

## Rachana Sareeram

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.

## PORTIONS FOR PERIODICAL EXAMS

### First periodical exam

Total Marks – 50

Time – 2hrs

Paper I & II Combined, No Practical

### Topics to be completed during I term

#### Paper I

##### Part – A

1. Sareera Sidhantham
2. Sareeropakramam
3. Paribhasha and Pramana Shareeram
4. Upper limb – Osteology & Arthrology

##### Part – B

1. Muscles of Upper limb
2. Sira,dhamani, srotas – Heart including Surface anatomy  
– Blood Vessels of Upper limb  
(Arteries and Veins)  
– Nerves of Upper limb
3. Laseeka samsthanam – General introduction and lymphatics of  
Upper limb.

## **Paper II**

### **Part – A**

1. Koshtanga sareeram – Ayurvedic Description of Koshtangam and Ashayam.  
– Respiratory System including Surface anatomy

### **Part – B**

1. Spinal Cord
2. Typical Spinal Nerve and Plexuses
3. Classification of Marmas – Nirukthi  
– Nirvachanam  
– Shakha marma – Upper and lower limbs
4. Twak with Modern Description of Skin
5. X –rays – Upper limb.

## **Second periodical exam**

Total Marks – 200

Topics to be completed during II term

### **Paper – I**

#### **Part - A**

1. Abhinivriti Sareeram
2. Osteology – Lower limb, Vertebra, Ribs, Sternum
3. Arthrology of lower limb.
4. Garbhasareeram, with Embryology and Reproductive System.

**Part – B**

5. Myology of lower limb.
6. Blood Vessels and Nerves of Lower limb.
7. Lymphatics of Lower limb.

**Paper – II**

**Part – A**

1. Digestive System including surface Anatomy.
2. Urinary System including surface Anatomy.

**Part – B**

1. Forebrain and Midbrain
2. Special Sense – Eye, Tongue
3. Marma – Koshta, Prishtha marma
4. X –ray – Lower limb.

**First periodical exam**

Total Marks – 400

Time – 3 hrs

**Part – A**

1. Shareeropakramam
2. Shareera Sidhantham
3. Garbha Sareeram
4. Pramana Sareeram
5. Asthi Sareeram
6. Sandhi Sareeram

**Part – B**

1. SiraDhamani Sroto Sareeram
2. Pesi Sareeram
3. Laseeka Samsthanam
4. Kala sareeram
5. Paribhasha Sareeram

**Paper –II**

**PART –A**

1. Koshta Sareeram, and Asaya Sareeram
2. Granthi Sareeram
3. Angarekhanga Sareeram.

**Part – B**

1. Uthamangeeya Nadi Samasthana
2. Thanthra Sareeram
3. Marma Sareeram
4. Indriya Sareeram
5. Twak Sareeram

**Topics to be completed during III term**

**Paper – I**

**Part – A**

1. Osteology – skull
2. Arthrology – Temporo mandibular joint, atlanto – occipital joint & atlanto- axial joints.
3. Myology – Head and neck

**Part – B**

1. Myology – Head & Neck
2. Blood Vessels of head and neck
3. Nerves and Lymphatics of head and neck

**Paper –II**

**Part –A**

1. Endocrine System

**Part – B**

1. Hindbrain and Cranial Nerves
2. Thanthra Sareeram, Shadchakras, Autonomous Nervous System
4. Special Sense
  - Ear
  - Nose and Para nasal Sinuses
5. Marma – Urdhwajatru
6. X-Ray - Skull

**ABOUT THE EXAM PATTERN**

1. There will be 3 Periodical Exams
2. For I Periodical Exam – only “ One Paper” – Carrying 50 marks, Time – 2 hrs
  - There will be no separate division as Part A and Part B
  - No Practical Exams for I<sup>st</sup> Term
3. For II Periodical Exam – Two Papers each carrying 50 marks, Time – 2 hrs
  - No separate division as Part A and Part B.
  - There will be Practical Exam for 100 marks.

- ❖ Spotting - 70 marks
- ❖ Oral - 20 marks
- ❖ Record - 5 marks
- ❖ Schedule Card - 5 marks
- Total Exam carries 200 marks
  - ❖ Spotting – Organs - 3 marks
  - ❖ Bones - 3 marks
  - ❖ Marma - 2 marks
  - ❖ Slide - 2 marks
  - ❖ X – Ray - 1 marks
  - ❖ Surface Anatomy - 1 marks
  - ❖ Spotting in Body - 2 marks
- 7. For II Periodical Exam, the total portion completed with in the First 2 terms will be included for the Exam i.e., the 1<sup>st</sup> term and 2<sup>nd</sup> term portions. More importance should be given for the 2<sup>nd</sup> term portions.
- 8. For 3<sup>rd</sup> Periodical Exam – It will be a Model Examination.
  - ❖ Questions covering the whole syllabus
  - ❖ Two Papers with Two parts with 100 marks each.
  - ❖ Practical Exams with 200 marks
  - ❖ Total Marks – 400 marks
- 9. For III Periodical Exam, equal importance should be given for all portions.

## Practicals

### I - Term

1. Osteology and Mycology of upper limb

2. X – ray – Upper limb

3. Histology

## **II - Term**

1. Osteology and mycology of lower limb

2. X- ray – Lower limb.

3. Histology

4. Dissection – Upper limb, lower limb , Thorax , Abdomen

5. Osteology of vertebra , Ribs , sternum

## **III - Term**

1. Osteology of skull

2. Histology

3. Dissection - Head and neck

# **RACHANA SAREERAM PRACTICAL RECORD**

## **OSTEOLOGY**

### **Diagram and Description**

#### **A. AXIAL SKELETON**

1. Skull – norma frontalis

2. Skull – norma lateralis

3. Skull – norma basalic

4. Skull – internal view of the cranial vault

5. Frontal bone – anterior view

6. Frontal bone - inferior view & internal view

7. Parietal bone – external surface



8. Parietal bone – internal surface
9. Occipital bone – inferior aspect
10. Occipital bone – internal aspect & lateral view
11. Temporal bone – external aspect
12. Temporal bone – internal aspect
13. Sphenoid bone – Superior aspect
14. Sphenoid bone - anterior aspect
15. Ethmoid bone – Superior aspect & lateral aspect
16. Maxilla – lateral aspect
17. Maxilla – medial aspect
18. Palatine bone – Medial aspect
19. Palatine bone – Posterior aspect
20. Zygomatic bone – lateral aspect
21. Zygomatic bone – medial aspect
22. Mandible – external aspect
23. Mandible – internal aspect
24. Hyoid bone – anterior view

**B. VERTEBRAL COLUMN**

26. Vertebral column lateral view
27. Typical cervical vertebra – superior aspect
28. Atlas – superior aspect
29. Axis – view from behind and above
30. Vertebra prominens – superior aspect
31. Thoracic vertebra – typical - superior & lateral view

32. Lumbar vertebra – superior aspect
  33. Sacrum – pelvic surface & dorsal surface
  34. Coccyx – dorsal surface & pelvic surface
- C. THORAX
35. Skeleton of thorax – anterior aspect
  36. Sternum – anterior view
  37. Typical rib – anterior aspect
  38. First rib – superior aspect
- D. APPENDICULAR SKELETON
- I. UPPER LIMB
39. Scapula – costal aspect & dorsal aspect
  40. Clavicle – superior aspect & inferior aspect
  41. Humerus - anterior aspect & posterior aspect
  42. Radius & Ulna – anterior aspect & Posterior aspect
  43. Bones of the hand – palmar aspect & dorsal aspect
- II. LOWER LIMB
44. Male pelvis – anterior aspect
  45. Female pelvis – anterior aspect
  46. Hip bone – lateral aspect & medial aspect
  47. Femur – posterior aspect & anterior aspect
  48. Patella – anterior & posterior surface
  49. Tibia & Fibula – anterior aspect & posterior aspect
  50. Tarsal Bones – plantar aspect
- E. EMBRYOLOGY
51. Fetal circulation

F. NEUROLOGY

52. Diagram of spinal cord
53. Diagram of typical spinal nerve (thoracic)
54. Diagram of brachial plexus
55. Diagram of lumbosacral plexus

G. HISTOLOGY

56. Squamous epithelium
57. Columnar epithelium
58. Cuboidal epithelium
59. Ciliated epithelium
60. Stratified squamous epithelium
61. Transitional epithelium
62. Hyaline cartilage
63. Elastic cartilage
64. Bone
65. Striated muscle
66. Unstriated muscle
67. Cardiac muscle
68. Artery
69. Vein
70. Trachea
71. Lung
72. Tongue – filiform papillae
73. Tongue – fungiform papillae

74. Tongue – circumvallate pappilae
75. Esophagus
76. Stomach –fundus
77. Liver
78. Pancreas
79. Duodenum
80. Jejunum
81. Ileum
82. Large intestine
83. Spleen
84. Lymph gland
85. Tonsil
86. Kidney
87. Ureter
88. Ovary
89. Testis
90. Thymus gland
91. Thyroid
92. Spinal cord
93. Cerebrum
94. Cerebellum
95. Skin
96. Sagittal section through larynx

## H. ORGANS

97. Trachea & Bronchi
98. Left lung medial surface
99. Right lung – medial surface
100. Heart – anterior surface & posterior surface
101. Heart cavities of right atrium & right ventricle
102. Arterial circle at the base of the brain
103. Liver – visceral & anterior surface
104. Spleen – visceral surface
105. Stomach – outline & subdivisions
106. Pancreas with duodenum
107. Coronal section of kidney
108. Urinary bladder with prostate & seminal vesicles
109. Brain – Median and sagittal section
110. Brain stem – anterior & Posterior view
111. Eyeball – horizontal section
112. Lacrimal apparatus
113. Sections showing external, middle and internal ear
114. Genital organs - male – scrotum, Testis , Spermatic cord
115. Genital organs – female – uterus, Fallopian tubes , ovaries

The following points have been put forward

- ✎ Common examinations must be conducted same day and same time in all the Colleges of Kerala .
- ✎ Regarding Practical records - uniformity must be maintained in all the Colleges.

- ✧ Distribution of marks for Theory & Practicals were discussed.
- ✧ Question Bank preparation needs another workshop or session and it was not prepared in this workshop.
- ✧ All the Participants has common interest to include Marma in III Prof. instead of I Prof. , Due to its relevance with Salyathanthra.
- ✧ Paper presentation and assignment to the Students should be given from respective Colleges.

### LIST OF HISTOLOGY SLIDES

1. Squamous epthelium
2. Columnar epithelium
3. Cuboidal epithelium
4. Ciliated epithelium
5. Stratified squamous epithelium
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9. Bone
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28. Spleen
29. Lymph gland
30. Tonsil
31. Kidney

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|--------------|-------------------------------------|
| 32. Ureter   | 33. Ovary                           |
| 34. Testis   | 35. Thymus gland                    |
| 36. Thyroid  | 37. Spinal cord                     |
| 38. Cerebrum | 39. Cerebellum                      |
| 40. Skin     | 41. Sagittal section through larynx |