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

Vatavyadhichiktsa (25hrs)

Rasayana & Vajeekarana (25hrs)

Raktagasrotogatavyadhies (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 Kaumarabhrita. 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 Kaumarabhriyta should be done by the Superindentendent.

PERIODICAL EXAMINATIONS to be conducted on the completion of each session

I Kayachikitsa I & Panchakarma, Jwara etc.

II Rasayana & Vajeekarana & Kayachikitsa Portions taught

III Kayachikitsa I, II, III, IV, Caraka Samhitha (Uttharardha)
### DISTRIBUTION OF MARKS (THEORY AND PRACTICAL)

<table>
<thead>
<tr>
<th>Paper</th>
<th>Theory</th>
<th>Oral</th>
<th>Practicals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kayachikitsa I</td>
<td>100</td>
<td>30</td>
<td>70 (Long case-50, Short case-10, Record-10)</td>
</tr>
<tr>
<td>Kayachikitsa II</td>
<td>100</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kayachikitsa III</td>
<td>100</td>
<td>30</td>
<td>70 (Panchakarma procedure- 30, Longcase(Rasayana/Mansika-30), Record-10)</td>
</tr>
<tr>
<td>Kayachikitsa IV</td>
<td>100</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Charakasamhitha</td>
<td>100</td>
<td>50</td>
<td><em>(Utharardham (Part A-Chikitsasthana-50 &amp; Part B- Kalpa-25, Sidhi-25)</em></td>
</tr>
</tbody>
</table>

### RESTRUCTURING OF QUESTION PAPERS

It is proposed to include questions of 2 marks, 3 marks 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.
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

Rena I 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.
10. Anuvasana vasthi.
12. Peyadikrama.
13. Classification of Nasya.
14. Karma Vyapath and its management
15. Achararasayana.
16. Vajeekarana (Importance of Vajeekarana in Modern era)
17. Prepration for Vajeekarana.
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.


7. Ingredients and quantity of dravyas used in
   (a) Madhuthailikavasthy
   (b) Rajyapanavasthy
   (c) Vaitharanavasthy.
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.
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