

4.1 KAYACHIKITSA

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

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, Visramsas 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 Apararpana) 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).
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 - Pakshavatha, 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, dhwajabhanga.
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. 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 by Dr. G.Srinivasacharya.
14. Other relevant publications on subjects concerned

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 Koshtha 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

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 Krama and Tarpanadi Kram 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 Trivruttha, 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 Krama
15. Complications of Virechana and their management with Ayurveda and modern drugs
16. Pariharya Vishaya
17. Virechana Kārmukatā (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, Kāla 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. Pratyāgamana Kāla, 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. **Anuvasana 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 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
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

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, Dosh, 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.

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

100 Marks

Part - A

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 Mutrkrichra - 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)

- Shalya (Samanya)
- Shalya (Kshara and Anushastra Karma)
- Asthi and Sandhi Chikitsa (Orthopaedics and Trauma)
- Anaesthesia
- Radiology

09 Months

03 Months (atleast one month in OT)
 03 Months (atleast one month in OT)
 02 Months
 15 days
 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. Bhagna Chikitsa - Dr. Prabhakar Janardhan Deshpande
13. Kshara sutra management in anorectal ailments - Dr. S.K. Sharma, Dr. K.R.Sharma and Dr. Kulwant Singh.
14. Anorectal diseases in Ayurveda - Dr. Sijoria and Dr. Praveen Kumar Chowdary.
15. Adhunik Shalya Chikitsa Siddanta - 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

- c. Mode
- 5. Variability and its measurement
 - a. Range
 - b. Standard deviation
 - c. Standard error
- 6. Introduction to probability and test of significance
- 7. Parametric and non parametric tests
- 8. 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 Association.
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) Oxford 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. Greenhouse 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