

CENTRAL COUNCIL OF INDIAN MEDICINE

**POST GRADUATE PRELIMINARY
14. MS (AYU) SHALAKYA TANTRA
(DISEASE OF EYE, EAR, NOSE, THROAT, HEAD, ORO- DENTISTRY)**

PRACTICAL AND VIVA VOCE – 100 MARKS

Pattern of practical/clinical training-

1. Clinical postings in OPD, IPD, Kriyakalpa and OT.
2. Clinical bed side case presentation
3. Case record - 20 cases (Eye, ENT, Shiras and Oro-dental 5 cases each).
4. Hands on training in Ayurvedic treatment procedures in Netra, Karna-Nasa – Shira – Mukha-Danta Rogas.
5. Participation in seminars, workshops, CMEs.

Distribution of marks (practical)-

100 marks

- | | | |
|--|---|---------|
| 1. Case record | - | 20marks |
| 2. Bed side examination | | |
| a. Long case | - | 20marks |
| b. Short case | - | 10marks |
| c. Procedure demonstration | - | 15marks |
| 3. Identification of specimens, radiographs, | - | 15marks |
| 4. Viva voce – | - | 20marks |

AYURVED DHANWANTARI – SHALAKYA TANTRA
MS (AYU) SHALAKYA
(DISEASES OF EYE, EAR, NOSE, THROAT, HEAD, ORO-DENTISTRY)

FINAL EXAM

METHODS OF TRAINING

- Intensive integrative training would be imparted to scholars in understanding the classical Ayurvedic aspects with an emphasis of critical comparative interpretation.
- Mandatory participation of scholars in seminars, group discussions, clinical demonstrations, journal review meetings, case study, continuing education activities and research clinical projects.
- During the first year course the emphasis would be laid to impart adequate knowledge on fundamental aspects and their applications, with a focus on latest diagnostic tools, instrumentations and laboratory procedures. Practical orientation and hospital based clinical training is an integral part of the curriculum all through and also to be involved in the dissertation work.
- In the second year, training would stress upon extending the knowledge on techniques and imparting skill for surgical performance, so that the scholar is able to perform Eye, Ear, Nose, Throat and Dental surgical procedures independently.
- In the third year the scholar should concentrate on the clinical work and research work based on the dissertation.
- The participation of the scholars in all the aspects of educational process is mandatory.
- Hospital postings- The student has to work for 6 terms (one term of 6 months each) of resident posting is compulsory to which first 2 postings will be as a JR 1, the next two postings will be as a JR 2 and final two postings as JR 3.
- The student should also develop in the academic work of the department.

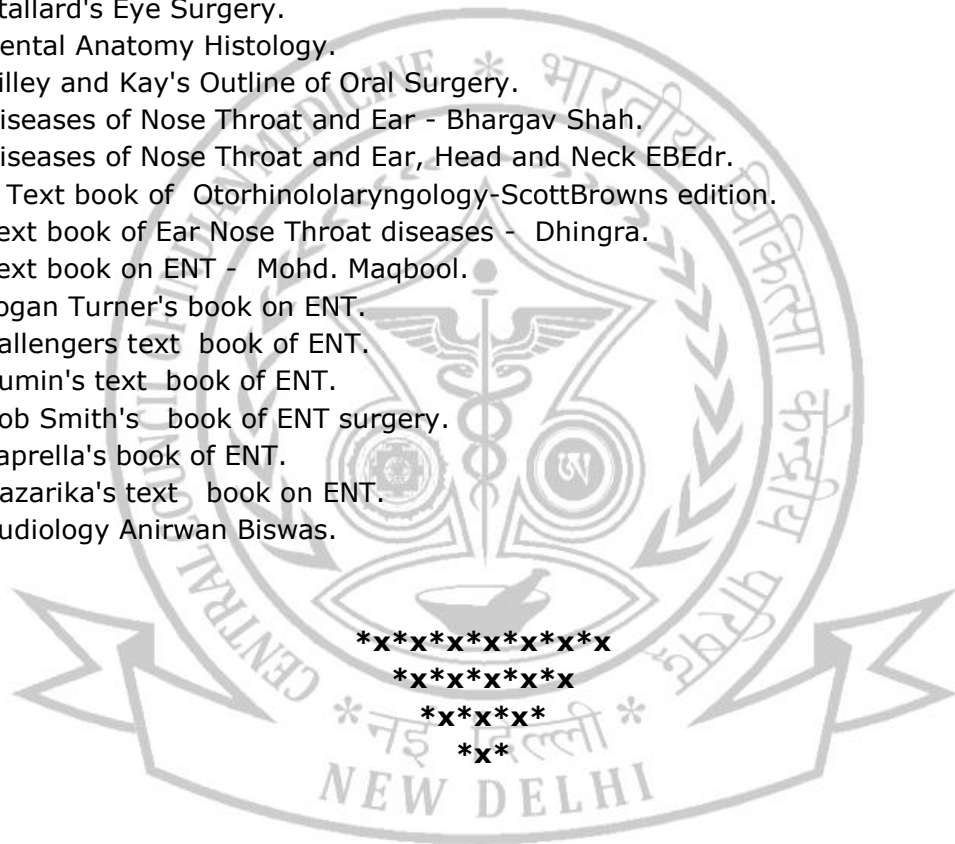
Pattern of Practical Examination:

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

Reference Books

1. Charaka Samhita with commentaries.
2. Sushruta Samhita and Vagbhata with commentaries.
3. Astangahridaya and Astangasangraha with commentaries.
4. Madhavanidan with commentaries.
5. Bhavaprakashawith commentaries.
6. Sarangadhara Samhita with commentaries.
7. Sahstrayoga Sangraha.
8. Nimi Tantra.
9. Relevant part of Chakradhatta, Bhel Samhita, Harita Samhita.
10. Shalakya Tantra – Ramanath Dwivedi - R.C. Chaudhary.

11. The Actions and uses of Indigenous Ophthalmic Drugs N. Srikanth.
12. Clinical Examination of Ophthalmic Cases - Agarwal and Gupta.
13. Alder's Physiology of the Eye and Clinical Applications Cotlier, St. Louis.
14. Disease of the Lens and Vitreous, Glaucoma and Hypotony Duke Elder, St. Louis.
15. Manual of the Diseases of the Eye – Bailliere Tindal and Castell. Ahmed E, Dhanda, Dutta, L.C Jaypee brothers, May C and Worth C.
16. Ocular Differential diagnosis.
17. Clinical Ophthalmology – Roy Fedrick Hampton, Lea and Febiger Smith, R Varghese.
18. Manual of Refraction - Duke and Elder.
19. Hand Book of ophthalmology - B.M. Chaterjee.
20. Clinical Ophthalmology - Kanski.
21. Parsons Diseases of Eye.
22. Stallard's Eye Surgery.
23. Dental Anatomy Histology.
24. Killey and Kay's Outline of Oral Surgery.
25. Diseases of Nose Throat and Ear - Bhargav Shah.
26. Diseases of Nose Throat and Ear, Head and Neck EBEdr.
27. A Text book of Otorhinolaryngology-Scott Browns edition.
28. Text book of Ear Nose Throat diseases - Dhingra.
29. Text book on ENT - Mohd. Maqbool.
30. Logan Turner's book on ENT.
31. Ballengers text book of ENT.
32. Kumin's text book of ENT.
33. Rob Smith's book of ENT surgery.
34. Paprella's book of ENT.
35. Hazarika's text book on ENT.
36. Audiology Anirwan Biswas.



CENTRAL COUNCIL OF INDIAN MEDICINE

POST GRADUATE PRELIMINARY 13. M.S. (AYU) SHALYA TANTRA – GENERAL SURGERY

FUNDAMENTAL PRINCIPLES AND APPLIED ASPECTS OF SHALYA TANTRA

PAPER-II

**THEORY- 100 MARKS
TEACHING HOURS – 100 HRS**

PART A

50 MARKS

1. Etymology, Definition, Scope and Importance of Shalya Tantra.
2. Study of Sushruta Samhita Sutra Sthana from 1st to 29th chapter.
3. Study of modern surgical clinical methodology.
4. Applied anatomy, physiology and surgical pathology of common surgical conditions including relevant Ayurvedic aspects.
5. Applied aspect of Shat Kriyakala in the pathogenesis of surgical diseases.
6. Applied aspect of Prakriti in understanding the causes and role of treatment in surgical diseases.
7. Applied aspect of basic principles of Ayurveda in Rogi Pariksha (Trividha, Shadvidha, Ashtavidha and Dashavidha Pariksha).
8. Concept and applied aspect of Sadhya-Asadhya (Prognosis) - Arishtha lakshana.
9. Marma Sharira – Etymological derivation, definition, basic concept of Marma, origin, classification, Pramana. Consequences of Marmaghata and their management.
10. Concept of Shock - Its varieties, etiopathogenesis and management – Cardio-pulmonary resuscitation (CPR), Endo-tracheal intubation and Tracheostomy. Drug reactions and Anaphylaxis – Management.
11. Basics of Fluid, Electrolyte, Acid Base Balance and Nutrition
12. Antibiotics, Analgesics, Anti-inflammatory and Emergency drugs in surgical practice.
13. Surgical Emergency conditions and its management.
14. Sushruta's concept of Rakta. Raktasrava – Haemorrhage – Types, Patho-physiology, clinical features and management. Concept of Raktastambhana – Haemostasis. Bloodtransfusion – Indications, blood groups, components, compatibility and complications with management.
15. Medico-legal aspects in Surgery. Knowledge of documentation and record keeping.

PART B

50 marks

16. Knowledge of ancient and recent Yantra and Shastra – Surgical instruments and their application in surgical practice.
17. Asepsis and Antisepsis. Sterilisation (Nirjivanukaran) - methods and types.
18. Surgical infections – Sepsis, Cellulitis, Erysipelas, Tetanus, Gas gangrene. Handling and care of HIV and Hepatitis positive patients. Knowledge of conditions like Bacteraemia, Septicaemia, Toxaemia and Pyaemia
19. Sangyahan / Anesthesiology - Types, methods, indications, contraindications, complications and its management.
20. Trividha Karma – Purva, Pradhan and Pashchat Karma. Modern principles of pre-operative and post-operative care.

21. Ashtavidha Shastra Karmas.
22. Bandhana Karma – Recent advances.
23. Kshara Karma – Introduction, types, method of various preparations like Kshara, Kshara Varti, Kshara Pichu and applications.
24. Kshara Sutra – Method of preparation, standardization and applications.
25. Agnikarma – Introduction, types and applications.
26. Raktamokshana – Introduction, types and applications.
27. Application of Panchakarma therapy in surgical practice.
28. Scope of Pathya-Apathya in the management of surgical diseases.

PRACTICAL

100 MARKS

Content:

1. Hospital duties in OPD, IPD, OT and Casualty.
2. Case record – 50 cases.
3. Surgical cases – Observing/Assisting/Performing- 50 cases.
4. Knowledge of instruments required in surgical practices.
5. Ayurvedic and Modern diagnostic and therapeutic procedures.
6. Fluid therapy and blood transfusion.
7. Contraception and sterilizations.
8. Pre-operative, operative and post operative procedures.
9. Practical training of local Anaesthesia.
10. Interpretation of Imaging techniques.
11. Practical knowledge of Yogya vidhi – Experimental surgery and Simulators.

Distribution of marks (practical):

1. Presentation of related Research work like Synopsis and Case record - 20 marks
2. Bedside clinical case taking-

Long case	- 20 marks
Short case	- 10 marks
3. Identification of instruments, X-ray etc - 10 marks
4. Demonstration of Surgical and Parasurgical Procedure - 10 marks
5. Viva voce - 30 marks

REFERENCE BOOKS:

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|--|--|
| 1. Sushruta Samhita | |
| 2. Ashtanga Sangraha | |
| 3. Ashtanga Hridaya | |
| 4. Charaka Samhita | |
| 5. The Surgical instruments of the Hindus | - Girindranath Mukhopadhyaya |
| 6. Shalya Tantra Samuchchaya | - Pandit Ramadesh Sharma |
| 7. Shalya Vigyan (Part 1-2) | - Dr. Surendra Kumar Sharma |
| 8. Shalya Samanvaya (Part 1-2) | - Vd. Anantaram Sharma |
| 9. Shalya Pradeepika | - Dr. Mukund Swaroop Verma |
| 10. Sushruti | - Dr. Ram Nath Dwivedi |
| 11. Clinical Shalya Vigyan | - Dr. Akhilanand Sharma |
| 12. Bhagna Chikitsa | - Dr. Prabhakar Janardhan Deshpande |
| 13. Kshara sutra management in anorectal ailments | - Dr. S.K. Sharma, Dr. K.R.Sharma and Dr. Kulwant Singh. |
| 14. A manual on Fistula-in-ano and Ksharasutra Therapy | - Dr. Manoranjan Sahu |
| 15. Recent trends in the management of Arshas / Haemorrhoids | - Dr. P. Hemantha Kumar |
| 16. Anorectal diseases in Ayurveda | - Dr. Sizoria and Dr. Praveen |

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| 17. Adhunik Shalya Chikitsa Siddhanta | Kumar Chowdary. |
| 18. Agnikarma Technology Innovation | - Dr. Katil Narshingham Udupa |
| 19. Shalya Tantra Ke Siddhant | - Dr. P.D. Gupta |
| 20. Arsha Evum Bhagander Mein sutra Avacharan | - Dr. K.K.Takral |
| 21. Recent advances in Kshara Sutra | - Vd. Kanak Prasad Vyas |
| 22. Leech application in Ayurveda | - Dr. M. Bhaskar Rao |
| 23. Kshara Sutra | - Dr. M. Bhaskar Rao |
| 24. Text book of Shalya Tantra (Ayurvedic Surgery) | - Dr. S.N.Pathak |
| 25. Shalya Shalakyta Tantra | - Dr. P. Hemantha Kumar |
| 26. Surgical ethics of Ayurveda | - Vd. S.G. Joshi |
| 27. Anushastra Karma | - Dr. D.N. Pande |
| 28. Concept of Vrana is Ayurveda | - Dr. D.N. Pande |
| 29. Significance for Poorva Karma in Surgical Patient | - Dr. Lakshman Singh |
| 30. Sangyahan Prakash | - Dr. D.N. Pande |
| 31. Marma Science and Principles of Marma Therapy | - Dr. Sunil Kumar Joshi |
| 32. Recent trends in the management of Bhagandara / Fistula-in-ano | - Dr. P. Hemantha Kumar |
| 33. Principles and Practice of Agnikarma | - Dr. Anand Kumar and Dr. Kanchan Shekokar. |
| 34. Shalya Vigyan (Sachitra) | - Anantram Sharma |
| 35. Text book of Surgery | - Sabistan |
| 36. Operative Surgery | - Rob and smith |
| 37. Bailey and Love's Short Practice of Surgery | - Norman.S. Williams, Charles.V. Mann and R.C.G. Russell |
| 38. Text books of Operative Surgery | - Farquharson's |
| 39. Principles of Surgery | - Schwartz |
| 40. Emergency Surgery | - Hamilton Bailey's |
| 41. Manipal Manual of Surgery | - Dr. Rajgopal Shenoy |
| 42. SRB's Manual of Surgery | - Sriram Bhat M |
| 43. Surgery of the Anus, Rectum and Colon | - John Goligher |
| 44. Surgical pathology | - Willing Worth |
| 45. Clinical methods in surgery | - S. Das |
| 46. Textbook of Operative Surgery | - S. Das |
| 47. A concise Text Book of Surgery | - S. Das |
| 48. A manual on Clinical Surgery | - S. Das |
| 49. A System of Surgical Diagnosis | - T.N. Patel |
| 50. Clinical Anatomy/ Surgical Anatomy | - John E.Skandalakis |
| 51. A Practical Guide to Operative Surgery | - S. Das |
| 52. Manual of Surgical Instruments | - M.M. Kapur |
| 53. Ward Procedures | - Patel Mansukh. B |
| 54. Drugs and Equipment for Anaesthesia | - Arun kumar |
| 55. Primary Anaesthesia | - Maurice King |
| 56. Synopsis of Anaesthesia | - Lee |
| 57. Outline of Orthopedics | - John Crawford Adams and David Hamblen. L |
| 58. Fractures and Joint Injuries | - Watson-Jones |
| 59. Outline of Fracture | - John Crawford Adams |

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CENTRAL COUNCIL OF INDIAN MEDICINE

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

PAPER II

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

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

PART A

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

Part B

(50 MARKS)

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

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

PRACTICAL

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

Distribution of marks (Practical)

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

Reference Books:

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

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

Reviewed by

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



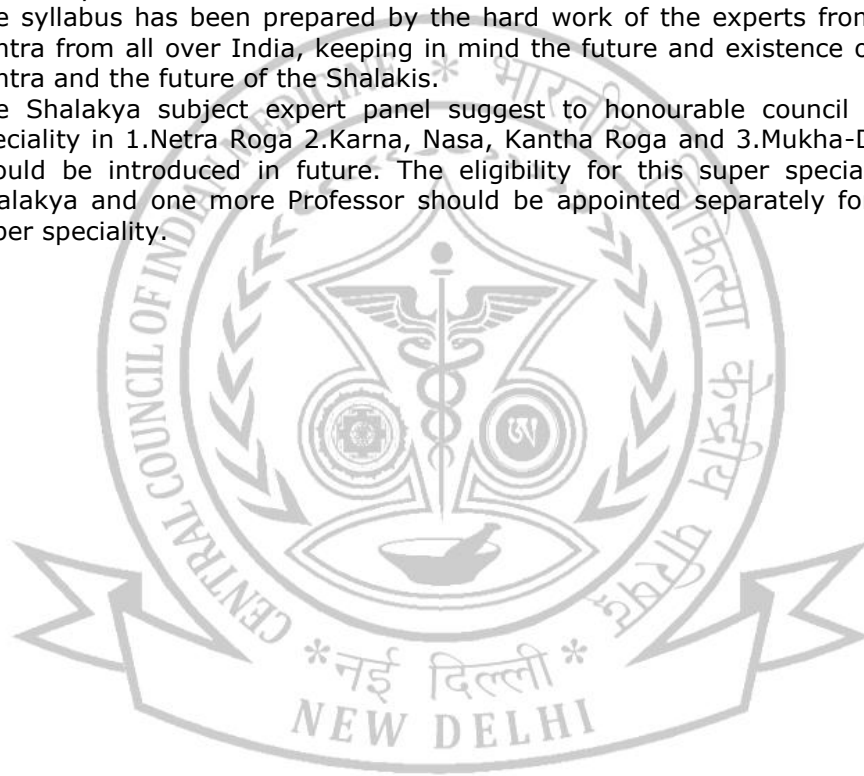
CENTRAL COUNCIL OF INDIAN MEDICINE

POST GRADUATE FINAL YEAR 14. MS (AYU) SHALAKYA TANTRA

(DISEASES OF EYE, EAR, NOSE, THROAT, HEAD, ORO- DENTISTRY)

PREAMBLE

- The MS Shalakya is a speciality branch of Ayurveda, hence the degree should be specified as Master of Surgery in Shalakya Tantra (Diseases of Eye, Ear, Nose, Throat, Head, Oro- Dentistry)
- This syllabus should be applicable for minimum 5 academic years.
- If the Hon'ble Council thinks of separating the Shalakya Tantra PG in 3 parts again, first the division of teaching faculty as Professor, Associate Professor and Assistant Professor should be made available in each division of Shalakya Tantra separately.
- The syllabus has been prepared by the hard work of the experts from Shalakya Tantra from all over India, keeping in mind the future and existence of Shalakya Tantra and the future of the Shalakis.
- The Shalakya subject expert panel suggest to honourable council that super speciality in 1.Netra Roga 2.Karna, Nasa, Kantha Roga and 3.Mukha-Danta Roga should be introduced in future. The eligibility for this super speciality is MS-Shalakya and one more Professor should be appointed separately for this each super speciality.



MS (AYU) SHALAKYA TANTRA
(DISEASES OF EYE, EAR, NOSE, THROAT, HEAD, ORO- DENTISTRY)

PRELIMINARY – PAPER II

THEORY – 100 MARKS (3 HOURS)
PRACTICAL AND VIVA VOCE – 100 MARKS

Part A – 50 marks

1. History and chronological development of Shalakyia Tantra.
2. Establishment and importance of 'Shirasouttamangatwam', 'Nasa Hi shirsodwaram', and 'Sarvendriyanam Nayanam Pradhanam'.
3. Applied Anatomy and physiology of Netra, Karna, Nasa, Mukha with related marmas and disease classification as per Ayurvedic classics.
4. Knowledge of Agropaharaniya in Shalakyia Tantra.
5. Fundamental knowledge of Sterilization and Anaesthesia in Shalakyia Tantra.
6. Swasthvritta related to Shalakyia Tantra.
7. Description of Yantra, Shastra and anushastra related to Shalakyia Tantra.
8. Application of Panchakarma chikitsa in Urdhvajatrugata Vikaras.
9. Applied knowledge of various therapeutic procedures used in Netra rogas
10. Applied knowledge of various therapeutic procedures used in Karna-Nasa-Mukha-Danta and Shirorogas, like Karnaprakshalana, Karna dhoopana, Karnapichu, Karnapoorana, Nasaprakshalan, Nasapichu, Kavala, Gandusha, Pratisarana, Dhoomapana, Shiroabhyanga, Shiropichu, Shirodhara, Shirobasti etc.
11. Knowledge of Vranabandhana (bandaging of wounds) in Shalakyia Tantra.
12. Common classical yogas and single drug therapy in Shalakyia Tantra.
13. Pathyapathya in Shalakyia Tantra.

Part B – 50 marks

14. Critical analysis of nidana of Urdhwajatruvikaras.
15. Fundamentals of optics and refraction.
16. Clinical methods of eye examination and application of various aids and techniques with their respective interpretation viz. Retinoscopy, Refraction, Tonometry, Slit lamp examination, Pachymetry, Direct and Indirect Ophthalmoscopy, Gonioscopy, Perimetry, A scan, B scan, FFA (Fundus Fluorescein Angiography), OCT (Optical Coherence Tomography) etc.
17. Clinical methods of Ear examination with special reference to hearing and balance.
18. Fundamentals of Acoustics and Audiology.
19. Clinical methods of examination of Nose and Para nasal sinuses with various aids and techniques.
20. Clinical methods of Oro-Dental examination with various instruments and techniques.
21. Basic pharmacology of common drugs required in diagnostic and therapeutic procedures in Eye, ENT and Oro-Dentistry.
22. Eye donation and Eye banking.
23. Knowledge of handling of Bio-medical waste.

PAPER I- SHALAKYA - NETRA ROGA

THEORY – 100 MARKS (3 HOURS)

Part A – 50 marks

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

PART B – 50 marks

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

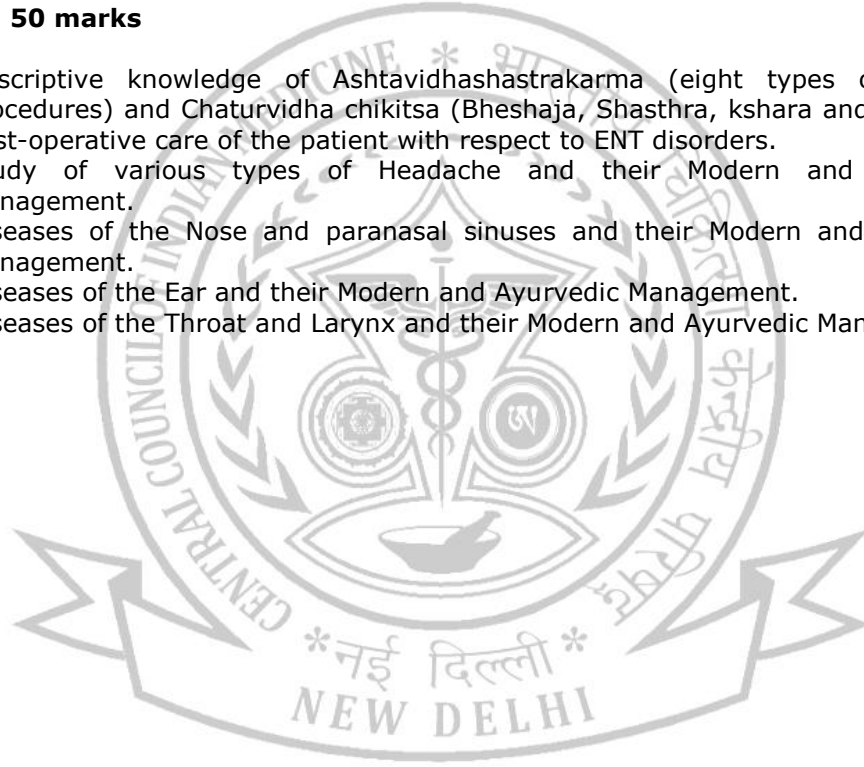
THEORY – 100 MARKS (03 HOURS)

PART A – 50 MARKS

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

PART B – 50 marks

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

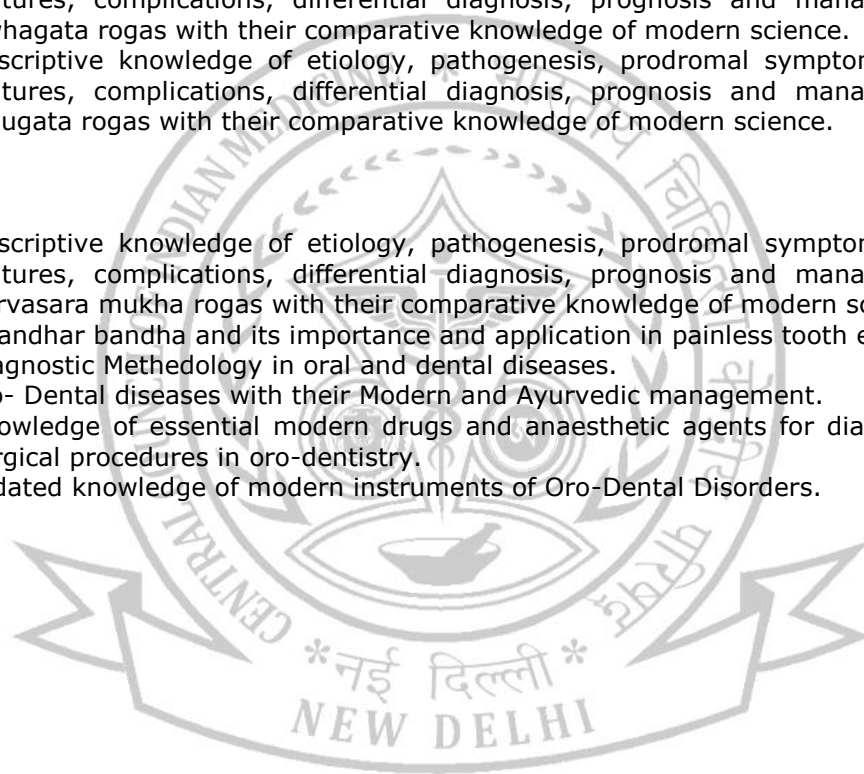


PART A

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

PART B

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



PAPER IV – SHALAKYA – SHALAKYA VISHISHTHA CHIKITSA VIGYAN

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

PART A

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

PART B

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

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CENTRAL COUNCIL OF INDIAN MEDICINE

POST GRADUATE FINAL YEAR 13. MS (AYU) SHALYA TANTRA – GENERAL SURGERY

PAPER – I Shalya Tantra Vangmaya – Literature, Research and Development

**100 Marks
100 Hours**

1. Thorough study of the Sushruta Samhita including other relevant portions of Brihatrayee and Laghutrayee.
2. Knowledge and importance of Surgical Audit and Research.
3. Medico legal issues – Understanding the implications of acts of omission and commission in practice. Issues regarding Consumer Protection Act, medical profession, national health policy - Implications in a medico-legal case like accidents, assaults etc.
4. Surgical ethics including Informed consent.
5. Yogya Vidhi – Practical and Experimental training on different types of Surgical Models for Research in Surgery.
6. Clinical and diagnostic methods in Shalya Tantra - X-rays, U.S.G., Endoscopies (for diagnostic and treatment purposes), MRI, CAT scanning and other recent diagnostic tools.
7. Concept of Sandhana Karma – Plastic reconstructive and cosmetic surgery. Fundamentals of Sandhana Karma –
 - i. Karna Sandhana – Auroplasty
 - ii. Nasa Sandhana – Rhinoplasty
 - iii. Ostasandhana – Cheiloplasty
 - iv. Grafts and Flaps – Techniques and applications.
 - v. Vascular anastomosis and grafts.
8. Recent development on Sushruta's surgical principles and practices.

PAPER – II - SHALYA TANTRA VIGYAN

**100 Marks
100 Hours**

1. Vrana – Wound management
 - i. Management of Nija Vrana, Dushta Vrana and Nadi Vrana.
 - ii. Vrana Chikitsa – Shasti upakramas, Pathya-apathya.
 - iii. Wound and Ulcer.
 - iv. Dagdha Vrana – Burns, scalds, Dhumopaghata, Ushnavata, Frost bite, electric burns and their management.
 - v. Prameha Pidaka – Diabetic carbuncle, Diabetic wound and its management.
 - vi. Kotha – Gangrene and Principles of Amputation.
 - vii. Sadyo Vrana - Traumatic wounds – Nidana, Prakara, Lakshana, Upadrava and Chikitsa, Bites and stings and its management.
2. Pranasta Shalya – Diagnosis and management.
3. Vranashopha-Inflammation, Vidradhi – Abscesses and Pidika – Boils.
4. Granthi – Cyst and Arbuda – Benign and malignant Neoplasm.
5. Bhagna - Classification, Clinical features, Complications and Management.
6. Sandimoksha – Classification, Clinical features, Complications and Management.
7. Udara Roga - Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management.

8. Gulma Roga - Nidana, Prakara, Lakshana, Upadrava and Chikitsa.
9. Shoola vyadhi - Nidana, Prakara, Lakshana, Upadrava and Chikitsa.
10. Diseases of Rectum and Anal Canal – Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Arshas, Parikartika, Bhagandara, Guda Vidradi, Gudabhramsa and Sanniruddaguda.
11. Ashmari - Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management.
12. Mutraghata and Mutrakrichhra - Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management.
13. Niruddhaprakasha - Phimosi, Parivartika – Paraphimosis and Avapatika - Prepuceal ulcer.
14. Vridhi Roga - Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management.

PAPER – III - ADHUNIK SHALYA KARMA - MODERN SURGERY

100 Marks
100 Hours

1. Fundamentals of modern surgery and treatment of surgical disorders including surgical anatomy, physiology and pathology.
2. Diagnosis and Surgical treatment of head and spine injury, thoracic trauma and abdominal trauma. Blast injuries and Management.
3. Diagnosis and surgical measures for disorders of Artery, Vein, Ligaments, Muscles and Tendons.
4. Diagnosis and Surgical management of neck disorders e.g. salivary glands, thyroid, Thyroglossal cyst and Fistula, Branchial cyst and fistula, Cystic hygroma and Lymphadenopathies.
5. Diagnosis and Surgical management of breast diseases, Benign and Malignant breast tumours.
6. Diagnosis and Surgical measures of diseases of Gastrointestinal system -
 - i. Oral cavity - Oral ulcers, Oral cancer, Precancerous conditions, Submucosal fibrosis, Leukoplakia, Cleft lip and palate, Lip tumours, Mucosal cyst, Nasopharyngeal cancer, Tongue ulcer and cancer.
 - ii. Oesophagus - Oesophageal varices, Dysphagia, Neoplasm, Strictures and Gastro oesophageal reflux.
 - iii. Stomach and duodenum – Congenital anomalies, Injuries, Inflammation, Ulcer, Neoplasm, Pyloric stenosis, Acute dilatation, Hiatus hernia and Foreign bodies.
 - iv. Pancreas - Congenital anomalies, Acute and Chronic pancreatitis, Calculi Neoplasm and Cysts of pancreas.
 - v. Peritoneum, Omentum, Mesentery, Retroperitoneal Space – Peritonitis, Abscess, Neoplasm, Mesenteric cyst, Torsion of mesentery, Vascular thrombosis, Retroperitoneal cyst and Fibrosis.
 - vi. Abdominal mass - Diagnosis and Management.
 - vii. Small intestine - Congenital anomalies, Inflammation, Ulcer, Neoplasm, Stenosis, Injuries, Foreign bodies, Diverticuli, Peutz-jeghers syndrome, Chron's disease, Carcinoid tumours, Enteric perforation and Intestinal fistula.
 - viii. Large intestine - Congenital anomalies, Inflammation, Ulcer, Neoplasm, Stenosis, Injuries, Foreign bodies, Diverticuli, Faecal fistula, Amoebiasis and Familial polyposis coli.
 - ix. Caecum and Vermiform appendix- Appendicitis, Appendicular abscess, Appendicular mass, Perforation, Carcinoid Tumor and other Neoplasm.
 - x. Gastrointestinal bleeding – Haemetemesis, Malaena, Haemobilia, Bleeding per anum - Causes, Diagnosis and Management.

- xi. Rectum and anal canal - Diagnosis and Surgical management of Congenital Anomalies, Inflammation, Ulcer, Neoplasm, Stenosis, Prolapse, Haemorrhoids, Fistula-in-ano, Fissure-in-ano, Anorectal Abscess, Incontinence, Injuries, Foreign bodies and Pilonidal sinus.
7. Umbilicus and abdominal wall – Congenital anomalies, Umbilical infections, Sinus, Neoplasm and Desmoid tumor.
8. Diagnosis and surgical measures of diseases of Hepatobiliary system -
 - i. Liver – Abscess, Cyst - Hydatid cyst, Primary and Secondary malignant tumours, Portal Hypertension and Budd-Chiari Syndrome.
 - ii. Gall bladder and Bile duct - Congenital anomalies, Acute and Chronic Cholecystitis, Cholelithiasis, Neoplasm, Cholangitis, Stenosis, Choledocholithiasis, Choledochal cyst and Cholangiocarcinoma.
 - iii. Spleen – Splenomegaly and Splenic Injury.
9. Diagnosis and surgical management of Hernias – Inguinal, Femoral, Umbilical, Incisional, Abdominal wall and other hernias.
10. Endoscopic procedures - Oesophagogastroduodenoscopy, Sigmoidoscopy and Colonoscopy.
11. Principles of laproscopic surgery - Diagnostic and therapeutic laparoscopy.

PAPER – IV

VISHISHTA SHALYA VIGYAN – SPECIALITY

The Scholar has to choose the any one of the Specialities amongst the following based on research area

PAPER – IV - Speciality No - 01 Anushastra Vigyan – Parasurgical Therapeutics **100 Marks** **100 Hours**

1. Kshara Karma and Prayoga – Caustic therapy

- i. Introduction of different types of Kshara, Method of preparation, Standardization, pH value, Application, Complications and its management.
- ii. Surgical Anatomy and Physiology of Anus and Rectum.
- iii. Arshas - Nidana, Purvaroop, Roopa, Samprapti, Prakara and Chikitsa.
- iv. Haemorrhoids - Aetio-pathogenesis, types and its surgical management. Knowledge of different methods of treating Haemorrhoids - Rubber band ligation, D.G.H.A.L, Radiofrequency, Ablation, Cryo-surgery, Cautery, Laser, Infrared coagulation and other advanced techniques.
- v. Bhagandara - Nidana, Purvaroop, Roopa, Samprapti, Prakara, Chikitsa and application of Kshara Sutra.
- vi. Fistula-in-ano - Definition, Aetio-Pathogenesis, Types, Diagnostic methods and its Surgical and parasurgical management including knowledge of Fibrin Glue, Advanced Flap Therapies and other recent techniques.
- vii. Parikartika - Nidana, Samprapti and its Chikitsa.
- viii. Fissure-in-ano - Aetio-pathogenesis, types and its management.
- ix. Sannirudhaguda and its Chikitsa.
- x. Anal Stenosis - Aetio-pathogenesis and its management.
- xi. Gudavidradhi - Nidana, Purvaroop, Roopa, Samprapti, Prakara and its Chikitsa.
- xii. Anorectal abscesses – Aetio- pathogenesis, types, complications and its management.
- xiii. Foreign body in rectum and anal canal - Method of diagnosis and its management.
- xiv. Congenital Anorectal disorders and its management.
- xv. Anorectal tumour - Types and its management.

2. Agnikarma – Thermo therapy

- Introduction, definition and importance of Agnikarma.
- Agnikarma - Poorva, Pradhana and Paschat karma, various substances and Shalakas used for Agnikarma and their indications, contra-indications and complications.
- Knowledge of modern thermal equipment - Diathermy, Laser therapy, Microwave, Ultracission technique, Cryo Technique and its uses.
- Effect of Agnikarma on skin, muscle tissue, nerves, metabolism, blood circulation and infective lesions.

3. Raktamokshana – Bloodletting Procedures

- Indications, contraindications and importance of Raktamokshana.
- Justification of usage of different types of Raktamokshana in various therapeutic applications.
- Different types of Raktamokshana – Sastrakritha - Siravyadhana, Prachana and Asastrakritha - Shringa, Jaluka, Alabu and Ghati.
- Jalauka - Nirukti, Paryaya, Bhedha, Sangrahana, Samrakshana, Jalaukavacharana Vidhi - Poorva, Pradhana and Paschat karma.
- Knowledge of Leeches - Morphology, Anatomy, Physiology, Bio-chemical effects of its various constituents present in its saliva.

PAPER – IV - SPECIALITY NO-02

ASTHI SANDHI EVAM MARMA VIGYAN – ORTHOPAEDICS

100 marks

100 Hours

- Asthi Sharira - Etymology, Embryology, Applied Anatomy and Physiology of Asthi. Its Panchbhautik constitution, Poshan (Nutrition), Asthivaha Srotas, Upadhatu and Mala. Total Number and classification of Asthi. Concept of Dhatwagni in Ayurveda. Asthi Dhatu Kshaya and Vriddhi lakshana. Knowledge about Tarunasthi. Embryology, Ossification, Histology, Metabolism, Blood Supply, Types and Biomechanics of Bone and cartilage.
- Healing mechanism of bone and factors influencing the bone healing according to Ayurvedic and Modern concept. Biological and Biophysical technologies for the Enhancement of Fracture Repair. Knowledge of Sandhaniya and Ropaniya drugs.
- Sandhi Sharira – Classification, Applied Anatomy and Physiology of Asthi Sandhi. Classification, Applied Anatomy and Physiology of Joints and Healing Mechanism of a joint.
- Knowledge of Splints, Orthotics & Prosthetics.
- Knowledge of Orthopedic implants (*e.g. wires, screws, plates, nails*) and Instruments. Knowledge of equipments (*e.g. C-arm image intensifier and drill machines etc*).
- Concept of Pain according to Ayurved and Modern Medical science.
- Principles of Reconstruction, Transplantation, Bone grafting, Bone Banking, Bone transportation and Amputation.
- Vata Vikara – Asthi, Sandhi and Marma related Vata Vikara like Gridhrasi, Bisvachi, Avabahuka, Manyastambha, Khalvi, Dhatugata vata, Snayugata vata, Katishoola, Katigraha.
- Diseases pertaining to Muscles, Tendons, Ligaments, Fascia and Bursae.
- Diseases and Congenital anomalies of Spine e.g. Ankylosing spondylitis, Infective conditions, Tuberculosis, Spondylolisthesis, Inter-vertebral Disc Prolapse,

Spondylosis, Scoliosis, Kyphosis, spina bifida, Hemivertebra, Block vertebra, Sacralisation and Lumbrisation.

11. Diseases and Congenital anomalies of Cervical Spine
12. Diseases and Congenital anomalies Sacroiliac Joint and Bony Pelvis.
13. Diseases and Congenital anomalies of Hand.
14. Diseases and Congenital anomalies of Foot.
15. Diseases and Congenital anomalies of Limbs.
16. Orthopedic Neurological Disorders. Post Polio Paralysis & Cerebral Palsy.
17. Snehana, Swedana and Panchakarma in Marma, Asthi and Sandhi Vyadhi.
18. Yogic Practices in Orthopedics.
19. Principles of Arthroplasty- Joint Replacement.
20. Introduction of Peripheral Vascular Diseases.
21. Bhagna - Etiology, classification and General Management principles and Prognosis.
22. Modern concept of Bone and Joint injuries - Etiology, Epidemiology, Classification and General management principles.
23. Individual Bone and Joint injuries - Etiology, Epidemiology, Classification and management principles.
24. External immobilization techniques - Classical and traditional Kusha -splints, Plaster of Paris Technique, Knowledge of different splints and Plasters.
25. Pathological Fractures including Fragility fractures, Stress Fractures and Peri-prosthetic Fractures.
26. Fractures in Children - Etiology, Epidemiology, Diagnosis, management and complications.
27. Prognosis of skeletal injuries, Complications of Fractures and Joint Injuries e.g. Myositis ossificans, Volkman's ischemic contracture, Compartment syndrome, Crush Syndrome, DVT, Thromboembolism, Fat Embolism.
28. Rehabilitation of trauma patient and Principles of Sukhchestaprachara - Physiotherapy and its use in skeletal injuries.
29. Treatment Principles of Asahanta Bhagna - Non-unions, Vishmolvana Sahanta - Malunions and Ignored or un-reduced dislocations.
30. Diagnosis and management principles of injuries of Vessels, Nerves, Tendons and Ligaments.
31. Head, Chest and Abdominal Injuries and management principles.
32. Pelvis and Spine injuries and their management principles.
33. Sports medicine and sports injuries - Sports medicine and sports related Shoulder injuries, Elbow injuries, Knee injuries, Ankle Injuries, Recurrent Dislocations and other sports related injuries.
34. Knowledge of Conventional and advanced procedures being done for Different Bone and Joint Injuries e.g. Open Reduction and Internal Fixation, Closed Reduction and Internal Fixation, External fixators and other operative techniques.
35. Knowledge of Plastic Surgery in orthopedics and Bone grafting techniques.
36. Knowledge of various surgical procedures being done for Different Bone and Joint Diseases.
37. Hand Surgery for Diseases, Deformities and Injuries.
38. Foot Surgery for Diseases, Deformities and Injuries.
39. Amputations and Arthrodesis - General Principles of Amputations /Arthrodesis and regional Amputations.
40. Knowledge of Diagnostic and Therapeutic Arthroscopy.

PAPER – IV - SPECIALITY NO-03
SANGYAHARAN VIGYAN – ANAESTHESIOLOGY

100 MARKS
100 HOURS

1. Knowledge of disorders like Unmada, Apasmara, Mada, Murrcha, Sanyasa and Stabdghata etc.
2. Madataya, Stages of Madataya and its management.
3. Pharmacology of Medhya, Vednasthapak, Madkari, Sangyasthapak, Nidrajanan, Akshepjanan and shamana, Svedjanan, Hridyae, Hridyotejak, Raktbharshamak, Shoolprashaman, Vaman and hrillashar (Antiemetic) dravya as mentioned in Ayurvedic samhita and their application in Sangyaharan.
4. Aroma therapy as complementary and alternative therapy in pain management and Palliative care.
5. Sangyaharan Bhesaja Vigyan (Pharmacology related to Anesthesia)
Pharmacology of:
 - Drugs acting on Autonomic nervous system:
 - a. Cholinergic system and drugs- Agonist and antagonist
 - b. Adrenergic system and drugs- Agonist and antagonist
 - Autocoids and related drugs:
 - a. Histamine and Antihistaminic
 - b. 5HT and antagonist
 - c. NSAID'S
 - d. Prostaglandins and leukotrienes
 - Drugs acting on Respiratory system
 - Drugs acting on Somatic nervous system
 - a. Skeletal muscle relaxants – Depolarizer and Non-Depolarizer.
 - b. Local anesthetics
 - Drugs acting on central nervous system
 - a. General Anesthetics- Fixed and Volatile anesthetic agents.
 - b. Sedative and hypnotics
 - c. Anti epileptics
 - d. Anti psychotic and anti-maniacs
 - e. Opioids Analgesics and antagonists
 - Drugs acting on cardiovascular system
 - a. Cardiac glycosides
 - b. Anti arrhythmic drugs
 - c. Anti anginal and other anti ischemic drugs
 - d. Anti hypertensive drugs
 - Drugs acting on Kidneys
 - a. Diuretics
 - b. Anti diuretics
 - Coagulants and anti coagulants
6. Airway management- Intubation, failed intubation drill, LMA, Bag and mask ventilation.
7. Anesthesia For: General surgery, Obstetric and Gynecology, E.N.T. and Ophthalmic, Orthopedic, Dental, Pediatric, Urology, Plastic and Outpatient / Day care surgery.
8. Anesthesia for patients with: Diabetes mellitus, Thyroid diseases, inherited metabolic diseases, Obesity, Respiratory diseases, Cardiac diseases, Renal diseases, Geriatric problems and neuromuscular diseases.
9. Regional anesthesia:
 - Sub-arachnoid and epidural anesthesia, analgesia
 - Plexus and nerve blocks for upper and lower limb
 - Regional anesthesia for thorax and abdomen
 - Surface anesthesia, infiltration and field blocks

10. Complications of Regional and general anesthesia, morbidity, mortality and medico-legal aspects.
11. Anesthesia for Endoscopic, laparoscopic Surgery and Laser Surgery
12.
 - a. Monitoring in anesthesia:
 - Cardiovascular, Respiratory, Renal function, Neurologic and neuromuscular monitoring.
 - Peri- operative Thermo- regulation and monitoring
 - Peri- operative awareness and monitoring depth of anesthesia with BIS.
 - Peri- operative acid-base balance
 - Pt's positioning in anesthesia, its hazards and management
 - Peri- operative Fluid management and Blood transfusion.
 - Risks and hazards of anesthesia
 - b. Anesthesia equipments –
 - Medical gas systems
 - Breathing systems
 - Ventilators
 - Anesthesia machine
 - c. Post operative management-
 - Post anesthesia care
 - Post operative nausea and vomiting
 - Post operative Intra-Venous fluid therapy
 - Acute post operative pain
 - d. Miscellaneous-
 - HDU, ICU, CCPR- BLS & ACLS.
 - Parenteral nutrition.
 - Environmental factor and electrical safety
 - e. Management of Acute / Chronic Pain-
 - Assessment of pain
 - Peri-operative pain
 - Chronic pain syndrome-detection and prevention
 - WHO regime for Cancer pain
 - TENS, Behavioral therapy
 - f. Anesthesia in remote locations
 - g. Clinical care in extreme environments (At high and low pressure and space).
 - h. Relevance of Sammohana (Hypnosis), Acupressure and Acupuncture in Sangyahrana.
 - i. Recent advances in research in Sangyahrana, Pain Management and Palliative Care. Scope and Application of principles of Ayurveda in Sangyahrana Research.

PAPER – IV - SPECIALITY NO – 04
MUTRA ROGA – UROLOGY

100 MARKS
100 HOURS

1. Anatomical and physiological knowledge of kidney, ureter, urinary bladder, prostate, seminal vesicles, urethra and penis.
2. Investigations of Mutravaha Srotas – Urinary tract.
3. Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and management of Ashmari – Urinary stone diseases.
4. Kidney and ureter – Clinical presentation, Investigations and Management of Congenital anomalies, Trauma, Infection, Neoplasm, Hydronephrosis, Hydroureter and Haematuria.
5. Urinary bladder - Clinical presentation, Investigations and Management of Congenital anomalies, Trauma, Infection, Neoplasm, Diverticulum, Vesico-vaginal

- fistula, Atony, Schistosomiasis, Urinary diversions, Retention of urine – Mutraghata and Mutrakruccha.
6. Urethra - Clinical presentation, Investigations and Management of Congenital anomalies – Hypospadias, Epispadias, Posterior urethral valve, Trauma, Infection, and Neoplasm.
 7. Prostate and seminal vesicles – Benign and malignant enlargement of prostate, Prostatitis, Prostatic abscess and Calculi.
 8. Penis – Clinical presentation, Investigations and Management of Congenital anomalies, Trauma, Infection, Phimosis, Paraphimosis, Peyronie's disease and Neoplasm.
 9. Testis and scrotum-Clinical presentation, Investigations and Management of Congenital anomalies, Ectopic testis, Trauma, Infection, Neoplasm, Testicular torsion, Hydrocele, Varicocele, Spematocele, Chylocele, Pyocele, Haematocele, Epididymal cyst and Fournier's gangrene.
 10. Renal failure – Causes, Diagnosis, Investigations and Management.

PRACTICALS

Content:

1. Identification, uses, demonstration of surgical instruments and methods of sterilization.
2. Training of case taking, bed side clinicals and case presentation.
3. Training of Surgery related Diagnostic imaging techniques.
4. Training of Surgery related Pre-operative, Operative and Post-operative procedures.
5. Demonstration and Practical training in Anaesthesia.
6. P.G. Scholars shall develop the skills by observing, assisting and performing independently all surgical and parasurgical procedures.
7. P.G. Scholars shall develop the skills by observing, assisting and performing independently concerned specialities like Anushastra Vigyan - Parasurgical therapeutics, Asthi Sandhi Evam Marma Vigyan – Orthopaedics, Sangyahan Vigyan – Anaesthesiology, Mutra Roga – Urology etc.
8. Training of Surgical Emergencies and Trauma Management.

METHODS OF TRAINING AND TEACHING FOR M.S. (AYU) SHALYA TANTRA

- | | |
|--------------------------------|---------------|
| • Case Presentation | Once a Week |
| • Seminar | Once a Week |
| • Classroom Lectures | Thrice a Week |
| • Morbidity / Mortality | Once a Week |
| • Surgical Audit | Once a month |
| • Journal Club | Once a month |
| • Emergency Drills / Protocols | Once a Week |
| • Interesting Cases | Once a Month |
| • Assessment of Scholar | Once a Month |

Minimum Academic Requirements For PG Scholars

Case Presentation	Ten per year
Seminar	Five per year
Journal club	One per year

Distribution of marks (practical):

- | | |
|--|------------|
| 1. Dissertation Presentation and Teaching demonstration | - 20 marks |
| 2. Bedside clinical case taking- | |
| Long case | - 20 marks |
| Short case | - 10 marks |
| 3. Identification of instruments, images etc | - 10 marks |
| 4. Demonstration of Surgical and Parasurgical Procedures | - 10 marks |
| 5. Viva voce | - 30 marks |

REFERENCE BOOKS:

- | | |
|--|--|
| 1. Sushruta Samhita | |
| 2. Ashtanga Sangraha | |
| 3. Ashtanga Hridaya | |
| 4. Charaka Samhita | |
| 5. The Surgical instruments of the Hindus | - Girindranath Mukhopadhyaya |
| 6. Shalya Tantra Samuchchaya | - Pandit Ramadesh Sharma |
| 7. Shalya Vigyan (Part 1-2) | - Dr. Surendra Kumar Sharma |
| 8. Shalya Samanvaya (Part 1-2) | - Vd. Anantaram Sharma |
| 9. Shalya Pradeepika | - Dr. Mukund Swaroop Verma |
| 10. Sushruti | - Dr. Ram Nath Dwivedi |
| 11. Clinical Shalya Vigyan | - Dr. Akhilanand Sharma |
| 12. Bhagya Chikitsa | - Dr. Prabhakar Janardhan
Deshpande |
| 13. Kshara sutra management in anorectal ailments | - Dr. S.K. Sharma, Dr. K.R. Sharma
and Dr. Kulwant Singh. |
| 14. A manual on Fistula-in-ano and Ksharasutra Therapy | - Dr. Manoranjan Sahu |
| 15. Recent trends in the management of Arshas / Haemorrhoids | - Dr. P. Hemantha Kumar |
| 16. Anorectal diseases in Ayurveda | - Dr. Sizoria and Dr. Praveen
Kumar Chowdary. |
| 17. Adhunik Shalya Chikitsa Siddhanta | - Dr. Katil Narshingham Udupa |
| 18. Agnikarma Technology Innovation | - Dr. P.D. Gupta |
| 19. Shalya Tantra Ke Siddhant | - Dr. K.K. Takral |
| 20. Arsha Evum Bhagander Mein sutra Avacharan | - Vd. Kanak Prasad Vyas |
| 21. Recent advances in Kshara Sutra | - Dr. M. Bhaskar Rao |
| 22. Leech application in Ayurveda | - Dr. M. Bhaskar Rao |
| 23. Kshara Sutra | - Dr. S.N. Pathak |
| 24. Text book of Shalya Tantra (Ayurvedic Surgery) | - Dr. P. Hemantha Kumar |
| 25. Shalya Shalakya Tantra | - Vd. S.G. Joshi |
| 26. Surgical ethics of Ayurveda | - Dr. D.N. Pande |
| 27. Anushastra Karma | - Dr. D.N. Pande |
| 28. Concept of Vrana in Ayurveda | - Dr. Lakshman Singh |
| 29. Significance for Poorva Karma in Surgical Patient | - Dr. Lakshman Singh |
| 30. Sangyahan Prakash | - Dr. D.N. Pande |
| 31. Marma Science and Principles of Marma Therapy | - Dr. Sunil Kumar Joshi |
| 32. Recent trends in the management of Bhagandara / Fistula-in-ano | - Dr. P. Hemantha Kumar |
| 33. Principles and Practice of Agnikarma | - Dr. Anand Kumar and |

34. Shalya Vigyan (Sachitra)
 35. Text book of Surgery
 36. Operative Surgery
 37. Bailey and Love's Short Practice of Surgery

38. Text books of Operative Surgery
 39. Principles of Surgery
 40. Emergency Surgery
 41. Manipal Manual of Surgery
 42. SRB's Manual of Surgery
 43. Surgery of the Anus, Rectum and Colon
 44. Surgical pathology
 45. Clinical methods in surgery
 46. Textbook of Operative Surgery
 47. A concise Text Book of Surgery
 48. A manual on Clinical Surgery
 49. A System of Surgical Diagnosis
 50. Clinical Anatomy/ Surgical Anatomy
 51. A Practical Guide to Operative Surgery
 52. Manual of Surgical Instruments
 53. Ward Procedures
 54. Drugs and Equipment for Anaesthesia
 55. Primary Anaesthesia
 56. Synopsis of Anaesthesia
 57. Miller's Anesthesia
 58. Synopsis of Anesthesia
 59. Practice of Anesthesia and Resuscitation
 60. Essentials of Anesthesiology
 61. Clinical Anesthesia
 62. Textbook of Anesthesia
 63. Practice of Anesthesia
 64. Anesthesia and co-existing disease
 65. Outline of Orthopedics

66. Fractures and Joint Injuries
 67. Outline of Fracture
 68. Practical Fracture Treatment
 69. Clinical Orthopedic Examination
 70. Apleys System of Orthopedics
 71. Orthopedics – Principles & their Application
 72. Text book of Orthopedics and Trauma Vol. I-IV
 73. Campbell's Operative Orthopedics
 74. Urology
 75. Urology Instrumentation: A comprehensive guide
 76. Text book of Operative Urology
 77. Oxford Hand book of Urology
 78. Smith and Tanagho's General Urology
 79. Urological Emergencies in Clinical Practice

Dr. Kanchan Shekokar.
 - Anantram Sharma
 - Sabistan
 - Rob and smith
 - Norman.S. Williams, Charles.V.
 Mann and R.C.G. Russell
 - Farquharson's
 - Schwartz
 - Hamilton Bailey's
 - Dr. Rajgopal Shenoy
 - Sriram Bhat M
 - John Goligher
 - Willing Worth
 - S. Das
 - S. Das
 - S. Das
 - S. Das
 - T.N. Patel
 - John E. Skandalakis
 - S. Das
 - M.M. Kapur
 - Patel Mansukh. B
 - Arun kumar
 - Maurice King
 - Lee
 - Ronald D Miller
 - Alfred Lee
 - Dr.P.K. Gupta et al.
 - Prof. A.K. Paul
 - Prof. A.K. Paul
 - Aitkenhead
 - Churchill Davidson
 - Stoelting's
 - John Crawford Adams and
 David Hamblen. L
 - Watson-Jones
 - John Crawford Adams
 - R.McRae
 - R.McRae
 - Apley Louis Solomon
 - Vol. I-II – Samuel L. Turek
 - G.S. Kulkarni
 - Vol. I-IV
 - Campbell-Walsh
 - Sabnis Ravindra B
 - F.F. Marshall, J.W. McAninch
 - John Reynard, Simon Brewster
 - Jack W. McAninch, Tom F. Lue
 - Hashim, John Reynard

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CENTRAL COUNCIL OF INDIAN MEDICINE

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

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

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

PAPER I

MARKS 100

VAIYAKTIKA SWASTHAVRITTAM SADVRITTAM CHA (PERSONAL AND MORAL HYGIENE)

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

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

PAPER II

100 MARKS

SAMAJIKA SWASTHAVRITAM (COMMUNITY HEALTH)

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

PAPER III

100 MARKS

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

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

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

PAPER IV

100 MARKS

YOGA EVAM NISARGOPACHARA (YOGA AND NATURE CURE)

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

SCHEME OF PRACTICALS
DURATION: - 02 YEARS

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

2) Practical Demonstration of Yoga

a) Sukshma and Sthula Vyayama

b) Suryanamaskara

c) Aasanas :

Sitting Position

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

Supine position:

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

Standing position:

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

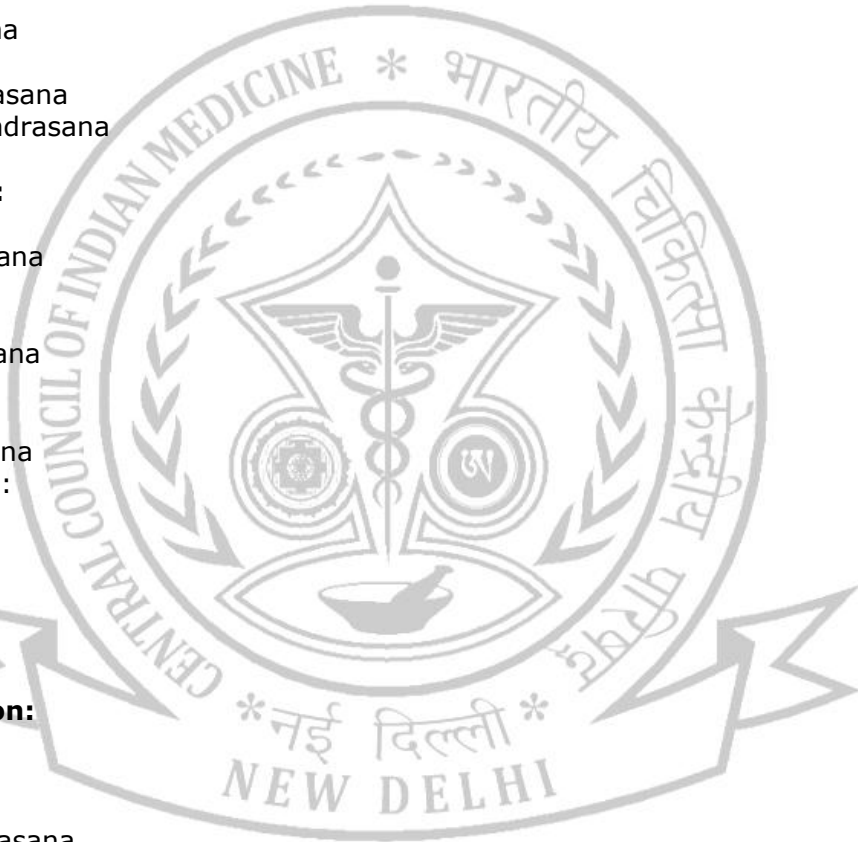
d) Mudra

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

e) Bandha

- 1) Jalandhara, Uddiyana, Mula Bandha

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



g) Pranayama

Nadishudhi- AnulomVilomPranayama,

h) Kumbhaka Bhedas

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

i) Dhyana

3) Practical Demonstration of Naturopathy procedures

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

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

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

5) Departmental Practicals

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

6) Educational Visits-

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

- 1) Water Purification Centre
- 2) Milk Dairy
- 3) Industry
- 4) Leprosy Centre
- 5) T.B. Centre
- 6) Yoga Centre
- 7) Naturopathy Centre
- 8) Primary Health Center
- 9) Disposal of Waste Unit
- 10) Sewage Disposal Unit
- 11) Psychiatric Hospital
- 12) Isolation Hospital
- 13) A.R.T. Centre

14) Food and Drug Administration Centre

15) District /Civil Hospital

7) Field Work

a) Community Health Survey (Minimum 10 forms) –

(Proforma attached as Annexure 'F')

b) School Health Check-up (Minimum 10 forms)

8. Departmental duties : Regular Attendance as-

1. Duty in OPD and IPD
2. Museum Development
3. Yoga training for Self, Swastha and patients.
4. Departmental Seminars
5. Research Journal /Article Reviews(Minimum 2)
6. Submit minimum 2 papers in any publications.
7. Micro Teaching (Training to take Lectures and Practicals of UG). Minimum 10.
8. Health Awareness talk for public.
9. Daily diary- Log book

Annexure 'A'

PROFORMA

(Non - Communicable Disease case)

A] General Information :

1. Name of the Patient: _____
2. Age : _____ yrs. 3. Sex : Male/Female 4. Religion : _____
5. Date of Admission : _____
6. Address : _____
7. Occupation : _____ 8. Education : _____
9. Per Capita income : _____ Rupees.
10. Socio economic class (Modified _____)

B] Present illness:

Chief complaints (chronological order) : _____

C] History of past illness :

1. Similar complaints in past : _____
2. Any other significant history : _____

D] History of illness in Family :

1. Type : _____ 2. Composition : _____
3. Similar illness in family : Yes /No If yes, give details : _____

E] Life Style and personal history :

1. Occupation : Manual Work /Table Work/ Field Work/ Administration /Any other (Specify)
2. Muscular exertion (occupational / domestic etc.) Minimum / Moderate /Heavy
3. Exercise: Nil / Walking / Running / Jogging/ Cycling / Swimming / Weight Lifting/
Anyother specify _____
4. Mental Stress & Strain : Occupational/ domestic/ any other specify _____
5. Hobby , Recreation : _____
6. Diet :
 - a. Veg / Non Veg / Mixed
 - b. Total calorie intake _____calorie /day
adequate / inadequate/ excess
 - c. Fat :
adequate / inadequate/ excess
Vegetable / Animal fats
Predominantly saturated / unsaturated
 - d. Spice & Hot foods (Specify)

- e. Regularity in taking meals
f. Type of diet : balanced / Non balanced (Give reason)
7. Sleep and rest : adequate / inadequate
8. Habits & addictions

Smoking : Yes / No /Past Smoker

If yes : Type /duration /quantity/ frequency. _____

Alcohol : Yes / No /Past Alcoholic

If yes : Type /duration /quantity/ frequency. _____

Any Other : Specify, give details. _____

F] General Examinations : _____

G] Systemic Examination : _____

RS/CVS/CNS/PA : _____

H] Diagnosis :

i. Provisional : _____

ii. Differential : _____

I] Investigations :

Investigation done : _____

Any further investigations required : _____

J] Final Diagnosis : _____

K] Management : _____

Drug therapy (give details) : _____

Diet modification : _____

Health Education / Life Style modification : _____

Follow up : _____

L] Prevention & Control Measures

Primary Prevention : _____

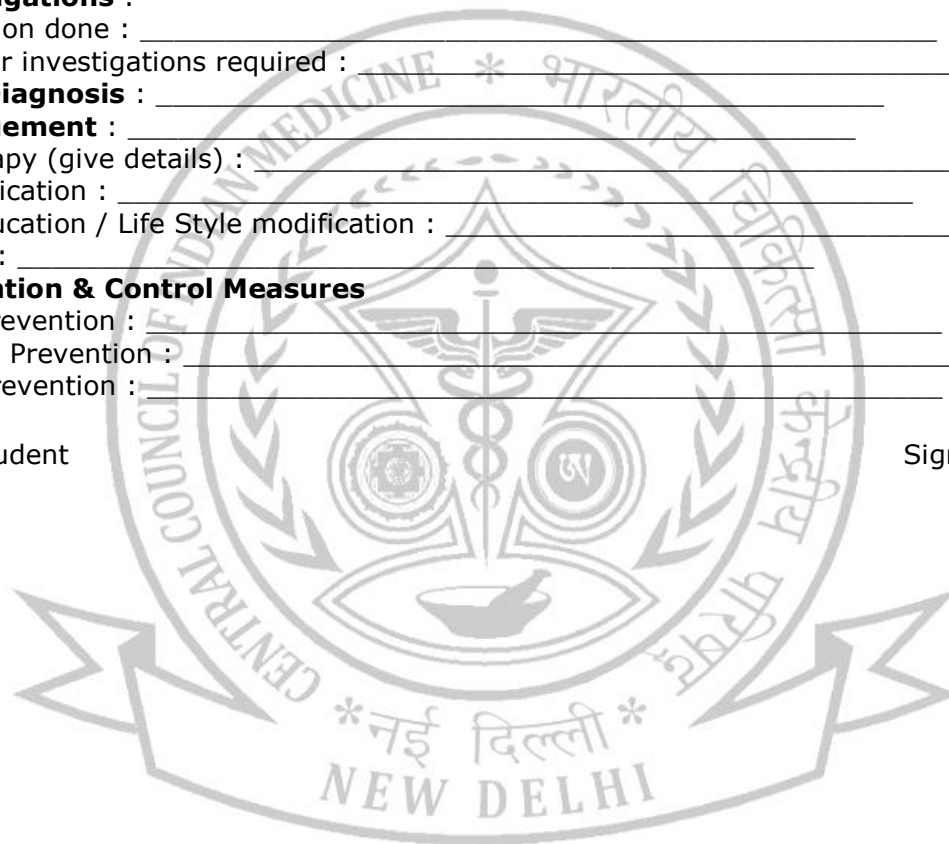
Secondary Prevention : _____

Tertiary Prevention : _____

Sign.of Student

Sign. of Guide

Date :-



Annexure 'B'

PROFORMA

(Communicable Disease case)

A] General Information :

1. Name of the Patient : _____
2. Age : _____ yrs. 3. Sex : Male / Female
4. Date of Examination : _____
5. Address : _____
6. Locality : Urban – Slum / Non-Slum / Rural / Other (Specify) _____
7. Duration of Stay in the Locality ; _____ (years/months)
8. Hospital Registration No. : _____ 9. Date of Admission : _____
10. Religion / Caste : _____ 11. Education : _____
12. Occupation : _____ 13. Type of Family : _____
14. Total No. of Family Members : _____ 15. Total Family income: _____
16. Per Capita income per month : _____ Rs.
17. Socio-economic Status (As per _____ classification) : _____

B] Chief Complaints (In Chronological order)

1. _____
2. _____
3. _____
4. _____

C] H/O Present illness :

D] H/O Past illness :

- i. Similar complaints in past : _____
- ii. Any other significant history : _____

E] History of illness in the family :

F] Personal History

- a. Dietary : _____
- b. Immunization : _____
- c. Habits : _____

G] Environmental history (Pertinent to the route of transmission)

- i] Water Supply ii] Excreta Disposal iii] Drainage iv] Cattle
- v] Pet animals, Poultry vi] Housing condition vii] Over Crowding
- viii] insect nuisance ix] Courtyard of house etc.

H] Epidemiological information (Backward tracing of index case.)

- i. Any similar case in the family / neighborhood / School / Place of recreation / any other Specify. _____
- ii. History of attending to similar case – if yes, when ? _____
- iii. History of visiting any unaccustomed place if yes, When ? _____
- iv. Total contacts _____ v. High risk contacts. _____

I] Provisional Diagnosis (with justification in brief)

J] Differential Diagnosis :

1. _____
2. _____
3. _____
4. _____
5. _____

K] Investigation Done :

- a. If yes, reports & your comments. _____
- b. Other investigations required (with reason) if any. _____

L] Final Diagnosis :

M] Management of Patients :

1. Chemotherapy / Other drugs (Specify with name, dose schedule, route of administration, duration of treatments and precautions if any) _____
2. Diet modification _____
3. Personal Hygiene _____
4. Health Education _____
5. Any other (Specify) _____
6. Follow up : _____

N] Preventive & Control Measures at

a. Family Level

- i. Chemoprophylaxis _____
- ii. Immunization (Active / Passive) _____
- iii. Personal Hygiene (specify) _____
- iv. Chemical disinfections of (Specify) _____
concentration, quantity, technique, contact period, way of disposal of disinfected material
- v. Follow up _____
- vi. Care of Contacts _____

b. Community Level

- i. General Intervention measures _____
- ii. Specific measures against the illness _____
- iii. Any other (Specify) _____

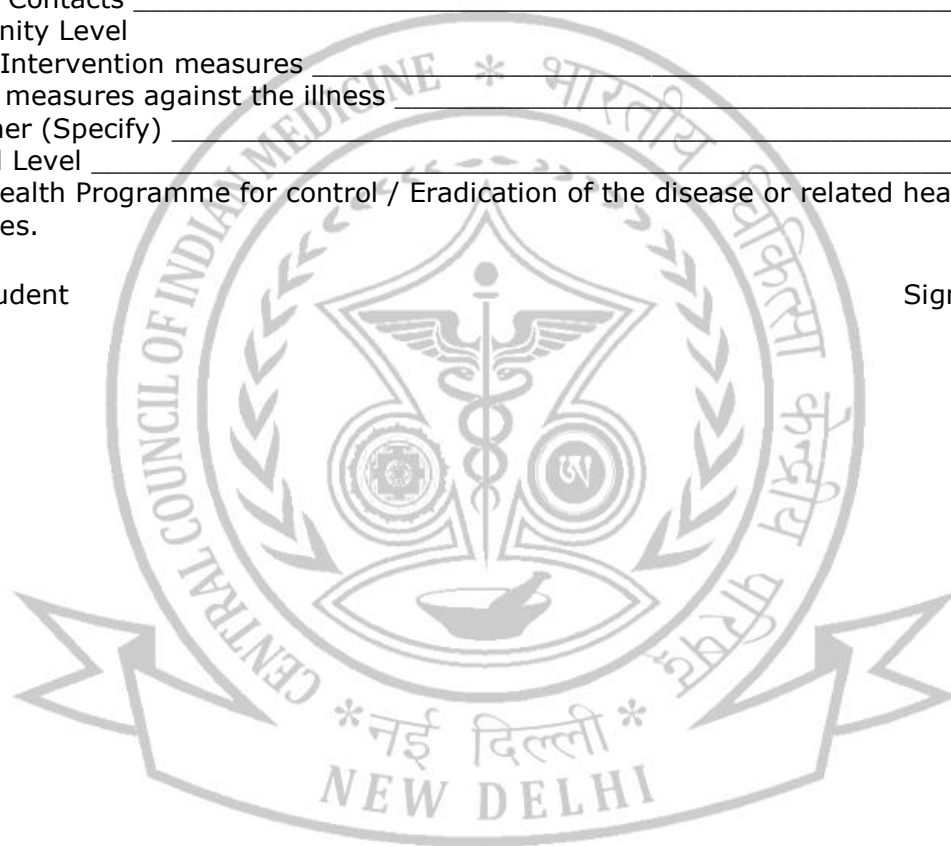
c. National Level

National Health Programme for control / Eradication of the disease or related health programmes.

Sign.of Student

Sign. of Guide

Date :-



Annexure 'C'

PROFORMA

(Ante-natal case)

A] General Information :

- 1) Date of Examination : _____
- 2) Name : _____
- 3) Age : _____ yrs.
- 4) ANC Registered : Yes/No If yes, place/date/month of registration _____
- 5) Education of pt _____ Occupation of pt _____
- 6) Education of Husband _____ Occupation of Husband _____
- 7) No of family members _____ Total family income _____ Rs/month
- 8) Socio-economic class _____ (as per Modified _____ classification)
- 9) Address : _____

B] Complaints – if any: _____

C] Menstrual History : Menarche, cycles-day/month, regularity, flow etc.

L. M. P. _____ E.D.D. _____

D] Obstetric History :

Gestational

Age (wks)

Type of

Delivery

Hosp./

Home

Conducted

By

Baby alive/stillborn/ abortion

Live birth interval

Use of contraceptives(specify)

1.

2.

E] Family History :

F] Past History : Hypertension/ Diabetes/ S.T.D./T.B./Leprosy etc.

G] Personal History : Bowel/Bladder/Sleep/Appetite/Habits/Addictions etc.

Immunization status : Tetanus toxoid / Any other (specify)

a) For current pregnancy

b) For previous pregnancy

Nutritional status (based on Calorie Intake, other nutrients, anthropometry etc.)

H] General Examination :

• Height _____ Cms./ Wt. _____ kgs, / TPR / B.P _____ mm of Hg

• Pallor/Icterus/ Cyanosis/Oedema/ Lymphadenopathy. any other (specify)

• Cleanliness of : Skin /Nails/Hair/Clothes/Eyes/Ears/Nose/Oral Cavity / breasts & Nipples etc.

I] P/A Examination:

• Ht. of uterus/presentation and lie of foetus /Head-floating or engaged/foetal movements/FHS/ Any other (specify) _____

J] Systemic Examination:

RS/CVS/CNS _____

K] Investigations: - Urine: Albumin/sugar/microscopic/culture.

- Hb % Blood grouping & cross matching/VDRL/HIV/Blood Sugar

- Any other (specify) _____

L] Clinical impression :

· Whether high risk ? If yes, mention the risk factors. _____

M] Advice to the Patient and Management :

· Immunization/Diet/Supplementary nutrition/personal hygiene/preparation for motherhood/ drugs given (if any) / Warning signals/follow up visits

· Whether the patient/ family members are availing services from Anganwadi / Other Community Health Centre /Private Health Agency? If yes – Give details.

· Give details of referral in high risk cases. _____

N] Follow up :

Findings & Remarks (including advice) _____

During subsequent visits (mention the date of visits) _____

O) Comments :

Sign.of Student

Sign. of Guide

Date :-



Annexure 'D'

PROFORMA

MALNUTRITION CASE (UNDER FIVE YEARS AGE)

A] General Information :

- i..Date of Examination : _____
ii.. Name of the informer & his/her relationship with the child (case)
1. Name of the child : _____
2. Date of birth : _____ 3.Age : _____ 4.Sex : Male/Female
5. Caste /Religion : _____
6. Address : _____
7. Whether the child is attending Balwadi/Nursery etc. : _____
8. Father _____ Mother _____
I. Name : _____
II. Age : _____
III. Education : _____
IV. Occupation : _____
V. Income : _____
9. I Total number of family members and family composition _____
II. Total family income _____ Rupees per month
III. Per Capita Income _____ Rupees per month
IV. Socio economic Status _____ as per _____ classification

B] Complaints (if any) :

C] History of Present illness :

D] History of Past illness (if any) :

E] Family history :

F] Birth history of the case :

- i. Place of delivery : Home/ Hospital /Other (Specify) _____
ii. Delivery conducted by : Untrained or trained Dai / Nurse / Doctor etc. _____
iii. Type of delivery : FTND/ Pre mature/SFD/Assisted delivery etc. _____
iv. Congenital anomaly : if any give details. _____

G] Anthropometry

- i. Weight : _____ Kgs. ii. Height _____ Cms.
iii. Chest Circumference _____ Cms. iv. Head Circumference _____ Cms
iv. Mid arm Circumference _____ Cms.

H] Immunization History

- i. B.C.G./ OPV/ DPT/Measles/Any other give details _____
ii. Immunization card available : Yes / No. _____

I] Dietary History

- i. Breast feeding : Yes/ No
a. If yes : Only breast feed or weaning started
b. If weaned : Age at weaning, type of weaning foods etc.
c. If not breast feed : At what age breast feeding stopped? (give reason if any)
ii. a. Total calorie intake _____ Calorie /day
b. Total Protein intake _____ gram/day
iii. Calorie / Protein deficient if any : Yes/No.
If yes mention percent of deficient _____
iv. Any other nutritional deficiency (Specify) _____

J] General Examination :

- 1) Built, nourishment & general appearance
2) TPR 3) Pallor 4) Icterus 5) Cyanosis 6) Lymphadenopathy
7) Oedema 8) Dehydration 9) Eyes 10) Ears
11) Face, Nose, Lips & Tongue 12) Teeth gums oral cavity 13) Skin, nails hair
14) Rachitic changes. 15) Any other (specify)

K] Systemic Examination :RS/ CVS/PA/CNS/Gonads

L] Milestones of growth & development

Physical / Psychological/ Motor / intellectual / behavioral/ Social
Milestones : Normal/ Augmented / Delayed

M] Provisional diagnosis / Differential Diagnosis :

N] Investigations :

O] Diagnosis :

P] Management, Advise and Comments :

Sign.of Student
of Guide

Sign.

Date :-



Annexure 'E'

PROFORMA

PathyaApathya, RutuShodhan, Yoga &Nisargopachar Advice to Patients of Attached Hospital.

A) General Information :-

- 1) Sr. No. : _____
- 2) Name of the Patient : _____
- 3) Address : _____
- 4) OPD No. : _____ IPD NO. _____
- 5) Diagnosis : _____
- 6) Date of Advice : _____

B) Advice given

a) Pathya - Apathya

- i. Ahar : _____
- ii. Vihar : _____

b) RutuShodhanUpakrama :

c) Yogopachar: _____

d) Nisargopachar: _____

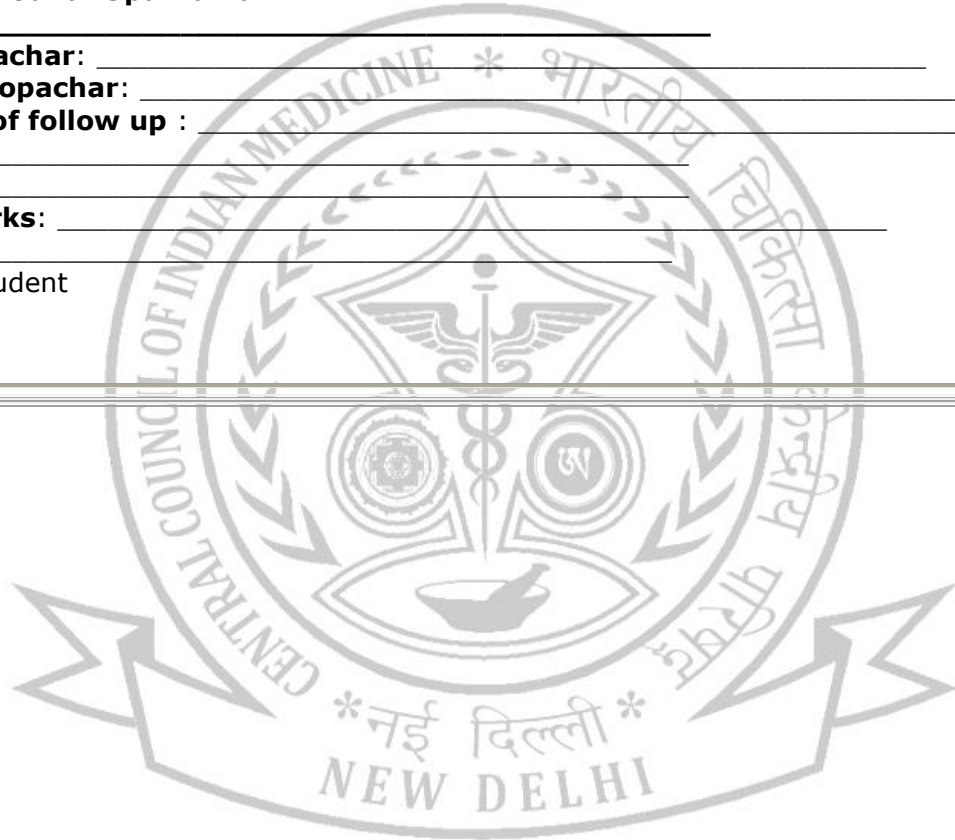
C) Date of follow up : _____

D) Remarks: _____

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Guide

Sign. of

Date :-



ANNEXURE 'F'

HEALTH SURVEY

Name and address of the family head-

Telephone no.

Family profile

Family Structure

Age(in completed years)	Male	Female	Total
<1 yr(infants)			
1-5yrs			
6-15yrs			
16-64yrs			
>65 yrs			

Family Composition

Family type: Nuclear/Joint/Three generation

Total members:

Sr.no	Name	Age in years	Sex	Marital status	Education	Occupation	Income	Medico social status

Immunization status (if relevant)

Per capita monthly income=Total family income/no. of members

Socioeconomic Class

Medico Social Status

Infant Children under 5yrs Pregnancy Lactation Old age	Leprosy HIV/STD Cancer Diabetes BP/Cardiac problem	Disability Mental retardation Psychiatric problem Alcohol addition Social evils
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Living Conditions (Housing)

Sr.No.	Housing standards	Score :1 for satisfactory criteria 0 for poor criteria
1.	Construction :Locality, Safety ,Protection	
2	Space :Spatial sufficiency to prevent overcrowding	
3.	Light and Ventilation	
4.	Water :Adequacy ,accessibility and safe storage of water	
5.	Sanitation : Washing, bathing, toilet facilities, sanitary disposal of kitchen waste ,garbage and excreta	
6.	Kitchen :Facilities for hygienic cooking and storage of food, smoke outlet	
7.	Environment Disturbances : Noise, air pollution ,weather Inclemency toxic fumes, dust ,odour ,moisture, open drain etc. Vector like fly ,mosquito ,rodent and other nuisance	
8.	Animals : Pet, cattle, poultry keeping	
9.	Cleanliness of persons and premises	
10.	Connectivity :Road ,transportation ,communication, schools, hospital cultural ,social, recreational ,fire, police ,etc	

Assessment of living condition: Score: 6-10 Satisfactory, 0-5 Poor

Vital Events in the Family in last 1 year

Birth:

Adoption:

Marriage/Divorce:

Death with cause:

Social status of the Family

Education:

Occupation:

Living condition:

Social relationship:

Socioeconomic status:

Health Status of the Family - Good/Average/Poor

Which pathy family members prefer for treatment- Allopathy/Ayurvedic/Homeopathy

Epidemiological History for Communicable Diseases

- 1 .Name of disease:
- 2 .Any similar case in the family: Yes/No
3. Any similar case in neighborhood: Yes/No
4. Any contact with similar case: Yes/No

Family (Hereditary) History For Non-communicable Diseases

Non-communicable disease: Present/Absent

If yes, specify:

SIGN OF STUDENT
SIGN OF GUIDE

Format of Practical / Oral Examination

Sr. No.	Heading of Practicals	Marks
1	Daily work book-Log book	10
2	Case Record Sheets	20
3	One Long Case (Pathya-Apathya advice)	20
4	One Short Case (Yoga and naturopathy advice)	10
5	Yoga Demonstration	20
6	Microteaching/Topic presentation	10
7	Thesis Presentation	50
8	Viva Voce	60
	Total	200

Reference Books

- 1) Relevant portions of Charak, Sushruta, Vagbhata (AshtangHrudaya), Ashtang Samgraha, Sarangadhara, Bhavaprakasha, Madhavanidan&Yogaratanakara, Bhela Samhita with the respective commentaries
- 2) SwasthavrittaSamuchaya -VaidyaPtRajesvarDuttaShastri
- 3) SwasthyaVignyana -Dr.B.G.Ghanekarshastri
- 4) SwasthvrittaVigyan - Dr.Ramharsha Singh.
- 5) Swasthvrittam - Dr.BramhanandTripathi
- 6) AyurvediyaSwasthvrittam - Vd.Jalukar
- 7) SwasthaVigyan - Dr.MukundswaroopVerma
- 8) Swasthavritta - Dr.Shivkumar Gaud
- 9) Swasthavritta- Part-I & II- Vd. Mhaskar, Vd.Vatve
- 10) Ayurvediya Hitopdesh - Vd.RanjitRai Desai
- 11) Preventive and Social Medicine - J.K.Park
- 12) Preventive and Social Medicine – Mahajan
- 13) Preventive and Social Medicine – B.N.Ghosh
- 14) Community Medicine - Baride and Kulkarni

- 15) Preventive and Social Medicine – Gupta
- 16) Patanjali Yoga Sutra – Maharshi Patanjali, Karambelkar
- 17) HathaPradipika – SwatmaramYogendra
- 18) GherandSamhita- Gherand Muni
- 19) Shiva samhita – Kaivalyadhama
- 20) Yoga and Ayurveda - Dr.Rajkumar Jain
- 21) YogikYogPadhati - BharatiyaprakrutikChikitsaPadhat
- 22) YogikChikitsa - ShriKedarnath Gupta
- 23) SachitraYogasanDarshika - Dr.IndramohanJha
- 24) Yoga and Yogikchikitsa - Ramharsha Singh
- 25) The Foundation of Contemporary Yoga - R.H.Singh
- 26) Yogadeepika - Shri. B.K.S. Iyengar
- 27) YogasidhantaevumSadhna - H.S.Datar
- 28) PrakritikaChikitsa -Kedarnath Gupta
- 29) PrakrutikChikitsaVigyan - Verma
- 30) PrakrutikChikitsaVidhi - Sharan Prasad
- 31) Light on Yoga, Light on Pranayama- Shri. B.K.S. Iyengar
- 32) Light on Patanjala yogasutra - Shri. B.K.S. Iyengar
- 33) Janasankhyashikshasidhanta evamUpadeysa - S.C.Seel
- 34) Health and Familywelfare - T.L.Devraj
- 35) Bio-Statistics - B.K. Mahajan
- 36) Swasthavritta - Vd.Sakad
- 37) Reddy's Comprehensive Guide to Swasthavritta –Dr.P.Sudhakar Reddy
- 38) Swasthavritta – Vd Yeshwant Patil and Vd. Vhawal
- 39) Swasthavritta – Vd. Patrikar Vijay
- 40) Swasthavrittavidnyan - Dr.MangalaGowri
- 41)Positive Health - Dr.L.P.Gupta
- 42)Biogenic Secrete of Food In Ayurveda - Dr.L.P.Gupta
- 43)Text book of Swasthavritta - Dr.Ranade, Dr.Bobade, Dr.Deshpande
- 44) Food and nutrition – Swaminathan
- 45) Yoga and Nisargopachar- Vd. Prama Joshi
- 46) Yogic sukshnavyayam –Swami Dheerendra Brahmachari
- 47)Integrated approach of Yoga therapy for Positive Health-Dr R Nagarathna and Dr H.R.Nagendra
- 48) Yogavasistha

Reviewed by

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