

SYLLABUS

**for Courses affiliated to the
Kerala University of Health Sciences
Thrissur 680596**



Ayurvedacharya

(Bachelor of Ayurvedic Medicine and Surgery-B.A.M.S.)

Course Code: 003

(2016-17 Academic year onwards)

2016

2. COURSE CONTENT

2.1 Title of course:

Ayurvedacharya (Bachelor of Ayurvedic Medicine and Surgery-B.A.M.S.)

2.2 Objectives of course

The **Bachelor of Ayurveda** education will aim at producing graduates, having profound knowledge of Ashtanga Ayurved supplemented with knowledge of scientific advances in Modern medicine along with extensive practical training; who will become efficient Physicians and Surgeons fully competent to serve the health care services.

2.3 Medium of instruction:

The medium of instruction shall be English

2.4 Course outline

a. I Professional	-	12 months
b. II Professional	-	12 months
c. III Professional	-	12 months
d. Final Professional	-	18 months
e. Compulsory Rotatory Internship	-	12 months

Clinical training of the student will start from third year onwards in the hospital attached with college and shall be as follows:-

i) <u>Kayachikitsa</u> (Indoor and Outdoor)	18 months
a) Kayachikitsa (Samanya)	6 months
b) Manasroga	3 months
c) Rasayan & Vachikaran	3 months
d) Panchakarma	3 months
e) Rog Vigyan Vikruti Vigyan	3 months
ii) <u>Shalya</u> (Indoor and Outdoor)	9 months
a) Shalya (Samanya)	3 months (Minimum one month in OT)
b) Shalya (Kshar & Anushastra Karma)	3 months (Minimum one month in OT)
c) Ksharsutra	2 months
d) Anaesthesia	15 days
e) Radiology	15 days
iii) <u>Shalakya Tantra</u> (Indoor and Outdoor)	3 months (Minimum one month in OT)
iv) <u>Prasuti evam Striroga</u> (Outdoor and Indoor)	3 months
v) <u>Kaumar Bhritya</u> (Outdoor and Indoor)	1 month
vi) <u>Atyayik (Casualty)</u>	2 months

2.5 Duration

Degree Course is 5 ½ years. Comprising Compulsory rotatory Internship - 12 months

2.6 Syllabus

1 st Professional	2 nd Professional	3 rd Professional	Final Professional
1. Padarth Vigyan evam Ayurved ka Itihas Paper 1 & 2	1. Dravyaguna Vigyan Paper 1 & 2	1. Agadtantra, Vyavhar Ayurved evam Vidhi Vaidyak	1. Kayachikitsa Paper 1 & 2
2. Sanskrit	2. Roga Nidan evum Vikriti Vigyan Paper 1 & 2	2. Swastha Vritta & Yoga Paper 1 & 2	2. Panchakarma
3. Kriya Sharir Paper 1 & 2	3. Rashastra evam Bhaisajya Kalpana Paper 1 & 2	3. Prasuti evum Stri-roga Paper 1 & 2	3. Shalya Tantra Paper 1 & 2
4. Rachana Sharir Paper 1 & 2	4. Charak Samhita (Purvardh)	4. Balroga	4. Shalakya Tantra Paper 1 & 2
5. Maulik Siddhant evam Ashtang Hridaya (Suthrasthan)		5. Charak Samhita (Utharardh)	5. Research Methodology & Medical Statistics

2.7 Total number of hours

As shown in Clause No 3.4

2.8 Branches if any with definition

Not applicable

2.9 Teaching learning methods

Suitable methods will be carried out.

2.10 Content of each subject in each year

SYLLABUS OF AYURVEDACHARYA (BAMS) COURSE INDEX

FIRST PROFESSIONAL

1.1 PADARTH VIGYAN EVAM AYURVED KA ITIHAS

1.2 SANSKRIT

1.3 KRIYA SHARIR

1.4 RACHANA SHARIR

1.5 MAULIK SIDDHANT EVAM ASTANGA HRIDAYA (SUTRA STHAN)

1.1 PADARTHA VIGYAN EVAM AYURVED KA ITIHAS
(Philosophy and History of Ayurveda)

Theory - Two papers – 200 Marks (100 for each paper)
Total teaching hours: 200

PAPER-I **Padartha Vigyanam** 100 marks

PART A 50 marks

1. Ayurveda Nirupana

- 1.1 Lakshana of Ayu, composition of Ayu
- 1.2 Lakshana of Ayurveda
- 1.3 Lakshana and classification of Siddhanta
- 1.4 Introduction to basic principles of Ayurveda and their significance

2. Ayurveda Darshana Nirupana

- 2.1 Philosophical background of fundamentals of Ayurveda
- 2.2 Etymological derivation of the word “Darshana”. Classification and general introduction to schools of Indian Philosophy with an emphasis on: Nyaya, Vaisheshika, Sankhya and Yoga
- 2.3 Ayurveda as unique and independent school of thought (philosophical individuality of Ayurveda)
- 2.4 Padartha: Lakshana, enumeration and classification, Bhava and Abhava padartha, Padartha according to Charaka (Karana-Padartha)

3. Dravya Vigyanam

- 3.1 Dravya:** Lakshana, classification and enumeration
- 3.2 Panchabhuta:** Various theories regarding the creation (theories of Taittiriyaopanishad, Nyaya-Vaisheshika, Sankhya-Yoga, Sankaracharya, Charaka and Susruta), Lakshana and qualities of each Bhoota
- 3.3 Kaala:** Etymological derivation, Lakshana and division / units, significance in Ayurveda
- 3.4 Dik:** Lakshana and division, significance in Ayurveda
- 3.5 Atma:** Lakshana, classification, seat, Gunas, Linga according to Charaka, the method / process of knowledge formation (*atmanah jnasya pravrittih*)
- 3.6 Purusha:** as mentioned in Ayurveda - Ativahikapurusha/ Sukshmasharira/ Rashipurusha/Chikitsapurusha/ Karmapurusha/ Shaddhatvatmakapurusha
- 3.7 Manas:** Lakshana, synonyms, qualities, objects, functions, dual nature of mind (*ubhayaatmakatvam*), as a substratum of diseases, penta-elemental nature (*panchabhutatmakatvam*).
- 3.8 Role of Panchamahabhuta and Triguna in Dehaprakriti and Manasaprakriti respectively
- 3.9 Tamas as the tenth Dravya
- 3.10 Practical study/application in Ayurveda

PART B

50 marks

4. Gunavigyaniyam

- 4.1 Etymological derivation, classification and enumeration according to Nyaya-Vaisheshika and Charaka, Artha, Gurvadiguna, Paradiguna, Adhyatmaguna.
- 4.2 Lakshana and classification of all the 41 gunas
- 4.3 Practical / clinical application in Ayurveda

5. Karma Vigyaniyam

- 5.1 Lakshana, classification in Nyaya
- 5.2 Description according to Ayurveda
- 5.3 Practical study/ application in Ayurveda

6. Samanya Vigyaniyam

- 6.1 Lakshana, classification
- 6.2 Practical study/ application with reference to Dravya, Guna and Karma

7. Vishesha Vigyaniyam

- 7.1 Lakshana, classification
- 7.2 Practical study/ application with reference to Dravya, Guna and Karma
- 7.3 Significance of the statement "*Pravrittirubhayasya tu*"

8. Samavaya Vigyaniyam

- 8.1 Lakshana
- 8.2 Practical study /clinical application in Ayurveda

9. Abhava Vigyaniyam

- 9.1 Lakshana, classification
- 9.2 Clinical significances in Ayurveda

PAPER-II

Padartha Vigyan Evam Ayurved Ka Itihas

100 marks

PART A

75 marks

1. Pariksha

- 1.1 Definition, significance, necessity and use of *Pariksha*
- 1.2 Definition of *Prama*, *Prameya*, *Pramata*, *Pramana*
- 1.3 Significance and importance of *Pramana*, Enumeration of *Pramana* according to different schools of philosophy
- 1.4 Four types of methods for examination in *Ayurveda* (Chaturvidha-Parikshavidhi), *Pramana* in Ayurveda
- 1.5 Subsudation of different *Pramanas* under three *Pramanas*
- 1.6 Practical application of methods of examination (Parikshavidhi) in treatment (Chikitsa)

2. Aptopdesha Pariksha/ Pramana

- 2.1 Lakshana of Aptopadesha, Lakshana of Apta
- 2.2 Lakshana of Shabda, and its types

2.3 Shabdavritti-Abhidha, Lakshana, Vyanjana and Tatparyakhya. Shaktigrahahe tu

2.4 Vaakya: Characteristics, Vaakyarthagyanahetu- Aakanksha, Yogyata, Sannidhi

3. Pratyaksha Pariksha/ Pramana

3.1 Lakshana of Pratyaksha, types of Pratyaksha- Nirvikalpaka-Savikalpaka with description, description of Laukika and Alaukika types and their further classification

3.2 Indriya-prapyakaritvam, six types of Sannikarsha

3.3 Indriyanam lakshanam, classification and enumeration of Indriya

Description of Panchapanchaka, Penta-elemental nature of Indriya by Panchamahabhuta (*Panchabhautikatwa* of Indriya) and similarity in sources (*Tulyayonitva*) of Indriya

3.4 Trayodasha Karana, dominance of Antahkaran

3.5 Hindrances in direct perception (*pratyaksha-anupalabdihikaaran*), enhancement of direct perception (Pratyaksha) by various instruments/ equipments, necessity of other Pramanas in addition to Pratyaksha

3.5 Practical study/ application of Pratyaksha in physiological, diagnostic, therapeutics and research grounds

4. Anumanapariksha/Pramana

4.1 Lakshana of Anumana. Introduction of Anumiti, Paramarsha, Vyapti, Hetu, Sadhya, Paksha, Drishtanta. Types of Anumana mentioned by Charaka and Nyayadarshana

4.2 Characteristic and types of Vyapti

4.3 Lakshana and types of Hetu, description of Ahetu and Hetwabhasa

4.4 Characteristic and significance of Tarka

4.5 Practical study/ application of Anumanapramana in physiological, diagnostic, therapeutics and research

5. Yuktipariksha/ Pramana

5.1 Lakshana and discussion

5.2 Importance in Ayurveda

5.3 Practical study and utility in therapeutics and research.

6. Upamana Pramana

6.1 Lakshana

6.2 Application in therapeutics and research

7. Karya- Karana Siddhanta (Cause and Effect Theory)

7.1 Lakshana of Karya and Karana. Types of Karana

7.2 Significance of Karya and Karana in Ayurveda

7.3 Different opinions regarding the manifestation of Karya from Karana: Satkaryavada, Asatkaryavada, Parinamavada, Arambhavada, Paramanuvada, Vivartavada, Kshanabhangurvada, Swabhavavada, Pilupaka, Pitharpaka, Anekantavada, Swabhavoparamavada

PART B**Ayurved Itihas****25 marks**

1. Etymological derivation (Vyutpatti), syntactical derivation (Niruktti) and definition of the word Itihas, necessity of knowledge of history, its significance and utility, means and method of history, historical person (Vyakti), subject (Vishaya), time period (Kaal), happening (Ghatana) and their impact on Ayurveda.
2. Introduction to the authors of classical texts during Samhitakaal and their contribution: Atreya, Dhanwantari, Kashyapa, Agnivesha, Sushruta, Bhela, Harita, Charaka, Dridhabala, Vagbhata, Nagarjuna, Jivaka.
3. Introduction to the commentators of classical Samhitas – Bhattaraharicchandra, Jejjata, Chakrapani, Dalhana, Nishchalakara, Vijayarakshita, Gayadas, Arunadutta, Hemadri, Gangadhara, Yogindranath Sen, Haranachandra, Indu.
4. Introduction to the authors of compendiums (Granthasamgrahakaala) – Bhavmishra, Sharngadhara, Vrinda, Madhavakara, Shodhala, Govinda Das (Author of Bhaishajyaratnawali), Basavraja.
5. Introduction to the authors of Modern era –Gana Nath Sen, Yamini Bhushan Rai, Shankar Dajishastri Pade, Swami Lakshmiram, Yadavji Tikramji, Dr. P. M. Mehta, Ghanekar, Damodar Sharma Gaur, Priyavrat Sharma.
6. Globalization of Ayurveda – Expansion of Ayurveda in Misra (Egypt), Sri Lanka, Nepal other nations.
7. a) Developmental activities in Ayurveda in the post-independence period, development in educational trends.
b) Establishment of different committees, their recommendations.
c) Introduction to and activities of the following Organizations :-Department of AYUSH, Central Council of Indian Medicine, Central Council for Research in Ayurvedic Sciences, Ayurvedic Pharmacopeia commission, National Medicinal Plants Board, Traditional Knowledge Digital Library (TKDL)
d) Introduction to the following National Institutions :
National Institute of Ayurved, Jaipur.
IPGT&RA, Gujrat Ayurved University, Jamnagar.
Faculty of Ayurved, BHU, Varanasi.
Rashtriya Ayurveda Vidyapeetha, New Delhi.
Drug and Cosmetic Act.
8. Introduction to national & international popular journals of Ayurveda.
9. Introduction to activities of WHO in the promotion of Ayurved

Reference Books:-**A). Padartha Vigyan:-**

1. Padarthavigyan
2. Ayurvediya Padartha Vigyana

Acharya Ramraksha Pathak
Vaidya Ranjit Rai Desai

3. Ayurved Darshana	Acharya Rajkumar Jain
4. Padartha Vigyana	Kashikar
5. Padartha Vigyana	Balwant Shastri
6. Sankhyatantwa Kaumadi	GajananS hastri
7. Psycho Pathology in Indian Medicine	Dr. S.P. Gupta
8. Charak Evum Sushrut ke Darshanik Vishay ka Adhyayan	Prof. Jyotirmitra Acharya
9. Ayurvediya Padartha Vigyana	Dr. Ayodhya Prasad Achal
10. Padartha Vigyana	Dr. Vidyadhar Shukla
11. Padartha Vigyana	Dr. Ravidutta Tripathi
12. Ayurvediya Padartha Vigyana	Vaidya Ramkrishna Sharma Dhand
13. Ayurvediya Padartha Vigyan Parichaya	Vaidya Banwarilal Gaur
14. Ayurvediya Padartha Darshan	Pandit Shivhare
15. Scientific Exposition of Ayurveda	Dr. Sudhir Kumar
Relevant portions of Charakasamhita, Sushrutasamhita.	

B. History of Ayurveda:-

1. Upodghata of Kashyapasamhita	Rajguru Hem Raj Sharma
Paragraph of acceptance of Indian medicine	
2. Upodghata of Rasa Yogasagar	Vaidy Hariprapanna Sharma
3. Ayurveda Ka Itihas	KaviraSuram Chand
4. Ayurveda Sutra	Rajvaidya Ram Prasad Sharma
5. History of Indian Medicine (1-3 part)	Dr. GirindrNath Mukhopadhyaya
6. A Short history of Aryan Medical Science	Bhagwat Singh
7. History of Indian Medicine	J. Jolly
8. Hindu Medicine	Zimer
9. Classical Doctrine of Indian Medicine	Filiyosa
10. Indian Medicine in the classical age	AcharyaPriyavrata Sharma
11. Indian Medicine (Osteology)	Dr. Harnley
12. Ancient Indian Medicine	Dr. P. Kutumbia
13. Madhava Nidan and its Chief Commentaries (Chapters highlighting history)	Dr. G.J. Mulenbelt
14. Ayurveda Ka BrihatItihasa	Vaidya Atridev Vidyalankara
15. Ayurveda Ka Vaigyanikaltihasa	Acharya Priyavrata Sharma
16. Ayurveda Ka Pramanikaltihasa	Prof. Bhagwat Ram Gupta
17. History of Medicine in India	Acharya Priyavrata Sharma
18. Vedomein Ayurveda	Vaidya Ram GopalS hastri
19. Vedomein Ayurveda	Dr. Kapil Dev Dwivedi
20. Science and Philosophy of Indian Medicine	Dr. K.N. Udupa
21. History of Indian Medicine from Pre-Mauryan to Kushana Period	Dr. Jyotirmitra
22. An Appraisal of Ayurvedic Material in Buddhist literature	Dr. Jyotirmitra
23. Mahayana Granthon mein nihita Ayurvediya Samagri	Dr. RavindraNathTripathi
24. Jain Ayurveda Sahitya Ka Itihasa	Dr. Rajendra Prakash Bhatnagar
25. Ayurveda- Prabhashaka Jainacharya	Acharya Raj Kumar Jain
26. Charaka Chintana	Acharya Priyavrata Sharma
27. Vagbhata Vivechana	Acharya Priyavrata Sharma

28. Atharvaveda and Ayurveda	Dr. Karambelkara
29. Ayurvedic Medicine Past and Present	Pt. Shiv Sharma
30. Ancient Scientist	Dr. O.P. Jaggi
31. Luminaries of Indian Medicine	Dr. K.R. Shrikanta Murthy
32. Ayurveda Ke Itihasa Ka Parichaya	Dr. RaviduttaTripathi
33. Ayurveda Ke Pranacharya	Ratnakara Shastri
34. Ayurveda Itihasa Parichaya	Prof. Banwari Lal Gaur

Additional Books for Reference

A). Padartha Vigyan:-

1. Ayurvedeeya Padartha vijnanam (Philosophy and Terminology of Ayurveda)	Prof. C. R. Agnives
2. Essentials of Padarthavijnana	Dr. Vinodkumar M V

B. History of Ayurveda:-

1. Ayurveda Ithihasam English	Publication Division, Govt. Ayurveda College, Trivandrum
2. A Textbook of Ayurvedeeya Padarthavijnanam & Ayurveda Itihasam	Prof. C. R. Agnives
3. History of Ayurveda	Dr.N.V.K. Varier
4. Short History of Ayurveda	Dr. Vinodkumar M V

1.2 संस्कृतम्

THEORY - ONE PAPER - 100 marks

TEACHING HOURS - 90 hours

50 marks

PART-A

संस्कृतव्याकरणाध्ययनम्

1. संज्ञाप्रकरणम्
 2. विभक्त्यर्थाः
 3. सन्धिप्रकरणम् (सन्धिविच्छेदः, सन्धिकरणम्)
 4. षड्वल्लिंगप्रकरणम् (शब्दरूपाण्येव)
 5. धातुप्रकरणम् (धातुरूपाण्येव)
(भ्वादिगणीय धातॄणां पञ्च लट् लोट् लृट् द्विविधिलिट्कारेषु रूपाणि)
 6. वाच्यप्रयोगाः (कर्तरि कर्मणि भाववाच्यप्रयोगाः)
 7. समासप्रकरणम्
 8. प्रत्ययाः
(शिच्, क्त, क्तवत्, शतृ, शानच्, तुमन्, तव्यत्, तुच्च, क्त्वा, ल्यप्, ल्यट्, अनीयर, मतुप्, इनि, तन्, इतच्, अण्,
इङ्, इक्, ल्व, ता, षन्, इम्, निच्, तः, त्र, दा, धा, तरप्, तमप्, टाप्, डाप्)
 9. अनुवादः

- A) From English / Hindi / regional language to Sanskrit
B) From Sanskrit to English / Hindi / regional language
C) Identification and correction of grammatical errors in the given sentences

The sentences for translation should be selected from the under mentioned reference books-

1. Laghusiddhanta Kaumudi- Acharya Varadaraja (Commentary by Shri Dhananand Shastry)
2. Brihatrayee- (Charaka Samhita, Sushruta Samhita, Ashtanga Hridayam)
3. Anuvada Chandrika-Chakradhara Hansa Nautiyal
4. Sanskruta Ayurved Sudha- Dr. Banwari Lal Gaur
5. Rachananuvada Kaumudi- Dr. Kapildev Dwivedi
6. Bhasha Sopanam- Published by Rashtreeya Samskruta Samsthanam, New Delhi

PART- B

50 marks

भाषाध्ययनम्

- 1.) आयुर्वेदार्थग्रन्थाध्ययनक्रमः -Stepwise method of study of Ayurveda Arsha Granthas (Sushruta Samhita, Shareera Sthanam, Chapter-4) 25 marks
 - 2.) वैद्यकीय-सुभाषितसाहित्यम् (अध्यायाः 1-10) 15 marks
 - 3.) पञ्चतन्त्रम्-अपरीक्षितकारकम् (क्षपणक कथातः मूर्खपण्डितकथापर्यन्तम् पञ्चकथाः) 10 marks
-

REFERENCE BOOKS-

- 1.) Sushruta Samhita, Shareera Sthanam, Chapter-4
- 2.) Prabhashanam Work Book, Su.sam.chap.4
Published by-AYURVEDA ACADEMY@ BANGALORE;
Email-ayuacademy@gmail.com
- 3.) Vaidyakeeya Subhashita Sahityam - Dr. Bhaskara Govinda Ghanekar
- 4.) Panchatantra-(Apareekshitakarakam) -Pt. Vishnu Sharma

Additional Books for Reference

1. Ayurveda Bhashamritam

Dr. A. Shameena Beegum

1.3 KRIYA SHARIR
(Physiology)

Theory - Two papers – 200 Marks (100 for each paper)

Practical/Viva voce – 100 Marks

Total teaching hours – Theory - 200

Practical – 200

PAPER-I

100 marks

PART A

50 marks

1. Conceptual study of fundamental principles of Ayurvediya Kriya Sharir e.g - Panchamahabhuta, Tridosha, Triguna, Loka-Purusha Samya, Samanya-Vishesha. Description of basics of Srotas.

2. Definition and synonyms of the term Sharir, definition and synonyms of term Kriya, description of Sharir Dosha and Manasa Dosha. Mutual relationship between Triguna-Tridosha & Panchmahabhuta. Difference between Shaarir and Sharir. Description of the components of Purusha and classification of Purusha, role of Shatdhatupurusha in Kriya Sharira and Chikitsa.

3. Dosha- General description of Tridosha. Inter relationship between Ritu-Dosha-Rasa-Guna. Biological rhythms of Tridosha on the basis of day-night-age-season and food intake. Role of Dosha in the formation of Prakriti of an individual and in maintaining of health. Prakrita and Vaikrita Dosha.

4. Vata Dosha: Vyutpatti (derivation), Nirukti (etymology) of the term Vata, general locations, general properties and general functions of Vata, five types of Vata (Prana, Udana, Samana, Vyana, Apana) with their specific locations, specific properties, and specific functions.

Respiratory Physiology in Ayurveda, Physiology of speech in Ayurveda.

5. Pitta Dosha: Vyutpatti, Nirukti of the term Pitta, general locations, general properties and general functions of Pitta, five types of Pitta (Pachaka, Ranjaka, Alochaka, Bhrajaka, Sadhaka) with their specific locations, specific properties, and specific functions. Similarities and differences between Agni and Pitta.

6. Kapha Dosha: Vyutpatti, Nirukti of the term Kapha, general locations, general properties and general functions of Kapha, five types of Kapha (Bodhaka, Avalambaka, Kledaka, Tarpaka, Śleshaka) with their specific locations, specific properties, and specific functions.

7. Etiological factors responsible for Dosha Vriddhi, Dosha Kshaya and their manifestations.

8. Concept of Kriyakala.

9. Prakriti:

a) Deha- Prakriti: Vyutpatti, Nirukti, various definitions and synonyms for the term 'Prakriti'. Intra-uterine and extra-uterine factors influencing Deha-Prakriti, classification and characteristic features of each kind of Deha-Prakriti.

b) Manasa- Prakriti: Introduction and types of Manasa- Prakriti.

10. Ahara: Definition, classification and significance of Ahara, Ahara-vidhi-vidhana, Ashta Aharavidhi Viseshtayatana, Ahara Parinamkar Bhava.

11. Aharapaka (Process of digestion): Description of Annavaha Srotas and their Mula. Role of Grahani & Pittadhara Kala.

12. Description of Avasthapaka (Madhura, Amla and Katu). Description of Nishthapaka (Vipaka) and its classification. Separation of Sara and Kitta. Absorption of Sara. Genesis of Vata-Pitta-Kapha during Aharapaka process. Definition of the term Koshtha. Classification of Koshtha and the characteristics of each type of Koshtha.

13. Agni – Definition and importance, synonyms, classification, location, properties and functions of Agni and functions of Jatharagni, Bhutagni, and Dhatvagni.

PART B

Modern Physiology

50 marks

a. Definition and mechanisms of maintenance of homeostasis. Cell physiology. Membrane physiology. Transportation of various substances across cell membrane

b. Resting membrane potential and action potential.

c. Physiology of respiratory system: functional anatomy of respiratory system. Definition of ventilation, mechanism of respiration, exchange and transport of gases, neural and chemical control of respiration, artificial respiration, asphyxia, hypoxia. Introduction to Pulmonary Function Tests.

d. Physiology of Nervous System: General introduction to nervous system, neurons, mechanism of propagation of nerve impulse, physiology of CNS, PNS, ANS; physiology of sensory and motor nervous system, Functions of different parts of brain and physiology of special senses, intelligence, memory, learning and motivation. Physiology of sleep and dreams, EEG. Physiology of speech and articulation. Physiology of temperature regulation.

e. Functional anatomy of gastro-intestinal tract, mechanism of secretion and composition of different digestive juices. Functions of salivary glands, stomach, liver, pancreas, small intestine and large intestine in the process of digestion and absorption. Movements of the gut (deglutition, peristalsis, defecation) and their control. Enteric nervous system.

f. Acid-base balance, water and electrolyte balance. Study of basic components of food. Digestion and metabolism of proteins, fats and carbohydrates. Vitamins & Minerals- sources, daily requirement, functions, manifestations of hypo and hyper vitaminosis.

PAPER-II

100 marks

PART A

50 marks

1. Dhatu:

Etymology, derivation, definition, general introduction of term Dhatu, different theories related to Dhatuposhana (Dhatuposhana Nyaya)

2. Rasa Dhatu:

Etymology, derivation, location, properties, functions and Praman of Rasa-dhatu. Physiology of Rasavaha Srotas, Formation of Rasa Dhatu from Aahara Rasa, circulation of Rasa (Rasa- Samvahana), role of Vyana Vayu and Samana Vayu in Rasa Samvahana. Description of functioning of Hridaya. Ashtavidha Sara (8 types of Sara), characteristics of Tvakasara Purusha, conceptual study of mutual interdependence (Aashraya-Aashrayi Bhaava) and its relation to Rasa and Kapha. Manifestations of kshaya and Vriddhi of Rasa.

3. Rakta Dhatu:

Etymology, derivation, synonyms, location, properties, functions and Praman of Rakta Dhatu. Panchabhautikatva of Rakta Dhatu, physiology of Raktavaha Srotas, formation of Raktadhatu, Ranjana of Rasa by Ranjaka Pitta, features of Shuddha Rakta, specific functions of Rakta, characteristics of Raktasara Purusha, manifestations of Kshaya and Vriddhi of Raktadhatu, mutual interdependence of Rakta and Pitta.

4. Mamsa Dhatu :

Etymology, derivation, synonyms, location, properties and functions of Mamsa Dhatu, physiology of Mamsavaha Srotas, formation of Mamsa Dhatu, characteristics of Mamsasara Purusha, manifestations of Kshaya and Vriddhi of Mamsa Dhatu .Concept of Peshi.

5. Meda Dhatu :

Etymology, derivation, location, properties, functions and Praman of Meda Dhatu, physiology of Medovaha Srotas, formation of Medo Dhatu, characteristics of Medasara Purusha and manifestations of Kshaya and Vriddhi of Meda.

6. Asthi Dhatu:

Etymology, derivation, synonyms, location, properties, functions of Asthi Dhatu. Number of Asthi. Physiology of Asthivaha Srotas and formation of Asthi Dhatu, characteristics of Asthisara Purusha, mutual interdependence of Vata and Asthi Dhatu, manifestations of Kshaya and Vriddhi of Asthi Dhatu.

7. Majja Dhatu :

Etymology, derivation, types, location, properties, functions and Praman of Majjaa Dhatu, physiology of Majjavaha Srotas, formation of Majja Dhatu, characteristics of Majja Sara Purusha, relation of Kapha, Pitta, Rakta and Majja, manifestations of Kshaya and Vriddhi of Majja Dhatu.

8. Shukra Dhatu:

Etymology, derivation, location, properties, functions and Praman of Shukra Dhatu, physiology of Shukraravaha Srotas and formation of Shukra Dhatu. Features of Shuddha Shukra, characteristics of Shukra-Sara Purusha, manifestations of Kshaya and Vriddhi of Shukra Dhatu.

9. Concept of Ashraya-Ashrayi bhava i.e. inter-relationship among Dosha, Dhatu Mala and Srotas.

10. Ojas: Etymological derivation, definition, formation, location, properties, Praman, classification and functions of Ojas. Description of Vyadhikshamatva. Bala Vriddhikara Bhava. Classification of Bala. Etiological factors and manifestations of Ojavisramsas, Vyapat and Kshaya.

11. Upadhatu:

General introduction, etymological derivation and definition of the term Upadhatu. Formation, nourishment, properties, location and functions of each Upadhatu.

- a) Stanya: Characteristic features and methods of assessing Shuddha and Dushita Stanya, manifestations of Vriddhi and Kshaya of Stanya.
- b) Artava: Characteristic features of Shuddha and Dushita Artava. Differences between Raja and Artava, physiology of Artavavaha Srotas.
- c) Tvak: classification, thickness of each layer and functions.

12. Mala:

Etymological derivation and definition of the term Mala. Aharamala: Enumeration and description of the process of formation of Aharamala.

- a) Purisha: Etymological derivation, definition, formation, properties, quantity and functions of Purisha. Physiology of Purishavaha Srotas, manifestations of Vriddhi and Kshaya of Purisha.
- b) Mutra: Etymological derivation, definition, formation, properties, quantity and functions of Mutra. Physiology of Mutravaha Srotas, physiology of urine formation in Ayurveda, manifestations of Vriddhi and Kshaya of Mutra.
- c) Sveda: Etymological derivation, definition, formation and functions of Sveda. Manifestations of Vriddhi and Kshaya of Sveda. Description of Svedvaha Srotas
- d) Dhatumala: Brief description of each type of Dhatumala.

13. Panchagyanendriya:

Physiological description of Panchagyanendriya and physiology of perception of Shabda, Sparsha, Rupa, Rasa and Gandha. Physiological description of Karmendriya.

14. Manas:

Etymological derivation, definition, synonyms, location, properties, functions and objects of Manas. Physiology of Manovaha Srotas.

15. Atma:

Etymological derivation, definition, properties of Atma. Difference between Paramatma and Jivatma; Characteristic features of existence of Atma in living body.

16. Nidra:

Nidrotipatti, types of Nidra, physiological and clinical significance of Nidra; Svapnotipatti and types of Svapna.

PART B**Modern Physiology****50 marks**

1. Haemopoetic system – composition, functions of blood and blood cells, Haemopoiesis (stages and development of RBCs, and WBCs and platelets), composition and functions of bone marrow, structure, types and functions of haemoglobin, mechanism of blood clotting, anticoagulants, physiological basis of blood groups, plasma proteins, introduction to anaemia and jaundice.
2. Immunity, classification of immunity: Innate, acquired and artificial. Different mechanisms involved in immunity: Humoral (B-cell mediated) and T-Cell mediated immunity. Hypersensitivity.
3. Muscle physiology – comparison of physiology of skeletal muscles, cardiac muscles and smooth muscles. Physiology of muscle contraction.
4. Physiology of cardio-vascular system: Functional anatomy of cardiovascular system. Cardiac cycle. Heart sounds. Regulation of cardiac output and venous return. Physiological basis of ECG. Heart-rate and its regulation. Arterial pulse. Systemic arterial blood pressure and its control.
5. Adipose tissue, lipoproteins like VLDL, LDL and HDL triglycerides.
6. Functions of skin, sweat glands and sebaceous glands.
7. Physiology of male and female reproductive systems. Description of ovulation, spermatogenesis, oogenesis, menstrual cycle.
8. Physiology of Excretion – functional anatomy of urinary tract, functions of kidney. Mechanism of formation of urine, control of micturition. Formation of faeces and mechanism of defecation.
9. Endocrine glands – General introduction to endocrine system, classification and characteristics of hormones, physiology of all endocrine glands, their functions and their effects.

PRACTICAL**100 marks****Teaching hours-200****Ayurvedic practical**

1. Assessment of Prakriti
2. Assessment of Dosha (Features of Vriddhi- Kshaya)
3. Assessment of Dhatu (Features of Vriddhi- Kshaya)
4. Assessment of Agni
5. Assessment of Koshtha
6. Assessment of Sara
7. Nadi pariksha

Modern physiology practical

1. Introduction to laboratory instruments- Simple & Compound Microscope, Scalp vein set, bulbs for blood collection, Sahli's Haemometer, Haemocytometer, pipettes, Urinometer, Albuminometer, Stethoscope, B.P. Apparatus, Harpenden's caliper, Clinical Hammer, Tuning Fork, Stop Watch, Thermometer, Centrifuge machine, ECG Machine
2. Collection of blood sample – prick, vene-puncture method, use of anticoagulants
3. Preparation of blood smear and staining
4. Estimation of Hemoglobin
5. Microscopic examination of blood
 - a. Total RBC count
 - b. Total WBC count c. Differential leucocyte count
6. Packed cell volume (PCV) demonstration
7. ESR demonstration
8. Bleeding time, Clotting time
9. Blood grouping and Rh typing
10. Examination of Cardio-Vascular system
 - a. Pulse examination
 - b. Arterial blood pressure measurement
 - c. Examination of heart sounds
 - d. ECG demonstration
11. Examination of Respiratory system
 - a. Respiratory rate
 - b. Breath sounds
 - c. Spirometry
12. Examination of Nervous System- Sensory & Motor. 13. Urine examination –Physical examination, chemical examination. Test for normal constituents of urine. Detection of specific gravity and reaction of urine.

Distribution of Practical marks

1. Laboratory Practical	- 20 Marks
2. Human Experiment	- 15 Marks
3. Spotting	- 15 Marks
4. Prakriti Saradi pariksha	- 20 Marks
5. Practical Record	- 10 Marks
6. Viva- voce	- 20 Marks
Total	- 100 Marks

REFERENCE BOOKS:-

- | | |
|----------------------------------|-----------------------------|
| 1. Ayurvediya Kriyasharir | - Ranjit Rai Desai |
| 2. Kayachikitsa Parichaya | - C. Dwarkanath |
| 3. Prakrit Agni Vigyan | - C. Dwarkanath |
| 4. Sharir Kriya Vigyan | - Shiv Charan Dhyani |
| 5. Abhinava Sharir Kriya Vigyana | - Acharya Priyavrata Sharma |
| 6. Dosha Dhatu Mala Vigyana | - Shankar Gangadhar Vaidya |
| 7. Prakrita Dosha Vigyana | - Acharya Niranjana Dev |
| 8. Tridosha Vigyana | - Shri Upendranath Das |
| 9. Sharira Tatva Darshana | - Hirlekar Shastri |

- | | |
|--|--|
| 10. Prakrita Agni Vigyana | - Niranjana Dev |
| 11. Deha Dhatvagni Vigyana | - Vd. Pt. Haridatt Shastri |
| 12. Sharir Kriya Vigyana (Part 1-2) | - Acharya Purnchandra Jain |
| 13. Sharir Kriya Vigyana | - Shri Moreshwar Dutt. Vd. |
| 14. Sharira Kriya Vijnana (Part 1 and 2) | - Nandini Dhargalkar |
| 15. Dosha Dhatu Mala Vigyana | - Basant Kumar Shrimall |
| 16. Abhinava Sharir Kriya Vigyana | - Dr. Shiv Kumar Gaur |
| 17. Pragyogik Kriya Sharir | - Acharya P.C. Jain |
| 18. Kaya Chikitsa Parichaya | - Dr. C. Dwarkanath |
| 19. Concept of Agni | - Vd. Bhagwan Das |
| 20. Purush Vichaya | - Acharya V.J. Thakar |
| 21. Kriya Sharir | - Prof. Yogesh Chandra Mishra |
| 22. Sharir Kriya Vigyana | - Prof. Jayaram Yadav & Dr. Sunil Verma. |
| 23. Basic Principles of Kriya-Sharir
(A treatise on Ayurvedic Physiology) | - Dr. Srikant Kumar Panda |
| 24. Sharir Kriya – Part I & Part II | - Dr. Ranade, Dr. Deshpande & Dr. Chobhe |
| 25. Human Physiology in Ayurveda | - Dr Kishor Patwardhan |
| 26. Sharirkriya Vignyan Practical Hand Book | - Dr. Ranade, Dr. Chobhe, Dr. Deshpande |
| 27. Sharir Kriya Part 1 | - Dr. R.R. Deshapande, Dr. Wavhal |
| 28. Sharir Kriya Part 2 | - Dr. R.R. Deshapande, Dr. Wavhal |
| 29. Ayurveda Kriya Sharira | - Yogesh Chandra Mishra |
| 30. Textbook of Physiology | - Gyton & Hall |
| 31. A Textbook of Human Physiology | - A.K. Jain |
| 32. Essentials of Medical Physiology | - Sembulingam. K. |
| 33. Concise Medical Physiology | - Chaudhari, Sujit K. |
| 34. Principals of Anatomy & Physiology | - Tortora & Grabowski |
| 35. Textbook of Medical Physiology | - Indu Khurana |

Additional Books for Reference

1. Frequently asked questions in Kriya sareera practical – Dr. Anandalakshmy
2. Text Book of Ayurvedic Physiology – Dr. T. Sreekumar

1.4 RACHANA SHARIR
(Anatomy)

Theory - Two papers – 200 Marks (100 for each paper)

Practical/Viva voce – 100 Marks

Total teaching hours – Theory - 300

Practical – 200

PAPER-I

100 marks

PART A

50 marks

1. Shariropkramaniya Shaarira

Sharira and shaarira vyakhya (definitions of sharira and shaarira), shadangatvam (six regions of the body), anga pratyanga vibhaga (sub divisions). Mrita sharir samshodhan. Shaarira shastra vibhaga, shaarira gyan prayojana . Constitution of purusha according to dhatubheda, panchabhautikatvam, trigunatmakatvam, tridoshamayatvam, karma purusha, and doshadhatumala-mulakatvam.

2. Paribhasha Shaarira

Kurcha, kandara, jala, asthisanghat, seemanta, seevani, rajju, snayu and lasika.

3. Garbha Shaarira

Garbha definitions, explanation of shukra, artava, garbhadhana. Role of tridosha and panchmahabhuta in the fetal development. Beeja, beejabhaga and beejabhagavayava, linga vinischaya, masanumasika garbha vriddhi-krama, garbhottpadakbhava, garbhavriddhikara bhava, garbha poshana, apara nirmana , nabhinadi nirmana. Aanga pratyanga utpatti.

4. Pramana Shaarira: Anguli pramana.

5. Asthi Shaarira

Asthi vyakhya, number, types, asthi swaroopa, vasa, meda and majja.

6. Sandhi Shaarira

Sandhi vyakhya, numbers, types of asthi sandhi.

7. Sira, Dhamani, Srotas Shaarira

- a) Definition, types and number of sira and dhamani.
- b) Description of Hridaya.
- c) Sroto shaarira: Definition, types of srotas and srotomula.

8. Peshi Shaarira

- a) Peshi vyakhya, structure, types, number and importance.
- b) Description of Peshi.

9. Koshtha Evam Ashaya Shaarira

- a) Definition of koshta and number of kosthanga.
- b) Types and description of ashaya.

10. Kalaa Shaarira

Kalaa: definition and types.

11. Uttamangiya Shaarira

Shatchakra, ida, pingala and sushumna nadi - brief description.

12. Marma Shaarira

Marma: definition, number, location, classification, clinical importance with viddha lakshana. Explanation of trimarmas. Detail description of marmas.

13. Indriya Shaarira

Definition of indriya, indriya artha and indriya adhasthan, their number and importance. Description of gyanendria, karmendriya and ubhayendriya (manas).

PART B

50 marks

1. Definition and branches of anatomy. Preservation methods of the cadaver.

2. Anatomical Terminologies

Anatomical position, Planes, and explanation of anatomical terms related to skin, fasciae, bones, joints and their movements, muscles, ligaments, tendons, blood vessels, nerves,.

3. Embryology

Definitions and branches of embryology. Embryo and fetus. Sperm and ovum, fertilization. Cleavage. Germ layers formation and their derivatives. Laws of heredity, Sex determination and differentiation, Month-wise development of embryo. Foetal circulation, placenta formation, Umbilical cord formation.

4. Osteology

Bone: Definition, ossification, structure and types. Description of bones with clinical anatomy.

5. Arthrology

Joints: Definition, structure types and movements. Description of joints of extremities, vertebral joints and temporomandibular joint with their clinical anatomy.

6. Cardiovascular system

- a. Definition, types and structure of arteries and veins.
- b. Description of heart and blood vessels with their course and branches.
- c. Pericardium with applied aspect.

7. Lymphatic system Definition, types and structure of lymph vessels, lymph glands with their clinical aspect.

8. Myology

- a) Structure and types of muscles.
- b) Description of muscles; their origin, insertion, actions, nerve supply and clinical anatomy.

PART A**50 marks****1. Respiratory System**

- a. Bronchial tree and lungs with their clinical aspects.
- b. Respiratory tract: nasal cavity, pharynx, larynx, trachea, bronchial tree.
- c. Pleura with its clinical aspects.
- d. Diaphragm.

2. Digestive system

- a. Organs of digestive tract (alimentary tract) with their clinical aspects.
- b. Digestive glands: liver, spleen and pancreas.
- c. Description of peritoneum with its clinical aspects.

3. Urinary System

Urinary tract: kidney, ureter, urinary bladder and urethra with their clinical aspects.

4. Reproductive system

- a. Male Reproductive system: reproductive organs, tract and glands (prostate and seminal vesicles) with their clinical aspects.
- b. Female reproductive system: reproductive organs, tract and glands with their clinical aspects.

5. Endocrinology Definition, classification & description of endocrine glands (pituitary, thyroid, parathyroid, thymus and suprarenal glands) with clinical aspects.

PART B**50 marks****6. Nervous System**

Nervous system: definition, classification and its importance. Description of brain and spinal cord. Description of peripheral nervous system: cranial and spinal nerves, nerve plexuses, and autonomic nervous system, formation and circulation of cerebrospinal fluid and blood supply of brain and spinal cord.

7. Sensory organs

Description of structures of eye, ear, nose, tongue and skin with their clinical aspects.

8. Surface and radiological anatomy

- a. Study of radio-imaging of limbs, abdomen, pelvis and vertebral column with its clinical application.
- b. Surface anatomy of thoracic and abdominal viscera.

PRACTICAL**100 marks****Teaching hours: 200****Content of practical**

1. Practical study of bones
2. Practical study of organs
3. Practical study of surface and radiological anatomy.

4. Shava vichhedana – detailed dissection of the whole body.
5. Practical study of location of marma
6. Demonstration of histology slides (10 slides)

Distribution of marks

1. Spotting	- 20 marks
2. Dissected organs and histology slides	- 20 Marks
3. Bones, joints, marma	- 20 Marks
4. Surface & radiological anatomy	- 10 Marks
5. Practical records	- 10 Marks
6. Viva-Voce	- 20 Marks
Total	100 Marks

Reference Books:-

1. Brihat Shariram Vaidyaratna	- P.S. Varrier
2. Abhinava Shariram	- Acharya Damodar Sharma Gaur
3. Manava Sharir (Revised Edition)	- Prof. Dinkar Govind Thatte
4. Manava Bhruna Vigyana	- Prof. Dinkar Govind Thatte
5. Manava Anga Rekhankan Vikrian	- Prof. Dinkar Govind Thatte
6. Sharir Rachana Vigyan (English)	- Vaidya P.G. Athawale
7. Manual of Practical Anatomy Cunningham Practical Manual Vol-1, Vol-2, Vol-3	
8. Clinical Anatomy in Ayurveda	- Prof. D.G. Thatte & Prof. Suresh Chandra
9. Sharir Rachna Vigyan (English)	- Prof. D.G. Thatte
10. Ayurvedic Human Anatomy	- Prof. Dr. Giridhar M. Kanthi
11. Regional Anatomy	- B. D. Chaurasia
12. Rachana Sharir Vigyana	- Dr. Mahendra Sing
13. Relevant chapters of Brihtrayee and Laghuthrayee	
14. Gray's Anatomy	
15. Text Book of Human Anatomy	- Inderbir Singh
16. Clinical Anatomy	- Richard S Snell
17. Fundamentals of Human Anatomoy	- Dr. Chakraborty
18. Human Osteology	- Poddar

Additional Books for Reference

1. Sareera Rachana Vijnanam - Publication Division, Govt. Ayurveda College, Trivandrum
2. Text Book of Ayurvedic Anatomy (Sareera rachana Vijnanam) – Prof. C. R. Agnives
3. Marma Anatomy – Lower and Upper extremities – Dr. Praveen. M.P

1.5 Maulik Siddhant avum Ashtang Hridaya
(Basic Principles and Ashtang Hridaya- An ancient text of Ayurveda)

Theory - One paper – 100 marks

Viva voce – 50 Marks

Total teaching hours: - 150

PART A

60 marks

Ashtang Hridaya Sutrasthana Adhyaya 1 to 15

PART B

40 marks

1. Ashtang Hridaya Sutrasthana Adhyaya 16 to 30

2. Description of Ashta Prakriti

3. Shastra Lakshan (Tantra), Tantraguna, Tantradasha, Tachitalya, Arthasraya, Kalpana

Reference Books:

1. Astang Hridaya : Hindi commentary by Lalchanda Vaidya
2. Astang Hridaya : Hindi commentary by Vd. B.L. Gaur
3. Astang Hridaya : English commentary by Dr. T. Sreekumar
4. Astang Hridaya : English commentary by Dr. Vishwavasu Gaur
5. Astang Hridaya : Sanskrit commentary by Hemadri
6. Astang Hridaya : Sanskrit commentary by Arunadatta

Additional Books for Reference

1. Bharatheeya Vaiydasasthrathile Moulikasidhanthangal – Dr. P. V. Devasia
2. Moolasiddhantha (Prakashika commentary of Ashtangasamgraha) - Vaidyabhushanam
K.Raghavan Thirumulpad
3. Ashtangahridaya – Sutrasthanam - Publication Division, Govt. Ayurveda
College, Trivandrum
4. Ashtangahridayam Soochika – Dr. M. A. Shajahan
5. Ashtangahridayam – Sutrasthanam Malayalam – Dr. Anand P K V
6. Ashtangahridaya Sutrasthana – Vol I & II – Dr. T. Sreekumar
7. Moulika Sidhanta - Dr. T. Sreekumar
8. Ashtangahridaya Sutrasthana – Hridayabodhika Commentry - Dr. T. Sreekumar
9. Tridosha theory - Dr. V. V. S. Sastry
10. Rasavaisheshika - K. Raghavan Thirumulpad
11. Glossary of clinical symptoms in Ayurveda - Dr. E. Surendran
12. Clinical Application of Dosha Assessment - Publication Division, Arya Vaidya Sala,
Kottakkal
13. Rasabhediyam-Redefined - Publication Division, Arya Vaidya Sala,
Kottakkal
- Doshabhediyam-redfined - Publication Division, Arya Vaidya Sala,
Kottakkal
14. Agni - Ayurvedic Concept and Application - Publication Division, Arya Vaidya Sala,
Kottakkal
15. Thantrayukthi Vicharam - Publication Division, Govt. Ayurveda
College, Trivandrum

SECOND PROFESSIONAL

2.1 DRAVYAGUNA VIGYAN

2.2 ROGA NIDAN EVAM VIKRITI VIGYAN

2.3 RASASHASTRA EVAM BHAISHJYA KALPANA

2.4 CHARAK SAMHITA (PURVARDH)

2.1 DRAVYAGUNA VIGYAN
(PHARMACOLOGY & MATERIA MEDICA)

Theory - Two papers – 200 Marks (100 for each paper)

Practical/Viva voce – 200 Marks

Total teaching hours – Theory – 200

Practical - 200

Paper I

100 Marks

PART A

50 marks

1- Dravyaguna Shastra Paribhasa-

Lakshana of Sapta Padartha of Dravyaguna Vijnana viz Dravya- Rasa-Guna- Virya-
Vipaka- Prabhava and Karma.

2- Dravya:

Etymological derivation, definition, panchbhoutikatwa.

Classification of Dravya according to Samhitas and Nighantus Taxonomical
classification.

3- Guna:

Etymological derivation, definition and Classification of Guna.

Detailed knowledge of Gurvadi Guna & Paradi gunas.

4- Rasa:

Etymological derivation, definition, Meaning of “Rasa” in various contexts. Shad
Rasas (Madhura, Amla, Lavana, Katu, Tikta, and Kashaya), Panchabhautik
constitution of Rasas, Nirvrittivisheshakrama (manifestation in general and particular),
Ritu and shad rasa Rasanurasayoh bheda (Difference between rasa and anurasa),
Lakshana (characteristics), Guna and Karma of shad Rasas, Kopana and Shamana of

Dosha and dushya by Shad rasas. Effects of excess usage of Rasa. Rasopalabdhi, Rasaskandha.

5- Vipaka:

Etymological derivation and definition, difference between Avasthapaka and Vipaka, Types of Vipaka, (Dvidha-Trividha,Panchavidha) Guna and karma of Vipaka. Grades of Vipaka (taratamya), Vipakopalabdhi hetu (Factors to determine Vipaka).

6- Veerya:

Etymological derivation, definition and Swarupa of Virya, Number of Virya. (Dwividha & Ashtavidha), Panchabhauthikatva Virya karmani (Effects of Virya), General principles in determination of virya along with exceptions.

7- Prabhava: Definition, Effects of Prabhava.

8- Interrelation of Rasa-Guna-Virya-Vipaka-Prabhava with respect to their strength (balabal nirupana). Samanapratyayarabdha and Vichitrapratyayarabdha dravyas.

9- Karma:

Lakshana, swarupa and bheda of karma (Definition, nature and types of action).

Explanation of the following Karmas with examples:

- | | | |
|------------------|----------------|-----------------|
| 1. Deepana | 2. Pachana | 3. Samshodhana |
| 4. Samshamana | 5. Anulomana | 6. Sransana |
| 7. Bhedana | 8. Rechana | 9. Chhedana |
| 10. Lekhana | 11. Grahi | 12. Sthambhana |
| 13. Madakari | 14. Pramathi | 15. Abhishyandi |
| 16. Vyavayi | 17. Vikashi | 18. Rasayana |
| 19. Vajeeekarana | 20. Jeevaneeya | 21. Balya |
| 22. Brimhana | 23. Langhana | 24. Medhya |

10. Brief information on Karmas of dashemani gana of Charak Samhita.

11- Mishraka Gana:

11a)- Audbhida Gana (Vegetable origin) Brihatpanchamoola, Laghupanchamoola, Vallipanchamoola, Kantakapanchamoola, Trinapanchamoola, Madhyamapanchamoola, Jeevaneeya panchamoola, Panchapallava, Panchavalakala, Triphala, Trikatu, Trimada, Chaturusana, Panchakola, Shadusana, Chaturbeeja, Jeevaniya gana, Ashtavarga, Trijataka, Chaturajataka, Katuchaturjataka Panchatikta, Amlapanchaka, Chaturbhadra, Trikarshika, Swalpatriphala, Madhuratriphala, Mahavisha, Upavisha, Agrya aushadh varga- Knowledge of Agrayaaushadha Varga with example.

11 b)- Jangama Gana (Animal origin)- Ksheerashtaka, Mutrashtaka, Pitta panchaka.

11 c)- Parthiva Gana (Mineral origin) - Lavana Panchaka, Kshara dvaya, Kshara Ashtaka.

12- Basis of nomenclature:

Basis of nomenclature of dravya, Basis and Derivation of synonyms.

13. Bheashaja Pariksha vidhi (as described in Charaka samhita vimana sthana 8), Dravya Sangrahana (collection of dravya)- Ecology- Classification of desha (geographical area) and bhumi (soil), swarupa of sangrahaniya dravya of (Nature and quality of drug to be collected). Sangrahana vidhi (Method of collection) -Vegetable and Animal origin drugs according to part used. Period of collection according to virya, samrakshana vidhi (preservation of collected dravyas), bheshajagara (Storehouse), study on different prayojyanga (useful plant parts).

PART B

50 marks

(I)

20 Marks

14 a) Concept of dravya shodhan (purification of dravya).

14 b) Brief knowledge of Apamishran (adulterants)

14 c) Concept of Abhava pratinidhi dravya (substitutes)

15- Prashasta bhesaja (ideal drug), plant extracts. Concept of viruddha Dravya (incompatibility of the dravya).

16- Introduction to Nighantu Vigyan - Dhanwantari Nighantu, Bhavaprakashanighantu, Rajanighantu.

17- Brief knowledge of cultivation, conservation of medicinal plants and information about endangered species.

(II)

30 Marks

18. - Introduction, Definition & scope of Pharmacology and Principles of general Pharmacology. Brief Knowledge about pharmacology of the following - Anaesthetics, CNS depressants, Sedatives, Hypnotics, Tranquilisers, Antipyretics, Analgesics, Antiepileptics, Antihypertensive, Antianginal, Antiplatelet, Hypolipidaemic, Haemopoetic, Coagulants, Bronchodilators, Aerosols/ Inhalants, Expectorants, Digestants, Carminatives, Antacids, Antiulcer, Laxatives, Antidiarrhoeals, Antiemetic, Hepatoprotective, Diuretic, Antidiuretic, Lithotriptic, Antiinflammatory, Hormonal therapy, Antiobesity, Antidiabetic, Antithyroid, Oxytocic. Galactagogues, Contraceptives, Styptics, Antihistamines, Antimicrobial, Antibiotics, Antimalarial, Amoebicidal, Antifilarial, Anthelmintic, Antifungal, Vitamins, Minerals, Water imbalance and IV fluids, Vaccines, antivenom, antirabies serum, Local antiseptics, drugs in ophthalmic practice, Anti cancer drugs and immunomodulators.

1-Detailed Knowledge of Following Dravya –

1- Detailed knowledge of following drugs with respect to Basonym of drug, Main Synonyms, Regional Name, Botanical Name, Family, Classification of Dravya (Gana) as described in Charak and Sushrut, External morphology, Useful parts, Important phytoconstituents, Rasa panchaka, Action on Dosha, Dhatu, Mala, Prayogarha vyadhi (therapeutic indications), Amayikaprayoga and Matra (Therapeutic administration and Dose), Vishishta yoga (names of important formulations), Vishakta Lakshan (adverse effects), Chikitsopachara (remedial measures) and Shodhana (as required)

[Alphabetical order and Botanical names to all the drugs are to be added]

Agnimantha	Jambu	Prishniparni
Ahiphena	Jatamansi	Punarnava
Amalaki	Jatiphal	Pushkarmoola
Apamarga	Jeerakadvaya	Rasna
Aragvadha	Jyotishmati	Rasona
Ardraka-Sunti	Kalamegha	Rohitaka
Arjuna	Kampillaka	Sarivadvaya
Arkadvaya	Kanchanara	Saireyaka
Ashvagandha	Kantakari	Sarpagandha
Ativisha	Kapikacchu	Shalaparni
Asoka	Karkatakshringi	Shallaki
Bakuchi	Karpura	Shalmali
Baladvayam	Katuki	Shankhapushpi
Bhallataka	Khadira	Shatavari
Bharangi	Kiratatikta	Shigru
Bhrungaraj	Kumari	Shirisha
Bibhitaka	Kumkum Kesara	Shyonaka
Bijak/Vijaysar	Kupilu	Talisa Patra
Bilva		
Brahmi	Kushta	Tila
Bruhati	Kutaja	Trivrut
Chandanadvaya	Lavanga	Tulasi
Chitraka	Lodhra	Tvak
Dadima	Madanaphala	Ushira
Devadaru	Mandukaparni	Vacha
Dhataki	Manjishtha	Varahi
Durva	Maricha	Varuna
Eladvayam	Musta	Vasa
Eranda	Nagakeshara	Vatsanabha

Gambhari
Gokshura

Nimba
Nirgundi

Vidanga
Vidari

Guggulu
Haridradvaya
Haritaki

Parpata
Pashanabheda
Patala

Yavani

PART B

30 marks

II- Brief Knowledge of following dravyas with Respect to Sanskrit Name, Botanical Name, Family, Habit (Samanya Swarupa), Parts Used and Indications.

Agastya	Jati	Palandu
Akarkarabh	Jeevanti	Parijata
Amlavetasa	Kadali,	Parisha
Amra	Kadamba	Parnabija
Amragandhiharidra	Kaidarya	Parnayavani
Ankola	Kakamachi	Parpataka
Aparajita	Kamala	Parushaka
Ashvagol	Kankola	Patalagarudi
Ashvattha	Karanja	Patha
Asthishrunkhala	Karavellaka	Patola
Atasi	Karavira	Patranga
Avartaki	Karira	Pilu
Avartani	Karpasa	Plaksha
Babbula	Kasamarda	Prasarani
Badara	Kasha	Priyala
Bakula	Kasni	Priyangu
Bhumyamalki	Kataka	Puga
Bijapooru	Katphala	Putiha
Bola	Kebuka	Putranjivaka
Chakramarda	Kharjura	Rajika/Sarshapa
Champaka	Kitmari	Rohitaka
Chandrashura	Kokilaksha	Saptachakra
Changeri	Koshataki	Saptaparna
Chavya	Kulatha	Saral
Chirbilva	Kumuda	Sarja
Chopachini	Kusha	Shala
Danti	Kusmanda	Shara
Darbha	Lajjalu	Sharapunkha
Dattura	Langali	Shatahwa
Dhanvayasa	Latakaranja	Shati

Dhanyaka	Latakasturi	Snuhi
Draksha	Madayantika	Sringataka
Dronapushpi	Mahanimba	Svarnakshiri
Gandhaprasarini	Mandukaparni	Tagara .
Garjara	Markandika	Tailaparni
Gojihva,	Masha	Talmuli
Gorakshaganja	Mashaparni	Taruni
Gunja	Matulunga	Tavakshira
hinsapa	Mayaphala	Teja Patra
Hinstra	Meshashrungi	Tuvaraka
Hribera	Methika	Udumbara
Hrutpatri	Mudgaparni	urana
Ikshu	Mulaka	Vamsha
Indravaruni	Murva	Vata
Ingudi	Nagabala	Vatada
Irimeda	Nala	Vrudhadaru
Ishvaku	Narikela	Vrukshamla
Isvari	Nili	
Japa	Padmaka	

III.- Introduction, Guna, Karma and Uses of following Jantava Dravya (Drugs of Animal Origin).

1. Kasturi
2. Gorochana
3. Mrigasringa

IV- Introductory Knowledge of Following Annapana Varga:

1. Jala Varga
2. Dugdha Varga
3. Madhu Varga
4. Taila Varga
5. Sukadhanya Varga
6. Shamidhanya Varga
7. Phala Varga
8. Shaka Varga
9. Mamsa Varga
10. Aharayogi

PRACTICALS

1. A. Study of Macroscopic, Microscopic characters and Demonstration of organoleptic characteristics and grahya-agrahyatva of following plants and their useful parts.

- i. Kanda (stem) - Guduchi or Ashtishrinkhala
- ii. Patra (leaves) - Vasa or Kumari
- iii. Pushpa (flower and Parts of flower)- Dhataki or Japa
- iv. Phala (fruit) – Maricha or Madanaphala or Vidanga
- v. Beeja (seeds) – Eranda or Kapikacchhu
- vi. Twak (bark) – Kutaja or Arjuna or Ashwattha
- vii. Moola(Root) - Punarnava or Chitraka
- viii. Nirayasa (exudate) – Guggulu or Mocharasa
- ix. Jangama dravya - Madhu or Ghrita.

2. Records of Herbarium sheets of 50 medicinal plants Compulsory study tour other state/s for field knowledge and procurement of plant species.

PRACTICAL MARKS DIVISION

1	Herbarium	20 Marks
2	Practical record	20 Marks
3	Drug identification- spotting –Raw/crude drugs	30 marks
4	Plant identification spotting –fresh	30 marks
5	Practical	40 marks
6.	Viva-Voce	60 Marks

Total **200 marks**

Reference Books

1. Abhinav Buti Darpan (Vol.1-2)	-Vd. Roop Lal Vaishya
2. Aushadna Vigyna Shastra	-Acharya Pt. Vishvanatha Dwidevi
3. Ayurvediya Aushadnkarma vigyana	-Acharya V.J. Thakur
4. Bedi Vanaspati Kosha	-Prof. Ramesh Bedi
5. Bhaishajyaguna Vigyana	-Dr. Alakhnarayan Singh
6. Bhav Prakash Nigantu (English)	-Shreekanthamurti
7. Bhav Prakash Nighantu	-With Vd. Krishna Chandra Chunekar commentary
8. Bhrinad dravyagunadarsha	-Mahendra Kumar Shastri
9. Classical Uses of Medicinal Plants	-Acharya Priyavrata Sharma
10. Controversial Medicinal Plants	-Vd. G. Bapa Lal
11. Dalhana Ka Dravyaguna Shastra Ke Kshetra Me Yogadana	-Vd. Shiv Kumar Vyas
12. Dravyaguna Kosha	-Acharya Priyavrata Sharma
13. Dravyaguna Sutram	-Acharya Priyavrata Sharma
14. Dravyaguna Vigyana	-Dr. Gyanendra Pandey
15. Dravyaguna Vigyana(Vol. 1-2)	-Acharya Yadavji Tikram Ji
16. Dravyaguna Vijyana	-Dr. V.M. Gogate
17. Dravyaguna Vigyana (Vol. 1-5)	-Acharya Priyavrata Sharma
18. Dravyaguna Shastrum	-Vaidya G.A. Phadake
19. Dravyaguna Vijyana	-Dr. A.P. Deshpande
20. Dravyagunavijnana basic Principles	-Prof.D.S.Lucas
21. Forgotten Healers (Indian Medicinal Plants)	-Dr. Prakash Pranjape
22. Glossry of Vegetable Drugs in Bhritrtrayis	-Thakur Balwant Singh &Vd. Krishna Chandra Chunekar
23. Introduction to Dravyaguna	-Acharya Priyavrata Sharma
24. Kriyatamka Aushadi Parichaya	-Acharya Pt. Vishvanath Dwidevi
25. Materia Medica	-Acharya Ghosh
26. Nighantu Adarsh (Vol. 1-2)	-Vd. Bapa Lal
27. Pharmacological basis of Medical Practice	-Goodman & Gillman

28. Pharmacology and Pharmacotherapeutics	-Satoskar Bhandarkar & Ainapure
29. Prayogamatika Dravyaguna Vigyana	-Dr. Maya Ram Uniyal
30. Priya nighantu	-Acharya Priyavrata Sharma
31. Raspanchaka/Dravyaguna Siddhanta	-Prof. Shivcharan Dhyani
32. System of Plant Nomenclature in Ayurveda	-Dr. Gyanendra Panday
33. Text Book of Pharmacognosy	-Trees & Valis
34. Textbook of Dravyaguna	-Dr.K.Nishteswar
35. Unani Dravyaguna Vigyana	-Hakim Daljeet Singh
36. Useful parts of Charaka, Sushruta and Vagbhata.	
37. Uttarakand Ki Vanaspathiya	-Dr. Gyanendra Pandey
38. Vanoashadi Darshika	-Thakur Balwant Singh
39. Vanoashadi Nidarshika	-Dr. Ram Sushil Singh
40. Vedic Vanaspathian	-Dr. Dinesh Chandra Sharma

Additional Books for Reference

1. Dravyaguanavijnanam – Vol 1&2 : Publication Division, Govt. Ayurveda College, Trivandrum
2. Ayurveda Oushadha Nighantu Vol 1&2 : Publication Division, Govt. Ayurveda College, Trivandrum
3. Pharmacognosy of Ayurvedic Drugs Vols 1-14: Publication Division, Govt. Ayurveda College, Trivandrum
4. Kerleeya Oushadha Vijnanam Vol 1& 5: Publication Division, Govt. Ayurveda College, Trivandrum
5. A Hand Book on the Plant Sources of Indigenous Drugs : Dr. P. Y. Ansary
6. Practical Guide to Dravyaguna Vijnanam : Dr. P. Y. Ansary
7. Rasavaisheshika :K. Raghavan Thirumulpad
8. Rasabhedhiyam-Redefined
9. Indian Medicinal Plants 5 Volumes : Arya Vaidya Sala, Kottakkal
10. Rasavaisheshika Soothram : Publication Division, Govt. Ayurveda College, Trivandrum
11. Oushadhasasyangal : Publication Division, Govt. Ayurveda College, Trivandrum

2.2 ROGA NIDAN EVUM VIKRITI VIGYAN

Theory - Two Papers – 200 Marks (100 for each paper)

Practical/Viva voce – 100 Marks

Total teaching hours – Theory - 200

Practical - 200

Paper I

100 Marks

PART A

50 marks

I. Dosha Dushyadi Vigyana

1. Definition and importance of Roganidana.
2. Samanya Nidana and Samanya Lakshana of Dosha Vriddhi, Kshaya and Prakopa.
3. Dosha Dhatu Ashraya Ashrayi Bhava.
4. Dhatu Kshaya Vriddhi Lakshana.
5. Mala Kshaya Vriddhi Lakshana.
6. Hetu, Bheda and Lakshana of Agni Dushti.
7. Definitions and Samanya Lakshana of Ama.
8. Sama and nirama Dosha, Dushya Lakshana.
9. Dosha Paka and Dhatu Paka Lakshana.
10. Concept, classification, diagnosis and general complications of Avarana.
11. Doshagati and Rogmarga.
12. Detailed study of Srotomoola and Srotodushti Samanya and Vishishta Hetu Lakshana of all Srotas. Differences between Sroto Dushti and Kha Vaigunya.

II. VyadhiVigyana

1. Definition, synonyms and classification of Vyadhi & Vyadhi Ghatak.
2. Criteria for nomenclature of Diseases in Ayurveda (Vyadhinamakarana).
3. Bija, Bija Bhaga and Bija Bhaga Avayava Dushti.
4. Basic knowledge of Hereditary, Congenital, Acquired, Multifactorial, Traumatic and Environmental disorders.
5. Introduction to ICD Classification of Diseases of WHO and DSM classification.
6. Samanyaja and NanatmajaVikara. NidanarthakaraVyadhi, Hetu Sankara, Lingasankara, Vyadhisankara, Vyadhi Awastha.
7. Dhatu, Updhatu, Mala and Indriya Pradoshaj Vikara.
8. Concept of AshtaMahagada. 9. Introduction to Ashta Nindita.
10. Definition and classification of Vyadhikshamatva.
11. Ojas – types of Ojo Dushti- Visrimsa- Vyapad & Kshaya & It's Diseases.

III. Basic Pathology

1. Introduction to pathology and its sub-divisions.
2. Introduction to Cell Injury and Cellular adaptations.
3. Definition and brief description of inflammation – Healing/repair.
4. Definition and brief description of edema – shock – hemorrhage, Thrombosis , embolism, Ischemia and Infarction.

5. Types of Immunity – different types of immune responses in the body – Basic knowledge of auto immune diseases, Acquired immune deficiency disease and hypersensitivity.
6. Nomenclature and classification of tumors - difference between benign and malignant tumors.
7. Introduction to Nutritional disorders – disorders of macro and micro nutrients.
8. Introduction to infections.
9. Introduction and classification of microorganisms such as virus- bacteria-fungus.

PART B

50 marks

IV. Nidana Panchaka Vigyana

1. Difference between Roga and Rogi Pariksha.
2. Importance of Nidan Panchaka.
3. Hetu - Definition, Synonyms and Classification.
4. Purva Rupa – Definition, Synonyms, Samanya and Vishishta Purvarupa.
5. Rupa - Definition, Synonyms, Samanya and Pratyatma Lakshana. Difference between Vyadhi and Lakshana.
6. Upashaya / Anupashaya– Definition, Types and its importance in diagnosis.
7. Samprapti – Definition, Synonyms and Type and Samprapti Ghataka.
8. Shat Kriyakaala. Relationship between Nidana Panchaka and Shat Kriyakaala.
9. Upadrava and Udarka.
10. ArishtaVigyan – Definition, Types and its importance.
11. Sadhyasadhyatwa – Types, their parameters and importance.
12. General diagnostic principles of AnuktaVyadhi (Ch. Vi. 4).

V. Pariksha Vigyana

1. Importance and knowledge of Aptopadeshadi & Darshanadi Trividha, Chaturvidha, and Shadvidha Pariksha.
2. Importance and Knowledge of Ashtasthana Pariksha.
3. Importance and Knowledge of Karanadi Dashavidha Parikshya Bhava.
4. Importance and Knowledge of Dashavidha Pariksha.
5. Basic knowledge of ECG, USG, X Ray, CT Scan, MRI.

Paper II

100 Marks

PART A

50 marks

Systematic study of Nidana Panchaka of following diseases (Including Upadrava, Arishta and Sadhyasadhyata).

I. Diseases of Rasavaha Srotas

- 1(a) Jwara(Jwarabheda-Ama, Pachyamana and Nirama Jwara,Agantukajwara, Punaravartaka Jwara,Vishama Jwara, Dhatugata Jwara, Charakokta Sannipata Jwara. 1(b) General mechanism of Fever, Introduction to the Aetiopathogenesis of Malaria,Typhoid, Dengue fever, Influenza and Chikungunya.
- 2(a) Pandu, Amavata, Hridroga, Shotha.
- 2(b) Introduction to Anaemia & its Classification, Rheumatic fever, Rheumatoid Arthritis, Hypertension, Angina, Ischaemic Heart Disease, Myocardial Infarction and CCF.

II. Diseases of Raktavaha Srotas

1. Kamala - Raktapitta - Vatarakta – Kroshtuksheersha - Shitapitta – Maha Kushtha – Visarpa – Shwitra and Introduction to Kshudra Kushtha.
2. Introduction to Hepatomegaly, Spleenomegaly, Leukaemia, Thalessemia, Sickle cell Anaemia.
3. Introduction to Urticaria, Psoriasis, Eczema, Pemphigus.

III. Diseases of Mamsavaha Srotas

- (a) Galganda
- (b) Introduction to Thyroid disorders

IV. Diseases of Medovaha Srotas

1. Sthoulya - Karshya – Prameha.
2. Introduction to Obesity and Diabetes Mellitus.

V. Diseases of Asthi – Majjavaha Srotas

1. Vatavyadhi - Akshepaka - Apatanaka - Ardita - Pakshaghata – Gridhrasi – Vishwachi, Avabahuka, - Manyasthambha, Katigraha, Pangutwa
2. Sandhigatavata, Asthi-Majjagata vata.
3. Introduction to Osteo- Arthritis, Osteoporosis.
4. Introduction to Parkinson's disease, Stroke, Lumbago- Sciatica syndrome, Bell's Palsy, Cervical- Lumber & Ankylosing Spondylitis.

VI. Diseases of Shukravaha Srotas

1. Introduction to Klaibya and Vandhyatva.
2. Introduction to male and female infertility.

PART B

50 marks

VII. Diseases of Pranavaha Srotas

- 1(a). Kasa - Shwasa - Hikka – Urahkshata – Shosha – Rajayakshma.
- 1(b). Introduction to the aetiopathogenesis of Pneumonia, Pleural effusion, Bronchitis, Bronchiectasis, Bronchial Asthma.

VIII. Diseases of Annavaha- Pureeshavaha Srotas

1. Agnimandya - Ajirna - Aruchi- Chhardi - Amlapitta- Shoola – Parinama Shoola – Annadrava Shoola- Atisara – Pravahika - Grahani – Gulma- Udara Roga.
2. Introduction to Anaha, Adhmana, Atopa, Visuchika Alasaka, Vilambika.
3. Introduction to Peptic Ulcer, Irritable Bowel Syndrome (IBS) Diarrhoea, Dysentery, Constipation, Inflammatory Bowel Diseases.

IX. Diseases of Udakavaha Srotas

- 1(a) Introduction to Trishna, Daha.
- 1(b) Introduction to water and electrolyte imbalance disorders.

X. Diseases of Mutravaha Srotas

- 1(a) Mutrakrichha – Mutraghata.

1(b) Introduction to Urinary Tract Infection, Nephropathies.

XI. Diseases of Swedavaha Srotas

1(a) Introduction to Khalitya, Palitya.

XII. Diseases of Manovaha Srotas

1(a) Apasmara, Unmada, Atatwabhinivesha-Vishada, Anidra, Mada, Murchha, Sanyasa. 1(b) Introduction to Epilepsy, Depression, Anxiety neurosis.

XIII. Upasargajanya Vyadhi (Communicable diseases)

1(a) Romantika – Masurika – Upadamsha – Phiranga.

1(b) Introduction to Measels, Chickenpox, Leprosy, Tuberculosis and AIDS.

XIV. Krimi Vigyana

1) Definition, classification of Krimi and features of Krimi-roga

2) Snayuka, Shleepada.

3) Introduction of Filariasis and classification of common parasites.

PRACTICALS

100 marks

i) Fundamental Principles of Laboratory Tests

Introduction to laboratory, Sterilization, glass wares, solutions reagents and safety procedures, Disposal of biomedical wastes.

ii) Haematology

1 Haemoglobin estimation.

2 Blood cells counting - WBC, RBC, platelets.

3 Hematocrit /Packed cell volume (PCV).

4 Erythrocyte indices - MCV, MCH, MCHC.

5 Peripheral blood smear, staining technique and differential leucocyte count.

6 Peripheral blood film examination in Anemia, Leukemia, Malaria, Filariasis (Demonstration).

7 ESR.

8 Screening test for bleeding disorders- bleeding time (BT), Clotting time (CT), Demonstration of Prothrombin time (PT).

9 Blood grouping - ABO system, Rh typing (Rhesus system).

iii) Urine Examination

1. Ayurveda anusara mutrapariksha.

2. Physical Examination - Volume, Reaction (Ph) & Specific Gravity.

3. Chemical Examination for - Proteins, Glucose, Phosphate, Ketone, Bile salts, Bile pigment.

4. Dipstick examination

5. Demonstration of Microscopic Examination.

iv) Stool Examination

1 Ayurveda anusara purishapariksha.

2 Physical examination, Sama-Nirama Pariksha.

3 Microscopic examination of ova & cyst (Demonstration)

4 Occult Blood Test.

v) Demonstration of Sputum Examination

- 1 Ayurveda anusara sthivanapariksha.
- 2 Physical, Chemical and Microscopic Examination of the sputum.
- 3 Sample collection and Demonstration of AFB.

vi) Demonstration of Semen examination

- 1 Ayurveda anusara Retaspariksha.
- 2 Semen examination.

vii) Biochemical Examination – (Demonstration)

Blood Glucose, Serum Bilirubin, Blood Urea, Lipid Profile, Serum Creatinine, Serum Uric acid etc.

viii) Demonstration of different staining techniques in microbiology.

ix) Demonstration of Sero-immunological Investigations: RA and Widal.

x) Laboratory record – maintenance of laboratory record book.

Bed side Practical (Clinical Methods)

1. Introduction and demonstration of clinical methods (General and Systemic Examination).
2. Practical demonstration of examination of Roga based on Pancha Nidana.
3. Demonstration of instruments used for clinical examination.
4. Practical records of clinical examination of at least 20 long cases in I.P.D including Aturbala-pramana pareeksha.
5. Practical records of clinical examination of at least 20 short Cases based on Ashta vidha pariksha in O.P.D.
6. Demonstration of ECG, USG and Radio imaging techniques.

Distribution of Marks for final Practical Examination

1. Daily Record	-10 Marks
2. Identification of Instruments	-10 Marks
3. Laboratory Experiments	-20 Marks
4. Short Case	-10 Marks
5. Long Case	-20 Marks
6. Viva - Voce	-30 Marks
Total	100 Marks

Reference Books

1. Madhava Nidana (Madhukosha Pt. Yadunandan Upadhyay Commentary) Part 1 – 2
2. Doshakaranatwa Mimamsa - Acharya P.V. Sharma
3. Nadi Darshan - Vd. Tara Shankar Mishra
4. Nadi Vigyana Vidyotini Hindi Tika
5. Nadi Vigyan - Shri Satya Dev Vashisht
6. Nadi Vigyan - Gangadhar Tika

7. Rogi Pariksha vidhi Acharya - Priyavrata Sharma
8. Ayurvediya Roga Vargikaran - Vd. Ramanath Dwivedi & Vd. Gurdip Singh.
9. Ayurvediya Nidan Evum Chikitsa Ke Siddhanta - Prof. Ram Harsh Singh.
10. Relevant portions of Charak Samhita, Sushrut Samhita and Vagbhata.
11. Text Book of Pathology - William Boyds.
12. Text Book of Pathology- Harsh Mohan.
13. Text Book of Pathology - Dey and Dey.
14. Text Book of Parasitology - Ramnik Sood.
15. Clinical Pathology and Bacteriology - S.P. Gupta.
16. Clinical methods in Ayurveda - K. R . S. Murthy.
17. Parameswarappa's Ayurvediya Vikriti Vigyan and Roga Vikriti Vigyan - Dr. P.S. Byadgi.
18. Oxford Handbook of Clinical Examination Oxford Handbooks and Practical Skills.
19. Advanced Clinical Evaluation System for Practical Assessment of Clinical Examination Skills.
20. Symptoms & Signs in Clinical Medicine - Chamberlains.
21. Clinical Methods - Hutchison's.
22. Bedside Clinics in Medicine Part- I & II - Kundu.
23. Common Medical Symptoms - Mehta.
24. Advances in Pathology & Lab Med - Weimstean, Gralem, Anderson, Cortan, Wick, Zumwelt.
25. Clinical Laboratory medicine Edited by Kenneth D Mc. Chately.
26. General Pathology - Walter & Israel Churchill Living stone.
27. A Comprehensive Dictionary of Pathology - Chris Newann.
28. Practical Pathology - Dr. K. Uma Chaturvedi.
29. Clinical examination - Douglas/Macleod's.
30. Pathology Practical book for Undergraduates - Harsh Mohan.
31. Medical Laboratory Technology - R. Sood.
32. Clinical Diagnosis and Management by Todd, Sanford and Davidson Laboratory methods
33. Clinical Hematology In Medical Practice - Degruchy's.
34. Robbins Basic Pathology - Kumar, Abbas, Fausto at al.

Additional Books for Reference

1. Roga Vijnan Vikrithi Vijnan (English) - Publication Division, Govt. Ayurveda College, Trivandrum
2. Tridosha theory - Dr. V. V. S. Sastry
3. Clinical Application of Dosha Assessment - Publication Division, Arya Vaidya Sala, Kottakkal
4. Doshabhediya-redfined - Publication Division, Arya Vaidya Sala, Kottakkal
5. Agni - Ayurvedic Concept and Application - Publication Division, Arya Vaidya Sala, Kottakkal
6. Glossary of clinical symptoms in Ayurveda- Dr.E.Surendran
7. A working model for diagnosis in Ayurveda – Dr. P. M. Madhu
8. Nirnnaya – Manual of Clinical examinations in Ayurveda - Dr. P. M. Madhu
9. Aavaranam - Abhilash M, Lakshmi V
10. Myopathy - An Ayurvedic Perspective - Abhilash M

2.3 RASASHASTRA EVAM BHAISHAJYAKALPANA
(Iatrochemistry & Ayurvedic Pharmaceuticals)

Theory - Two Papers – 200 marks (100 for each paper)

Practical/Viva voce – 200 Marks

Total teaching hours – Theory – 200

Practical - 200

Paper I	RASASHASTRA	100 Marks
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	PART A	50 marks
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1. Definition and etymology of Rasa, History of Rasashastra, Importance of Rasaushadhi, Concept of Rasa-Rasayana, Concept of Raseshwar Darshana. Concept of Rasashala and Rasamandap.
2. Brief Description and Application of Technical terminologies (Paribhasha): Avapa, Nirvapa, Dhalana, Bhavana, Jarana, Murchana, Shodhana, Marana, Amrutikarana, Lohitikarana, Mruta Loha, Satwa Patana, Druti, Apunarbhava, Niruttha, Rekhaapurna, Varitara.
3. Dravya Varga: Amlavarga, Panchamrittika, Panchagavya, Panchamrita, Ksharashtaka, Dravakagana, Mitra panchaka, Rakta varga, Lavanapanchaka.
4. Brief description of Yantras and their application Ulukhala Yantra, Khalwa Yantra, Kachhapa Yantra, Damaru Yantra - Vidhyadhara Yantra- Urdhwapatan, Addhapatan & Tiryakpatana Yantra, Jaranartha Tulayantra, Dolayantra, Patalayantra, Palika Yantra, Baluka Yantra, Bhudhara Yantra, Sthali Yantra, Swedana Yantra.
5. Brief description & application of Musha (Crucible): Samanya Musha, Gostani musha, Vajra Musha, Maha musha, Yoga musha, Vrintaka Musha, Malla / Pakwa musha. Different types of crucibles e.g. Silica crucible, platinum crucible. Mudra and Sandhi Bandhana.
6. Brief description & applications of Chullika, Satwapatana Koshti, Patala Koshti, Gara Koshti, Angarakoshti and knowledge of various heating appliances viz. Gas stove, Hot plate, Heating mantle, Induction Stove, Hot Air Oven.
7. Concept, definition and types of Puta: Suryaputa, Chandraputa, Gomayaputa, Lawakaputa, Kukkutaputa, Kapotaputa, Varahaputa, Gajaputa, Mahaputa, Kumbhaputa, Valukaputa, Bhudharaputa, Applications of Electric muffle furnace and fuel (diesel) dependent furnace. Brief introduction to thermocouple and pyrometer.
8. Knowledge of Parada: Synonyms, Occurrence, natural and artificial sources of Parada, Hingulottha parada, Types of Parada, Parada Dosha: Naisargika, Yougika, Aupadhika (Kanchuka). Grahya-Agrahya Parada, Parada gati, Parada bandha, Shodhana of Parada. Parada sanskara and brief description of Ashtasamskara.

9. Concept of Murchhana and Jarana of Parada, Preparation of Kajjali, Classification of Rasaushadhi: Khalvi rasa e.g. Tribhuvana Keerti Rasa, Parpati Rasa- Rasa Parpati, Kupipakva Rasa- Rasa sindur, Pottali rasa - Hemagarbha pottali. Rasa sevana vidhi and pathya and apathya.

10. Brief introduction of quality control, standardization and GMP of Rasaoushadhies.

PART B

50 marks

Occurrence, Synonyms, Minerological identification, Sources, Types, Grahya and Agrahyata, Shodhana, Marana and other processing techniques. Properties, dose, anupan and therapeutic uses, pathya – apathya and ashuddha, apakwa and avidhee sevanjanya dosha and its management, important formulations of the following:

1. **Maharasa** –Abhraka (Biotite Mica), Vaikrantha, Makshika (Chalco-pyrite), Vimala (Iron Pyrite), Shilajatu, Sasyaka (Peacock ore), Chapala and Rasaka (Sphalerite).

2. **Uparasa** – Gandhaka (Sulfur), Gairika (Red Ochre), Kasisa (Green Vitriol), Kankshi (Alum), Haratala (Orpiment), Manahshila (Realgar), Anjana and Kankustha.

3. **Sadharana Rasa** – Kampillaka, Gauri pashana (Arsenic oxide), Navasadara (Ammonium chloride), Kaparda (Cowry), Agnijara, Giri Sindura (Red oxide of Hg), Hingula (Red Cinnabar) and Mriddara shringa (Litharge).

4. **Dhatu** -Swarna (Gold), Rajata (Silver), Tamra (Copper), Loha (Iron), Vanga (Tin), Naga (Lead), Yashada (Zinc), Kamsya (Bronze), Pittala (Brass), Vartaloha. Dhatu - graha sambandha.

5. **Ratna** - Manikya (Ruby), Mukta (Pearl), Pravala (Coral), Tarkshya (Emerald), Pushparaga (Topaz), Vajra (Diamond), Nilam (Sapphire), Gomeda (Zircon or Cinnamome stone), Vaidurya (Cats eye). Ratnapariksha, Ratnadosha, Ratna-graha sambandha.

6. **Uparatna**- Vaikranta (Tourmaline), Suryakanta (Sun stone), Chandrakanta (Moon stone), Rajavarta (Lapis lazuli), Perojaka (Turquoise), Sphatikamani (Quartz), Trinakanta, Palanka, Putika, Rudhir.

7. **Sudha varga** – Sudha (Lime stone), Kaparda (Cowries), Shukti (Oyster Shell), Shankh (Conch Shell), Mriga shringa (Stag horn), Khatika, Godanti (Gypsum) and Samudraphena (Cattle Fish bone), Kukkutanda twak (Hen's Egg Shell).

8. **Sikata varga** - Sikata (Silica), Dugdhapashana (Talc), Nagapashana / Jaharmohara (Serpentine), Badarshama (silicate of lime), Vyomashma (Sangeyashab - Jade), Kousheyashma (Asbestos) and Akika (Agate).

9. **Kshara varga** - Sarja kshara (Sodium bicarbonate), Yava kshara, Tankana kshara (Borax), Surya Kshara (Potassium Nitrate).

10. Miscellaneous - Mandura, Bola, Dam-ul Akhawayan (Raktabandhini), Kasturi, Bhoonag, Mayurpiccha, Sarjarasa, Madhoochishta.

11. Visha and Upavisha-Introduction, collection and storage, classification, synonyms, shodhana, antidote, therapeutic and toxic doses, anupan, therapeutic uses, and formulations of following Visha and Upavisha-Vatsanabha, Kuchala, Jayapala, Dhattura, Bhanga, Bhallataka, Gunja, Arka, Snuhi. Langali, Karaveera, Ahiphena and Chitrakmool.

12. Aushadhi Yoga Gyanam- ingredients, manufacturing process, and bhesajprayogvidhi. Arogya Vardhini Gutika, Kasturibhairava Rasa, Kumara Kalyana Rasa, Garbhapala Rasa, Chandraprabha Vati, Chandramrita Rasa, Pratapalankeshwara Rasa, Pravalapanchamrita Rasa, Anandbhairava Rasa, Yogendra Rasa, Laxmivilas Rasa, Vasantakusumakara, Vasantamalati Rasa, Brihat Vata Chintamani Rasa, Shankha vati, Shwaskuthara Rasa, Hinguleswara Rasa, Hemagarbhapottali, Hridyarnava Rasa, Swarnavanga, Makaradhwaja, Putapakwavaisham Jwarantaka Loha, Vatvidhvamsan Rasa, Kamadugha Rasa, Laghusutshekhar Rasa, Navayasa Loha, Saptamrita Loha, Tamra Parpati, Panchamrita Parpati, Sveta Parpati.

13. Introduction to pharamcovigilance and its status in India, with reference to Ayurvedic drugs.

A) Necessary to know – From part A and B : S. No. 1 to 9 B) Desired to know – From part B : S. No. 10

Practical

100 Marks

Minimum Twenty five practicals to be performed

- | | |
|--------------------------------|---|
| 1. Rasa [Parada] | Samanya Shodhana of Parada
Kajjali
Mugdha rasa |
| 2. Maharasa varga | Shodhana of Abhraka
Dhanyabhraka nirmana
Shodhana of Makshika
Shodhana of Shilajatu
Shodhana of Sasyaka. |
| 3. Uparasa varga | Shodhana of Gandhaka
Shodhana of Gairika
Shodhana of Kasisa
Shodhana of Kankshi
Rasa manikya nirman
Shodana of Manashila |
| 4. Sadharana rasa varga | Shodhana of Hingula
Sodhana of Navasadar
Shodhana of Kapardika |

- | | |
|------------------------|---|
| 5. Sudha Varga | Shodhana of Shankha
Shodhana of Shukti
Shodhana of Pravala mula
Shodhana of Godanti |
| 6. Dhatu varga | Samanya Shodhana of Lauha
Shodhana of Mandura
Samanya Shodhana of Tamra
Shodhana of Naga
Shodhana of Vanga
Shodhana of Yashada |
| 7. Kshara Varga | Shodhana of Tankana |
| 8. Parpati | Preparation of Rasaparpati,
Bola Parpati and Swetaparpati |
| 9. Visha varga | Shodhana of Vatsanabha, Bhallataka, Kupilu, Dhattura beeja,
Jayapala, Gunja, Chitrakamoola. |

PRACTICAL FOR DEMONSTRATION / GROUP PRACTICALS

1. Hingulad rasakrishti (Hingulottha Parada).
2. Bhasma: 4 (One from each group)
 - i. Abhraka bhasma, Swarna Makshika bhasma, Tamra bhasma
 - ii. Vanga bhasma, Naga bhasma, Yashada bhasma
 - iii. Mandura bhasma, Kasisa bhasma
 - iv. Shankha bhasma, Kapardika bhasma, Godanti bhasma.
3. Pishti : 1 Pravala pishti, Jaharmohara / Akika pishti,
Trina kantha mani pishti, Mukta pishti.
4. Druti : 1 Gandhaka druti.
5. Formulations 4 (one from each group)
 - i. Rasasindura, Swarna vanga, Sameer pannaga rasa
 - ii. Saptamruta lauha, Punarnava mandura, Navayasa lauha
 - iii. Agnitundi vati, Tribhuvana kirti rasa, Sootshekhara rasa, Laghusutashekhara Rasa
 - iv. Arogyavardhini vati, Laghumalinivasanta rasa, Hinguleshwar rasa, Anandbhairav rasa, Rajapravartini vati

Paper II

BHAISHAJYAKALPANA

100 Marks

PART A

50 marks

1. **History and Chronological (kramika vikasa) development** of Bhaishajyakalpana. Concept of Aushadha and Bhesaja.
2. **Fundamental principles of Bhaishajya Kalpana.**

3. Study of Ancient and Contemporary systems of 'Maana' (Units of measurement), Shushka -ardra –drava- dravya grahan niyam (Rules of measures of dry, fresh, liquid drugs); Grahyagrahyatva, Nava Puran dravya grahan niyam.

4. Guidelines and Methods of collection, storage, preservation of Aushadhi dravya. Concept of Saviryatavadhi (shelf life) and stability in ancient and contemporary science.

5. Bhesajprayogavidhi : Aushadha Matra, Anupana and sahapan and Aushadh sevan kaala. (Posology).

6. Panchavidha kashaya kalpana and Other kalpana : Kashaya Yoni, Swarasa, Kalka, Kwatha, Hima and Phanta, Pramathya, Aushadha siddha paniya, Tandulodaka, Laksha rasa, Mantha, Panaka, Arka, Churna, Rasakriya, Ghana, Phanita, Avaleha, Prasha, Gudapaka, Sharkara, Syrups, Ksheerapaka, Satva, Guggulu kalpana, Vati, Gutti, Pinda, Modaka, Varti Preparation of Tablets, pills, capsule and Suppositories. Masi kalpana, Lavana kalpana, Kshara kalpana and Kshara sutra.

7. Introduction and general knowledge of useful instruments/ Equipments -Disintegrator, Mixer, Grinder, End Runner, Edge Runner, Sieve-Shaker, Granulator, Tableting machine, Pill making machines, coating and polishing pan, capsule filling machine, sieves and mesh.

8. Sneha kalpana : Sneha yoni, Types of Sneha, Sneha murchana vidhi, Sneha paka vidhi, patra paka, types and their use. Sneha siddhi lakshana, dose, Preparation and uses of Triphala Ghrita, Bramhighrita, Narayana taila, Anutaila.

9. Sandhana Kalpana and its types: Madya Kalpana, Asava, Arishta, Sura (Prasanna - Kadambari - Medaka - Jagala - Bakkasa), Maireya, Surasava, Shukta, Kanjika, Sauviraka, Tushodaka, Sidhu kalpana their methods of preparation, siddhi lakshana, properties, uses, doses. Takrarishta, Draksharishta, Ashokarishta, Dashamoolarishta, Kumaryasava, Chandanasava.

10. Kritanna and Aushadhisiddha anna Kalpana: Definition of Kritanna, Concept of Pathya and Apathya, Yavagu –types of yavagu, Manda, Peya, Vilepi, Anna, Bhakta, Odan, Yush - types, Krishara, Mansa rasa, Vesavara, Khad Kamblika, Raga, Shadava, Dadhi and Takra Varga – Takra, Udasvita, Katvar, Mathita, Chhachika.

PART B

50 marks

1. Bahyopacharartha kalpana (External Applications)-Lepa -Types of Lepa, methods of preparation and mode of application. Udvartan and Avachurnan, Method of preparation of Siktha Taila, Malahara – Sarjarasa Malahara, Gandhak Malahara, Upanaha, Atasi upanaha, Shatadhouta and Sahastradhouta Ghrita. Brief introduction of semi solid dosage forms- Ointments, Creams, Emulsions, Gels, Lotions.

2. Principles and precautions for preparation of formulations for following:

2.1 Netraupacharartha kalpana (Ophthalmic preparations) – Seka, Drava, Pindi, Anjana - Ashchyotana - Tarpana - Putapaka and Vidalaka, Methods of preparation of eye drops, eye ointments.

2.2 Nasyopachararth Kalpana - Classification of Nasya, Navana, Avapidana, Pradhaman, Marsha and Pratimarsha nasya.

2.3 Dhumapanarth kalpana - Classification of dhumpaana, Method of preparation of dhumvarti and its therapeutic uses. Dhupan: Vranadhupan, arshodhupan.

2.4 Mukhaprayogarth kalpana - Gandoosha - Kavala - Pratisaran, Tooth paste, Tooth powders and Mouth wash.

2.5 Basti kalpana- Classification, Method of preparation of Niruha and Anuvasana, Basti Therapeutic properties and uses of Basti.

3 Brief knowledge of Standardization of Ayurvedic formulations- Kasthanushadhi.

4 Brief introduction of Drug and Cosmetics Act 1940 and Rules 1945.

5 Concept of, Aushadhi Nirmanshala, with respect to Good Manufacturing Practices (GMP) in accordance to Schedule T.

Practical

Bhaishajya Kalpana

50 Marks

Following practicals to be performed- (Minimum one from each category)

Method of preparation, therapeutic uses, dose and anupana of the following

1. Swarasa- Ardraka swarasa, Tulasi swarasa, Kumari Swarasa, Vasa putapaka swarasa
2. Kalka- Nimba kalka, Rasana kalka.
3. Kwatha- Punarnavasthaka kwatha, Rasna Sapthaka kwatha, Kulattha kwath.
4. Hima- Dhanyaka hima, Sarivadi hima .
5. Phanta- Panchakola phanta, Yastimadhu Phanta.
6. Pramathya- Mustadi pramathya
7. Mantha- Kharjuradi mantha
8. Aushadh siddha paniya- Shadanga paniya
9. Laksha Rasa.
10. Arka - Yavani arka, Gulab arka, Misreya arka
11. Panaka- Chinchana panaka, Chandan panaka.
12. Sharkara- Banapsha sharkara, Nimbu sarkara.
13. Churna- Sitopaladi Churna, Hinguwashtaka Churna.
14. Gutika- Chitrakadi Gutika, Sanjivani Vati.
15. Guggulu-Triphala Guggulu, Kaishora Guggulu.

16. Avaleha- Chyavanaprashavaleha, Vasavaleha, Vyaghri Haritaki avaleha, Manibadra avaleha.
17. Rasa kriya - Darvi Rasakriya, Guduchi Ghana, Kutaja Ghana.
18. Khanda- Haridra khanda, Narikela khanda, Sowbhagya shunti paka
19. Satva- Amruta satva,
20. Varti- Phala varti, Chandrodaya varthi
21. Lavana- Arka lavana, Narikela lavana
22. Masi- Triphala masi, Mayurpiccha Masi
23. Ksheerapaka- Arjuna ksheerapaka, Rasona ksheerapaka, Shunthi Ksheerpaka 24.
- Kshara- Apamarga kshara, Snuhi kshara, Ksharasutra.
25. Manda, Peya, Vilepi, Yavagu, Krishra, Vesavara
26. Yusha - Mudga yusha, Saptamushtika yusha, Kulattha yusha
27. Aristha- Kutajarishta, Takrarishta
28. Asava - Kumaryasava, Kanakasava
29. Sukta kalpana- Kanji
30. Udaka- Tandulodaka
31. Upanaha- Atasi Upanaha
32. Siktha Taila Nirmaan
33. Malahara- Sarjarasa malahara, Gandaka malahara, Cream, Emulsion. Sneha Kalpana
- Sneha Murchhana - Ghrita Murchana, Taila Moorchhana, Ghrita kalpana: Jatyadi ghrita, Triphala ghrita, ksheerashatphala ghrita- Taila kalpana-Panchaguna taila, Arka taila, Bala taila, Jatyadi taila
35. Taila patana- Bhallataka taila patana, Jayapala taila patana
36. Shodhana- Guggulu, Hingu.

II. Visit of minimum three GMP approved Ayurvedic manufacturing units.

Distribution of Practical Marks: Total 200 Marks

Rasashastra - 100

- | | |
|----------------|------------|
| 1. Record Book | - 10 Marks |
| 2. Experiment | - 30 Marks |
| 3. Spotting | - 20 Marks |
| 4. Viva-voce | - 40 Marks |

Bhaishajyakalpana - 100

- | | |
|----------------|------------|
| 1. Record Book | - 10 Marks |
| 2. Experiment | - 30 Marks |
| 3. Spotting | - 20 Marks |
| 4. Viva-voce | - 40 Marks |

Reference Books

- | | |
|---------------------------------------|-----------------------|
| 1. Adyatan Rasa Shastra | R.K. Goyal |
| 2. Abhinav Rasa Shastra | Vaidya Somadev Sharma |
| 3. Asava Arishta Vigyanam | Dr. Pakshdhar Jha |
| 4. Ayurvediya Rasa Shastra (Sachitra) | Chandrabhusan Jha |

5. Ayurvediya Rasa Shastra	Badrinarayan Pandey
6. Rasa Bhaishajya Paribhasa	Sureshananda Thapaliyal
7. Ayurvediya Rasa Shastra	Prof. Siddhi Nandan Mishra
8. Ayurved Prakash	Vaidya Gujrat Mishra
9. Drugs and Cosmetic Act - 1940	
10. Paka Darpana	Dr. Indradev Tripathi
11. The Paka-darpana of King Nala	Dr. Madhulika critical study
12. Parada Vigyaniam	Vasudev M. Dwivedi
13. Pratyaksha Aushadh	Nirmanam Acharya VishwanathDwivdei
14. Bhaishjyakalpana Vigyanam	Dr. Agnihotri
15. Rasa Tarangini	Sadanand Sharma
16. Rasa Darpan	Prof. Bhajan Das Swami
17. Rasa Bindu	Dr. Sanjay Sharma
18. Rasa Bhaishajya Kalpana Vigyan	Vaidya Santosh Kumar Khandal
19. Rasa Mitra	Dr. Tryambak Nath Sharma
20. Rasa Ratna Samuchchaya (Hindi)	Dattatreya Ananta Kulkarni.
21. Rasaratna samuchchaya-	Ambikadatta shastri
22. Rasaratna samuchchaya -	Damodar Joshi
23. Rasa Shastra Prayogiki	Srivastava, Yadav and Prof. Ramesh Saxena
24. Rasamritam	Vaidya Yadavji Tirkramji Acharya
25. Rasayan Sara	Vaidya Shyam Sunderacharya Vaishya
26. Rasendra Sampradaya	Vaidya Hajari Lal Sukul
27. Rasendra Sara Sangraha	Vaidya Gopal Krishna
28. Vaidyak Paribhasa Pradeep (Hindi Translation)	Dr. Indradev Tripathi
29. Sharangadhara Samhita	Dr. Radhakrishna Parashar
30. Bharatiya Bhaishajya Kalpana Vigyana	Gananath Vishwanath Dwivedi
31. Bhaishajya Kalpana Vijnanam	Dr. K Ramachandra Reddy
32. Rasa Shastra (English)	Prof. Damodar Joshi
33. Rasa Ratna Samuchchaya (English)	Prof. Damodar Joshi
34. Rasendra Chintamani (Hindi)	Prof. Siddhinandan Mishra
35. Ayurvedic formulary of India	
36. Ayurvedic Pharmacopiea of India , CCRAS	
37. Bhaishjya Kalpana	Vigyan Siddhi Nandan Mishra
38. Textbook of Rasashasra	Dr. K Ramachandra Reddy.
39. Ashadhayoga Vigyanam	Dr. K. Ramachandra reddy
40. Vaidyaka Paribhasa Pradipa (Enlgish Translation)	Dr. K. Ramachndra Reddy & Dr. P. Suresh
41. Relevant parts of Brihatrayee	
42. Text book of Bhaishjya Kalpana -	Dr Shobha G Hiremath
43. Text Book of Rasa Shastra	Dr P H C Murthy
44. Rasa Chandashu	Prof S S Savirkar (CCRAS Publication)
45. Bhaishjya Ratnawali	Prof S N Mishra
46. Yoga Ratnakar	

Additional Books for Reference

1. Kerleeya Oushdha vijnanam Vol 1& 5	Publication Division, Govt. Ayurveda College, Trivandrum
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2.4 CHARAKA SAMHITA - PURVARDHA**(Sutrasthana, Nidanasthana, Vimanasthana, Sharirasthana and Indriyasthana)****Theory - One Paper – 100 Marks****Viva voce – 50 Marks****Total teaching hours - 200****PART A****50 marks****1. Sutrasthana - 40 Marks****2. Indriyasthana - 10 Marks****S – Sloka mandatory, M – Matter****Caraka Samhita - Sutrasthana****Marks: 40**

Charaka's perspective on Ayurveda			
Contents	Beginning of Sloka	Sloka No:	Remarks Sloka/Matter
Structure of Charaka Samhita	Eight sthanas, its order, importance of each sthana, distribution of chapters, gross content		
Contribution of Dridhabala	Added 41 chapters, 14 chapters in Chikitsa (17-30), the whole Kalpa and Sidhi	Colophons of each chapters describing "Agnivesa krite tantre carakapratisamskrit e Dridhabala purite"	
Arrangement of Ca. Su. sthana in Chatushkas	Names of Chatushkas, gross content in each, chapters in each, Importance of such classification		
Descend of Ayurveda	Brahmana hi yatha proktam..... Upagamat	Ch.Soo.1 / 4-5	S
Gurusishya tradition in Caraka Samhita	Atha maitreepara.....yato abhavat	Ch. Soo. 1 / 30 – 32	S
Definition of Ayurveda	Hitahitam.....sa ucchathe	Ch. Soo. 1 /41	
Ayurveda's Trisootra & Triskandha	Hetu-lingaushadha..... yam pithamaha	Ch. Soo. 1 / 24	S
Ayurveda's relationship with Atharvaveda	Tatra Bhishaja Prishtenaivam....hitopdesyathe	Ch. Soo. 30/21	S

Ashtangas of Ayurveda	Tasyayurvedsaya anganyashtau..... vajeekaranamiti	Ch. Soo. 30/28	S
Eternity of Ayurveda	So ayam Ayurveda saswato nirdisyate....laghunamiti	Ch. Soo. 30/27	S+M
Prayojana of Ayurveda	Prayojanam chasya..... vikaraprasamanam cha	Ch. Soo. 30/26	S
Charaka's contributions on Maulika sidhanta			
Concept of Karanapadartha explanation of six padartha Importance of Samanya-visesha sidhanta-	Samanyam cha visesham cha....	Ca. Soo. 1/28-29	S
	Description of each padartha: Sarvada sarva..... ityuktham karanam	Ca. Soo. 1/44-53	S
	Importance of Samnya-visesha sidhanta: Sarvada sarva.....Viparayaya	Ca. Soo. 1/44-46	S
Tridosha sidhanta	Vaayu pittam.....eva cha	Ca. Soo.1/57	
Features of tridosha including Naanaatmaja vyaadhi and Aatmaroopa, role of tridosha in disease manifestation	Doshaanukarshanee.....sareereindrri ya chetasam	Ca. Soo.13/34	S
	Types of doshagati Gatichachaiva uparudhyathe	Ca. Soo.17/115-118	S
	Doshasan'graha Vayueva cha	Ca. Soo.1 1/57	S
	62 combinations of Rasas Dwalba.....Kshaya	Ca. Soo.1/41-44	S
	Symptoms of Doshavikalpa Prakrithistham yadhasirogreeva	Ca. Soo.17/45-61	S
	Aatmaroopa of Vaata, tadyatha roushyam shythyam.....	Ca. Soo.20/12	S
	Abnormal actions of Vaata (kupita karma) Kupithasthu khalu.....	Ca. Soo.12/8	S
	Vaata, actions in the body (rogavastha) Tathvidha Sramsasathyavasayee	Ca. Soo.20/12	S
	Description of Vaata	Ca. Soo.20/12	M
	General management Vaata Tam madhuramla.....	Ca. Soo.20/13	S
	Gunas of` Vaata Rukshaha.....samprashamyathi	Ca. Soo.1/59	S
	Vaata locations in the body (sthaana) Teshamvatasthanam	Ca. Soo.20/8	S
	Vaatalist of naanaatmajavyaadhi, Tatraadhou..... vyakyathaha	Ca. Soo.20/11	M
	Vaata description of normal actions	Ca. Soo.12/8	M
	Normal functions of Vaata Utshaha.....karmavikaarajam	Ca. Soo.18/49	S

Six qualities of Vaata, (saan'kr`tyaayana) Ruksha.....vishataaha	Ca. Soo.12/4	S
Aatmaroopa of Pitta Aushnyam.....vishataaha	Ca. Soo.20/15	S
Action of virecana on Pitta Virechanam.....manyathebhishajaha	Ca. Soo.20/16	S
Pitta actions in the body (rogavastha) Daha.....pitthasya karmani	Ca. Soo.20/15	S
General management of Pitta Madhurakalamchapramanekrithya	Ca. Soo.20/16	S
General treatment for Pitta	Ca. Soo.17/6	M
Gunas of` Pitta Sasneha.....prashmyathi	Ca. Soo.1/60	S
Pitta, importance in the body Agnireva.....dwaanithi	Ca. Soo.12/11	S
Pitta, locations in the body (sthaana) Swedho.....pittasthanaam	Ca. Soo.20/8	S
Pitta, list of naanaatmajavyaadhi	Ca. Soo.20/14	M
Normal functions of Pitta darshanam.....karmavikaarajam	Ca. Soo. 18/50	S
Aatmaroopa of Kapha, sneha.....athmaroopani	Ca. Soo. 20/18	S
Action of Vamana on Kapha Tam katu.....aapathyanthe	Ca.Soo. 20/19	S
Kapha, actions in the body (rogavastha) Shyithya.....sheshmanahkarmani	Ca. Soo. 20/18	S
General management of Kapha Tam katu.....aapathyanthe	Ca. Soo. 20/19	S
Gunas of Kapha gurusheeeth....vipareethagunaairguna ha	Ca. Soo. 1/61	S
Kapha, importance in the body Dardyam.....dwaanithi	Ca. Soo.12/12	S
Kapha, locations in the body (sthaana) Uraha.....sleshmasthanam	Ca. Soo. 20/8	S
Kapha, list of naanaatmajavyaadhi	Ca. Soo. 20/17	M
Normal functions of Kapha sneho.....kaphakarmavikaarajam	Ca. Soo.18/51	S
Charaka's perspective on health and its preservation (Swasthavritta)		

Components of Dinacharya, Brief description on each	Anjana	Ca.Soo. 5/ 15- 20	M
	Dhoomapana – outline, types, effects	Ca.Soo.5/ 20	M
	Nasya Outline, types		
	Dantadhavana	Ca. Soo.5/53	M
	Mukhadharana	Ca.Soo.5/71 – 76	M
	Abhyanga	Ca. Soo.5/ 76 – 78	M
	Snana	Ca. Soo. 5/85 – 90	M
	Other components: Nirmalambaradharana, Gandhamalyanshevana, Ratnabharanadharana etc. (only names)-	Ca.Soo.5/ 93 – 94 Ca.Soo.5/95 – 102	M M
Importance of ritucharya- General characters of Ayanas	General characteristics of Ritus included in each Ayana Iha khalu.....nirdeseeyeth	Ca.Soo. 6/4 – 8	S
Importance of Vega List of Sareerika Vegas Importance of Dhaaraneeya vega	Description of Vega Na.....sramena cha	Ca. Soo.7/3-4	S
	List of dhaaraneeya Vega, Imamstu.....buddhiman	Ca. Soo. 7/26-27	S
Importance of Trayopasthambha	List of Trayopasthambha Trayaupadeshyathe	Ca.Soo.11/35	S
	Normal effects of Nidra Nidrayattam.....buddhirivagatha	Ca.Soo. 21/36	S
Nidra – outline based on the following details	Complications of day time Sleep(divaasvapna) Greeshma.....sukham budha	Ca. Soo.21/44 - 49	S
	Persons indicated & effects Nidra at day time (divaasvapna), Geeta.....prasasyathe	Ca. Soo.21/39 - 43	S
	Description of Nidra Yada.....manava	Ca. Soo.21/35	S
	Effects of excessive Nidra Akaale.....kalaratrivapara	Ca. Soo.21/37	S
	Effects of normal Nidra Nidrayattam.....na cha	Ca. Soo.21/36	S
	Types of Nidra Tamobhava.....nidra	Ca. Soo.21/58	S
	Management of complications of excessive Nidra (atinidra), Kayasya.....Samudhitham	Ca. Soo.21/55 - 56	S
	Cause for Nidraanaas'a Etha.....prakrithi vayu reva cha	Ca. Soo. 21/57	S
	Measures to manage Nidraanaas'a	Ca.Soo.21/52 - 54	S

	Abhyanganimithatha		
Importance of Aahaara (give an outline based on the given references)	Aahaara advised for continuous intake Shashtika.....caabhyaseth	Ca. Soo.5/12	S
	Caturvidha upayoga of Aahaara, (four usage) Chaturvidha.....upayogaath	Ca. Soo. 25/36	S
	Dvividhayoni of Aahaara Aahara.....jangamath	Ca. Soo. 25/36	S
	Aahaara, forbidden for continuous intake Valluram.....na Sheelayeth	Ca. Soo. 5/10-11	S
	Effects of hita Aahaara in the body Ishta varnasampathayethe	Ca. Soo. 27/3	S
	List complications,of viruddha, Aahaara Shanda.....pravatanthi	Ca. Soo.26/102-103	S
	Description of viruddha Aahaara,	Ca. Soo. 26/84	M
	List of 18 types of viruddhaAahaara	Ca. Soo. 26/86-101	M
	Treatment of viruddha Aahaara, Tatyadha.....Sareersyaiti	Ca. Soo. 26/104	S
	Aahaaraa, dvividhaprabhaava of	Ca. Soo 25/36	S
	Aahaaraprasaada, rasa	Ca. Soo. 28/4	S
	Importance of Ahara - Aharasambhavam vastu	Ca. Soo. 28/45	S
General guidelines for prevention of diseases (Soo. 7)	Roga anutpatti, measures for	Ca. Soo. 7/53-33	S
Importance of sadvritta through examples of Sadvritta related general life, Aahaara and Vyavaaya – Selected important elements only	Sadvr'tta, description of	Ca. Soo. 8/18-19	S
	Sadvr'tta, importance of	Ca. Soo. 8/17	S
	Saatmya, saravarasa, best of	Ca. Soo. 7/41	S
	Rule for changing Saatmya (Uchitad...bhavanti cha)	Ca. Soo. 7/36 – 38	S
Concept of Ashtanindita kaaya - List of Ashtanindita	Asht'anindita purusha, list of	Ca. Soo. 21/3	S
	Atisthoola (s'areera), one among 8 ninditakaaya	Ca. Soo. 21/3	
	Atisthoola, 8 doshas of, description	Ca. Soo. 21/4	S

purusha – reason for their ninditatwa Description of Atisthoola			
Charaka's perspective on Dravya & Aushadha			
Definition and classification of Dravya (Soo. 1) Definitions, classifications, importance etc. based on the above details mentioned	Dravya, aagneya, features of	Ca Soo. 26/11	S
	Dravya, aakaas'eeya, features of	Ca. Soo. 26/11	S
	Dravya, aapya, features of	Ca Soo.26/11	S
	Dravya, classification of	Ca. Soo. 1/48	S
	Dravya, definition of	Ca. Soo. 1/51	S
	Dravya, Jan'gama, list of	Ca. Soo. 1/68-69	S
	Dravya, list of	Ca. Soo. 1/48	S
	Dravya, one among kaarana	Ca. Soo. 1/28	S
	Dravya, one among paadacatusht'aya, qualities of	Ca. Soo. 9/7	S
	Dravya, paan`cabhautikatva, ascertainment of	Ca. Soo. 26/10	S
	Dravya, paarhtiva, features of	Ca. Soo. 26/11	S
	Dravya, trividha, according to action	Ca Soo. 1/67	S
	Dravya, trividha, according to source	Ca. Soo. 1/68	S
	Dravya, vaayavya, features of	Ca. Soo. 26/11	S
	Dravyagunaprabhaava, mention of	Ca. Soo. 26/13	S
	Dravyaprabhaava, mention of	Ca. Soo. 26/13	S
	Dravyasan'graha	Ca. Soo. 1/48	S
Features of ideal Aushadha (Soo.1), Importance of drug identification (Soo. 1)	Importance of Aushadha Oshadheernaama – Yathavisham yatha sastram etc.	Ca. Soo. 1/120-125	S
Names of shad virechana asraya, Panchakashaya yoni, Panchavidhakashayakalpna, 50 Mahakashayas, list of any five mahakashaya group (preferably hridya, vishaghna, sothahara, sukrasodhana and samjnasthapana)			
Concepts of Rasa, Guna, Veerya, Vipaaka and Prabhaava (as per Soo. 26)	Rasa (taste) detailed description of	Ca. Soo. 26	
	Rasa (taste), bhoota predominance	Ca. Soo. 26/40	S
	Rasa (taste), characters of individual	Ca. Soo. 26/43	S
	Rasa (taste), identification of	Ca. Soo. 26/66	S
	Rasa pradoshajavyaadhi	Ca. Soo. 28/9-11	S
	Rasa, 63 combinations of (Rasavikalpa)	Ca. Soo. 26/14-22	M
	Rasa, action on doshas	Ca. Soo. 1/66	S
	Rasa, discussion on number of	Ca. Soo. 26/8	S
	Rasa, primary description of	Ca. Soo. 1/64	S
	Rasa, shad', grading based on guna	Ca. Soo. 26/53-56	S

	Rasa, shad', list of	Ca. Soo. 1/65	S
	Rasa, shad'tva, reason for	Ca. Soo. 26/39-40	S
	Rasa, yoni of	Ca. Soo. 26/9	S
	Rasa,shad', identification of each	Ca. Soo. 26/73-78	S
	Rasaadi, identification of	Ca. Soo. 26/66	S
	Veerya, 8 types of (asht'avidha)	Ca. Soo. 26/64	S
	Veerya, definition of	Ca. Soo. 26/65	S
	Veerya, dvididha	Ca. Soo. 26/65	S
	Veerya, identification of	Ca. Soo. 26/66	S
	Veerya, short definition of	Ca. Soo. 26/13	S
	Vipaaka, identification of	Ca. Soo. 26/66	S
	Guna, definition of	Ca. Soo. 1/51	S
	Guna, List of	Ca. Soo. 1/49	S
	Guna, one among kaarana	Ca. Soo. 1/28	S
	Guna, paraadi, description of	Ca. Soo. 26/29-35	S
	Gunaprabhaava, mention of	Ca. Soo. 26/13	S
	Prabhaava, acintya, mention of	Ca. Soo. 26/70	S
	Prabhaava, definition & examples of	Ca. Soo. 26/67	S
	Prabhaava, dvididha, of aahaara	Ca. Soo. 25/36	S
	Prabhaava, dvididha, of rasa	Ca Soo. 26/9	S
Hitatama-ahitatama aahaaradravya, list of 50 important agryas (as per Yajja purusheeya)	Selected 50 items from the list	Ca Soo. Yajjahpurusheeya 38 onwards	M
Definition of Viruddha and names of 18 Viruddha	Definition, types with examples List of diseases caused by Viriddha Yat kinchit...	Ca. Soo. 26/85-103	M
Classification of Aharadravya (as per Soo. 27)	Broad classification into Annavarga and Panavarga Sub-classification of both into different groups Individual descriptions not required		
Charaka's perspective on disease causation and pathology			
Importance of Trividha hetu	Hetu, roga, trividha, mention of	Ca. Soo. 1/54	S
	Trividha hetu description Treenyayatanani... Tisraishaneeya	Ca. Soo. 11/37-44	M
Santarpana-apatarpana janya	Santarpanajanya, list of	Ca. Soo. 23/5-7	S

rogas			
	Apatarpanajanya	Ca. Soo. 23/26 - 30	S
Dhatupradoshaja vyadhi	Separate list of Raspradoshaja to Suklapradoshaja vyadhi	Ca. Soo. 28/9-19	S
	Pareeksha, four types of, (caturvidha)	Ca Soo. 11/17	S
Charaka's perspective on Chikitsa			
General treatment outline of Sareerika and Manasika dosha	Prasamyatyasudhai poorvam....	Ca. Soo. 1	S
	Cikitsa (aushadha), for s'aareeradoshakopa, trividha	Ca. Soo. 11/55	S
Trividha (Yuktivyapasraya, Daivavyapasraya, Satwavajaya)	Cikitsa (aushadha), trividha	Ca. Soo. 11/54	S
	Cikitsa of maanasadosha, first mention of	Ca. Soo. 1/58	S
	Cikitsa of s'aareeradosha, first mention of	Ca. Soo. 1/58	S
Defiition of Chikitsa	Cikitsa, definition of	Ca. Soo. 9/5	S
	Cikitsa, definition of	Ca. Soo.16/34	S
Shadupakrama	Shad'upakrama, list of	Ca. Soo. 22/4	S
	Shadupakrama, definition of each	Ca. Soo. 22/10-12	S
	Characters of dravya used for Shadupakrama	Ca. Soo. 22/10-17	S
Dasavidha langhana	Das'avidhalan'ghana, list of	Ca. Soo. 22/18	S
Importance of Pathya in treatment (Soo 25)	Pathya, definition of	Ca. Soo. 25/45	S
Superiority of sodhanachikitsa over samanachikitsa	S'odhana, importance of	Ca. Soo. 16/20-21	S
Other important points in Sutrasthana			
Swabhavoparama vaada	Jayanthe.....avarthanam	Ca. Soo. 16/27	S
Concept of tisraishaneeyam	Iha khalu.....ithi	Ca. Soo. 11/3	S
Praaneshana	Aasaam.....bhavathi	Ca. Soo. 11/4	M
Dhaneshana	Tasmaath.....bhavathi	Ca. Soo. 11/5	M
Paralokeshana	Evam pramaanai.....bhavathi	Ca. Soo. 11/33	M
Paarthiva dravya guna	Tatradravyaani.....sthairyakaraani	Ca. Soo. 26/11	S
Aapya dravya guna	Dravasnighdha.....prahlaadakar aani	Ca. Soo. 26/11	S
Aagneya dravya	Ushnateekshna.....varnakaraani	Ca. Soo. 26/11	S

guna			
Vaayavya dravya guna	Laghusheetha.....laaghavakaraani	Ca. Soo. 26/11	S
Aakaasheeya dravya guna	Mrudulaghu.....laaghavakaraani	Ca. Soo. 26/11	S
Composition of ayuh	Sareerendriya.....aayuruchyathe	Ca. Soo. 1/42,30/22	S
Sukhaayu	Tatrasaareera.....sukhamaayuruc hyathe	Ca. Soo. 30/24	S
Asukhaayu	Asukhamatho viparyayeena	Ca. Soo. 30/24	S
Hithaayu	Hithaishinah.....hithamaayuruchy athe	Ca. Soo. 30/24	S
Ahithaayu	Ahithamatho viparyayeena	Ca. Soo. 30/24	S
Tridandah	Satwamathma.....samprakashitha	Ca. Soo. 1/46-47	S
Concept of ojas	Yenojasa.....yatra prathishtithaa	Ca. Soo. 30/9-11	S

Caraka Samhita - Indriyasthana

Marks: 10

Content	Beginning of Sloka	Sloka No.	Remarks
Arishta - Definition	Kriyapatham.....niruchyathe	Ca. Ind. 11/29	S
Arishta bheda	Vikrithi.....Cha	Ca. Ind. 1/6	S
Lakshananimithaa vikrithi	Tatralakshananimitha.....utpaadayanthi	Ca. Ind. 1/7	S
Lakshyanimitha vikrithi	Lakshyanimitha.....nidaneshu	Ca. Ind. 1/7	S
Nimithanurupa vikrithi	Nimithaanurupa.....upadekshyaama	Ca. Ind. 1/7	S
Prakrutha and vaikrutha varna	Tadyatha.....sareerasya	Ca. Ind. 1/8-9	S
Sparsavikrithi saamaanyam	Satatam.....syad	Ca. Ind.3/4	M
Swapna and types	Manovahaanam.....saptha vidham vidu:	Ca. Ind. 5/41-43	M
Chaayabheda and prognosis	Khaadeenaam.....mahathe api va	Ca. Ind. 7/10-13	M
Prabhabheda and prognosis	Syathaijasi.....ashubhodaya	Ca. Ind. 7/14-15	M
Chaya-Prabha bheda	Varnama.....prabhaasraya	Ca. Ind. 7/16-17	M

PART B

50 marks

1. Nidanasthana - 15 Marks
2. Vimanasthana - 20 Marks
3. Sharirasthana - 15 Marks

Caraka Samhita - Nidanasthana

Marks: 15

Content	Beginning of Sloka	Sloka No.	Remarks
Ch.1: Jwaranidana			
Definitions of Nidaana	Iha khalu hetu..... ithuntharartham	Ca. Ni. 1/3	S
Pragroopa	Poorva roopam..... vyadhe:	Ca. Ni. 1/8	S
Linga	Prathurbhootha..... arthantharam	Ca. Ni. 1/9	S
Upasaya	Upasaya.....sukhanubantha	Ca. Ni. 1/10	S
Samprapti	Samprapthi jathi.....bhavathi	Ca. Ni. 1/11-12	S
Sankhya samprapti and introduction to Vathika Paithika and Kaphaja Jwara	Rooksha..... Upasayascha	Ca. Ni. 1/19-27	M
Aganthu jwaram	Abhighatha..... badyethe	Ca. Ni. 1/30	S
Samanya Chikitsa of Jwara	(Thatra poorva roopa.....ayojyam	Ca. Ni. 1/36	M
Sarpi in Jwara	Jeerna jware.....dravyeshu iti	Ca. Ni. 1/37	M
Ch.2: Raktapitta			
Sankhyasamprapti and introduction to Raktapitta	Yada..... dooshayathi	Ca. Ni. 2/4	M
Poorvaroop	Anannaabhilasha..... Iti	Ca. Ni. 2/6	M
Upadrava	Dourbalya.....Swarabhedascha	Ca. Ni. 2/7	S
Urdhwaga Raktha pitham	Sadhyam Prathi padyathe	Ca. Ni. 2/ 12-14	M
Adhoga Raktha pitham	Raktham tu.....Anulomagam	Ca. Ni. 2/15-17	M
Ubhaayayana	Raktha pittam Vidyathe	Ca. Ni. 2/ 18-20	M
Ch.3: Gulmanidana			
Samanya Nidana	Yada Purusho..... Apadyathe	Ca. Ni. 3/6	S
Definition of Gulma	Sa prakupitho..... Gulma ithyabhidheeyathe	Ca. Ni. 3/14	S
Raktha gulama Nidanam	Shonita gulma tu.....Ahu moodha	Ca. Ni. 3/15	M

Poorvarupa	Anannabhilashanam Asahatwamiti	Ca. Ni. 3/7	M
Ch.4: Pramehanidana			
Nidanam	Hayanaka nidana visesha	Ca. Ni. 4/5	M
Dooshya visesha in prameha	Bahudooshya visesha	Ca. Ni. 4/7	S
Names of Kaphaja meha	Udaka Alalamehascheti	Ca. Ni. 4/10	S
Names of Pitta meha	Ksharamehascha..... Haridramehaschethi	Ca. Ni. 4/25	S
Names of Vatika meha	Vasamehascha..... Madhumehascheti	Ca. Ni. 4/39	S
Upadrava of prameha	Upadravasthu.....Bhavanthi	Ca. Ni. 4/48	M
Ch.5: Kushtanidana			
Kushta nidanam	Saptha dravyani..... Upathapanthi	Ca. Ni. 5/3	S
Saptha maha kushta	Iha..... Kushta visesho bhavathi	Ca. Ni. 5/5	S
Poorvaroop of kushta	Aswedanam.....Asamrohanam chethi	Ca. Ni. 5/7	S
Upadrava of Kushta	Pra Sravanam..... Avi pakascha	Ca. Ni. 5/11	M
Ch.6: Sosha nidana			
Sosha Ayathana	Iha khalu..... Vishamasana iti	Ca. Ni. 6/3	S
Sahasa as cause of Sosha	Yada..... Sushyanti	Ca. Ni. 6/4	M
Sandharanam as cause of Sosha	Yada purusho..... Sanairupasushyati	Ca. Ni. 6/6	M
Kshaya as cause of Sosha	Yada va purusho..... Sanairupasushyati	Ca. Ni. 6/3	M
Vishamasana as cause of Sosha	Yada purusha..... sanai: Sushyati	Ca. Ni. 6/10	M
Ekadasa roopam	Sirasa..... arochakascheti	Ca. Ni. 6/14	S
Ch.7: Unmaadanidana			
Definition	Unmadam punarmano..... vidyath	Ca. Ni. 7/5	S
Nidanam	Bheeroonam..... Unmadam	Ca. Ni. 7/4	M
Unmada Sadhanani	Sneha sweda..... syaditi	Ca. Ni. 7/8 Ca. Ni. 7/16	M
Agantu unmada nidanam	Prajnaparadha..... Unmatham	Ca. Ni. 7/10	M
Samanya lakshana	Athyatmabala.....unmadaka ala	Ca. Ni. 7/13	S
Ch.8: Apasmaranidana			
Definition	Apsmaram puna... Praveshamachakshathe	Ca. Ni. 8/5	S

Nidanam	Rajasthamo Apasmarathi	Ca. Ni. 8/4	M
Poorvaroopam	Bhruvi.....Pathanadeeniti	Ca. Ni. 8/6	M
Concept of Nidanarthakara roga	Nidanarthakaro..... Arthakarina	Ca. Ni. 8/16 -20	S
Sudha, Avisudha chikitsa		Ca. Ni. 8/16 -20	S

Caraka Samhita - Vimanasthana

Marks: 20

Content	Beginning of Sloka	Sloka No.	Remarks
Rasa, taste, relation with dosha		Ca. Vi. 1/6	
Concept of Rasaprabhava	Thatra dosham ekaikam..... Shamayanthi Abhyasyamana	Ca. Vi. 1/6-7	S
Concept of Dravyaprabhaava	Dravya prabhavam punarupa.....Chathan Jayathyabhyasyamanam	Ca. Vi. 1/13-14	M
Forbidden for continuous use	Dravyas, forbidden for continuous use	Ca. Vi. 1/15	S
Concept of Vikritivishama samavaaya	Tatra khalu aneka raseshu dravyshu.....Dravya viikara prabhava thatwam vyavaseth	Ca. Vi. 1/9-11	S
Concept of Srotas, list of srotas along with moolasthan (Srotovimaana) - Vi 5			
Srothas	Sarve hi bhava purushe.....Bhavanthya yanarthena	Ca. Vi. 5/3	S
List of Srothas	Pranodakanna..... Na vikarairupasrujyathe shareeram	Ca. Vi. 5/7, 5/8	S
Moolasthan	Pranavahanam srothasam hrudayam moolam..... Medo moolam loma koopa cha	Ca. Vi. 5 /8	S
Role of Srotas in Roga	Thesham prakopath..... Dhatuneva pradooshayanthi pradushta Aharascha Viharascha.....Srothasam dushti Lakshanam	Ca .Vi. 5/9 Ca. Vi. 5/23-24	S
Concept of Janapado dhvamsa	Prakrurthyadibhirbhavai:Vayu, udakam desa: kala iti)	Ca. Vi. 3/6	S
List of factors affected in Janapado	Vathat Jalam..... Gareeya stharam Arthavith	Ca. Vi. 3/10	S

dhwamsa			
Features of each dushti			M
Management	Karma panchavidham thesham.....Proktham ayusha paripalanam	Ca. Vi. 3/12-17	S
Dhatusaamya lakshana	Karyam Dhatu samyam, thasya lakshanam vikara upashama:.....Indriyanam cha avyapathiriti	Ca. Vi. 8/89	S
Concept of Ashtaahaaravidhi	Thatra khalu imani ashtavahara.....Upayokthrashtamani, Prakruthiruchyathe swabhavo ya: ... Yadayatham oka sathmyam	Ca. Vi. 1-21/22	S
Different rules of food intake (aahaaravidhi)	Aahaaravidhi vis'eshaayatana, eight types of	Vimaana 1/21	M
	Ushnam Snigdham Matravath..... Abhi sameekshya Samyak	Ca. Vi. 1/24-25	S
	Effects of heenamaatra Aahaara Tatrakusala	Ca.Vi2/7	S
	Features of maatraavat Aahaara	Ca.Vi2/6	S
	Rules of Aahaara, intake Tatra.....samyak	Ca.Vi1/24	S
	Effects of snigdha Aahaara Snigdham.....chabhinirvrthyat hi	Ca.Vi1/25 (2)	S
	Effects of ushna Aahaara Usnam.....parihasyathi	Ca.Vi.1/25(1)	S
Different classification of diseases (as per Vi 6)	Dve roganike bhavatha: , Prabhava bhethe... Pakvashaya samudham Thatranubandhya anubandha krutha:Nana prakruthi visesha vyuha:	Ca. Vi. 6/3 Ca. Vi. 6/11	S
Dasavidha pareekshya bhaava	Dasavidham tu pareekshyam karanadiSoushtavam abhidanam cha samyak	Ca. Vi. 8/84	S
Aaturapareeksha (list of 10 factors)	Thasmath Athuram pareekshetha prakruthithashcha vikruthi..... Vayasthaschethi)	Ca. Vi. 8/94	S
Dwividha vyaadhita	Iha khalu dwau prushau vyadhita roopau..... Iva drusyathe	Ca. Vi. 7/3	S
Prakrithi	Yena yena.....bhavanthi	Ca. Vi. 8/95	S

Tpes of prakrithi	(Sukrasonitha....garbhasareeram apekshathe	Ca. Vi. 8/95	S
Description of Vata, Pitta, Kapha Prakriti	Sleshmalaahi.....aayus hmanthascha bhavanthi Pithamushnam.....upak aranavanthascha bhavanthi Vaathasthu Rooksha.....alpadh anaascha bhavanthi	Ca. Vi. 8/96 Ca. Vi. 8/97 Ca. Vi. 8/98	S
Sarapareeksha	Saathaschethi.....satw aaneethi	Ca. Vi. 8/102,111	S
Description of each Sara	Tatra snigdha..... vyakhyaatha	Ca. Vi. 8/103 – 110	S
Satmyapareeksha	Saatmya, trividha, description of	Ca. Vi. 1/20	S
Satwapareeksha	Satwathaschethi..... maranamithi	Ca. Vi. 8/119	M
Apakarshanaadi vibhajanam (Vi 7)	Three types – Apakarshana, Prakritivighata, Nidanatyaga	Ca. Vi. 7/14	S
Sastrapareeksha, Acharyapareeksh, Sishyapareeksha	Vividhani hi sastrani.....	Ca. Vi. 8	S
Four types of Aahaara Ashitham.....budd himan		Ca.Vi. 2/15	S
Two types of, Amaatra Aahaara Aamatravattam...kusala		Ca.Vi. 2/7	S
Cause for aamadosh atimaatra Aahaara, Maatrayaprajagarai		Ca.Vi. 2/8	S

Caraka Samhita - Sareerasthana

Marks: 15

Content	Beginning of Sloka	Sloka No.	Remarks
Loka-purusha saamyaa vaada	Yavantho hi loke.....thavantho loke	Ca. Saa. 5/3	S
Panchabhootha sidhantha	Mahabhoothaani.....that guna:	Ca. Saa. 1/27	S
Eka guna vridhi	Theshaam.....gunishu smritha:	Ch. Saa. 1/28	S
Asaadhaarana	Kharadrava.....saviparyaya	Ca. Saa. 1/29-30	S

dharmā			
Panchabhootha makeup of the human body	Tatra prithwee moorthy.....Viyat sushirani Tatra yadsrothram cha	Ca. Saa. 5 Ca. Saa. 7/16	S
Prajnaaparadha - definition	Dheedhrithi.....prakopanam	Ca. Saa. 1/102	S
Prajnaaparadha - details	Udeeranam.....vyaadhikaara nam	Ca. Saa. 1/103- 108	M
Vedanaadhishtaa nam	Vedanaanaaam.....gunairvin a	Ca. Saa. 1/136	S
Trishna	Ichhadweshatmika.....vethi vedana	Ca. Saa. 1/134- 135	M
Yoga and Moksha	Yoge mokshapravarthaka	Ca. Saa. 1/137	S
Yoga	Aathmendriyamano..... vidu	Ca. Saa. 1/138- 139	S
Ashta sidhi in yoga	Aaveshachethaso.....upajaay athe	Ca. Saa. 1/140- 141	S
Sareera – Definition	Tatra sareeram.....prapnothi	Ca. Saa. 6/4	S
Purusha – different concepts	Budheendriya.....sajnaka:	Ca. Saa. 5/4 Ca. Saa. 5/5	M
	Tasyapurushasya..... vidyaathithi	Ca. Saa. 1/35	S
Ekadhaathu purusha	Chetana.....sajnaka:	Ca. Saa. 1/16	S
Shaddhathupurus ha	Khaadaya.....smritha	Ca Saa. 1/16	S
Chaturvimsathi tatwatmaka purusha	Punascha.....dhaathuki	Ca. Saa. 1/17	S
Aathmalinga	Praanaapaana.....paramaa thmana	Ca. Saa. 1/70-72	S
Characteristics of mana	Lakshanam.....budhipurvakam	Ca. Saa. 1/18-23	S
Aahaaraparinaam akara bhaavas	Tadyatha ooshma pachathi.....sampadyathe	Ca. Saa. 6/15	S
Sareeravidhikara bhaavas	Kaalayoga.....avighaathasch ethi	Ca. Saa. 6/12	S
Balavidhikara bhaavas	Balavat purushe dese.....samharshaschethi	Ca. Saa. 6/13	S
Garbhopaghaatak ara bhaavas	Sarvam athigurushna.....striyo vidyu :	Ca. Saa. 4/18	S
Garbhakara bhaavas	Tathah praptakaala:oupapaadukamithi	Ca. Saa. 3/3	S
Maathruja bhaava	Twak cha lohitham	Ca. Saa. 3/6	S

	maathujaani		
Pithruja bhaava	Kesa.....sukram chehti	Ca. Saa. 3/7	S
Aathmaja bhaava	Thaasu thaasu prayatnaschethi	Ca. Saa. 3/10	S
Saathmyaja bhaava	Aarogyam.....praharsha bhuyastwam chethi	Ca. Saa. 3/11	S
Rasajabhaava	Sareerasyaa..... utsaahaschethi	Ca. Saa. 3/12	S
Satwaja bhaava	Bhakthi.....anye	Ca. Saa. 3/13	S
Beejabhaaga dushti	Yasya yasya ...ubhayopapathirapyathra	Ca. Saa. 3/17	S
Streekara, purush akara bhaava	Rakthena.....adhikena	Ca. Saa. 2/12	
Satwa bheda	Trividham khalu..... cha sareeram	Ca. Saa. 4/36	S
Satwabhedha – explanation of 16 types		Ca. Saa. 4/37 onwards	M

Reference Books

1. Charakasamhita –Ayurveda Dipika commentary by Chakrapani.
2. Charakasamhita (Hindi Commentary): Vaidya Jayadev Vidyalankar or Vd. Atridev Vidyalankar or Prof. Gorakha Nath Chaturvedi & Kashinath Shastri or Dr. Brahmanand Tripathy or Dr. Ravi Dutta Tripathy
3. Charakasamhita (English Commentary): Dr. Ram Karan Sharma & Vd. Bhagwan Dash or Acharya Priyavrata Sharma.
4. Charakasamhita-Ayurveda Dipika Commentary-Hindi Translation by Dr. B L Gaur, published by Rashtriya Ayurved Vidyapeeth.

Additional Books for Reference

1. Caraka Samhita – Sutrasthana - Dr. T. Sreekumar

THIRD PROFESSIONAL

3.1 AGAD TANTRA, VYAVHAR AYURVED EVAM VIDHI VAIDYAK

3.2 SWASTHAVRITTA AND YOGA

3.3 PRASUTI EVAM STRIROGA

3.4 BALROGA

3.5 CHARAK SAMHITA (UTTARARDH)

3.1 AGADTANTRA, VYAVAHAR AYURVED EVAM VIDHIVADYAK
(Toxicology, Forensic Medicine and Medical Jurisprudence)

Theory - One Paper – 100 Marks

Practical/Viva - 50 Marks

Total teaching hours – Theory - 200

Practical - 100

PART A

50 marks

- 1.** Derivation, definition of Visha and Agadatantra. Scope of Agadatantra. Visha Utpatti, Visha Prabhava, Visha Pranaharana Kriya, Visha Guna, Visha Gati, Visha Vega Visha Sankata, Shanka Visha.
- 2.** Definition of toxicology, Definition of poison, suicidal and homicidal poisons, classification of poisons, their action and route of administration, absorption, excretion, metabolism, diagnosis and general principles of treatment, duties of a medical practitioner in case of suspected poisoning.
- 3.** Origin and Classification of Visha:-Its sources, Difference between Visha, Madya and Oja guna, Visha Upadrava and Visha Mukta Lakshana.
- 4.** Tests for detection of Visha, and Modern Toxicological Techniques of detection of poisons Visha Data Lakshana, Visha Peeta Lakshana, Signs and symptoms of Visha afflicted organs and personal effects. (Poisoning with Anjana, Lepa paduka, Abharana etc.
- 5.** Introduction to Environmental Toxicology- Samuhika Vishaprayoga- effect of chemical and nuclear warfare.
- 6.** Vishopakrama described by Charak, General principles of Management of poisoning.
- 7.** Manifestation of poisoning due to poisons of plant origin their fatal Dose, fatal period, management of poisoning, post mortem appearance and its medico legal importance. Visha and Upavisha- Arka, Snuhi, Langali, Karaveera, Gunja, Ahiphena, Dhattura, Bhallataka, Vatsanabha, Kupeelu, Jayapala, Bhanga & Tobacco, Parthenium hysteriphorus, Chitraka, Eranda, Digitalis and Cerebra Odallam.
- 8.** Garavisha, Dooshivisha, Viruddhahara. Food adulteration and poisoning–classification, diagnosis, management and contemporary significance.
- 9.** Jangama Visha – Detailed study of Sarpa, Keeta, Loota, Vrischika, Mooshika, Alarka – Visha; Lakshana, Bheda, Chikitsa and their Sadhyasadyata (contemporary and classical views).
- 10.** Introduction to poisoning due to Acids, Alkalis, metals, Non-metals, Asphyxiants and others, their Fatal Dose, Fatal period, Manifestation, management, medico legal importance and postmortem appearance of poisoning due to:

- a) Acid and Alkalis– Sulphuric acid, Hydrochloric acid, Nitric acid, Hydrocyanic acid, Oxalic acid, Carbolic acid, Formic acid, alkalis in general.
- b) Asphyxiants – Carbon monoxide, Carbon dioxide, Hydrogen sulphide
- c) Nonmetallic poisons – Phosphorous, Iodine
Metallic poisoning – Arsenic, Mercury, Lead, Copper, Zinc, Tin.
- d) Others - Petroleum – Kerosene Organo phosphorus compounds -Aluminum phosphate, Organo Chlorinated Compounds, Household poisons.

11. Madya and Madatyaya. Alcohol poisoning (Ethanol and Methanol).

12. *Introduction to Narcotic drugs and Psychotropic substances Act 1985.*

PART B

50 marks

- 1.** Definition of Vyavahara Ayurveda (Forensic medicine) and Vidhivaidyaka (Medical jurisprudence), concise history of Vyavahara Ayurveda (Forensic medicine) and Vidhivaidyaka (Medical jurisprudence). Introduction to Indian Penal Code, Indian Evidence Act and Criminal Procedure Code.
- 2.** Legal Procedures:- Inquest, Evidence, Witness, Courts and their powers.
- 3.** Personal identity and its Medico legal aspects, forensic odontology, Introduction to Forensic Serology and DNA profiling.
- 4.** Death and its Medico Legal Aspects, Medico Legal autopsy and *exhumation*.
- 5.** Injuries and thermal injuries, their medico Legal aspects, general introduction of weapons.
- 6.** Dowry deaths (Domestic Violence), their Medico Legal importance and laws in relation to it.
- 7.** Asphyxial deaths and its Medico Legal importance.
- 8.** Medico Legal importance of Pregnancy, Delivery; Impotence & Sterility, Abortion, Infanticide, battered baby. Virginity, Artificial Insemination, Legitimacy.
- 9.** Sexual offences, and their Medico Legal aspects. Sexual perversions.
- 10.** Introduction to Forensic psychiatry.
- 11.** Introduction to forensic laboratory.
- 12.** Ethics as in classical Texts. Types of Vaidya, Pranabhisara and Rogabhisara Vaidya, Qualities of Vaidya, Responsibilities of Vaidya, Chaturvidha Vaidyavrutti, Duties of Vaidya to his patient, Vaidya Sadvritam, Apujya Vaidya, Code of conduct.

13. Laws in relation to Medical practitioners: Indian Medicine Central Council Act.

14. Maintenance of medical record.

15. Physician's responsibility in criminal matters, Professional negligence, Civil negligence, Criminal negligence, Medico Legal aspects of Acquired Immune Deficiency Syndrome, Rights of an unborn child, Medical Termination of Pregnancy Act Transplantation of human organs Bill 1994, Pre Natal Diagnostic Testing Act, Malinger of feigned diseases, International Code of Medical Ethics for Doctors. Clinical establishment Act. Consumer Protection Act 1986.

PRACTICAL

Practical Training

1. Post Mortem examination
2. Evidence in the court
3. Demonstrations in the Forensic & Toxicology museum
(Toxic & Anti toxic substances, medico legal specimens & Charts)
4. Clinical postings
5. Library Hours for compilation

Distribution of Practical Marks

1. Post Mortem examination and Court posting – Case Record	10 Marks
2. Practical/Clinical Record Book	10 Marks
3. Identification (spotting)	10 Marks
4. Viva – voce	20 Marks
Total	50 Marks

Reference Books

1. Topics related to Agada Tantra from Charak Samhita, Sushrut Samhita, Ashtanga Hridaya, Ashtanga Samgraha, Kasyapa Samhitha, Yogaratnakara, Bhavaprakasha and Madhava Nidana.

2. Vidhivaidyaka (Vyavahar Ayurveda Vijnan)	Dr.Charuchandra Pathak
3. Medical Jurisprudence and Toxicology	Modi
4. Basavarajeeyam	Edited by Vd.Govardhan
5. Agada Tantra	Sh. Ramanath Dwivedi
6. Text book of Agada Tantra	Edited by Dr Huparikar, Dr.Joglekar
7. Agadatantra ki Pathyapustaka	Edited By Dr Huparikar, Dr.Joglekar
8. Agad Tantra	Dr. Shekher Namboodri
9. Vishachikitsa (Ayurveda Toxicology English Translation)	Vaidya Balakrishnan Nair, Kerala
10. Medical Ethics and Medical Laws in India	Dr. H.S. Mehta
11. Toxicology Ayurvedic Perspective	VPSV Ayurveda college Kottakkal
12. Kautilya Arthashastra (English)	Prof. Kangle
13. Kautilya Arthashastra (Hindi)	Dr. Raghunath Singh
14. Vyavahar Ayurveda	Dr.Ayodhya Prasad Achal
15. Vyavahar Ayurveda Vigyanam	Dr.Indramohan Jha (Sachchan)
16. Textbook of Forensic Medicine and Toxicology	Dr. V.V.Pillay

17. Forensic Medicine
18. Relevant Acts
19. Relevant topics from Manu Smriti

Dr. B. Umadathan
Govt. of India

Additional Books for Reference

- | | |
|-------------------------------|---|
| 1. Vyavaharayurvedam | Publication Division, Govt. Ayurveda
College, Trivandrum |
| 2. Kodasseri margam | Publication Division, Govt. Ayurveda
College, Trivandrum |
| 3. Keraleeya Visha chikitsa | Avanaparampu Mahesvaran Namputhiri |
| 4. Vishavaidya Sara samuchaya | Cherukulapurathu Krishnan Namboothiri |
| 5. Vishavaidya Jyotsnika | |
| 6. Prayogasamuchayam | Kochunni Tampuran |
| 7. Kriya Koumudi | V. M. Kuttikrishna Menon |
| 8. Uddishta Tantram | Acharya Pandit Sivadatta Mishra Shastri |

3.2 SWASTHAVRITTA & YOGA

(Toxicology, Forensic Medicine and Medical Jurisprudence)

Theory - Two papers – 200 Marks (100 for each paper)

Practical/Viva voce- 100 Marks

Total teaching hours – Theory - 200

Practicals and Demonstration - 100

Paper I **100 Marks**

PART A **VAIYAKTIKA SWASTHAVRITTA** **50 marks**

Introduction Definition of swastha & swasthya and swasthavritta. Arogya lakshana, swasthavritta prayojanam, WHO definition of health. Dimensions of health- Physical, Mental, Social. Concept of wellbeing- objective, subjective, standard of living, quality of life.

Dinacharya

1. Definition of Dinacharya
2. Aims and importance of dinacharya
3. Brahma Muhurta evam Utthana
4. Usha Jalapana
5. Sharirachinta
6. Malatyaga
7. Mukha prakshalan
8. Dantadhavana and preparation of Ayurvedic tooth powder and paste
9. Jihvanirlekhanavidhi
10. Anjana
11. Pratimarsha Nasya

12. Gandusha and Kavala
13. Tambulasevana
14. Dhoomapana
15. Abhyanga
16. Udvartana
17. Utsadana
18. Vyayama
19. Chankramana
20. Snana
21. Anulepana
22. Vastra dharana
23. Danda dharana
24. Padatra dharana
25. Chatra dharana
26. Ushnisha dharana
27. Ratnabharana dharana
28. Madhyahna charya
29. Cosmetic effect of Dinacharya procedures

Rathricharya

1. Sandhya charya
2. Rathri bhojana vidhi
3. Shayanavidhi according to Bhavamishra

Ritucharya

1. Importance of ritucharya
2. Ritu presentation as per different acharyas
3. Adana kala & visarga kala
4. Sanchaya-Prakopa-Prashamana of Dosha according to ritu
5. Doshashodhana in Ritu Charya
6. Relation of Agni bala and Ritu
7. Pathya and Apathya Ahara and Vihara in different ritus
8. a) Ritusandhi b) Yamadamsthra c) Rituharitaki d) Rituviaryaya

Sadvritta

Description of Sadvritta and Achara Rasayana their role in Prevention and control of diseases.

Trayopastambha

i) **Ahara** Nirukti, Swarupa, Pramukhatva, Ahara dravya Vargikaranam, Aharavidhividhana, Dwadashashana pravicharana, Ashtaharvidhivisheshayatanani, Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana, Ahara dushparinama & tadjanya vyadhaya, Santarpanajanya evam Apatarpanajanya vyadhi, Viruddhahara and its effects, Shadrasabhojanasya mahatwam.

Dietetic standards, Proximate principles of Food, Nutritional requirements, Sources and deficiency diseases of Protein, Carbohydrate, Fat, Vitamins and Minerals. Concept of balanced diet in Ayurveda, Nitya sevaneeya dravya, Balanced diet for different sections of people in the society, Social aspects of nutrition. Aharavarga - Dhanya varga (Cereals and millets), Shaka and Harita varga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phala varga (Fruits), Taila varga (Fats and Oils), Ikshu varga & Madhya varga (Alcoholic Beverages), Dugdha varga (Milk and Milk products), Masala and vyanjana dravyas (Spices & Condiments), Kritanna varga (Prepared Food), Mamsa varga (Meat types).

Food hygiene

Milk hygiene-Milk composition, Source of infection (for Milk), Milk borne diseases, Clean and Safe milk, Pasteurization of milk. Meat hygiene-Meat inspection, Slaughter house, Freshness of fish and egg. Fruits and Vegetables hygiene Sanitation of eating places, Preservation of food, Food handlers, Food borne diseases, Food fortification, and Food adulteration, Food toxicants, Properties of Vegetarian and Non- vegetarian diet, Effects of spices and condiments. Consumption of Alcohol and its effects on personal and social health. Effects of pathya-apathya in life style disorders-Diabetes, Hypertension, Obesity and Coronary heart Disease.

ii) Nidra- Nirukti and Utpatti, Types , Nidra – Swasthya sambandha, Properties of Yukta Nidra, Effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra, Ahara and Vihara causing disturbed sleep , Ahara and Vihara Causing sound sleep. Duration of sleep according to age, Sleep in healthy and diseased persons.

iii) Brahmacharya – Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavaya sambandhi niyama, Effects of Ativyavaya. Methods of Virya Raksha, Surataspriha (Libido) through Vajikarana, Viryanasa phala.

Roganutpadaniya- Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharir shodhan.

Rasayana for Swastha-Nirukti, paribhasha (definition), classification and examples

Ashta nindita purusha

Menstrual hygiene

PART B

(YOGA AND NISARGOPACHARA)

50 marks

YOGA

Introduction

Yoga shabda utpatti, definitions, Different schools of Yoga – Rajayoga, Hathayoga, Mantrayoga, Layayoga, Jnanayoga, Karmayoga, Bhaktiyoga.

Yoga prayojana

Ayurveda yoga sambandha, swasthya rakshane yogasya mahatvam

Yogabhyasa pratibhandhaka & siddhikara bhavas as per Hathayoga.

Mitahara and Pathyapathyani during Yogabhyasa.

Panchakosha Theory

Astanga yoga Yama, Niyama

Asana and its importance

Standing Postures

Ardhakatichakrasana, Padahasthasana, Ardhaachakrasana, Trikonasana.

Sitting postures

Swasthika, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, ardhamatsyendrasana, Siddhasana.

Supine Postures

Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, Setubandhasana.

Prone postures

Bhujangasana, Shalabhasana, Dhanurasana, Makarasana.

Suryanamaskara – procedure and benefits.

Pranayama

Benefits of pranayama, time of practice, avara-pravara-madhyama lakshana, yukta-ayukta lakshana

Nadishudhi Pranayama.

Kumbhakabhedha – suryabhedana, ujjayi, sheetali, Sitkari, Bhastrika, Bhramari Murcha, Plavini.

Nadishudhilakshana

Shatkarma

Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati

Bandhas and Mudras

Shad chakras, Ida-pingala-sushumna nadis.

Pratyahara, Dharana, Dhyana, Samadhi

Description of Yoga in Ayurveda

Moksha and Muktatma lakshana and upaya, Naishthiki chikitsa, Satyabuddhi, Tatvasmriti, Ashta Aishwarya, Ashta siddhis.

NISARGOPACHARA (Prakritika chikitsa)

Definition, history, aims and objectives

Theories as per Western school of Naturopathy

Indian school – Panchabhutopasana

Relation of Ayurveda and Naturopathy

Importance of Naturopathy in present era.

Jalachikitsa(hydrotherapy) – Hot water treatment, Cold water treatment, foot and arm bath, Spinal bath, hip bath, abdominal wet pack, Steam bath, enema and whirl pool bath.

Mrittika chikitsa (Mud therapy) Types of soil, doctrine of mud selection, mud bath.

Suryakirana sevana (sun bath - heliotherapy)

Mardana (Massage) – different methods and effects.

Diet types – Soothing, Eliminative, Constructive, Positive and negative diet, Acidic and alkaline diet

Upavasa chikitsa (Fasting therapy) – Importance, types, therapeutic effects of fasting.

Visrama chikitsa upayoga

Paper II **SAMAJIKA SWASTHAVRITTA** **100 Marks**

PART A **50 marks**

Janapadodhwamsa

Causes, Manifestations and control measures, importance of Panchakarma and Rasayana.

Vayu (Air)

Vayu guna according to sushruta samhita, Properties of Vayu as per different directions, Vayu shudhi prakara – Ayurvedic aspect.

Composition of air.

Air of occupied room- Thermal discomfort and comfort zone, indices of thermal comfort. Air pollution – health and social aspects, Prevention and control of air pollution, Global warming.

Ventilation and its types.

Mountain air & High altitude – Health problems

Jala (Ayurvedic and modern aspects)

Importance of water, safe and wholesome water, water requirements, properties, types and sources of water, water pollution and health hazards, Methods of water purification.

Hardness of Water.

Examination, Tests and analysis of water.

Rain water harvesting and water recycling

Bhumi and nivasa sthana (Land and housing)

Types of soil, soil & health, Land pollution, Bhumi shodhana, Nivasa yogya bhoomi, Social goals of housing, Housing standards, Mahanasa (Kitchen) standards, Rural housing, Housing and health, Overcrowding.

Prakasha (lighting)

Requirement of good lighting, natural lighting, artificial lighting, biological effects of lighting.

Dhwani pradooshana (Noise pollution) - Noise, Sources, effects, & control

Vikirana(Radiation)- sources, effects and control

Apadravya Nirmulana (Disposal of solid waste)

Different types of solid waste

Storage and collection of refuse

Methods of disposal of solid waste (Rural & urban)

Bio-medical waste management

Malanishkasana Vyavastha (Excreta Disposal)

Methods for Unsewered area and Sewered area

Latrines for camps, fairs and festivals

Disposal of dead body – Burial, Burning, Electric cremation.

Meteorology (Ritu evam Vatavarana jnanam)

Definition of weather and climate, factors influencing weather and climate.

Disaster management

Definition, natural and man-made disasters, epidemiologic surveillance and disease control.

Occupational Health

Occupational Hazards, Occupational Diseases, Prevention of Occupational Diseases, Health & precautionary measures, ESI Act, Indian factories Act.

Offensive Trades- Effects on health and precautionary measures.

School health services

Health problems of school children, aspects of school health service, duties of school medical officers, Maintenance of healthy environment

Epidemiology

Concept of Epidemiology, Dynamics of disease transmission, concept of diseases, concept of causation, Epidemiological triad, natural history of disease, concept of control, concept of prevention, Risks factor, modes of intervention, incidence and prevalence. Susceptible host, host defenses, Immunizing Agents, Disease prevention and control, investigation of epidemic.

Disinfection – definition, types.

Ayurvedic concept of Vyadhikshamatva and sankramaka rogas.

Epidemiology of communicable Diseases

Chicken Pox, Measles, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Cholera, Polio, Viral Hepatitis , Typhoid, Leptospirosis, Dengue Fever, Chikungunia, Malaria, Filariasis , Leprosy, Rabies , Tetanus, Emerging and re-emerging diseases

Kuprasangaja vyadhi (STDs)

AIDS, Syphilis, Gonorrhoea, Chancroid

Non-communicable disease epidemiology

Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer

Chikitsalaya Bhavana (Hospital Building)

PART B

50 marks

Prathamika swasthya samrakshana (Primary Health Care)

Definition, principle, elements, levels of health care.

Structure at village, sub centre, PHC, CHC, Rural hospital levels.

Health insurance, Private agencies, Voluntary health agencies, NGOs and AYUSH sector. Role of Ayurveda in Primary Health Care.

Parivara kalyana Yojana (Family welfare Programmes)–

Demography, demographic cycle, life expectancy.

Family planning, methods of family planning.

Matru sishu kalyana Yojana – MCH programme

Ante natal, intra natal, post natal, neo natal care. Child health problems and indicators of MCH care.

Preventive geriatrics–Problems of elderly, prevention and control measures.

World Health Organisation–Objectives, structure and functions.

International health agencies–United Nations agencies, Health work of bilateral agencies.

Alma Ata declaration National Health Policy

Health statistics– Definition, Sources, uses Data collection, Classification, Presentation. Vital statistics–Morbidity rates, Mortality rates, Fertility rates.

Health survey

Swasthya prashasana (Health Administration) – Health administration at Central including AYUSH, state, district, village levels.

National health programmes

Tuberculosis (RNTCP), Leprosy (NLEP), AIDS (NACP), Blindness (NPCB), Polio (PPI), Diabetes (NDCP), Cancer (NCCP), Guinea worm, Vector born disease control programme, NRHM, all the upcoming national health programmes, RCH programme, Universal Immunization Programme.

National Nutritional Programmes - IDD, Vitamin A prophylaxis, Mid day meal, anemia control programmes.

PRACTICALS

Demonstration of Dinacharya procedures- anjana, nasya, kavala, gandoosha dhoomapana, abhyanga, udvartana.

Parichaya of aharadravya, immunization agents, disinfectants and family planning devices

Practical demonstrations of Asanas mentioned in the syllabus

Pranayama (Suryabhedana, Ujjayi, Shitali, Sitkari, Bhastrika, Bhramari and Nadishuddhi) and Shad karmas(Jala dhauti, Jananeti, Sutraneti, Trataka, Kapalabhati).

Preparing and delivering of a health educational talk on health related issues.

A short compilation on any topic on environmental health.

Educational Visits

Observe the functioning of the Milk Dairy, Water purification unit, Sewage treatment unit, MCH/Family welfare centre, Leprosy hospital and industrial unit.

Visit to Primary Health Centre for knowledge of actual implementation of National health programmes including knowledge of rural health.

Visit of rural Ayurvedic dispensary.

Visit to naturopathy centre to observe naturopathic treatment modalities.

Health survey- Minimum 5 families of rural and urban areas.

There should be 3 case sheets for Yoga Naturopathy & pathya apathya together and 3 case sheets for communicable diseases.

Proformas for Case sheets/practical records/survey/Dinacharya projects etc should be prepared by the respective universities.

Practical and Viva Voce examination

Marks distribution	100 marks
1. Vaiyaktika Swasthavritta	20
2. Samajik swasthavritta	20
3. Demonstration of Yoga	10
4. Naturopathy	10
5. Journal and compilation work	10
6. Viva voce	30

Reference Books:

Relevant portions of Charaka, Sushruta, Vagbhata, Sarngadhara, Bhavaprakasha, Yogaratnakara, Madhavanidana and Bhelasamhita.

Swasthavritta Samucchaya

- Pandit Rajeshwar dutt Shastri

Swasthya Vigyan	- Dr. Bhaskar Govind Ghanekar
Swasthya Vigyan	- Dr. Mukund swarup Varma
Swasthavritta	- Vaidya Sakad
Swasthavritta	- Dr. Ranade and Dr. Firke
Ayurveda Hitopadesh	- Vaidya Ranjit Rai Desai
Yoga and Ayurved	- Acharya Rajkumar Jain
Swasthavritta vigyan	- Dr. Ramharsha Singh
Swasthavrittam	- Dr. Brahmanand Tripathi
Swasthavrittam	- Dr. Shivkumar Gaud
Ayurvediya Swasthavritta	- Vaidya Jalukar Shastri
Patanjala yogasutra	- Patanjali Maharshi
Hathayogapradipika	- Swatmaram Yogendra
Gheranda samhita	- Gherand Muni
Yoga Paddhati	- Bharatiya Prakritik Chikitsa Parishad
Yogik Chikitsa	- Shri. Kedar Nath Gupta
Sachitra Yogasan darshika	- Dr. Indramohan Jha
Yoga deepika	- Shri. B.K.S. Iyengar
Light on Yoga	- Shri. B.K.S. Iyengar
Light on Pranayama	- Shri. B.K.S. Iyengar
Yoga and yoga chikitsa	- Dr. Ramharsha Singh
Foundations of Contemporary Yoga	- Dr. Ramharsha Singh
Yoga Sidhant evam Sadhana	- Harikrishna Shastri datar
Prakritik chikitsa Vidhi	- Sharan Prasad
Prakritik chikitsa vigyan	- Verma
Preventive and Social Medicine	- J. Park
Preventive and Social Medicine	- Baride and kulkarni
Janasankhya Shiksha Sidhanta	- Dr. Nirmal Sahani Evam upadesya Health
Administration in India	- S.C.Seel
Health and family welfare	- T.L.Devaraj
Positive Health	- L.P. Gupta
Biogenic Secrets of food in Ayurveda	- L.P.Gupta
Smriti granthon mein nihit	- Dr. Smt. Nigam Sharma
Swasthaprakara samagri	
Dr. Reddy's comprehensive guide to Swasthavritta	- Dr.P.sudhakar Reddy
Nutritive value of Indian foods	- ICMR
Yoga and Nisargopachar	- Vd. Prama Joshi
Prachin Vangmay mein prakritik chikitsa	- Swami Anant Bharati, CCRYN
Swasthavritta	- Vd Yashwant Patil and Vd. Vhawal
Food and nutrition	- Swaminathan
Organology and sensology in yoga	- Prashant S Iyengar
Yoga-A game for Women	- Geeta S Iyengar
Yoga-A game for Women (Hindi translation)	- Madhu Pandey
Additional Books for Reference	
Swasthavrittham Part I	- Publication Division, Govt. Ayurveda College, Trivandrum
Yogasasthraparichayam	- Publication Division, Govt. Ayurveda College, Trivandrum

Svasthavritham (Prakashika commentary of Ashtangasamgraha) - Vaidyabhushanam

K. Raghavan Thirumulpad

Ayurvedic perspective of Communicable diseases - Dr KV Dileepkumar

Ergonomics in Ayurveda

- Dr MC Sobhana

MCQ's on Swasthavritta

- Dr Anupama Krishnan

3.3 PRASUTI TANTRA EVAM STRIROGA

Theory - Two papers – 200 Marks (100 for each paper)

Practical/Viva voce - 100 Marks

Total teaching hours - Theory - 200

Practical - 200

Paper I

PRASUTI TANTRA

100 Marks

PART A

50 marks

INTRODUCTION TO SUBJECT

STRI SHARIRAVIJANAN

Etymological origin of the word Stri. Artava vaha and Stanyavaha strotamsi. Tryavarta yoni Stri Vishishta, Peshi Marmani.

Anatomy of female reproductive system. (External and internal genital organs) Soft & Bony Pelvis and its obstetrical importance.

DESIRABLE (non detail)

Vayobhedena Stri sangnya

RAJO VIGYANA

Description of Raja, Artava and Prathama Rajo Darshana, Rajasvala Charya. Ritumati Lakshana, Ritumaticharya, Ritukala

Menarche, Menstrual cycle and their regulation by endocrine glands, Ovulation –Importance in conception

DESIRABLE (non detail)

Concept of Stri Sukra

GARBHA VIGYANA

a) Garbhasya paribhasha, Garbhadhanavidhi, Garbhavakranti, Garbha Sambhava samagri, Garbhakara bhava, Panchabhautikatwa of Garbha, Masanumasika Vridhi of Garbha, Garbha Poshana, Garbhasayasthe Garbhashthiti

Foetal attitude, lie, position, presentation

b) Aparā, GarbhāNabhinadi, Jarayū, Ulba

Formation, Development, Function of Placenta, Umbilical cord, Amniotic fluid

Foetal membranes -Abnormalities of Placenta

DESIRABLE (non detail)

Garbhalingotpatti, Garbhasya Avayavotpatti, Garbha Varnotpatti, Garbha Vikriti

GARBHINI VIGYANA

a) Lakshana of Sadhyograhita Garbha, Lakshana of Vyakta Garbha, Pumsavana vidhi

Diagnosis of Pregnancy

b) Garbhini vyavastha: Garbhini Paricharya, Garbha Upaghatakara Bhava, Dauhrida

Ante Natal care-Examination, Investigation and Management

c) Garbha Vyapada: Nidana, Samprapthy and Chikitsa Garbhasrava and Garbhapata- Garbha shosha-Upavishtaka, Nagodara, Upashushka, Leena garbha, Antarmrita garbha, Raktagulma, Bahugarbhatha

d) Abortions, Rh-incompatability- Causes, clinical features, complications and management.

Gestational trophoblastic neoplasias, Ectopic pregnancy, IUGR, Intrauterine foetal death, Multiple pregnancy

GARBHINI VYAPAD

a) Hrilasa, Chardi, Aruchi, Atisara, Vibandha, Arsa, Udavarta, Sotha, Parikarthika, Vaivarnya, Kandu, Kikkisa, Pandu, and Kamala, makkala

b) Common ailments of Pregnancy-High Risk Pregnancy, Emesis gravidarum, Gestational Anemia, Gestational Hypertension, Gestational Diabetes, Toxemias of Pregnancy, Jaundice, AIDS,

Ante Partum Hemorrhage causes, clinical features complications and Management

PART B

50 marks

PRASAVA VIGYANA

a) Prasava Paribhasha, Prasava hetu, Prasavkaala, Sutikagaranirmanā, Sangrahaniya Dravyani, Sutikagara pravesha vidhi.

b) Prasavavastha; Prajayani/ Upasthita Prasava/ Asannaprasava lakshana, Aavi. Prasavaparicharya, Jatamatraparicharya

c) Normal Labour:-Definition of Labour, Physiology & Mechanism of Labour, Monitoring of Labour and management, Pictogram, Episiotomy, care and resuscitation of newborn.

PRASAVA VYAPAD

a) Garbhasanga, Yonisamvarana, Aparasanga, Mudagarbha-defenition, Nidana, Types & Management

b) Induction and augmentation of labour, Cervical dystocia,Cephalopelvic disproportion, Prolonged labour, Preterm labour, Post term labour, foetal distress, Assisted Labour, Caesarian

c) Retention of Placenta, PPH - causes, clinical features and management, Genital tract Injuries during labour

DESIRABLE (non detail)

Uterine Inversion, Amniotic Fluid Embolism, Garbhasthithi parivarthan (Version), Forceps Delivery, Ventouse Delivery.

SUTIKA VIGYANA

a) Sutika Paribhasha, Sutika Kaal, Sutika paricharya. Changes during sootika avastha(Sareerika&Manasika)

Normal and abnormal Puerperium and its Management

b) Sutika Roga – Number of Sutika Roga, Sutika Jwara, Shotha and Makkala.

c) Stanyavijnan- Sthanyadushti, Sthanyakshaya, Sthanyavidhi -their causes, clinical features and treatment

d) Emergency care in obstetrics

DESIRABLE (non detail) Stana stanya –Pareeksha, Stanya sampat.

Paper II

STRI ROGA

100 Marks

PART A

50 marks

ARTAVA VYAPAD

a) Artava-kshaya vridhi, Ashtartavadushti lakshana chikitsa

Asrigdara lakshana samprapti Chikitsa

b) Menstrual disorders-Amenorrhoea, hypomenorrhoea, Oligomenorrhoea, Dysmenorrhoea, Abnormal uterine Bleeding

YONI VYAPAD

Sankhya, Nidana, Lakshana, Upadrava evam Chikitsa

Endometriosis, Fibroid uterus, Genital Prolapses, Retroverted Uterus, Pelvic infections, Cervical erosion, Pelvic Inflammatory Diseases

VANDHYATWA – Prakar, Nidana, Chikitsa

Infertility – Causes, Types, Investigations and Management.

Yoni Kanda, Yoni Arsa, Granthi, Arbud

Pelvic Infections including Sexually Transmitted Infections, HIV/AIDS, Preventive measures.

MENOPAUSE-changes during menopause ,menopause syndrome, management.

DESIRABLE (non detail)

Congenital malformations of female genital tract.

Sukra vijnan –kshaya ,vridhi,dushti hetu lakshana and chikitsa

Benign and Malignant tumours of Genital Tract

PART B**50 marks****STANA ROGA**

a) Stanakeela- nidana lakshana chikitsa, Stanagranthi, Stanavidradhi, Stanashoph
Mastitis, Breast abscess, Galactoceles -Etiopathology, clinical features, diagnosis, prognosis and complications

b) Sthanik Chikitsa

Snehana, Swedana, Uttarabasti, Pichu, Varti, Lepana, Dhupana, Dhavana, Dahana, Ksharakarma -. Practical knowledge of all these procedures along with indications, complications and management.

Shastra Karma

Surgical procedures their Indications, Contraindications of cauterization of cervix, cervical dilatation and curettage, female surgical sterilization

Knowledge of indication and procedure of PAP smear. Endometrial biopsy and interpretation of the reports

Stri roga Sambandhita Pramukha Aushadhyai, Prasuti & Stri Roga Chikitsa Upayogi Yantra Shastra Parichaya and Vyadhivinishchaya Upaya (Investigative and Diagnostic Aids)

Garbhanirodhaka Upaya.

Parivar Niyojana, Reproductive and Child Health Care, AIDS/HIV control Programme, MCH, PNDT Act, MTP Act, and importance of current National Programme

Knowledge of important Commonly used Ayurvedic and Allopathic drugs used in Prasutitantra and Streeroga. Pharmacotherapeutics of allopathic drugs in obstetrics and Gynaecology

Record keeping, ethical and medicolegal issues in Streeroga and prasutitantra
DESIRABLE (non detail)

Laproscopy, hysteroscopy, hysterosalpingography, USG, X-RAY, Colposcopy, Cervical Biopsy. Granthi evum Granthi nirharan samanyajnan (Myomectomy, hysterectomy)

CLINICAL TRAINING-OBSTETRIC SKILLS

To perform independently

1. History taking and examination of antenatal and gynaecological cases
2. Diagnosis of Pregnancy, assessing of gestational period, to diagnose onset of labour
3. To monitor labour progress, able to plot Partogram
4. Observation of 10 labour
5. To diagnose abnormalities of labour and decide about the referral of the patient
6. Able to provide first aid for obstetric emergencies
7. Recognition of post partum complications
8. Counselling and promoting of breast feeding
9. Record 5 antenatal cases, 5 intrapartum, 5 post partum cases

To observe/assist-D&C, D&E, Caesarean section, Repair operations, Resuscitation of new born.

GYNAECOLOGICAL SKILLS –

To perform independently

1. History taking and examination of gynaecological cases
2. Recording 10 gynaecological cases, 5 gynaecological procedures
3. Taking vaginal smear, high vaginal swab
4. Practical knowledge of sthanika chikitsa
5. Observation and practical knowledge of minor gynaecological procedures
6. Observation of Surgical procedures
7. Identification, uses, Demonstration of surgical instruments
8. Observation of Method of sterilization, MTP, Surgical procedures Hystrectomy, Oophorectomy

DISTRIBUTION OF PRACTICAL MARKS

- | | |
|---|------------------|
| 1. Case taking-2cases –one Gynec, one obstetric | - 30marks |
| 2. Instruments, Drugs, & Models | - 20 marks |
| 3. General Viva | - 40 marks |
| 4. Record -2- (one Prasuti, one streerog) | - 10 marks |
| Total | 100 marks |

Reference Books:-

- | | |
|---|------------------------------|
| 1. Related matter from all the samhitas and their commentaries.
Ashtangahridaya, Ashtanga Samgraha, Susrutha Samhita, Caraka Samhita,
Kasyapa Samhita | |
| 2. Prasuti tantra evum stree roga by | Prof Tewari P V |
| 3. Concepts of gynecology | Dr Nirmala G Joshi. |
| 4. Prasuti Tantra | Prof. M. Dwivedi |
| 5. Stree roga vigyan | Dr VNK Usha |
| 6. Navya prasuti Vigyan | Dr Pooja Bharadwaja |
| 7. Text book of gynaecology | Shaw |
| 8. Text book of obstetrics | Williums |
| 9. Text book of obstetrics | D C Dutta |
| 10. Text book of gynaecology | D C Dutta |
| 11. Gabbe's normal and problem pregnancies. | |
| 12. Human embryology by | Saddler |
| 13. Jeffcoat's principles of gynaecology | |
| 14. A Comprehensive Treatise on Prasutitantra (Obstetrics) | Dr. Hemalatha
Kapoorchand |

Additional Books for Reference

- | | |
|-------------------------------------|---|
| 1. Prasoothi Thantram (English) | Publication Division, Govt. Ayurveda College,
Trivandrum |
| 2. Chikitsamanjari | D. Sriman Namboothiri |
| 3. Panchakarmam or Sodhana Chikitsa | Manakkodan Kesavan Vaidyan |
| 4. Sahasrayogam | Anekallel S Gopala Pillai |
| 5. Sahasrayogam | Dr. Prabhakara Rao |
| 6. Yogamritam | D. Sriman Namboothiri |
| 7. Sarva Roga Chikitsaratnam | Anekallel S Gopala Pillai |

3.4 BALROGA - KAUMARABHRITYA **(Ayurvedic Pediatrics)**

Theory - One Paper – 100 Marks
Practical/Viva voce - 50 Marks
Total teaching hours - Theory : 100
Practical : 100

Paper I **100 Marks**

PART A **Kaumarbhritya Parichaya Evum Balaka Paricharya** **50 marks**
(Introduction to Ayurvedic Pediatrics and Child Care)

1. General introduction and scope of Kaumarbhritya (Ayurvedic Pediatrics), Definitions and terminologies used in Kaumarbhritya.
2. Scientific contribution of Kashyapa Samhita in Kaumarbhritya.

3. Vayobheda (Classification of age): Garbha, Bala, Kumara; Kshirada, Kshirannada & Annada etc. and modern classification of childhood period.
4. Prana Pratyagamanam (Neonatal Resuscitation): Methodology; complications and their management (Ayurvedic and modern view). Assessment of gestational age.
5. Navajata Shishu Paricharya (Neonatal Care): Care of the Jatmatra (Newly born child) and the Sadyojata, Care of the Samaya-purvajata Shishu (Preterm), Purnakalika Shishu (Full term), and Samaya-Paschatjata Shishu (Post term neonate), Nabhinata Chhedana (Cutting of umbilical cord), Complications of improper cutting of umbilical cord and its treatment, Rakshoghna Karma (Protective measures- Ayurvedic and modern view).
6. Navajata Shishu Parikshana (Examination of newborn): Ayu-Parikshana, Modern approach to Neonatal Examination
7. Navajata Shishu Poshana (infant feeding): Specific feeding schedule as per Ayurvedic texts and modern concept; Stanya-Sampat (Properties of normal breast milk) Stanyotpatti (Physiology of lactation), Stanya Sangathana (Composition of breast milk), Stanya Parikshana (Examination of breast milk), Stanya-Piyusha (Colostrum); Stanya-Pana-Vidhi (Techniques of breast feeding), Stanyakshaya-Stanyanasha (Inadequate production and absence of breast milk), Dhatri (wet nurse)- Stanyabhava dugdha Vyavastha (alternative feeding in the absence of breast milk), Various other milk feeding methods.
8. Stanyadosha (Vitiation of Breast milk), Stanya Shodhana (Purification of breast milk), Stanya Janana and Vardhanopakrama (Methods to enhance breast milk formation).
9. Garbha Vridhi Vikasa Krama: Samanya Parichaya (brief monthwise development of fetus), Milestones of development during infancy and childhood including concepts of various Samskaras.
10. Poshana (Nutrition): Normal requirements of nutrients and common food sources.
11. Dantotpatti evam Danta Raksha Vidhi (Dentition and dental care): Danta-sampat (Characteristics of healthy teeth), Danta Nisheka evam Dantodbheda (Eruption of teeth), Dantodbheda Vikara (Dentition disorders).
12. Vyadhikshamatva: General concepts of Bala (Immunity) and methods of Bala Vridhi.
13. Prashan & Lehana: Indications, contra-indications, different drugs used in lehana
14. 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 from time to time

PART B**Samanya Chikitsa Siddhanta and Balaroga****50 marks****(General Principles of Treatment and Management of Pediatric Disorders)**

1. Bala Pariksha-vidhi Evam Shishu Vedana Parigyan (Examination of sick child and Diagnostic methods-Ayurvedic and modern). Samanya Chikitsa Siddhanta (General principles of treatment in children).
 2. General Aushadhi Matra Nirdharana - for Ayurvedic and modern drugs preparations (drug doses according to age, weight and drug contents)
 3. Specific therapeutic panchakarma procedures in children with special emphases on snehan, swedan and basti.
 4. Prasava Kaleena Abhighata (Birth injuries): Shwasavrodha (Asphyxia neonatorum), Ulvaka, Upashirshaka (Caput Succidant and Cephalohaematoma), Facial Paralysis, Erb's Paralysis, Bhagna (fractures).
 5. Brief description of 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), Spina bifida, Meningocele, Meningomyelocele.
 6. Brief knowledge of genetic disorders): Down syndrome, Turner Syndrome, Muscular dystrophy, Sickle-Cell Anemia, Thalassaemia, Sahaja Madhumeha (Juvenile diabetes).
 7. Prasavottara Vyadhi (Neonatal disorders): Navajata Kamala (Neonatal Jaundice), Navajata Netrabhishyanda (Neonatal conjunctivitis), Nabhiroga (Umbilical disorders), Navajatshishu-raktavishmayata (Neonatal Septicemia)
 8. Dushta Stanyapanajanya Vyadhi (Disorders due to Vitiated Milk): Lactose intolerance, Kshiralasaka, Kukunaka, Ahiputana (Napkin Rashes)
 9. Kuposhanajanya Vyadhi (Nutritional disorders): Karshya, Phakka, Balashosha and Parigarbhika (Protein Energy Malnutrition), Vitamin and Micro-nutrient deficiency disorders, Hyper-vitaminosis, failure to thrive.
 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), Antrika Jwara (Typhoid), Mastisakavarnashotha (Meningitis), AIDS, Dengue, Malaria, Rajayakshma (Tuberculosis), Jivanujanya Yakrit Shotha (Hepatitis)
1. Srotas Vikara:
- a) Pranavaha Srotas: Pratishyaya (common cold), Kasa (Cough), Shwasa (Respiratory distress syndrome), Tamaka Shwasa (Bronchial Asthma), Utphuliika, 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), Udarshula (Infantile Colic), Pravahika (Dysentery), Gudabhransa (Rectal Prolapse). Ama and its disorders like Ama vata jwara (Rheumatic fever).

c) Rasavaha Srotas: Jwara (Fever), Pandu (Anemia), Mridbhakshanajanya Pandu (Anemia associated with clay eating/Pica).

d) Raktavaha Srotas: Kamala (Jaundice), Raktapitta (Haemorrhagic disorders), Yakritodara (Hepatomegaly). and Pieehodara (Splenomegaly)

e) Mamsa-Medovaha Srotas: Apachi (Lymphadenitis), Galaganda (Goitre), Gandamala (Cervical Lymphadenopathy).

f) Mutravaha Srotas: Shopha in Vrikka (Glomerulonephritis and Nephrotic syndrome)

2. Anya Bala Vikara (Miscellaneous Pediatric Disorders), Apasmara (Epilepsy), Akshepa (Convulsions), Nirudhaprakasha (Phimosis), Cerebral palsy.

3. Behavioral Disorders of Children, their management and counseling: Breath holding spell, Shayyamuutra (Bed wetting), Pica, Unmada, Autism, ADHD (Attention Deficit and Hyperactive Disorders), Jadatwa (Mental retardation).

4. Pran raksha vidhi (Life saving measures in children): Principles of management of Shock and Anaphylaxis, Poisoning, Foreign body in respiratory tract, Status epilepticus, Hemorrhage, Acute Renal Failure, Febrile Convulsion, Status Asthmaticus, Fluid and Electrolyte Management.

5. Balagraha: General description, classification, clinical features and management.

PRACTICAL

Content of Practical / demonstration

1. Clinical training of above mentioned disorders of children.

2. Exposure to -

- a) Navajata Shishu Paricharya (Care of the newborn)
- b) Pranapratyagamana Vidhi (Resuscitation procedure of new born)
- c) Vaccination
- d) Panchakarma Vidhi (Panchakarma procedures) especially Snehan, Swedana, Basti.

3. Knowledge of various equipments such as phototherapy unit, overhead radiant warmer, resuscitation equipments, Panchakarma equipments and their application

4. Knowledge of IV fluid administration, blood sampling
5. Anthropometry measurements and their interpretation
6. Various Ayurvedic & modern Procedures and investigations in pediatric practice

Distribution of Marks

Clinical work: Pediatric and neonatal case records [10 case sheets of each]	10 Marks
Patient Examination	20 Marks
Spotting	05 Marks
Viva – voce	15 Marks
Total	50 Marks

Reference Books

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

Additional Books for Reference

1. Text Book of Kaumarabhritya : Publication Division, Govt. Ayurveda College, Trivandrum
2. Arogyakalpadrumam : Kaikkulangara Rama Varrier
3. Vaidyamanorama : Vayaskara N. S. Moss
4. Sahasrayogam : Dr. Prabhakara Rao
5. Sahasrayogam : Anekallel S Gopala Pillai
6. Chikitsamanjari : D. Sriman Namboothiri
7. Vaidyatarakam : Vaidyakalanidhi C. N. Narayanan
8. Sadhana- A complete Guide on Kasyapa Samhita : Dr.Lekshmi. M.K
9. Clinical paediatrics in Ayurveda : Dr Dinesh KS

10. Manual of Ayurvedic Paediatrics : Dr Dinesh KS
 11. Komarabrityam – text book based on BAMS syllabus: Dr Dinesh KS

3.5 CHARAK SAMHITA - UTTARARDHA
(Uttarardha: Chikitsa – Kalpa - Siddhi Sthana)

Theory - One Paper – 100 Marks
Viva voce - 50 Marks
Total teaching hours - 200

Detailed Syllabus

Introduction:

Charakasamhita Uttarardha is a paper in which Chikitsa, Sidhi and Kalpa sthanas are included. The portions included in this part seem to repeat in other subjects like Kayachikitsa, Panchakarma, Agadatantra etc. Hence, here, it is considered that by learning this paper, students must have a thorough knowledge on the specific contribution of Charaka especially those related to the principles and concepts of the corresponding topics. Such portions need to be learnt by the students strictly based on the Slokas mentioned therein (Specified as “S” on remarks). Where as, some other portions, which are found to be more elaborated in other papers are included with minimal stress such as to have overall idea about the portions (specified as “M” for Matter in the remarks). Aushadhayogas are included for their minimal knowledge such as list of aushadhayogas in the concerned parts. Description of Yogas except a few typical can be avoided. Portions which do not seem to be important in the above parameters are omitted from this description by considering them to be learnt elaborately in the subjects in which they are dealt in detail. This exercise seems effective in making precision and specificity to the vast area under the syllabus and to keep UG students comfortable with their learning experience. While preparing questions, these prioritization of topics may get ample consideration also.

S – Sloka mandatory, M – Matter

Caraka Samhita - Cikitsasthana

No. of chapters: 30
Marks: 60

Content	Beginning of Sloka	Sloka No.	Remarks Sloka/ Matter
Content of the chapter: Four padas: Abhayamalaki, Pranakameeya, Karaprachiteeya, Ayurveda Samuththaneeya			
Chapter – 1, Rasayana, Pada – 1 Abhayamalakeeya			
Bheshaja Synonym	Chikitisidham vyadhiharam	1/1/3	S

Bheshaja bheda	Bheshaja dwividham	1/1/4-5	S
Definition of rasayanam	Swasyatha urjaskaram	1/1/5	S
Benefits of rasayanam	Deerghamayusmrithi	1/1/7-8	S
Benefits of Vajikarana	Apathya sandankaram	1/1/9-13	S
Types of rasayanam	Rasayananam dvidham	1/1/16-24	S
Importance sodhana before rasayana	Tat pravishyami soda	1/1/24-28	M
Amalaka rasayanam	Adha amalaka haritaki	1/1/75	M
Brahma rasayanam - two variety	Panchanam panchamoolanam	1/1/41-57	Main contents and effects
	Yadhokta gunanam	1/1/ 58-61	M
Chyavanaprasam	Vilwa agnimand	1/1/62-74	Main contents and effects
Chapter – 1, Rasayana, Pada-2: Pranakamiya Rasayana pada			
Different prayogas of Amalaka a) Amalaka ghritha b) Amalaka avaleha c) Amalaka avaleha d) Amalaka churna		1/2/4-6 1/2/7 1/2/10 1/2/8	M
Bhallathaka Vidanam	10 prayogas	1/2/16	List
Bhallathaka ksheera		1/2/13	M
Chapter – 1, Rasayana, Pada-3: Karaprachitheeyam Rasayana Pada			
Kevala amalaka rasayanam	Samvatsaram payo	1/3/9-14	M
Medhya Rasayanam	Medhya Rasayanam	1/3/30-31	S
Pippali Rasayanam	Pancha ashta	1/3/32-35	M
Pippali vardhamanam	Kramavrdhya dese hani	1/3/36-40	Sequence
Triphala Rasayanam - 4 types	Jaranthe abhayam ekam	1/3/41-47	M
Silajatu Properties	Ananamlam cha kashyam cha	1/3/48-50	S
Silajatu Rasayanam	Prakshipthaou	1/3/51-55	M
Silajatu - Varieties and their utility		1/3/55-61	M

Prohibition and therapeutic effect		1/3/62-65	M
Chapter – 1, Rasayana, Pada-4: Ayurveda samudhaniyam			
Acararasayanam	Satyavadinam akrodham	1/4/30-35	S
Pranacarya	Seelavan mathiman	1/4/50-51	S
Definition of Vaidya and dwija		1/4/52-54	M
Rasayana Yogya Purusha	Samardhanam arojanam	1/4/27-29	M
Dronirasayanam		1/4/6	M
Chapter 2, Vajeeakaranam Pada 1: Samyoga sara mooliyam			
Vajeeakarana chikitsa uddesham	Vajeeakaranameched purusho	2/1/3-4	S
Uttamavajeeakarana		2/1/4-16	M
Vajikarana ghrta		2/1/33-37	M
Vrishya mamsa		2/1/46-48	M
Chapter 2, Vajeeakaranam Pada 2: Asiktaksheerikam			
Vrishya gritha		2/2/21-23	Main ingredients+ Mode of preparation
Vrishya Ksheera		2/2/18-20	Main ingredients+ Mode of preparation
Vajeeakara vihara	Yadha agni prayunchana	2/2/9	M
Vrishya puppalika		2/2/10-13,28-29	Examples only
Chapter 2, Vajeeakaranam Pada 3: Masha Parnabhriteeyam			
Ksheera prayoga		2/3/3-11	Any five
Vrishya Pippali yoga		2/3/12-13	One or two examples
Vrishya Satavari gritham		2/3/18	M
Vajeeakarana Ahara vihara		2/3/20-25	Concise M
Chapter 2, Vajeeakaranam Pada 4: Pumanjathabaliyam			
Vrishya paribhasha	Yad kinchit maduram	2/4/ 36	S
Sukra kshaya hetu	Jaraya chintaya	2/4/43	S
Sukra Pravriti hetu	Harshad tarshad	2/4/48	S
Prasastha sukra guna	Bahalam maduram	2/4/50	S
Vajeeakarana shabda nirukthi	Yena narishu samarthye	2/4/51	S
Vrishya gutika		2/4/30-32	M

Chapter 3: Jwarachikitsa			
Poorvaroop of jwara	aalasyam	3/28,29	S
Dwividha classification		3/32,33	S
Vishamajwara - nidana and samprapti		3 /53-67	M
Dhatugata jwara lakshana, prognosis		3/76-83	S
Concept of langhana in jwara		3/139-148	Outline
Importance of yavagu in jwara		3/149-156	Outline
Kashaya pana in jwara	paachanam	3/ 160	S
Sodhana in jwara		3/146-148,168	S
Vasti in jwara	jwarksheenasya	3/169-173	S+M
Vishamajwara visesha chikitsa		3/292-309	M
Dhatugata jwara visesha chikitsa		3/315-316	S
Apathya in jwara		3/330-332	S
Vigatajwaralakshanam	vigata klama santapa	3/329	S
Punaravarthka jwara definition	asanjatabalo	3/333	S
Punaravartaka treatment		3/334-343	Concise M
Chapter 4: Rakthapitta chikitsa			
Mahagatatwa of Rakthapitta	Mahagatam mahavegam	4/5	S
Vishesha nidana	Tasyo ushnam theekshana Snigdhoshna ushna ruksham	4/6 4/23	S
Aanthiki	Yadha tu sarva chidrabheyo	4/17	S
Samanya chikitsa sootra	Aksheena balamamsasya	4/25	S
Margo dosanubando		4/30	S
Aksheena balamamsasya		4/54-56	S
Adovahe rakthapittae		4/60-61	S
Langhana in Rakthapitta	Prayena hi samutkrishta	4/29-30	M
Sodhana in Rakthapitta	Aaksheena balamamsasya	4/54-56	M
Importance of samana chikitsa in rakthapitta	Bala mamsa pareeksheenam	4/62-63	S
Prognosis of Rakthapitta	Ekadoshanugam sadyam	4/13-14	S
Ksheera Prayoga		4/82-83	Examples
Mutramarga rakthapitta chikitsa		4/85	M
Guda marga rakthapitta chikitsa		4/86-87	M
Bahya prayoga in rakthapitta		4/91-92	M

Kshara prayoga	Kaphaanubande ruddhe	4/93	M
Nasya prayoga		4/97-98	
Adravya chikitsa		4/103-109	Examples
Chapter 5: Gulma chikitsa			
Nidana and samprapti of gunma		5/4-7	M
Gulma stana	vastou cha	5/8	S
Apakwa gulma lakshana	gurukadina	5/40	S
Importance of vasti	vastikarama param	5/100,101	S
Importance of virechana in gulma		5/35	S
Pathya ahara in gulma		5/110,133,134,164-167	Examples
Asadhya gulma lakshanam		5/169-171	M
Rakta gulma chikitsa		5/162-172	Outline
Chapter 6: Prameham			
Dosha and dooshya of prameha		6/8	S
Samanya chikitsa sutra	stoolapramehi...	6/15-17	S
Importance of vyayama in prameha		6/50	S
Samana chikitsa in prameha		6/18	S
Use of sneha in vatajaprameha		6/ 37-39	M
Chapter 7: Kushta			
Sapta dravya samgraha in kushta	vataadhyo trayo	7/9	S
Classification and Enumeration of kushta		7/13-26	Tabulated
Dosha predominance of each Kushta		7/27-30	Tabulated
Line of treatment	Vatottareshu sarpi vama	7/39-42	S
Drugs for sodana		7/43-49	Selected drugs
Rasayana prayoga in kushta- Gandhaka etc			Brief description
Important yogas	Mustadichoorna m- Gandhakaprayog am- madhwasavam- kanakabindwaris htam- Sweta karaveeryadhi thailam, kanaka ksheeri thailam, lepa for Sidhma,		Names, brief matter

	Drugs for snana, Tiktha shadphala ghritha, Maha tikthakam ghritham, Mahakhadira ghritham		
General line of management and main yogas in switra		7/162-165	S
Types of switram		7/173,174	S
Vata, pitta, kapha lakshana of kushta		7/34-36	S
Indication of Tikta shatpalaghritham		7/ 143	S
Chapter 8: Rajayakshma Chikitsa			
Chatur nidana for rajayakshma	ayadhabalamarambam	8/13	S
Triroopa	Amsa parsva abhi tapa	8/52	S
Shadroopa and Ekadesaroopa	kaso amsa santapo-	8/45-46	S
Samprapthi based on nidana		8/14-32	Outline
Jwara vishishta lakshana	Amsa parsva abhi tapa	8/52	S
Swarabheda type and chikitsa		8/53-55	M
Sodana and its indication in Yakshma		8/57-58	M
Mamsa prayoga	sushyatham ksheena--	8/149,155	M
Jugupsitha chikitsa		8/150-154,156-157	M
Adravya chikitsa		8/184-189	M
Prevention of Yaksma	varunimanda nityasya	8/164	S
Enumerate main yogas in Rajayakshma			Names only
Chapter 9: Unmadam			
Nidana of Unmadam	Virudha dushta	9/4	S
Samprapthi of Unmadam	Thair alpa satvasya-	9/5	S
Samanya lakshana of Unmadam	Dhee vibhrama--	9/6-7	S
Definition of Unmada	Samutbhamam	9/8	S
Types, signs and symptoms		9/9-17	M
Line of treatment of unmada	Unmade vataje-	9/25-27	M
Guna and indication of Purana ghritha	Visheshtaha puranam	9/59-62	S
Line treatment of Bhutonmada		9/87-90	M
Preventive measures of unmada	Bhutanam adhipam	9/91	S
Vigata unmada lakshana	Prasada cha indriyartham	9/97	S
Enumerate main yogas in Unmadachikitsa			Names only
Chapter 10: Apasmaram			
Definition of apasmaram	smriterapagamam	10/3	S

Nidana and samprapti	vibhranta bahudoshanam	10/4- 7	M
Line of treatment	tairavruthanam	10/ 14,15	M
Nidana, samprapti and line of treatment of atatwabhinivesa		10/54- 63	Outline
Treatment of chronic epilepsy		10/64,65	M
Enumerate main yogas in apasmara	Panchagavyaghrita, mahapanchagavyam ghrtam, brahmighrtam,vachadi ghrtahm, jeevaneeya yamakam, kayasthadi varti, mustadi varti		Names only

Chapter.11 KshataksheenaChikitsa

Nidana and Samprapti of Kshataksheena	Dhanusha.... Urovirujyathe...	Sloka4-8 Sloka9-10	M M
Kshataksheenalakshana	Jwarovyadha.....	Sloka10-11	M
Poorvaroop of Kshataksheena	Avyakta.....	Sloka12,13	S
Sadhyasadhyatha	Alpaligasya.....	Sloka 14	M
Chikitsa of Kshataksheena	Uromathwaa..... Use of lakshaa....	Sloka 15-20	M
Raktathipravrtthichikitsa	Rakteathi....	Sloka 25-26	M
Pathya in Kshataksheena	Yadhyath.....	Sloka 93-94	M

Chapter.12 SwayathuChikitsa

Nidana of Nija and AganthuSwayathu	Sudhyaamaya... Bahyastvacho.....	Sloka 5-6 Sloka 7	M M
Samprapti	Baahyasira.....	Sloka 8	M
Poorvaroop	Three Poorvaroopas Ooshma.....	Sloka 9	M
Saamanyalakshanam	Sagouravam.....	Sloka11	S
Types of Sopha	Know the types		M
Samanyachikitsasoothram	Nidana..... Adhaamajam....	Sloka 17-19 Sloka 16	M
Punarnavadyarishtam	Punarnave..... Basic idea of preparation	Sloka 34-38	M
Pathya and Apathya in Sopham	Gramyanoopa...	Sloka 20	M
Aganthujasopham	Prayo.....	Sloka 102	M
Bahyopakrama of Sopham	Vibheetaka.....	Sloka 71-73	M

Chapter.13 UdaraChikitsa

Importance of agnimaandhya	Agnidoshammanushyaan... Praanaan...	.Sloka .9 Sloka10,11	S M
Nidaanam	Athyushna.....	Sloka 12-15	M

General Samprapthi	Ruddhwaa...	Sloka20	M
Types of Udara	Pruthagdoshai....	Sloka 22	S
Samprapthi of each udara	Pleehodara-Ashithasyaati..... Bhaddhagudodara- Pakshmabalaai... Chidrodara- Sharkaraathruna.... Udakodara- Snehapeetasya	Sloka 35-37 Sloka39-40 Sloka42,43 Sloka 45,46	M M M M
Saamaanyalakshana	Kuksheraatopa...	Sloka21	S
Asaadhyalakshana	Soonaaksham....	Sloka52-54	M
Saamaanyachikitsa in doshajaUdara	SnehanamswedanamVirech anam Snigdhaaya... Pithodare... Snigdhamswinnam...	Sloka59-61 Sloka68 Sloka72-73	M
Chikitsa of pleeha /Yakrthudara	Chikitsaam.....	Sloka. 76-77	M
Aahaarakramam	Doshai.....	Sl. 96-100	
ShamanaChikitsa	Thakraprayogam KsheeraPrayogam MoothraPrayogam GruthaPrayogam SarpavishaPrayogam	Sl. 101-106 Sl. 107 Sl. 110 Sl. 111 Sl 175-183	M
Chapter.14 Arso Chikitsa			
Nidaana and Sampraapthi of arsas	Athaoordhwa....	Sl.9	M
Types of arsas	Depending on origin Depending on Dosha	Sl.5 Sl.38 BH	M
SaamaanyaChikitsasoothram	Yadwaayoranulomyaaya....	Sl. 247-248	
SushkaarshaChikitsa	Snehanam, Swedanam, Avagaahanam, Dhoopanam,Praleepam, Raktaavasechanam		M
Aardhraarsachikitsa	Chikitsitham.... SnigdhaSeetha...	Sl.170 Sl.175-176	M
Thakraprayogam	Hapusha..... Thakraarishtam Twachaam.... Srotasu....	Sl. 72-75 Sl. 76-86 Sl. 87-88 BH	M
Thikthara in Arsas	Agni Sandeepana.....	Sl. 182	
Pathyaapathya in arsas	Laajaapeya.....	Sl. 199-211	

Picchaavasthi	Koshnena....	Sl. 224	M
Need for protection of Agni in Arsas	Thrayovikaaraa.....	Sl.244-245	
Chapter 15 Grahaneechikitsa			
Nidaana and sampraapthi of Ajeerna	Abhojana.....	Sl.42-44	M
SaamanyaLakshana of Ajeerna	Thasya.....	Sl.85-86 BH	
Mandaagni and grahaneegada	Durbalo....	Sl.51-54	M
Grahaneedescription	Agnyadhishtaanam.....	Sl.56-57 BH	
Aamagrahaneegada and Niraamagrahaneegadam	Grahaneemaasrutham...	Sl.73-81 Sl. Sl.94-95	M
Chikitsa of Grahani	Snehanam....	Sl. 196-197 BH	
Importance of takra in grahani	Thakramtu Yavaanyaamalake....	Sl.117-119 BH Sl.120-121	M
Snehopayoga in grahani	Snehameva....	Sl.201-205 BH 2 lines Rest	M
NidaanaSampraapthiLakshana and management of Athyagni	NareKsheenakaphe.... Bhukteanne....	Sl.-217-222 Sl.220 BH	M
Chapter. 16 Pandurogachikitsa			
Nidana and Samprapti of Panduroga	Ksharamlalavana..... Dosha....	(Sloka 7.....11) (Sloka 4...6)	M
General signs and symptoms of Pandu(M O)	Sambhuteasmin.....	(Sloka 13-16)	M
Types of Pandu			
Description of Kamala, Kumbhakamala, Haleemaka	Kamala-Pandurogitu..... Kumbhakamala-Kalantaraat..... Haleemaka-Yadatupandorvarna.....	(Sloka 34-36) (Sloka 37-39) (Sloka 132-133)	M
General line of treatment of Pandu,kamala,kumbhakamala and haleemaka	Tatrapandwamayi.....	(Sloka 39-43)	M
Treatment of kamala,kumbhakamala	Vatikesnehabhuyishtam...	(Sloka 115-116)	
Treatment of Haleemaka	Godoochiswarasa.....	(Sloka 134-137)	
Chapter 17 HikkaswasaChikitsa			
NidanaPathogenesis,lakshana of both Swasa and Hikka	Kaphavatatmaka..... Pradhakpanchavidhvetou Marutapranavahini....	(Sloka 8,9) (Sloka 10-16) (Sloka 17-18)	M

Reasons for common line of treatment of Hikka and Swasa	Karanasthana	(Sloka 70-76)	M
Therapeutic classification of patient of Swasa and Hikka	Hikkaswasamayee.....	(Sloka 88-90)	M
Sodhana line of management	Kasine.....	(Sloka 121-122)	M
Chapter .18 KasaChikitsa			
Samprapti of Kasa	Adhapratihato.....	(Sloka 6-8)	M
Chikitsa according to pradhanadosha and anubandhadosa	Tamakakaphakase.....	(Sloka 131-133)	M
Kshatakasachikitsa	Kasamatyayikam Kshatakasabhibhutanam..... Use of Jeevaneeyaghrtam .. Drinks used in Kshatakasa Dhoomapana – Nivrttekshatadoshe.....	(Sloka 134) (Sloka 138-139) (Sloka 140) (Sloka 141-143) (Sloka 144-148)	
Concept of vyatysachikitsa in kshayakasa	Deepanambrmhanam..... Sampoornaroopam.....	(Sloka 187-189) (Sloka 149-150)	
Chapter. 19 AtisaraChikitsa			
General line of treatment of Atisara	Tamasadhyate..... Doshasannichita....	(Sloka 10) (Sloka 14-19)	M
Use of medicated milk	Pithatisaro.....	(Sloka 57-60)	M
Gudabhramsachikitsa	Gudanissarane..... Use of carngeryadighrtham, Cavyadighrtham Dasamoolopasidhamva... Stabdhahbhrshtagude.....	(Sloka 42) (Sloka 43,44) (Sloka 45) (Sloka 46)	M
Pichavasti	Krtanuvasanasyasya.....	(Sloka 63-68)	M
General management of Raktatisara	Pithatisari..... Tatrachagampaya.....	(Sloka 69-70) (Sloka 71-76)	M
Chapter. 20 Chardichikitsa			
General idea of Nidana and Samprapti of 5 types of Chardi			M
General line of treatment of Chardi	Amasayotklesabhava.....	(Sloka 20-22)	M
Management of chronic Chardi	Vamiprasangat....	(Sloka 46-47)	
Chapter 21: Visarpa Chikitsa			
Name and its justification of the disease Visarpa	Vividhamsarpatiyatovisarpa sthena....	Sloka 11	S
Varieties of visarpa	Sa cha sapthavidho....	Sloka 12-14	M

Saptadhatu in pathogenesis of visarpa	Raktamlasikatwangmamsa m.....	Sloka 15	S
Three types of visarpa according to location	Bahisrita: sritaschaantastatha.....	Sloka23	S
Defintion and concept of Upadrava	Upadravastukhalurogottara kaalajo...	Sloka40	S
Treatment when doshasthanas involved with ama-	langhanollekhanesasthetikt akaanam.....	Sloka 43-45	S
Contraindication of Sneham	Raktapittanvayeapyadau... Na ghritam Bahudoshaya....	Sloka46 Sloka 47,48	S
Indication of Virechana and Raktamokshana	Tasmaadvirekamadau..... rudirasyavasekam.....	Sloka 49	S
General treatment	Kuryacchikitsitamasmaache etapraayani....	Sloka 116-117	Outline
Raktamokshana in Visarpa and its importance	Sakhadushteturudhire..... Twangmaamsasnaayusamkl edoraktakledad hi... Yaaneehoktaanikarmaani... visarponahyasamsrishtorak tapittenajaayate...	Sloka 68,69 Sloka70 Sloka141-142	S
Bahirparimarjanachikitsa (External Therapies)	Anta Sareeresamsudhe....	Sloka71	S
Pradeha and Pralepavidhi	Tribhaagangushtamaatra:	Sloka 100-102	M
Granthivisarpa treatment	Raktapittottaramdrishtvaa (Sloka- 118-119) Urdhwamchaadhaschasudh aaya... (Sloka- 120) Kshara, agni, Sastrakarma in granthivisarpa- aabhi: Kriyaabhi: Sidhaabhir... (Sloka 132-134)	Sloka 118-119 Sloka120 Sloka 132-134	Outline
Chapter 22: Thrishna chikitsa			
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Samprapti	Pittanilopravidho.....upasargabhootasa	Sloka 5-7	S
Poorvaroopam	Pagroopam.....	Sloka 8	M
General lakshana	Mukhasoshaswarabheda...marmadooyanamsad anam	Sloka9	S
Line of treatment of thrishna	Lingam sarvasvetasva.....th rishnanam	Sloka 24 Sloka 40-50	M

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Sadhyasadyatha	Sarvaa.....	Sloka18	M
Treatment of oupasargikathrishna	Paanatrishartha....	Sloka 51-56	M
Recipes and therapeutic preparation in the management of thrishna	Ksheerekshu....	Sloka 34-39	M
Utility of different types of water in thrishna	Sruthaseetha.....	Sloka 27-33	M
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Chapter 23: Visa Chikitsitham			
Mythological origin of visha	Amruthartham.....	Sloka 4-6	M
Types of visha- sthavara and janagama	Sarpaa.....	Sloka 9-13	M
Garavisham	Garasamyogajam.....	Sloka14	S
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Vishagunas and its effects	Laghu ruksha.....	Sloka 24-27	S
Dooshivisha	dooshivishamtu.....	Sloka 31	S
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Signs indicating death of poisoned patient	Neeloshta.....	33,34	M
Therapeutic measures (Chaturvimsatiupakramas)	Mantra arishta.....	35-37	S
Arishtabandhana Raktamoksham Hridayavarana	Damsaastuvisham..... prachhaannasringajaluuka (sloka 38-42) aadauhridayamrakshyam....	38 38-42 Sloka 46-50	Outline
Mritasanjeevaniagadam	Sprikkaa.....	Sloka 54-60	M
Importance of anjana and nasya in vishachikitsa	Vishadooshitha.....	65-69	M
Vishapradaadalakshanam (Signs of poison giver)	Atyrtha sankita.....	107	M
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Sankavisham	Durandhakaareviddhasya...	Sloka 221	S
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Chapter 24: Madatyayachikitsa			
Effects of Madya on Ojas	Madyamhridayamaavisya...	Sloka 29-31	S

Mada – definition	Hrudimadyagunaavishte	sloka 39-40	S
Madatyaya – Samanyachikitsasiddhanta	Sarvammadatyayam.....	sloka 107-111	Outline
Justification of giving Madya in Madatyaya	Teekshoshnena.....	sloka 112-116	Outline
Administration of Ksheera in Madatyaya	Aabhikriyaabhi.....	sloka 195-198	M
Dvamsaka and Vikshaya Nidana	Vicchinnamadya.....	sloka 199	S
Lakshana	Sleshmapraseka.....	sloka 201	S
Vikshayalakshana	Hrdkantaroga.....	sloka 202	S
Chikitsa	Tayo karma.....	sloka 203- 204	S
Names of Important Yogas	PaittikaMadatyaya(Pancaml aka Yoga) KaphajaMadatyaya (AshtangaLavana)		Names only
Types of vrana	Nijashareera	Sloka 6,7	S
Chapter 25 : Dvivraneeyam chikitsa			
General treatment of vrana	Vrananam.....	Sloka 9	S
Nijavrana	Yadhasvairhetubhirdushta	Sloka 10	S
Features and treatment of vatika, paittika and kaphajavrana	Stabdha....	Sloka 11,13, 15	M
20 types of vrana	Kritya	Sloka 20-21	M
Method of examination	Darsana...	Sloka 22,23	M
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Fourteen types of discharges	Lasikaa.....	Sloka 27-29	List
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Line of treatment	Vrananam.....	Sloka38,39	S
Thirtysix treatment measures for wounds	yadhakramata.....	Sloka 39-43	S
Six types Sastrakarmam	Padanam.....	Sloka 55	S
Prognosis of vrana	Twak mamsaja.....	Sloka 36,37	M
Chapter 26: Trimarmeeeyam			
Hetu,Samprapthi and Lakshana of udavartha			Outline
Udavarthajanithavyadhis			M
Chikitsa of udavartha	Tamtailasheetta.....	Sloka 11	S
Anahachikitsa and usage of erandatailam			M

Mootrakricchralakshana and chikitsa			Outline
Lakshana and treatment of hrudroga			Outline
Asmarichikitsa			Outline
Mootrakricchranasakavihara	Mootrakrichra nasaka viharam- Vyayamsandharana.....	Sloka 76	M
Treatment of Krmijahrudroga	Sarvam.....	Sloka 103	M
Treatment principle of hrudroga			M
Diseases and treatments of head- Nose,head,mouth,ear,eye, hair			M
Swarabhedachikitsa			M
Names of important yogas	Dwiruthrahinguvaadhichurnam Vachadhichurnam Hinguvaadhichurnam Sthiradhighritam <u>Ashmari and sarkarajanya</u> Paashanabhedhadhikwatham Paashnabhedhadighritham Trutyadhichurnam		Names only
	<u>Shiroroga</u> Rasnaditailam Baladyataila Mayuraghritha Mahamayuraghritha		Names
	<u>Mukharoga</u> Pippaliyadichurna Ksharagutika Kalakachurna Pitakachurna Darvirasakriya Khadhiradhighutika and tailam		Names
	<u>Karnaroga</u> Hinguvaditailam Gandhatailam Ksharatailam		Names
	<u>Netraroga</u> Brhatyadivarti Sankhadivarti Pippaliyadirasakriya		Names
Chapter 27: Urusthambha chikitsa			
Nidana		Sloka10,11	S

Samprapthi of Urusthambha.	Snigdghoshnalaghuseethani Snehachaamam.....jan ayathyalpavikramam.		
Definition of Urusthambha	Urusleshma.....	Sloka 14	S
Roopa of urustambha	Jangoruglanirathartham....	Sloka 17,18	S
Treatment principle of Urusthambha.	Thasyasamsamanamnithya m.....	Sloka25	S
Reasons for avoiding Panchakarma Treatments.			M
Reason for avoiding Snehana	Vatasankhi.....	sloka 16	S
Reasons for avoiding panchakarma	Thasyanasnehanam	Sloka 20-24	M
Important yogas	1 Samangadi yoga. 2 Shriveshtakadi yoga. Churnas: 1 Sharngeshtadi 2 Murvadi-yoga 3 Guggulu should be soaked overnight in cow's urine and taken. 4 Swarnakshiryadi yoga Tailas 1 Peeluparnyaditaila 2 Kushtaditaila 3 Saindhavaditaila		Names
Ashtakatwarataila	Palabhyam.....	Sloka 47	S
Chapter.28: Vatavyadhi			
Importance of Vayu	Vayurayurbalam..... Avyahatagatiryasya...	Sloka 3 Sloka 4	S
5 Divisions of Vayu and their functions	Pranodanasamanakhyavyan a....	Sloka 5-10	S
Normal and abnormal functions	Vimargastha.....	Sloka 11,12	S
Nidanas of Vatavyadhi	Rookshaseetalpa...	Sloka 14-19	S
Poorvarupa	Avyakthalakshanam.....	Sloka 20	S
Signs and symptoms of Vatavyadhi	Sankochaparavanaam.....	Sloka 21-24	S
Koshtasrithavayu SarvangaKupitavatam	Tatrankoshtasrite... Sarvangakupitevaate...	Sloka 24 Sloka 25	S
Amasayasritavayu Pakvasayasraya-	hrinnaabhi....	Sloka 27 Sloka 28	
Snayugatavatam-	Pakvasayastoantrakoojam...	Sloka 35	

Sandhiagatavata-	Bahyaabhyantarayaama..... Vatapoor nadrutispar sam....	Sloka 37	
Ardita	Ativridha: Sareerardham....	Sloka 38-42	M
Antarayamam	Manyesamsritya...	Sloka 43	M
Bahirayamam	Prishtamanyasritabahya.....	Sloka 45	M
Hanugraham	Hanumoolesthito....	Sloka 49	M
Akshepakam	Muhurakshipati....	Sloka 50	M
Pakshagatam	Hatwekammaarita.....	Sloka 53	M
Ekgasarvanganarogam	Griheetwartham....	Sloka 54,55	M
Gridrasi	Sphikpoorva....	Sloka 56,57	M
Khallvi-	Khalvitu....	Sloka 57	M
Aggravation and occlusion of Vayu (Two types of Samprapti of Vayu)	Vayodhatukshayaat....	Sloka 59	S
Treatments of KevalaVata a. Snehanam b. Swedanam	Kevalamnirupasthambham adau.... Susnighdhamswedayed...	Sloka 75 Sloka 78	S
Importance of Snehana and Swedana in Vatavyadhi	Snehaktamswin namangam	Sloka 80-83	S
Sodhana therapy	Yadyenenasadoshatvaat.....	Sloka 84	M
Koshtasrita treatment-	Viseshastukoshtaste....	Sloka 89	M
Sarvangasritam-	Sarvangakupite....	Sloka 91	M
Ardita treatment-	Arditenaavanam.....	Sloka 99	M
Pakshaghta treatment-	Swedanamsnehasamyukta m...	Sloka 100	M
Gridrasi treatment-	Antarakandaragulpham....	Sloka 101	M
Khalwi treatment-	Khalvyamtuushnopamahan am....	Sloka 102	M
General line of management of Vatavyadhi	Sarpistaila vasa.....	Sloka 105	S
Importance of taila in Vatavyadhi	Naastitailaatparam....	Sloka 181,182	S
Treatment of Avrutavata	Kriyasaadharani.....	Sloka 183	S
General line management of Avarana	Kaphapittaavirudha.....	Sloka 238	S
Chapter 29 - Vataraktacikitsa			
Nidana, Samprapthi and Synonyms	lavanaamlakatuksarasnigd haushaajir nabhojanai.....	5-11	M
Samprapthi:	Vaayurvivrudhhovridhena...	10	S
Synonyms:	khudamvatatabalasakhyam aadhyavatamchanaamabhi hi	11	S
Site of vatarakta :	tasyasthanamkarou.....	12	S

Poorvaroopam of vatarakta:	Swedoathyarthamnava.....	16	S
Types of Vatarakta:	uthanamadhagambheeram dwividham.....	19	S
Clinical features of Uthana and gambiraVatarakta:	kandudaaharugaa.....	20-23	Outline
Differential features as per dosha dominance:	tatravateadhikevaa.....	24-29	Outline
Prognosis	ekadoshanugamsaghyamnavam	30	S
Complications:	asvapnaarochakaswasamam.....	31-34	M
Need for blood letting:	raktamargamnihantyashu	35-40	S
General principles of Management:	virechyahasnehayitvadaou	41	S
Specific Treatment:	visheshamtunibodhame.....	42-47	S
Names of important yogas	Madhuparnyaditailam Sukumarakatailam AmritadyaTailam MahapadmaTailam KhuddakaPadmakaTailam ShatapakiMadhukaTailam Shatapakitailam or SahasrapakibalaTailam PindaTailam Dashamula processed milk Lepas Tagaradilepa Triphaladikalkalepa Grihadhoomadilepa		Names only
Chapter.30: Yoniroga chikitsa			
General nidana of yoniroga	Mithyacharena	8	M
Line of treatment of yoniroga	Snehanaswedabastyadi	41-46	Outline
Sukradosha Types	Phenilam	139	S
Sudhasuklalakshana	Snigdhamghanam.....	145	S
Sudhaartavalakshana	Masadnishpichadaharthi...	225-226	S
Ashtavidha stanyadusti	Vairasyam.....	237	S
Names of important yogas	Vatikayoniroga Balaghruta Kasmaryadighruta Pippalyadighruta Vrushakadighruta Saindhavaditaila		Names only

	Guduchyaditaila. Himsrakalka Paithikayoniroga Bruhatsatavarighrita Kaphajayoniroga Udumbaraditaila Dhatakyadi Raktayoniroga Pushyanugachurna Kasmaryadighruta		
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Caraka Samhita - Uttarardha- Kalpasthana

Number of Chapters – 12
Marks: 15

Definition, purpose and importance of Sthana
- These points are not mentioned in the text; but mentioned by commentators under the first two slokas of first adhyaaya (adhaatoo madana kalpam vyakhyasyaamah...bhagavaan aatreyah) - Purpose and importance of the kalpa sthaana is mentioned by acharya Caraka on 3rd gadya of first adhyaaya (adha khalu vamaana virechanartham....agnivesha) and on the commentary of the same by cakrapani.

Number and names of Adhyaya
This has to be enlisted from the Index of the text itself or else first part of gadya 6 in adhyaaya one mentions the same in order (tatra phala jeemootakekshvaaku.....dravanteenaam ca)

Definition of Vamana &Virecana
Gadya 4 of Adhyaaya one. (tatra dosha haranam...samjnaam labhate)

Mode of action of both karma
Gadya 5 of Adhyaaya one. (tatrosna teekshnaubhaya gunatvaat)

Potentiating Vamana & Virechana dravya
- Gadya 7 of adhyaaya one mentions it in general (taani tu dravyaani...bhavanti) - Gadya 13 of adhyaaya one mentions about potentiation of madanaphala for vamaana (vamaana dravyaanaam madana phalaanisamyak sthaapayet) - Sloka 47-some editions of Caraka Samhita mentions the same as sloka 43,44 (A)- of Adhyaaya Twelve mentions veerya utkarsha vidhi by bhavana (bhooyaschaato balaadhaanam...bhaavayet)

Vamana-vidhi
Gadya 14 of Adhyaaya one.(adha chhardaneeyam aaturam...chardana yoga vidhi)

Madanaphala –Adhyaaya 1	
Title	Gadya/Sloka
No. of formulations	Adhyaaya 1-slokas 28, 29, 30 (nava yogaa...maharshinaa.)
Synonyms	Adhyaaya 1-sloka 27 (madana....kalpanaa)
Indications	Adhyaaya 1-gadyas 16,17,18,19 and 20 each, contains indications
Kvatha-yoga	Adhyaaya 1-gadya 14-the kvatha formulations are mentioned inside this gadya (adha chardaneeyam aaturam...abhimantrayeet)
Choorna-yoga	Adhyaaya 1-gadya 20 (phala pippaleenaam bhallaataka vidhi ...samaanam purveena)
Ghreya-yoga	Adhyaaya 1-gadya 19 (phala pippaleenaam phalaadi kashayeena ...samaanam purveena)
Matra-yoga	Adhyaaya 1-gadya 16 (phala pippaleenaam dwau dwau.... samaanam purveena)

Jeemutaka-Adhyaaya 2	
Title	Gadya/Sloka
No. of formulations	Adhyaaya 2- Sloka 14,15; (shad ksheere...yoga trimshaannavadhikam)
Synonyms	Adhyaaya 2-sloka 3 (B) (garaagaree..devataadakah)
Types	- No types are mentioned -
Indications	Adhyaaya 2 – sloka 4 (jeemutakam tridoshaghnam...aamayeshu ca)
Five formulations: Any five can be taught. But for further necessity, sloka 5 to 7 is meant to be ideal. A total of six formulations have been described in here. (yadhokta guna yuktaanaam...pibeet)	

Ikshvaku- Adhyaaya 3	
Title	Gadya/Sloka
No. of formulations	Adhyaaya 3-sloka 21,22,23; (payasya astau.....catvaarimshat ca panca ca)
Synonyms	Adhyaaya 3-sloka 3; (lambaa...prochyate tasya kalpanaa)
Types	- No types are mentioned -
Indications	Adhyaaya 3-sloka 4; (kaasa swaasa....tad ikshyatee)
Yoga 1	Adhyaaya 3-sloka 5;

	(apushpasyakapha jvaree)
Yoga 2 & Yoga 3	Adhyaaya 3-sloka 6; (pushpaadishu...suraamandeena pancamah) Nb# Five yogas are mentioned here
Yoga 4	Adhyaaya 3-sloka 11; (tumbyaa.....gandha sampat sukhochitah) Nb# This is one Ghreya yoga.
Yoga 5	Adhyaaya 3-sloka 13; (pancaashad dasa....prithak) Nb# This is a Vardhamaana prayoga

Dhamargava-Adhyaaya 4	
Title	Gadya/Sloka
No. of formulations	Adhyaaya 4-slokas 19,20; (pallave..maharshinaa)
Synonyms	Adhyaaya 4-sloka 3; (karkotakee..tadhaa)
Types	- No types mentioned -
Indications	Adhyaaya 4-slokas 4, 5 (A); (gare gulmodare...guravasca yee)
Yoga 1	Adhyaaya 4-sloka 6; (pravaala swarasam...madhukasya ca)
Yoga 2	Adhyaaya 4-sloka 7; (pushpaadishu...suraa)
Yoga 3, Yoga 4	Adhyaaya 4-sloka 8,9(A); (madhukasya kashayeena....kaphaamayaah)
Yoga 5	Adhyaaya 4-sloka 10; (choornau vaa.....vamet sukham) Nb# This is one Ghreya yoga.
The yogas mentioned are more than the number specified by the teaching note. The teacher could choose according to his/her decision.	

Vatsaka-Adhyaaya 5	
Title	Gadya/Sloka
No. of formulations	Adhyaaya 5-sloka 12; (kashayeir nava....smritaah)
Synonyms	Adhyaaya 5-sloka 4; (vatsakah kutajah...kalingakaah)
Types	Adhyaaya 5-sloka 5 (brihat phalah.....phala vrintaistadhaa anubhih)
Indications	Adhyaaya 5-sloka 6 (rakta pitta...sasyatee)
Five formulations: Any five can be taught; further sloka 7, 8 and 9 (A) is meant to be ideal. (teshaam antar nakham.....pitta sleshma nibarhanam).	

Krita vedhana-Adhyaaya 6	
Title	Gadya/Sloka
No. of formulations	Adhyaaya 6-sloka 13,14; (ksheere duaushastir yogaah prakeertitaah)
Synonyms	Adhyaaya 6-sloka 3(B); (kshweeda...mridanga)

	phalam eva ca)
Types	- No types mentioned -
Indications	Adhyaaya 6-sloka 4; (atyartha katu ...gulma garaadishu)
Five formulations: Any five can be taught. But sloka 5(A) and 8 (B) are ideal; (ksheeraadi kusumaadeenaam... purvavat); (vartti kriyaa....ghritam tadhaa)	

Syaama-trivrut – Adhyaaya 7	
Title	Gadya/Sloka
No. of formulations	Sloka 77,78,79,80 (eko amlaadibhir.....parama rishinaa)
Synonyms	Sloka 4 (tri bhandee...paryaaya vaachakaih)
Types	Sloka 7 (moolam tu ...yadaruna prabham)
Indications	Sloka 8,9; (sukumaaree sishou..ye naraah)
Choorna-yoga	Sloka 61,62; Sloka 63,64: (trivrit shyaamaa...rukshaanamapi sasyatee) (triyooshanam triphalaa...ca adyaat rasoudanam)
Rutu-yoga	Sloka 56,57,58,59,60; (trivritaam koutajam beejam.....mala dosha hrit)
Kalyanaka gula	Sloka 40,41,42,43,44,45; (vidanga pippalee moolaritushu yougikaah)
Abhayaadi modaka	Sloka 46,47,48,49,50 (A); (vyosha twak patravidhinjeena avacaaritam) Nb# Actual sloka starts from 'vyosha twak' etc, in the text; this formulation is itself recommended as 'Abhayaadi modaka' according to Cakrapani, in his commentary of the same sloka.
Trivri leha	Sloka 23; (shyaamaa trivrit...pani talam tatah)

Caturangula-Adhyaaya 8	
Title	Gadya/Sloka
No. of formulations	Adhyaaya 8-slokas 17,18 (drakshaa rase...sukhodayaah)
Synonyms	Adhyaaya 8-sloka 3; (aragvadhoo...karnikaaro avaghatakah)
Types	- No types mentioned -
Indications	Adhyaaya 8-slokas 4,5; (jwara hridroga....caturangulah)
Yoga 1	Adhyaaya 8-sloka 8; (draksha rasadwadasha varshike)
Yoga 2	Adhyaaya 8-sloka 9; (caturangula...kolasethunaa)
Yoga 3	Adhyaaya 8-sloka 10; (dadhi mandena va...souveerakena va)
Yoga 4	Adhyaaya 8-sloka 11; (trivrito va kashayeena... samyutam)

Yoga 5	Adhyaaya 8-sloka 12; (kashayenaadhavaa...naram)
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Tilvaka-Adhyaaya 9	
Title	Gadya/Sloka
No. of formulations	Adhyaaya 9-sloka 17,18; (panca dadhyaadi...darshitaa)
Synonyms	Adhyaaya 9-sloka 3; (tilvakastu mato...varjitam)
Types	- No types mentioned -
Indications	- No Indications mentioned -
Five formulations: Any five can be taught. But sloka 6 of the adhyaaya is ideal; (dadhi takra....panitalam pibet)	

Sudha--Adhyaaya 10	
Title	Gadya/Sloka
No. of formulations	Adhyaaya 10-sloka 21,22; (sauveerakadibhih...samudaahritaa)
Synonyms	Adhyaaya 10- sloka 6 (B) (mentions one synonym) and sloka 8; (prayojayeenhyavacaaritah), (su teekshaih....nistrimsha patrakah)
Types	Adhyaaya 10-sloka 7; (sadyo...kandakaih)
Indications	Adhyaaya 10-sloka 3,4,5; (virecanaanaam...dosha vibhraanta chetasi)
Yoga 1	Adhyaaya 10-sloka 15; (trivitaaragvadham...aatape tatah)
Yoga 2	Adhyaaya 10-sloka 16; (saptaaham bhavayittvaivam...bhaavitam)
Yoga 3	Adhyaaya 10-sloka 17; (gandha maalyam...naradhipaah)
Yoga 4	Adhyaaya 10-sloka 18 ; (shyaamaa trivrit ...matrayaa naram)
Yoga 5	Adhyaaya 10-sloka 19; (paayayettu...bhakshayeen narah)

Saptala-Sankhini-Adhyaaya 11	
Title	Gadya/Sloka
No. of formulations	Adhyaaya 11-sloka 18; (kashaayaa.....ca te hitaah)
Synonyms	Adhyaaya 11-sloka 3; (saptalaa.....akshi peedakah)
Types	- No types mentioned -
Indications	Adhyaaya 11-sloka 4; (te gulma.....sleshmadhikeshu tu)
Five formulations: Any five can be taught. But sloka 6, sloka 7 and sloka 8 of the adhyaaya	

is supposed to be ideal;
(aksha matram....sukham sekha virechanah)

Danti-Dravanti-Adhyaaya 12	
Title	Gadya/Sloka
No. of formulations	Adhyaaya 12- slokas 36,37,38,39,40; (dadhyaadishu trayah panca....panca ghrute smritaah) Nb# The above mentioned slokas 36 to 40 is not mentioned in some texts of Caraka Samhita-Kalpa sthaana. This is supported by Cakrapani, and is published in the Sanskrit text of complete Caraka Samhita-with Cakrapani commentary. Nb# Adhyaaya 12- slokas 41 and 42 mentions the conclusion about the number of formulations for Vamana and Virechana mentioned in Kalpa Sthana; the same is mentioned as sloka 37 and sloka 38 in some other editions of Caraka Samhita, especially the Hindi editions. (trimshatam...dravyaani dasa panca ca)
Synonyms	Adhyaaya 12- sloka 3 and next sloka (danty udumbaraparnee....mooshikahvayah), (tadhaa mooshika parnee....ca keertitaa)
Types	- No types mentioned -
Indications	Adhyaaya 12- slokas 6,8; (teekshoshnaan...kopayanti ca), (pibeet gulmodaree.....bhagandaree) Nb# Here no other indications are mentioned, except that mentioned in sloka eight
Five formulations: Any five can be taught. But sloka 7 in the adhyaaya is supposed to be ideal; (dadhi takra suraa....sheetubhir eva ca)	

Caraka Samhita – Sidhisthana

Number of Chapters – 12
Marks: 25

Topic	Sloka	No.	Remarks
Definition of Sidhisthana	Sidhe abhidayakam sthanam Sidhisthanam		S
Purpose and Importance of Sthana	(Vamanadeenam vamanadyasamyak yoga janyananam vyapadam bhesajasya sadhyatha roopa sidhiruchyathe. Evam bhootha sidhi karana abhidayakathaya cha ethat sidhi sthanam uchyaathe.		S
Number and names of Adhyaya	1. Kalpana Sidhi 2. Panchakarmeyam Sidhi 3. Vasthi soothreyam Sidhi 4. Sneha vyapat Sidhi 5. Netra vasthi vyapat sidhi 6. Vamana Virechana Vyapat Sidhi 7. Vasthi Vyapat Sidhi		

	8. Prasrutha Yogeeyam 9. Thrimarmeeeyam Sidhi 10. Vasthi Sidhi 11. Phala matra Sidhi 12. Uthara vasthi Sidhi		
Chapter – 1: Kalpanasiddhi			
Procedure and benefits of Snehana& Svedana	Sneho anilam hanthi.....	Cha Si 1/7	S
Procedure and benefits of Vamana& Virechana	(Sleshamothara chardayathi yogya thamam prayojyam)	Cha Si 1/9-10	S
Procedure and benefits of Niruha:	(Vasthir vaya sthapayitha sukhayu.....samayet nirooha) (Naabhipradesam.....sa vasthi)	Cha Si 1/27-28, Cha Si 1/40	S
Procedure and benefits of Anuvasana:	(Dehe niroohena..... syad anuvasanena)	Cha Si 1/29-31	S
Procedure and benefits of Nasya:	(Visudha dehasya.....thivbidham malaanaam)	Cha Si 1/50-51	S
Pattern and application of Peyadikrama:	(Peyavilepimakrutham.....shudhishudhah)	Cha Si 1/11	S
Significance of of peyadikrama	(Yathanuragni.....antharaagni)	Cha Si 1/12	S
Charecteristics of three types of vamana and virechana(3 types of sudhi)	Jaghanamadyapravare tu vegae.....vamanae tu pitam	Cha Si 1/13-15	S
Samyakyoga of Vamana:	(Kramaath kapha..... api cha lakshyamane)	Cha Si 1/15	S
Athiyoga of vamana	(Trunmoha.....vamane athi cha syath)	Cha Si 1/16	S
Ayoga of vamana	(Duschardithe.....gurugathratha cha)	Cha Si 1/16	S
Samyakyoga of virechana	(Srothovishudheendriya.....bhaveth kramena)	Cha Si 1/17	S
Athiyoga of virechana	(Kaphasrapitha....virtechithe athi)	Cha Si 1/19	S
Vasti-arda chikista	Sakhagata kosta gata.....chikistyamapi vastimekae	Ch.Si.1/38-39	S
Def. of vasti	Nabhipradesam.....chaya sa vasti	Ch.Si.1/41	S

Samyakyoga of Niruha	(Prasrushtavinmootra.....suniroodhalingam)	Cha Si 1/41	S
Athiyoga of Niruha	(Lingamyadevathi.....niruhithasya)	Cha Si 1/43	M
Ayoga of Niruha	(Syadruksirohridguda..... niruhithe syuh)	Cha Si 1/42	M
Samyakyoga of Anuvasana	(Prathyethyasaktham.....anuvasithe syuhu)	Cha Si 1/44	S
Athiyoga of Anuvasana	(Hrillasamohaklama.....athyanuvasithasya)	Cha Si 1/46	M
Ayoga of Anuvasana	(Adhasareerodaraasamyagethaananuvasithasya)	Cha Si 1/45	M
Samyakyoga of Nasya	(Urairoolaaghavam.....vishudhe)	Cha Si 1/51	S
Athiyoga of Nasya	(Sirokshisankha.....timiram chapashyeth)	Cha Si 1/52	M
Ayoga of Nasya	(Galopalepa.....atha durvirikthe)	Cha Si 1/52	M
Pattern and application of Karma, Kaala and yogavasthi	(Trimsathmatha.....paraadi Madhya)	Cha Si 1/47-48	M
Parihaarakala	(Kaalasthu vasthyadishu.....hi parihaarakala)	Cha Si 1/54	S
Varjaneeyavishaya	(Athyasanasthaana.....akaalaahithabhojanam cha)	Cha Si 1/54	S
Chapter 02: Pancakarmeeya Sidhi			
General Contra-indications for Upakrama :	(Chanda: sahasiko bheeru.....nopakramyabhishagvida)	Cha Si 2/4-6	S
Indications of Vamana:	(Viseshathasthu peenasa..... maharogadhyokthascha)	Cha Si 2/10	S
Indications of Virecana:	(Viseshatasthu kushta maharogadhyokthascha)	Cha Si 2/13	S
Indications of Niruha:	(Viseshatasthu sarvanga ekanga.....maharogadhyayascha)	Cha Si 2/16	S
Indications of Anuvasana:	(Ya eva asthapyatha..... Kevala vatharogarthascha)	Cha Si 2/19	S
Indications of Nasya :	(Viseshatasthu shiro danta.....paripakvascha)	Cha Si 2/22	S
Contra-indications of Vamana	(Kshata ksheena ati sthoola..... akshisoolartha)	Cha Si 2/8	S
Reasoning of Contra indications:	(Tatra kshatasya shoolathi vrudhi)	Cha Si 2/9	M
Contra-	(Subhagakshata.....garbhinyantha)	Cha Si 2/11	S

indications of Virecana:			
Reasoning of contra Indication :	(Tatra subhagasya.....dosha syath)	Cha Si 2/12	M
Contra Indications of Nirooha:	(Ajeerni athi snigdha.....kushtartha)	Cha Si 2/14	S
Reasoning of contra Indication:	(Ajeerne..... vyadhe punarvrudhi)	Cha Si 2/15	M
Contra Indications of Anuvasana :	Ya eva anastapyaha.....krimi koshtinaha)	Cha Si 2/17	S
Reasoning of contra Indication:	(Thatrabhuktha bhakthasya..... bhooya eva dosha vardhyet)	Cha Si 2/18	M
Contra Indications of Nasya :	(Ajeerna bhuktha.....durdine chethi)	Cha Si 2/20	M
Reasoning of contra Indication:	Content Only (Tatra ajeerna bhuktha bhakthayoho..... shiro rogam cha janayeth)	Cha Si 2/21	M
Rules of exception Content Only :	(Na cha ekanthenayadrucha sidhireva sa)	Cha Si 2/25-28	M
03. Vasti-sutreeya Sidhi			
Factors influencing Vasti and other Karma	(Sameekhya doshoushadhacha sidhimanthi)	Cha Si 3/6	S
Vastri-Netra Specifications	(Suvarna roopya.....karyani su karnikani (Shad dvadasa..... vasthi nibandane dve)	Cha Si 3/7 Cha Si 3/8,9	S
Vasti-Putaka Specifications	Jarath gavo..... su khana patova)	Cha Si 3/10-12	S
Procedure of Niruha and Anuvasana Vasti	(Asthapanarham..... thatho apakarsheth)	Cha Si 3/12-19	M
pascad-karma	(Prathyagathe kosha jala.....upaseetha kridhopadhana:)	Cha Si 3/27-29	M
Order of adding ingredients	Purvam hi dadyan madhu.....	Ch.Si.3/24	M
Importance of Savya-sayana in Vasti	(Vamasraye hi graha.....vasthi danam)	Cha Si 3/24	S

Effects of three vasti	Eko apakarshyathi anilam....	Ch.Si.1/27	M
Niruha-matra :	(Nirooha matramrudurvisesha)	Cha Si 3/31-33	M
Diet after vasti	Rasena vathae....	Ch.Si.3/70	M
04. Snehavyapat Sidhi			
Dosha-hara Sneha Vasti :	1.Dasamoola baladi vasthi- Vatha haram 2. Jevanthyadi vasthi- Pitha haram 3.Saindhavadi- kapha haram		M
Sneha Vasti-Vyapat – Number and names :	(Vatha pitha kapha..... shadapathaha)	Cha Si 4/25	S
Causes of Sneha Vasti-Vyapat:	(Sheetho alpo va adhike..... yathyurdhwam)	Cha si 4/26-27	S
Management of Sneha Vasti-Vyapat:	Content only (Anga marda jwara.....thasya karyam nivarthanam)	Cha Si 4/28-40	M
Importance of Hot Water:	Snehajeernam jarayathi..... vathasleshmopasanthayeth)	Cha Si 4/43-45	S
Prohibitions in Sneha Vasti :	Na tu amamvasthikarmam tridoshanut)	Cha Si 4/48-51	M
Matra-vasti:	(Karma vyayama..... brimhanam vatha roganuth)	Cha Si 4/52-54	S
05. Nētrabastivyāpat Sidhi			
Classification and numbers :	(Atha netranivyapada:)	Cha Si 5/3	M
Nētradōṣa :	(Hraswam deerksam..... dosha yada kamam	Cha Si 5/4-5	S
Bastidōṣa :	(Vishama mamsala syur vasthi doshaja:)	Cha Si 5/6,7	S
Pranētrdōṣa :	(Savatha athi drutha..... pranethrutha:)	Cha Si 5/8	S
6. Vamana-Virecana Vyapat Sidhi			
Matravat aushadam	Alpamatram mahavegam....	Ch.Si.6/15-16	S
Tarpanadi kramam	Kaphapitae....	Ch.Si.6/25	M
Numbers, name and classification	(Aadhmaanam parikarthischa.....aathurasya cha)	Cha Si 6/29-30	S
Definition of Yoga-atiyoga-ayoga	(Yoga: samyakpravriti.....va pravarthanam)	Cha Si 6/31,34	S
Cause and management of	(Bahudoshasya.....aadhmaathasya shasyathe)	Cha Si 6/58-60	M

Aadhmaanam :			
Cause and management of Parikarthi :	(Snigdhenaguru.....madhurasthatha)	Cha Si 6/61-63	M
Cause and management of Parisraava :	(Alpam tu bahu.....pradapayeth)	Cha Si 6/68-70	M
Cause and management of Hruthgraha :	(Peethoushadhasya.....uthapayethatha)	Cha Si 6/71-74	M
Cause and management of Gathragraha :	(Peethoushadhasya.....swedadi karayeth)	Cha Si 6/76-77	M
Cause and management of Jeevadaanam :	Athiteekshnam mridau.....anuvasanam)	Cha Si 6/78-84	S
Cause and management of Gudabhramsam	(Gudambhrashtam....karayeth)	Cha Si 6/85	M
Cause and management of Sthambham :	Peetham.....langhithapaachitha)	Cha Si 6/88-89	S
Cause and management of Upadravam :	Rookshamvirechanam.....vidhi)	Cha Si 6/90-91	M
Cause and management of Klamam :	(Snigdhasya.....shodhanam)	Cha Si 6/92- 93	M
Importance of Sneha-Sveda prior to Sodhana:	(Snehaswedopa.....mala:)	Cha Si 6/11-13	S
Features of Maatraavados hadham	(Alpamaathrammaathraavadoshadham)	Cha Si 6/15-16	S
7. Vastivyapat Sidhi			
Numbers and names	(Naathiyogo klama.....yogasambhavaa:)	Cha Si 7/5-6	S
Cause and management of Ayoga :	Gurukoshte.....thamaanayeth	Cha Si 7/7-11	M
Cause and management of Athiyoga :	(Snigdha swine.....athiyogaje)	Cha Si 7/12-14	M
Cause and management of Klama:	(Aamasheshe.....maadhutailikam)	Cha Si 7/15-20	M

Cause and management of Aadhmaanam :	(Alpaviryo maha.....anuvaasanam)	Cha Si 7/21-26	M
Cause and management of Hikka	(Mridukoshte abale.....annam cha vaathanuth)	Cha Si 7/27-29	M
Cause and management of Hrithprapthi	(Athiteekshna.....anuvaasanam)	Cha Si 7/30-31	M
Cause and management of Oordhaprapthi	(Vaathamootra.....sarshapai shira:)	Cha Si 7/32-39	M
Cause and management of Pravaahika	(Snigdha swine.....virikthavath)	Cha Si 7/40-42	M
Cause and management of Shirorthi	(Durbale.....anuvaasayeth)	Cha Si 7/43-45	M
Cause and management of Angarthi	(Snehaswedai.....anuvaasanam)	Cha Si 7/47-52	M
Cause and management of Parikarthi	(Mridukoshtaalpa.....mridubhojina:)	Cha Si 7/54-56	M
Cause and management of Parisrava	(Pitharoge.....prashasyathe)	Cha Si 7/58-62	M
Imparting teekshnatva and mridutva to vasti-dravya	(Teekshnathwam.....maardavam thatha)	Cha Si 7/63	S
Mechanism of action of Vasti:	(Aapaadathala.....malaan)	Cha Si 7/64-65	S
8. Prasrutayogeeya Sidhi			
Concept of prasrutavasti	(Athemaan.....prasruthai prithak)	Cha Si 8/3	M
Ksheeravasti	(Ksheerath.....balavarnakrith)	Cha Si 8/4	
Ekaika and hapushadi prasrutayoga:	(Eekaika.....sukra krith param)	Cha Si 8/5-7	M
9. Trimarmeeya Sidhi			
Trimarma :	(Sapthotharam.....shareerasya)	Cha Si 9/3	M
Hridaya	(Thatra Hrudaye.....prathishtithani)	Cha Si 9/4	M
Siras :	(Shirasi Indriyani..... samsrithani)	Cha Si 9/4	M
vasti	(Vasthisthu prathishta)	Cha Si 9/4	M

Abhighata-janya roga and cikitsa	(Thatra hrudi.....grahadaya:), Bhooyascha.....vikara hara iti)	Cha Si 9/6,8	M
Importance of Vasti-karma in Marma-paripalana	(Kim tu ethani..... marma paripalanamasthi)	Cha Si 9/7	M
Apatantraka – samprapti, lakshana and cikitsa :	(Krudha: swai.....ghrutham hitham)	Cha Si 9/12-20	M
Tandra – samprapti, lakshana and cikitsa:	(Madhura Snigdha.....katu thikthakam)	Cha si 9/21-24	M
Trayodasa Mutra-dosha - Study the names, lakshana and cikitsa of vastikundalika			
Vasthi kundalam, Chikitsa	(Drutha adhva..... sastra vishopamam) (Doshadikyam..... dapayeth)	Cha Si 9/44,45 , Cha Si 9/49	
Uttaravasti – netra, dose, indications and procedure (male)	Pushpa netram tu rajani vyushithasya cha)	Cha Si 9/49-57	M
Uthara Vasthi in female : netra, dose, indications and procedure	(Sthreenam yojayeth	Cha Si 9/62-68	S
Sankhaka – samprapti, lakshana and cikitsa	(Raktha pitta anila..... visarpanut cha yath)	Cha Si 9/70-73	S
Ardhavabhedak a – samprapti, lakshana and cikitsa	(Rookshathya chikitsitham)	Cha Si 9/74-78	M
Suryavarta – samprapti, lakshana and cikitsa	(Sandharanath.....sadhitham)	Cha Si 9/79-83	M
Anantavata – samprapti, lakshana and cikitsa:	(Dushta dosha..... tharpanam)	Cha Si 9/84-87	S
Nasya – indications:	(Sthambha ishyathe)	Cha Si 9/93-95	M

Nasya Classification:	(Navanam tridha)	Cha Si 9/89-92	M
Dose & procedure	Prak soorye.....bhojayeth)	Cha Si 9/98-107	M
Contra-indications:	Ajeeerne bhrumhana)	Cha Si 9/111-113	M
Chapter 10: Vasti Sidhi			
Importance of vasti	(Karma anyath..... nirathyatvath cha)	Cha Si 10/5	S
Comparison with vama-virechana:	(Sathyapi doshaharatwe..... dadathyashu)	Cha Si 10/6,7	M
Vastikalpana – modifications:	(Anuvasanam viniyujiyath)	Cha Si 10/8-10	M
Concept of 37 Vasti yoga:	(Trikastrayo.....trimshat cha saptha the)	Cha Si 10/46,47	M
Anuktha vasti kalpana:	(Gulma athisara..... pridhakvidhan)	Cha Si 10/44-45	M
Chapter 11: Phalamatra Sidhi			
Atreyas conclusion	Iti tatvach...	Ch.Si.11/10-16	M
Phala in Vasti-kalpana :	Madanam sarva gada..... Satsu api)	Cha Si 11/13,14	M
Vasti Prasamsa	(Sarva karma..... upayathi)	Cha Si 11/16-18	M
Gajadishu Vasti – maatra & Dravya:	(Adhadigamyatu eyam)	Cha Si 11/19-23	M
Sadaatura-nara:	(Sadatura..... panya jeevibhihi)	Cha Si 11/27	S
Kaaranam & Chikitsa Gudavarti	Sameeranam vega..... prayojayeth)	Cha Si 11/31	M
Sishu-vrudhaya Vasti-kalpana :	(Thathaanuvasye..... sisu vrudhaya param)	Cha Si 11/35-36	M
12. Uttaravasti Sidhi			
Caring of patient in Sodhana	Atha khalu adaram..... apacharatha)	Cha Si 12/3-5	S
Rasotharakrama :	Agni sandhukshana..... bhishak)	Cha Si 12/6-8	M
Prakritigatapurusha Ashtamahadosha	Sarvakshamo.....prakrithim gatah) Mahadoshakarani..... yadha kramam)	Cha Si 12/9 Cha Si 12/10-12	S
Ucherbhashyam :	Shirasthapa..... Swasadaya syu) (Abhyangam..... Mounam Cha	Cha si 12/13	M

Chikitsa :		Cha Si 12/15	
Radhakshobham Chikitsa :	Sandhi parva Harshanadaya Sneha Swedam..... Nidana varjanam cha)	: Cha si 12/13 Cha Si 12/15	M
Athi Chankramana : Content Only Chikitsa :	Pada jankhoru..... Kasadaya) (Sneha Swedam..... Nidana varjanam cha	Cha Si 12/13) Cha Si 12/15	M
Athyasanath : Content Only Chikitsa :	(Radha kshobhaja..... Vedanadaya) Sneha Swedam..... Nidana varjanam cha)	Cha Si 12/13 Cha Si 12/15	M
Ajeernashanam Adhyasanam: Chikitsa	(Mukha sosham..... avishadaya Niravasesha..... Oushadhavacharanam Cha)	Cha Si 12/13 Cha Si 12/15	M
Divaswapnam : Chikitsa :	(Dhoomapanam sleshma haro sarvovidhi) Divaswapnarochakam..... thalu lepa	Cha Si 12/13 Cha Si 12/15	M
Maidhunam chikitsa	Ashu bala nasam.....vishadadaya syu) Jeevaneeya tailam syath)	Cha Si 12/13 Cha Si 12/15	M
Yapana vasti 1. Benefits: 2Contraindications : 3. Complications : 4. Management :	(Ityethe.....snehavasthi niroohayo) (Vyayamo.....etheshu garhitham) (Sophaagni..... athyarthasevanaath) Arishtaksheera.....na prasangathah)	Cha Si 12/20-22 Cha Si 12/23 Cha Si 12/30 Cha Si 12/31	SS S
Def of sidhi stana	Karmanam vamanadinam....	Ch.Si.12/3 4	S
Tantra yukti Names, Importance	Tatra adikaranam.... Yada ambuja vanasyarka.....	Ch.Si.12/4 4-53	M M

The marks of theory examination are distributed as follows:

- | | |
|--------------------|----------|
| 1. Chikitsa sthana | 60 Marks |
| 2. Kalpa sthana | 15 Marks |
| 3. Siddhi sthana | 25 Marks |

Reference Books

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

FINAL PROFESSIONAL

4.1 KAYACHIKITSA

4.2 PANCHAKARMA

4.3 SHALYA TANTRA

4.4 SHALAKYA TANTRA

4.5 RESEARCH METHODOLOGY AND MEDICAL STATISTICS

4.1 KAYACHIKITSA

Theory - Two papers – 200 Marks (100 for each paper)

Practical/Viva voce - 100 Marks

Total teaching hours - Theory - 300

Practical - 200

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 Bheshaja and Chikitsa, Knowledge about Chikitsa Chatushpada, Rogi Roga Pariksha Siddhantha, Astasthan Pariksha.

2. Importance of Kriya Kaala 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, Visramsa and Vyapat) and its management. Chikitsasutra and Management of Sama-Nirama states, Roga-Anutpattikara Chikitsa, Roga Prashamana Chikitsa (Doshapratyanika, Vyadhipratyanika, Ubhayapratyanika), Doshopakrama, Chikitsa sutra and Management of Sthanantara Dosha (Ashayapakarsha, Anuloma/Pratiloma gati of Dosha, Vimarga gamana of Dosha), Knowledge of Lina Dosha & its management, Diagnosis, Chikitsa Sutra and Management of Avarana and of Dhatu

Pradoshaja diseases, Importance of Dosha, Dushya , Bala, Kaala, Agni, Prakriti, Vaya, Sattva Satmya, Desha, Ahara and stage of diseases in treating them. Chikitsa Sutra and Management of 'Samanyaja and Nanatmaja' diseases.

4. Detailed description of Dvidividhopakrama (Santarpana and Apatarpana) and Shadavidhopakrama (Rookshana, Snehana, Swedana, Sthambhana, Langhana and Brimhana). Detailed description of Shodhana, Shamana and Nidana Parivarjana. Knowledge of Aushadha matra, Sevan kaala and Anupana, Definition and Knowledge of Pathya-Apathya with examples of diseases of various systems.

5. Derivation of the term 'Manas', its sthana (place), Guna (qualities) and Karma (functions). Samanya Chikitsa Siddhanta of Manasa Roga.

6. Principles & Management of Nutritional deficiency disorders.

7. Management of Vardhakyajanita vikara, Indriyapradoshaja vikara, Alzhiemer's Disease, Sleep disorders, General debility.

8. 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 and other allergic conditions.

PART B

50 marks

1. Detailed description of Chikitsa Sutra and Management of Jwara and its types. Etiopathogenesis & relevant Ayurvedic and Modern management 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), Romantika (Measles).

2. Chikitsa sutra and Management of the diseases of Rasavaha Srotas such as – Pandu, Amavata, Madatyaya, Hridroga, Hridshoola, Hypotension, Hypertension, Anaemia, Rheumatoid arthritis.

3. Chikitsa sutra and Management of the diseases of Raktavaha Srotas such as - Raktapitta, Kamala, Kumbhakamala, Halimaka, Daha, Mada, Murcha, Sanyasa, Vatarakta, Plihadosh, Yakrut dosha, Haemolytic disorders, Hepatitis, Cirrhosis of Liver, Leukaemia, Kushta, Shvitra, Visarpa, Sheetapitta, Udarda, Kotha and Kshudra Roga.

4. Knowledge of National Health Programmes and the relevant Ayurvedic Management of the following diseases enlisted by World Health Organisation- Malaria, Filariasis, Kala Azar, Leprosy, Tuberculosis, AIDS.

5. Introduction of general principles of maintenance of health and management of diseases of following systems of Medicine- Yoga, Naturopathy, Unani, Siddha, Physiotherapy and Rehabilitation.

6. Diseases of different Endocrine Glands- such as Thyroid, Parathyroid, Pituitary, Pancreas and Adrenal glands and their management.

7. General introduction, types and Management of diseases caused by Vyadhi Kshamatwa Hinata (Immuno deficiency disorders), Auto Immune Disorders.

8. Description and Management of following Emergency Conditions- Acute Haemorrhage, 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

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 Udakavaha Srotas such as- Shotha, Jalodara, Trishna, Water & 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, Acid peptic disorders.

4. Principles of treatment and management of Vata Vyadhi such as - Pakshavadha, Ekangavata, Sarvangavata, Ardita, Avbahuka, Kati Graha, Manyastambha, Gridhrasi, Vishwachi, Khalli, Khanja, Pangu, Padaharsha, Padadaha, Vatakantaka, Kroshtukashirsha, Udavarta, Kampavata, Dhatugata and Ashayagata Avarana Vata, other Vata Rogas, Parkinsonism.

5. Nidana and Chikitsa of Urusthambha, Gullian Barrie syndrome, Muscular Dystrophy, Myasthenia Gravis, Motor Neuron Diseases and Neuralgia.

PART B

50 marks

1. Chikitsa Sutra and Management of Mamsavaha Srotas and Medovaha Srotas such as- Gandamala, Galaganda, Mamsashosha, Arbuda, Apachi, Prameha, Sthaulya, Karshya, Diabetes Mellitus, Dyslipidaemia.

2. Chikitsa Sutra and Management of 'Asthi and Majjavaha Srotas such as Asthimajja Vidradhi, Asthisoushriya, Asthi kshaya, Sandhigata Vata, Osteo Arthritis, Osteomyelitis, Osteoporosis, Osteopenia.

3. Chikitsa sutra and management of Shukravaha srotas such as Klaibya, shukralpata, shukradosha, kshina shukra, dhvajabhanga.

4. Chikitsa Sutra and Management of diseases of Mutravaha Srotas such as -Mutrakricha, Mutraghata, Ashmari, Cystitis, Nephritis, Nephrotic Syndrome, BPH, Renal Failure.

5. Chikitsa Sutra and Management of diseases of Purishavaha Srotas such as – Atisara, Pravahika, Arsha, Purishaj Krimi, IBS and Ulcerative Colitis.

6. Chikitsa Sutra and Management of Sexually Transmitted Diseases such as – Phiranga, Puyameha, Upadamsha, lymphogranuloma inguinale, Syphilis, Gonorrhoea.

7. Introduction, Definition and Management of Kama, Krodha, Lobha, Moha, Mada, Matsarya, Shoka, Bhaya, Vishada, Dainya, Harsha and Pragyaparadha.

8. Manas and Manovahasrotas, Nidana and Chikitsa of the following disorders - Unmada- Apasmara-Atattvabhinivesha, Chittodvega, Vishada, Anxiety disorders, Depression, Somatoform and Mood disorders, Stress induced disorders, Psychosexual Disorders. Importance of Daivavyapashraya, Sattwavajaya, Adravabhuta Chikitsa. Medhya Rasayana in the management of Manasa Roga. Bhuta Vidya diagnosis and management of graha disorders.

9. Derivation, definition and synonyms of Rasayana, importance of Rasayana and its benefits. Indications of Rasayana therapy. Classification of Rasayana. Kutipravesika and Vatatapika Rasayana. Indications of Vatatapika Rasayana. Knowledge of Kayakalpa, Achara Rasayana. Procedures of Kutipravesika, Poorvakarma and specific schedules to be followed after Kutipravesha, benefits of Kutipravesika Rasayana, duration of process, Rasayana yoga and directions for their use. Determination of dose of Rasayana according to age. Rules and regulation after Rasayana therapy, Importance of Immunomodulators and antioxidants in Rasayana therapy.

10. Vajikarana- Derivation, definition, synonyms, necessity, benefits, importance of fertility, Symptoms of Shûkra (Semen), Vajikaran Dravya and Aushadhi. Properties, doses, methods of administration, ingredients and methods of formation of Rasayana & Vajikarana formulation. Classification and importance of Vajikarana Dravya

Distribution of practical Marks 100

1) Daily case record/ 20 cases - 20 marks

2) Patient examination

a) 1 Long case - 20 marks

b) 1 short case - 10 marks

3) Viva –voice

a) Paper I - 25 marks

b) Paper II - 25 marks

Reference books:

1. Charak Samhita, Sushrut Samhita, Ashtanga Samgraha and Ashtanga Hridaya with their commentaries. Madhav Nidana with Madhukosha Commentary.
2. Ayurvediya Vyadhi Vigyana - Yadavji Trikamji
3. Roga Pariksha Vidhi - Priyavrat Sharma
4. Panchakarma Vigyan - Haridasa Sridhar Kasture
5. Cikitsadarsha - Pandit Rajesvardutta Shastri
6. Kayachikitsa I-IV - Ramaraksha Pathaka
7. Ayurved Nidan Chikitsa Siddhanta - Prof. R.H.Singh.
8. Kayachikitsa Vol. I-IV. - Prof. Ajay Kumar
9. Davidson's Principles and Practice of Medicine.
10. API Text Book of Medicine.
11. Harrison's Text Bok of Medicine.
12. Cecil Text Book of Medicine.
13. Panchkarma Illustrated - Dr. G.Srinivasacharya.
14. Other relevant publications on subjects concerned

Additional Books for Reference

1. Sukhasadhakam - Vaikath Pachu Moothathu
2. Chikitsamanjarai - D. Sreeman namboodiri
3. Sahasrayogam - Anekallel S Gopala Pillai
4. Sahasrayogam - Dr. Prabhakara Rao
5. Yogamritam - D. Sriman Namboothiri
6. Chakradatta - Chakrapanidatta
7. Chikitsakaumudi - Kasiraj
8. Ayurveda Pharmacopoeia - Publication Division, Govt. Ayurveda College, Trivandrum
9. Vaidyamanorama - Vayaskara. N. S. Moss
10. Yogamanjari - Arumanur Parameswaran
11. Chikitsa samgraham - Vaidyaratnam P. S. Varrier
12. Arogyakalpadrumanam - Kaikulangara Rama Varrier
13. Navakhandam - P. K. Nambootiri
14. Concept of Mind - Ed. Dr. C R Agnives
15. Parva – Clinical presentations on Joint Diseases – Dr. S. Gopakumar
16. Samsidhi – Classical Thoughts and Clinical Targets - Dr. S. Gopakumar
17. Consultations in Ayurvedic Dermatology – Dr. P. M. Madhu
18. Gulmam - Dr. P. M. Madhu
19. Nirnnaya – Manual of Clinical examinations in Ayurveda - Dr. P. M. Madhu
20. Rasayana and Vajikarana – Rejuvenation and Virile Therapy – Dr. Giri. P. V
21. Raktapitta and its treatments - Abhilash M,
22. Aavaranam - Abhilash M, Lakshmi V
23. Myopathy - An Ayurvedic Perspective - Abhilash M,

4.2 PANCHAKARMA

Theory - One Paper – 100 Marks

Practical/Viva voce - 50 Marks

Total teaching hours - Theory - 100

Practical - 200

I. Introduction

1. Introduction to Panchakarma, Panchakarma and Shodhana, its importance for promotion of health, prevention and treatment of diseases.
2. Trividha Karma- Purva, Pradhana and Pashchat Karma in relation to Shodhana and their importance.
3. Indications of Shodhana, Shodhana according to Ritu
4. General Principles of doshagati from Koshta to Shaka and vice versa
5. General precautions (Pariharya Vishaya) for Panchakarma
6. Specifications of Panchakarma theatre and necessary equipments
7. Importance of Koshta and Agni Parikshan

II. Snehana

1. Etymology and Definition of Sneha and Snehana
2. Snehayoni- Sthavara and Jangama: Properties of Sneha dravyas, Snehopag Dravyas
3. General knowledge of Ghrita, Taila, Vasa and Majja with their specific utility and actions, Yamaka, Trivrit and Maha Sneha
4. Metabolism of fat
5. Achcha and Pravicharana of Sneha
6. Snehapaka and its importance in Panchakarma
7. **Types of Snehana:** i) Bahya and ii) Abhyantara Snehana

i) Bāhya Snehana :

Bahyasnehana; Mardana, Unmardana, Pādāghāta, Samvāhana, Karna Purana & Akshi Tarpan, Lepa, Talam

Murdhni Taila: Siro-Abhyanga, Shiro Seka/dhārā, Siro Pichu and Siro-Basti

ii) Ābhyantara Snehana

Three Types of Ābhyantara Snehana: Shodhanārtha, Shamanārtha and Brimhanārtha Snehana, Indications and contraindications for Snehana

Shodhanārtha Snehana

- a. Importance and method of Deepan Pāchan and Rookshana in Shodhanārtha Snehana. Properties of Rookshana Dravya. Samyak Rookshana Lakshana
- b. Consideration of Agni and Koshta in Snehana
- c. Indication of Different Matra, Various dose schedules for Shodhanārtha Snehana; Hraseeyasi, Hrasva, Madhyama and Uttama Mātrā, Ārohana Mātrā
- d. Methods of Shodhanārtha Snehana,
- e. Anupāna of Sneha
- f. Jeerna and Jeeryaman Lakshana
- g. Samyak Yoga, Ayoga and Atiyoga of Snehana, Sneha Vyāpat & their management according to Ayurveda & Modern Medicine
- h. Diet and regimen during Snehana

Sadyo Sneha: Method of administration, dose fixation and utility

Shamanārtha Snehana, Method of administration, dose fixation and utility
Bronhanarth Senhana: Method of administration, dose fixation and utility
Avapeedak Sneha: Method of administration, dose fixation and utility

8. Snehana Kārmukata (mode of action)

9. **Special Procedures**: Takradhara, Udvartanam, Putpāka, Aschotana, Anjana, Gandusha, Kavala, Dhoompāna, Udvartana, Utsādana, Udgharshana, Talapothichil

III. Svedana

1. Etymology and Definition of Sveda and Svedana
2. Classifications of Sveda/Svedana
3. General Sweda dravya, Properties of Sweda dravyas, Swedaopag dravyas ,
4. Indications and contraindications of Svedana
5. Ten Types of Niragni Svedana
6. Knowledge of 13 types of Sagni Svedana and Chaturvidh Svedan
7. Detailed Knowledge with their Utility of the following Svedana procedures: Sankara/Pinda Sveda-Ruksha and Snigdha Sveda Patrapinda Sveda, Jambir Pinda Sveda,Vāluka Sveda,Churna Pinda Sveda,Kukkutand Pinda Sveda, Shashtika Shalipinda Sveda, Nadi Sveda, Bashpa Sveda Ksheer dhooma ,Ksheer Seka, Kwath Seka, Avagaha Sveda,Dhanymla Dhara Parisheka Sveda, Pizichil, Upanaha Sveda, Annalepa
8. Local Basti such as Kati Basti, Janu Basti, Greeva Basti and Urobasti
9. General precautions during Sagni Svedana and Methods to protect vital during svedana
10. Samyak Yoga, Ayoga and Atiyoga of Svedana
11. Complications of Svedana and their Management according to Ayurveda & Modern Medicine
12. Diet and management during and after Svedana
13. Parihār Vishaya
14. Svedana Kārmukata (Mode of action)
15. General Knowledge about current Sudation techniques like Sauna bath, Steam bath

IV. Vamana Karma

1. Etymology, definition and importance of Vamana Karma
2. Utility of Vamana Karma in health and disease
3. Indications and Contraindications for Vamana
4. Knowledge of Koshta and Agni
5. General knowledge of Vamana and Vamanopaga drugs; properties, actions, preparations, preservation with special reference to Madanphala, Kutaj, Nimba, Yashti, Vacha
6. Purva Karma of Vamana: Deepan-Pāchana, Abhyantara Snehana and diet
7. Management of one gap day-Abhyanga & Svedana, diet, special Kapha increasing diet
8. Preparation of the patient on Morning of Vamana day
9. Vamaka Yoga, Anupana, fixation of dose and method of administration
10. Administration of Vamanopaga Dravya such as milk, sugarcane juice, Yashtimadhu decoction
11. Lakshana indicating Doshagati during the process
12. Management during Vamana Karma & observations
13. Symptoms of Samyak Yoga, Ayoga and Atiyoga of Vamana Karma
14. Post Vamana management
15. Types of Shuddhi-Hina, Madhya and Pravara

16. Peyadi Samsarjana Karma and Tarpanadi Karma with their specific indications
17. Complication of Vamana and their management with Ayurveda and modern drugs
18. Pariharya Vishaya
19. Vamana Karmukata (Mode of action).

V. Virechana Karma

1. Etymology, definition and importance of Virechana Karma
2. Utility of Virechana Karma in health and disease
3. Indications and Contraindications for Virechana
4. Knowledge of Koshta and Agni
5. Classification of Virechana Drugs, General properties of Virechana dravya
6. General knowledge of single and compound Virechana drugs; properties, actions, preparations, preservation with special reference to Trivruta, Aragvadha, Eranda, Katuki, Jaipal
7. Purva Karma of Virechana: Deepan- Pachana, Abhyantara Snehana and diet
8. Management of 3 gap days-Abhyanga, Svedana & diet
9. Management on Morning of Virechana day
10. Preparation of Virechana Kalpa, Anupana, dose and method of its administration
11. Method of Virechana Karma and management during Virechana Karma & observations
12. Symptoms of Samyak Yoga, Ayoga and Atiyoga of Virechana Karma
13. Post Virechana management
14. Types of Shuddhi-Hina, Madhya and Pravara and accordingly Samsarjana Karma
15. Complications of Virechana and their management with Ayurveda and modern drugs
16. Pariharya Vishaya
17. Virechana Karmukata (Mode of action)

VI. Basti Karma

1. Etymology, definition and importance of Basti as Ardha-Chikitsa
2. Utility of Basti Karma in health and disease
3. Basti Yantra- Putaka & Netra, Detailed study of traditional Basti Yantra and their Doshas
Knowledge of alternative Basti Yantra-enema can, enema syringe, modified plastic/rubber bag for Putaka, modified plastic netra.
4. Classifications of Basti
5. Karma, Kala and Yoga Basti schedules along with their utility.
6. **Niruha Basti:** Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications.
 - a. Dose fixation of Niruha Basti according to age
 - b. Contents and Method of preparation of Niruha Basti dravya
 - c. Diet
 - d. Administration of Niruha Basti
 - e. Pratyagamana Kala, Post Niruha Basti management
 - f. Samyak Yoga, Ayoga and Atiyoga of Niruha.
 - g. Complication of Niruha Basti and its management according to Ayurved and Modern Medicines
 - h. Pariharya Vishaya and kala
7. **Anuvastana Basti:** Its etymology, synonyms, definition, classifications, sub-classifications & indications and contraindications.

- a. Dose fixation of Anuvasan Basti according to age
 - b. Contents and Method of preparation of Anuvasan Basti dravya
 - c. Diet
 - d. Administration of Anuvasan Basti
 - e. Pratyāgamana Kāla, Post Anuvasan Basti management
 - f. Samyak Yoga, Ayoga and Atiyoga of Anuvasana.
 - g. Complication of Anuvasan and its management according to Ayurved and Modern Medicines
 - h. Pariharya Vishaya and kala
8. Basti Kārmukatā (Mode of action).
9. Knowledge of following types of Basti:
Madhutailika Basti, Erandmuladi Basti, Yāpana Basti, Pichchha Basti, Kshira Basti, Kshara Basti, Vaitarana Basti, Panchaprasutik Basti, Lekhan Basti, Krumighna Basti, Tiktashir Basti, Ardhamātrika Basti
10. **Uttara Basti**,: its definition, indications and contraindications, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra
- a. Preparation of patient,
 - b. Preparation of Trolley for Uttarbasti,
 - c. drug preparation and Fixation of dose,
 - d. method of administration in male and females,
 - e. observations,
 - f. complications and their management

VII. Nasya

1. Etymology, definition, Significance of Nasya Karma.
2. Classifications and sub-classifications
3. Knowledge of general Dravya used for Nasya Karma, Shirovirechan Gana, Shirovirechanopag dravyas
4. Indications and contraindications of Nasya
5. Time of administration of Nasya
6. Dose fixation of different types of Nasya
7. Diet and regimen before and after Nasya Karma
8. Administration of Marsha, Pratimarsha, Avapeedaka, Dhoomapana and Dhuma Nasya
9. Symptoms of Samyak-yoga of Nasya,
10. Complication of Nasya and their management
11. Parihār Vishaya
12. Nasya Karmukata (mode of action)

VIII. Raktamokshana

1. Definition, importance and Types of Raktamokshana
2. General Principles and rules of Raktamokshana
3. Classification of Raktamokshan
4. General Indication and Contra indication of Raktamokshan
5. **Jalaukavacharana**: Knowledge of different types of Jalauka (Leech), Indications and contraindications of Jalaukavacharana, various types of Jalauka. Method of Application, Samyak Lakshan, Complication of Jalaukavcharana and their management with Ayurveda and Modern medicines.

6. **Pracchāna:** Indications and contraindications of Pracchana. Method of Application, Samyak Lakshan, Complication of Pracchana and their management with Ayurveda and Modern medicines

7. **Sirāvedha:** Indications and contraindications of Siravedha. Method of Application, Samyak Lakshan, Complication of Siravedha and their management with Ayurveda and Modern medicines

8. Knowledge of emergency management of complications such as water & electrolyte imbalance, shock, bleeding per rectal, hematemesis, epistaxis

IX. Physiotherapy

1. Definition, Utility and Importance of Physiotherapy.

2. Basic Knowledge of Static exercise, Infrared, Short wave diathermy, Electromagnetic therapy, Wax bath therapy, Ultrasonic therapy.

PRACTICALS / CLINICAL TRAINING –

Total Duration of 3 Months posting

OPD (for 1-Month): observation of OPD patients, selection of the patients, observation of OPD base Panchakarma procedures

IPD (Panchkarma) and Panchakarma Unit – Observation of different procedures of Panchakarma, Assistance to the procedure under guidance of Panchakarma specialist Under clinical posting, each student has to study and write 15-long Cases and 10 short cases in prescribed format

Long case Paper- minimum 1 Vaman, 1 Virechan, 1Niruha & Anuvasan Basti, 1Nasya, 1 Raktamokshan

Short case paper –Minimum one each of Pinda sweda, Shirodhara, Abhyanga, Netra Tarpan, Bahya Basti, Nadi Sweda etc.

Distribution of Marks

1. Practical Record of 25 procedures	05 Marks
2. Long Procedure	10 Marks
3. Long Procedure Viva	05 Marks
4. Short Procedure	08 Marks
5. Viva on Short Procedure	02 Marks
6. General Viva-voce	20 Marks
Total	50 Marks

Reference Books

1. Charak Samhita with Commentary of Ayurveda Dipika by Chakrapanidatta & Jalpakalpataru by Gangadhara
2. Sushrut Samhita with the Sushruta Nibhandha Samgraha Commentary of Dalhana & Nyayachandrika Panjika of Gayadasa on Nidana Sthana
3. Ashtanga Hridaya with Sarvanga Sundara & Ayurveda Rasayana Commentaries
4. Ashtanga Sangraha with Shashilekha Commentaries
5. Ayurvediya Panchakarma Chikitsa Dr Mukundilal Dwivedi
6. Panchakarma Vigyan Dr Haridas Shreedhar Kasture
7. Illustrated Panchakarma Dr.G Srinivasa Acharya
8. Clinical Panchkarma (English) Dr. P.Yadaiah
9. Prayogika Panchkarma (Hindi) Dr. P. Yadaiah

10. Vivida Vyadhiyome Panchkarma (Hindi) Dr. P. Yadaiah
11. The Panchkarma Treatment of Ayurveda with Kerala Specialtie Dr. T.L. Devaraj
12. Panchkarma Therapy Dr. R.H. Singh
13. Ayurveda-Principles and Panchakarma Practice Dr Mandip R. G. & Prof. Gurdip Singh
14. Principles and Practice of Basti Dr. Vasudevan & Dr. L. Mahadevan
15. Panchakarma Sangraha Dr. Manoj Shamkuwar
16. Essential of Panchakarma Therapy Dr.Pulak Kanti Kaur
17. Principles and Practice of Panchakarma Vaidya Vasant Patil
18. Harrison's Principle of Internal Medicine
19. Guyton's Physiology

Additional Books for Reference

- | | |
|---|---|
| 1. Sukhasadhakam | Vaikam Pachu Moothathu |
| 2. Karmaparichayam | K.Rghavan Thirumulpad |
| 3. Chikitsamanjari | D. Sriman Namboothiri |
| 4. Panchakarmam or Sodhana Chikitsa | Manakkodan Kesavan Vaidyan |
| 5. Sahasrayogam | Anekallel S Gopala Pillai |
| 6. Sahasrayogam | Dr. Prabhakara Rao |
| 7. Yogamritam | D. Sriman Namboothiri |
| 8. Arogyakalpadrumanam | Kaikkulangara Rama Varrier |
| 9. Ayurveda Pharmacopoeia | Publication Division, Govt. Ayurveda College,
Trivandrum |
| 10. Standard Operative Procedure of Panchakarma | Dr. A. K. Manoj kumar |
| 11. Kriyakramangalude Prayoga Samuchayam | Dr. P. Gourisankar |
| 12. Kizhikal | Dr Binitha |

4.3 SHALYA TANTRA

Theory - Two papers – 200 Marks (100 for each paper)

Practical/Viva voce - 100 Marks

Total teaching hours - Theory - 200

Practical - 150

Paper I

100 Marks

PART A

50 marks

Definition of Shalya, Shalya Tantra and its importance. Introduction to Shalya Tantra:
Historical background and progress made.

- **Target** - Fluency in textual reading and comprehension.
- **Preferable targets** - Know recent developments and controversies.

Description of Yantra, Shastra, Anushastra: Definition, number, types, uses, Dosha, Guna, Karma. Relevant modern instruments.

- Target - Basic understanding of the concepts of Yantra and Shastra. Acquaintance with commonly used surgical instruments. Knowledge of textual descriptions.
- Preferable targets - Knowledge about currently used surgical instruments, their specifications, procurement sources etc.

Nirjantakarana / Sterilization: Methods, types and its role in surgical practice.

- Target - Basic surgical discipline of maintaining asepsis.
- Preferable targets- Knowledge of recently developed chemicals, instruments for sterilization.

Sangyahan / Anaesthesia: Definition and Types.

i. **Local anaesthesia** – Drugs, Techniques, Indications, Contraindications, Complications and their Management.

ii. **Regional and General anaesthesia**- Drugs, Techniques, Indications, Contraindications, Complications and their Management.

- Target-Basic knowledge of the drugs and instruments of anaesthesia. To observe the process of induction, monitoring and recovery.
- Preferable targets- Assisting and handling anaesthesia.

Trividha Karma – Purva Karma, Pradhana Karma and Paschat Karma.

- Target- Capability to identify conditions which can affect the outcome of surgery in pre, intra and post- operative period.
- Preferable targets- Experience of handling incidents

Ashtavidha Shastra Karma - Surgical procedures.

- Targets- Appreciation and comprehension of concepts and indications of different procedures.
- Preferable targets –Hands on experience of surgical proced

Yogya - Experimental Surgery.

- Target –Appreciation and comprehension of concepts of Yogya. Idea of patient's safety in experimental training.
- Preferable targets- Hands on training on mannequins.

Marma: Nirukti, types, description and importance.

- Target –Clinical application of concepts of marma
- Preferable targets- Study of relevance of marma in the light of current anatomical and surgical knowledge.

Kshara and Kshara Karma:

i. **Nirukti, Pradhanyata, Guna, Dosha, Karma, Prakara, Yogya, Ayogya, Procedure, Upadrava and Chikitsa.**

ii. Kshara nirmana vidhi, knowledge of Kshara Varti, Taila and Pichu.

iii. **Kshara Sutra – Preparation, Indications, Contraindications and Method of application, Complications and their Management.**

- Target – Capability to identify and practice the use of kshara, kshara sutra in common clinical conditions.

- Preferable targets – Broader knowledge of current trends and ongoing researches in kshara application.

Agnikarma: Mahatva, Upakarana, Vidhi, Akrti bheda, Yogya, Ayogya and Upadrava Chikitsa.

Contemporary techniques and tools of Agnikarma

Target - Capability to appreciate the clinical indications and comprehend Agnikarma procedure.

Preferable targets - Hands on experience of use of cautery in surgical practice.

Raktamokshana: Mahatva, Prakara - Siravyadha, Pracchanna, Shringa, Alabu, Jaloukavacharana – Yogya, Ayogya, Procedure, Upadrava and Chikitsa

- Target- Capability to appreciate and comprehend clinical indications of Jaloukavacharana and other Raktamokshana procedures
- Preferable targets - Uses of bloodletting in current therapy

Bandha Vidhi – Prayojana, Dravya, Indications, Contraindications, Prakara, Upadrava, Pichu, Plota, Kavalika and Vikeshika.

- Target- Hands on experience of techniques of bandaging.
- Preferable targets - New generation of bandaging and splintage tools

Pranasta Shalya and Nirharana Upaya.

- Target – Importance of concepts of Sushruta in the management of Shalya and concerns of patient safety. Identification and management of foreign bodies.
- Preferable targets - Current concepts and diagnostic tools of dealing with foreign bodies.

Fluid, Electrolyte, Acid Base Balance and Nutrition:

i. Introduction of physiology of fluids and electrolytes.

ii. Dehydration and over hydration.

iii. Specific electrolyte loss, Acidosis, Alkalosis, Symptomatology and Management.

iv. Electrolyte changes in specific diseases like pyloric stenosis, intestinal obstruction and anuria.

v. Various replacement fluids in surgery, mode of administration and complications.

vi. Nutrition.

- Target – Capability to identify and manage fluid and electrolyte imbalance. Ability to administer parenteral fluid.
- Preferable targets - Advanced techniques of fluid and electrolyte assessment and management.

Rakta Mahatwa, Raktasrava / Haemorrhage: Prakara and Lakshana

i. Raktastambhana – Haemostasis.

ii. Blood Transfusion –Blood groups, Compatibility, Indications, Contraindications and Complications with Management.

iii. Component therapy.

- Target-Knowledge of achieving haemostasis in haemorrhage.
- Preferable targets - Detailed knowledge of blood bank techniques

Antibiotics, analgesics, anti-inflammatory and emergency drugs in surgical practice.

- Target – Working knowledge of commonly used drugs.
- Preferable targets - Advanced pharmacological study of the above drugs.

Diagnostic techniques – X-ray, Imaging techniques, Ultrasonography, CAT Scan, MRI, Biopsy / Cytological study.

- Target- Knowledge of proper indications for optimum investigational tools and their interpretation.
- Preferable targets - Capability to work independently in the field of diagnostic techniques.

PART B

50 marks

Shat Kriyakala in surgical practice.

Target- Clinical utility of the concepts.

Preferable targets - Applied aspects of Kriyakalas in the light of current concepts of pathogenesis.

Nirukti, Nidana, Samprapti, Prakara, Lakshana, Sadhya-asadhyata, Upadrava and Chikitsa of the following disorders.

- i. Vranashotha - Inflammation
- ii. Vidhradi - Abscess
- iii. Pidika - Boils
- iv. Nadi Vrana - Sinus / Fistulae
- v. Vrana Granthi - Keloid / Hypertrophic scar
- vi. Marmagata - Shock
- vii. Kotha – Gangrene and Principles of Amputation.
- viii. Granthi - Cyst
- ix. Arbuda - Tumour

- Target-Clinical application of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Vrana – Nirukti and Prakara

i. Nija Vrana – Nidana, Samprapti, Vrana Vasthu, Prakara, Lakshana, Vrana Pariksha – Sthana, Vrana Akrti, Srava, Gandha, Vedana. Vrana Avastha- Dustavrana, Shuddha Vrana, Ruhyamana Vrana, Samyak Roodha Vrana, Vrana Sadhya-asadhyatha and Vrana Upadrava.

ii. Vrana Chikitsa – Pathya-apathya and Shashti Upakrama, Vranitagara and Rakshakarma.

iii. Agantuja Vrana :

a. Sadyo Vrana - Traumatic wounds – Nidana, Prakara, Lakshana, Upadrava and Chikitsa.

b. Management of bites and stings.

iv. Dagdha Vrana – Burns and scalds.

v. Ulcer - Types and their management.

vi. Wound healing stages and their management.

vii. Pramehapidaka - Diabetic carbuncle and wounds.

- Target - Clinical application of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Twak Vikara - Nidana, Samprapti, Lakshana and Chikitsa of Chippa – Paronychia, Kadara – Corn and Kshudra rogas.

- Target - Clinical application of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Manya Vikara – Nidana, Samprapti, Lakshana and Chikitsa of Galaganda – Goitre, Gandamala, Apachi –Lymphadenitis, Pashanagardhabha – diseases of parotid gland.

- Target-Clinical application of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Sira Vikara - Venous disorders – Superficial and Deep venous thrombosis, Haemangioma, Varicose veins - Diagnosis and their Management

- Target - Clinical application of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Dhamani Vikara - Arterial disorders – Nidana, Samprapti, Lakshana and Chikitsa of Aneurysm, Buerger's disease, Atherosclerosis, Raynaud's disease.

- Target - Clinical application of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Snayu Vikara - Diseases of tendons and ligaments – Tennis elbow, Ganglion and their Management.

- Target - Clinical application of the concepts
- Preferable targets - Hands on experience of management of different conditions.

Care of AIDS - HIV and hepatitis infected patients.

- Target - *Knowledge of safety precautions*

Paper II

PART A

100 Marks

50 marks

Bhagna – Skeletal injuries: 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, femur, patella, tibia and pelvis bones.

Sandimoksha - Dislocation: Dislocation of following joints with Clinical features, Diagnosis, Complications and Management of shoulder, elbow and hip.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of bone: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Congenital anomalies, Osteomyelitis, Cysts, Tumours and Tuberculosis.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Cranio-cerebral injuries: Mechanism, Pathology, Classification, Investigations, Complications and primary management.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of Spine: Mechanism, Pathology, Classification, Investigations, Complications and primary management of Tuberculosis, Ankylosing Spondylitis and Disc prolapse.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of breast: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Sthana Vidradhi - Breast abscess and Sthana Arbuda - Breast tumours.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of chest: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Chest injury, Pleural effusion, Pleurisy and Tumours.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of esophagus: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Congenital anomalies, Oesophagitis, Varices, Ulcer and Tumours.

- Target - Clinical utility of the concepts
- Preferable targets - Hands on experience of management of different conditions.

Gulma Roga - Nidana, Prakara, Lakshana, Upadrava and Chikitsa.

Shoola vyadhi - Nidana, Prakara, Lakshana, Upadrava and Chikitsa.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of acute abdomen

Udara Roga: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Jalodara - Ascites, Chidrodara – Perforation, Peritonitis and Badhagudodara-Intestinal obstruction.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of stomach and duodenum: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Pyloric Stenosis, Peptic Ulcer and Tumours.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of small intestine: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Tuberculosis, Obstruction and Perforation.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of large intestine - Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Tuberculosis, Obstruction, Perforation, Tumours, Appendicitis, Crohn's disease and Ulcerative Colitis.

- Target - Clinical utility of the concept.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of Rectum and Anal Canal – Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Congenital disorders, Arshas - Haemorrhoids, Parikartika - Fissure-in-ano, Bhagandara - Fistula-in-ano, Guda Vidradi - Anorectal abscesses, Gudabhramsa - Rectal prolapse, Sanniruddaguda - Anal stricture, Incontinence, Rectal Polyp and Tumours.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Abdominal injuries and their management.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

PART B

50 marks

Diseases of Liver: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Yakrit Vidhradi - Abscess, Neoplasia, Portal hypertension and Yakritdalyodar –Hepatomegaly.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of Gallbladder: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Cholecystitis, Cholelithiasis, Obstructive jaundice and Tumours.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of Pancreas: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Pancreatitis, Cysts of Pancreas and Tumours.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of Spleen – Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Pleehodara – Splenomegaly and Splenic rupture.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of Kidney and Ureters - Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Congenital anomalies, Polycystic kidney, Injuries, Perinephric abscess, Calculus and Neoplasms.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of Urinary bladder – Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Congenital anomalies, Injuries, Ashmari - Vesical Calculus, Cystitis and Neoplasms.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Mutraghata and Mutrakrichra - Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management. Retention of urine.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of Prostate - Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Prostatitis, Prostatic abscess, Benign Enlargement of Prostate and Carcinoma of Prostate.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of Urethra – Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Urethritis, Stricture and Rupture.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of Penis: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Congenital anomalies, Niruddhaprakasha -Phimosis, Parivartika -Paraphimosis, Avapatika - Prepuceal ulcer, Arbuda- Tumours and Lingarsha - Penile Warts.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Diseases of Scrotum and Testis: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Epididymo-orchitis, Epididymal cyst, Scrotal filariasis, Shukrashmari - Seminal calculus, Torsion of testis, Ectopic testis, Undescended testis and Tumours.

Vridhhi Roga: Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Mutravridhhi – Hydrocele.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

Antra Vridhhi – Aetiopathogenesis, Classification, Clinical features, Diagnosis, Complications and Management of Hernia - Inguinal, Femoral, Epigastric, Umbilical, Incisional and rare forms of Hernia.

- Target - Clinical utility of the concepts.
- Preferable targets - Hands on experience of management of different conditions.

PRACTICALS

Content of Practicals:

1. Identification, uses, demonstration of surgical instruments and methods of sterilization.

2. Training of case taking, bed side clinicals and case presentation.
3. Demonstration and Practical training in Anaesthesia.
4. Training to develop skills in following Parasurgical and other procedures
 - i. Kshara Karma
 - ii. Agnikarma
 - iii. Kshara Sutra
 - iv. Raktamokshana
 - v. Application of bandages and splints
 - vi. Catheterization
 - vii. Wound management procedures like Parisheka and Patradana
 - viii. Ryle's tube aspiration
 - ix. Injections -Intramuscular / Intravenous / Subcutaneous / Intradermal
 - x. Incision and drainage of abscess
 - xi. Suturing of open wounds
5. **Observation of following procedures**
 - i. Circumcision
 - ii. Hydrocele
 - iii. Hernial repair
 - iv. Vasectomy
 - v. Haemorrhoidectomy
 - vi. Fistulectomy
 - vii. Fissurectomy
 - viii. Appendectomy
 - ix. Cholecystectomy
6. **Training of Surgical Emergencies and Management.**

Clinical Training (Indoor and Outdoor) 09 Months

Shalya (Samanya)	03 Months (atleast one month in OT)
Shalya (Kshara and Anushastra Karma)	03 Months (atleast one month in OT)
Asthi and Sandhi Chikitsa (Orthopaedics and Trauma)	02 Months
Anaesthesia	15 days
Radiology	15 days

Distribution of Marks

- | | |
|------------------|------------|
| 1) Daily records | - 10 Marks |
| 2) Instruments | - 20 Marks |
| 3) Short case | - 10 Marks |
| 4) Long case | - 20 Marks |
| 5) Viva – voce | - 40 Marks |

Total - 100 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. Anorectal diseases in Ayurveda - Dr. Sijoria and Dr. Praveen Kumar Chowdary.
15. Adhunik Shalya Chikitsa Siddhanta - Dr. Katil Narshingham Udupa
16. Agnikarma Technology Innovation - Dr. P.D. Gupta
17. Shalya Tantra Ke Siddhant - Dr. K.K.Takral
18. Recent advances in the management of Arshas / Haemorrhoids
- Dr. P. Hemantha Kumar
19. Arsha Evum Bhagander Mein sutra Avacharan - Vd. Kanak Prasad Vyas
20. Kshara Sutra - Dr. S.N.Pathak
21. Surgical ethics of Ayurveda - Dr. D.N. Pande
22. Bailey and Love's Short Practice of Surgery
- Norman.S. Williams, Charles.V. Mann and R.C.G. Russell
23. Clinical methods in surgery - S. Das
24. Textbook of Operative Surgery - S. Das
25. Shalya Vigyan (Sachitra) - Anantram Sharma
26. Anushastra Karma - Dr. D.N. Pande
27. Concept of Vrana in Ayurveda - Dr. Lakshman Singh
28. Significance for Poorva Karma in Surgical Patient - Dr. Lakshman Singh
29. Sangyahan Prakash - Dr. D.N. Pande
30. A concise Text Book of Surgery - S. Das
31. A manual on Clinical Surgery - S. Das
32. A System of Surgical Diagnosis - T.N. Patel
33. A Practical Guide to Operative Surgery - S. Das
34. Drugs and Equipment for Anaesthesia - Arun kumar
35. Manual of Surgical Instruments - M.M. Kapur
36. Ward Procedures - Patel Mansukh. B
37. Recent trends in the management of Arshas / Haemorrhoids
- Dr. P. Hemantha Kumar
38. Primary Anaesthesia - Maurice King
39. Synopsis of Anaesthesia - Lee
40. Clinical Anatomy/ Surgical Anatomy - John E.Skandalakis
41. Surgical Instruments of the Hindus - Girindharnath Mukopadyay
42. Outline of Orthopedics - John Crawford Adams and David Hamblen. L
43. Outline of Fracture - John Crawford Adams
44. Recent trends in the management of Bhagandara / Fistula-in-ano
- Dr. P. Hemantha Kumar
45. Principles and Practice of Agnikarma - Dr. Anand Kumar and Dr. Kanchan Shekhar
46. Manipal Manual of Surgery - Dr. Rajgopal Shenoy

Additional Books for Reference

- | | |
|---|--|
| 1. Chikitsamanjari | – D. Sriman Namboothiri |
| 2. Sahasrayogam | – Anekallel S Gopala Pillai |
| 3. Sahasrayogam | – Dr. Prabhakara Rao |
| 4. Yogamritam | – D. Sriman Namboothiri |
| 5. Vaidyamanorama | – Cheppad Achuta Varrier |
| 6. Ayurveda Pharmacopoeia | – Publication Division, Govt. Ayurveda College, Trivandrum |
| 7. Anorectal Disorders - Ayurvedic Approach | – Dr. Rajasree |
| 8. Ayurveda for Low Backache | – Dr. Rajasree |

4.4 SHALAKYA TANTRA

Theory - Two papers – 200 Marks (100 for each paper)

Practical/Viva voce - 100 Marks

Total teaching hours - Theory - 200

Practical - 150

Paper I

NETRA ROGA VIGYAN

100 Marks

I. Introduction

- Shalakyatantra nirukti, Parichayam, Ithihasam
- Netra rachana shariram (Mandala, Patala, Sandhi, Drushti Vichara) and Netra Kriya Sharira alongwith modern anatomy of Eye.
- Eye examination and knowledge of basic instruments/equipments required for examination of Eye.
- Netrarognanam – Samanya Hetu (Nija and agantuja), Purvarupa, Samprapti, Rupa and Chikitsa.
- Classification of Netraroga and its importance.

II. Netra Samanya and Vishishta Chikitsa - Kriya Kalpa

- Netra and Chakshu swasthya hitkara Dinacharya, Ritucharya, Aahara evam Vihara.
- Kriya-kalpa-Seka, Aschyotana, Pindi, Vidalaka, Tarpana, Putapaka, Anjana and importance of Panchkarma in Netra Chikitsa.
- Basic fundamentals of Netra Shastra Chikitsa e.g. Purva – Pradhana - Paschat karma, Ama-Pachyaman-Pakva Vrana shotha, Vranitopasana, Pranashtashalya, & Vranbandhana. Methods and concepts of sterilization, asepsis and antisepsis as per ancient and modern point of view.
- Basic applied knowledge of Ashtavidha shastrakarma, agni, kshara, raktamokshana in Netra rogas.
- Essential diagnostic and therapeutic modern pharmacological agents required in Netra Chikitsa

III. Sandhigata Roga (Diseases of junctional areas of eye)

- a) Number of sandhigata rogas, detailed etiology, pathology, clinical features and management of Pooyalasa and Srava Rogas.
- b) Brief Study of krimi granthi, Parvani and Alaji Rogas.
- c) Study of Acute and Chronic Dacryocystitis, Epiphora, Blepharitis including their aetiology, pathology, signs & symptoms, differential diagnosis and medical & surgical management.

IV. Vartmagata Roga (Diseases of Lids)

- a) Number of vartmagata rogas, and detailed knowledge of etiology, pathology, clinical features and management of Anjananamika, Utsangini, Lagana, Vatahata vartma, Pakshma kopa, Sikta vartma, Pothaki, Klinna vartma, Krichhronmeelana and Kukunaka diseases of Vartma.
- b) Brief Knowledge of Vartmarbuda, Utklishta vartma, Nimesh, Pakshmeshata, Vartmarsha
- c) Knowledge of Hordeolum, Ptosis, Trachoma, Trichiasis, Entropion, Ectropion including their Etiology, signs and symptoms differential diagnosis and medical & surgical management.

V. Shuklagata Roga (Diseases of sclera and conjunctiva)

- a) Number of Shuklagata rogas, detailed knowledge of etiology, pathology, clinical features and management of Arma, Arjuna and Shuktika
- b) Brief Knowledge of Sira pidika, Sira jala, Pishtaka, Balasgrathita.
- c) Study of Pterygium, Scleritis, Episcleritis, Sub-Conjunctival Hemorrhage including their Etiology, signs and symptoms, differential diagnosis and medical & surgical management.

VI. Krishnagata Roga (Diseases of cornea and uvea)

- a) Number of krishnagata rogas, detailed knowledge of Etiology, Pathology, Clinical features, differential diagnosis, complications and Management of Savrana /kshata Shukla (Shukra), Avrana shukra (Shukla)
- b) Brief knowledge of Sira shukla, Akshipakatyaya and Ajakajata.
- c) Knowledge of Corneal ulcer, Corneal Opacity, Uveitis, Acute Iridocyclitis, Staphyloma, their aetiology, pathology, symptoms, differential diagnosis, complications and management.

VII. Sarvagata Roga (Diseases effecting all parts of eye)

- a) Number of Sarvagata rogas, detailed knowledge of etiology, pathology, clinical features, complications, differential diagnosis and Management of Abhishyanda, Adhimantha, Hatadhimantha and Shushkakshipaka.
- b) Brief Knowledge of Amloshit, Vata paryaya, Anyato vata, Sashopha & Ashopakshipaka-Pilla roga, Sirotkata and Siraharsha.
- c) Knowledge of Conjunctivitis, Glaucoma, Dry Eye Syndrome including their etiology, pathology, clinical features, differential diagnosis, complications and their management.

VIII. Drishtigata Roga (vision disorders)

- a) Number of Drishtigata rogas detailed knowledge of - etiology, pathology, clinical features, differential diagnosis and management of Timira, Kacha and Linga nasha.
- b) Brief Knowledge of Abhighataja lingnasha, sanimittaja & Annimittaja Lingnasha Doshandhya/Kaphavidagdha drishti, Naktandhya, Ushna vidagdha drishti, Pittavidagdha drishti, Dhumadarshi, Hriswajadya, Gambhirika, Nakulandhya, Nayanabhighata.

- c) Knowledge of Refractive errors, Cataract including their etiology, pathology, clinical features, differential diagnosis, complications and their management.
- d) Study of Eale's disease, Hypertensive & Diabetic Retinopathies, Age related Macular degeneration, Strabismus, Retinitis pigmentosa, Night blindness, Amblyopia, Central serous retinopathy, Optic Neuritis and Optic atrophy

IX. Miscellaneous Diseases

- a) Xerophthalmia and other malnutritional eye disorders.
- b) Knowledge of ocular trauma and their management.
- c) Introduction to Eye bank, Eye donation, Corneal Transplantation
- d) Preventive Ophthalmology and Community Ophthalmology

Paper II

SHIRA - KARNA- NASA- MUKHA ROGAS

100 Marks

I Samanya Chikitsa

- a) Study of therapeutic procedures like Sveda, Kavala, Gandusa, Dhuma, Murdhni Taila, Nasya, Pratisarana, Karna Purana, karna prakshalana, nasa prakshalana Mukha Lepa.
- b) Ashtavidha shastrakarma and anushastrakarma used in the treatment of Shira, Karna, Nasa evam Mukha Rogas.

II Shiro Roga

- a) Importance and Superiority of Shira.
- b) Number, general etiology, pathology and cardinal features of shiro rogas and kapalgata rogas along with their common line of management/treatment.
- c) Detailed study of Vataja, Pittaja, Kaphaja shirashoola, Suryavarta, Ardhavabhedaka, Khalitya, Palitya.
- d) Brief Knowledge of Raktaja shiraha shoola, Krimija shiraha shoola, Kshayaja shiraha shoola & Sannipataja shiraha shoola, Ananta vata, Indralupta, Darunaka.
- e) Detailed study of Headache, Migraine its differential diagnosis and treatment.

III Karna Roga

- a) Detailed study of Rachana and Kriyasharir of Karna (Ear) & Shravanendriya as per Ayurvedic and modern view, Examination of Ear along with instruments/equipments required in Ear examination.
- b) Detailed study of etiology, pathology, classification, clinical features and management of diseases of Karna – karna shool, karna nada & shweda, Badhirya, karnastrava, karna pratinaha, pootikarna, karnagoothaka, karnavidradhi.
- c) Brief Knowledge of karna kandu, karnapaka, karnarsha, karnarbuda, krimikaran & karnapali rogas, Karna sandhana (Auroplasty), fundamentals, method and Vaikritpaham
- d) Detailed study of Otagia, ASOM, CSOM, Deafness, wax including their etiology, pathology, clinical features, differential diagnosis, complications and medical & surgical management
- e) Brief Knowledge of Otomycosis, Otosclerosis, Tinnitus, Vertigo, Foreign body in ear and Noise pollution.

IV Nasa Roga

- a) Detailed study of Rachana and Kriyasharir of Nasa (Nose and paranasal sinuses)& Ghranendriya as per Ayurvedic and modern view, Examination of Nose. along with instruments/equipments required in Nose examination.
- b) Detailed study of Pratishyaya, Dushta pratishyaya, Nasanaha, Kshavathu, Nasagata raktapitta & Nasarsha.
- c) Brief Knowledge of Putinasa, Bhranshathu, Peenasa, Apeenasa, Nasarbuda, Nasashotha, Dipta, Nasa Sandhana.
- d) Detailed study of Rhinitis & Sinusitis Epistaxis, Nasal Polyp, DNS, Foreign body including their Etiology, pathology, clinical features differential diagnosis and medical & surgical management.
- e) Brief Knowledge of Nasal trauma, Tumours of nose and Para nasal sinuses.

V Mukha Roga (Diseases of Oral Cavity)

- a) Detailed study of Rachana and Kriyasharir of Mukha Rogaadhithana– oshtha, dantamoola, danta, jivha, talu, gal, sarvasara (Oral cavity) as per Ayurvedic and modern view along with their Basic examination including instruments/equipments required for the examination
- b) Mukha and Danta Swasthya as per ancient and modern concepts including prevention of malignancy of oral cavity.
- c) Number and general aetiology, pathology, cardinal features of Mukha rogas along with their common line of management/treatment.

Oshtha Roga (Diseases of Lips)

- a) Detailed study of Etiology, pathology, classification, clinical features and management of - Oshtha prakopa, khandoshtha
- b) Brief Knowledge of Gandalaji, Jalarbuda, Kshataja Oshthaprakopa
- c) Knowledge of cleft lip.

Dant Mula Gata Roga (Diseases of Periodontia)

- a) Detailed study of Etiology, pathology, classification, clinical features and management of - Shitada, Dantaveshta, Upakush, Danta Nadi, Danta Vidradhi, Adhimansa
- b) Brief Knowledge of dantapupputaka, Saushira, Mahasaushira, Danta Vaidarbha , Paridara, Vardhana.
- c) Detailed study of Etiology, pathology, classification, clinical features and management of Gingivitis, Apical abscess, Periodontitis (Pyorrhoea).

Danta Roga (Dental Diseases)

- a) Detailed study of Etiology, pathology, classification, clinical features and management of Daalan, Krimidanta, Dantaharsha, Danta sharkara, Hanumoksha
- b) Brief Knowledge of karala, Bhanjanak , Kapalika, Shyava Danta, Danta bheda,
- c) Danta chaal, Adhidanta, Danta Utpatana including Jalandhar bandha method and Danta Purna.
- d) Knowledge of Dental Caries, Dental Tartar & Tooth extraction.

Jihwa Gata Roga (Diseases of Tongue)

- a) Detailed study of Etiology, pathology, classification, clinical features and management of - jivha kantaka (vataja, pittaja and kaphaja)

- b) Brief Knowledge of Upajihva, Adhijihva, Alasa.
- c) Knowledge of Glossitis, Tongue Tie, Ranula, Benign and Malignant Tumors of tongue.

Talu Roga (Diseases of Palate)

- a) Detailed study of Etiology, pathology, classification, clinical features and management of - Gala shundika, Talushosha, Talupaka
- b) Brief Knowledge of Talupupputa, Adhrusha, Kacchapa, Talvarbuda, Mamsasanghata.
- c) Knowledge of Cleft palate, palatitis, uvulitis and tumours of the palate.

Kantha and Gala gata Roga (Diseases of Pharynx & Larynx)

- a) Detailed study of Etiology, pathology, classification, clinical features and management of - Tundikeri, Kantha shaluka, Gilayu, Galaganda, Swrabhedha, Galavidradhi
- b) Brief Knowledge of Rohini, Galashotha, Kantharbuda, Kanthavidradhi, Galarbuda, Galaugham, Vrindam, Ekavrindam, Valaya, balasa, Shataghni, Swaraghna.
- c) Detailed study of Etiology, pathology, classification, clinical features and management of - Pharyngitis, Laryngitis, Tonsillitis & Adenoiditis
- d) Brief Knowledge of foreign body in the throat, Carcinoma of Larynx & Pharynx, Dysphagia, Diphtheria & diseases of salivary glands.

Sarvasara Mukha Roga (Generalised mucosal affections of the oral cavity)

- a) Detailed study of Etiology, pathology, classification, clinical features and management of Sarvasar mukhapaka
- b) Brief Knowledge of urdhvaguda, putivaktrata, mukharbuda
- c) Detailed Knowledge of Stomatitis.

VI Miscellaneous Diseases National Programme for Prevention and Control of Deafness.

PRACTICAL

Content of Practical

Identification, Uses, Demonstration of surgical/non-surgical equipment/ instruments, materials used in shalaky chikitsa. Method of sterilization. Training of case taking, bedside clinics and case presentation.

Training in para- surgical procedures-

- 1) Kshara karma
- 2) Agnikarma
- 3) Raktamokshana
- 4) Training of ward procedures. Application of bandages, wound management
- 5) Training of minor procedures (ashtavidha)
- 6) Observation of surgical procedures in Shalaky

Clinical Training

04 Months (OPD, IPD OT and kriya kalpa)

Distribution of marks

- | | |
|---------------|----------|
| 1) Long Case | 30 Marks |
| 2) Short Case | 20 Marks |

3) Identification of instruments, equipments, medicines, etc	10Marks
4) Viva – voce	30 Marks
5) Daily Record (Case record)	10 Marks
Total	100 Marks

Reference Books:-

1. Shalakya Tantra	Dr. Rama Nath Dwivedi
2. Shalakya 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	Log and Turner
9. Shalakya Tantra	Shiv Nath Khanna
10. A Text Book of Ophthalmology in Ayurveda	Dr. P. K. Shantha kumari
11. Shalakya Kriya Kalpa Vigyan	Prof. K. S. Dhiman
Useful portions of Charak, Sushrut, Vagbhata	

Additional Books for Reference

1. Textbook of Siro roga - A Conceptual Analysis	Publication Division, Govt. Ayurveda College, Trivandrum
2. Chikitsamanjari	D. Sriman Namboothiri
3. Yogamritam	D. Sriman Namboothiri
4. Panchakarma chikitsa sarasmgaham	Dr. Rajagopalan
5. Sarvarogachikitsaratnam	Anekalleel S Gopala Pillai

4.5 RESEAECH METHODOLOGY AND MEDICAL STATISTICS

Theory – One paper - 50 Marks
(Part A-30 and Part B- 20)
Total teaching hours– 50

PART A

Research Methodology

30 marks

1. Brief historical background of research in Ayurved and contemporary medical science
2. Etymology, definitions and synonyms (Anveshana, Gaveshana, Prayeshana, Anusandhan and Shodha) of the word Research
3. Research in Ayurved - Scope, need, importance, utility
4. Types of Research (familiarization of the terms)
 - a) Pure and Applied
 - b) Qualitative, Quantitative and Mixed Observational and interventional.
5. Research process (Importance of each steps in brief)
 - a. Selection of the topic
 - b. Review of the literature

- c. Formulation of Hypothesis
 - d. Aims and Objectives
 - e. Materials and methods
 - f. Observations and results
 - g. Methods of communication of Research
6. Research tools – Role of the pramanas as research tools
 7. The concept and importance of ethics in research
 8. Concept of Evidence Based Medicine and Scientific Writing
 9. Importance of IT in data mining and important research data portals concerned with Ayurved and contemporary medical science (DHARA , PubMed, Ayush Research Portal, Bioinformatics Center, Research Management Informatic System etc.)

PART B

Medical Statistics

20 marks

1. Definition, scope and importance of the Medical statistics
2. Common statistical terms and notations
 - a. Population
 - b. Sample
 - c. Data
 - d. Variable
 - e. Normal distribution
3. Collection and Presentation of data
 - a. Tabular
 - b. Graphical
 - c. Diagrammatical
4. Measures of location
 - a. Average
 - b. Percentile
5. Measures of Central Tendency
 - a. Arithmetic mean
 - b. Median
 - c. Mode
6. Variability and its measurement
 - a. Range
 - b. Standard deviation
 - c. Standard error
7. Introduction to probability and test of significance
8. Parametric and non parametric tests
9. Introduction to commonly used statistical soft-wares.

Reference books for Research methodology :

1. Dawson, Catherine, 2002, Practical Research Methods, New Delhi, UBS Publishers' Distributors
2. Kothari, C.R., 1985, Research Methodology-Methods and Techniques, New Delhi, Wiley Eastern Limited.
3. Kumar, Ranjit, 2005, Research Methodology-A Step-by-Step Guide for Beginners, (2nd.ed), Singapore, Pearson Education

4. Students guide to research methodology – Undergraduates. Alexandria Medical Students Associatin.
5. Health research methodology. A guide for training in research methods. 2nd edition. Manila, World Health Organization Regional Office for the Western Pacific, 2001.

Reference Books for statistics :

1. Health research methodology. A guide for training in research methods. 2nd edition. Manila, World Health Organization Regional Office for the Western Pacific, 2001.
2. Statistical methods in medical research. P.Armitage (Ed) Oxoford Blackwell
3. Statistical methods . Snedecor GW and Cochran, WG
4. Altman, D. G. (1991). Practical statistics for medical research. London: ChapmanPrinciples of Medical Statistics by A. Bradford Hill
5. Interpretation and Uses of Medical Statistics by Leslie E Daly, Geoffrey J Bourke, James MC Gilvray.
6. Research in Ayurveda-M S Baghel
7. Research methodology in Ayurveda-V.J.Thakar, Gujarat Ayurved University
8. Ayurveda anusandhan paddhati-P.V.Sharma
9. Research methodology methods and statistical techniques- Santosh Gupta. Green house SW.
10. The growth and future of biostatistics: (A view from the 1980s). Statistics in Medicine 2003; 22:3323–3335.
11. Knapp GR & Miller MC. Clinical epidemiology and Biostatistics, NMS series Antonisamy B, Christopher S & Samuel PP. Biostatistics : Principles and practice
12. Sundara Rao PSS & Richard J. An introduction to Biostatistics, PHI
13. Senn S (1997). Statistical Issues in Drug Development. Chichester: John Wiley & Sons.
14. Methods in Bio-statistics for Medical Students- BK Mahajan
15. Vaidyakeeya Sankhiki Shastra- Dr.S.S.Savrikar

Additional Books for Reference

1. Notes on Qualitative Research Methodology – School of Fundamental Research in Ayurveda, KUHS
2. Anusandhana – A Hand Book of Research Methodology & Biostatistics - Dr. K. Pradeep

2.11 No: of hours per subject
As given in Clause No 3.4

2.12 Practical training
As given in Clause No 3.4

2.13 Records
Records are to be maintained for each practical works of every subject and duly signed by supervising teacher and countersigned by the Head of Department should be submitted at the time of practical examination.

2.14 Dissertation: As per Dissertation Regulations of KUHS

Not applicable for Degree course, but Compilations are to be prepared in relevant cases

2.15 Speciality training if any

Not applicable for Degree course

2.16 Project work to be done if any

Not applicable for Degree course

2.17 Any other requirements [CME, Paper Publishing etc.]

Not mandatory for Degree course

2.18 Prescribed/recommended textbooks for each subject

Given as in Curriculum Clause No. 2.10

2.19 Reference books

Given as in Curriculum Clause No. 2.10

2.20 Journals (Ayurveda)

Print

1. J-AIM Journal of Ayurveda and Integrative Medicine –ISSN: 0975 9476
2. Journal of Indian Medical Heritage - ISSN: 0975-430X
3. Journal of Research in Ayurveda and Siddha -ISSN: 0254-3478
4. Annals of Ayurvedic Medicine – ISSN 2277-4092
5. Journal of Ayurveda - ISSN:2321-0435
6. International Journal of Applied Ayurved Research - ISSN - 2347 6362
7. Biomedical and Biotechnology Research journal ISSN -2588-9834
8. International Journal of Ayurveda and Alternative Medicine ISSN: 2395-3985
9. International Journal of Ayurvedic and Herbal Medicine ISSN: 2249-546
10. AYU – Research Journal-ISSN: 0974-8520
11. Ancient Science Life – ISSN: 0257-7941
12. Journal of Indian Systems of Medicine – ISSN: 2320-4419
13. Indian Journal of Traditional Knowledge – ISSN 0972-5938
14. Indian Journal of Natural Products & Resources – ISSN: 0976-0504
15. International Journal of Ayurveda Research – ISSN: 0974-925X
16. International Journal of Advanced Ayurveda, Yoga, Unani, Siddha and Homeopathy, ISSN: 2320 – 0251
17. Aryavaidyan, ISSN: 0976-4086
18. JREIM - The Journal of Research and Education in Indian Medicine. ISSN 0970-7700
19. International Journal of Ayurvedic Medicine (IJAM). ISSN – 0976-5921
20. Journal of Ayush:-Ayurveda, Yoga,Unani ,Siddha And Homeopathy. ISSN: 2321–6484
21. Planta Medica- Journal of Medicinal Plant and Natural Product Research. ISSN – 0032-0943
22. International Journal of Medicinal and Aromatic Plants (IJMAP). ISSN – 2249-4340
23. Journal of Medicinal Plants Research (JMPR). ISSN: 1996-0875
24. European Journal of Medicinal Plants. ISSN: 2231-0894

25. Journal of Sanskrit Samhita and Siddhanta. ISSN No - 2454-3926
26. Journal of Research in Ayurvedic Sciences. ISSN: 2456-5601
27. Journal of Drug research in Ayurvedic Sciences. ISSN: 2279-0357
28. Journal of Evidence-Based Integrative Medicine. ISSN: 2515690X
29. The Journal of Alternative and Complementary Medicine. ISSN: 1075-5535
30. Journal of Ayurvedic and Herbal Medicine (JAHM). ISSN: 2454-5023
31. Advances in Integrative Medicine. ISSN: 2212-9626
32. International Research Journal of India. ISSN: 2454-8707
33. Journal of Traditional and Folk Practices. ISSN: 2278-5906
34. Kerala Journal of Ayurveda. Published by Akhila Kerala Govt Ayurveda College Adhyapaka Sanghatana. e-mail: ayushkamy@gmail.com
35. Bhishak, Published by VPSV Ayurveda College, Kottakkal.
36. Dhanwantari Journal of Ayurveda – Published by PNNM Ayurveda College, Cheruthuruthy, Shornur, Kerala.
37. Glitters of Ayurveda, Published by Sree Narayana Institute of Ayurvedic Studies and Research, Puthoor, Kollam, E-mail - snayurveda@gmail.com.

E-Journals

1. Ancient Science of Life. eISSN: 2249-9547
2. Indian Journal of Traditional Knowledge (IJTK). eISSN: 0975-1068
3. Journal of Ayush:-Ayurveda, Yoga, Unani, Siddha and Homeopathy. eISSN: 2278-2214
4. Journal of Research in Ayurvedic Sciences. eISSN: 2581-9895
5. Journal of Drug research in Ayurvedic Sciences. eISSN: 2581-8295
6. Journal of Evidence-Based Integrative Medicine. eISSN: 2515690X
7. The Journal of Alternative and Complementary Medicine. eISSN: 1557-7708
8. Journal of Research in Traditional Medicine (JRTM). eISSN: 2455-3166
9. International Journal of Ayurveda and Alternative Medicine eISSN: 2348-0173
10. Journal of Indian Systems of Medicine. eISSN: 2455-5029
11. Indian Journal of Natural Products & Resources. eISSN: 0976-0512
12. Annals of Ayurvedic Medicine. eISSN: 2347-6923
13. Ayurline: International Journal of Research in Indian Medicine. eISSN: 2456-4435
14. Advances in Applied Science Research –E-ISSN- 0976-8610
15. International Research Journal of Pharmacy and Medical Sciences. eISSN: 2481-3277
16. Health Sciences -*healthsciences.ac.in*/Open Access Peer Reviewed E-Journal. Kerala University of Health Sciences, Thrissur.

Journal of Traditional and Folk Practices- JNTBGRI , Palode , Thiruvanthapuram , Kerala
Treatise – Journal of Ayurveda Medical Association of India , Angamaly-683572

2.21 Logbook

Log book should be maintained during rotatory internship and shall be countersigned by concerned HOD.

3. EXAMINATIONS

3.1 Eligibility to appear for exams

Candidates should obtain atleast 35% marks in the Internal Assessment.

Candidates should obtain 80% attendance in regular classes.

The failed student of first Professional shall be allowed to appear in second professional examination, but the student shall not be allowed to appear in third professional examination unless the student passes all the subjects of first professional examination and maximum four chances shall be given to pass first professional examination within a period of maximum three years.

The failed student of second professional who have passed all the subjects of first professional examination shall be allowed to appear in third professional examination.

Maximum four chances shall be given to pass second, third and final professional examination each within a period of maximum three years, provided the course shall be completed within 9 years excluding internship.

The Candidate shall pass all subjects of the previous years before registering for final year examinations.

3.2 Schedule of Regular/Supplementary exams

The university examination for a subject shall be conducted twice in a year at an interval of 4-6 months, as notified by the university from time to time.

The supplementary examination will be held within 6th months of regular examination and failed students shall be eligible to appear in its supplementary examinations as the case may be.

In case a student fails to appear in regular examination for cognitive reason, he/she will appear in supplementary examination as regular students. In such cases his/her nonappearance in regular examination will not be treated as an attempt. Such students after passing examination will join the studies with regular students and appear for next professional examination after completion of the required period of study.

3.3 Scheme of examination showing maximum marks and minimum marks

Attendance and application forms for examinations of eligible students only, should be sent to the university from the college. The affiliated colleges shall conduct at least three internal examinations in each subject and marks in best out of 2 examinations shall be taken for internal assessment. However model examination is mandatory. A student who fails to appear in the internal assessment examination or wishes to improve, shall be given a re-test. An average of the marks shall be taken and is to be converted to a total of 10 marks. The maximum marks of internal assessment in each subject will be 10. Those who obtain 35% of aggregate in each subject only, will be eligible for appearing the university examinations. The class average shouldn't exceed 75%. The internal assessment marks should be intimated to the university along with the attendance and application. The university examination for a subject shall be conducted twice in a year at an interval of 4-6 months, as notified by the university from time to time. The entire BAMS course

should be completed within a period of maximum nine academic years from the date of joining.

EXAMINATION:

Theory examination shall have two essay question (Marks 10 x 2) and 10 questions carrying 5 marks each and the rest short answer questions carrying 3 marks each. These questions shall cover entire syllabus of subject.

The supplementary examination will be held within 6th months of regular examination and failed students shall be eligible to appear in its supplementary examinations as the case may be.

In case a student fails to appear in regular examination for cognitive reason, he/she will appear in supplementary examination as regular students. In such cases his/her nonappearance in regular examination will not be treated as an attempt. Such students after passing examination will join the studies with regular students and appear for next professional examination after completion of the required period of study.

The following facts may be taken into consideration in determining class work in the subject:-

1. Regularity in attendance
2. Periodical tests (Minimum 3 Internal examinations)
3. Practical Records

FIRST PROFESSIONAL EXAMINATION

The first professional examination shall be at the end of one Academic year of Professional session. The First Professional session will ordinarily starts in July.

The first professional examination shall be held in the following subjects:-

Padarth Vigyan evam Ayurved Ithihas
Sanskrit
Kriya Sharir (Physiology)
Rachna Sharir (Anatomy)
Maulik Siddhant evam Ashtang Hridaya (Sutra Sthan)

The failed student of first Professional shall be allowed to appear in second professional examination, but the student shall not be allowed to appear in third professional examination unless the student passes all the subjects of first professional examination and maximum four chances shall be given to pass first professional examination within a period of maximum three years.

SECOND PROFESSIONAL EXAMINATION

The second professional session shall start every year in the month of July following completion of first professional examination.

The second professional examination shall be ordinarily held and completed by the end of month of May/June every year after completion of one year of second professional session.

The second professional examination shall be held in the following subjects:-

Dravyaguna Vigyan (Pharmacology and Materia Medica)

Roga Nidan evam Vikriti Vigyan (Pathology & Microbiology)
Rasashastra evam Bhaishajya Kalpana (Pharmaceutical Science)
Charak Samhita –Purvardh (An ancient Ayurvedic Text, Part 1)

The failed student of second professional who have passed all the subjects of first professional examination shall be allowed to appear in third professional examination, but the student shall not be allowed to appear in final professional examination unless the student passes all the subjects of second professional examination and maximum four chances shall be given to pass second professional examination within a period of maximum three years.

THIRD PROFESSIONAL EXAMINATION

The third professional session shall start every year in the month of July following completion of second professional Examination.

The third professional examination shall be ordinarily held and completed by the end of month of May/June every year after completion of one year of third professional session.

The third professional examination shall be held in the following subjects:-

Agad tantra, Vyavhar Ayurved evam Vidhi Vaidyaka (Toxicology and Medical Jurisprudence)
Swasta Vritta & Yoga (Preventive and Social Medicine & Yoga)
Prasuti evam Striroga (Obstetrics & Gynaecology)
Bal Roga (Paediatrics)
Charak Samhita-Uttarardh (An ancient Ayurvedic Text, Part 2)

The failed student of third professional who have passed all the subjects of first and second professional examinations shall be allowed to appear in final professional examination and maximum four chances shall be given to pass third professional examination within a period of maximum three years.

FINAL PROFESSIONAL EXAMINATION

The final professional session will be of 1 and ½ year duration and shall start every year to the month of July following completion of third professional Examination. The final professional examination shall be ordinarily held and completed by the end of month of Oct/Nov every year after completion of one and half year of final professional session.

The final professional examination shall comprise of the following subjects:-

Kaya Chikitsa (Internal Medicine – including Manas Roga, Rasayan & Vajikarana)
Panchakarma
Shalya Tantra (General Surgery)
Shalakya Tantra (Diseases of Head & Neck including Ophthalmology, ENT and Dentistry)
Research Methodology and Medical – statistics

Research Methodology shall remain in the department of Samhita Siddhant but for the purpose of teaching, Bio- statistician shall be required as part time to teach Research Methodology;

The student failed in any of the four professional examinations in four chances shall not be allowed to continue his or her studies:

Provided that, in case of serious personal illness of a student and in any unavoidable circumstances, the Vice- Chancellor of the concerned University may provide one more chance in any one of four professional examinations;

3.4 Papers in each year

Papers and Marks for Theory / Practical

Table - 2

Name of the Subject	No. of Hours of Teaching			Details of Maximum marks			
	Theory	Practical	Total	No. of Papers	Theory	Practical or Viva voce	Total
Ist Professional							
1. Padarth Vigyan Evam Ayurved ka Itihas	100	-	100	Two	200	-	200
2. Sanskrit	200	-	200	One	100	-	100
3. Kriya Sharir	200	200	400	Two	200	100	300
4. Rachana Sharir	300	200	500	Two	200	100	300
5. Maulik Siddhant Evam Asthanga Hridaya Sutra Sthan)	150	-	150	One	100	50	150
IIst Professional							
1. Dravyaguna Vigyan	200	200	400	Two	200	200	400
2. Roga Nidan evam Vikriti Vigyan	200	200	400	Two (1. Pathology, 1- Ayurveda)	200	100	300
3. Rasashastra evam Bhaishjya Kalpana	200	200	400	Two	200	200	400
4. Charak Samhita (Purvardh)	200	-	200	One	100	50	150
IIIst Professional							
1. Agad Tantra, Vyavhar Ayurved evam Vidhi Vaidyak	200	100	300	One	100	50	150

2. Swasthavritta and Yoga	200	100	300	Two	200	100	300
3. Prasuti evam Striroga	200	200	400	Two	200	100	300
4. Balroga	100	100	200	One	100	50	150
5. Charak Samhita (Uttarardh)	200	-	200	One	100	50	150
Final Professional							
1. Kayachikitsa	300	200	500	Two	200	100	300
2. Panchakarma	100	200	300	One	100	50	150
3. Shalya Tantra	200	150	350	Two	200	100	300
4. Shalakya Tantra	200	150	350	Two	200	100	300
5. Research Methodology and Medical Statistics	50	-	50	One	50	-	50

NOTE: The period of theory and practical shall not be less than 60 minutes (1 hour). The duration of the practical of clinical subjects and Rachana Sharir (Dissection) shall be of at least 120 minutes (2 hours)

3.5 Details of theory exams

As shown in Table 2. (Clause No 2.26)

The Written Examination of subjects, for one paper of 3 hours duration shall have maximum marks of 100

Essay questions carrying 10 marks each (answer in about 8 – 12 pages). 10 short answer questions carrying 5 marks each (answer in less than 2 pages). 10 very short questions carrying 3 marks each (answer in a paragraph). Total 22 questions carrying 100 marks in each paper except 'Research Methodology and Medical Statistics'.

3.6 Model question paper for each subject with question paper pattern

Question Pattern

Two essay type questions carrying 10 marks each (answer in about 500 words)

Ten short answer type questions carrying 5 marks each (answer in about 250 words)

Ten very short answer questions carrying 3 marks each (answer in about 150 words)

Model Questions

QP CODE :

Reg.No.

First Professional BAMS Degree Examination

**PADARTH VIGYAN EVAM AYURVEDA KA ITIHAS Paper - I
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Define and enumerate guna according to ayurveda
2. Describe the various panchabhuta theories and its importance in ayurveda

Short notes:

(10x5 =50)

3. Define nastika darsana and mention its types
4. Explain atma with its gunas
5. Vayu mahabhuta
6. Karma purusha
7. Tridosha siddhanta
8. Explain karma according to Vaiseshika philosophy
9. Define and classify samanya
10. Define and classify jnana according to tarka samgraha
11. Define samskara
12. Explain the concept of visesha according to ayurveda

Answer briefly:

(10x3 =30)

13. Adhikarana siddhanta
14. Explain dukhatraya
15. Yoga darsana
16. Enlist sixteen padarthas of nyaya darsana
17. Functions of manas
18. Define rasa according to tarka samgraha
19. Explain dravatva
20. Define abhava
21. Define sneha
22. Define ayu

QP CODE :

Reg.No.

First Professional BAMS Degree Examination

**PADARTH VIGYAN EVAM AYURVEDA KA ITIHAS Paper - II
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Define pramana and enumerate according to various darsanas
2. Define and explain yukti and its importance in ayurveda

Short notes:

(10x5 =50)

3. Jnanotpatti prakriya
4. Explain savikalpaka pratyaksha
5. Vakyarthajnanahetu
6. Explain panchavayava in anumana
7. Vyapti and its divisions
8. Asatkarya vada
9. Define hetu and hetvabhasa
10. Six types of indriyarthasannikarsha
11. Brihatrayi
12. Drug and cosmetic act

Answer briefly:

(10x3 =30)

13. Define pariksha
14. Define apta
15. Vyanjana vritti
16. Vivartta vada
17. Enlist trayodasa karana
18. Contribution of Nagarjuna
19. AYUSH
20. Chopra committee
21. Author of gada nigrha, Commentary written by Dalhana, Year of establishment of Bhole committee
22. Author of sarvanga sundara, Author of pratyaksha saareera, Year of establishment of TKDL

FIRST PROFESSIONAL B.A.M.S. DEGREE EXAMINATION

(MODEL QUESTION PAPER)

SANSKRIT

TIME : 3 Hours

TOTAL MARKS : 100

ANSWER ALL QUESTIONS

व्याख्यात :

(2 X 10 = 20)

1. सौदाहरणं सुवाणि व्याख्यात :

- हतन्त्यम् • सुप्तिङन्तं पदम् • कर्तुरीप्सिततमं कर्म • साधकतमं करणम्

2. श्लोकानां पदच्छेद-पदार्थ-अन्वय-भावार्थान् लिखत :

- यथा हि सारकाष्ठेषु छिद्यमानेषु वृक्ष्यते।
तथा धातुर्हि मांसेषु छिद्यमानेषु वृक्ष्यते॥
- स्नेहाभ्यक्ते यथा त्वग्ने चक्रे साधु प्रवर्तते।
सन्ध्याः साधु वर्तन्ते सन्निष्टाः श्लेष्मणा तथा॥
- यथा पयसि सर्पिस्तु गृहस्थेऽप्ये रमे यथा।
शरीरेषु तथा शुक्रे नृणां विद्यादिभयवत्॥

अर्थोनिर्देशानुसारं समाधत्त :

(10 X 5 = 50)

3. अधोरेखाङ्कितानां विभक्तिसाधुत्वं प्रदर्शयत :

- तण्डुलान् ओदनं पचति। • रामेण हतः वाली। • अग्नये स्वाहा। • ग्रामात् आयाति।

4. अधोदत्तानां वाक्यानाम् अशुद्धिपरिहारं कुरुत :

- त्वं कुत्र गच्छति? • वयं वितोदयायां गच्छन्ति। • पिता सह पुत्रः भोजनं करोति॥
- कलालयस्य परितः वृक्षाः सन्ति। • जनाः नगरे अधिवसन्ति।

5. मतयात्रभाषायाम् अथवा आङ्गलभाषायाम् अनुवदत :

रक्तमेदप्रसादाद् वृक्को। मांसानुक्कमेदप्रसादात् वृषणौ। शोणितकफप्रसादजं हृदयं,
यदाश्रयाहि धमन्यः प्राणवहा। तस्याधो वामतः शीघ्रा फुफ्फुसश्च, दक्षिणतः यकृत् कलोमः च।
तद् हृदयं विप्रेक्ष्य चेतनास्थानं, अतस्तस्मिन् तमसाऽऽवृते सर्वप्राणिनः स्वपन्ति॥

6. संस्कृतभाषायाम् अनुवदत :

- The man leads cow. • The boy fell down from the tree.
- Food becomes poison in indigestion • People always like comfort.
- Students are reading news paper.

7. विभक्त्यन्तरूपाणि लिखत :

- गुरु • मत्त

8. टिप्पण्यौ लिखत :

- व्यायामः
- स्नानम्

9. संस्कृतभाषायाम् उत्तरं लिखत :

- चिकित्सा नास्ति निष्फला। कस्मात्?
- नवगोप्यानि कानि?
- जगृहस्तन्मुनेर्वचः। के?
- दारिद्र्यं नोपजायते। केपाम् ?

10. व्याख्यात :

- सद्यः फलति गान्धर्व मासमेके पुराणकम्।
वेदाः फलन्ति कालेषु ज्योतिर्वेद्यौ निरन्तरम्॥
- धर्मार्थकाममोक्षाणामारोग्यं साधनं यतः।
तस्मादारोग्यदानेन तद्वत् स्याच्चतुष्टयम्॥

11. सूचितकथां सङ्गृह्य संस्कृतभाषायां लिखत :

- वृद्धिहीनाः विनश्यन्ति यथा ते सिंहकारकाः।

12. सन्दर्भमुक्त्वा आशयं विशदयत :

- चन्द्रः श्रोत्रे च जीर्यते तुण्डिका तरुणायते।
- पुत्रगात्रस्य संस्पर्शः चन्दनादतिरिच्यते॥

उत्तरं लिखत :

(10 X 3 = 30)

13. सन्धिः / सन्धिविच्छेदं च कुरुत :

- देव + ऐश्वर्यम्
- सम् + राट्
- पुनर् + रमते
- मध्वरिः
- त्वङ्करोपि
- तल्लयः

14. विग्रहवाक्यम् / समस्तपदं च लिखत :

- निर्मशिकम्
- नखभिलः
- जलजाश्री
- हरिश्च हरश्च
- कुत्सितः पुरयः
- न ब्राह्मणः

15. धातुरूपाणि लिखत :

- भवति
- वन्दिष्यते
- अपठत्

16. प्रयोगं विपरिणमयत :

- छात्राः विद्यालयं गच्छन्ति।
- सीता वस्त्रं प्रक्षालयति।
- भिषजा औषधं दीयते।

17. अधोरेखाङ्किते पदे कः प्रत्ययः इति कोष्ठात् समुचितम् उत्तरं निर्धार्य लिखत :

- छात्रः विद्यालयं गन्तुम् इच्छति। (तुमुन्, गानच्, क्त)
- जनाः चित्रं दृष्ट्वा हसन्ति। (णिच्, क्त्वा, शतृ)
- सर्वदा हस्तं प्रक्षाल्य भोजनं करोतु। (त्यप्, अनीयर्, तरप्)

QP CODE :

Reg.No.

First Professional BAMS Degree Examination

**KRIYA SHARIR Paper - I
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Describe the different types of movements in the upper gastro-intestinal tract along with their applied aspects. [3+2+3+2]
2. Describe the general properties of *pitta*. Explain its types, locations and functions [2+2+2+4]

Short notes:

(10x5 =50)

3. Mechanism of transport of CO₂
4. Functions of basal ganglia
5. Positive and negative feedback mechanisms
6. Neuroglia and their functions
7. Defecation reflex
8. *Avasthapaaka* and *nishtapaaka*
9. Role of different *doshas* in *aaharapaaka*
10. Different states of *agni* and their characteristics
11. Functions of *prana* and *udana vayu*
12. Biological rhythm of *tridoshas*

Answer briefly:

(10x3 =30)

13. Enlist the factors determining *prakriti*
14. List out the last three *kriyakaalas* and their significance
15. Dosha predominance and characteristics of *madhyakoshta*
16. Relationship between *agni* and *grahani*
17. Relationship between *triguna* and *panchabhoota*
18. Types of Memory and the main centers involved
19. Describe the sleep cycle
20. Enlist the functions of thalamus
21. Effects of vitamin A deficiency
22. Enlist the pancreatic enzymes and their actions.

QP CODE :

Reg.No.

First Professional BAMS Degree Examination

**KRIYA SHARIR Paper - II
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Describe the location, properties and objects of *manas*. Explain the mechanism of *jnanotpatti*. [1+2+2+5]
2. Explain the different mechanisms of regulation of blood pressure. [4+4+2]

Short notes:

(10x5 =50)

3. Mechanism of blood coagulation
4. Hormonal control of menstrual cycle
5. Synthesis of thyroid hormones
6. Mechanism of concentration of urine
7. Excitation – contraction coupling
8. Merits and demerits of *dhatuparinama nyayas*
9. *Upadhatus* and *malas*
10. *Asthisaara purusha*
11. Functions of *ojus*
12. Types of *nidra* and its clinical importance

Answer briefly:

(10x3 =30)

13. *Panchabhowtkatwa* of *rakta*
14. *Suddha sukra lakshana*
15. Functions of *rasavaha srotas*
16. Functions of *mootra* and *mootravahasrotas*
17. Enlist the *asraya -asrayi* relationship among *dosha-dhatu-malas*
18. Functions of plasma proteins
19. Types of shock
20. Mechanism of osmotic diuresis
21. Hormones from anterior pituitary
22. Role of antigen presenting cells in immunity

QP CODE :

Reg.No.

First Professional BAMS Degree Examination

**RACHANA SHARIR Paper - I
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Write *Shuddha sukla* and *Arthava lakshanas*. Explain the role of *panchamahabhutas* in fetal development and *Masanumasika garbhavidhikrama* (3 + 2+ 5 = 10)
2. Explain the chambers of heart in detail (10)

Short notes:

(10x5 =50)

3. Explain placenta formation
4. Enumerate and describe *Vishalyaghna marmas*
5. Describe the type, articular surfaces and ligaments of knee joint
6. Write the origin, insertion, action and innervation of (a) Gastrocnemius and (b) Trapezius
7. Explain upper end of the bone femur
8. Write the embalming process according to Ayurveda
9. Detail sandhi and classification
10. Explain origin, course and branches of axillary artery
11. Write the *panchavidha* classification of *shakha marmas*
12. Explain foetal circulation.

Answer briefly:

(10x3 =30)

13. Popliteal fossa
14. Boundaries and contents of axilla
15. *Rithumathi lakshana*
16. Define *Kala* and enumerate the types of *Kala*
17. *Apasthambha marma*
18. Pericardium
19. *Garbhotpadaka bhavas*
20. Portal Vein
21. Definition and types of Sira.
22. Right coronary artery.

QP CODE :

Reg.No.

First Professional BAMS Degree Examination

**RACHANA SHARIR Paper - II
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Explain external and internal features of cerebrum.
2. Explain the external features, relations and blood supply of Liver

Short notes:

(10x5 =50)

3. Larynx
4. Circle of willis
5. Gross Anatomy of Uterus
6. Lateral ventricle
7. Explain relations of kidney
8. Prostate
9. Detail- Brachial plexus
10. Explain origin, course and branches of axillary artery
11. Middle ear
12. Twak

Answer briefly:

(10x3 =30)

13. Muscles of eye ball
14. Fallopian tube
15. *Corpus callosum*
16. Internal capsule
17. Cranial nerves
18. Tongue papillae
19. Anal canal
20. Visual pathway
21. Male urethra
22. Meckel's Diverticulum

QP CODE :

Reg.No.

First Professional BAMS Degree Examination

**MAULIK SIDDHANT EVAM ASHTANGA HRIDAYA (SUTRA STHAN)
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Write about Vata, explaining its etymological derivation, types, functions and the locations
2. Define the word Dravya, write about Agneya dravya, and explain why it is said as "Jagatyevam Anoushadham"

Short notes:

(10x5 =50)

3. Oushadha kala
4. Types of Langhana and management of obesity
5. Dhatu vridhhi lakshana
6. Ojus in detail
7. Types of Ajeerna and its management
8. Vata upakrama
9. Panchabhuta constitution of Rasa and explain Rasa-Dosha relationship
10. Ama and its management
11. Dasavidha pareeksha
12. Chaya, Prakopa and Prasama of Tridoshas according to Ritu

Answer briefly:

(10x3 =30)

13. Types of Sweda
14. Differentiate Gandusha and Kabala
15. Shodasa vikara
16. Mention the drugs of Triphala and Panchakola
17. Define Viruddha and give three examples
18. Paadachatushtaya
19. Paachakapitta
20. Langhana samyak yoga lakshana
21. Benefits of Vyayama
22. Adharaneeyavega

QP CODE :

Reg.No.

Second Professional BAMS Degree Examinations

**DRAVYAGUNA VIGYAN Paper – I
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Write the Nirukti (Etymology) and Lakshana (Definition) of Dravya. Describe classification of Dravya according to Samhitas and Nighntus
2. Explain Principles of general Pharmacology

Short notes:

(10x5 =50)

3. Describe the Panchabhoutik constitution of Rasas according to different Acharyas
4. Write the differences between Avasthapaka and Nishtapaka
5. Explain Ashtavidha Veeryavada
6. Give details of Prabhavajanya karmas
7. What is meant by Karmam? Explain
8. Explain the drugs in the group Brihat Panchamoola
9. Ksheerashtaka – Explain the properties of each ksheera
10. Explain Agroushadha varga with examples
11. Abhava pratinidhi dravya – explain the importance and give five examples
12. Bronchodilators and Expectorants – General description with possible Ayurvedic correlations

Answer briefly:

(10x3 =30)

13. Cultivation of medicinal plants – Importance
14. Apamisran (Adulteration) - Define
15. What is Prasasthabhesaja (Ideal Drug)?
16. Plant extracts – Define and explain types
17. Dhanwanthari Nighantu – Give three specialties
18. Anaesthetics – Define and classify and give 2 examples
19. Analgesics – Define and give 2 examples
20. Anthelmintic – Define and give 2 examples
21. Vaccines – Define and mention the types
22. Immunomodulators – Define with two examples

QP CODE :

Reg.No.

Second Professional BAMS Degree Examination

**DRAVYAGUNA VIGYAN Paper - II
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Describe the taxonomy of "Aragvadha" with the help of a neat diagram
2. Describe Shami dhanyavarga with the definition, description of each members and the importance of this group

Short notes:

(10x5 =50)

3. Write the Botanical name, Family, Malayalam name, Rasapanchaka and the two important Karmas of Hareetaki
4. Write the Botanical name, Family, Malayalam name, Rasapanchaka and the two important Karmas of Kutaja
5. Write the Botanical name, Parts used, Dosage and two Amayika prayogas of Kapikachu
6. Write the Botanical name Parts used, Dosage and two Amayika prayogas of Chitraka
7. Describe the toxic signs and symptoms of the drug Bhallataka with its treatment
8. Write the Sources, Properties, Actions and Uses of Pashanabheda
9. Write the Sources, Properties, Actions and Uses of Rasna
10. Explain the Botanical name, Family and types of Hareethaki
11. Explain the Botanical name, Family and two uses of Nagakesara
12. Explain the source, Guna, Karma and uses of Kasturi

Answer briefly:

(10x3 =30)

13. Write two purification methods of Vatsanabha
14. Write two purification methods of Guggulu
15. Write two Chemical constituents and two important formulations of Satavari
16. Writetwo Chemical constituents and two important formulations of Lavanga
17. Explain Botanical name, family and habit of Varahi
18. Explain Botanical name, Family and use of Methika
19. Properties and actions of Trivrit
20. Qualities of Godugdha
21. Qualities of Jangalamamsa
22. Properties and Actions of Madhu (Honey)

QP CODE :

Reg.No.

Second Professional BAMS Degree Examination

**ROGA NIDAN EVAM VIKRITI VIGYAN Paper - I
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Describe Shadkriyakala.
2. Elaborate Dasavidha Rogi Pareeksha.

Short notes:

(10x5 =50)

3. Describe Ama and write down Saama and Nirama Vatha Lakshana.
4. Write short note on Vyadhikshamatwa.
5. Describe the Dushtinidana and Dushti Lakshana of majjavaha srothas.
6. Write short note on cellular adaptations.
7. Differentiate between benign and malignant tumors.
8. Describe Rogamarga and enumerate diseases affecting each Rogamarga.
9. Write a short note on Samprapthi.
10. Classify vyadhi.
11. Define and classify upasaya and write down suitable examples.
12. Discuss Sadhyasadyatha

Answer briefly:

(10x3 =30)

13. Describe upadrava.
14. Write down beejabhaga avayava dushti
15. Differentiate Doshapaka from Dhathupaka.
16. Define and classify Poorvaroopa.
17. Define and write down the importance of Arishta.
18. Write short note on Inflammation.
19. Describe Avarana.
20. Explain Nidanarthakararogas
21. Describe Necrosis
22. Write short note on ECG

QP CODE :

Reg.No.

Second Professional BAMS Degree Examination

**ROGA NIDAN EVAM VIKRITI VIGYAN Paper - II
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Explain Akshepaka Vyadhis in detail.
2. Describe the Nidana and Samprapthi of Pandu roga. Define Anaemia and explain the types.

Short notes:

(10x5 =50)

3. Explain Kamala in detail. Write the investigations required.
4. Explain Asadhya lakshanas of Athisara.
5. Describe nidana of Gulma.
6. Describe Pakshaghatha. Write short note on stroke.
7. Describe Apasmara Poorvaroopa.
8. Describe Prameha Pidakas. Explain complications of Diabetes Mellitus.
9. Enumerate Moothraghatha rogas and explain Ushnavatham.
10. Describe Kriminidana and enumerate Krimi.
11. Explain Vishmajwara. Compare with the patterns of Fever.
12. Write down the pathology of Dhatus in Rajayakshma. Describe laboratory investigations in Pulmonary Tuberculosis.

Answer briefly:

(10x3 =30)

13. Describe Parinama Soola.
14. Describe COPD.
15. Explain sadhyasadyatha of Swithram.
16. Describe Pemphigus.
17. Explain Dhatugatha Kushta lakshanas.
18. Write short note on masoorika.
19. Write down the samanya lakshana of Sopha.
20. Write short note on STD's.
21. Describe Thyroid disorders.
22. Explain Masthishka chaya.

QP CODE :

Reg.No.

Second Professional BAMS Degree Examination

**RASASHASTRA EVAM BHAISHAJYA KALPANA Paper - I
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Explain the concept of "*Shodhana*" with suitable examples.
2. Explain the general pharmaceutical procedures of "*Kupipakva rasayana*" with suitable examples

Short notes:

(10x5 =50)

3. Explain "*Patana Yantra*" with diagrams?
4. Mention the "*shodhana*" of "*Naga*" and "*Vanga*"?
5. Explain "*Amruteekarana*" and "*Lohitheekarana*" with suitable examples?
6. Write the preparation of "*Sidhamakaradvaja*" and its indications and dose?
7. Write about two "*Shodhana*" procedures of "*Gandhaka*" and explain the method of Preparation of "*Gandhakadruthi*" ?
8. Describe "*Parada doshas*"?
9. Define "*Putra*" and explain "*Gajaputa and Varahaputa*"?
10. Write about "*Kampilla*"?
11. Description of "*Rasashala*"
12. Describe concisely about "*Sudha Varga*"?

Answer briefly:

(10x3 =30)

13. "*Samanya Sodhana*" of "*Loha*" With two examples?
14. Explain anti-dote and side effects caused by improperly prepared "*Tamra Bhasma*"?
15. "*Shodhana*" of "*Dhatu*" with two uses?
16. Explain "*Bhasma pareeksha*"?
17. Write about the preparatory procedure of "*Dhanyaabhraka*" ?
18. Write about "*Ratna dosha*"?
19. Write Method of Preparation of "*Brahmi ghritha*"?
20. Describe about "*Rasa Parpati*"?
21. Explain "*Mitra Panchaka, Rasa Panka and Rasa Pishti*"?
22. Write Method of Preparation of "*Rasamanikya*"?

QP CODE :

Reg.No.

Second Professional BAMS Degree Examination

**RASASHASTRA EVAM BHAISHAJYA KALPANA Paper - II
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Explain about "Dravya Samgraha-Sanchaya-Samrakshana Vidhi"?
2. Explain "Arishta Kalpana" in detail and Write the ingredient, preparation dosage of "Asokarishta"?

Short notes:

(10x5 =50)

3. Explain "Lehya Kalpana" and write in detail about the preparation of "Koosmanda Rasayana"?
4. What is "Kashaya Yoni"? Why "Lavana Rasa" is not coming under "Kashaya Yoni"?
5. Explain "Saagni and Niragni Swarasa Kalpna" with their method of preparation?
6. What is "Paneeya Kalpana? Explain the methods of preparation of "ShadangaPaneeya"?
7. Write about the ingredient, procedure, dose and "anupana" of "Dadimashtaka choornam"?
8. Write and explain about the type of "Nasya kalpana" Write about "Marsa" and "Pratimarsa Nasya"?
9. What is "Mana"? Compare "Magadha Mana" and "Kalinga Mana"? Explain "Magadha Mana" with its Metric Equalents?
10. Write Method of Preparation of "Bramhighritha"?
11. Write about "Takra Kalpana"?
12. Explain "Lepa Kalpana" and compare it with its contemporary counterpart?

Answer briefly:

(10x3 =30)

13. Briefly describe Kshara Kalpana"?
14. Explain "Phanta Kalpana" With one Example?
15. What is "Mana"? Compare "Magadha Mana" and "Kalinga Mana"? Explain "Magadha Mana" with its Metric Equalents?
16. Explain "Snehasidha Lakshanas" ?
17. Explain "Malahara Kalpana" and write the methods of preparation of "Sarjarasamalahara?
18. Write the difference between "Asava and Arishta Kalpana"?
19. Describe "Bheshaja and Kalpana"?
20. Explain "Gandusha and Kabala"?
21. Write about "Vasthi Kalpan with any one Example"?
22. Write "Saviryathaavadhi"

QP CODE :

Reg.No.

Second Professional BAMS Degree Examination

**CHARAK SAMHITA (PURVARDH)
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Explain the concept of Shadupakrama and Dasavidhalanghana as per Charakasamhita.
2. Explain dasavidhapareekshyabhaava as per Charakasamhita

Short notes:

(10x5 =50)

3. Importance of Chatushkas in sootrasthaana
4. Eternity of Ayurveda
5. Karanapadartha
6. Swabhavoparamavada
7. Aahaaraparinaamakarabhaava
8. Differentiation of Shaddhatu and Chaturvimsatipurusha
9. Dhatusaamyalakshana
10. Classification of Kushta
11. Nidanarthakararoga
12. Definition of Arishta

Answer briefly:

(10x3 =30)

13. Contribution of Dridhabala to Charakasamhita
14. Tisraishana
15. Chaturvidhapareeksha
16. Dushyavishesha in Prameha
17. Definition of Unmada
18. Adravyachikitsa
19. Rasavahasrotas
20. Jnapadodhwmasakarabhavas
21. List of ashtaaahaaravidhi
22. Chaayabheda and prognosis

QP CODE :

Reg.No.

Third Professional BAMS Degree Examination

**AGADTANTRA, VYAVHAR AYURVED EVAM VIDHI VAIDYAK
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Write an essay on lootha visha, its classifications, samanya and asadhya lakshanas and the treatment modalities adopted
2. Write the Postmortem changes in different stages with its medicolegal importance

Short notes:

(10x5 =50)

3. Write the characteristic features of Alarka visha badha with the incurable features
4. What are the asadhya lakshanas of sarpa dashta
5. Write the signs and symptoms of Madathyaya and its stages
6. What are the samanya chikitsa krama that should be adopted in Vrischika damsas
7. Write the Garavishartha lakshanas
8. Compare and contrast the various mechanical injuries
9. Write the causes of Male and female sterility
10. Write the preparation and procedure in court for an expert witness
11. Write the hydrostatic test with procedure, observation and inferences
12. Write about blood groups and their medico-legal applications

Answer briefly:

(10x3 =30)

13. Differentiate Smothering from Strangulation
14. Enlist the qualities of Sadvaiddya
15. Classify the methods of Artificial insemination
16. Discuss the role of Mc. Naughten's Rule in ascertaining the criminal responsibility of a mentally ill
17. Enlist the ingredients of Himavan Agada with its indications
18. Importance of Hridayavarana in Visha chikitsa
19. Briefly state the Lakshanas and chikitsa of Paduka visha
20. Enlist the number of Upavishas according to various texts
21. Briefly explain the Types of witnesses
22. Medical Record

QP CODE :

Reg.No.

Third Professional BAMS Degree Examination

**SWASTHAVRITTA & YOGA Paper I
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Explain in what ways the Ritucharya influences the health aspects of humans with special reference to Utharayana.
2. Describe how the components of Bahiranga yoga contribute to human health.

Short notes:

(10x5 =50)

3. What are indications and contraindications of Vyayama
4. Write the Shyanavidhi according to Bhavamishra.
5. What are the ingredients of Nityasevaneeya Ahara
6. Define Hydrotherapy and write any three forms of hydrotherapy.
7. Difference between Food fortification and Food adulteration.
8. Describe the procedure, benefits of Nadishodhana pranayama
9. What are Asthta sidhis in yoga
10. Define Trataka, classification and benefits.
11. Distigush between Positive and Negative diet.
12. What are the features of Nidravegarodha and its management.

Answer briefly:

(10x3 =30)

13. Define Ardhashakti vyayama.
14. Define Hamsodaka.
15. Benefits of Vajrasana.
16. Define Mooladhara chakra.
17. What are Bandatraya.
18. Three examples of Samyoga viruddha.
19. Three indications of Mudpack.
20. Three indications for Fasting.
21. Three ideal dravyas for Dantadhavana.
22. Contraindications for Abhyanga.

QP CODE :

Reg.No.

Third Professional BAMS Degree Examination

**SWASTHAVRITTA & YOGA Paper II
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Analyze the components, principles and levels of Primary Health Care.
2. Describe in detail the Direct and Indirect Mode of Disease Transmission.

Short notes:

(10x5 =50)

3. What are measures for prevention and control measures of Air pollution.
4. What are merits and demerits of Intra Uterine Contraceptive Devices(IUCD).
5. List down Bacteriological examination of water.
6. What are the lakshanas of Nivasayogyabhumi.
7. What are the sources and hazards of Biomedical waste.
8. What are the manageable risk factors for Hypertention.
9. Write the structure and functions of World Health Organization (WHO)
10. What are the highlights of Pulse Polio Immunisation.
11. What are Mosquito control measures.
12. What are remedial measures for Janapadodhwamsa.

Answer briefly:

(10x3 =30)

13. Define Body Mass Index (BMI).
14. Define Low Birth Weight (LBW).
15. Differentiate between sewage and sullage.
16. Define the characteristics of Mid day meal programme.
17. Define Ergonomics
18. Name the causative organisms of whooping cough, cholera and plague.
19. Define Iatrogenic disease, give two examples.
20. Define Prophylactic disinfection, give two examples
21. Define Histogram and mention two uses.
22. Non-auditory effects of Noise pollution.

QP CODE :

Reg.No.

Third Professional BAMS Degree Examination

**PRASUTI EVAM STRIROGA Paper I
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Describe structure and function of uterus (garbhashaya).
2. Define mechanism of labour and explain with ayurvedic correlation

Short notes:

(10x5 =50)

3. Explain the effect of mathrurahara (maternal diet) in developing foetus.
4. Describe different types of abortions with ayurvedic terminologies.
5. Define bahugarbhata, write methods of diagnosis.
6. Describe 'garbhasayantharasthithi' of garbha in normal pregnancy.
7. Explain garbhaposhanam (foetal nutrition) in detail
8. Write upasthithaprasavalakshana.
9. Describe causes for aparasanga with management.
10. Enumerate absolute and common indications of caesarean section.
11. Explain types of mudhagarbha with modern correlation.
12. What is kalateetaprasava (post term labour), list causes.

Answer briefly:

(10x3 =30)

13. Apra-Structure
14. Douhruda-causes and management
15. Rh incompatibility-Complications
16. Garbhinipandu- causes, ayurvedic management
17. Garbhaupadrava-Enumerate
18. Kikkisa- Ayurvedic management
19. Episiotomy- Types, indications
20. Avi –Role in labour
21. Bishops' score-criteria
22. Suthikaroga-lakshana

QP CODE :

Reg.No.

Third Professional BAMS Degree Examination

**PRASUTI EVAM STRIROGA Paper II
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Explain nidana and chikitsa of asrugdara and describe the different types of abnormal uterine bleeding.
2. Describe nidana and lakshana of Sthanarbuda with clinical features, investigations and staging of CA Breast

Short notes:

(10x5 =50)

3. Write types of congenital uterine anomalies.
4. Define yonikanda and explain clinical features & management.
5. Describe lakshana of garbhashayagrandhi with relevant investigations and management
6. Write two garbhanirodhakaoushadhayogas.
7. Write Lakshana and chikitsa of antarmukhi.
8. What are the complications of dilatation and curettage
9. Describe methods of barrier contraception
10. Describe clinical features of sthanakeelaka with management
11. Write indications and ingredients of phalasarpis
12. Write indications and procedure of utharavasthi in female

Answer briefly:

(10x3 =30)

13. Vipluta -lakshana
14. Shukladushti- bheda
15. Adenomyosis- clinical features
16. Vamini- lakshana
17. Arajaska- chikitsa
18. Laparoscopy - indications
19. Endometrial biopsy - procedure
20. Rajapravarthinivati- ingredients and indications
21. Veshavara – method of preparation
22. Saptasaram Kashaya- ingredients and indications

QP CODE :

Reg.No.

Third Professional BAMS Degree Examination

**BALROGA
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Explain the steps in Sadyojaata paricharya both in Ayurvedic and modern way.
2. Explain the main therapeutic principles for the management of diseases in children

Short notes:

(10x5 =50)

3. Explain Praasa and describe about Suvarnaprasa
4. Write Nabheenadeekalpanavidhi , enumerate the diseases of improper cutting of umbilical cord
5. Explain Stanya dushti. Explain any one of them
6. What is the line of management of Ksheeralasaka in children
7. What is Ulbakam? Explain its management
8. What are clinical features of Nephrotic syndrome
9. What are prodromal features of jwara as per Kashyapa Samhitha
10. What are the types of Phakka roga explain Garbhaja Phakka
11. Make a comparative notes on Parigarbhikam and Protein Energy Malnutrition
12. What are the general symptomatology in Grahabadha

Answer briefly:

(10x3 =30)

13. Write the features and diagnosis of Lactose intolerance.
14. Give the ingredients and indications of Rajanyadi churnam.
15. What are the factors in APGAR
16. What are the features of Revati Graham
17. Explain the treatment of Paittika Stanya dushti
18. Explain the features of Vitamin D deficiency in children
19. What is autism? Give any three features of autism.
20. Give three Ayurvedic formulations explained in the context of Apasmara
21. Give the dose and route of administration of DPT vaccine
22. Give the definition of Kaumarabhritya as per different Acharyas

QP CODE :

Reg.No.

Third Professional BAMS Degree Examination

**CHARAK SAMHITA (UTTARARDH)
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Explain in detail Samanya Chikista of Vatavyadhi
2. Explain Vamana virechana vyapath and its chikista

Short notes:

(10x5 =50)

3. Therapeutic effect and modalities of Bhallataka rasayana
4. Summarize Jeerna Jwara chikitsa
5. Athatwabhinivesha and its line of treatment
6. Explain Vastinetra dosha and Putakadosha
7. Madana sangrahaavidhi
8. Why Sodhana contraindicated in Urusthamba
9. Importance of Trimarmas
10. Relevance of Rakthamoksha in Vatasonitha
11. Ksheera prayoga in Udara
12. Chikitsa sutra of Kustha and the role of lepa in Kushta chikista

Answer briefly:

(10x3 =30)

13. Ghritha prayoga in Grahani
14. Virechana in Tamaka swasa
15. Mention synonyms and properties of Aragwadha
16. Vatsaka kalpa
17. Prayojana of Tantrayukthi
18. Explain the Paschat karma of Niruhavasthi
19. Ashta mahadoshakabhasas
20. Enlist names of six Yogas used in Arsa chikitsa
21. Summarize Urdhvaga Raktapitta chikitsa
22. Dhwasaka chikista

QP CODE :

Reg.No.

Final Professional BAMS Degree Examination

**KAYACHIKITSA Paper I
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Explain the indication and role of bahya chikitsa in Kushta
2. Describe the management of dhatu pradoshaja vyadhi

Short notes:

(10x5 =50)

3. Define Kaya and chikitsa and types of chikitsa
4. Define Pathya and write the pathya-apathya of kushta
5. Explain oushadha sevana kala
6. Explain the indication of Sarpipana in jwara and write the ingredients and phalashruti of Indukantha ghrita
7. Write the management of raktha pitha through gudamarga and nasa marga.
8. Write the differential diagnosis of acute abdomen
9. Write the importance and methods of Raktha moksha in Vata Raktha
10. Explain shadvidhopakrama
11. Explain Management of Vishama Jwara, Suggest kashaya yogas
12. Write about the National health programe and relevant Ayurvedic management of filariasis.

Answer briefly:

(10x3 =30)

13. Dadimadi ghrita
14. Importance of physiotherapy in treating diseases
15. Mukha dooshika
16. Nidana and treatment of Kotha & Utkotha
17. Dengue fever
18. Hepatitis
19. Acute complications of Diabetes mellitus
20. Treatment principle of Amavata
21. Sanyasa
22. Apathya in nava jwara

QP CODE :

Reg.No.

Final Professional BAMS Degree Examination

**KAYACHIKITSA Paper II
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Explain Shodhana Chikitsa in Swasa and Hiddhma
2. Detail the line of treatment of Prameha and explain the importance of Pathyapathya in the management of Prameharoga.

Short notes:

(10x5 =50)

3. Explain the treatment of Pakshaghata
4. Detail the line of management of Urusthambha
5. List the ingredients and indications of Indukantha ghrita
6. Detail the line of treatment of Grahaniroga and explain the importance of agni in the management of Grahaniroga
7. Define Vajeeekarana. Classify Vajeeekarana dravya. Write the scope of Vajeeekarana in present era.
8. Write the differential diagnosis of doshik sub types of mutrakricchra and suggest line of management.
9. Explain Pakwatisara chikitsa
10. Write Samanyalaxana and Chikitsa of Unmada
11. Define Rasayana. Explain Kuteepraveschikarasayana with an example
12. Write the line of management of Rajayakshma

Answer briefly:

(10x3 =30)

13. Explain the symptoms and management of osteoarthritis of Knee
14. Describe the Sadhyochikitsa in Urakshata
15. Explain the Signs and symptoms of Parkinsonism
16. Differentiate Alasaka and Vishoochika
17. Mention the Signs and symptoms of Gullian Barrie Syndrome
18. Explain the management of galaganda
19. Explain the clinical features of Benign prostatic hypertrophy
20. List the ingredients and indications of Chiruvilwadi kashaya
21. List the ingredients of Kottamchukkadi tailam
22. Role of physiotherapy in the management of Pakshaghata

QP CODE :

Reg.No.

Final Professional BAMS Degree Examination

**PANCHAKARMA
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Explain the importance of Purvakarma in panchakarma therapy
2. Describe the procedure of sneha Nasya in detail

Short notes:

(10x5 =50)

3. List the ten indications for Shodhana
4. Explain fat metabolism
5. Explain the contraindications of Nasya
6. Describe the procedure of matravasti
7. Explain the procedure of Udvarthana and list its benefits
8. Describe the mode of action of Vamana dravya
9. List the materials and medicines required for Takra dhara. Explain the method of preparation of Dharadravya.
10. Explain the procedure of Prachana
11. Explain the method of emergency management in water and electrolyte imbalance
12. List samyaksnigdhalakshana according to Vagbhata and explain any two.

Answer briefly:

(10x3 =30)

13. Explain the utility of Erandataila in Kateegraha
14. List six *atiyoga lakshana* of Virechana
15. List the ingredients and indications of Maadhutailika vasti
16. Describe sadyasneha with an example
17. Explain the procedure of *Pichu*
18. Explain the procedure of *Avagahasweda*
19. List *Anagneya sweda* and its indications
20. Explain *Swedopaga dravya* with an example
21. List six *Snehavasti vyapath*
22. Describe *Samyakyoga Lakshana* of Anuvasana

QP CODE :

Reg.No.

Final Professional BAMS Degree Examination

**SHALYA TANTRA Paper I
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Define and classify Yantra. Describe Yantraguna
2. Describe the Lakshana of Ama, Pachyamana, Pakwavranasopha and compare it with the signs and symptoms of inflammation

Short notes:

(10x5 =50)

3. Describe the preoperative preparation methods of Operation Theater and instruments
4. Compare the indications, types of methods of sevana karma in Ayurveda & modern surgical practice
5. Mention the Yogyaividhi of chedana karma and bhedana karma
6. List the lakshana of marmabhighatha and compare it with pathophysiology of shock
7. Explain the management of Athidagdha & samyakdagdhavrana.
8. Explain the clinical features, investigations and management of Bueger's disease
9. Describe the classification of Anaesthesia and the method of infiltration anaesthesia
10. Describe the method of preparation of Theekshnakshara
11. Explain the etiology, clinical features, clinical examinations and management of Tennis elbow.
12. List the Sapthopakarma of vrana. Explain each in two sentences.

Answer briefly:

(10x3 =30)

13. List the indications of thiryakcheda
14. Describe the post operative procedure of patient in jaloukavacharana
15. Explain the importance of Salyatantra
16. What are Dahanopakarana
17. Explain Salyagati
18. Explain Rakthasthambhanaupaya
19. Describe the treatment of nadeevrana
20. Classify anurysm
21. List the contra indications of bandhana
22. What are the imaging techniques used in diagnosis of surgical disease

QP CODE :

Reg.No.

Final Professional BAMS Degree Examination

**SHALYA TANTRA Paper II
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Classify the diseases of Lumbar spine, list their investigations and explain the primary management of prolapsed disc.
2. Describe the clinical diagnosis of diseases of rectum and anal canal. Explain Ayurvedic method of management of Arsas.

Short notes:

(10x5 =50)

3. Explain the clinical features and investigations of Sthana Arbuda.
4. Describe the classification, clinical features and diagnosis of diseases of oesophagus
5. Explain the Nidana, Prakara, Lakshana and Upadrava of Shoolaroga.
6. Describe the clinical features and management of Jalodara.
7. Define Badhagudodara and explain the clinical features.
8. Describe the clinical features and management of pyloric stenosis in infants.
9. Explain the diagnosis and management of obstruction of small intestine.
10. Explain the clinical features, investigation and management of acute appendicitis.
11. Explain the clinical features and diagnosis of Yakritvridradi.
12. Explain the diagnosis and management of Cholecystitis.

Answer briefly:

(10x3 =30)

13. Describe the method of management of Perinephric Abscess.
14. List the type of urinary calculus.
15. Explain the causes of haematuria of renal origin.
16. Explain the clinical features of BPH.
17. Describe the aetiopathogenesis and complications of urethral stricture.
18. Explain the clinical features and management of Nirudhaprakasa.
19. Explain the diagnosis of torsion of testis.
20. Explain the clinical features and diagnosis of Mutravridhi.
21. Differentiate clinical classification and anatomical classification of Hernia
22. List the ingredients and indications of Murivenna.

QP CODE :

Reg.No.

Final Professional BAMS Degree Examination

**SHALAKYA TANTRA Paper I
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Explain the nidana, samprapthi and poorvaroop of netraroga. Classify the netraroga in ayurvedic and modern point of view.
2. Describe the aetiology, signs and symptoms of Aupasargika linganasha. Explain the relevance of these diseases in modern point of view.

Short notes:

(10x5 =50)

3. Explain the netrakriya sharrera in ancient view point.
4. Describe the aetiology, pathology, prognosis and management of pooyalasa.
5. Explain the prognosis of vatmaroga. Describe Krichroonmeela in detail
6. Describe the etiology, clinical features, types and management of ptosis.
7. Explain the clinical features, prognosis and management of sirotpatam and siraharsham.
8. Explain the anatomy of cornea. What are the clinical examinations to diagnose corneal diseases.
9. What are the clinical features and prognosis of kaphajalinganasha. Explain the indications and contraindications of surgery in ayurvedic and modern view point.
10. Explain refractive errors in brief. What are the surgical measures existing for myopia.
11. Differentiate between pakatyayashukla and akshipakatyaya.
12. Introduction to eye bank and explain the procedure of Keratoplasty.

Answer briefly:

(10x3 =30)

13. Describe *Thimirabhasa* and its clinical importance
14. List the diseases explained in Ayurveda causing night blindness
15. List the contraindications of Anjanakarma
16. Describe types of Uveitis
17. Explain the prognosis of shuklamandalaroga.
18. Describe the apathya of netraroga
19. List the ingredients of Vimalavarthi
20. Describe the indications of DCR
21. Explain the clinical features of Pakshmashatam
22. List the ingredients and indications of ilaneer kuzhambu

QP CODE :

Reg.No.

Final Professional BAMS Degree Examination

**SHALAKYA TANTRA Paper II
(2012 Scheme)**

Time : 3 Hours

Total Marks : 100

Answer All Questions

Essays :

(2x10 =20)

1. Explain the nidana and samprapthi of shiroroga. Classify the shiroroga and give clinical features and management of Ananthavata.
2. Explain sapthanga of Mukha. Explain the clinical anatomy of teeth. Describe the danthasampath with dental formulas.

Short notes:

(10x5 =50)

3. Differentiate between Karnasrava and poothikarna.
4. Describe Little's area. Explain the general causes of epistaxis
5. Explain Badhirya. What are the clinical tests to diagnose deafness.
6. Explain tooth extraction described in ayurveda.
7. Describe the clinical features of Adhidantha. Which surgery is advised in ayurveda. What are the types of impacted wisdom teeth.
8. Enumerate taluroga with prognosis.
9. Differentiate between pharyngitis and tonsillitis.
10. Explain the procedure of karnapoorana.
11. Explain the anatomy of Thyroid gland. describe thyrotoxicosis.
12. Differentiate between Nasanaha and Nasashosha. Explain the line of management.

Answer briefly:

(10x3 =30)

13. Describe Jalandharabhandha. Where is it used.
14. Explain the clinical features of Upakusha
15. List the indications of Laryngoscopy
16. Explain the pathogenesis of Alasa
17. Describe the management of Indraluptha.
18. List the ingredients of Shadbindutaila
19. Describe the of Foreign body in the ear
20. Explain the preparation of Gomootrahareethaki
21. Explain the preparation of Deepikatailam
22. Describe the types and procedure of Prathisarana

QP CODE :

Reg.No.

Final Professional BAMS Degree Examination

**RESEARCH METHODOLOGY AND MEDICAL STATISTICS
(2012 Scheme)**

Time : 3 Hours

Total Marks : 50

Answer All Questions

Essay :

(1x10 =10)

1. Describe research process. Explain the importance of each steps involved in the research process

Short notes:

(5x5 =25)

2. Explain normal distribution
3. Differentiate between observational and interventional types of research
4. Explain the importance of ethics in clinical research
5. Describe the scope and necessity of researches in Ayurveda
6. Explain the role of *anumana* as a research tool

Answer briefly:

(5x3 =15)

7. Describe graphical presentation of data
8. Define measures of central tendency. Explain any one of them.
9. Describe standard deviation
10. Differentiate parametric and non parametric tests
11. Explain test of significance

3.7 Internal assessment component

Treated as a criterion for eligibility to appear the University examination.

3.8 Details of practical examinations

For the subject having only 1 paper, 1 internal examiner & 1 external examiner shall be posted for conducting viva voce & practical; for the subjects having 2 papers, 2 internal examiners & one external examiner is posted. The internal examiner shall be posted from the same college. If there is no qualified teacher in the college for posting as examiner, one teacher can be posted from the nearby college in the same zone. The external examiner shall be posted from outside the zone or outside the university.

It is desired to conduct the viva voce independently by each examiner which should not exceed 5 minutes for 1 student by an examiner ie. Maximum 10 minutes for viva voce for subjects having 1 paper & 15 minutes for viva voce for subjects having 2 papers. In order to avoid vagueness & maintain uniformity of standard & coverage, questions can be pre formulated before starting viva voce.

3.9 Number of examiners needed (Internal & External) and their qualifications

No person other than Regular/Retired teacher having concerned or allied Post Graduate degree and three years post PG teaching experience shall be considered eligible for examinership. The restriction in qualification is not applicable to teachers who were appointed on or before 01-01-1989 as per Govt order.

3.10 Details of Theory and Practical / Viva voce Examination

1.1 Padarth Vigyan evam Ayurved ka Itihas

Theory - Two Papers; 100 Marks each (Paper II; 75 marks for Padarthavigyan & 25 marks for Itihas)

No Practical / Viva voce.

1.2 Sanskrit

Theory – One Paper; 100 Marks

No Practical / Viva voce.

1.3 Kriya Sharir

Theory - Two Papers; 100 Marks each

Practical / Viva voce - 100 Marks

Distribution of Practical marks

1. Laboratory Practical	- 20
2. Human Experiment	- 15
3. Spotting	- 15
4. Prakriti Saradi pariksha	- 20
5. Practical Record	- 10
6. Viva- voce	- 20
Total	100 Marks

1.4 Rachna Sharir

Theory - Two Papers; 100 Marks each

Practical / Viva voce - 100 Marks

Distribution of marks

1. Spotting	- 20 marks
2. Dissected organs and histology slides	- 20 Marks
3. Bones, joints, marma	- 20 Marks
4. Surface & radiological anatomy	- 10 Marks
5. Practical records	- 10 Marks
6. Viva-Voce	- 20 Marks
Total	100 Marks

1.5 Maulik Siddhant evam Ashtang Hridaya (Suthrasthan)

Theory – One Paper; 100 Marks

Viva voce - 50 Marks

2.1 Dravyaguna Vigyan

Theory - Two Papers; 100 Marks each

Practical / Viva voce - 200 Marks

1	Herbarium	20 Marks
2	Practical record	20 Marks
3	Drug identification- spotting –Raw/crude drugs	30 marks
4	Plant identification spotting –fresh	30 marks
5	Practical	40 marks
6.	Viva-Voce	60 Marks

Total 200 marks

2.2 Roga Nidan evum Vikriti Vigyan

Theory - Two Papers; 100 Marks each

Practical / Viva voce - 100 Marks

Distribution of Marks for final Practical Examination

1. Daily Record	-10 Marks
2. Identification of Instruments	-10 Marks
3. Laboratory Experiments	-20 Marks
4. Short Case	-10 Marks
5. Long Case	-20 Marks
6. Viva - Voce	-30 Marks

Total 100 Marks

2.3 Rashastra evam Bhaisajya Kalpana

Theory - Two Papers; 100 Marks each

Practical / Viva voce - 200 Marks

Distribution of Practical Marks: Total 200 Marks

Rasashastra - 100

1. Record Book	- 10 Marks
2. Experiment	- 30 Marks
3. Spotting	- 20 Marks
4. Viva-voce	- 40 Marks

Bhaishajyakalpana - 100

1. Record Book	- 10 Marks
----------------	------------

- | | |
|---------------|------------|
| 2. Experiment | - 30 Marks |
| 3. Spotting | - 20 Marks |
| 4. Viva-voce | - 40 Marks |

2.4 Charak Samhita (Purvardh)

Theory – One Paper; 100 Marks

Viva voce - 50 Marks

3.1 Agadtantra, Vyavhar Ayurved evam Vidhi Vaidyak

Theory – One Paper; 100 Marks

Practical / Viva voce - 50 Marks

Distribution of Practical Marks

1. Post Mortem examination and Court posting – Case Record	10 Marks
2. Practical/Clinical Record Book	10 Marks
3. Identification (spotting)	10 Marks
4. Viva – voce	20 Marks
Total	50 Marks

3.2 Swastha Vritta & Yoga

Theory - Two Papers; 100 Marks each

Practical / Viva voce - 100 Marks

Marks distribution	100 marks
1. Vaiyaktika Swasthavritta	20
2. Samajik swasthavritta	20
3. Demonstration of Yoga	10
4. Naturopathy	10
5. Journal and compilation work	10
6. Viva voce	30
Total	100 Marks

3.3 Prasuti evum Stiroga

Theory - Two Papers; 100 Marks each

Practical / Viva voce - 100 Marks

DISTRIBUTION OF PRACTICAL MARKS

1. Case taking-2cases –one Gynec, one obstetric	- 30marks
2. Instruments, Drugs, & Models	- 20 marks
3. General Viva	- 40 marks
4. Record -2- (one Prasuti, one streerog)	- 10 marks
Total	100 marks

3.4 Balroga

Theory – One Paper; 100 Marks

Practical / Viva voce - 50 Marks

Distribution of Marks

Clinical work: Pediatric and neonatal case records [10 case sheets of each]	10 Marks
Patient Examination	20 Marks
Spotting	05 Marks
Viva – voce	15 Marks
Total	50 Marks

3.5 Charak Samhita (Utharardh)

Theory – One Paper; 100 Marks

Viva voce - 50 Marks

4.1 Kayachikitsa

Theory - Two Papers; 100 Marks each

Practical / Viva voce - 100 Marks

Distribution of practical Marks 100

- 1) Daily case record/ 20 cases - 20 marks
- 2) Patient examination
 - a) 1 Long case - 20 marks
 - b) 1 short case - 10 marks
- 3) Viva –voice
 - a) Paper I - 25 marks
 - b) Paper II - 25 marks

4.2 Panchakarma

Theory – One Paper; 100 Marks

Practical / Viva voce - 50 Marks

Distribution of Marks

1. Practical Record of 25 procedures	05 Marks
2. Long Procedure	10 Marks
3. Long Procedure Viva	05 Marks
4. Short Procedure	08 Marks
5. Viva on Short Procedure	02 Marks
6. General Viva-voce	20 Marks
Total	50 Marks

4.3 Shalya Tantra

Theory - Two Papers; 100 Marks each

Practical / Viva voce - 100 Marks

Distribution of Marks

- | | |
|------------------|------------|
| 1) Daily records | - 10 Marks |
| 2) Instruments | - 20 Marks |
| 3) Short case | - 10 Marks |
| 4) Long case | - 20 Marks |
| 5) Viva – voce | - 40 Marks |

Total - 100 Marks

4.4 Shalakya Tantra

Theory - Two Papers; 100 Marks each

Practical / Viva voce - 100 Marks

Distribution of marks

- | | |
|--|------------------|
| 1) Long Case | 30 Marks |
| 2) Short Case | 20 Marks |
| 3) Identification of instruments, equipments, medicines, etc | 10Marks |
| 4) Viva – voce | 30 Marks |
| 5) Daily Record (Case record) | 10 Marks |
| Total | 100 Marks |

4.5 Research Methodology & Medical Statistics

Theory – One Paper; 50 Marks

No Practical / Viva voce.

4. INTERNSHIP

4.1 Eligibility for internship

The student will join the compulsory rotatory internship programme after passing the final professional examination.

4.2 Details of internship

Duration of Internship: 1 year

The student will join the compulsory rotatory internship programme after passing the final professional examination. The internship programme will start after the declaration of the result of final professional examination and on production of Provisional Registration from T.C. Medical Council. The period of the internship will be of one year on residential basis with stipend.

Internship Programme and time distribution will be as follows:-

The interns will receive an orientation regarding details of internship programme along with the rules and regulations, in an orientation workshop, which will be organized during the first three days of the beginning of internship programme. A workbook shall be maintained by each intern. The Intern will enter date wise details of activities undertaken by him/her during his/her training.

Every intern will provisionally register himself with the concerned State Board/Council and obtain a certificate to this effect before joining the Internship program.

Daily working hours of intern will be not less than eight hours.

Interns are eligible for 20 Casual Leaves for the whole length of internship Programme. Period of absence should be compensated with extension for the same period

Normally one year Internship programme will be divided into clinical training of 6 months in Ayurvedic Hospital attached to the college and 6 months in PHC/CHC/Rural Hospital/District Hospital/Civil Hospital or any Govt. Hospital of modern medicine .But where there is no provision /permission of the State Government for allowing the graduate of Ayurveda in the hospital/Dispensary of Modern Medicine, the one year internship will be completed in the hospital of Ayurved college.

Clinical Training of six/twelve months as case may be in the Ayurvedic hospital attached to the college will be conducted as follows:-

Departments	Distribution of 6 months	Distribution of 12 months
1. Kayachikitsa	2 months	4 months
2. Shalya	1 month	2 months
3. Shalakya	1 month	2 months
4. Prasuti evam Striroga	1 month	2 months
5. Balroga – Kaumarabhritya	15 days	1 month
6. Panchakarma	15 days	1 month

Six months training of interns will be carried out with an object to orient and acquaint the intern with National health programme. The intern will have to join in one of the following institute for undertaking such training.

- Primary Health Centre
- Community Health Centre/District Hospital
- Any hospital of modern medicine
- Any Ayurved hospital or Dispensary

All the above centres (a, b, c, and d) will have to be recognized by the concerned University and concerned Govt. designated authority for taking such a training.

Details of Guideline for training programme.

Guidelines for conducting the internship clinical training of 6/12 months in the Ayurvedic Hospital attached to the college.

The intern will undertake following activities in respective departments as shown below:-

a) Kayachikitsa - Duration : 2 months/4 months

i) All routine work such as case taking, investigations, diagnosis and management of common diseases by Ayurvedic Medicine

ii) Routine clinical pathological work i.e. Haemoglobin estimation, complete haemogram, urine analysis, microscopic examination of blood parasites, sputum examination, stool examination etc. Muta evum Mala pariksha by Ayurvedic method. Interpretation of laboratory data and clinical findings and arriving at a diagnosis.

iii) Training in routine ward procedures and supervision of patients in respect of their diet, habits and verification of medicine schedule.

b) Panchakarma – Duration : 15 days /1 month

Panchakarma procedures and techniques regarding poorva karma, pradhan karma and paschat Karma.

c) Shalya – Duration: 1 month/2 months

Intern should be trained to acquaint with

i) Diagnosis and management of common surgical disorders according to Ayurvedic principles.

ii) Management of certain surgical emergencies such as fractures and dislocations, Acute Abdomen etc.

iii) Practical training of aseptic and antiseptic techniques, sterilization etc.

iv) Intern should be involved in pre-operative and post –operative managements.

v) Practical use of anaesthetic techniques and use of anaesthetic drugs

vi) Radiological procedures, clinical interpretation of X-ray, IVP, Barium meal, sonography etc.

vii) Surgical procedures and routine ward techniques such as:-

a) Suturing of fresh injuries

b) Dressing of wounds, burns, ulcers etc.

c) Incision of abscesses

d) Excision of cysts.

e) Venesection etc.

f) Application of Ksharasutra in ano rectal diseases.

d) Shalakya - Duration:1 Month/2months

Intern should be trained to acquaint with

i) Diagnosis and management of common surgical disorders according to Ayurvedic principles.

ii) Intern should be involved in pre-operative and Post-operative managements.

iii) Surgical procedures in Ear, Nose, Throat, Dental problems, Ophthalmic problems

iv) Examinations of Eye, Ear, Nose, Throat and refractive error etc,with the supportive instruments OPD

v) Procedures like Anjana Karma, Nasya, Raktamokshan, 'Karnapuran', Shirodhara, Putpak, Kawal, Gandush etc. at OPD level.

e) Prasuti & Striroga - Duration:1 month/2months

Intern should be trained to acquaint with

i) Antenatal and post-natal problems and their remedies, antenatal and post-natal care.

ii) Management of normal and abnormal labours.

iii) Minor and major obstetric surgical procedures etc.

f) Balroga-Duration: 15days/1 month

Intern should be trained to acquaint with

- i) Antenatal and Post-natal problems and their remedies, antenatal and Post-natal care also by Ayurvedic Principles and medicine.
- ii) Antenatal and post-natal emergencies.
- iii) Care of new born child along with immunization programme.
- iv) Important paediatric problems and their Ayurvedic managements.

PHC/Rural Hospital/District Hospital /Civil Hospital or any Govt.Hospital of modern medicine.

Guidelines for conducting six months internship training in primary Health Centre, Community Health Centre/District Hospital; Any Hospital of modern medicine any Ayurved hospital or Dispensary

Intern should get acquainted with-

- i) Routine of the PHC and maintenance of their records.
- ii) They should be acquainted with the routine working of the medical/non-medical staff of PHC and be always in contact with the staff in this period.
- iii) They should be familiar with work of maintaining the register e.g. daily patient register, family planning register, surgical register and take active participation in different government health schemes/programme.
- iv) They should participate actively in different National Health Programmes of Government of the State/District

Casualty Section of any recognized hospital of modern medicine. Identification of casualty and trauma cases and their first aid treatment. Also procedure for referring such cases to the identified hospitals.

Rural Ayurvedic dispensary/Hospital

Diseases more prevalent in rural and remote areas and their management. Teaching of health care methods to rural population and also various immunization programmes.

Assessment

After completing the assignment in various sections, they have to obtain a certificate from the head of the Section in respect of their devoted work in the section concerned and finally submitted to Principal /Head of the Institute so that completion of successful internship can be granted.

4.3 Model of Internship Mark lists

Internship completion certificate: Issued from the concerned Institution

4.4 Extension rules

Period of absence should be compensated with extension for the same period in the concerned section / department.

4.5 Details of training given

As given in clause 4.2

5.ANNEXURES

5.1 Check Lists for Monitoring: Log Book, Seminar Assessment etc. to be formulated by the curriculum committee of the concerned Institution.

