

### **3.1. CHARAK SAMHITA**

**(Uttarardha: Chikitsa – Kalpa - Siddhi Sthan)**

**Theory One Paper – 100 Marks**

**Practical/Viva voice – 50 Marks**

**Lectures – 100**

The marks of theory examination are distributed as follows

<b>Sl.No</b>	<b>Name of the Sthan</b>	<b>Marks allotted</b>
1.	Chikitsa sthan	60
2.	Kalpa sthan	15
3.	Siddhi sthan	25

The marks of practical examination are distributed as follows

1. Chart preparation / Compilation
  2. Case sheet writing regarding treatment
  3. Prescription writing by examining the patients in OPD & IPD in hospital.
  4. Oral presentation (Presentation of 10 Shlokas, orally and in writing related with samprapti and chikitsa sutra)
  5. Viva - Voice
  6. Internal Assessment
- 40 Marks
- 10 Marks

#### **Parameters for internal Assessment**

Memorizing and describing two shlokas weekly, discipline, oral and written presentation and other activities.

Other activities include following instructions:

- (1) Memorizing two shlokas weekly

(The shlokas should be memorized along with Padvibhaga, Anvaya, Bhavartha and practical applicability. log book of memorized shlokas, corrected and signed by the class teacher is to be submitted at time of examination.)

- (2) Passage writing
- (3) Speech related to Charaka

## Mandatory Recommendations for implementation

1. A separate daily OPD for Samhita department (Basic principle) in the hospital should be established for the application of specific principles of treatments mentioned in Charaka Samhita.
2. At least 100 patients should be examined and treated for various diseases according to principles of treatment of Acharya Charaka for that specific disease.
3. Minimum ten beds for patients should be arranged in the IPD of the hospital.

## Text Books Recommended

1. Charaka Samhita -Chakrapani Teeka (Sanskrit Commentary)
2. Charaka Samhita (Hindi Commentary)  
Vd. Jayadev Vidyalkar or Vd. Atridev Vidyalkar or  
Prof. Gorakh nath Chaturvedi & Kashinath Shastri or  
Dr. Brahmanand Tripathy or  
Dr. Ravidutta Tripathy
3. Charaka Samhita (English Commentary):  
Dr. Ram Karan Sharma & Vd. Bhagwan Dash or Acharya Priyavrata Sharma.

### **3.2. KAYACHIKITSA**

**Theory Three Papers – 100 Marks Each**

**Practical/Viva voice – 150 Marks**

**Lectures – 300**

**Hospital Training – 9 Months**

**Note:** Common to all papers of Kayachikitsa – Wherever the phrase "Management of diseases" occurs in the syllabus, it invariably should include different classical preparations which should include relevant Vati, Gutika, Bhasmas/Pishtis, Kuti Pakwa Rasayana, Ghrita, Taila, Avaleh, Churnas, Kashayas and Lepas along with appropriate dose, time of administration, duration of treatment required, and relevant Pathyapathya and post therapeutic advices.

**Paper I**

**100 Marks**

**Part A**

**50 Marks**

1. Derivation of the terms 'Kaya', 'Chikitsa', and their definitions and synonyms. Definition of 'Kayachikitsa'. Definition of 'Bheshaja'. Types and detailed description of Bhesaja and Chikitsa. Knowledge about Chikitsa Chatushpada.
2. Importance of Kriyakala according to stages of Dosha and their management.
3. Chikitsa sutra and Management of vriddhi (increased) and kshaya (decreased) of Dosha, Dhatu, and Mala. Ojo Vyapat (kshaya, visramsas and vyapat) and its management. Chikitsasutra and Management of Sama-Nirama states. Chikitsasutra and Management of 'Samanyaja and Nanatmaja' diseases. Roga-anutpattikara chikitsa, Roga Prashamana Chikitsa (doshapratyanika, vyadhipratyanika, ubhayapratyanika). Doshopakrama, Chikitsa sutra and Management of Sthanantara doshas (Ashayapakarsha, Anuloma/Pratiloma gati of doshas, Vimarga gamana of Doshas). Knowledge of Lina dosha & its management. Diagnosis, Chikitsa sutra and Management of Avarana and of dhatu pradoshaja diseases. Importance of Dosha, Dushya, Bala, Kala, Agni, Prakriti, Vaya, Sattva Satmya, Desha, Ahara and stage of diseases in treating diseases.
4. Detailed description of Dvidividhopakrama (Santarpana and Apararpana) and Shadavidhopakrama (Rookshana, Snehana, Swedana, Sthambhana, Langhana, and Brihmana). Detailed description of Shodhana, Shamana and Nidana Parivarjana. Knowledge of Oushadha matra, sevna kala and Anupana. Definition and Knowledge of Pathya-Apathya with examples of diseases of various systems.

**Part B****50 Marks**

5. Detailed description of Chikitsa Sutra and Management of Jwara and its types.
6. Relevant Ayurvedic management according to Samprapti ghataka of following types of Fevers-Typhoid, Pneumonia, Pleurisy, Influenza, Mumps, Meningitis, Encephalitis, Tetanus, Yellow fever, Plague, Dengue Fever, Chikun Guniya, Leptospirosis, Viral Fever, Anthrax, Masurika (Small pox), Laghu Masurika (Chicken pox), and Romantika (Measles).
7. Knowledge of National Health programmes, and the relevant Ayurvedic management of the following diseases enlisted by World Health Organisation- Malaria, Filaria, Kala Azar, Leprosy, Tuberculosis, AIDS.
8. Introduction of general principles of maintenance of health and management of diseases of following systems of Medicine- Yoga, Naturopathy, Unani, Siddha Homeopathy, Acupuncture, Acupressure, Modern medicine, Physiotherapy and Rehabilitation.

**PAPER II****100 Marks****Part A****50 Marks**

1. Chikitsa sutra and Management of the diseases of Pranavaha Srotas such as - Kasa, Shwasa, Hikka, Rajayakshma, Urakshata, Parshwashoola, Bronchitis, Bronchiectasis, Emphysema and COPDs.
2. Chikitsa sutra and Management of the diseases of Udaka vaha Srotas such as- Shotha, Jalodara, Trishna and Acid - Base & Electrolyte Imbalance.
3. Chikitsa sutra and Management of the diseases of Annavaha Srotas such as - Agnimandya, Aruchi, Ajirna, Anaha, Atopa, Adhmana, Alasaka, Vilambika, Visuchika, Chardi, Grahani, Amlapitta, Gulma, Shoola, Bhasmaka and Acid peptic disorders.
4. Chikitsa sutra and Management of the diseases of Rasavaha Srotas such as - Pandu, Amavata, Madatyaya, Hridroga, Hridashoola, Hypotension, Hypertension.
5. Chikitsa sutra and Management of the diseases of Raktavaha Srotas such as - Raktapitta, Kamala, Kumbhakamala, Halimaka, Daha, Mada, Murcha, Sanyasa, Vatarakta, Plihadosh, Yakridosh, Hepatitis, Cirrhosis of Liver, Leukaemia, Kushta kilasa, Visarpa, Sheetapitta, Udarada, Kotha and medically manageable Kshudra Rogas.

**Part B****50 Marks**

6. Chikitsa sutra and Management of Mamsavaha Srotas and Medovaha Srotas such as-Gandamala , Mamsashosha, Arbuda, Apachi, Prameha, Sthulya, karshya, Diabetes Mellitus and Dyslipidaemias.
7. Chikitsa sutra and Management of 'Asthi and Majjavaha Srotas such as Osteomyelitis (Asthimajja Vidradhi,) Osteoporosis, (Asthisoushrya), Sandhigata Vata (Osteo Arthritis).
8. Chikitsa sutra and Management of diseases of Mutravaha Srotas such as - Mutrakrichchra, Mutraghata, Ashmari , Cystitis,Nephritis,Nephrotic Syndrome,Renal Failure.
9. Chikitsa sutra and Management of diseases of Purishavaha Srotas such as - Atisara, Pravahika, Arsha and Purishja Krimi.
10. Chikitsa sutra and Management of sexually transmitted diseases, such as - Phiranga (Syphilis), Puyameha (Gonorrhoea), Upadamsha (Chanchroid).

**PAPER III****100 Marks****Part A****50 Marks**

1. Principles of treatment and management of Vata Vyadhis such as - Pakshavadha, Ekangavata, Sarvangavata, Ardita, Ababhuka, Kati Graha, Manyastambha Gridhrasi, Vishwachi, Khalli, Khanja, Pangu, Padaharsha, Padadaha Vatakantaka,Kroshtukashirsha and Types of Udavarta. Parkinsonism (Kampavata), Gatavata (Dhatu gata and Ashayagata), Avarana vata.
2. Nidana and Chikitsa of Urusthambha, Gullian Barrie syndrome, Muscular Dystrophy, Myasthenia Gravis, Motor Neuron Diseases and Neuralgias.
3. Diseases of different Endocrine Glands -such as Thyroid, Parathyroid, Pituitary and Adrenal Glands and their Ayurvedic management.
4. General introduction and principles of Management of diseases produced by Genetic, Environmental and Iatrogenic factors. Disorders due to drug and Food allergy and their management.
5. Treatment of Motion sickness. General introduction, types and Management of diseases caused by Vyadhi Kshamatwa hinata (Immuno deficiency disorders and Auto Immune disorders).

6. Derivation of the term 'Manas', it's sthan (place), Guna (qualities) and Karma (functions). Introduction and Definition of Kama, Krodha, Lobha, Moha, Mada, Matsarya, Shoka, Bhaya, Vishada, Dainya, Harsha and Prajnaparadha.
7. Nidana and Chikitsa of the following disorders - Unmada- Apasmara- Atattvabhinivesha- Introduction and management of Anxiety disorders, Stress induced disorders, Depression, somatoform and Mood disorders, Psychosexual Disorders. Importance of Daivayapashraya, Sattwavajaya, Adravabhuta Chikitsa. Medhya Rasayana in the management of Manasa Roga. Introduction to Bhuta Vidya with special reference to diagnosis and management of disorders in the field.
8. Management of Vardhakyajanita vikaras, Indriyapradoshaja vikaras, Vibhandha, Kandu, Alziemers Disease, Sleep disorders, General debility.
9. Etiopathogenesis and modern management of following diseases - Anthrax, Chicken pox, Chikun Guniya, Dengue Fever, Encephalitis, Influenza, Leptospirosis, Measles, Meningitis, Mumps, Plague, Pleurisy, Pneumonia, Small pox, Swineflu, Tetanus, Typhoid, Viral Fever, Yellow fever.
10. Nutritional deficiency disorders, Acid - Base & Electrolyte Imbalance and related clinical conditions.
11. Description and management of following 'Emergency Conditions- Acute Haemorrhages , Hypertensive Emergencies, Acute abdominal pain ( Renal colic, Biliary colic, Gastritis, Pancreatitis, Peritonitis and Appendicitis), Acute Abdomen, Anuria/ Oliguria, Congestive Heart Failure , Myocardial Infarction/Angina, Shock, Syncope, Convulsions , Hyperpyrexia, Hyperglycaemia, Hypoglycaemia, Status Asthmaticus, Acute Respiratory distress Syndrome , Drowning and Electric shock.
12. Derivation, definition and synonyms of Rasayana, historical importance of Rasayana and it's benefits. Indications of Rasayana therapy. Classification of Rasayana. Kutipravesika and Vatatapika Rasayana. Indications of Vatatapika Rasayana. Knowledge of Kayakalpa, Achara Rasayana. Procedures of Kutipravesika kalpa, Poorvakarma and specific schedules to be followed after Kutipravesha, benefits of kutipravesika Rasayana, duration of application, Rasayana yoga and directions for their use. Determination of dose of Rasayana according to age. Rules and regulation after Rasayana therapy. Indications of Rasayana therapy. Importance of Vitamins in Rasayana therapy. Vitamin deficiency diseases and their treatment.
13. Vajikarana - Derivation, definition, synonyms, necessity, benefits, historical importance and indications of Vajikarana. Appreciation of females. Criticism of childless men. Symptoms of good Shūkra (Semen). Vajikarna Dravya and Aushadhi.

14. Properties, doses, methods of administration, ingredients and methods of formation of Rasayana & Vajikarana formulation.
15. Classification and importance of Vajikarana Dravyas.

### **PRACTICAL**

	<b>Hospital Training</b>	-	<b>9 months</b>
1.	General patient training	-	5 months
2.	Department of Manas roga	-	15 days
3.	Department of Communicable diseases	-	15 days
4.	Department of X-Ray and Laboratory	-	1 month
5.	Emergency Services in Kayachikitsa	-	2 months

### **Distribution of Practical Marks**

**150 Marks**

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| 1. Daily routine work         | - 15 marks |
| 2. Compilation/Project Report | - 20 marks |
| 3. Viva-voice                 | - 70 marks |
| 4. Patient examination        | - 45 marks |

### **Reference Books**

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|--------------------------|---|
| 1. Bhaishajya Ratnawali  | - Kaviraj Ambikadutta Shastri   |
| 2. Yogaratnakar          | - Pt. Brahma Shankar Mishra & Dr. Indradev Tripathi                           |
| 3. Yogrātnakar (English) | - Dr. Nirmal Saxsena  |
| 4. Chakradutta           | - Dr. Jagdishwar Prasad Tripathi  |
| 5. Chakradutta (English) | - Acharya Priyavrat Sharma  |
| 6. Chikitsadarsh         | - Vd. Rajeshwar Dutta Shastri   |
| 7. Chikitsa Pradeep      | - Vd. Bhaskar Viswasnath Gokhle   |
| 8. Chikitsa Kalika       | - By Tissatacharya, Hindi and English translation by Acharya Priyavrat Sharma |
| 9. Kayachikitsa          | - Dr. Ganga Sahay Pandey  |
| 10. Kayachikitsa         | - Acharya Ramraksh Pathak   |

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| 11. Kayachikitsa                                 | - Prof. Banwari Lal Gaur   |
| 12. Kayachikitsa                                 | - Prof. Shiv Charan Dhyani   |
| 13. Kayachikitsa                                 | - Vd. Tara Shankar Mishra  |
| 14. Rasayogasagar                                | - Vd. Hariprapanna Sharma  |
| 15. Sidha Bhesaj Manimala                        | - Ram Krishna Bhatt  |
| 16. Sidhyoga                                     | - Vrinda Madhav  |
| 17. Madhavchikitsa                               | - Madhavkar  |
| 18. Siddha Prayoga Latika                        | - Vd. Gulraj Sharma Mishra   |
| 19. Vishikhanupravesch vijnana                   | - Vd. Gulraj Sharma Mishra   |
| 20. Kaya chikitsa samanvaya                      | - Dr. Anant Ram Sharma   |
| 21. Siddha Vaidyakam                             | - V.V. Natraj Sharstri   |
| 22. Tamilo ka Siddha Sampradaya                  | - Prof. Ram Niwas Sharma   |
| 23. Sahasrayogam<br>(Keraliya Ayurveda Chikitsa) | - Prof. Ram Niwas Sharma & Dr.<br>Surendra Sharma                            |
| 24. Vaidya Chintamani                            | - Ballabhacharya   |
| 25. Vaidya Jeevan                                | - Lolimbaraja  |
| 26. Chamatkar Chintamani                         | - Lolimbaraja  |
| 27. Pathya-Apathya-Vinirnaya                     | - Vishwanath Kaviraj   |
| 28. Ayurvediya Pathyapathya<br>Vijnana           | - Dr. Badri Prasad Shah  |
| 29. Yog Chandrika                                | - Laxman Pandit, Dr. Asha<br>Kumari, Prof. Premvati Tiwari                   |
| 30. Atyayik Vyadhi Nidana Chikitsa               | - Dr. Bramhadutt Sharma  |
| 31. Atyayik Vyadhi Nidana evam<br>Pratikara      | - Dr. Anant Ram Sharma, Dr.<br>Krishna Chandra Verma & Dr.<br>Sanjay' Sharma |
| 32. Ayurvediya Panchkarma<br>Chikitsa            | - Acharya Mukandi Lal Drivedi  |
| 33. Ayurvediya Panchkarma Vijana                 | - Dr. Haridas Shridhar Kasture   |
| 34. Keraliya Panchakarma                         | - Dr. T.L. Devraj  |
| 35. Ayurvedic Remedies for<br>common disease     | - Dr. T.L. Devraj  |
| 36. Panchakarma Chikitsa Vijnana                 | - Dr. R.A. Prasad &<br>Dr. G.K. Gurjar                                       |
| 37. Panchakarma Chikitsa                         | - Prof. Divakar Ojha   |
| 38. Holistic Principle of Ayurvedic<br>Medicine  | - Prof. Ram Harsh Singh  |
| 39. Kayachikitsa                                 | - Prof. Ram Harsh Singh  |
| 40. Madak Dravyajanya roga evam<br>unki chikitsa | - Dr. Priya Kumar Chobe  |
| 41. Vasava Rajiyam                               | - Vd. Goverdhan Sharma<br>Changani   |
| 42. Manas Roga Vijnana                           | - Dr. Balkrishna Amar Ji Pathak  |
| 43. Ayurvediya Manas Vijnana                     | - Prof. Ram Harsh Singh  |



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| 44. Adhunik Manas Rog Vijnana                         | - Dr. Rajendra Prasad Bhatnagar     |
| 45. Psychiatry in Brithatrayi                         | - Dr. Kamta Prasad Shukla           |
| 46. Psychopathology in Indian<br>Medicine             | - Dr. Satyapal Gupt                 |
| 47. Yoga against Spinal pain                          | - Pt. Shiv Sharma                   |
| 48. Hathayoga Pradeepika                              | -                                   |
| 49. Hikmat Prakash                                    | -                                   |
| 50. Prakritika Chikitsa                               | - Sh. Vithal Das Modi               |
| 51. Rasayan and Vajikarana                            | - Vd. Mohan Lal Pathak              |
| 52. Rasayan and Vajikarana                            | - Vd. Upadhyaya (Jaipur)            |
| 53. Science of Longivity by<br>Ayurveda               | - Prof. Subhash Ranade              |
| 54. Adhunik Chikitsa Shastra                          | - Dharmdatta Vaidya                 |
| 55. Chikitsa Tatva Deepika                            | - Acharya Mahaveer Prasad<br>Pandey |
| 56. Useful parts of Charaka,<br>Sushrut and Vagbhatta |                                     |

### 3.3 SHALAKYA TANTRA

Theory Two Papers – 100 Marks Each

Practical/Viva voice – 100 Marks

Lectures - 210

Hospital Training –4 Months

**Paper I**

**100 Marks**

#### I. INTRODUCTION

- Shalakyatantra nirukthi, Parichayam, Ithihasam
- Netra rachana shareeram (Mandala, Patala, Sandhi, Drushti Vichara) and Netra & chakshu Kriya shareera ancient and modern view. Netrapareeksha, Netrapareekshanopayogi Yantra Shastradi jnanam
- Netraroganam – Samanya Hethu (Nija and agantuja), Poorvaroopam, Samprapti, Roopa and chikitsa.
- Classification of netraroga as per Ayurvedic and Modern view point and its importance.

#### II. NETRA SAMANYA AND VISHISHTA CHIKITSA - KRIYA KALPA

- Seka, Aschyotana, Pindi, Vidalaka Tarpana, Putapaka, Anjana and importance of Panchkarma in shalaky chikitsa.
- Basic fundamentals of shalaky shalya chikitsa e.g. poorva-pradhana-pachhchatat karma, Ama-pachyaman-pakva vrana shotha, Vranitopasana, Pranashtashlya, & Vranbhandhana. Methods and concepts of sterilization, asepsis and antisepsis as per ancient and modern view point.
- Knowledge about the eight surgical procedures i.e. Lekhana, Chedana, Bhedana, Vyadhana etc. shalya karma;
- Parasurgical procedures - Agni, kshara and Raktamokshana with special reference to netra chikitsa.
- Essential diagnostic and therapeutic modern pharmacological agents required in shalaky chikitsa

#### III. SANDHIGATA ROGAS

Etiology, pathology, classification, clinical features and management of diseases of sandhigata rogas (junctional areas of the eye) as detailed in literature of Ayurveda.

Acute and chronic Dacryocystitis, Epiphora, Blepharitis, Lacrimal cyst – aetiology, pathology, signs & symptoms and management. Knowledge about Dacryocystectomy and dacryocystorhinostomy

#### IV. VARTMAGATHA ROGAS

- Etiology, pathology, classification, clinical features and management of diseases of Vartma (lids disorders) of the eye as detailed in literature of Ayurveda.

Hordeolum externum, Chalazion, Ptosis, Trachoma, Trichiasis, Entropion, Ectropion, Lagophthalmus, Blepharospasm and lid growths – Etiology, signs and symptoms and management.

#### V. SUKLAGATAROGAM

Etiology, pathology, classification, clinical features and management of diseases of shuklagata mandala (Sclera and Conjunctiva) of the eye as detailed in literature of Ayurveda.

- Conjunctival degenerative disorders like pterygium, Scleritis, Episcleritis Sub-conjunctival hemorrhage, Xerosis their etiology, signs & symptoms and management.

#### VI. KRISHNAGATA ROGAS

- Etiology, pathology, classification, clinical features and management of diseases of krishnagata mandala (cornea and iris) as detailed in literature of Ayurveda.
- Ulcerative and Non Ulcerative Keratitis, Corneal opacity, Staphyloma, Hypophyon Ulcer & Uveitis, their aetiology, pathology, symptoms and management.

#### VII. SARVAGATA ROGAS

- Etiology, pathology, classification, clinical features and management of sarvagata rogas (diseases affecting all parts of the eye) as detailed in literature of Ayurveda.
- Abhishyanda as a cause of all eye diseases. Conjunctivitis, Glaucoma, Dry eye Syndrome, Panophthalmitis, etiology, pathology, sign & symptoms and management.
- Aupasargika (contagious) Netra Roga:- Etiology, sign and symptoms, diagnosis and treatment.

#### VIII. DRISHTIGATA ROGA

- Etiology, pathology, classification, clinical features and

- management of diseases of drishtigata rogas (vision / visual apparatus) as detailed in literature of Ayurveda along with exogenous diseases like sanimittaja and animittaja linga nasha.

Refractive errors, Strabismus, Cataract, Retinitis pigmentosa, Amblyopia, Central serous retinopathy, Eale's disease, Hypertensive & Diabetic Retinopathies, Age related Macular degeneration, Optic Neuritis and Optic atrophy, – Etiology, pathology, signs and symptoms and management.

Nayanabhighata- ocular trauma as per ancient and modern view point.

#### VIII. Miscellaneous Diseases

- Xerophthalmia and other malnutritional eye disorders.
- Introduction to Eye bank, Eye donation, Corneal Transplantation.
- Netraswasthyarakshanopaya- Preventive ophthalmology and community ophthalmology.

### **PAPER II**

**100 Marks**

#### SAMANYA CHIKITSA

- Instruments and technology used in the diagnosis and treatment of diseases of Shira, Ear, Nose & Oral cavity
- Study of therapeutic procedures like sveda, kavala, gandusa, dhuma, rakta mokshana, murdhni taila, nasya, pratisarana, karna purana, mukha lepa used in the treatment of Shira, Ear, Nose, Dental, Periodontal, Oral cavity and Throat diseases.

#### SHIRO ROGA

- Importance and Superiority of Shira.
- Generalised and Specific Etiology, pathology, classification, clinical features and management of diseases of shira and kapala ( intracranial and extracranial) as detailed in literature of Ayurveda.
- Headache, its differential diagnosis and treatment along with diseases of Scalp.

#### KARNA ROGA

- Anatomical and Physiological considerations of Karna (Ear) & Shravanendrya in Ancient and Modern Medical literature.Examination of Ear.
- Generalised and Specific Etiology, pathology, classification, clinical features and management of diseases of Karna as detailed in literature of Ayurveda.

- Karna sandhana(Auroplasty) fundamentals and method and Vaikritpaham.
- Otagia, ASOM, CSOM, Deafness, Otomycosis, Tinnitus, Meniere's disease, Foreign body in ear and Sound pollution, Etiology, pathology, clinical features and management. Tympanoplasty.

#### NASA ROGA

- Anatomical and Physiological considerations of Nasa (Nose) & Ghranendriya in Ancient and Modern Medical literature. Examination of Nose.
- Generalised and specific Etiology, pathology, classification, clinical features and management of diseases of Nasa (Nose) as detailed in literature of Ayurveda.
- Nasa sandhana (Fundamentals and methods of Rhinoplasty).
- Rhinitis , Epistaxis, Nasal polyp, DNS, Nasal trauma, foreign body in the nose -

Etiology, pathology, clinical features and management

#### MUKHA ROGA (DISEASES OF ORAL CAVITY)

- Mukha roga- ayatana- Anatomical sites of diseases of Oral cavity
- Anatomical and Physiological considerations of Mukh (Oral cavity) in Ancient and Modern Medical literature.Examination of Oral cavity.
- Mukh and Danta Swasthya ancient and modern concepts.
- Generalised etiology Pathology Clinical picture and Treatment of Mukharoga ( Diseases of oral cavity)

#### OSHTHA ROGA (DISEASES OF LIPS)

- Anatomical and Physiological considerations of Oshtha (Lips) in Ancient and Modern Medical literature.Examination of Lips.
- Etiology, pathology, classification, clinical features and management of diseases of Oshta (Lips) as detailed in literature of Ayurveda.
- Oshtha sandhana- Labioplasty, Hare lip, Retention cyst, Cracked lips.

#### DANTA ROGA (DENTAL DISEASES)

- Anatomical and Physiological considerations of Danta (Tooth) in Ancient and Modern Medical literature. Examination of Teeth.
- Etiology, pathology, classification, clinical features and management of diseases of Danta (Teeth) as detailed in literature of Ayurveda.

- Danta utpatana- Tooth extraction using jalandhara bandha yoga as well as by usin instruments. Danta poorana ancient and modern methods. Danta rakshana.
- Dental carries, dental tartar, causes and treatment.

#### DANTA MULA GATA ROGA (DISEASES OF PERIODONTIA)

- Anatomical and Physiological considerations of Dantamula (Periodentia) in Ancient and Modern Medical literature. Examination of Dantamula-Perioduntum.
- Etiology, pathology, classification, clinical features and management of diseases of Dantamula (Periodentia) as detailed in literature of Ayurveda.
- Gingivitis, Apical abscess, Periodontitis (Pyorrhoea), Periodontal abscess and Mandibular sinus

#### JIHWA GATA ROGA (DISEASES OF TONGUE)

- Anatomical and Physiological considerations of Jihva (Tongue) in Ancient and Modern Medical literature. Examination of Tongue.
- Etiology, pathology, classification, clinical features and management of diseases of Jihwa (Tongue) as detailed in literature of Ayurveda.
- Glossitis, Tongue tie, Ranula, Benign and malignant tumors of tongue

#### TALU ROGA (DISEASES OF PALATE)

- Anatomical and Physiological considerations of Talu (Palate) in Ancient and Modern Medical literature. Examination of Palate.
- Etiology, pathology, classification, clinical features and management of diseases of Talu (Palate) as detailed in literature of Ayurveda.
- Palatitis, Cleft palate, Uvulitis and Tumors of the palate.

#### KANTHA AND GALA GATA ROGA (DISEASES OF PHARYNX & LARYNX)

- Anatomical and Physiological considerations of Kantha and Gala (Pharynx and Larynx) in Ancient and Modern Medical literature. Examination of pharynx and Larynx.
- Etiology, pathology, classification, clinical features and management of diseases of Kantha and Gala (Pharynx and Larynx) along with swara bheda - (altered voice quality) as detailed in literature of Ayurveda.
- Pharyngitis, Laryngitis, Tonsillitis, Carcinoma of larynx pharynx, Diphtheria, Adenoiditis, foreign body in the throat- etiology, pathology and treatment of these diseases.

## SARVASARA MUKHA ROGA (generalised mucosal affections of the oral cavity)

Etiology, pathology, classification, clinical features and management of diseases of Generalised mucosa of the oral cavity as detailed in literature of Ayurveda.  
Stomatitis, HIV and Herpes infection of oral cavity

## MISCELLANEOUS DISEASES

Anatomy and physiology of salivary, thyroid and para thyroid glands , their diseases and treatment.

Dysphagia, Cervical lymphadenopathy, Manyastambha (Sternocleidomastoiditis).

## **SHALAKYA PRACTICALS**

Identification, uses, demonstration of surgical instruments and method of sterilization.

Training of case taking, bedside clinics and case presentation.

Training in para- surgical procedures-

Kshara karma                      Agnikarma                      Raktamokshana

4) Training of ward procedures Application of bandages, wound management,

IV, Retrobulbar, Peribulbar, Facial, IM, Subcutaneous and Intradermal injections.

5) Training of minor procedures

Incision and drainage              Excision                      Sutures

6) Observation of surgical procedures

Pterygium                      Cataract                      Cyst removal

## **PRACTICAL TRAINING – 4 Months**

OPD & IPD- 1½ Months

OPERATION THEATRE- 1½ Months

KRIYAKALPA- 1 Month

## **Reference Books**

1. Shalakyā Tantra - Dr. Rama Nath Dwivedi
2. Shalakyā Vigyan - Dr. Ravindra Chandra Choudhary
3. Abhinava Netra Chikitsa - Acharya Vishva Nath Dwivedi
4. Netra Chikitsa Vigyan - Dr. Ravindra Chandra Choudhary

5. Netra Roga Chikitsa - Dr. Munje
6. Netra Roga Vigyan - Dr. Hans Raj
7. Parson's Diseases of Eye -
8. Diseases of ENT by Log and Turner -
9. Shalakya Tantra - Shiv Nath Khanna
10. Useful portions of Charak, Sushrut, Vagbhatta etc.

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### **3.4 SHALYA**

**Theory Two Papers – 100 Marks Each**

**Practical- one – 100 Marks**

**Theory Lectures - 210**

**Hospital Training - 6 Months**

**Paper I**

**100 Marks**

**Part A**

**50 Marks**

1. Introduction to Shalya Tantra - Historical background and progress made.
2. Definition of Shalya, Shalya Tantra and its importance.
3. Description of Yantras, Shastras, Anushastras – Definition, number, types, uses, Doshas, Gunas, Karmas. Relevant modern instruments.
4. Nirjantukarana – Sterilization – Methods, Types and O.T. fumigation
5. Sangyahaarana– Anaesthesia - Definition, Types, anaesthetic agents, indications, contraindications, procedures, complications and management.
6. Trividha Karma – Poorva Karma, Pradhana Karma and Paschat Karma.
7. Ashtavidha Shastra Karma - Operative procedures
8. Yogya Vidhi - Experimental Surgery.
9. Marma – Nirukti, types, description and importance.
10. Kshara and Kshara Karma – Nirukti, Pradhanyata, Guna, Dosha, Karma, Prakara, Nirmana Vidhi, Yogya, Ayogya, Vidhi and Upadrava Chikitsa. Knowledge of Kshara Varti, Taila and Pichu.
11. Kshara Sutra – Preparation, indications, contraindications and method of application, complications and their management.
12. Agnikarma - Mahatva, Upakrama, Vyadhis, Vidhi, Akrti bheda, Yogya, Ayogya and Upadrava Chikitsa.
13. Raktamokshana – Mahatva, Prakara-Siravyadha, Pracchanna, Shringa, Alabu, Jaloukavacharana (Jalouka parichaya) – Yogya, Ayogya, Vidhi and Upadrava Chikitsa.
14. Bandha Vidhi – Prayojana, Dravya, Yogya, Ayogya, Prakara, Abandya and Upadrava. Pichu, Plota, Kavalika, Vikeshika.
15. Sandhana Karma - Karna, Nasa, Oshtha Sandhana Vidhi. Principles and procedures of reconstructive and cosmetic surgery.
16. Pranasta Shalya and Nirharana Upayas.
17. Fluid, electrolyte and Acid Base Balance, Nutrition –
  - Introduction to physiology of fluids and electrolytes
  - Dehydration and over hydration,
  - Specific electrolyte losses and symptomatology and management of Acidosis, Alkalosis and Acid balance.

- Electrolyte changes in specific diseases like pyloric stenosis, intestinal obstruction and anuria.
  - Various replacement fluids in surgery, mode of administration and complications.
  - Nutrition – pre-operative, post-operative and intravenous alimentation.
18. Rakata Mahatwa, Raktasrava- Prakara and laksahana. Raktastambhana - Haemostasis.
  19. Blood Transfusion –Blood groups, components, compatibility, indications, contraindications and complications with management.
  20. Knowledge about Vranitagara and Rakshakarma.
  21. Knowledge of antibiotics, analgesics, anti-inflammatory and emergency drugs in surgical practice.
  22. Knowledge of diagnostic techniques – X-ray, Imaging techniques, Ultra Sonography, CAT Scan, MRI, Biopsy/ cytological study.

## Part B

50 Marks

23. Knowledge of Shat Kriya Kala in surgical practice.
24. Nirukti, Nidana, Samprapti, Prakara, Lakshana, Sadhya-asadhyata, Upadrava and Chikitsa of the following disorders.
  - a. Vranashotha - Inflammation
  - b. Vidhradi – Abscess
  - c. Pidika – Boils
  - d. Nadi Vrana - Sinus
  - e. Dagdha Vrana - Burns and scalds
  - f. Marmagata - Shock
  - g. Kotha – Gangrene
  - h. Granthi- Cyst.
  - i. Arbuda – Tumour.
25. **Vrana** – Nirukti and Prakara
  - a. **Nija Vrana** – Nidana, Samprapthi, Vrana Vasthu, Prakara, Lakshana, Vrana Pariksha – Sthan, Akroti, Srava, Gandha, Vedana. Vrana Avastha- Dustavrana, Shuddha Vrana, Ruhyamana Vrana, Samyak Roodha Vrana, Vyadhi Janya Vrana, Vrana Sadhya-asadhyatha and Vrana Upadrava.
  - b. Vrana Chikitsa – Pathya-apathya and Shashti Upakramas.
  - c. Ulcer types and their management
  - d. Wound healing stages and management.
  - e. Agantuja Vrana
    - i) Sadhyo vrana - Traumatic wounds – Nidana, Prakara, Lakshana, Upadrava and Chikitsa.
    - ii) Management of bites and strings
25. **Twak Vikara** Nidina, Samprapti, Lakshana and Chikitsa of Pramehapidaka- Diabetic carbuncle, Chippa -Paronychia, Kadara – Corn, Vrana Granthi – Keloid .

26. **Manya Vikara** - Nidina, Samprapti, Lakshana and Chikitsa of Galaganda - Goitre, Gandamala, Apachi -Lymphadenitis, Pashanagardhabha - Parotitis .
27. **Sira Vikara** - Venous disorders - Superficial and Deep venous thrombosis, haemangioma, varicose veins, Venous Ulcers and their management.
28. **Dhamani Vikara** - Arterial disorders - Nidina, Samprapti, Lakshana and Chikitsa of Aneurysm, Burger's disease, Raynaud's disease.
29. **Snayu Vikara** - Diseases of tendons and ligaments - Tendinitis, tenosynovitis, ganglion and their management.
30. Principles of Amputation.
31. Surgical practice in AIDS - HIV and hepatitis patients.

## Paper II

100 Marks

### Part A

50 Marks

1. **Asthi Bhagna** - Fracture: Prakara including pathological fracture, Samanya Lakshana, Upadrava and Chikitsa. Description of fracture of following bones with clinical features, diagnosis, complications and management - scapula, clavicle, humerus, radius, ulna, carpals, metacarpals, phalanges, femur, patella, tibia, fibula, tarsals, metatarsals, vertebrae, ribs, mandible, pelvis and skull bones.
2. **Sandimoksha** - Dislocation: Prakara, Samanyalakshana, Upadrava and Chikitsa. Dislocation of following joints with clinical features, diagnosis, complications and management of shoulder, elbow, wrist, hip, knee, ankle, mandible, vertebrae and Phalanges.
3. **Diseases of bone** - Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of - Congenital anomalies Osteomyelitis, cysts, tumours and tuberculosis.
4. **Cranio-cerebral injuries** - mechanism, pathology, investigations, complications and management. Cerebral concussion, contusion and laceration. Acute extradural haematoma, Acute intracerebral and chronic subdural haematoma.
5. Brain tumors and their management.
6. **Diseases of breast** - Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of - Sthan Vidradhi- Breast Abscess, Sthan Arbuda-Breast tumors and their management.
7. **Diseases of chest** - Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of - Pleural abscess, pleural effusion, tumors, pleurisy and their management.
8. **Diseases of esophagus** - Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of - Congenital Anomalies, Oesophagitis, ulcer, varices, tumors and their management.
9. **Gulma Roga** - Nidana, Prakara, Lakshana, Upadrava and Chikitsa.

10. **Diseases of stomach and duodenum** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of - Congenital pyloric stenosis, peptic ulcer, tumors and their management.
11. **Diseases of small intestine** Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of - Mickel's Diverticulitis, Tuberculosis, obstruction; perforation and their management.
12. **Diseases of large intestine** Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of – Tuberculosis, obstruction, perforation, tumor, appendicitis, crohn's disease, ulcerative colitis and their management.
13. **Udara rogas** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of - Jalodara - Ascitis, Chidrodara – Perforation and Peritonitis, Badhagudodara – Obstruction and their management.
14. **Diseases of rectum and anal canal** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of - Congenital disorders, Arshas -Haemorrhoids, Rectal polyp, Parikartika - Fissure in ano, Bhagandara – Fistula-in-ano, Guda Vidradi - Anorectal abscess, Gudabhramsa - Rectal prolapse, Sanniruddaguda - Anal stricture, Incontinance. Gudarbuda - tumor and their management.
15. Abdominal Injuries and management

## Part B

**50 Marks**

16. **Diseases of liver** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Abscess, cysts, tumors, obstructive jaundice and Yakritdalyodar –Hepatomegaly .
17. **Diseases of gall bladder** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Cholecystitis, cholelithiasis, tumors.
18. **Diseases of pancreas** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Pancreatitis, pseudo pancreatic cyst, tumors .
19. **Diseases of Spleen** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Pleehodara – Spleenomegaly, splenic rupture.
20. **Diseases of Kidney** - Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Congenital anomalies, polycystic kidney, perinephric abscess, tumor, .renal calculus, renal injury .
21. **Diseases of Ureter** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Calculus, obstruction.

22. **Diseases of Urinary bladder** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Congenital anomalies, Ashmari -Vesicle calculus, Cystitis, tumor and Injury.
23. **Mutragata & Mutrakrichra**- Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management. Retention of urine.
24. **Diseases of Prostate** - Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Prostatitis, Prostatic abscess, Benign prostatic hypertrophy, carcinoma of prostate.
25. **Diseases of Urethra** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Urethritis, Stricture and rupture.
26. **Diseases of Penis** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Niruddhaprakasha - Phimosi, Parivartika -Paraphimosi, Avapatika - Prepuceal ulcer, Arbuda-tumor, Lingarsha -Venereal warts.
27. **Diseases of Scrotum and Testis** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Mutravridhi - Hydrocele, Vrushana shotha-epididimo-orchitis, Vrushana granthi- epididimal cyst, Scrotal filaria, Shukrashmari -Seminal calculus, torsion of testis, ectopic testis, undescended testis and tumors .
28. **Vridhi Roga** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management.
29. **AntraVridhi** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Hernia - Inguinal, femoral, epigastric, umbilical, incisional and rare forms of Hernias.

### **SHALYA – PRACTICALS (Clinical and Surgical training)**

1. Identification, uses, demonstration of surgical instruments and method of sterilization.
2. Training of case taking, bed side clinics and case presentation.
3. Demonstration and Practical training in Anesthesia.

#### **4. Training of following Parasurgical procedures**

- |                 |                  |
|-----------------|------------------|
| a. Kshara Karma | b. Kshara Sutra  |
| c. Agnikarma    | d. Raktamokshana |

#### **5. Training of following ward procedures**

- |   |                           |
|---|---------------------------|
| a. Application of bandages and splints.                                 | b. Catheterization        |
| c. Wound management   | d. Ryle's tube aspiration |
| e. Injections -Intramuscular / intravenous / subcutaneous / intradermal |                           |

## 6. Training / Practice of following procedures

- a. Incision and drainage of abscess
  - b. Excision
  - c. Sutures
  - d. Circumcision
  - e. Hydrocele
  - f. Hernial repair
  - g. Haemorrhoidectomy
  - h. Fistulectomy
  - i. Fissurectomy
  - j. Exploratory Laparotomy
8. Training of surgical emergencies and management.

## PRACTICAL TRAINING – 6 Months

OPD / IPD	- 4 Months
Operation theatre	- 1 Month
Emergency casualty	- 1 Month

## PRACTICAL MARKS DISTRIBUTION

	<b>100 Marks</b>
Daily records	<b>10 Marks</b>
Instruments	<b>20 Marks</b>
Short case	<b>10 Marks</b>
Long case	<b>20 Marks</b>
Oral / viva voice	<b>40 Marks</b>

## 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 Vijyan (Part 1-2) - Dr. Surendra Kumar Sharma
8. Shalya Samanvaya (Part 1-2) - Vd. Anantaram Sharma
9. Shalya Pradeepika - Dr. Mukund Swaroop Verma
10. Soushruti - Dr. Ram Nath Dwivedi
11. Clinical Shalya Vigyan - Dr. Akhilanand Sharma
12. Bhagna Chikitsa - Dr. Prabhakar Janardhan Deshpande
13. Kshara sutra management in anorectal ailments - Dr. S.K. Sharma, Dr.K.R.Sharma and Dr. Kulwant Singh.
14. Anorectal diseases in Ayurveda - Dr.Sizoria & Dr.Praveen Kumar Chowdary.
15. Adhunik Shalya Chikitsa Siddanta - Dr. Katil Narshingham Udupa
16. Agnikarma Technology Inovation - Dr. P.D. Gupta
17. Shalya tantra Ke Sidhant - Dr. K.K.Takral
18. Recent advances in the mangement of Arshas / Haemorrhoids - Dr. P. Hemantha Kumar

19. Arsha Evam Bhagander Men Sutravacharan – Vd. Kanak Prasad Vyas  
 20. Kshara Sutra – Dr. S.N.Pathak.  
 21. Surgical ethics of Ayurveda – Dr. S. Sankaran  
 22. Shalya Vigyan (Sachitra) – Anantram Sharma  
 23. Anushastra Karma – Dr. D.N. Pande  
 24. Concept of Vrana is Ayurveda – Dr. Lakshman Singh  
 25. Significance for Poorva Karma in Surgical Patient – Dr. Lakshman Singh  
 26. Sangyahan Prakash – Dr. D.N. Pande  
 27. Short practice of surgery – Bailey and love's  
 28. A concise text book of surgery – S. Das  
 29. A manual on clinical surgery – S. Das  
 30. A system of surgical diagnosis – Prof. Tribhuvan. N. Patel  
 31. A practical guide to operative surgery – S. Das  
 32. Drugs and equipment for anesthesia – Arun Pal  
 33. Manual of surgical instruments and procedures – M. M. Kapur  
 34. Ward procedures – Mansukh B. Patel and Yogesh P. Upadhyay  
 35. Primary Anesthesia – Maurice king  
 36. Synopsis of Anesthesia – Lee  
 37. Clinical Anatomy/ Surgical Anatomy – Snell  
 38. Surgical Instruments – V.G.Kale  
 39. Outline of Orthopedics – J.C.Adams  
 40. Outline of Fracture – J.C. Adam  
 41. Undergraduates' surgery – A.K.Nan  
 42. Text book of Surgery – Surgeons Association of India

### 3.5.PRASUTI TANTRA EVUM STRI ROGA

**Theory Two Papers – 100 Marks Each**

**Practical- one – 100 Marks**

**Theory Lectures - 150**

**Hospital Training – 3 Months**

**Paper I Prasuti Tantra 100 Marks**

**Part A 50 Marks**

**Introduction and scope of Prasutitantra (obstetrics).**

#### **Stri Sharir Vigyana**

Etymological origin of the word Stree, Vayobhedena stree sangnya. (Nomenclature of Stree according to age). Normal and abnormal conditions of Asthisandhi peshi Sahita stree shroni (Soft&Bony Pelvis) and its obstetrical importance, Shroni mapana (pelvic assesment) – Artavvaha and Stanyavaha strotamsi. Tryavarta yoni( Female internal and external genitalia).stree vishishta peshi marmani.

#### **Rajo vigyana**

Description of Raja, artava and concept of shukra in stree. Prathama Rajo darshana (Menarche), Rituchakra - Rajakala- Ritukala – Rituvyatitakala- Menstrual cycle and their regulation by endocrine glands – Rajasvala Charya. Ritumati Lakshana, Ritumaticharya, Importance of Ritukala in Garbha dharana.

#### **Garbha vignyana**

- A) Garbhasya paribhasha, Garbhadhanavidhi, Garbhavakranti, Garbha sambhava samagri( factors essential for conception) ,Garbhakara bhava, , Panchabhautika composition of garbha, Garbhalingotpatti, Garbhasya avayavotpatti, Masanumasika Vridhi of Garbha (Monthwise development of foetus), Garbha Varnotpatti (origin of complexion in foetus), Garbha poshana (Nutrition of garbha), garbhangasamstithi (attitude), garbhasthiti, asana, uday (lie, position, presentation),fetal skull, Garbha vikriti.
- B) Apari (Placenta) Garbha Nabhinadi(Umbilical cord), Garbhodaka (Amniotic fluid), Jarayu (Foetal membranes)- Formation, development, function, normalcies and their abnormalities.

-Ulba (vernix caseosa).



## Garbhinivigyan

- Lakshana of Sadhyograhita garbha, lakshanas of vyakta garbha, , Garbhini nidana ( diagnosis of pregnancy) Pumsavana vidhi,
- Garbhini vyavastha: Garbhini Paricharya (Ante Natal care, examination investigation and management), Garbha upaghatakara bhava, Dauhrida.
- Garbha Vyapada: Garbhasrava and Garbhapata (abortions), Upavishtaka, Nagodara / Upashushaka, Leena garbha, Antarmrita garbha (Intrauterine Foetal death), Garbha shosha, Mithyagarbha (pseudocyesis),. Raktagulma. Hydatidiform mole. Ectopic pregnancy, I.U.G.R, Bahugarbhata, Rh-incompatibility – causes, clinical features, complications and treatment.

### Garbhini Vyapad / Garbha Vyapad

- Garbhini - Alpabala vyadhaya (Minor ailments of pregnancy) – Hrilasa (Nausea), Chardi (emesis), Aruchi, Atisara (Diarrhoea), Vibandha (Constipation), arsha, Udavarta, Pada Sotha, Parikartika, Vaivarnya (Discoloration), Kikkisa etc.
- Garbhini - balavan vyadhaya (Major Diseases of Pregnancy)

Pandu (Anaemia), Jwara, Shotha (oedema), pregnancy induced hypertension, toxemias of pregnancy, prasava poorva rakta srava (Antepartum haemorrhage) causes, clinical features, complications and treatment of all diseases, High risk pregnancies.

## Part B

50 Marks

### Prasava Vigyana (Parturition)

**Prakrit Prasava (Normal Labour):** Prasava Paribhasha, (definition of prasava) Prasavahetu, Prasavakal, Sutikagara;- nirmana, sangrahaniya dravyani, sutikagara, pravesavidhi, labour room, Garbhasan, Prasavavastha; prajayani/ upasthita prasava/ prajanishyamana/ asannaprasava avastha, Avi. Mechanism of labour, Prasavaparicharya - clinical features and management of normal labour, partogram, jatamatraparicharya,(care and resuscitation of newborn ).

### Prasava Vyapad (Disorders of Labour)

Akalprasava (Preterm labour), Kalatita prasava (post term labour), Vilambita prasava (prolonged labour)

Induction and augmentation of labour

Yoni samvarana, cervical dystocia, cephalo pelvic disproportion, fetal distress. Mudagarbha; - definition, etiopathology, clinical features, types, prognosis (Sadhyasadhyta), treatment Aushadhi, Mantra, shastra, Yantrachikitsa

Garbha stithi parivartana (version), forceps delivery, Ventouse delivery. Muladharachhedan (Episiotomy) Udarapatanapurvaka garbha nirharana, ceasarean section.

Aparasanga (Retention of placenta), prasavottara raktasrava (PPH). its causes, clinical features and treatment,

Maternal distress, prasavajanya janananga abhighata, uterine inversion, amniotic fluid embolism etc.

**Sutika Vigyana** – Sutika Paribhasha, Sutika Kala, changes during Sutika avastha (Sharirika and Manasika), Sutika paricharya.

**Sutika Roga** – Number of sutika rogas, Causes, Clinical features, prognosis and treatment of sutika jwara, Sotha and Makkala and other complications.

**Stanya Vigyana** –stana stanya pareeksha, Stanya sampat. Stanya dusti, Stanyakshaya, Stanyavidhi – their causes, clinical features and treatment.

**Atyayika Chikitsa in prasuti** (Emergency care in obstetrics)

Pharmacotherapeutics of the drugs used in Obstretic emergencies, PNDT Act, MTP Act.

## Paper II

## STRI ROGA

100 Marks

### Part A

50 Marks

Congenital malformations of female genital tract.

### Artava vyapad

Artava Vriddhi, Kshaya, ashta artava dushti, Aşrigdara, abnormal uterine bleeding, Anartava ( Amenorrhoea), Alpartava ( hypo and oligomenorrhoea).

**Yoni vyapadani** –sankhya, nidana, lakshana, upadrava evam chikitsa with all possible modern correlations.

### Shukra vigyana

Description of shukra, shukra vriddhi, kshaya, shukra dusti their hetu, laxana, and its chikitsa. Normal semenogram.

**Vandhyatva** (Infertility – causes, types, investigations and management)

Yoni Kanda, Yoni Arsha, Granthi and arbudas of yoni ( Benign and malignant tumours of genital tract).

Pelvic infections including sexually transmitted infections and their management.

Rajonivrutti

**Part B**  
**Stanaroga**

**50 Marks**

Stanagranthi, stanavidradhi (abscess), stanashopha (mastitis) their etiopathology, clinical features, diagnosis, prognosis, treatment and complications.

**Sthanik chikitsa-**

- Snehana, svedana, uttarabasti, pichu, varti, lepana, dhoopana, dhavana, dahana, ksharakarma etc. Practical knowledge of all these procedures along with indications, complications and management.
- Importance of panchakarma in Stree roga.

**Shastra karma**

Surgical procedures their indications, Contraindications, purvakarma (pre-operative), Pradhanakarma( operative), Paschatakarma ( post-operative), Complications and managements.

-Garbhashayamukha vistrutikarana (Cervical dilatation) & Garbhashaya lekhanana (curettage), Garbhashaya mukhadahana (cauterization of Cervix), Swasthane garbhashaya sthapana (repair of genital prolapse), Arshanirharana (excision of polyp), Granthi evam garbhashaya nirharanasya samanya gyana (Hysterectomy), Female surgical sterilization.

-Removal of different types of cysts, Marsupilisation, PAP smear, endometrial and cervical biopsy.

Stree roga sambandhita pramukha aushadhi . Prasuti stree roga chikitsa upayogi yantra shastra parichaya and vyadhivinishchaya upaya (investigative and diagnostic aids ).

Basic knowledge of laproscopy, Hysteroscopy, Hysterosalpingography, USG, X-RAY, Colposcopy. Garbhanirodhaka upaya.

Parivar niyojana, reproductive and child health care. AIDS/HIV control programme and importance of current national programme.

**Clinical Training**

1. History taking and examination of antenatal and gynecological cases.
2. Observation of 10 labour cases.
3. Practical knowledge of performing sthanika chikitsa
4. Observation of surgical procedures mentioned above.
5. Identification, uses, demonstration of surgical instruments and method of sterilization.

## Distribution of Marks – Practical Exam

1. Case taking(2 Cases)	30 Marks
2. Instruments Drugs and Models	20 Marks
3. Viva- voice	40 Marks
4. Journal	10 Marks

**TOTAL**

**100 Marks**

### Reference Books

1. Abhinava Prasuti Tantra	Vd. Damodar Sharma Gaur
2. Prasuti Vigyana	Acharya Ramanath Dwivedi
3. Prasuti Vigyana	Dr. Mrinmayi Mukharjee
4. Prasuti Vigyana	Dr. Alakh Narayan Singh
5. Prasuti Vigyana	Manjari Dwivedi
6. Prasuti Vigyana	Vaidya Nirmala Tai Rajwade
7. Prasuti tantra & Stri Roga	Dr. Premvati Tiwari
8. Abhinava Prasuti Vigyana	Ayodhya Prasad Achal
9. Stiroga Vigyana	Vd. Ramanath Dwivedi
10. Abhinava Stiroga Vigyana	Dr. Rajendra Bhatnagar
11. Abhinava Stiroga Vigyana	Ayodhya Prasad Achal
12. Stri Roga Chikitsa	J.S. Chauhan
13. Janasankhya Siddhanta aur Upadeyata	Dr. Nirmal Sahani
14. Theory of Population in Outline	D.I. Vallentev
15. Text Book of Gynecology	C.S. Dawn
16. Text Book of Obstetrics	C.S. Dawn
17. Ayurvedic Concepts in Gynaecology	Vaidya Nirmala Joshi
18. Useful parts of Charak, Sushruta, Vagbhatta & Sharangdhara.	

### **3.6. KAUMARBHRITYA**

**Theory One Paper – 100 Marks**

**Practical– 100 Marks**

**Lectures - 90**

**Hospital Training – 1 Month**

**Paper I**

**100 Marks**

#### **Kaumarbhritya Parichaya Evum Balaka Paricharya**

#### **(Introduction to Ayurvedic Pediatrics and Child Care)**

**Part A**

**50 Marks**

1. General introduction of Kaumarbhritya (Ayurvedic Pediatrics): Definition, importance, description and etymological interpretations of terminologies used in Kaumarbhritya.
2. Vayobheda (Classification of age): Garbha, Bala, Kumara; Kshirada, Kshirannada & Annada etc.
3. Importance of Kashyapa Samhita in Kaumarbhritya.
4. Navajata Shishu Paricharya (Neonatal Care): 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).
5. Prana Pratyagamanam (Neonatal Resuscitation): Methodology; complications and their management (Ayurvedic and modern view).
6. Navajata Shishu Parikshana (Examination of new born): Ayu Parikshana (including Lakshanadhyaya) Modern approach of Neonatal Examination including gestational age assessment
7. Kumaragara (Nursery, NICU and Pediatric Ward).
8. Navajat Shishu Poshana (Nutritional aspects including neonatal feeding): Specific feeding schedule as per Ayurvedic texts and modern concept; Stana Sampat (Characteristics of normal breast), Stanya Sampat (Properties of normal breast milk) Stanyotpatti and Prasruti (Physiology of lactation), Stanya Sangathana (Composition of breast milk), Stanya Parikshana (Examination of breast milk), Stanya-Piyusha (Colostrum); Stanya-Pana-Vidhi (Method for breast feeding), Stanyakshaya-Stanyanasha (Inadequate production and absence of breast milk),

Stanyabhava Pathya Vyavastha (Alternative feeding in the absence of breast milk), Various other feeding methods.

9. Stanyadosha (Vitiation of Breast milk), Stanya Shodhana (Purification of breast milk), Stanya Janana and Vardhanopakrama (Methods to enhance breast milk formation).
10. Dhatri (Wet nurse): Dhatri Guna and Dosha (Characteristics of wet nurse), Concept of human milk banking
11. 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 & development of child), Important mile stones during infancy and early childhood with special reference to gross & fine motor, language and personal – social development., Anthropometry-measurement and their interpretation.
12. Importance of Kreedabhumi (play ground) and Kreedanaka (toys), Kumaradhara (child care taker)
13. Poshana (Nutrition): Normal requirements of nutrients for newborn, infant and children, common food sources, Satmya and Asatmya Ahara (Compatible and incompatible diet)
14. Sanskaras: Jatakarma, Namakarana, Nishkramana, Upveshana, Annaprashana, Karnavedhana, Choodakarma, Upanayana and Vedarambha.
15. Dantotpatti evam Danta Raksha Vidhi (Dentition and dental care): Dantasampat (Characteristics of healthy teeth), Danta Nisheka evam Dantodbeda (Eruption of teeth), Dantodbhedjanya Vikara (Dentition disorders).
16. Vyadhikshamatva: General concepts of Bala (Immunity) and methods of Bala Vriddhi.
17. Lehana (Electuries): Importance, uses and various types of Lehana.
18. 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 incorporated by Govt of India, time to time.

## Part B

50 Marks

### Samanya Chikitsa Siddhanta and Balaroga

(General Principles of Treatment and Management of Pediatric Disorders)

1. Balaroga Samanya Chikitsa Siddhanta (General principles of treatment in children), Balaroga Parikshavidhi- Shadvidha, Ashtavidha, Dashavidha

Pariksha evam Shishu Vedana Parigya (Examination of diseased child and Diagnostic methods-Ayurvedic and modern).

2. Aushadhi Matra Nirdharana- According to Vaya, Bhar evam Aushadhi Kalpana (drug doses according to age, weight and drug preparations)
3. Specific therapeutic procedures in children: Panchkarma procedures specific to pediatric age group.
4. Prasava Kaleena Abhigata (Birth injuries): Shwasavrodha (Asphyxia), Upasheershaka (Caput Succidaneum and Cephalohaematoma), Shastraghatajanya: Facial Paralysis, Erb's Paralysis, Bhagna (fractures).
5. Sahajavyadhi - (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), Tracheoesophageal Fistula (TOF), Spina bifida, Meningocele, Meningomyelocele, Pyloric Stenosis.
6. Anuvanshika Vyadhi (Hereditary diseases): Down syndrome, Turner Syndrome, Myopathy, Thalassemia, Sahaja Prameha (Juvenile Diabetes).
7. Prasavottara Vyadhi (Neonatal disorders): Navajata Kamala (Neonatal Jaundice), Navajata Netrabhishyanda (Neonatal conjunctivitis), Nabhiroga (Umbilical disorders), Mastishkaghata (Cerebral Palsy), Rakta Vishamayata (Neonatal Septicaemia), Rakta Vaishamyata (Rh-Incompatibility), Raktasravi Vikara (Haemorrhagic Disorders), Ulvaka Roga.
8. Dushta Stanyapanajanya Vyadhi (Disorders due to Vitiated Milk): Cow's Milk Allergy, Charmadala (Infantile atopic dermatitis), Kshiralasaka, Kukunaka (Conjunctivitis), Ahiputana (Nāpkin Rashes)
9. Kuposhanajanya Vyadhi (Nutritional disorders): Karshya, Phakka, Balashosha and Parigarbhika (Protein Energy Malnutrition), Vitamin and micronutrient deficiency disorders, Hypervitaminosis.
10. Aupasargika Vyadhi (Infectious Diseases): Karnamula Shotha (Mumps), Romantika (Measles), Rubella, Masurika (Chicken Pox), Rohini (Diphtheria), Kukkura-kasa (Whooping Cough), Dhanurvata (Tetanus), Krimiroga (Worm Infestations), Anrika Jwara (Typhoid), Mastisakavarnashotha (Meningitis), AIDS, Dengue, Malaria, Poliomyelitis, Rajayakshma (Tuberculosis), Jivwanujanya Yakrit shotha (Hepatitis)
11. Srotas Vikara:
  - a. Pranavaha Srotas: Pratishyaya (common cold), Kasa (Cough), Shwasa (Respiratory distress syndrome), Tamaka Shwasa (Bronchial Asthma), Utphullika, Swasanaka Jwara (Pneumonia/Pneumonitis, Bronchiolitis), Gala shotha (Pharyngitis, laryngitis), Talukantaka (Tonsillitis)
  - b. Annavaha Srotas: Ajirna (indigestion), Atisara (Diarrhoea) , Chhardi (Vomiting), Vibandha (Constipation), Mukhapaka (Stomatitis) , Gudapaka (Proctitis), Parikartika (Anal fissure) ,Udarshoola (Infantile colic), Pravahika (Dysentry) , Gudabhransa (Rectal Prolapse)
  - c. Rasavaha Srotasa: Jwara (Fever), Pandu (Anemia), Mridbhakshanajanya Pandu (Anemia associated with clay eating/ Pica).
  - d. Raktavaha Srotas: Kamala (Jaundice), Raktapitta (Haemorrhagic disorders), Krimija Hridroga ( Infectious cardiac diseases including

Rheumatic Heart Disease), Uchcha-Raktachapa (Hypertension), Yakridpleehodara (Hepatosplenomegaly).

- e. Mamsa-Medovaha Srotas: Apachi (Lymphadenitis), Galaganda (Goitre), Gandamala (Cervical lymphadenopathy), Sthaulya (Obesity)
  - f. Mutravaha Srotasa: Mutraghata (Anuria), Mutrasanga (Retention of urine) Mutrakriccha (Dysurea), Vrikkashotha (Glomerulonephritis and Nephrotic syndrome)
12. Anya BalaVikara (Miscellaneous pediatric disorders)  
Pangutwa (Locomotor disorders), Vamanatwa (Dwarfism), Jadatwa (Mental disorders), Apasmara (Epilepsy), Unamada, Akshepa (Convulsions), Nirudhaprakasha (Phimosis), Kushtha (Skin disorders), Madhya Karna Shotha (Otitis media), Karnasrava (Otorrhoea)
  13. Behavioral disorders of children, their management and counseling: Breath holding spell, Shayyamura (Bed wetting), Autism, ADHD (Attention Deficit and Hyperactive Disorders)
  14. 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
  15. Balagraha: General description, types, clinical features and management
  16. Various Ayurvedic & modern procedures and investigations in pediatric practice

## **PRACTICAL**

**100 Marks**

1. Clinical training of above mentioned disorders of children.
2. Navajata Shishu Paricharya (Care of the newborn)
3. Pranapratyagamana Vidhi (Resuscitation procedure of new born)
4. Vaccination
5. Panchakarma Vidhi (Panchakarma procedures)
6. Knowledge of various equipments such as phototherapy unit, overhead radiant warmer, special resuscitation equipments, Panchakarma and their application
7. Knowledge of IV fluids administration, blood sampling
8. Breast feeding technique

## **Practical Marks Division**

Clinical work (record of clinical cases)	- 20 Marks
Examination of Patient	- 40 Marks
Spotting	- 10 marks
Viva - voice	- 30 Marks



## Reference Books

- 1 Kashyapa samhita - Complete Hindi translation by Satyapal . Vidhyalankara  
- English translation by Prof. Premvati Tiwari
- 2 Essential Paediatrics - O.P. Ghai
- 3 Text Book of Paediatrics - Nelsan
- 4 Care of New Born - Meharban Singh
- 5 Clinical Methods in Paediatrics - Meharban Singh
- 6 Paediatric Emergencies - Meharban Singh
- 7 Diseases of New Born - Scheffers
- 8 Kaumarbhritya related references from Charaka samhita, Sushruta samhita Vagbhatta etc. -

### **3.7. PANCHAKARMA**

**Theory One Paper – 100 Marks**

**Practical one – 50 Marks**

**Lectures - 100**

**Hospital Training – 3 Months**

**Paper I**

**100 Marks**

**Part A**

**50 Marks**

#### **I. INTRODUCTION**

- 1) Introduction to Panchakarma, their importance and utility in the treatment.
- 2) Relation of Panchakarma with Shodhana therapy (purification therapy).
- 3) Threefold Karma
  - i) Poorva karma (pre operative procedure):- General knowledge, importance and utility of Poorva karma (Pachana, Deepana, Snehana, & Swedana)
  - ii) Pradhana karma (Operative procedure)
  - iii) Pashchat karma (Post operative procedure)
- 4) Usefulness of Shodhana (purification therapy) according to the seasons.
- 5) General precautions (pariharya vishaya) during Panchakarma.
- 6) Relevance of Panchakarma in present era.
- 7) Specifications of Panchakarma theatre and necessary equipments

#### **II. SNEHANA**

- 1) Etymology and definition of Sneha and Snehana (Oleation therapy)
- 2) Types of Sneha, Qualitative utility of Sarpi, Taila, Vasa and Majja
- 3) Different categories of Snehayonis (sources).
- 4) Need of Rukshana before snehana and Samyak rukshana lakshanas.
- 5) Types of Snehana – Bahya and Abhyantara (external and internal oleation therapy), Snehapaka.
- 6) Knowledge of Yamaka sneha, Trivrit sneha, Maha sneha, Panchaprasrutiki Sneha, Achcha sneha, Pravicharana, sneha, Sadya sneha, Avapidaka Sneha,

Shodhana, Shamana and Brimhana Sneha, Hrasiyasi, Hrasva, Madhyama And Uttama Sneha

7) Indications and contraindications for Snehana.

8) Sneha Procedures:

Abhyantara Shodhananga Sneha Vidhi:

**Poorvakarma:** Roga and rogi pareeksha, including relevant diagnostic techniques, Koshta pareeksha and Agni nirnaya, preparation of the rogi & fixation of dose.

**Pradhana karma:** Administration of Sneha & Anupana, Observation- Jeeryamana/Jeerna/Ajeerna/Asnigdha Lakshanas, Samyak Yoga, Ayoga/Atiyoga Lakshanas, Vyapats & their management according to Ayurveda & Modern Systems of Medicines.

**Pashchat karma:** Pariharya vishaya & Planning of Shodhana. Shamana and Brimhana Snehana Vidhi, Chirakaleena Sneha Vyapats, and their management.

9) Diet and regimens during Snehana

10) Introduction to Bahirparimarjana Chikitsa.

11) Detailed knowledge about procedure and utility of following Bahyasnehanas (External oleation therapy) – Abhyanga, Samvahana, Mardana, Unmardana, Utsadana, Padhaghata, Murdhni Taila, Pichu, Karna Poorana & Akshi Tarpana

11) Snehana Kamukata.

12) Digestion and Metabolism of Fat.

### III. SWEDANA

1) Etymology and definition of Sweda and Swedana (Sudation).

2) Swedana dravyas and their properties.

3) Methods to protect the vital organs (varjya anga) during Swedana Procedure. Ten Types of Niragni Sweda, Different types of Sagni Sweda

4) Knowledge of Shodhananga and Shamana Sweda.

5) Indication and contra- indications of swedana.

6) Detailed Knowledge about Utility of below mentioned Swedana procedures:- Patrapinda Sweda, Shashtika Shalipinda Sweda, Churna Pinda Sweda, Jambheera Pinda Sweda, Dhanya Pinda Sweda, Kukkutanda Sweda, Anna lepa, Valuka

Sweda, Ishtika Sweda, Nadi Sweda, Bashpa Sweda, Ksheera bashpa sweda, Avagaha Sweda, arisheka Sweda(Pizichil, Dhanyamla Dhara, Kashaya Dhara,Ksheera Dhara) & Upanaha Sweda.

7) Features of Samyak Yoga (Proper Sudation), Atiyoga (Excessive Sudation), Heenayoga (Inadequate Sudation) and Vyapat of Swedana and their Management.

8) Diet and regimens during and after Swedana.

9) Swedana karmukata (Mode of action of Swedana Chikitsa).

10) Introduction to Bahirparimarjana Chikitsa: Study Lepa, Gandusha, kavala, ShiroLepa (Tala potichil), Talam, Udvartana, TakraDhara,kati,Janu, Basti, Greeva and Urobasti (Tarpana)

11) General Knowledge about current Sudation techniques (Sauna bath, Steam bath, Infrared therapy).

#### **IV. VAMANA**

1) Etymology, definition and Introduction of Vamanakarma

2) Importance and utility of Vamana Karma

3) Kosta nirnaya and Agni pareeksha in Vamana karma.

4) Indications and Contraindications for Vamana.

5) General properties of Vamaka Dravyas

6) Preservation and Knowledge of Vamaka and Vamanopaga dravyas.

7) Detailed study of Madana Phala, Kutaja, Yashti, Vacha and Nimba.

**Poorva karma:** Snehana & Swedana Diet & regimen prior to Vamana Karma Preparation of formulation for Vamana Karma Dose & Method of Administration.

**Poorva karma:** Snehana & Swedana Diet & regimen during vishrama kala prior to Virechana Karma

**Pradhana karma:** Administration of drugs and Observation, and Assistance of Vegas, Upavegas and Matra. Knowledge of Laingiki, Antiki and Maniki Shuddhi, Features of Samyak yoga (Proper Shuddhi), Atiyoga (Excessive Shuddhi), Ayoga (Inadequate Shuddhi) and their management.

**Pashchat karma:** Samsarjana(Peyadi,Tarpana and Rasa Samsarjana krama) Pariharya vishaya & Parihara Kala Vyapats & their management according to Ayurveda & Modern Systems of Medicines

8) Vamana Karmukata (Mode of action of Vamana).

## V. VIRECHANA KARMA

- 1) Etymology, definition, introduction, Importance, Utility & Classification of Virechana Karma.
- 2) Knowledge of Anulomana, Sramsana, Bhedana, Rechana, karma with examples.
- 3) General properties of Virechana Dravyas.
- 4) Detailed study of following Virechana drugs Trivrut, Eranda, Aragvadha, Katuki and Jaipala
- 5) Knowledge of Virechana kalpanas, their properties, dose, anupana and method of administration.
- 6) Knowledge of Koshta Nirnaya and Agni vivechana.
- 7) Indications & Contra-indications for Virechana
- 8) Significance of Vamana before Virechana.
- 9) Virechana Vidhi (Procedure for Virechana)

**Poorva karma:** Snehana & Swedana Diet & regimen prior to Virechan Karma.

**Pradhana karma:** Administration of drugs and Anupana, Observation, Assessment of Vegas, Upavegas and Matra. Knowledge of Laingiki, Antiki and Maniki Shuddhi, Features of Samyak yoga (Proper Shuddhi), Atiyoga (Excessive Shuddhi), Heenayoga (Inadequate Shuddhi) and their management.

**Pashchat karma :** Samsarjana(Peyadi, Tarpana and Rasa Samsarjana krama) Pariharya vishaya & Parihara ala · Vyapats & their management according to Ayurveda & Modern Systems of Medicines.

- 10) Virechana Karmukata (Mode of action of Virechana).

## VI. BASTI

- 1) Etymology, definition, introduction, utility, and importance of Basti Karma.
- 2) Types of Basti based on Karma, Sankhyas, Adhisthan & Matra.
- 3) Knowledge of different Basti yantras, their significance and utility.
- 4) Indications & Contra-indications for Anuvasana Basti and Asthapan Basti.
- 5) Knowledge of Anuvasanopayogi and Asthapanopayogi dravyas.
- 6) Adimistration of Basti:

**Poorvakarma (Pre-operative procedure):** Preparation of Basti dravyas Fixation of dose Preparation of Ptient.

**Pradhana karma (Operative procedure):** Basti Pranidhana vidhi (Administration of Asthapana, Anuvasana and Matra Basti) Observation of Basti pratyagamana, Samyakyoga, Atiyoga, heenayoga lakshanas and their management.

**Paschat karma (post operative procedure):** Pariharya vishaya, Parihara Kala Diet and regimen after Basti.

7) Detailed knowledge of Basti Vyapats and their management.

8) Study of following Vishishta Bastis:

Piccha Basti, Ksheera Basti, Yapana Basti, Madhutailika Basti, Erandamooladi Nirooha Basti, Panchaprasrutika Basti, Kshara Basti, Vaitarana Basti, Krimighna Basti, Lekhana Basti, Sarvarogahara Nirooha Basti, Brimhana Basti, Vataghna Basti, Pittaghna Basti and Kaphaghna Basti.

9) Knowledge of Uttara Basti, Importance of Uttara Basti, Uttara Basti Yantra, dravyas and their dosage in Uttara Basti.

10) Detailed knowledge of administration of Uttara Basti in to mutrashaya (Intra Vesical) and Garbhashaya (intra uterine).

11) Basti karmukata (Mode of action of Basti).

## VII. NASYA

1) Etymology, definition, introduction & Significance of Nasya karma.

2) Knowledge about dravyas (Medicines) used for Nasya karma,

3) Classification of Nasya in detail

4) Indications and contraindications of Nasya

5) Knowledge of dosage of Dravyas (Medicines) and time of administration in different type of Nasya.

6) Nasya Procedure

**Poorvakarma (Pre-operative procedure):** Preparation of Patient.

**Pradhana Karma (Operative procedure):** Administration of Nasya.

**Paschat Karma (post operative procedure):** Parithara Kala, Diet and regimen after Nasya.

7) Detailed Knowledge of features of Samyakyoga (Proper), Ayoga (Inadequate), Atiyoga (Excessive) of Nasya and their management.

8) Pathya-Apathya during Nasya karma

9) Administration of Navana, Marsha, Pratimarsha, Avapeedaka, Dhmapana and Dhooma Nasyas

10) Nasya Karmukata (Mode of action of Nasya Therapy)

## VIII. RAKTA MOKSHANA AND VYAYAMOPACHARA

- 1) Definition, Utility and Significance of Raktamokshana, Knowledge of different Techniques of Raktamokshana
- 2) Indications and contraindications for Raktamokshana
- 3) Rakta mokshana karmukata (Mode of Rakta mokshana)
- 4) Basic Knowledge of Physiotherapy
- 5) Knowledge of emergency management in complications such as Water & Electrolyte imbalance, hypo- volamic shock, Haematemesis, Epistaxis, Bleeding per rectum, acute abdomen etc.

### Practical Marks Division

Practical Record	-10 Marks
Procedure	-15 Marks
Viva-voice	-25 Marks
<b>Total</b>	<b>- 50 Marks</b>

### Reference books

1	Caraka Samhita with commentary of Ayurveda Dipika by Chakrapanidatta & Jalpakalpa taruby Gangadhara	Edn-1 Vol-I-V	Agnivesha
2	Sushruta Samhita with the Nibhandha Samgraha commentary of Dalhana & Nyayachandrika panjika of Gayadasa on nidanasthan	Edn-VI Vol-I	Sushruta
3	Ashtanga Hrudaya with Sarvanga sundara & Ayurveda rasayana commentaries	Edn-VIII Vol-I	Vagbhata
4	Ayurvediya Panchakarma chikitsa	Edn-I Vol-I	Dr Mukundilal Dwivedi
5	Panchakarma Vijnana	Edn-I Vol-I	Dr Haridas Shreedhar Kasture
6	Illustrated Panchakarma	Edn-I Vol-I	Dr.G Srinivasa Acharya
7	Clinical Panchkarma (English)	Second Edition 2008	Dr. P.Yadaiah
8	Prayogika panchkarma (Hindi)	Second Edition 2007	Dr. P. Yadaiah
9	Vivida Vyadhiyome Panchkarma (Hindi)	First Edition 2007	Dr. P. Yadaiah

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|----|---|----------------------|--|
| 10 | <b>The Panchkarma Treatment of Ayurveda with Kerala Specialties</b> | Revised Edition 2008 | Dr. T.L. Devaraj                               |
| 11 | <b>Panchkarma Therapy</b>   | Second Edition 2005  | Dr. R.H. Singh                                 |
| 12 | <b>Principles and practice of vasti</b>                             | 2006                 | Dr. Vasudevan Nampoothiri and Dr. L. Mahadevan |
| 13 | <b>Clayton's Physiotherapy</b>                                      |                      |  |
| 14 | <b>Teddy's Physiotherapy</b>  |                      |  |
| 15 | <b>Harrison's Principle of Internal Medicine</b>                    |                      |  |
| 16 | <b>Guyton's Physiology</b>  |                      |  |