

- 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).
1. Chikitsa sutra and Management of the diseases of Rasavaha Srotas such as – Pandu, Amavata, Madatyaya, Hridroga, Hridshoola, Hypotension, Hypertension, Anaemia, Rheumatoid arthritis.
2. Chikitsa sutra and Management of the diseases of Raktavaha Srotas such as - Raktapitta, Kamala, Kumbhakamala, Halimaka, Daha, Mada, Murcha, Sanyasa, Vatarakta, Plihadosha, Yakrut dosha, Haemolytic disorders, Hepatitis, Cirrhosis of Liver, Leukaemia, Kushta, Shvitra, Visarpa, Sheetapitta, Udarda, Kotha and Kshudra Roga.
3. Knowledge of National Health Programmes and the relevant Ayurvedic Management of the following diseases enlisted by World Health Organisation- Malaria, Filaria, Kala Azar, Leprosy, Tuberculosis, AIDS.
4. Introduction of general principles of maintenance of health and management of diseases of following systems of Medicine- Yoga, Naturopathy, Unani, Siddha, Physiotherapy and Rehabilitation.
5. Diseases of different Endocrine Glands- such as Thyroid, Parathyroid, Pituitary, Pancreas and Adrenal glands and their management.
6. General introduction, types and Management of diseases caused by Vyadhi Kshamatwa Hinata (Immuno deficiency disorders), Auto Immune Disorders.
7. 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, Ekgavata, 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, Adravyabhuta 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

## **4.2. PANCHAKARMA**

**Theory One Paper – 100 Marks**

**Practical Viva-voce – 50 Marks**

**Hours of teaching Theory – 100**

**Clinical training: 3 months**

### **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 :**

**Methods, indications and contraindications of the following types of 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, Udvardanam, Putpāka, Aschotana, Anjana, Gandusha, Kavala, Dhoompāna, Udvardana, 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

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 Jalaukavacharana 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 (Panchakarma) 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
<b>Total</b>	<b>50 Marks</b>

### 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

## **4.3 SHALYA TANTRA**

Theory Two Papers – 100 Marks Each  
Practical - Viva voce – 100 Marks

### **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, Dosh, 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.

**Nirjantukarana / 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.**

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

### **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:**

- Nirukti, Pradhanyata, Guna, Dosha, Karma, Prakara, Yogya, Ayogya, Procedure, Upadrava and Chikitsa.**
- Kshara nirmana vidhi, knowledge of Kshara Varti, Taila and Pichu.
- 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.