

KAYACHIKITSA

SCHEME OF EXAMINATION:

Terms & Periodical exams

It is proposed to divide the 1-½ years of professional course into three terms as envisaged by DAME. The three terms, study leave & periodical exams can be as follows:

Term 1 : Classes for 6 months, including examination & result

Term 2 : Classes for 6 months, including examination & result

Term 3 : Classes for 4 months including model examination & result.

Study leave + University Exam for 2 months

University Examination process 2 months

Total : 18 months

- Terminal exams should include viva.
- Examinations should be completed within the period of 18 months as stipulated by CCIM

Third terminal exam may be conducted as model exam.

REARRANGEMENT OF SYLLABUS FOR THREE TERMS

Total syllabus of kayachikitsa is divided into three equal parts. This is to be taught within four months followed by one examination. The total lecture hrs. recommended by CCIM is in three sessions to cover the portions. Relevant portions of Charakasamhitha Uttarardha are to be taught while teaching other areas of Kayachikitsa.

DISTRIBUTION OF TEACHING HOURS

a) Distribution of Theory hours

First session-125 hrs. of lecture classes

Kayachikitsa I – full portions (30 hrs.)

Jvarachikitsa (30 hrs.)

Panchakarma (35hrs.)
(including kalpa&sidhi from charakasamhitha)

Chikitsa of pranavahasrotogatavyadhies (14 hrs.)

Younarogas (6hrs.)

Mutravahasrotogatavyadhi chikitsa (10 hrs.)

Second session

Vatavyadhichikitsa (25hrs)

Rasayana & Vajeekarana (25hrs)

Raktagatasrotogatavyadhies (25hrs)

Annavahasrotogatavyadhies (35hrs)

Udakavahasrotogatavyadhies (25hrs)

Third session

Manasikarogachikitsa (25hrs)

Rasavahasrotogatavyadhies (15hrs)

Chayopachayadoshajanitavyadhies (15hrs)

Vardhikijanithavishishtavayadhies	(5hrs)
Atyayikachikitsa	(10hrs)
Tvakrogachikitsa	(20hrs)
Kuposhanajanyavikaras	(5hrs)
Vibhinnasravigrandhivyadhies	(5hrs)
Anuvansiki paryavaraniyajanita vyadhies etc.	(10 hrs)
Kshudrarogachikitsa	(5hrs)
Remaning portions of charakasamhitha uttarardha	(10hrs)

b) Distribution of practical hours

As per the schedule given by C.C.I.M for practicals 12 months of posting for Kayachikitsa, 12 months for Salyatantra, 4 months for Salakyatantra, 3 months for Prasoothi tantra and 1 month for Kaumarabhritya. Accordingly 30% of the total clinical hours is earmarked for Kayachikitsa. The distribution of Kayachikitsa should be as follows.

1. General - 40% of the hours
2. Panchakarma - 20% of the hours
3. Manasika - 5% of the hours
4. X-Ray - 10% of the hours
5. Casualty - 15% of the hours
6. Samkramrika (Infectious diseases)- 10% of the hours

The postings in the Kayachikitsa, Prasoothitantra, Salyatantra, Salakyatantra and Kaumarabhritya should be done by the Superintendent.

PERIODICAL EXAMINATIONS to be conducted on the completion of each session

- I Kayachikitsa I & Panchakarma, Jwara etc.
- II Rasayana & Vajeeakarana & Kayachikitsa Portions taught
- III Kayachikitsa I, II, III, IV, Caraka Samhitha (Uttharardha)

DISTRIBUTION OF MARKS (THEORY AND PRACTICAL)

Paper	Theory	Oral	Practicals
Kayachikitsa I	100	30	70 (Long case-50, Short case-10 Record-10)
Kayachikitsa II	100		
Kayachikitsa III	100	30	70 (Panchakarma procedure- 30, Longcase(Rasayana/Mansika-30) Record-10)
Kayachikitsa IV	100		
Charakasamhitha	100	50	

(Utharardham (Part A-Chikitsasthana-50 & Part B- Kalpa-25,Sidhi-25)

RESTRUCTURING OF QUESTION PAPERS

It is proposed to include questions of 2 marks, 3marks and maximum 5 marks. This may be as follows.

- a) 2 marks questions - 10 in each part
- b) 3 marks questions - 5 in each part
- c) 5 marks questions - 3 in each part

TOPICS FOR ASSIGNMENTS & PAPER PRESENTATIONS (As Annexure-I)

LIST OF EQUIPMENTS (As Annexure-II)

LAB INVESTIGATIONS (As Annexure-III)

MODEL CLINICAL RECORD

To be finalised

COMMON PATTERN OF TIMETABLE FOR CLINICAL POSTING

It should be finalised by a combined meeting of all concerned departments.

MODEL QUESTION PAPER(As Annexure-IV)

METHODS OF EVALUATION

Questions should have specific answers.

Contraversial questions should be avoided.

Follow answer key strictly for valuation.

(Annexure-1)

Topics for assignments & paper presentations

Assignments for compiling data on different topics of kayachikitsa are also considered as a teaching methodology. Following are topics suggested as example.

Kayachikitsa I

- Concept of kayachikitsa
- Classifications of diseases in Ayurveda
- Concept of vyadhi
- Kriyakalas and its clinical application
- Ama and its significance
- Concept of avarana
- Ojo vyapath & Management
- Classification of chikitsa

Kayachikitsa II

- Jvara and its management
- Outlines of management of digestive disorders
- Management of Pandu
- Raktapitta and its management
- Madhumeha and its management

Skin disorders an overview.

Kamala- comparison with modern concepts

Heart diseases in Ayurveda.

Concept of Asmari in Ayurveda (Comparison with Modern concepts)

Concept of Mutraghata

Prameha (Comparison with Modern concepts)

Kayachikitsa III

Principles of Vatavyadhichikitsa

Disorders of Endocrinal glands, Thyroid, Pancreas, Adrenal gland.

Heredity and disease

Concept of Immunity in Ayurveda

Food poisoning and its management

Kuposhana and malnutrition

Geriatrics and Rasayana

Emergency management of burns

Acute haemorrhage and its management

Renal colic emergency

Coma.

Kayachikitsa IV

1. Classification of Snehas and its application in various ritus.
2. Importance of Snehas with its various internal administration.
3. Causes of Sneha vyapath and its management.
4. Rooksha sweda and its clinical applications.
5. Snigdha sweda and its clinical applications.
6. Anagneya sweda.
7. Procedure of Vamana.
8. Procedure of Virechana.
9. Procedure of Nirooha vasthi.
10. Anuvasana vasthi.
11. Procedure of mixing Vasthy dravyas.
12. Peyadikrama.
13. Classification of Nasya.
14. Karma Vyapath and its management
14. Kutipravesika Rasayana.
15. Achararasayana.
16. Vajeeakarana (Importance of Vajeeakarana in Modern era)
17. Prepration for Vajeeakarana.
18. Pizhichil.

CHARAKA SAMHITHA

1. Prepare charts of Vamana dravyas described in Kalpasthana which include collection & preservation, properties and uses and indications.
2. Prepare charts of Virechana dravyas described in Kalpasthana which include collection & preservation, properties and uses and indications.
3. Indications & contra-indications of Vamana, Virechana, Asthapana, Anuvasana and Nasya.
4. Prepare a chart of vyapaths of Vamana & Virechana including the cause, signs and symptoms and management.
5. Prepare a chart of 12 vyapaths of Kashaya vasthy.
6. Various classifications of Vasthy.
7. Ingredients and quantity of dravyas used in
 - (a) Madhuthailikavasthy
 - (b) Rajayapanavasthy
 - (c) Vaitharanavasthy.

Annexure - II

LIST OF EQUIPMENTS

1. B.P.Apparatus
2. Stethoscope
3. I.V.Stand
4. Blood transfusion set
5. Sterilizers
6. Basin with enamel
7. Hot water Bags
8. Ryles Tube
9. Flatus Tube
10. Tongue depressor
11. Suction apparatus
12. Suction Tube
13. Nebulizer
14. Oxygen Cylinder with connection
15. Thermometers (Clinical)
16. Catheters (Male & Female)
17. Diagnostic sets
18. Tuning forks(Various sizes)
19. Enema syringe(100ml & 250ml)
20. Enema can

21. Infrared lamp
22. Torches
23. Mucous suckers
24. Sputum mugs
25. Measuring glasses
26. Electronic balances
27. Refrigerator
28. X-Ray viewing machine
29. E.C.G.Apparatus
30. Autoclave
31. Hip bath tub
32. Spinal bath tub
33. Swedan yantra (Sitting & Lying)
34. Nadee swedana yantras (Modern devices)
35. Devices for Sirodhara
36. Modern devices for Pizhichil
37. Dharapathy with hydrolic adjustment & with Sirodhara device
38. Hotwater bath.

Annexure-III

LAB INVESTIGATIONS

1. Blood Routine - TC, DC, ESR, Hb%, RBC Count, PCV, MCV, MCH, MCHC, Coomb's test (ICT & DCT), LE Cells, Blood- picture, Malaria / Filaria parasites, Platelet Count, Blood grouping & Rh typing, Prothrombin time, Bleeding time, Clotting time.etc.
2. Biochemical - Liver function test,
Renal function test
Lipid profile
Diabetic profile
Serum bilirubin(Total & Direct)
Calcium, Phosphorus, Bicarbonate, Sodium, Potassium
Amylase
Acid phosphatase
CPK, CPK-MB.
L.D.H
24 hr Urine test
3. Hormonal assay - T3, T4, TSH
Free T3, Free T4, Anti microsomal antibody
Anti thyroglobulin antibody
PSA
TB IgM, IgG
Torch IgM, IgG
4. Microbiology - Culture & Sensitivity of Urine, Sputum, Pus
Smear for Gram Stain Smear for AFB
Urine AFB.

5. Urine - Routine examination
Acetone
B.J.Protein
Micro albumin
Bile salt, Bile pigment, Urobilinogen
6. Serology - Hbs Ag
Hbe Ag
ELISA
VDRL
Anti ds DNA
ASO
C.R.P
RA Test
Widal
H-Pylori
A.N.A
H.C.V
7. Sputum examination
8. Semen analysis, Semen Fructose
9. Motion Analysis, Occult blood
10. C.S.F Analysis
11. Cytopathology - FNAC
Sputum for Cytology / malignancy
C.S.F Cytology
Synovial fluid cytology
Pleural fluid cytology
Pericardial fluid cytology
Ascitic fluid cytology