MARKS
(50 MARKS)**

PART A

1. Contribution of Swasthavritta in Community Medicine (Public Health).
2. Comparison of Concept of Swastha according to various Ayurvedic Samhitas.
3. Applied aspect of Swasthya, based on various parameters described in Samhitas.
4. Details of definition and dimensions of health and parameters for its evaluation as per World Health Organization.
5. Relevance of Dinacharya, Ratricharya and Ritucharya in health promotion and prevention of diseases in modern day scenario and different occupations. (Importance of Niyat Kala Vihara-Dincharya, Ratricharya and Ritucharya in prevention of diseases.)
6. Applied aspect of Adharaniya and Dharaniya Vega in health promotion and prevention of diseases with examples. (Importance of Aniyat Kala-Vegdharana, Vega Udirana, Shodhana, Brumhana, Bhutadyasparshana.)
7. Details of Ahara and Poshana as per Samhitas and its role in changing diet patterns of present era.
8. Nidra as per Ayurvedic classics. Effects of changing patterns of sleep on health.
9. Concept of Brahmacharya , Abrahmacharya and its relevance in present era.
10. Concept of Bala and Ojas in relation with Vyadhikshamatva .
11. Importance and relevance of Ritu Shodhana.
12. Role of Rasayana in promotion of health and prevention of diseases. Scope of Rasayana in Geriatrics and Reproductive & Child Health.
13. The concept of Ashtanga Yoga and its relation to health.
14. References about Yoga in Ayurvedic classics.
15. References about Ayurveda in Yoga classics.
16. The phenomenon of disease manifestation based on Adhi and Vyadhi as per Yoga Vashishtha and its relevance with Therapeutic Yoga.
17. Applied aspect of Pancha Mahabhutas in Nature Cure.

Part B

(50 MARKS)

1. Janapadoddhwamsa and measures of its prevention.
2. Principles of Epidemiology and its application.
3. Concept of disease control and stages of intervention.
4. Role of Swasthavritta and Yoga in prevention of communicable diseases.
5. Role of Swasthavritta and Yoga in prevention of non-communicable diseases.
6. Levels of disease prevention.
7. Kriya Kala and its importance in disease prevention.
8. Basic principles of Sankramaka Vikara - causes, modes of disease transmission, epidemiological triad.
9. Principles of Health Education and its role in community health maintenance and promotion.
10. Environmental health - concept of water, soil and air purification as per Ayurveda and Modern Science.
11. Newer threats to Environment – including plastic, e-waste, radiation and global warming.
12. Importance and relevance of Meteorology in Swasthavritta.
13. Role of Swasthavritta in Maternal and Child Health care.
14. Role of Swasthavritta and Yoga in Sports' Medicine.

15. National Population Policy, Importance of Family Planning Methods in National development. Ayurvedic methods of birth control (Yoga Ratnakara).
16. National Health Policy as per Alma Ata declaration.

PRACTICAL

1. Departmental duties
 - a. Duty in OPD and IPD with regard to Ayurveda Dinacharya, Ritucharya, Pathyapathya, Yoga and Nisargopachara.
 - b. Museum development- wall magazine / charts
 - c. Regular attendance in Yoga training in the Swasthya Rakshana and Yoga OPD.
2. Practice the following daily regimens
 - a. Pratimarsha Nasya
 - b. Anjana
 - c. Kavala and Gandusha
 - d. Abhyanga
 - e. Udvartana
 - f. Prayogika Dhoomapana
 - g. Matra Basti
3. Preparation of different Krittanna Kalpanas
 - a. Laja Manda
 - b. Mudga, Kulatha, Chanaka Yusha
 - c. Shali and Nartaki Peya
 - d. Shali, Dashamoola Yavagu
 - e. Shali Vilepi
 - f. Krishara
 - g. Nimbu Panaka
 - h. Payasa
 - i. Godhuma/Yava/Nartaki Roti
4. Health Awareness lectures to the community (mimimum 5)
5. Assessment of Swasthya (Miminum 5 cases)
6. Participation in observance of National & International days related to health.
7. Practice of the following Asanas:
Yogic Shukshma and Sthula Vyayama.
Standing Postures- Ardhakatichakrasana, Padahastasana, Ardhashakrasana, Trikonasana
Sitting Postures- Swastikasana, Siddhasana, Padmasana, Vajrasana, Bhadrasana, Gomukhasana, Shashankasana / Shashakasana, Ushtrasana, Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana
Supine Postures- Shavasana, Pavanmuktasana, Sarvangasana, Matsyasana, Halsana, Chakrasana,
Prone Postures- Makarasana, Shalabhasana, Bhujangasana, Dhanurasana.
8. Practice of Pranayama.
9. Uccharit Pranava Pranayama (Om Chanting with Pranayama).

Distribution of marks (Practical)

- | | |
|---|------------|
| 1. Records | - 10 Marks |
| 2. Preparation of Kritanna Kalpanas | - 20 Marks |
| 3. Dinacharya procedure | - 10 Marks |
| 4. Spotting (10) Aahar dravyas,
Family Planning Devices, Vaccine/Serum and
Models /Specimens, Naturopathic and yogic Specimens. | - 20 Marks |
| 5. Yogasana and Pranayam | - 10 Marks |
| 6. Viva-voce | - 30 Marks |

Reference Books:

- 1) Relevant portions of Charak, Sushruta, Vagbhata (Ashtang Hrudaya), Ashtang Samgraha, Sarangadhara, Bhavaprakasha, Madhavanidana &Yogaratanakara, Bhela Samhita with the respective commentaries
- 2) SwasthavrittaSamuchaya -VaidyaPtRajesvarDuttaShastri
- 3) SwasthyaVignyana -Dr.B.G.Ghanekarshastri
- 4) SwasthvrittaVigyan - Dr.Ramharsha Singh.
- 5) Swasthvrittam - Dr.BramhanandTripathi
- 6) AyurvediyaSwasthvrittam - Vd.Jalukar
- 7) SwasthaVigyan - Dr.MukundswaroopVerma
- 8) Swasthavritta - Dr.Shivkumar Gaud
- 9) Swasthavritta- Part-I & II- Vd. Mhaishkar, Vd.Vatve
- 10) Ayurvediya Hitopdesh - Vd.RanjitRai Desai
- 11) Preventive and Social Medicine - J.K.Park
- 12) Preventive and Social Medicine – Mahajan
- 13) Preventive and Social Medicine – B.N.Ghosh
- 14) Community Medicine - Baride and Kulkarni
- 15) Preventive and Social Medicine – Gupta
- 16) Patanjali Yoga Sutra – Maharshi Patanjali, Karambelkar
- 17) HathayogPradipika – SwatmaramYogendra
- 18) GherandSamhita- Gherand Muni
- 19) Shiva samhita – Kaivalyadhama
- 20) Yoga and Ayurveda - Dr.Rajkumar Jain
- 21) YogikYogPadhati - BharatiyaprakrutikChikitsaPadhat
- 22) YogikChikitsa - ShriKedarnath Gupta
- 23) SachitraYogasanDarshika - Dr.IndramohanJha
- 24) Yoga and Yogikchikitsa - Ramharsha Singh
- 25) The Foundation of Contemporary Yoga - R.H.Singh
- 26) Yogadeepika - Shri. B.K.S. Iyengar
- 27) YogasidhantaevumSadhna - H.S.Datar
- 28) PrakritikaChikitsa -Kedarnath Gupta
- 29) PrakrutikChikitsaVigyan - Verma
- 30) PrakrutikChikitsaVidhi - Sharan Prasad
- 31) Light on Yoga, Light on Pranayama- Shri. B.K.S. Iyengar
- 32) Light on Patanjala yogasutra - Shri. B.K.S. Iyengar
- 33) Janasankhyashikshasidhanta evamUpadeysa - S.C.Seel
- 34) Health and Familywelfare - T.L.Devraj
- 35) Bio-Statistics - B.K. Mahajan
- 36) Swasthavritta - Vd.Sakad
- 37) Reddy's Comprehensive Guide to Swasthavritta –Dr.P.Sudhakar Reddy
- 38) Swasthavritta – Vd Yeshwant Patil and Vd. Vhawal
- 39) Swasthavritta – Vd. Patrikar Vijay
- 40) Dr.Me Kay Khau? _Dr.M.S.Kulkarni
- 40) Swasthavrittavidnyan - Dr.MangalaGowri

- 41) Positive Health - Dr.L.P.Gupta
- 42) Biogenic Secretes of Food In Ayurveda - Dr.L.P.Gupta
- 43) Text book of Swasthavritta - Dr.Ranade, Dr.Bobade, Dr.Deshpande
- 44) Food and nutrition – Swaminathan
- 45) Yoga and Nisargopachar- Vd. Prama Joshi
- 46) Essence of Yoga - Dr.MangalaGowri
- 47) The essentials of Nature Cure - Dr.MangalaGowri
- 48) Yogasudha – Dr. Kashinath

Reviewed by

1. Dr. Kamallesh Sharma (Chair person)
2. Dr.Arpan Bhatt
3. Dr. Medha Kulkarni



CENTRAL COUNCIL OF INDIAN MEDICINE

POST GRADUATE FINAL YEAR 9. M.D. (AYU) SWASTHAVRITA

*** TEACHING HOURS FOR THEORY SHALL BE 100 HOURS PER PAPER.**

**** TEACHING HOURS FOR PRACTICAL SHALL BE 200 HOURS.**

PAPER I

MARKS 100

VAIYAKTIKA SWASTHAVRITTAM SADVRITTAM CHA (PERSONAL AND MORAL HYGIENE)

1. Role of Swasthavrita in socio cultural, developmental and environmental aspects of health.
2. Study of indicators of health—mortality indicators, morbidity indicators, disability rates and nutritional status indicators.
3. Dinacharya – Detailed accounts by Charaka, Sushruta, Vagbhata and Bhavamishra.
4. Practical application of Dinacharya in today's era and probable physiological effect of these procedures.
5. Ratricharya – Bhavamishra and other classics.
6. Study of Day and night pattern in various countries and its relevances to the status of health.
7. Ritucharya – Classical description by Charaka, Sushruta, Vagbhata, Bhela Samhita and Bhavamishra.
8. Preventive & Promotive aspects of Ritucharya and its need and importance in present Era, Importance of Ritusandhi and Yamadamshtra.
9. Ritu Shodhana technique with reference to various Ritus, its method and mode of action in disease prevention.
10. Relevance of Vegadharana and Udirana in disease manifestation and Management.
11. Ahara – Classical food items described in Charaka, Sushruta, Vagbhata, Yogaratnakara and Sharngadhara.
12. Aharavargas and their comparison with today's food items.
13. Dietetics intervention in malnutrition, under nutrition and over nutrition as per Ayurveda and modern science.
14. Rules of Dietetics according to Charaka, Sushruta and Vagbhata.
15. Pros and Cons of vegetarian and non vegetarian foods.
16. Viruddhahara – Classical and modern day examples and its impact on health.
17. Knowledge about Assessment of nutritional status of individual and community.
18. Pathya Apathya in various diseases as per Ayurvedic classics viz. Jwara, Pandu, Raktapitta, Gulma, Prameha, Hridroga, Shosha, Unmada, Apasmara, Kamala, Udara, Shwasa, Kasa, Hikka, Agnimandya, Ajirna, Atisara, Grahani, Amlapitta, Pravahika, Arsha, Kushtha, Mutrakrichchra, Ashmari, Vidradhi, Shotha, Visarpa, Vatavyadhi, Vatarakta, Shiro-Karna-Nasa- Mukha- Netra Roga.
19. Ayurvediya Ahara, Aushadha Kalpana in relation with nutraceuticals and nutrigenomics (Prakruti Anurup Ahara).
20. Food adulteration, methods for detecting, controlling food adulteration and its legislative control.
21. Role of Nidra, Brahmacharya, Abrahmacharya in maintenance of health and causation of diseases and their management.
22. Sadvritha – Description of Charaka, Sushruta and Vagbhata. Clinical importance of Achar Rasayana, Nitya Rasayana and Sadvritha in prevention of diseases & promotion of health
23. Rasayana -- its utility in health and disease condition.
24. Scope of Vajikarana in health. – Pathya Apathya Kalpana and Vihara for Vajikarana.
25. Role of Ayurveda in mental health.

26. Vyadhi kshamatva – Ayurvedic, Modern concepts and its practical implementation.
27. Concept of genomics in relation with status of health.

PAPER II

100 MARKS

SAMAJIKA SWASTHAVRITAM (COMMUNITY HEALTH)

1. Ayurvedic aspect of social health.
2. Vyadhi Sankarya as a causative factor of a Vyadhi. Web of causation of diseases, multifactorial causation.
3. Natural history of diseases. ICD- International Classification of Diseases.
4. Ecology and community health. Impact of bio-geo-chemical cycle (impact of changing global nitrogen cycle on human health)
5. Environment and community health (Bhumi, Jala, Vayu their Shuddhikarana and Prakasha, Shabda, Vikirana)
6. Disinfection practices for the community – Ayurvedic and Modern .
7. Immunization programmes. Possible contribution of Ayurveda. E.g. Suvarnaprashana, Karnapalibhedana etc.
8. Housing Standards. Description of Aaturalaya(hospital), Sutikagara, Kumaragara, Panchakarmagara and Mahanasa (Kitchen)
9. Disposal of Wastes- refuse, sewage. Methods of excreta disposal in sewered and unsewered areas. Disposal of dead body.
10. Management of biomedical waste. Biomedical waste act- 1998, 2016.
11. Occupational Health. Role of Ayurveda in Occupational health, in ESI and other Government sectors.
12. Medical Entomology– Arthropods of medical importance and their control measures.
13. Medical parasitology and control in relation to communicable diseases.
14. School Health Services and possible contribution of Ayurveda.
15. Demography and Family Planning. Recent developments in family planning measures and contribution of Ayurveda.
16. Family Welfare Programme and the role of Ayurveda in it.
17. Old age problems in community. Role of Swasthavritta in Geriatric care.
18. Role of Ayurveda in palliative, rehabilitative and convalescence care.
19. Life Style disorders and Non Communicable diseases in community and the role of Ayurveda in them.
20. Medical Sociology.- adolescent health, social and behavioral problems, its policy for prevention and control, public relation, doctor patient relationship and hospital sociology.

PAPER III

100 MARKS

SAMKRAMAKA ROGA PRATISHEDHAM EVAM SWASTHYA PRASHASANAM (EPIDEMIOLOGY AND HEALTH ADMINISTRATION)

1. Modern Concept of Epidemiology
2. Critical evaluation of Janapadoddhwamsa.
3. Clinical epidemiology of different communicable diseases, re- emerging and newer diseases and the role of Ayurveda in them.
4. Investigations for communicable diseases
5. Sexually Transmitted Diseases and their control
6. Ayurvedic view of Samkramaka Rogas.
7. Investigation and control of an Epidemic and probable role of Ayurveda in it.
8. Host Defenses.

9. Notifiable diseases and procedure for notification and other formalities.
10. Ayurvedic concept of health maintenance for travelers.
11. Nosocomial infection, iatrogenic diseases, opportunistic infection, isolation ward and its Ayurvedic perspective.
12. AYUSH- aims, objectives, structure, function and health policies.
13. National Health Programmes and possible contribution of Ayurveda in them.
14. Health administration in India.
15. National Health Mission, National AYUSH Mission, administration, functions and programmes. Swachha Bharat Abhiyana.
16. National and International Health Agencies and their activities.
17. Disaster management
18. Statistics related with Infectious diseases at International, National and State levels.
19. Vital Statistics.

PAPER IV

100 MARKS

YOGA EVAM NISARGOPACHARA (YOGA AND NATURE CURE)

1. History and evolution of Yoga
2. Nirukti and definitions of yoga
3. Rajayoga – (Ashtanga yoga) philosophy of Patanjali according to Yogasutras.
4. Hathayoga - according to Hatha Pradipika, Gheranda Samhita and Shiva Samhita.
5. Karmayoga – Philosophy according to Bhagavad Gita
6. Mantrayoga, Layayoga, Jnanayoga and Bhaktiyoga.
7. Concept of Sthula, Sukshma and Karana Shariras
8. Concept of Panchakoshas
9. Concept of Shat Chakras, Nadis and Kundalini. Signs of Nadishuddhi.
10. Physiological effect of Yoga on Body and mind – ancient and modern concepts.
11. Suryanamaskara and its effect on health.
12. Shat Kriyas and its physiological their therapeutic effects.
13. Therapeutic effect of Yogic practice in the following diseases - Diabetes, Hypertension, Cardiovascular disorders, Obesity, Asthma, Irritable Bowel Syndrome, Eczema, Psoriasis, Stress Disorders, Eye disorders, Headache, Juvenile Delinquency, Mental Retardation, Depression, Neurosis, Sexual Dysfunction, Gynecological, Uterine Disorders, Cancer, Addiction.
14. Utility of Yoga in Rehabilitation and the usage of props..
15. Yoga in Ayurveda –Concept of Moksha, Tools for Moksha, Naishthiki chikitsa, TattvaSmriti, Satyabudhhi, YoginamBalamAishwaram, Mukta Atmalaxana (Charaka Samhita Sharirasthana chapter 1 & 5)
16. History of Nisargopachara.
17. Basic Principles of Indian School of Nature Cure – Panchabhuta Upasana and its therapeutic effects and utility.
18. Basic Principles of Western School of Nature Cure.
19. Different types of Mud therapy, Hydro therapy, Helio therapy and Chromo therapy Massage and excise therapy, fasting and relaxation therapy and their therapeutic effects and utility.

SCHEME OF PRACTICALS
DURATION: - 02 YEARS

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

2) Practical Demonstration of Yoga

a) Sukshma and Sthula Vyayama

b) Suryanamaskara

c) Aasanas :

Sitting Position

1. Padmasana
2. Swastikasana
3. Siddhasana
4. Bhadrasana
5. Gomukhasana
6. Vajrasana
7. Suptavajrasana
8. Simhasana
9. Paschimottanasana
10. Ardhamasytendrasana
11. Ushtrasana

Supine position:

1. Shavasana
2. Uttanapadasana
3. Sarvangasana
4. Halasana
5. Karnapidasana
6. Naukasana
7. Matsyasana
8. Setubandhasana
9. Prone position:
10. Makarasana
11. Niralmbasana
12. Shalabhasana
13. Bhujangasana
14. Dhanurasana
15. Mayurasana

Standing position:

1. Tadasana
2. Utkatasana
3. Vrikshasana
4. Ardhakaticharasana
5. Trikonasana
6. natarajasana

d) Mudra

- 1) Viparita karani
- 2) Yoga Mudra
- 3) Shanmukhi Mudra
- 4) Brahma Mudra
- 5) Ashwini mudra

e) Bandha

- 1) Jalandhara, Uddiyana, Mula Bandha

f) Shuddhikriya – Jala Neti, Sutra Neti, Jala Dhauti, Trataka, Shankhaprakshalana, Kapalabhati- Vyutkrama and Shitkrama Kapalabhati, Nauli.



g) Pranayama

Nadishudhhi- AnulomVilomPranayama,

h) Kumbhaka Bhedas

- 1) Suryabhedana
- 2) Ujjayi,
- 3) Bhastrika,
- 4) Bhramari
- 5) Sheetal
- 6) Sitkari

i) Dhyana

3) Practical Demonstration of Naturopathy procedures

- a. Mruttika Snana (Mud Bath)
- b. Mruttika Patti (Mud Pack)
- c. Pada and Hasta Snana (Foot and Arm bath)
- d. Bashpasnana (Steam bath)
- e. Avagahana (Immersion bath)
- f. Prishthasana (Spinal bath)
- g. Katisnana (Hip bath)
- h. Alternate hot and cold bath
- i. Water packs
- j. Deferent massage techniques
- k. Sun Bath techniques
- l. Relaxation techniques – QRT (Quick Relaxation Technique), IRT (Instant Relaxation Technique), DRT (Deep Relaxation Technique).

4) Long case sheets for Pathya, Apathya, Yoga and Nisargopachara advice to

- a) Non communicable diseases 10
(Proforma attached as Annexure 'A' / 'E')
- b) Communicable diseases 10
(Proforma attached as Annexure 'B')
- c) Garbhini Paricharya 10
(Proforma attached as Annexure 'C')
- d) Mal Nutrition treatment cases 10
(Proforma attached as Annexure 'D')

5) Departmental Practicals

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

6) 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) Psychiatric Hospital
- 12) Isolation Hospital
- 13) A.R.T. Centre