



KLE UNIVERSITY'S
(Accredited 'A' grade by NAAC; placed under 'A' category by MHRD (GoI))

**SHRI B.M. KANKANAWADI AYURVED
MAHAVIDYALAYA
Shahapur, Belgaum.**

3rd YEAR/ PROFESSIONAL B.A.M.S.

Syllabus

(Revised scheme)

(Approved in BoS: 20-05-2014; AC; 09-06-2014 and updated as per CCIM syllabus of 3rd year BAMS received on 07-07-2014)

Applicable to BAMS 2012, 2013 and 2014 batches

ROGA NIDANA

Theory: 2 Papers (100 Marks each) Practical: 100 Marks

Lectures (Each 1 Hour): 200 Hours Practical (Each 2 Hrs): 50 (100 Hrs)

AIMS

Providing basic methodology of Roga nidana and Vikruti vijnana with recent developments in clinical diagnostics, bestowing complete knowledge of bedside clinics and present day investigatory techniques with clinical interpretation.

OBJECTIVES

By the end of 3rd year/profession the students should be able to,

Knowledge:

- Describe the Importance of - Doshya Dooshyadi Vigyanam, fundamentals of vikruti vijnan and rognidana, Pariksha vidhana ,Shat kriyakala (vyadhi and rutu),_Nidana panchaka, Vyadhi Vigyanam
- Comprehend Basic Pathology, Immunology and infectious diseases
- Construct the knowledge of Concept of Ashta mahagada.
- Classify microorganisms such as Virus, Bacteria, Fungi
- Infer Vyadhikshamatva
- Identify the importance of Rogamarga
- Appraise Ojas and Vyadhi kshamatva
- Assess the basic knowledge of bio chemistry, pathology and microbiology

Skills:

- Execute the practice of Pareeksha Vigyanam
- Interpret the Diseases of Rasavaha Srotas, Raktavaha Srotas, Mamsavaha srotas, Medovaha srotas, Majjavaha Srotas, Sukravaha srotas, Pranavaha srotas, Annavaha- Pureeshavaha Srotas, Udakavaha Srotas, Mutravaha srotas, Swedavaha srotas, and Manovaha Srotas/ Sanjnavaha Srotas
- Specify and classify Vishistha Vata Vyadhi
- Practice the tools of avayavika pariksha like-USG, Radio imaging x –ray, MRI-CT
- Demonstrate Upasargjanya Vyadhi (Communicable diseases)
- Integrate Krimi Vigyanam
- Perform bedside physical examination and history taking by regular observation of the demonstrations and practice on the patients
- Calibrate various steps involved in performing various laboratory investigations
- Adapt Safety skills during the emergencies at student laboratory
- Endocrinology

Attitude:

- Develop communication skills to take the patients into confidence
- Extrapolate to take the patient into confidence for briefing proper history
- Valuing high moral and ethical standards while carrying out clinical examination and history taking.

PAPER 1

Part - A		50 Marks	50 Hours
Sl.No	Topic	Hours	
1	Dosha Dooshyadi Vigyanam <ul style="list-style-type: none">• Definition and importance of Roganidana• Samanya nidana and samanya lakshana of dosha prakopa and dosha kshaya• Vikriti vijnana of Pancha vidha dosha bheda• Dosha dhatu ashraya ashrayee bhava• Dhatu Kshaya Vriddhi Lakshana in relation to Etiology& Clinical Diagnosis• Dhatu Pradoshaja Vikara• Upadhatu pradoshaja vikara• Mala kshaya, vriddhi lakshana and pradoshaja vikara• Indriya pradoshaja vikara• Hetu , Bheda and lakshana of Agni dushti• Definition and samanya lakshana of Ama• Sama and Nirama dosha, dushya lakshanas• Dosha paka and Dhatu paka lakshana• Concept, Classification and Diagnosis of Avarana• General complications of Avarana• Dosha gati – Definition, Classification & Clinical interpretation• Introduction to Srotas, detailed study of Srotomoola and Srotodushti• Srotodusthi Hetu• Srotodusthi lakshana• Viddha lakshana of all Srotas• Differences between Sroto dushti and Kha vaigunya	19 Hours	
2	Vyadhi Vigyanam <ul style="list-style-type: none">• Definition, synonyms of Vyadhi• Classification of Vyadhi• Criteria for nomenclature of Diseases in Ayurveda (Vyadhinamakarana)• Bija, Bija bhaga and Bija bhaga avayava dushti• Basic knowledge of Hereditary, Congenital,	15 Hours	

	<p>Acquired, Multifactorial Traumatic and Environmental disorders</p> <ul style="list-style-type: none"> • Introduction to ICD Classification of Diseases of WHO • Introduction to DSM Classification • Samanyaja and Nanatmaja vikara • Nidanarthakara vyadhi, Hetu sankara, Lingasankara, Vyadhisankara w.s.r Sharirika Manasika and Agantuja vyadhi • Concept of Ashta Mahagada ○ Introduction to Ashta Nindita w.r.t Endocrinology • Importance and knowledge of Rogamarga • Definition and classification of Vyadhikshamatva • Concept of Satmya , Asatmya and Viruddha ahara • Ojas and Vyadhi kshamatva • Ojas, Types of Ojo Dosa / vikriti 	
3	<p>Basic Pathology</p> <ul style="list-style-type: none"> • Introduction to pathology and its sub-divisions • Introduction to Cell Injury • Cellular adaptations • Definition and brief description of Inflammation • Healing/Repair • Definition and brief description of Oedema – Shock – Haemorrhage • Thrombosis and Embolism. Ischemia and Infarction • Immunity – types – different types of immune responses in the body • Basic knowledge of auto immune diseases • Acquired immune deficiency disease and Hypersensitivity • Nomenclature and classification of Tumours • Difference between Benign and Malignant tumours • Introduction to Nutritional disorders, disorders of macro and micro nutrients • Introduction to infectious diseases • Introduction and classification of Microorganisms such as Virus • Introduction and classification of Bacteria • Introduction and classification of Fungus 	16 Hours

Part - B	50 Marks	50 Hours
Sl.No	Topic	Hours

4	<p>Nidana Panchaka Vigyanam</p> <ul style="list-style-type: none"> • Difference between Roga and Rogi pareeksha • Importance of Nidana Panchaka • Hetu - definition, synonyms • Hetu classification. • Purva rupa – definition, synonyms, Samanya and Vishistha Purva rupa • Rupa - definition, synonyms, Samanya and Pratyatma lakshana • Difference between Vyadhi and Lakshana • Samprapti – definition, synonyms and types • Samprapti ghataka • Introduction, types of Shat Kriyakala- Sanchaya, Prakopa • Prasar, Shtanasanshray • Vyakta, Bheda • Relationship between Nidana panchaka and Shat kriyakala • Upashaya – definition, types and its importance in diagnosis • Anupashaya- definition, types and its importance in diagnosis • Upadrava and udarka • Arishta vijnana – definition, types • Importance of Arishta in clinical diagnosis • Sadhyasadhyatwa – types, their parameters and importance • General diagnostic principles of Anukta vyadhi (Cha. Viman IV) 	19 Hours
5	<p>Pareeksha Vigyanam</p> <ul style="list-style-type: none"> • Importance and knowledge of Darshana • Sparshana • Prashna • Pratyaksha • Anumana • Aptopadesha • Chaturvidha Pareeksha • Shadvidha Pariksha • Importance and Knowledge of Ashtasthan Pariksha – Nadi • Importance and Knowledge of Mala • Mootra Pareeksha • Importance and Knowledge of Jihva, Shabda • Knowledge of Sparsha, Netra & Akriti 	11 Hours
6	Dashavidha pariksha	

	<ul style="list-style-type: none"> • Importance and Knowledge of Karanadi Dashavidha Parikshya Bhava • Importance and Knowledge of Dashavidha pariksha <ul style="list-style-type: none"> Prakriti Vikriti Sara, Satva, Samhanana Satmya Ahara & Vyayama Shakti Vaya & Pramana 	6 Hours
	<ul style="list-style-type: none"> • Importance and methods of history taking <ul style="list-style-type: none"> Geographical data Main complaint, associated complaint History of Present illness Past history, personal history Family, Gynac history General clinical examination Systemic examination Knowledge of Ancillary investigation 	7 Hours
	<ul style="list-style-type: none"> • Basic Knowledge of tools for avayavika pariksha <ul style="list-style-type: none"> ECG USG Radio imaging x -ray MRI CT • Basic Knowledge of Laboratory investigations pertaining to Metabolic disorders • Basic Knowledge of Laboratory investigations pertaining to Endocrine disorders 	7 Hours

PAPER II

Part – A		50 Marks	50 Hours
Sl.No	Topic	Hours	
1	Systematic study of Nidana Panchaka of following diseases (Including Upadrava, Arishta & Sadhyasadhyata)	5 Hours	
a.	Diseases of Rasavaha Srotas- Jwara Āma, Pachyamāna & Nirāma jwara General mechanism of Fever. Āgantuka jwara, Punarāvartaka jwara Vishama jwara , Dhatugata jwara, Charakokta Sannipāta		

	jwara Introduction to Etiopathogenesis of Malaria, Typhoid, Influenza Introduction to Etiopathogenesis of Dengue fever & Chikungunya	
b.	Pandu Vataja, Pittaja, Kaphaja & Mridbhakshanajanya Pandu, Sadhyasadhyata Introduction to Anaemia, Classification of Anaemia IDA, Haemolytic Anaemia	2 Hours
c.	Āmavāta Samanya, Pravruddha & Doshaja Amavata Rheumatic fever Rheumatoid Arthritis	3 Hours
d.	Hridroga Vataja, Pittaja, Kaphaja and Krimija Hridroga Angina, Ischemic Heart Disease Hypertension CAD & Myocardial Infarction and CCF	4 Hours
e.	Shotha Doshaja & Ekanga Shotha Oedema (Hepatic, Renal & Cardiac Oedema) Local Oedema (Venous & Lymphatic Oedema)	3 Hours
2	Diseases of Raktavaha Srotas	
a.	Kamala Kosthashakhasrita Kamala Shakhasrita Kamala Kumbha Kamala, Sadhyasadhyata, Halimaka, Panaki Normal Bilirubin Metabolism & Jaundice	3 Hours
b.	Raktapitta Urdhwaga, Adhoga & Doshaja Raktapitta, Sadhyasadhyata Introduction to Hepatomegaly, Spleenomegaly Introduction to Leukaemia, Thalessemia, Sickle cell anaemia	3 Hours
c.	Vatarakta Nidana, Samprapti, Poorvaroopo, Samanya Lakshana Doshaja, Uttana & Gambheera Vaatarakta, Sadhyasadhyata, Krostuksheersha Introduction to Gout, SVT, DVT & TAO	3 Hours
d.	Shitapitta, Udarda, Kotha Maha Kustha Introduction to Kshudra kushta Shwittra, Leucoderma, Vitiligo Visarpa Psoriasis, Eczema Introduction to Urticaria, Lichen Planus and Pemphigus	7 Hours

3	Diseases of Mamsavaha srotas Introduction to granthi, galaganda Introduction to Arbuda & Introduction to thyroid diseases Introduction to Arshas	3 Hours
4	Diseases of Medovaha srotas Karshya, Sthoulya, Obesity Prameha (Nidana, Poorvaroopa, Samprapti) Prameha (Lakshana, Kaphaja, Pittaja, Vataja) Prameha Sadhyasadhyata, Diabetes Mellitus	4 Hours
5	Diseases of Asthi , Majjavaha Srotas	3 Hours
a.	Introduction to Sandhigatavata, OA Asthi-majjaparipaka, Asthigata vidradhi Osteomyelitis, Osteoporosis Vatavyadhi (Samanya Nidana & Samprapti)	
b.	Vishistha Vatavyadhi Akshepaka, Apatanaka, Apatantraka Parkinson's disease Pakshaghata, Stroke Ardita & Bell's palsy Manyasthambha, Katigraha (Ankylosing Spondylitis, Lumbago) Viswachi, Apabahuka, Gridhrasi (Sciatica syndrome), Pangutwa	5 Hours
6	Diseases of Sukravaha srotas Klaibya Male infertility Vandhyatva, Female infertility	2 Hours
Part - B		
50 Marks		50 Hours
7	Diseases of Pranavaha srotas <ul style="list-style-type: none"> • Kasa (Nidana, Poorvaroopa, Samprapti) • Kasa (Bheda and Lakshana, Sadhyasadhyata) • Shwasa (Nidana, Poorvaroopa, Samprapti) • Shwasa (Bheda and Lakshana, Sadhyasadhyata) • Hikka • Urahkshata • Shosha • Rajayakshma (Nidana, Poorvaroopa, Samprapti) • Rajayakshma (Tri, Shad & Ekadasha Roopa, Sadhyasadhyata) • Pulmonary Tuberculosis • Etiopathogenesis of Pneumonia, Pleural effusion • Etiopathogenesis of Bronchiectasis, Bronchitis • Cardiac Asthma • Bronchial Asthma • COPD 	13 Hours
8	Diseases of Annavaha- Pureeshavaha Srotas	18 Hours

	<ul style="list-style-type: none"> • Agnimandya, Aruchi • Ajirna • Chhardi • Visuchika • Amlapitta • Shoola, Parinama Shoola & Annadrava shoola • Peptic ulcer (APD) • Grahani (Nidana, Poorvaroopo, Samprapti) • Grahani (Bheda, Lakshana, Sadhyasadhyata) • IBS, IBD • Gulma (Paribhasha, Samanya Nidana, Sthana) • Gulma (Vataja, Pittaja, Kaphaja, Nicaya & Shonitaja, Prognosis) • Udara roga (Nidana, Poorvaroopo, Samprapti) • Udara Roga (Bheda, Lakshana, Sadhyasadhyata) • Atisara (Paribhasha, Samanya Nidana, Samprapti, Poorvaroopo) • Atisara (Doshaja, Shokaja, Bhayaja, Amaja, Prognosis) • Pravahika • Diarrhoea, Dysentery • Anaha, Constipation, Adhmana, Atopa, Alasaka, Vilambika 	
9	Diseases of Udakavaha Srotas <ul style="list-style-type: none"> • Trishna & Daha • Water and Electrolyte imbalance disorders 	1 Hour
10	Diseases of Mutravaha srotas <ul style="list-style-type: none"> • Mutrakrichhra • Mutraghata • UTI, Urolithiasis • Nephropathies and Renal failure 	4 Hours
11	Diseases of Swedavaha srotas <ul style="list-style-type: none"> • Khalitya, Palitya and Cosmetology 	1 Hour
12	Diseases of Manovaha Srotas/ Sanjnavaha Srotas Introduction to <ul style="list-style-type: none"> • Vishada, Udvega, Bhaya, Anidra • Bhrama, Mada, Murchha, Sanyasa • Apasmara & Atatwabhinivesha • Unmada • Introduction to Epilepsy, Depression, Anxiety neurosis • Introduction to Phobia, Personality disorders 	6 Hours
13	Upasargjanya Vyadhis (Communicable diseases) <ul style="list-style-type: none"> • Romantika, Masurika & introduction to Measels, Chikenpox • Upadamsha, Phiranga 	5 Hours

	<ul style="list-style-type: none"> • Leprosy • Introduction to Tuberculosis • Introduction to AIDS 	
14	Krimi Vigyanam <ul style="list-style-type: none"> • Definition, classification of Krimi and features of Krimiroga • Snayuka, Shleepada • Filariasis and classification of common parasites 	2 Hours

PRACTICAL

100 Marks

Laboratory Practicals (Each 2 Hour): 50 Practicals (100 Hours)

Sl.No	Practical Topic	Hours
1	Fundamental Principles of Laboratory Tests Introduction to Laboratory, Sterilization, glass wares, solutions reagents and safety procedures, disposal of biochemical wastes.	04 Hours
2	Haematology <ol style="list-style-type: none"> 1. Hb% estimation 2. Blood cells counting - WBC, RBC, Platelets 3. Haematocrit /Packed cell volume (PCV) 4. Erythrocyte indices - MCV, MCH, MCHC 5. Peripheral blood smear, staining technique and differential leucocytes count 6. Peripheral blood film examination in Anaemia, Leukaemia, Malaria, Filariasis (Demonstration) 7. ESR 8. Introduction to Rapid diagnostics of Haematology 9. Screening test for bleeding disorders - bleeding time (BT), Clotting time (CT), Prothrombin time (PT) 10. Blood grouping - ABO system, Rh typing (Rhesus system) 	12 Hours
3	Urine Examination <ol style="list-style-type: none"> 1. Ayurveda anusara Mutra pareeksha 2. Physical Examination - Volume, Reaction (pH) & Specific Gravity 3. Chemical Examination for Proteins, Glucose, Phosphate, Ketone, Bile salts, Bile pigment 4. Dipstick examination 5. Microscopic Examination 	06 Hours
4	Stool Examination <ol style="list-style-type: none"> 1. Ayurveda anusara Pureesha pareeksha 2. Physical examination - Sama-Nirama Pareeksha 3. Microscopic examination of Ova & Cyst etc. 4. Occult Blood Test 	04 Hours

5	Sputum Examination 1. Ayurveda anusara Sthivana pareeksha. 2. Physical, Chemical and Microscopic Examination of the Sputum. 3. Sample collection and Demonstration of AFB.	04 Hours
6	Semen examination 1. Ayurvediya anusara Retas pareeksha. 2. Semen examination & Demonstration of Semen, Sperms.	04 Hours
7	Biochemical Examination – (Demonstration) Blood Glucose, Serum Bilirubin, Serum Urea, Lipid profile, Serum Creatinine Serum Uric acid etc .	10 Hours
8	Demonstration of different staining techniques in Microbiology	02 Hours
9	Demonstration of Sero - immunological Investigations: RA and Widal	04 Hours
10	Demonstration of Aspiration techniques	02 Hours
11	Laboratory record – Maintenance of observation Diary and Laboratory record book	08 Hours
BEDSIDE CLINICS		
1	Introduction and demonstration of Clinical methods (General and Systemic Examinations)	08 Hours
2	Practical demonstration of examination of Roga based on Pancha nidan	04 Hours
3	Demonstration of Instruments used for Clinical Examination	04 Hours
4	Practical records of Clinical Examination of at least 20 long cases in I.P.D including Atur-bala-pramana Pareeksha.	20 Hours
5	Practical records of Clinical Examination of at least 20 short cases based on Ashta Vidha Pareeksha in OPD.	08 Hours
6	Demonstration of ECG, USG and Radio imaging techniques	06 Hours

Reference Books

Sl. No	Name of Author/ commentators	Title of the book	Edition	Name of the publication
1	Pt. Yadunandan Upadhyay	Madhav Nidan Part-I (Madhukoshacommentary) Part-II	RP-2006 RP-2010	Choukhambha Publication New Delhi
2	Kaviraj Gananath Sen	Pt. Yadunandan Upadhyay	-	-
3	Yadav Ji Trikram Ji Acharya	Kaviraj Gananath Sen	-	-
4	Acharya P.V. Sharma	Doshakaranatwa Mimamsa	1 st 2003	Choukhamba Bharati Academy

				Varanasi
5	Vd. Tara Shankar Mishra	Nadi Darshan	3 rd - 1978	Motilal Banarasidas
6	Vidyotini Hindi Tika	Nadi Vigyanam	-	-
7	Shri Satya Dev Vashisht	Nadi Vigyan	3 rd -1983	Ramlal Kapur Trust
8	Gangadhar Tika	Nadi Vigyan	-	-
9	Acharya Priyavrata Sharma	Rogi Pariksha vidhi	1 st 1998	Choukhamba Bharati Academy Varanasi
10	Vd. Ramanath Dwivedi & Vd. Gurdip Singh	Ayurvediya Rog Vargikaran	-	-
11	Prof. Ram Harsh Singh	Ayurvediya Nidan Evam Chikitsa Ke Siddhanta	-	-
12		Relevant portions of Charaka Samhita, Sushruta Samhita and Vagbhat	-	-
13	William Boyds.	Text Book of Pathology	8 th -1976	Lia and febiger
14	Harsh Mohan	Text Book of Pathology	6 th -2010	Jaypee Brothers Bangalore
15	Dey and Dey	Text Book of Pathology	15 th - 1995	New central Book agency Pvt Ltd
16	Ramnik Sood	Text Book of Parasitology	-	-
17	S.P. Gupta	Clinical Pathology and Bacteriology	-	-
18	K. R . S. Murthy	Clinical methods in Ayurveda	3 rd -2002	Choukhambha Orientalia
19	Dr. P.S. Byadgi.	Parameswarappa's Ayurvediya Vikriti Vigyan and Roga Vikriti Vigyan	Vol-I-2007 Vol-II-2009	Choukhambha Publication New Delhi
20	Oxford Handbooks	Oxford Handbook of Clinical Examination and Practical Skills	-	-
21		Advanced Clinical Evaluation System For Practical Assessment of Clinical Examination Skills	-	-
22	Chamberlains	Symptoms & Signs In Clinical Medicine	12 th -1997	Butterworth Heinmann
23	Hutchison's	Clinical Methods	22 nd -2007	Elsevier
24	Kundu	Bedside Clinics in Medicine Part- I & II	-	-
25	Mehta	Common Medical Symptoms	-	-
26	Weimstean,	Advances in Pathology & Lab	-	-

	Gralem, Anderson, Cortan, Wick, Zumwelt	Med-		
27	Edited by Kenneth D Mc. Chately	Clinical laboratory medicine	-	-
28	Walter & Israel Churchill Living stone	General Pathology	-	-
29	Chris Newann	A Comprehensive Dictionary of Pathology	-	-
30	Dr. K. Uma Chaturvedi	Practical Pathology	-	-
31	Douglas/Macleod's	Clinical examination	11 th -2007	Elsevier
32	Harsh Mohan	Pathology Practical book for undergraduates	-	-
33	R. Sood	Medical laboratory technology	6 th -2009	Jaypee Brothers
34	Todd, Sanford and Davidson	Clinical Diagnosis and Management by Laboratory methods	-	-
35	Degruchy's	Clinical Haematology In Medical Practice	-	-

SWASTHAVRITTA

Theory: 2 Papers (100 Marks each)

Practical: 100 Marks

Lectures (Each 1 Hour): 200 Hours

Practical (Each 2 hrs): 50 (100 Hrs)

AIMS:

The Student shall be able to provide the highest quality of Preventive and health promotive care for the healthy individuals with complex problems and demonstrate evaluation and judgment skills in making appropriate decisions regarding diet and lifestyle advice and referral to deliver comprehensive for the patient. He will provide quality in all spheres of higher learning in general and Health service in particulars to all including those in rural and urban areas keeping in view the societal needs in the global context. He will impart and disseminate knowledge, develop competencies and also provide for research and development in the emerging areas of Health sciences, Sciences and technologies.

OBJECTIVES:

KNOWLEDGE:

By the end of 3rd Year/ Professional the student should be able to,

1. The candidate will possess basic and systemic knowledge on the following subjects – Complete Vayaktika Swasthavrittha, Sadvrittha, Roga anutpadaniyam, Samajika Swasthavrittha – Anupasargika roga pratirodha, Yoga and Nisargopachara – their applied aspect, applied basic medical sciences
2. The student will assess Nutritional status of the patient, General health condition of an individual as related to Swasthavrittha.
3. The student will identify social, economic, environmental and emotional determinants of the individual.
4. The student will have essential knowledge of personal hygiene, infection control, prevention of cross infection and safe disposal of waste keeping in view the risks of transmission of communicable diseases.

SKILLS:

1. The student will be able to examine the patients clinically, investigate the patient systematically, diagnose the ailment, plan diet and lifestyle, communicate with patient and execute it
2. The student will be able to perform Swastha Panchakarma, Yoga and Naisargika kriyas.
3. The student will be able to demonstrate the clinical competence necessary to carry out appropriate Yoga and Naturopathic treatment at the level of knowledge, training and practice skills currently available in their competence area.

Attitudes

- The student will be able to adapt ethical principles in practice, maintains the professional honesty and integrity.
- The student will respect the individual's rights and a privilege, including the patient's right to information and right to seek second opinion.

Communication abilities

- The student will develop communication skills in particular to explain the lifestyle advice and Yogic and Naturopathic treatment option available in the management.
- The student will be able to guide and council the individual or the patient with regards to various treatments, modalities available.

PAPER- I

Vyaktigata Swasthyam (Personal Health)

Part – A		50 Marks	50 Hours
Sl.No	Topic		Hours
1	Introduction <ul style="list-style-type: none">• Definition of Swastha & Swasthya• Arogyalingani (Signs of Health)• WHO Definition of Health• Definition of Swasthavritta• Swasthavritta prayojanam avum Mahatvam• Objectives & Importance of Swasthavritta, Dimensions of health - a) Physical b) Mental c) Social• Concept of wellbeing a) Objective b) Subjective c) Standard of living d) Quality of life• Concept of HFA (Health For All)		3 hours
2	Dinacharya <ul style="list-style-type: none">• Definition of Dinacharya; Aims and importance of dinacharya• Brahma Muhurta avum Utthishta; Sharira chinta• Usha Jalapana; Malatyaga; Mukha prakshalana, Dantadhavana• Preparation of Ayurvedic dental powder and paste, Jivhanirlekhana vidhi (Tongue cleaning)• Gandusha & Kavaladharana vidhi & health benefits• Pratimarsha Nasya vidhi & health benefits• Anjana vidhi & health benefits• Dhoomapana vidhi & health benefits• Abhyangam• Udvartana• Utsadana• Vyayama & its health benefits• Classification of exercises, Chankramana & its health benefits, Benefits of Walking, Jogging, Swimming, Gymnastics, Sports and games and its application in health and disease• Snanam, Anulepanam, Vastradharanam, Tambula b-n- sevanam• Importance of Antaha shoucha & bahya shoucha in preserving the health• Danda dharana, Padatra dharana, Chatra dharana, Ushnisha dharana, Ratnabharana dharana,• Madhyahna charya• Cosmetic effect of Dinacharya procedures		8 hours
3	Ratricharya Sandhyacharya, Ratribhojana vidhi, Shayana		1 hour
4	Ritucharya		3 hours

	<ul style="list-style-type: none"> • Ritus as per Charak & Vagbhata acharyas • Adana kala & Visargakala • Sanchaya, Prakopa-Prashama of Doshas and their Utpatti in Ritus • Relation of Agni bala and ritu • Dosha shodhana in samanya ritu • Ahara-Vihara, Pathya- Apathya in different ritus • Yamadamshttra; Rituharitaki, Ritusandhi • Importance of Ritucharya • Rituviparyaya 	
5	<p>Sadvritta Description of Sadvritta and Achara Rasayana - their role in Prevention of psycho-somatic disorders Social aspect of Psychology according to Ayurveda, Concept of Mental Health according to Ayurveda and Modern science</p>	1 hour
6	<p>Trayopastambhas (Three pillars of health) a. Ahara</p> <ul style="list-style-type: none"> • Nirukti, Swarupa, Pramukhatvam • Ahara dravya Vargeekaranam according to Charak • Aharaparinamakara bhava • Ashta ahara vidhi visheshayatanani • Aharavidhi Vidhana • Bhojana pachana avadhi • Shadrassa bhojanasya mahatwam • Dwadasha Ashana pravicharana • Samasana; Adhyasana; Vishamasana; Anashana, Pathyahara; Apathyahara • Santarpanjanya vyadhi • Apararpanjanya vyadhi • Aharadushparinama, tajjanya vyadhaya • Viruddhahara and its effects • Nutritional requirements • Proximate principles of Food, Nutritional requirements, Sources and deficiency diseases of Protein, Carbohydrate, Fat, Vitamins and Minerals • Concept of balanced diet in Ayurveda • Nitya sevaneeya dravya • Balance diet for a) Sedentary /Moderate / Hard, b) Pregnant and lactating women, c) Children, d) Infants, • Dietetic standards • National Nutritional programmes, Social aspects of nutrition • Food groups – a) Dhanya varga(Cereals and millets), b)Shaka and Harita varga (Non leafy and Leafy vegetables), Kanda varga (roots and tubers), c) Phala varga (Fruits),Taila varga (Fats &Oils), Ikshu varga 	30 hours

	<p>(Jaggery, sugar, honey), d) Jala varga & Dugdha varga (Milk and Milk products), e)Mamsa varga (Meat types), f) Madya varga (Beverages), g) Masala and vyanjana dravyas (Spices & Condiments), h) Kritanna varga (Prepared Food)</p> <ul style="list-style-type: none"> • Food hygiene- Milk hygiene; Milk composition; Source of infection (for Milk), Milk borne diseases; Clean and safe milk; Pasteurization of milk • Meat hygiene; Meat inspection; Slaughter house, Freshness of fish and egg • Fruits and Vegetable hygiene • Sanitation of eating places, Preservation of food, Food handlers; Food borne diseases, Definition of Food fortification & Food enrichment, Food toxicants • Properties of Vegetarian and Non-vegetarian diet • Effects of Spices and condiments • Consumption of Alcohol and its effects • Ayurvedic Diet in Life Style Disorders 1) Diabetes, 2) Obesity, 3) Hypertension, 4) Coronary heart Disease 	
	<p>b. Nidra</p> <ul style="list-style-type: none"> • Nirukti and Utpatti • Types of Nidra (sleep) • Nidra – Swasthya sambandha • Yogya nidra vidhi • Duration of sleep according to age • Sleep in healthy and diseased persons • Properties of Yukta Nidra • Ahara and Vihara causing sound sleep • Effects of Ratri Jagrana, Diwaswapna; Anidra ; Atinidra • Ahara and Vihara causing disturbed sleep • Theories of sleep, Physiological effects of sleep 	1 Hour
	<p>c. Brahmacharya - MK</p> <ul style="list-style-type: none"> • Brahmacharya vyakhya and Abrahmacharya vyakhya Importance of Brahmacharya and Abrahmacharya, Vyavaya sambandhi niyamas • Veeryotpatti, Viryanasha phala, Effects of Ativyavaya, Methods of Virya Raksha • Surataspraha (Libido) through Vajeekarana; Menstrual Hygiene & its importance 	1 Hour
7	<p>Rogananutpadaneeya</p> <ul style="list-style-type: none"> • Concept of vega • Adharaneeya Vega and Dharaneeya Vega, • Diseases due to Adharaneeya vegadharana and their chikitsa • Diseases due to Dharaneeya vegadharana and their chikitsa 	2 Hours

	<ul style="list-style-type: none"> • Prajnaparadham • Sharira rakshanatmaka karyani, Sarira ahithakara karyani & Shareera shodhanam, Upavasa, Rasayana for Swastha Ashta nindita purusha 	
Part- B		50 Marks
50 Hours		
Sarvajanika- Samajika Swasthavrittam (Public Health)		
8	Janapadodhwamsa Causes, Manifestations and control measures Importance of Panchakarma and Rasayana Vyadhikshamatva and the role of Rasayana Applicability of preventive measures of Janapadodhwamsa in day today practice.	2 Hours
9	Vayu(Air) Vayu guna, Vayu swasthya sambandha, Composition Air of occupied room, Discomfort and comfortable zone Air movement, Air pollution – health and social aspects, Prevention and control of air pollution Monitoring of air pollution and air quality guidelines, Ventilation and its types, Vayu shuddhi prakara (Disinfection of air) Mountain air & High altitude – Health problems and their control	1 Hour
10	Jala (Water) Jala mahatva – biological importance of water Safe and wholesome water, Requirement and uses, Properties of water, Types of water, Water sources Water pollution, Water related diseases Purification of Water (Jalasuddhi upayas), Large scale, small scale, domestic (Reverse osmosis method, ultra-violet etc.) Hardness of Water, Shad jala dosha, Examination, Tests and analysis of water, Water problems of India, Water quality – Criteria and standards Rain Water Harvesting and water recycling	3 Hours
11	Bhumi (Land and Housing) Types of soil, Soil & Health Bhumi shodhana, Nivasayogya bhumi Social goals of housing, Housing standards, Rural housing, Housing and health, Overcrowding, Pasu sala (Cattle shed)	1 Hour
12	Prakasa (Lighting) Ergonomics of lighting, Requirements of good lighting, Natural Lighting Natural Lighting, Artificial Lighting, Different types of lighting fixtures, Biological effects lighting	1 Hour
13	Dhwani pradushana (Noise) Sources, Effects & Control, Measures taken by the Central pollution control board to control noise pollution	1 Hour

14	Vikirana (radiation) Sources, Effects, control and Protection	1 Hour
15	Apadravya nirmulana (Disposal of solid waste) Different types of solid waste, Storage and collection of refuse, Methods of disposal of solid waste (Rural & Urban), Waste recycling, Bio- Medical waste management	1 Hours
16	Malanishkasana vyavastha (Excreta disposal) Unsewered area, Sewered area, Latrines for camps, fairs and festivals	1 Hour
17	Disposal of Dead body Burial, Burning, Electric cremation	1 Hour
18	Meteorology (Ritu evam vatavarana jnana) Definition of weather and climate, factors influencing weather and climate.	1 Hour
19	Disaster Management Definition, natural and man-made disasters, epidemiologic surveillance and disease control	1 Hour
20	Occupational Health Occupational Hazards, Occupational Diseases Repeated stress induced injuries, Prevention of Occupational Diseases Role of Ayurveda and Yoga in preventing occupational diseases, ESI Act and factories Act, Offensive trades – Effects on health and precaution measures	2 Hours
21	School Health Services Health Problems of School Children, Aspects of School Health services, Duties of School Medical Officer, Maintenance of healthful environment.	1 Hour
22	Epidemiology a. Concept of Epidemiology, Concept of causation, Epidemiological triad, Natural history of disease, Risk factors, Concept of Control, Concept of prevention, Modes of intervention, Incidence and prevalence, Dynamics of Disease transmission, Concept of disease, Modes of transmission, Susceptible host, Host defences, Immunizing Agents, Disease prevention and control, Disinfection b. Epidemiology of Communicable Diseases – a) Measles, b) Diphtheria, c) Pertussis, d) Mumps, e) Tuberculosis, f) SARS, g) Influenza, h) Pneumonia, i) Cholera, j) Polio, k) Viral Hepatitis, l) Typhoid, m) Leptospirosis, n) Dengue fever, o) Chikungunya, p) Malaria, q) Filariasis, r) Leprosy, s) Rabies, t) Tetanus, u) Emerging and re-emerging diseases c. Kuprasangaja vyadhis (STD s) AIDS, b) Syphilis, c) Gonorrhoea, d) Chanchroid, e) Ayurveda paribhasha of Sankramiya roga	32 Hours

	<p>d. Non - Communicable disease epidemiology</p> <p>a) Diabetes, b) Obesity, c) Hypertension, d) Coronary heart Disease, e) Rheumatic Heart disease, f) Cancer, Global strategy in prevention and control of NCD, Community based integrated NCD prevention programs</p>	
23	Chikitsalaya Bhavan (Ayurveda Hospital Building) OPD and IPD, Ideal Panchakarma theatre, Pathyahara, Laboratory	1 Hour

PAPER II

Part – A		50 Marks	50 Hours
Yoga & Nisargopachara Yoga			
Sl.No	Topic	Hours	
1	<p>Introduction to Yoga</p> <p>Etymology, Definitions, Development of Yoga (From ancient time to present time)</p> <p>Different Streams of Yoga, a) Jnana Yoga, b) Bhakti Yoga, c) Raja Yoga, d) Hathayoga, e) Karma yoga – Features & objectives, Mantrayoga, Layayoga, Relevance of yoga in Health & Harmony</p> <p>Yogic concept of health & disease, Yoga prayojana, Ayurveda yoga sambandha, swasthya rakshane yogasya mahatvam Yogabhyasa pratibhandhaka & siddhikara bhavas as per Hathayoga.</p> <p>Mitahara and Pathya-apathyani during Yogabhyasa.</p>	2 Hours	
2	<p>Patanjali Ashtanga Yoga</p> <p>a. Yama</p> <p>b. Niyama and their types</p> <p>c. Asanas, Asana definition and its importance; Rules & regulations of Asana; yogic diet; Concept of Mitahara & Pathyahara, Suryanamaskara a) Standing series of Asanas - Ardhakatichakrasana, Padahasthasana, Ardchakrasana, Trikonasana, b) Sitting series of Asanas - Padmasana, Sidhasana, Vajrasana, Suptavajrasana, Bhadrasana, Ushtrasana, Paschimottanasana, Gomukhasana, Sasankasana, Ardhamatsyendrasana, c) Supine postures – Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Savasana, Prone postures- Bhujangasana, Salabhasana, Dhanurasana, Makarasana, Difference between yogasana & vyayama (physical exercises)</p> <p>d. Pranayama; Definition, Benefits of Pranayama,</p>	27 Hours	

	<p>Time of practice; Avara- Pravara- Madhyama lakshanam, Pathya-apathya ahara during pranayama, Yuktayukta lakshana, Nadi suddhi lakshanam, Kumbhaka bheda, Types of Pranayama – Nadi sudhi pranayama, Anuloma- viloma, Suryabhedana, Ujjayi, Shitali, Sitkari, Sadanta, Bhastrika, Bhramari, Murcha, Plavani, Concept of Pranav japa (AUM)</p> <p>e. Pratyahara f. Dharana g. Dhyana, h. Samadhi</p>	
3	<p>Shatkarma Indroduction, Dhouti, Basti, Nauli, Neti, kapalabhati, Trataka, Bandhas and Mudras,</p>	3 Hours
4	<p>Panchakosha theory in Taittareeya Upanishad Annamayakosha, b) Pranamayakosha, c) Manomayakosha, d)Vijnanamayakosha, e) Anandamayakosha</p>	1 Hour
5	<p>Shad chakras Ida, pingala & sushumna</p>	1 Hour
6	<p>Yoga and Ayurveda Description of Yoga in Ayurveda, Manodosha chikitsa, Sukha dukha nivrutti, Yoga and moksha, Mokshasya 21akshana, Ashta Aishwarya, Satyabudhhi, Muktatma lakshana</p>	1 Hour
7	<p>Integrated Approach of Yoga therapy Yoga package for LBA, Obesity, Asthma, Diabetes, Psychiatric disorders Yoga for Geriatric care, Yoga in Pregnancy Effect of Yoga practice on physical and mental doshas Yoga as a preventive & community medicine, its strengths & limitations</p>	5 Hours
8	<p>Nisargopachara Prakritika Chikitsa (Natural Treatment) Definition & History; Aims and objectives; Relation of Ayurveda and naturopathy, Basic principles of Naturopathy, Schools of Naturopathy – Western School, Indian School (Pancha bhutopasana), Importance in present era, Panchtantra theory by Dr.Venkatarao</p>	1 Hour
9	<p>Jala Chikitsa Introduction, importance, different modalities, Hot water treatment, Cold water treatment Foot bath, Hand bath, Spinal bath, Hip bath, Abdomen wet pack, Steam bath, Enema, Whirlpool bath</p>	2 Hours
10	<p>Mrittika Chikitsa (Mud Therapy) Types of soil or mud, Doctrine of mud selection, Mud bath</p>	2 Hours
11	<p>Surya Kirana sevana</p>	1 Hour

	Sunbath-Haelio therapy & Chromotherapy	
12	Mardana(Massage) Different methods of Mardana, Effects of mardana on different systems	1 Hour
13	Naturopathy Diet Types- 1) Soothing, 2) Eliminative 3) Constructive diet- a) Positive b) Negative, Acidic and alkaline diet.	1 Hour
14	Upvasa Chikitsa / Akasha mahabhoota chikitsa (Fasting)- Importance, Types, Therapeutic effect	1 Hour
15	Vishrama chikitsa upayoga Importance of rest & relaxation	1 Hour
Part- B		
50 Marks		50 Hours
Community Health Care		
16	Prathamika Swasthya Samrakshana (Primary Health Care) Definition, Principles, Elements, Structure – at Village level, Sub centre level, Primary Health Care at PHC level, CHC level, Rural Hospital levels, Primary Health Care at Hospitals, Health Insurance, Private agencies, Voluntary health agencies in India and N.G.Os., AYUSH, Role of Ayurveda in Primary Health Care in India	6 Hours
17	Parivara Kalyana Karyakrama (Family Welfare Programmes) MK Demography, Demographic Cycle, Life Expectancy Family Planning , Introduction and classification Methods of Family Planning- Temporary methods Methods of Family Planning - Hormonal, Permanent methods of contraceptives	8 hours
18	Matru- Shishu Kalyana Karyakrama (Mother and Child Welfare Programme) MK Ante natal care, Post natal care, Neo natal care, Child health problems, Indicators of MCH care	5 Hours
19	Preventive Geriatrics Problems of elderly, prevention and control measures Lifestyle and healthy aging, potential of disease prevention in the elderly	2 hours
20	International Health Agencies Vishwa Swasthya Sangathana (World Health Organization) - Objectives, Structure and function of WHO, United Nations agencies, Alma- Ata declaration, National Health Policy, Importance of Ayurveda in it, Health work of bilateral agencies	3 hours
21	Health statistics Definition of statistics/health statistics/vital statistics, Sources and uses of health statistics, Data Collection, classification and Presentation, Mean, Median, Mode,	5 Hours

	Health survey, Mortality rates, Morbidity rates and Fertility rates, Tests and significance (Parametric and Non Parametric tests)	
22	Health statistics Definition of statistics/health statistics/vital statistics, Sources and uses of health statistics, Data Collection, classification and Presentation, Mean, Median, Mode, Health survey, Mortality rates, Morbidity rates and Fertility rates, Tests and significance (Parametric and Non Parametric tests)	5 Hours
23	Swasthya Prashasana (Health Systems in India) Central level, State level, District level, AYUSH, National Health Policy, Importance of Ayurveda in it	5 Hours
24	Rasthriya Karyakrama (National Programmes) <ul style="list-style-type: none"> a. Tuberculosis(RNTCP) b. Leprosy(NLEP) c. AIDS(NACP) d. Blindness(NPCB) e. Polio(PPI) f. Diabetes(NDCP) g. Cancer(NCCP) h. National Rural Health Mission(NRHM) i. National Anti Malaria Programme j. National Filaria Control Programme k. UIP(Universal Immunisation Programme) l. RCH(Reproductive and Child Health programme) m. National water supply and sanitation programme n. Minimum needs programme o. IDPS Programme p. All emerging National health programmes. 	16 hours

PRACTICAL

100 Marks

Laboratory Practicals (Each 2 Hour): 50 Practicals (100 Hours)

Sl.No	Practical Topic	Hours
1	VyaktigataSwasthya Kavala, Gandusha and PratimarshaNasya Anjana and Dhumapana Abhyanga and Udvartana	5 Hours
2	Aharadravyaparichaya 1. Dhanyavarga 2. Mamsavarga 3. Shakavarga	10 Hours

	<ul style="list-style-type: none"> 4. Phalavarga 5. Haritakavarga 6. Madhya varga 7. Ikshuvarga 8. Krutannavarga <ul style="list-style-type: none"> a. Manda, Peya and vilepi b. Yushakalpana c. Yavagukalpana d. Krisharakalpana e. Kshirapaka 9. Aharayonivarga 	
3	Water Analysis Experiments <ul style="list-style-type: none"> 1. Assessment of Hardness of water 2. Estimation of bleaching powder needed to disinfect water (Horrock's apparatus) 3. Estimation of chlorine in water 4. Assessment of pH and turbidity of water 	4 Hours
4	Immunising Agents DK <ul style="list-style-type: none"> 1. National immunization schedule 2. BCG vaccine 3. OPV vaccine 4. DPT, TT, MMR/Measles 5. Hep B 6. Rabies 	6 Hours
5	Disinfectants	2 Hours
6	Food adulteration <ul style="list-style-type: none"> 1. Milk adulteration (Lactometer) 	4 Hours
7	Family planning appliances <ul style="list-style-type: none"> 1. Barrier methods 2. Hormonal contraceptives (OCP) 3. Hormonal contraceptives (E Pill, Injectable) 4. IUCDs 5. Permanent methods of contraception 	5 Hours
8	Yogic Kriya <ul style="list-style-type: none"> 1. JalaNeti 2. Sutra Neti 3. VamanaDhouti and VastraDhouti and DandaDhouti 4. Trataka 5. Kapalabhati and Nauli 6. Basti 	4 Hours
9	Yogasanas <ul style="list-style-type: none"> 1. Shithilakaranavyayama (Loosening exercises) 2. Standing series of Asanas: Suryanamaskara, Ardhatichakrasana, Padahasthasana, 	25 Hours

	<p>ardhachakrasana, Trikonasana</p> <ol style="list-style-type: none"> 3. Sitting series of Asanas: Padmasana, Vajrasana, Bhadrasana, Sasankasana, Ushtrasana 4. Sitting series of Asanas: Paschimottanasana, Suptavajrasana, Gomukhasana, Ardhamatsyendrasana, Sidhasana 5. Supine Series: Pavanamuktasana, Saravangasana, Matsyasana 6. Supine series : Halasana, Chakrasana, Shavasana, 7. Prone series of Asanas: Dhanurasana, Navakasana, Shalabhasana, Bhujangasana 8. Relaxation techniques (DRT, QRT) 9. Pranayamas <ol style="list-style-type: none"> a. Breathing Exercises b. Anuloma/Viloma Pranayama c. Bhramari, Kapalabhati, Bhastrika, Ujjayi d. Cooling Pranayama 10. Meditation techniques 	
10	<p>Naturopathy practicals</p> <ol style="list-style-type: none"> 1. Hydrotherapy 2. Heliotherapy 3. Fasting therapy 4. Mud therapy 5. Massage therapy 	5 Hours
11	<p>Visits</p> <ol style="list-style-type: none"> 1. Water purification plant 2. Sewage treatment plant 3. Milk Dairy 4. Leprosy sanatorium 5. Industrial unit 6. Slaughter house 7. Rural Ayurvedic Dispensary 8. PHC 9. Maternity and Child Hospital 	20 Hours
12	<p>Health Survey</p> <p>Minimum 5 families of rural and urban area There should be 3 case sheets for Yoga Naturopathy & pathyaapathya together and 3 case sheets for communicable diseases</p>	5 Hours
13	<p>Case Sheets MK</p> <ol style="list-style-type: none"> 1. 5 cases of Swastha individuals 2. 5 cases of communicable disease <p>Preparing and delivering of a health educational talk on health related issues. A short compilation on any topic on environmental health</p>	5 Hours

Reference Books

Sl. No	Name of Author/ commentators	Title of the book	Edition	Name of the publication
1	Pt. Rajeshwardutt Shastri	Swasthvritta Samucchya	10 th -1979	Akhileshwaradutta Mishra
2	Dr. Bhaskar Govind Ghanekar	Swasthya Vigyan	10 th -2002	Choukhama Bharati Academy Varanasi
3	Dr. Mukund Swaroop Verma	Swasthya Vigyan	2 nd 1997	Motilal Banarasidas
4	Dr Mangalagowri	Swasthavrittam	1 st -2007	Choukhambha Orientalia
5	Dr Sudhakar Reddy	Swasthavritta	1 st -2006	Akash Publication Mysore
6	Vd. Ranjeet Rai Desai	Ayurvediya Hitopdesa	1 st -2005	Shri Baidyanath Ayurveda Bhavan Ltd.
7	Dr. Ramkumar Jain	Yoga and Ayurveda	1 st -1974	Aanekanta Sahitya Shodha Sansthan Publication
8	Dr. Ram Harsh Singh	Vigyan	-	-
9	Dr. Brahmanand Tripathi	Swasthvrittama	-	-
10	Jahulkar	Ayurvediya Swasthvritta	-	-
11	Swatmaram Yogendra	Hathayoga Pradeepika	-	-
12	Bhartiya Prakratika Chikitsa Parishada	Yogic Yoga Paddhati	-	-
13	Shri Kedar Nath Gupta	Yogic Chikitsa	-	-
14	Sharda Prasad	Prakratik Chikitsa Vidhi	1 st -1993	Sarva Seva Sangha Prakashan Publication
15	Verma	Prakritik Chikitsa Vigyan	-	-
16	Dr. Nirmal Sahani	Jansanakhya Shiksha Siddhant Evam Updeysa	-	-
17	S.C. Seel	Health Administration in India	-	-
18	Dr. Shiv Kumar Gaud	Swasthavrittama	5 th	Dhanvantari Oriental Publication
19	T.L. Devraj	Health and Family Welfare	2 nd - 1994	-
20	Dr- Indra Mohan Jha	Sachitra Yogasan	2 nd -2002	Choukhambha

		Darshika		Sanskrit Series
21	K. Park	Preventive & Social Medicine	22 nd -2013	Banarasidas Bhanot
22	Shri Ayyangar	Yogadeepika	-	-
23	Vaidya Sakad	Swasthavritta	-	-
24	Dr. L.P. Gupta	Positive Health	-	-
25	Dr. L.P. Gupa	Biogenic Secrets of Food in Ayurveda	-	-
26	Ram Harsh Singh	Yoga & Yogic Chikitsa	-	-
27	Dr. Smt. Nigam Sharma	Smritigranthon mein nihita Swasthparaka Samagri	-	-
28	R.H. Singh	The Foundations of Contemporary Yoga	-	-
29	Harikrishna Shastri Datar	Dr. Reddy's Yoga Siddhant Evam Sadhana	-	-
30	Dr. P.Sudhakar Reddy	Comprehensive guide to Swathavrittha	1 st -2006	Akash Publication Mysore
31	swamy anathabharathi, CCRYN	Pracheena Vangmaya mein prakrutika chikitsa	-	-
32	Vaidya Yashavant Patil & Vd Vavhala	Swasthavritta	-	-
33	MS.Swaminathan	Food & nutrition	5 th -1993	Bangalore Printing Publishing Co.Ltd
34	Prashant S Iyengar	Organology& sensology in Yoga	-	-
35	Geeta S Iyengar	Yoga – A Game For Women	RP -2002	Allied Publication Ltd.
36	Madhu Pandey	Yoga – A Game For Women (Hindi Translation)	-	-
37		Relevant portions of Charaka, Sushruta, Vagbhata, Sharangadhara, Bhavaprakasha, Madhavanidana, Yogaratanakara & Bhela Samhita	-	-

PRASUTI TANTRA EVUM STRIROGA

Theory: 2 Papers (100 Marks each)

Practical: 100 marks

Lectures (Each 1 Hour): 200 Hours

Practical (Each 2 hrs): 50 (100 Hrs)

A. AIMS:

To impart the knowledge of basic principles of Prasootitantra and Streeroga with recent developments in clinical diagnosis and treatment. To develop evidence based practice along with interpersonal and communication skills in Obstetrics and Gynaecology

B. OBJECTIVES:

By the end of 3rd profession the student should be able to

1)KNOWLEDGE

To understand the basic sciences of Stree sharir vigyana

To acquire the knowledge of Rajo vigyana, Garbha and Garbhini vigyana along with pathologies related to Garbha & Garbhini

Recall the knowledge of basic principles of Prasooti tantra and Streeroga with all possible clinical entities described in modern Obstetrics and Gynaecology

Comprehend the pathophysiology of different conditions of streeroga and different techniques related to obstetrics

To implement Ayurveda treatment modalities in various Gynaecological conditions

To acquire the basic knowledge of integrated science in various Obstetric and Gynaecological conditions

To deal emergency conditions with legal aspects to the point of safety during obstetric emergencies

To evaluate methods for evidence based practice in Prasooti tantra and Streeroga

SKILLS

To develop skills to examine a pregnant woman and identify any pathology, assessment of labour and anticipating complications and their management, to identify puerperial changes and disorders of puerperial period and their management by Ayurvedic treatment or integrative approach as per the need.

To develop skills for demonstration of clinical methods of Obstetrics and Gynaecology.

Efficient use of Ayurvedic medicines in the management of various disorders of Prasooti and Streeroga

To develop skills to identify obstetric emergencies and timely referral to higher centre

ATTITUDE

Develop communication skills in a manner that will help to seek appropriate medical attention

To develop an attitude for good relationship between a doctor and the patient while narrating history and cooperation during gynaecological examination

Internalise valuing high moral and ethical standards while history taking and carrying out clinical examination

PAPER –I Prasuti Tantra

Part – A		50 Marks	50 Hours
Sl.No	Topic	Hours	
1	Introduction To Subject Stri Shariravijnan Etymological origin of word Stree Artavavaha, Stanyavahasrotamsi Tryavarta Yoni Streevishesha Peshimarmani Anatomy of female reproductive system (External & Internal genital organs) Soft & Bony pelvis, and its obstetric importance Desirable (non detail) - Vayobhedena streesangnya-	10 hours	
2	Rajovigyana Description of Raja, Artava and Prathama rajodarshana Rajaswalacharya, Ritumatilaxana, Ritumaticharya, Ritukala Menarche, Menstrual cycle and their regulation by endocrine glands Ovulation - Importance in conception Desirable (non detail)- Concept of Stri Shukra	05 hours	
3	Garbha Vigyana (a) Garbhasya paribhasha, Garbhadhanavidhi, Garbhavakranti, Garbha Sambhava Garbha sambhava Samagri, Garbhakarabhava Panchabhoutika composition of garbha Garbhasya masanumasika vriddhi Garbha Poshana Garbhashayasthe Garbhasthiti -Fetus in utero -fetal lie, attitude, presentation, position Introduction to Embryology Fertilization, Zygote, Cleavage, Morulla, Blastocyst Implantation (b) Formation of Aparā, Jarayu, Ulba, Garbha nabhi naadi Development, Functions of Placenta & Amniotic fluid Fetal membranes and Abnormalities of placenta	11 hours	

	Desirable (non detail)- Garbha lingotpatti, Garbhasya avayavotpatti, Garbha varnotpatti, Garbha Vikriti	
4	<p>Garbhini Vigyana</p> <p>(a)Lakshana of Sadhyograhita garbha Lakshana of Vyakta garbha Pumsavana vidhi Diagnosis of pregnancy</p> <p>(b)Garbhini vyavastha -Garbhini paricharya Garbhopaghatakara bhava, Dauhruda Antenatalcare Examination, Investigation and Management Maternal adaptations during pregnancy</p> <p>(C) Garbha Vyapada: Nidana,Samprapti and Chikitsa of following conditions Garbhasrava and Garbhapata Garbhashosha-Upavishtaka,Nagodara, Upashushka Leenagarbha Antarmritagarbha Raktagulma Bahugarbhatha</p> <p>(d)Causes,clinical features,complications and management of following conditions Abortion Rh- incompatibility Gestational Trophablastic Neoplasias Ectopic pregnancy Intra Uterine Growth Restriction (IUGR) Intrauterine fetal death Multiple pregnancy</p>	16 Hours
5	<p>Garbhini Vyapad</p> <p>(a)Hrillasa, Chardi, Aruchi,Atisara, Vibandha, Arsha,Udavarta,Sotha, Parikarthika, Vaivarnya, Kandu, Kikkisa,Pandu,Kamala,Makkala</p> <p>(b) Common ailments of Pregnancy - High Risk Pregnancy causes, clinical features, complications and management of following ailments /conditions Emesis gravidarum Gestational Anemia Gestational Hypertension Toxaemias of Pregnancy Gestational Diabetes Jaundice AIDS Antepartum Hemorrhage causes, clinical features, complications and management</p>	08 hours
Part- B		50 Marks
		50 Hours

6	<p>Prasava Vigyana</p> <p>(a) Prasava paribhasha , Prasava hetu, Prasava kaala Sutikagaranirmanana, sangrahaniya dravyani Sutikagarapravesha vidhi</p> <p>(b) Prasavavasta – Prajayani, Asannaprasava, Upasthitaprasava, Avi Prasavaparicharya Jatamatra paricharya</p> <p>(c) Normal labor Definition of labor Physiology & Mechanism of labor Monitoring of labor and management Partogarm Episiotomy Care and resuscitation of newborn</p>	17 hours
7	<p>Prasava Vyapad</p> <p>(a)Garbhasanga Yonisamvarana Aparasanga Mudagarbha- Definition, Nidana, Types & Management</p> <p>(b) Induction and augmentation of labor Cervical dystocia Cephalo pelvic disproportion Prolonged labor Preterm labor Postterm labor Fetal distress Assisted labor - Caesarian section</p> <p>(c)Retention of Placenta - causes, clinical features and management Postpartum haemorrhage(PPH)- causes,clinical features & management Genital tract injuries during labor</p> <p>Desirable (non detail) Uterine Inversion Amniotic Fluid Embolism Garbha sthithi parivarthan(Version) Forceps Delivery Ventouse Delivery</p>	20 hours
8	<p>Sutika Vigyana</p> <p>(a) SutikaParibhasha, SutikaKaal, Sutikaparicharya. Changes during sootikaavastha (Sareerika & Manasika) Normal and abnormal Puerperium and its management</p> <p>(b)Sutikaroga – Number of Sutikaroga, SutikaJwara, Shotha and Makkala.</p> <p>(c)Stanyavijnan- causes,clinical features and treatment of following conditions</p> <ul style="list-style-type: none"> • Stanyadushti • Sthanyakshaya • Sthanyavridhi 	12 hours

	(d) Emergency care in obstetrics Desirable(non detail) Stanya –Pareeksha, Stanyasampat	01 hour
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PAPER II -Stri Roga

Part – A		50 Marks	50 Hours
Sl.No	Topic		Hours
1	Artavavyapad (a) Artava-kshaya vriddhi Ashtartava dushti lakshana ,chikitsa Asrigdhara lakshana ,samprapti and chikitsa (b) Menstrual disorders Anartava (Amenorrhea) Oligomenorrhea and Hypomenorrhea Dysmenorrhea Abnormal uterine bleeding		6 hours
2	Yoni Vyapad Sankhya, Nidana, Lakshana, Upadrava evam Chikitsa Endometriosis Fibroid uterus Genital prolapse Retroverted uterus Pelvic infection Cervical erosion Pelvic inflammatory diseases		24 hours
3	Vandhyatwa Prakar,Nidana ,Chikitsa Infertility – Causes, Types, Investigations and Management Yoni Kanda Yoni Arsa Granthi Arbuda Pelvic Infections including Sexually Transmitted Infections HIV, AIDS, Preventive measures		16 hours
4	Menopause Changes during Menopause, Menopausal syndrome and management.		1 hour
5	Desirable (non detail) Congenital malformations of female genital tract Shukra vijnan –Kshaya,Vridhi,Shukra dushti hetu, lakshana and chikitsa Benign and Malignant tumors of Genital Tract		3 hours
Part – B		50 Marks	50 Hours
6	Stana roga (a) Etiopathology, clinical features,diagnosis,prognosis and		6 hours

	<p>complications of following conditions of breast disorders</p> <p>Stanakeela Stanagranthi Stanashopha (Mastitis) Stana vidradhi(Breast abscess) Galactocele Stanarbuda – carcinoma breast</p>	
7	<p>(b) Sthanika Chikitsa</p> <p>Practical knowledge of following procedures with indications, complications and management</p> <p>Snehana, swedana Pichu, Varti, Lepana, Dhoopana, Dhavana Dahana , Kshara karma Uttaravasti - Importance of Panchakarma in Streeroga</p>	6 hours
8	<p>Shastra Karma</p> <p>Indications ,contraindications, Procedure of following shastra karma Garbhashaya mukha vistritikarana & lekhana –Dilatation and Curettage Garbhashayamukhadahana (Cauterization of cervix) Female surgical sterilization Male surgical sterilization Indication and procedure of PAP smear collection Endometrial biopsy and interpretation of reports</p>	7 hours
9	<p>Streeroga Sambandhi Aushadhis</p> <p>Prasooti & StriRoga chikitsa upayogi Yantra Shastra Parichaya Vyadhivinishchaya Upaya (Investigative and Diagnostic Aids) Garbhanirodhaka upaya ,Parivara niyojana AIDS/HIV control program Mother and Child health program (MCH) PNDT Act MTP Act Importance of current National program Knowledge of important commonly used Ayurvedic and Allopathic drugs in Prasutitantra and Streeroga-MK Pharmacotherapuetics of allopathic drugs in Obstetrics and Gynaecology Record keeping,ethical and medicolegal issues in Streeroga and prasutitantra</p>	22 Hour
10	<p>Desirable (non detail)</p> <p>Laprosopy Hysteroscopy Hysterosalpingography USG in Gynaecology X-ray in Gynaecology</p>	9 hours

	Colposcopy Cervical biopsy Granthi evum Granthi nirharan samanya jnan Myomectomy Hysterectomy	
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PRACTICAL

100 Marks

Practicals (Each 2 Hour): 50 Practical (100 Hours)

Sl.No	Practical Topic	Hours
1	To perform independently History taking and examination of Antenatal and Gynaecological cases.	4 Hours
2	Diagnosis of Pregnancy, assessing gestational period, to diagnose onset of labour	10 Hours
3	To monitor labour progress, able to plot Partogram	5 Hours
4	Observation of 10 labour cases	10 Hours
5	To diagnose abnormalities of labour and decide referral to higher centre	5 Hours
6	Able to provide first aid for obstetric emergencies.	2 Hours
7	Recognition of post partum complications	2 Hours
8	Counseling and promoting breast feeding	2 Hours
9	Record 5 Antenatal cases, 5 Intrapatum, 5 Post partum cases To observe/assist –D &C, D & E, Caesarean section, Repair operations, Resuscitation of new born	24 Hours
	Gynaecological Skills - To perform independently	2 Hours
10	History taking and examination of Gynaecological cases	2 Hours
11	Recording 10 gynecological cases, 5 gynecological procedures	14 Hours
12	Taking vaginal smear, high vaginal swab	2 Hours
13	Practical knowledge of sthanika chikitsa	4 Hours
14	Observation and practical knowledge of minor gynaecological procedures	2 Hours
15	Observation of Surgical procedures	3 Hours
16	Identification, uses, Demonstration of surgical instruments	2 Hours
17	Observation of Method of sterilization, MTP, Surgical procedures Hysterectomy, Oophorectomy	5 Hours

Reference Books

Sl. No	Name of Author/ commentators	Title of the book	Edition	Name of the publication
1	Vd. Damodar Sharma Gaur	AbhinavaPrasutiTantra	-	-

2	Acharya RamanathDwivedi	PrasutiVigyana	1 st -2002	Choukhambha Bharati Academy
3	Dr.MrinmayiMukharjee	PrasutiVigyana	-	-
4	Dr.Alakh Narayan Singh	PrasutiVigyana	-	-
5	ManjariDwivedi	PrasutiVigyana	1 st -2008	Choukhambha Surabharati
6	Vaidya Nirmala Tai Rajwade	PrasutiVigyana	-	-
7	Dr.Premvati Tiwari	Prasutitantra & StriRoga	1 st -2011 1 st - 2009	Choukhambha Orientalia
8	Ayodhya Prasad Achal	AbhinavaPrasutiVigyana	1 st - 2003	Choukhambha Surabharati
9	Vd. RamanathDwivedi	StrirogaVigyana	1 st - 2000	Choukhambha Bharati Academy
10	Dr.RajendraBhatnagar	Abhinava StrirogaVigyana	1 st - 1993	Choukhambha Publication
11	Ayodhya Prasad Achal	Abhinava StrirogaVigyana	1 st - 2003	Choukhambha Surabharati
12	J.S. Chauhan	Stri Roga Chikitsa	-	-
13	Dr.NirmalSahani	Janasankhya Siddhantaaur Upadeyata	-	-
14	D.I. Vallentev	Theory of Population in Outline	-	-
15	C.S. Dawn	Text Book of Gynacology	1 st - 2003	Dawn Book Publication Kolkata
16	C.S. Dawn	Text Book of Obstetrics	1 st - 2004	Dawn Book Publication Kolkata
17	Vaidya Nirmala Joshi	Ayurvedic Concepts in Gynaecology	1 st - 2013	Choukhambha Sanskrit Publication
18		Useful parts of Charak, Sushruta, Vagbhatta & Sharangdhara	-	-

KAUMARBHRITYA (Ayurvedic Pediatrics)

Theory: 1 Paper (100 Marks)

Practical: 100 Marks

Lectures (Each 1 Hour): 100 Hours

Practical (Each 2 hrs): 50 (100 Hrs)

AIMS

Providing basic methodology of Kaumarabhritya with new updates in newborn care, neonatal and pediatric diseases with diagnostics, bestowing complete knowledge of bedside clinics and present day investigatory techniques with clinical interpretation and its treatment.

OBJECTIVES

By the end of 3rd profession the students should have basic knowledge, skills and attitude of the clinical approach to the neonatal and pediatric disorders.

Knowledge:

- Importance of - Vayobheda (Classification of age): Garbha, Bala, Kumara; Kshirada, KshirannadaandAnnada etc.
- Definition, importance, description and etymological interpretations of terminologies used in Kaumarbhritya
- Importance of KashyapaSamhita in Kaumarbhritya
- Pranapratyagamana, navajata shishu paricharya
- Term-preterm-post term baby feeding management
- Neonatal(navajata) disorders and treatment
- Pediatric (balaroga) diseases and treatment
- Classify the infectious diseases, worm infestation and its management
- Infer Vyadhikshamatva

Skills:

- Execute the practice of Navajata and Bala Pareeksha Vigyanam
- Examination, findings and its interpretation
- Interpret the Diseases of RasavahaSrotas, RaktavahaSrotas, Mamsavahasrotas,Medovahasrotas,MajjavahaSrotas, Sukravahasrotas,Prnavahasrotas, Annavaha- PureeshavahaSrotas, UdakavahaSrotas,Mutravahasrotas,Swedavahasrotas,andManovahaSrotas/ SanjnavahaSrotas
- Specify and classify VishisthaVataVyadhi
- Integrate Krimi Vigyanam
- Perform bedside physical examination and history taking by regular observation of the demonstrations and practice on the patients
- Calibrate various steps involved in performing various laboratory investigations

- Adapt Safety skills during the emergencies at student laboratory

Attitude:

- Develop communication skills to take the patients into confidence
- Extrapolate to take the patient into confidence for briefing proper history
- Valuing high moral and ethical standards while carrying out clinical examination and history taking.

PAPER I

Part – A	50 Marks	50 Hours
Kaumarbhritya Parichaya Evum Balaka Paricharya (Introduction to Ayurvedic Pediatrics and Child care)		
Sl.No	Topic	Hours
1	Kaumarbhritya (Ayurvedic Pediatrics) General introduction, Definition, importance, description and etymological interpretations of terminologies used in Kaumarbhritya Vayobheda (Classification of age): Garbha, Bala, Kumara; Kshirada Kshirannada and Annada etc. Importance of Kashyapa Samhita in Kaumarbhritya	3 hours
2	NavajataShishuParicharya (Neonatal Care) Introduction Care of the Jatmatra (Newly born child) and the Sadyojata, Care of the Samayapurvajata Care of the Samaya- purvajata Shishu (Preterm) Purnakalika Shishu (Full term) and Samaya-Paschatajata Shishu (Post term neonate) Nabhinala Chhedana (Cutting of umbilical cord), Complications of improper cutting of umbilical cord and its treatment Rakshoghna Karma (Protective measures) Prana Pratyagamanam (Neonatal Resuscitation): Methodology; complications and their management (Ayurvedic and modern view) NavajataShishu Parikshana (Examination of new born):Ayu Parikshana (including Lakshanadhyaya) Modern approach of Neonatal Examination including gestational age assessment Kumaragara (Nursery, NICU and Pediatric Ward)	20 hours
3	NavajatShishu Poshana (Nutritional aspects including neonatal feeding) Specific feeding schedule as per Ayurvedic texts and modern concept Stana Sampat (Characteristics of normal breast)	7 hours

	<p>Stanya Sampat(Properties of normal breast milk) Stanyotpatti and Prasruti (Physiology of lactation) Stanya Sangathana (Composition of breast milk) StanyaParikshana (Examination of breast milk) Stanya-Piyusha (Colostrum) Stanya-Pana-Vidhi (Method for breast feeding) Stanyakshaya-Stanyanasha (Inadequate production and absence of breast milk) StanyabhavaPathyaVyavastha (Alternative feeding in the absence of breast milk) various other feeding methods Stanyadosha (Vitiation of Breast milk) StanyaShodhana (Purification of breast milk) StanyaJanana and Vardhanopakrama (Methods to enhance breast milk formation) Dhatri (Wet nurse): Dhatri Guna and Dosha (Characteristics of wet nurse) Concept of human milk banking</p>	
4	<p>Garbha Vridhi- Vikasa Krama Samanya Parichaya (General introduction to normal fetal growth from conception to full term maturity) Sharirika Vriddhi, Mansika evam Samajika Vikas (Physical, mental and social growth and development of child) Important mile stones during infancy and early childhood with special reference to gross and fine motor, language and personal – social development Anthropometry-measurement and their interpretation Importance of Kreedanaka bhumi (play ground) and Kreedanaka (toys) Kumaradhara (child care taker) Poshana (Nutrition): Normal requirements of nutrients for newborn, infant and children, common food sources Satmya and AsatmyaAhara (Compatible and incompatible diet) Sanskaras: Jatakarma, Namakarana, Nishkramana, Upveshana, Annaprashana, Karnavedhana, Choodakarma, Upanayana and Vedarambha Dantotpattievam DantaRakshaVidhi (Dentition and dental care): Dantasampat (Characteristics of healthy teeth), DantaNisheka evam Dantodbada (Eruption of teeth) DantodbhedjanyaVikara (Dentition disorders) Vyadhikshamatva: General concepts of Bala (Immunity) and methods of BalaVriddhi and Vaccination Lehana (Electuries): Importance, uses and various types of Lehana Knowledge of National Programs related to Child Health Care: Reproductive and Child Health (RCH) Program, Community Child Health Programs, Nutritional Programs, National Immunization Program and other programs</p>	20 hours

	incorporated by Govt of India with updates Genetics and genetic physiology and syndrome	
Part - B		50 Marks
		50 Hours
Samanya Chikitsa Siddhanta and Balaroga (General Principles of Treatment and Management of Pediatric Disorders)		
5	Balaroga Samanya Chikitsa Siddhanta (General principles of treatment in children) Shishu Vedana Parigyan (Examination of sick child and Diagnostic methods-Ayurvedic and modern) Balaroga Pariksha vidhi-Shadvidha, Ashtavidha Dashavidha Pariksha evam Shishu Vedana Parigyana (Examination of diseased child and Diagnostic methods-Ayurvedic and modern)	2 hours
6	Aushadhi Matra Nirdharana- According to Vaya, Bhar evam Aushadhi Kalpana (drug doses according to age, weight and drug preparations)	1 hour
7	Specific therapeutic procedures in children: Panchkarma procedures specific to pediatric age group	1 hour
8	Prasava Kaleena Abhigata (Birth injuries): Shwasavrodha (Asphyxia), Upasheershaka (Caput Succidaneum and Cephalohaematoma), Shastraghata janya: Facial Paralysis, Erb's Paralysis, Bhagna (fractures)	2 hours
9	Sahaja vyadhi – (Congenital disorders) : 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), Tracheo esophageal Fistula (TOF), Spina bifida, Meningocele, Meningomyelocele, Pyloric Stenosis	2 hours
10	Anuvanshika Vyadhi (Hereditary diseases): Down syndrome, Turner Syndrome, Myopathy, Thalassaemia, SahajaPrameha (Juvenile Diabetes)	2 hours
11	Prasavottara Vyadhi (Neonatal disorders) Navajata Kamala (Neonatal Jaundice) Navajata Netrabhishyanda (Neonatal Conjunctivitis) Nabhiroga (Umbilical disorders) Mastishkaghata (Cerebral Palsy)	2 hours
12	Rakta Vishamayata (Neonatal Septicaemia) Rakta Vaishamyata (Rh-Incompatibility) Raktasravi Vikara (Haemorrhagic Disorders) Ulvaka Roga	1 hour
13	Dushta Stanya panajanya Vyadhi (Disorders due to Vitiated Milk) Cow's Milk Allergy, Charmadala (Infantile atopic dermatitis) Kshiralasaka, Kukunaka (Conjunctivitis) Ahiputana (Napkin Rashes)	2 hours
14	KuposhanajanyaVyadhi (Nutritional disorders)	2 hours

	Failure to thrive ,Karshya, Phakka, Balashosha and Parigarbhika (Protein Energy Malnutrition), Vitamin and Micronutrient deficiency disorders, Hypervitaminosis	
15	Aupasargika Vyadhi (Infectious Diseases) Karnamula Shotha (Mumps) Romantika (Measles), Rubella, Masurika (Chicken Pox), Rohini (Diphtheria) Kukkura-kasa (Whooping Cough) Dhanurvata (Tetanus) Krimiroga (Worm Infestations) Antrika Jwara (Typhoid), Mastisakavaranshotha (Meningitis), AIDS, Dengue, Malaria, Poliomyelitis Rajayakshma (Tuberculosis), Jivanu janya Yakritshotha (Hepatitis)	4 hours
16	Srotas Vikara a. Pranavaha Srotas Pratishyaya (common cold), Kasa (Cough), Shwasa (Respiratory distress syndrome), Tamaka Shwasa (Bronchial Asthma), Utpullika, Swasanaka Jwara (Pneumonia/Pneumonitis, Bronchiolitis), Gala shotha (Pharyngitis, laryngitis), Talukantaka(Tonsillitis)	3 hours
	b. Annavaha Srotas Ajirna (indigestion), Atisara (Diarrhoea) ,Chhardi(Vomiting), Vibandha (Constipation), Mukhapaka (Stomatitis), Gudapaka (Proctitis), Parikartika (Anal fissure), Udarshoola (Infantile colic), Pravahika (Dysentery) , Gudabhransa (Rectal Prolapse), Ama and its disorders like Amavata jwara (Rheumatic fever)	3 hours
	c. Rasavaha Srotasa Jwara (Fever), Pandu (Anemia), Mridbhakshanajanya Pandu(Anemia associated with clay eating/ Pica)	3 hours
	d. Raktavaha Srotas Kamala (Jaundice), Raktapitta (Haemorrhagic disorders), Krimija Hridroga (Infectious cardiac diseases including Rheumatic Heart Disease), Uchcha-Raktachapa (Hypertension), Yakridpleehodara (Hepatosplenomegaly)	3 hours
	e. Mamsa-Medovaha Srotas Apachi (Lymphadenitis), Galaganda (Goitre), Gandamala (Cervical lymphadenopathy), Sthaulya (Obesity)	2 hours
	f. Mutravaha Srotas Mutraghata (Anuria), Mutrasanga (Retention of urine), Mutrakriccha (Dysurea), Vrikkashotha(Glomerulonephritis and Nephrotic syndrome)	2 hours
17	Any Bala Vikara (Miscellaneous pediatric disorders) Pangutwa (Locomotor disorders), Vamanatwa (Dwarfism), Jadatwa (Mental disorders), Apasmara (Epilepsy), Unamada,	3 hours

	Akshepa (Convulsions), Nirudhaprakasha (Phimosis), Cerebral Palsy, Kushtha (Skin disorders), Madhya Karna Shotha (Otitis media), Karnasrava (Otorrhoea)	
18	Behavioral disorders of children, their management and counselling Breath holding spell, Shayyamuutra (Bed wetting), Pica, Autism, ADHD (Attention Deficit and Hyperactive Disorders)	3 hours
19	Atyayika Balaroga Prabandhana (Pediatric Emergency Management) Shock and Anaphylaxis, Fluid and Electrolyte Management, Drowning, Poisoning, Foreign body aspiration, Status epilepticus, Hemorrhage, Acute Renal Failure, Febrile Convulsion, Status Asthmaticus	3 hours
20	Balagraha General description, types, clinical features and management	2 hours
21	Various Ayurvedic and modern procedures and investigations in pediatric practice	2 hours

PRACTICAL

100 Marks

Practicals (Each 2 Hour): 50 Practical (100 Hours)

Sl.No	Practical Topic	Hours
1	Clinical training of above mentioned disorders of children like different Neonatal problems	10 Hours
2	Pediatric diseases like – Shwasa, kasa, jwara, pratishyaya, tundikeri, kukunaka, kushtha, congenital anomalies, different beeja Doshas, developmental disabilities, nutritional diseases, apasmara, habit disorders etc.	20 Hours
3	Navajata Shishu Paricharya (Care of the newborn)	5 Hours
4	Prana pratyagamana Vidhi (Resuscitation procedure of new born)	5 Hours
5	Vaccination	10 Hours
6	Panchakarma Vidhi (Panchakarma procedures)	20 Hours
7	Knowledge of various equipments such as phototherapy unit, overhead radiant warmer, special resuscitation equipments, Panchakarma and their application	10 Hours
8	Knowledge of IV fluids administration, blood sampling	10 Hours
9	Breast feeding technique	10 Hours

Reference Books

Sl. No	Name of Author/ commentators	Title of the book	Edition	Name of the publication
1	Prof.Premvati Tiwari	Kashyapasamhita Complete Hindi translation by SatyapalVidhyalaaraEnglish translation	10 th -2005	Choukhambha Sanskrit Publication
2	O.P. Ghai	Essential Paediatrics	7 th -2010	CBS Publication
3	Nelsan	Text Book of Paediatrics	19 th 2012	Elsevier
4	Meharban Singh	Care of New Born	7 th - 2010	Sagar Publication
5	Meharban Singh	Clinical Methods in Paediatrics	3 rd -2006	Sagar Publication
6	Meharban Singh	Paediatric Emergencies	-	-
7	Scheffers	Diseases of New Born	-	-
8		Kaumarbhritya related references from Charakasamhita SushrutasamhitaVagbhataetc	-	-
9	Dr. C H.S Shastry.	Principles & practice of Pediatrics in Ayurveda	1 st 2006	SDM Ayurveda
10	Prof. Abhimanyu Kumar	Child Health Care in Ayurveda	-	-
11	Prof. Abhimanyu Kumar	Ayurvedic Concepts of human Embryology	1st 2000	Choukhambha Sanskrit Pratishthan
12	D.N. Mishra	Kaumarbhritya	RP 2007	Choukhambha Sanskrit Pratishthan
13	Prof. Chanchal Sharma.	Kaumarbhritya Ke Antargata Balgraho Ka Kramika Evam Vaigyanika Adhyayana	-	-
14	Dr. Dinesh K S.	Notes on Kaumarbhritya	-	-
15	Dr. B.M. Singh	Pran - Pratyagannanann	1 st 2010	Choukhambha Orientalia
16	Dr. KS Patel, V.K.Kori & Raigopal	Ayurveda DwaraMatraEvamShishuParicharya	-	-

KLEU Shri B.M.K Ayurveda Mahavidyalaya

3rd Year BAMS (2012 batch)

Subject: CHARAK SAMHITA (UTTARARDHA)

Theory: 1 Paper (100 Marks)

Lectures (Each 1 Hour): 100 Hours

AIMS:

To provide elaborative, sufficient and intellectual knowledge to adopt preventive and curative measures to develop Ethical Practice of Evidence Based Medicine with the scope of Anatomy, Physiology, Toxicology, Pathology, Preventive and Social medicine, and prognostics which are scholarly explained in charak samhita

OBJECTIVES:

At the end of the 3rd Profession the student should be able to,

Knowledge

- Realize theoretical concepts of evidence based practice
- Comprehend the causation theory in every aspects of life including normal and abnormal conditions in human body
- Implementation of basic principles of ayurveda in day to day practice
- Comprehend the clarification of the transcription of knowledge
- Evaluate the practical concepts of vyadhikshamatwa, oja

Skills

- Develop the skills of effective pareekshavidhaan with scientific presentations
- Demonstrate the practice of pramana and prognostic values for clinical diagnostics

Affective and communication values

- Develop communication skills in particular to show the Shodasha Kala Bshesaja with patients and their relatives
- Reproduce and show effective speech, affective listening and good communication by means of vadamarga with colleagues, students, teachers
- Act as a team member and well involved in group discussions, practical and support the team spirit.

The Hours/ marks of theory examination are distributed as follows:

1. Chikitsa sthana	40 Marks	60 Hours
2. Kalpa sthana	06 marks	15 Hours
3. Siddhi sthana	14 Marks	25 Hours

Chikitsa Sthana- 30 Chapters		60 Hours
Unit	Topic	Hours
1.	Rasayanadhyaya Chikitsitam	2 Hours
2.	Vajeekarana- Chikitsitam	2 Hours
3.	Jwara- Chikitsitam	2 Hours
4.	Raktapitta- Chikitsitam	2 Hours
5.	Gulma- Chikitsitam	2 Hours
6.	Pramehi- Chikitsitam	2 Hours
7.	Kusta - Chikitsitam	2 Hours
8.	Rajayakshma- Chikitsitam	2 Hours
9.	Unmad- Chikitsitam	2 Hours
10.	Apasmara - Chikitsitam	2 Hours
11.	Kshataksheena- Chikitsitam	2 Hours
12.	Svayathu - Chikitsitam	2 Hours
13.	Udara- Chikitsitam	2 Hours
14.	Arsha- Chikitsitam	2 Hours
15.	Grahani- Chikitsitam	2 Hours
16.	Pandu- Chikitsitam	2 Hours
17.	Hikka shvasa- Chikitsitam	2 Hours
18.	Kasa- Chikitsitam	2 Hours
19.	Atisara- Chikitsitam	2 Hours
20.	Chardi- Chikitsitam	2 Hours
21.	Visarpa- Chikitsitam	2 Hours
22.	Trishna- Chikitsitam	2 Hours
23.	Visha- Chikitsitam	2 Hours
24.	Madatyaya- Chikitsitam	2 Hours
25.	Dvivraneeya- Chikitsitam	2 Hours
26.	Trimarmeeya- Chikitsitam	2 Hours
27.	Urustambha- Chikitsitam	2 Hours
28.	Vatavyadhi- Chikitsitam	2 Hours
29.	Vatashonita - Chikitsitam	2 Hours
30.	Yonivyapat- Chikitsitam	2 Hours
Kalpa Sthana- 12 Chapters		15 Hours
1.	Madanakalpa	2 Hours
2.	Jeemootakalpa	1 Hour
3.	Ikshvaku kalpa	1 Hour
4.	Dhamargava kalpa	1 Hour

5.	Vatsakakalpa	1 Hour
6.	Kritavedhanakalpa	1 Hour
7.	Shyamatrivrirkkalpa	2 Hour
8.	Chaturangulakalpa	1 Hour
9.	Tilvakakalpa	1 Hour
10.	Sudhakalpa	1 Hour
11.	Saptalashahinikalpa	1 Hour
12.	Dantidravantikakalpa	2 Hour
Siddhi Sthana- 12 Chapters		25 Hours
1.	Kalpanasiddhi	3 Hours
2.	Panchakarmeeyasiddhi	2 Hours
3.	Bastisutreeyasiddhi	2 Hours
4.	Snehavyapatsiddhi	2 Hours
5.	Netrabastivyapatsiddhi	2 Hours
6.	Vamanavirechanavyapadsiddhi	2 Hours
7.	Bastivyapadsiddhi	2 Hours
8.	Prasritayougiyasiddhi	2 Hours
9.	Trimarmeeyasiddhi	2 Hours
10.	Bastisiddhi	2 Hours
11.	Phalamatrasiddhi	2 Hours
12.	Uttarabastisiddhi	2 Hours

Reference Books

Sl. No	Name of Author/ commentators	Title of the book	Edition	Name of the publication
1	Chakrapani Tika (Sanskrit Commentary)	Charak Samhita	RP-2011	Rashtriya Sanskrit Sansthan New Delhi
2	Vidyalankar / Prof. Gorakh Nath Chaturvedi & Kashinath Shastri or Dr. Brahmanand Tripathy or Dr. Ravidutta Tripathy	Charak Samhita	RP-2008 RP-2003 RP-2007	Choukhambha Bharati academy Surabharati Sanskrit
3	(English Commentary): Dr. Ram Karan Sharma & Vd. Bhagwan Dash or Acharya Priyavrata Sharma	Charak Samhita	RP-2002 7 th -2005	Krishnadas academy Orientalia
4	(Ayurveda –dipika - Ayushi Hindi Commentary) Vd. Harischandra Kushavaha	Charak Samhita	RP-2011	Krishnadas academy Orientalia

