CENTRAL COUNCIL OF INDIAN MEDICINE
NEW DELHI

SYLLABUS OF AYURVEDACHARYA (BAMS) COURSE
**Note: Keep in Mind that:**

Here we have presented the whole Syllabus from CCIM as it is, which is framed for India. Preface is of Nepal, which is unofficial translation. Nepal has not published official BAMS syllabus in English, while CCIM has published its English version (transliteration and/or translation).

There are almost everything same, except few important point. Such as: Astanda Hridaya is the part of New CCIM syllabus, while Astanga Sangraha is that of Nepali curriculum. Panchakarma is a separate text in New CCIM syllabus, while it is a separate section of KayaChikitsa in Nepali curriculum.

There are some differences in case of Nepalese and Indian Acts, Plans and Policies which come in the syllabus; Nepalse will have to go through respective Nepalese laws and Acts and other topics as per Nepali curriculum. **We request you to put those relevant changes in mind while following this syllabus.** For example in Indian syllabus you are provided Indian laws and structures and functioning of Indian institutions and organizations. So there are equivalent laws, institutions and organizations in Nepal. Thank you!

This is just an outline, and will help abundantly, but will not replace the official original version of the syllabus/curriculum.

Eligibility to BAMS

- I.Sc. (Biology)/+2 Science/GCE A level Science
- Or, Intermediate Ayurveda Health
- Or, equivalent

**Course Duration:**
Duration: total 5 and ½ years
(Three academic phases of 18 months each, 1 year internship)
बी.ए.एम.एस. पाठ्यक्रम

बी.ए.एम.एस. लाई सार्थक, स्वास्थ्य मन्त्रालय, शिक्षा संस्थान तथा समाज कल्याण मन्त्रालय, आयुर्वेद विभाग, विभूतियों विश्वविद्यालय, चिकित्सा शास्त्र अध्ययन संस्थान, आयुर्वेद निकास समिति (स्वा.म.) बीच भएको सहमति अनुसार पूर्वको बी.ए.एम.एस. पाठ्यक्रमलाई संशोधन गर्न, आयुर्वेद क्याम्पस र विश्व स्वास्थ्य संघको समुच्चय आयोजनामा आयुर्वेद विभाग, चिकित्सा शास्त्र, सिद्धरत्न भक्तिमल व आयुर्वेद क्याम्पसका शिक्षाक्रम महाभाषी भएको २६ कार्तिको २ मार्च २०५२ सम्म संचालित मन्त्रालयको पाठ्यक्रम संशोधन कार्यक्रमबाट राष्ट्रमा आवश्यक कुशल आयुर्वेद जनशक्ति पूर्तिकर्म, उद्योगकर्ता जनरल आयुर्वेद क्षेत्रमा नेय आयुर्वेदिक विद्या शिक्षा सेवामा डेख्न र अन्तःराष्ट्रिय स्तरमा समेत मान्यता प्राप्त छ। यहाँ बी.ए.एम.एस. (व्याचुलर आयुर्वेदिक मेडिसिन प्लांट सर्जरी / आयुर्वेदविज्ञान) संशोधित पाठ्यक्रम तथापि गरिएको हो।

बी.ए.एम.एस. उपाधिप्राप्त जनरल राष्ट्रको प्राकृतिक क्रीडा र सामाजिक अधिकारिक परिचालन गरी सर्वसाधारण जनसमूहहरूलाई अलीम्बाही, खुल्म, प्रभावकारी तथा अपेक्षाकृत निराप्द रूपमा पत्रिकाचार्यका, स्वास्थ्यवर्धक र उच्चचार्यक भर्सकारी तथा बैर राष्ट्रको संघ, संस्थानहरूलाई आयुर्वेदिक स्वास्थ्य सेवा आत्मनिर्भर पूर्वक प्राप्त गर्न सक्छ। आत्मिक परिप्रेक्ष्य झन्ने आयुर्वेदको संरचना भने युगानुगूंह विश्विद्यालय संरचना समेत समांगा भने अनुसन्धान कार्यालय कार्ययोगी कुल वार मन्त्रालय भन्दै र दशै छ।

डा. सीताराम भक्त सिंह धरान,
MB BS, MD (AY.)
क्याम्पस प्रमुख, आयुर्वेद क्याम्पस
उल्लु बजार / नरेद्वी, काठमाडौं

२ मार्च २०५२
**Literal Meaning of the Preface of BAMS Curriculum** (Unofficial translation)

Following the agreement made by government of Nepal, Ministry of Health (MoH), Ministry of Education, Culture and Social Welfare, Department of Ayurveda, Tribhuvan University- Institute of Medicine (TU, IOM), Ayurveda Development Committee (MoH); on 2051 Kartik 26- Marg 2, in a week-long workshop to update curriculum, jointly organized by Ayurveda Campus and World Health Organization; the updated international standard BAMS (Bachelor of Ayurvedic Medicine and Surgery/Ayurvedacharya) curriculum has been prepared:- to meet the national need of efficient human resource for Ayurveda, and thus to serve national health services with dedication.

Thus produced BAMS graduates will serve the common people providing affordable, accessible, effective, acceptable and harmless health care services by optimum utilization of nation's natural resources.

Thus BAMS graduates will be able to conduct preventive, health promotive and curative services from government and non-government organizations and institutions. In addition to being able to provide Ayurveda health service confidently the graduates, equipped with modern specific knowledge, skill and technology of this time, will conserve the glory of traditional knowledge, skill and technology, and will be able to involve in Ayurveda teaching, and work their best as the assistant in researches.

2 Marg 2052

**Dr Sitaram Bhakta Singh Pradhan**  
MBBS, MD (Ayu.)  
Campus Chief, Ayurveda Campus  
Dallu Bazaar/Naradevi, Kathmandu, Nepal

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*Note: This is unofficial translation. It is attempted to put things as they are. Efforts have been made so that technical errors are minimized during the compilation. However, if some mistakes are found, let us help to correct them. It is aimed to help students who know English but not the local Nepali language.*
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1.1 Sanskrit

**Theory - Two Papers** – 100 Marks Each

**Practical/ Viva voice** – 50 Marks

**Lectures** - 150

**Paper I** .......................................................... 100 Marks

1. **Vyakarana**
Sanjna, ach-sandhi, hal-sandhi, visarga sandhi, Ajanta pullinga, Ajanta stree linga, Ajanta napunsklinga, halanta pullinga, halanta stree linga, Halanta napunsalinga, avyaya prakaran, bhvadi-dashganah, nyanta-sannanta, yannanta-yanluganta-atmnapada-parasmaipada-bhavakah
Karma-karti, lakartha prakriya, kridanta prakarana (kritya prakriya), Purvakridantam, unadaya, uttar-kridanta), vibhaktyartha prakaran, samas prakaran (keival samas, avyayi-bhavah, tatpurush, bahuvihi, dvanda, samasanta), tadvita prakarnani, streepratyaya prakaranam.

**TEXT BOOK** - laghu siddanta kaumudi

2. **Translation**
1. Translation from English / Hindi / regional language into Sanskrit
   Or Essay in Sanskrit related to ayurveda
2. Translation from Sanskrit to English, Hindi and Regional languages
   (Any desired language)

**Reference Books**
1. Anuvada Chandrika- Chakradhara Hansa Nautiyal
2. Sansrita Ayurveda Sudha- Dr B. L. gaur
3. Praudh Rachananuvada Kaumudi- Dr Kapil Dev Dwivedi
4. Concerned material from authorised texts of Ayurveda (for translation).

3. **Corrections of mistakes** - Matter may be selected from the Reference books.

**Paper II** .......................................................... 100 Marks

1. **Vaidya Sadvrittam**
   1. Vaidyakiya subhashitani (1-20 chapters)
      By Bhaskar Govinda Ghanenkar
2. Ayurveda Hitopdeshah
   (Vaidya Ranjit Rai Desai)
3. Panchatantram- Aprikshitkarkam
   Or Verse from classics (brihatrayi) related to vaidya sadvrittta
2. **Order of reading classics** (grantha-adhyayan krama parichaya)
   Pathana karma / sampradana parichaya, padavibhaga, arthanvaya karma, anvyartha, bhavartha, dhvanitadi-prabhasana karma parichaya
   Samastapada sarthak-vigraha, dhatu-dhatvartha, pratyaya-pratyartha, subanta-tivanta-adi according to padavidhi (anvayarthanam-smarthanane-nirupanam).

**Material for practice**
SushrutSamhita-SharirSthan-chapter-4 (garbhavyakarana sharirn).
1.2. PADARTH VIGYAN

Theory- Two Papers – 100 Marks Each
Practical/ Viva voice – 50 Marks
Lectures - 150
Practical and Demonstration - 30

Paper I .................................................................................................................... 100 Marks

1.1 Ayurveda Nirupana

Definition and lakshana of ayu, composition of ayu; definition and lakshana of Ayurveda; definition and types of siddhanta; introduction of basic principles of Ayurveda and their significance.

1.2 Ayurveda darshana nirupana

Philosophical background of fundamentals of ayurveda, meaning of the word “darsan” and its omnipresence; evolution of darsana, their Numbers and classification; general introductions of schools of Indian Philosophy with an emphasis on nyaya, vaisheshik and sankhya Darsana. Ayurveda as unique and independent school of thought (philosophical individuality of ayurveda), definition of padartha, lakshana of padartha. Division and number of padarthas; bhava and abhava padartha; charak’s opinion regarding these; introduction & description of karana-padarthas mentioned by charak.

2. Dravya Vigyaniyam

Definition, lakshana and number of dravya, panchabhutas; origin of panchamahabhuta, parasparanupravesha (mutual conglomeration), types of panchikaran; lakshana and types of prithvi, lakshana and types of tejas; lakshan and types of jala ,lakshana and types of vayu, lakshan of akasha and its aupadhika types; kala nirupana, etymological derivation, definition and lakshana of the word ‘kala’; aupadhik types of kala, significance of kala in ayurveda; dig-nirupanam, significance of dig and aupadhik types, lakshana of atma, description of purusha mentioned in ayurveda-Ativahika purusha/ sukshma sharir/ rashi purusha/ chikitsiya purusha/ karma purusha/ saddhatvatmak purusha, initiation of atma towards perception of knowledge (atmanahjnana pravritti), mano nirupanam; lakshana,synonyms of manas, mana as substratam of diseases(manasah vyadhyashryatram); guna (qualities), Vishaya (subject), karma (functions), ubhayindriyatva and seat of mana; contribution of panchamahabhuta and triguna in physical constitution(dehaprakriti) and mental faculty;
disapproval of dravyatva of tamas, practical study/application of dravya in ayurveda.

3. Guna Vigyaniyam

Etymological derivation, definition and number of gunas, vaisesika guna (sartha)- shabda, sparsha, rupa, rasa, gandha; adhyatma gunah- budhi, Sukha, dukha, ichha, dwesa, prayatna; paradi guna, gurvadi guna- their introduction and clinical application.

4. Karma Vigyaniyam

Definition, lakshana and types of karma, types of karma mentioned in nyaya, Description of karma in ayurveda, practical study/ application of karma in Ayurveda.

5. Samanya Vigyaniyam

Definition, lakshan, types of samanya, practical study/ application of samanya in reference to dravya, guna and karma.

6. Vishesha Vigyaniyam

Definition, lakshna and types of vishesa, detailed description of the verse “pravrittirubhayasyata”, practical study of vishesa for clinical application in Ayurveda.

7. Samavaya Viyaniyam

Definition and lakshana of samavaya, practical study of samavaya for clinical application in ayurveda.

8. Abhava Vigyaniyam

Definition and lakshana of abhav padartha, classification of abhav- description of pragbhava, pradhwansabhava, atyantabhava, anyuanyabhav; clinical significance of abhava in ayurveda.
1. **Pariksha nirupana (means of getting knowledge)**

Definition, significance and necessity of pariksha. Two types of anubhavaprama and aprama. Lakshan and types of prama and prameya. Lakshna, causes and types of smriti(memory). Significance and importance of praman. Enumeration of pramana according to different school of philosophy. Four types of methods of examination according to ayurveda (chaturvidha pariksha vidhi). Pramana in ayurveda. Incorporation of different pramans into three pramans. Use of word pariksha in reference to pramana in classics of ayurveda. Practical application of methods of examination (pariksha vidhi) in treatment (chikitsa).

2. **Aptopdesha pariksha/ pramana nirupana (Authoritative instruction/ spiritual testimony)**

Definition of aptopdesha, lakshana of apta, lakshana of sabda, and its types, sadbavritti-abhidha, lakshana, vyanjana, tatparyakhya; shaktigraha hetu, vyakya Characteristic ; vakyartha jnana hetu- akanksha, yogyata, sannidhi.

3. **Pratyaksha pariksha/ pramana nirupana (direct observation or perception)**

Definition and lakshana of pratyaksha. Types of origin of pratyaksha jnana. Types of pratyaksha- nirvikalpak- savikalpaka with description; description of laukika and alaukika types and their further classification. Sannikarsa Characteristic, six types of sannikarsa, characteristics of sense organs(indriyanam Characteristic lakshanam). Classification of Indriya and enumeration. Description of panchapanchaka, establishment of origin of Indriya by panchamahabhuta (bhautilkatwa of Indriya) and similarity in sources (tulyayonitva) of Indriya. Dominance of antahkaran. Hindrances indirect perception (pratyaksha anuplabdhikaran), detailed description of direct perception (pratyaksha) by various instruments/ equipments; necessity of other pramans in addition to pratyaksha. Practical study/application of pratyaksha in physiological, diagnostic, therapeutics and research grounds.

4. **Anumana pariksha/pramana nirupanam (inference)**
Definition and lakshan of anuman. Introduction of anumiti, paramarsha, vyapti, hetu, sadhya, paksha, dristanta etc. Types of anuman mentioned by Charak Samhita & nyaya darsana. Characteristic and types of vyapti, Characteristic and types of hetu, description of ahetu and hetwabhasa. Characteristic and significance of tarka. Practical study/ application of anumana pramana in physiological, diagnostic, therapeutics and research grounds.

5. Yukti pariksha/ pramana (epistemology of reasoning)

Definition and lakshana of yukti pariksha, discussion on yukti pramana. Importance & characteristic of yukti pariksha in ayurveda. Practical study and utility of yukti pariksha in therapeutics and research.

6. Upamana pramana nirupanam(analogy)

Definition and lakshana of upamana. Application of upamana in therapeutics and research

7. Karya- Karan siddhanta nirupanam (cause and effect theory)

Definition and lakshana of karya and karana. Types of karan. Significance of karya and karana in ayurveda. Different opinions regarding manifestation of karya from karan- satkaryavada, asatkaryavada, parinam vada, arambhavad, paramanuvada, vivartavada, kshanabhangurvada, pilupaka, pitharpaka, anekantavada, swabhavoparamvada.

8. Srishti-nirupanam

Srishti-laya nirupanam (evolution and devastation of universe), Description of tatvotpatti, Tatva-nirupanam, classification of tatva. Evolution of universe (life) according to charak, sushruta (srishti-vikaskrama); Ashtapakriti, Shodashvika and their description. Similarity and dissimilarity between kshetra-kshetragya, vyakta-avyakta, prakriti-purush. Triguna nirupanam, Description of theories of rebirth and salvation (punarjanma & moksha)

9. Shastrartha Bodhaka

Shastra Lakshana, tantra guna, tantra dosha, detailed description of tantrayukti, Brief description of tachhilya and arthashrya.
Practical 50 Marks

Allotted Assignment Marks – 10
Spotting – 10
Viva voice – 30

1. Panchabhautika nirupanam of karya dravya and their introduction.
2. Examination of bhautika / samanya guna and introduction.
3. Examination of physical constitution composed by panchamahabhuta (panchbhautika deha prakriti) and mental temperament composed by triguna (Trigunatmka manas prakriti).
4. Exposition or display of process of indriyarth sannikarsha in establishment of dravya and roga (dravya and rogavinishchaya).
5. Importance / significance of pariksha / pramana in examination of dravya, rog and rogi. (disease and patient).
6. Allotment of practical work according to syllabus.

Reference Books

1. Padharth Vigyan Acharya Ramraksha Pathak
2. Ayurvediya Padarth Vigyan Vaidya Ranjit Rai
3. Ayurved Darshan Acharya Rajkumar Jain
4. Padarth Vigyan Kashikar
5. Padarth Vigyan Balwant Shastri
6. Sankhya Tantra Kaumadi Gajanan Shastri
7. Psycho Pathology in Indian Medicine Dr. S.P. Gupt
8. Charak Evum Sushrut ke Darshnik Vishay Adhyayan Prof. Jyotirmitra Acharya
9. Ayurvediya Padarth Vigyan Dr. Ayodhya Prasad Achal
10. Padarth Vigyan Dr. Vidyadhar Shukla
11. Padarth Vigyan Dr. Ravidutta Tripathi
12. Ayurvediya Padarth Vigyan Vaidya Ramkrishna Sharma Dhandha
13. Ayurvediya Padarth Vigyan Parichaya Vaidya Banwari lal Gaur
14. Ayurvediya Padarth Darshan Pandit Shivhare
15. Useful Parts of Charak, Sushrut and Vagbhata
1.3 **AYURVED KA ITIHAS (History of Ayurveda)**

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1. Etymological derivation (vyutpatti), syntactical derivation (niruktti) and definition of the word itihas, necessity of knowledge of history, its significance and utility. means and method of gaining knowledge viz. historical person (vyakti), subject (vishaya), time period, (kala), happening (ghatna) and their impact on ayurveda.

2. Decent of Ayurveda, chronology of ayurveda according to different schools, introduction of eight branches of ayurveda and concerned renowned texts. Introduction of the authors of these texts.

3. Eternity of ayurveda (shashvatvam and anaditavam).

4. Status of ayurveda in Vedic period, progression of ayurveda upto tantra kala. Knowledge about available topics of ayurveda in puranas and tantras etc.


6. Chronological development of charaka samhita, sushruta samhita and kashyapa samhita.


8. Introduction and time period of authors of compendium (granthasamgraha kala) – Acharya Bhavmishra, Sharangdhara, Vrinda, madhavkara, Shodhala, Govind Das (Author of bhaisjya ratnawali), Vasavraja etc.

10. Vrikshayurveda vijnana (Ayurveda for plant kingdom), pashu chikitsa vijnana (ayurveda for animal kingdom), promoters of ashva, gaja chikitsa Vijnana; shalihotra, palkapya, varahmir, nakula, ashvaghosh.

11. Introduction of authors of modern era – Gan Nath sen, Yamimi bhushan, Yadavji tikramji acharya, Ghanekar, Damodar Sharma Gaur, Priyavrat Sharma, Swami Laksmiram, Dr. P. M. Mehta, Daji Shastri Pade etc.

12. Globlaisation of ayurveda – Sumera, Babilonia, Asiria, Misra (Egypt), China, Persia, Arabia, Kamobja, Sri Lanka, Nepal, Thailand, Mauritius, Myanmar (Burma) etc. – expansion of ayurveda in above mentioned civilisations.

13. Impact of ayurveda on Hippocratus (Father of Allopathy), Invitation to Indian physicians by yavans and translation of ayurvedic text into Arabian language, visit to Greece by Indian scholars, relation between Greece and India in ancient period (made by Alexander), expansion of ashvavaidyaka in Greece.

14. Developmental actions for ayurveda in post-independence period, development in educational trends, establishment of different committee, their recommendations, central council of Indian medicine, central council for research and ayurveda and siddha, foundation of department of AYUSH, its introduction and activities, drug and cosmetic act, Ayurvedic pharmacopoeia Committee formation and activities of organisations and institutions like Rashtriya Ayurveda Vidyapeeta etc. Activities in field of research in ayurveda according to different subjects. Initiation for writing down a text, different councils of vaidya and their activities.

Publications of Ayurveda journals and magazines, WHO, status of Ayurveda on international grounds in present era.

Reference Books

1. Upodaghata of Kashyapa Samhita 
   Paragraph of acceptance of Indian medicine 
   - Rajguru Hem Raj Sharma

2. Upodaghata of Rasa Yogasagar 
   - Vaidya Hariprapanna Sharma

3. Ayurveda Ka Itihas 
   - Kaviraj Suram Chand

4. Ayurveda Sutra 
   - Rajvaidya Ram Prasad Sharma
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<td>Vaidya Ram Gopal Shastri</td>
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<td>Vedo Mein Ayurveda</td>
<td>Dr. Kapil Dev Dwivedi</td>
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<td>20</td>
<td>Science and Philosphy of Indian Medicine</td>
<td>Dr. K.N. Udupa</td>
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<tr>
<td>21</td>
<td>History of Indian Medicine form Premoryana to Kushana Period</td>
<td>Dr. Jyotiramitra</td>
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<td>22</td>
<td>An Appraisal of Ayurvedic Material in Budhist literature</td>
<td>Dr. Jyotiramitra</td>
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<td>23</td>
<td>Mahayana Granthon Main Nihita Ayurvediya Samagri</td>
<td>Dr. Ravindra Nath Tripathi</td>
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<td>24</td>
<td>Jain Ayurveda Sahitya Ka Itihasa</td>
<td>Dr. Rajendra Prakash Bhatnagar</td>
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<td>Ayurveda- Prabhashaka Jainacharya</td>
<td>Acharya Raj Kumar Jain</td>
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<td>26</td>
<td>Charaka Chintana</td>
<td>Acharya Priyavrata Sharma</td>
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<td>Vagbhatta Vivechana</td>
<td>Acharya Priyavrata Sharma</td>
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<td>28</td>
<td>Atharvaveda and Ayurveda</td>
<td>Dr. Karambelkara</td>
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<td>29</td>
<td>Ayurvedic Medicine Past and Present</td>
<td>Pt. Shiv Sharma</td>
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<td>30</td>
<td>Ancient Scientist</td>
<td>Dr. O.P. Jaggi</td>
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<td>31</td>
<td>Lumanaries of Indian Medicine</td>
<td>Dr. Shrikanthamurти</td>
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<td>32</td>
<td>Ayurveda Ke Itihasa Ka Parichaya</td>
<td>Dr. Ravidutta Tripathi</td>
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<td>33</td>
<td>Ayurveda Ke Pranacharya</td>
<td>Ratnakara Shastri</td>
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<td>34</td>
<td>Ayurveda Itihasa Parichaya</td>
<td>Prof. Banwari Lal Gaur</td>
</tr>
</tbody>
</table>
1.4 ASHTANGA HRIDAYAM (SUSTRATHAN)

Theory – one paper – 100 Marks  
Practical /viva voice - 50 Marks  
Lectures - 60

For the convenience of learning allotted marks for sutrasthan of Ashtanga Hridaya has been divided into following two groups:

Thorough study 86 Marks  
Introductory study 14 Marks

• Chapters specified for thorough study  
  Chapter First to Tenth and Fourteenth (1-10&14) 44 Marks  
  Chapter eleventh to thirteenth (11-13) 15 Marks  
  Chapter sixteen to Twenty (16-20) 20 Marks  
  Twenty –seventh (27) and Thirtieth (30) chapters 7 Marks

• Chapters specified for introductory study  
  Chapter Fifteenth (15)  04 Marks  
  Chapter Twenty Two to Twenty Six & Twenty Eight & Twenty ninth (22-26 & 28 & 29 ) 10 Marks

• Fifth marks assigned for practical exam are distributed as follows  
  1. For chart framing/compilation 10 Marsks  
  2. Recitation & writing of minimum ten shlokas among Memorized shlokas (The Shlokas should be memorized along with padavibhaga, Anvaya, Bhavabhrtha and practical applicability.)

    1. Viva-voce 15 Marks  
    2. Internal assessment 15 Marks

Topics for chart  
Ayurvedavatarna according to Ashtanga Hridaya ,Ashtanha of Ayurveda ,Agni , Prakriti, Koshtha ,tridosh rasa-guna-virya Vipaka and prabhave of dravyas ,ritucharya, dinacharya vega-udirana and vidharana ,chatuspada of chikitsa sandhyasadhyata ,differebt classification of dravyas-toya ,Kshira,ikshu,etc.Shooka shimbi ,mamsa ,Shaka , Phala etc.Dosha Samshodhana kala, vriiddhi-kshaya  lakshanas of dosha dhatu and malas,dosha according to ritu ,Viruddahara ,traya Upastambha.
Parameters for internal Assessment (15 Marks)
- Memorizing and describing two shlokas weekly discipline, oral and written presentation and other activities.

Other activities include following instructions
1. Memorizing two shlokas Weekly 5 Marks
   (At least 40 Sholkas should be memorized as discussed above in a span of one year and six month)
2. Passage Writing 5 Marks
3. Speech on any one topic related to Ashtanga hridaya 5 Marks

Reference Books
Ashtabga Hridayam : Hindi Commentary by Lalchanda Vaidya
                   : English Commentary by K.R. Srikanthamurty
1.5 RACHANA SHARIR

Theory- Two Papers – 100 Marks Each
Practical/ Viva voice – 200 Marks
Lectures (1 hour) - 210
Practicals /Demonstration (1 ½ hour) - 210

Paper I .............................................................................................................................................. 100 Marks

Part A ................................................................................................................................................... 50 Marks

1. Detailed description of principles of 'Sharir' and their co-relation with modern medical science.

2. Shariropkrama

Description of Sharir and Sharir, knowledge and importance of Sharir and Sharir, 'Shadangatva' of sharir, Anga pratyanga vibhaga, Preservation and Dissection Method of dead body, Divisions of Sharir.

3. Knowledge of terminologies used in Sharir

Detail knowledge of terms, position, and Planes e.g. Urdhava (Superior), Adhah (Inferior), Nikatastha (Proximal) and Doorastha (Distal), Agrima (Anterior or Ventral), Abhi pristha or Paschima (Posterior), Madhyanuga (Median), Parshava (Lateral). Abhimadhyana (Medial) and Uttana (Superficial) and Gambhira (Deep) section, Anuprastha (Vertical) and Agra paschedasa (Horizontal), Tiryaka (Oblique) sections, Mamsa peshi (Muscles), Sira, Dhamani, Tantrika, Snayu(Ligaments), Kurcha, Kandra (Tendon), Jala(Plexuses), Asthi Sanghat (Complex Joints), Seemanta (Sutures off Skull), Rajju(Cords) and Sevani.

4. Abhinivriti Sharir

Vyakta and Avyakta, kshetra and kshetraja, Constitution of 'Purusha' according to dhatu bheda, Panchabhoutikatva and sukshamatva of body, karma purusha, Trigunatamakatvama, Tridoshmayatvama, Doshadhatumalamulakatva of Sharir.

5. Garbha Sharir (Embryology)

Definition of 'garbha' (embryo), 'Garbhottpadakbhava', Sukshma garbha sharir, micro anatomical description of 'dhatu and avayavas' 'Shukra' Artava, Antahpushpa, Garbhadhana (fertilization) and Kosha vibhajana (Cell
division), along with role of Tridosh and Panch mahabhut in fetal development, 'Bija'-(sperm and ovum), Bijabhaga, Bijabhagayava and Genetics in Ayurveda. Anuvamshika Siddhanta (principles of Hereditary), Linga bheda (Sex Determination), Masanumasika Garbha Virdhi Krama (month wise development of Fetus), Garbhavridhikara bhava, (factors effecting development and growth of embryo), Deha prakriti, Satwa prakriti' etc., Garbha poshana, Apra nirmana (formation of placenta), Nabhinadi nirmana (formation of umbilical cord), Ulva, Jarayu, Akritikara bhava, Matrapartantrata of garbha, Bhuta vyapara, formation of Stanya, Angapratyanga nirmana, Development of various systems. Developmental Anomalies and their causes (Ayurveda and Modern Views).

6. Pramana Sharir:

Anthropometric -Values of body parts-
Anguli, anjali, pramana and Sankhya Sharir.

Part B ................................................................. 50 Marks

7. Asthi Sharir (Osteology)

Number of bones (Charaka, Sushruta and Modern Concept), Asthi swaroopa and Asthi rachana (Structure and texture of bone), Detailed description of each bone - Ossification of bones, applied anatomy of each bone.

8. Sandhi Sharir (Arthrology)

(a) Definition of Sandhi (joints), Types, structure of each Asthi sandhi (joint), various, Specific description of 'Hanu' (temporomandibular) and Shakha sandhis (joints of extremities) vertebral joints, Definition of Asthi Sanghat, number and their applied value. Sevani (Sutural Joints) Snayu (Ligaments), movements of Joints and Clinical importance of the Sandhis (joints).

9. Sira, Dhamini, Srotas Sharir (Angiology)

(a) Sira-Dhamini
Importance of Raktavaha Sansthan (cardiovascular system), Hridaya (Heart), Sira, Dhamani, Srotasa. Definition of Sira, Dhamini, their course, branches Description of Arteries and capillary, Accessory veins and Principal veins.

(b) Srotas Sharir: 1. Definition, types, their mool and Srotodusti.

10. Lasika Samsthan (Lymphatic system)
Introduction and study of Lasika pranali (Lymphatic channels), Lasika granthi (Lymphatic glands), Rasa kulya (thoracic duct), Payasvini (lacteals) and Courses of lasika vahinis (Lymphatic Ducts).

11. Peshi Sharir (Myology)
Introduction and detail Structure, shape, size and types and their Importance of Peshi (muscles) - their attachments and origin, insertion, actions nerve supply and its clinical application.

Paper II ................................................................. Total Marks: 100

Part A ................................................................. 50 Marks

1. Koshtha
Defining the terms like – Koshtha, Ashaya and Koshthanga, their names and location, koshthanga of Uraha Pradesh (thoracic cavity organs), Udara Pradesh Koshthanga (organs of abdominal cavity), Description of digestive organs and accessory digestive organs. Organs of Shwasa Prashwasa (Respiratory system), Organs of Mutravaha Sansthan (Urinary system), Description of male and female prajananang (reproductive organs) and their details.

2. Granthi Sharir
Description of the structure of Bahya Srotas (Exocrine), and Nisrotasa granthi, details study of granthi Sharir.

3. Kala Sharir
Definition of Kala, structural pattern and details study of each Kalas, study of Vishista Kalas like, Hridyavaran (Pericardurum), Puppusavarana Kala (Plura), Mastiskavarana kala (Maninges), Udaravarana Kala (Peritoneuam).

4. Twak Sharir (Dermatology)
Definition of Twak (Skin), its swaroop (structure), types and prayojana.
5. Uttamangiya Tantriya Sansthan Sharir (Nervous System)

Introduction, Definition, classification and importance of Mastishka (Brain)-
1. Brihatamastishka (Cerebrum), 2. Laghumastishka (Cerebellum), 3. Madhyamastishka (Mid brain), 4. Usnishaka (Pons), 5. Sushumna Shirsha (medulla oblongata), Sushumana Khanda (Spinal cord) Sheershanya tantrika (Cranial Nerves) and Sushumaniya Tantrika (spinal Nerves), Parisarniya Tantrika (Peripheral nervous system). Description of Swatantra Nadi Samsthan (Autonomic nervous system), Anukampiya and Paranukampiya (Sympathetic and parasympathetic nervous system and nerve plexuses).

6. Tantra Sharir (Neuro Anatomy)

Satchakra Ida, Pingala, Saraswati etc.

7. Marma Sharir

Description of the term Marma, their numbers, locations, different types and their terminological values. Importance of trimarmas Charaks & sushruta concept.

8. Anga Rekhankana Sharir - (Surface, Radiological and Imaging Anatomy)

Anga Rekhankana (Surface marking), Vikirana Rachana Sharir (Radiological Anatomy).

9. Indriya Sharir: (Sensory organs)

Derivation of the word Indriya, its number, Description of Panch Gyanendriya, Panch Karmendriya and Ubhayendriya (Mana). Description of the Eye, Ear, Nose, tongue, Skin and Indriya Adhisthan.

Practical/Pratyakshika Vishaya (Practical topics)

1. Shava Samskarana and Mruta Shodhana (Dead Body Preservation and Dissection).
2. Shavachchedana - Dissection of whole body.
3. Sampurna Asthi Pradarshana - Demonstration of all bones, Practical
demonstration of Komala Avayava (Macro and Microscopic
structures of organs) and Koshtanga (Abdominal organs).
4. Practical knowledge of Anga Rekhankana, surface anatomy, Sharir
Vikirana Radiographic.

**Distribution of Practical Marks**

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<tr>
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<td>25</td>
<td>Knowledge of the dissected organs.</td>
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<td>Knowledge of the delicate organs.</td>
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<td>25</td>
<td>Knowledge of bones.</td>
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<td>Knowledge of Marmas.</td>
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<td>25</td>
<td>Surface Anatomy, Diagrams and Practical records.</td>
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<td>Daily dissection of Log Book</td>
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<td>25</td>
<td>Spotting</td>
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<tr>
<td>25</td>
<td>Oral (Viva-voce)</td>
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</tbody>
</table>

**Reference Books**

1. Brihat Sharirma : Vaidyaratna P.S. Variyar
2. Abhinava Sharirma : Acharya Damodar Sharma Gaur
3. Manava Sharir (Revised Edition) : Prof. Dinkar Govind Thatte
4. Manava Bhruna Vigyana : Prof. Dinkar Govind Thatte
5. Manava Anga Rekankan Vikriana Evam Chayankan Sharir Vikiran : Prof. Dinkar Govind Thatte
6. Sharir Rachana Vigyanana (English) : Vaidya P.G. Athwale
8. Chapters of Charaka, Sushruta and Vagbhatta Sharir Sthan :
9. Clinical Anatomy in Ayurveda : Prof. D.G. Thatte and Prof Suresh Chandra
10. Sharir Rachna Vigyan (English) : Prof. D.G. Thatte
11. Ayurvedic Human Anatomy : Prof.-Dr. Giridhar M. Kanthi
12. by Regional Anatomy : B. D. Chaurasia
1.6. KRIYA SHARIR

Theory - Two Papers – 100 Marks Each
Practical/ Viva voice – 100 Marks
Lectures (1 hour) - 210

Practical and Demonstration (1 ½ hour) - 90

Paper I .............................................................................................................................................. 100 Marks
Part A .................................................................................................................................................. 50 Marks

1. Conceptual study of fundamental principles of Ayurvediya Kriya Sharir e.g. Panchamahabhuta, Tridosha, Triguna, Loka-Purusha Samya, Samanya Vishesa, Rasa-Virya-Vipaka etc. Description of Basics of Srotasas.
   a. Vata dosha – Vyutpatti (derivation), Utpatti, Nirukti (etymology) of term ‘Vata’, General locations, general properties and general functions of Vata, Five types of Vata with their specific locations, specific properties, and specific functions (Prana, Udana, Samana, Vyana, Apana)
   b. Pitta dosha – Vyutpatti, Utpatti, Nirukti of term ‘Pitta’, General locations, general properties and general functions of Pitta, Five types of Pitta with their specific locations, specific properties, and specific functions (Pachaka, Ranjaka, Alochaka, Bhrajaka, Sadhaka); Similarities and differences between Agni and Pitta
   c. Kapha dosha- Vyutpatti, Utpatti, Nirukti of term ‘kapha’, General locations, general properties and general functions of kapha, Five types of kapha with their specific locations, specific properties, and specific functions (Bodhaka, Avalambaka, Kledaka, Tarpaka, Shleshaka)
   d. Etiological factors responsible for Vriddhi-Kshaya of each dosha and manifestations of Vriddhi-Kshaya of each dosha
e. Kriyakala of dosha in view point of Charaka, Sushruta and Vagbhata and its clinical importance.

   b. Manasa-Prakriti – classification, characteristics clinical significance.

5. Modern Physiology
   e. Modern view of somato-types, biological personality and psychological traits of an individual.

Part B .............................................................................................................................................. 50 Marks

1. Shareera-Poshana
   c. Ahara-paka-prakriya – physiology of related organs (Maha-srotas), avasthapaka, nishthapaka, Maha-srotas-pachana kriya, sara-kitta
vibhajana, saranushoshana and genesis of Vatadi dosha during ahara-pachana
d. Definition of term ‘Kosthta’, criteria of classification of Koshta and characteristics of each kind of Koshta

2. Modern physiology

Paper II ......................................................................................................................... 100 Marks

Part A ............................................................................................................................. 50 Marks

1. Dhatu
General introduction, definition and criteria of dhatu, Utpatti (during garbhavastha and janmottara kala), Vyutpatti, Niruki of term ‘dhatu’; different theories related to dhatuposhana, (dhatuposhana nyaya)

i) Rasa Dhatu

ii) Raktadhatu
Vyutpatti, Nirukti, synonyms, sthan, guna, karma and pramana of Rakta dhatu; panchabhautikatva of Rakta Dhatu, physiology of Raktavaha Srotas, Formation of Raktadhatu, Ranjana of Rasa by Ranjaka Pitta, Features of Shuddha Rakta, Specific functions of Rakta, characteristics of Raktasara Purusha; manifestations of Kshaya and Vriddhi of Raktadhatu, Mutual interdependence between Rakta and Pitta.

iii) Mamsadhatu
Vyutpatti, Nirukti, synonyms, sthan, guna, karma and pramana of mamsa dhatu, Physiology of Mamsavaha Srotasa, Formation of Mamsadhatu, characteristics of Mamsasara Purusha, manifestations of Kshaya and Vriddhi of Mamsadhatu.
iv) Medo Dhatu
Vyutpatti, Nirukti, sthan, guna, karma and pramana of medodhatu, physiology of Medovaha Srotas, formation of Medo dhatu, characteristics of Medosara Purusha and manifestations of Kshaya and Vriddhi of Meda.

v) Asthi Dhatu
Vyutpatti, Nirukti, synonyms, sthan, guna, karma of Asthi dhatu; Physiology of Asthivaha Srotas and formation of Asthi dhatu, characteristics of Asthisara Purusha, Mutual interdependence of Vata and Asthi dhatu, manifestations of Kshaya and Vriddhi of Asthi dhatu.

vi) Majja Dhatu
Vyutpatti, Nirukti, types, sthan, guna, karma and pramana of Majja Dhatu, physiology of Majjavaha Srotas, formation of Majja dhatu, characteristics of Majja Sara Purusha, Raktapitta-Majja relation, manifestations of Kshaya and Vriddhi of Majja dhatu.

vii) Shukra Dhatu
Vyutpatti, Nirukti, sthan, guna, karma and pramana of Shukra dhatu, physiology of Shukravaha srotas and formation of Shukra dhatu; features of Shuddha and Dushita Shukra, characteristics of Shukrasara Purusha, manifestations of Kshaya and Vriddhi of Shukra dhatu.

2. Ojas
Vyutpatti, Nirukti, synonyms, definition, utpatti sthan, guna, karma and pramana of Ojas, classification of Oja (Ojobheda), conceptual study of Vyadhikshamatva; Bala vrudhikara bhava, Balabheda, Relation between shleshma, bala and ojas; Etiological factors and manifestations of Oja kshaya, Visramsa and Vyapat; physiological and clinical significance of Oja Vayasthapana

3. Upadhatu
b. Stanya –Nirukti, definition, utpatti guna karma, praman of Stanya; characteristics and assessment of shuddh and dushita Stanya, manifestations of Vriddhi and kshaya of Stanya
c. Artava –Nirukti, definition, Utpatti, guna karma of Artava, characteristics of shuddha and dushita Artava, difference between Raja and Artava, physiology of Artavavaha srotas and Artavachakra
d. Tvak – Utpatti, Nirukti, guna, Praman, karma and bheda. Layer wise diseases of Tvak.
4. Modern physiology


b. Muscle physiology – comparative study of physiology of skeletal muscles, cardiac muscles and smooth muscles. Physiology of muscle contraction.

c. Physiology of adipose tissue, lipo proteins like VLDL, LDL and HDL.


e. Structure and functions of skin, sweat glands and sebaceous glands.


Part B ................................................................. 50 Marks

1. Mala – Vyutpatti, Niruki of term ‘mala’; General introduction of Mala, Utpatti (during garbhavastha and janmottara kala),

2. Aharamala – Enumeration and formation of Aharamala
   a. Mutra –Vyutpatti, Niruki, praman, sthan, guna, karma, and physiology of Mutravaha srotas; formation of Mutra, manifestations of Vriddhi and Kshaya of Mutra
   b. Purisha –Vyutpatti, Niruki, praman, sthan, guna, karma, and physiology of Purishavaha srotas; formation of Purisha, manifestations of Vriddhi and Kshaya of Purisha

3. Sweda –Vyutpatti, Niruki, praman, sthan, guna, karma, and physiology of Swedavaha srotas; formation of Sweda, manifestations of Vriddhi and Kshaya of Sweda

4. Dhatu mala – Utpatti, Niruki, sthan, guna karma, samkhya, praman of each dhatu mala; etiological factors and clinical manifestations of each dhatu mala
5. **Panchajnyanendriya** – Physiological study of Panchajnyanendriya, and physiology of Shabda, Sparsha, Roopa, Rasa, Gandha. Process of Dnyana-grahana; Indriya-pancha-panchaka; Physiological study of Karmendriya.

6. **Manas** – Utpatti, Vyutpatti, Nirukti, synonyms, swaroopa, sthan, guna, vishaya, karma of Manas, and physiology of Manovaha srotas; physiological and clinical significance of Manas

7. **Atma** – Nirukti, definition, sthan, guna, karma, and difference between Paramatma and Jeevatma; characteristics of existence of Atma

8. **Buddhi** – Sthan, prakara, karma of Buddhi; Physiology of dhee, dhriti and smriti

9. **Nidra** – Nidrotpatti, Nidrabheda, physiological and clinical significance of Nidra; Swapnotpatti and Swapnabheda

10. **Modern physiology**
    a. General introduction to nervous system – neurons, mechanism of propagation of nerve impulse, physiological study of CNS, PNS, ANS; physiological study of sensory and motor functions of nervous system. Functions of different parts of brain - Cerebral cortex, Hypothalamus, Limbic system, Midbrain, Pons, Medulla and Cerebellum. Physiology of special senses. Intelligence, Memory, Learning and Motivation. Physiology of sleep and dreams. Physiology of speech and articulation; EEG. Physiology of temperature regulation.
    
    b. Endocrine glands – General introduction to endocrine system, classification and characteristics of hormones, physiological study of all endocrine glands and their hormones.
    

**PRACTICAL**

**A) Ayurvedic practical**

1. Assessment of Dosha (Vriddhi kshaya lakshana)
2. Assessment of Dhatu – a. Sharirbala
   b. Manasabala
3. Assessment of Mala –
   a. Examination of Mala by Shabda, Sparsha, Roopa Rasa and Gandha
   b. Mutra (taila bindu pareeksha)
   c. Purisha (jale nimajjati pareeksha)
4. Assessment of Vaya
5. Anguli pariksha
6. Assessment of Ayu in Charaka-Samhita
7. Assessment of Agni
8. Assessment of Kositha
9. Assessment of Prakriti
10. Assessment of Sara
11. Satmya Pariksha
12. Nadi pariksha
13. Stanya pariksha

B) Modern practical
1. Use and care of compound microscope
2. Types, uses and care of balances
3. Collection of blood sample – prick, venepuncture method and bulbs, apparatus for collection
4. Preparation of blood film and staining
5. Hemoglobinometry
6. Microscopic examination of blood
   a. RBC count
   b. WBC count
   c. Differential leucocyte count
7. Packed cell volume (PCV) demonstration
8. ESR demonstration
9. Bleeding time
10. Clotting time
11. Blood grouping and Rh typing
12. Examination of Cardio-Vascular system
   a. Pulse examination
   b. Arterial blood pressure measurement
   c. Examination of heart sounds by stethoscope
   d. ECG demonstration
13. Examination of Respiratory system
   a. Respiratory rate
   b. Air entry with the stethoscope
   c. Spirometry
14. Examination of CNS – Reflexes
15. Urine examination – Collection of urine, physical examination, chemical examination and microscopic examination.
   Test for normal constituents of urine
   Following chemical examinations for abnormal constituents are expected
   a. albumin test
   b. sugar test
   c. acetone bodies
   d. bile salts and pigment
   e. occult blood
16. Stool examination – Collection of stool, physical examination, chemical examination and microscopic examination
17. Examination of semen
18. Measurement of body temperature
19. Study of instruments related to physiology practicals.

Reference Books

1. Ayurvedya Kriya Sharira - Vd. Ranjeet Roy
2. Abhinava Sharira Kriya Vigyana - Acharya Priyavrata Sharma
3. Dosha Dhatu Mala Vigyana - Shankar Gangadhar Vaidya
4. Prakrita Dosha Vigyana - Acharya Niranjana Dev
5. Tridosha Vigyana - Shri Upendranath Das
6. Sharira Tatva darshana - Hirlekar Shastri
7. Prakrita Agni Vigyana - Niranjana Dev
9. Sharira Kriya Vigyana (Pt. 1-2) - Acharya Purnchandra Jain
10. Sharira Kriya Vigyana - Shri Moreshwar Dutt. Vd.
11. Dosha Dhatu Mala Vigyana - Basant Kumar Shrimtal
12. Abhinava Sharira Kriya Vigyana - Dr. Shiv Kumar Gaur
13. Pragyogik Kriya Sharira - Acharya P.C. Jain
14. Physiology - Gyton
15. Kaya Chikitsa Parichaya - Dr. C. Dwarkanath
16. Concept of Agni - Vd. Bhagwan Das
17. Physiology - Chatterjee
18. Purush Vichaya - Acharya V.J. Thakar
2.1. CHARAK SAMHITA

(Purvardha: Sutra - Nidana - Vimana - Sharir - Indriya Stana)

Theory- One Paper – 100 Marks
Practical/ Viva voice – 50 Marks
Lectures - 100

(Charaka Purvardha)
Distribution of theory marks according to Sthan

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<td>15</td>
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<td>5.</td>
<td>Indriya Sthan</td>
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Distribution of marks for Practical Examination is as follows

1. Table (Chart) preparation / Compilation
2. Presentation of any 10 Shlokas out of total memorized Shlokas(Written & Oral)
3. Analysis of Srotasas, Discussions about Dhatus and their vriddhi and kshaya (Phenomenon of their increase and decrease). Ten proforma/ case sheets should be filled from the IPD/OPD.
4. Assessment of Arishtas. (Five proforma/case sheets should be filled from the IPD/OPD.)
   \[40 \text{ Marks}\]
5. Viva Voice
6. Internal Assessment \[10 \text{ Marks}\]

Parameters for internal Assessment
Memorizing and describing two shlokas weekly, discipline, oral and written presentation and other activities.

Other activities include following instructions

1. Memorizing two shlokas weekly, (Monthly Ten shlokas in professional year of 1 year and 6 month. A log book of memorized shlokas, corrected and signed by the
class teacher is to be submitted at time of examination. (The shlokas should be memorized as discussed above in a span of one year and six months)

2. Passage writing
3. Speech related to Charaka

**TEXT BOOKS**

1. Charaka Samhita - Chakrapani Teeka (Sanskrit Commentary)
2. Charaka Samhita (Hindi Commentary):
   - Vaidya Jayadev Vidyalankar or Vd. Atridev Vidyalankar or
   - Prof. Gorakha Nath Chaturvedi & Kashinath Shastri or
   - Dr. Brahma Nath Tripathy or
   - Dr. Ravidutta Tripathy
3. Charaka Samhita (English Commentary):
   - Dr. Ram Karan Sharma & Vd. Bhagwan Dash or Acharya Priyavrata Sharma.
2.2 SWASTHAVRITTA

Theory- Two Papers – 100 Marks Each
Practical/ Viva voice – 100 Marks
Lectures - 180
Practicals and Demonstration – 50 hrs

Paper I ........................................................................................................ 100 Marks
Part A ........................................................................................................ 50 Marks

Vaiyaktika Swasthavrittam
I. Vyaktigata Swasthyam (Personal Hygiene)

i) Introduction
1. Definition of Swastha & Swasthya
3. Definition of Swasthavritta
4. Swasthavritta prayojanamavum Mahatvam (Objectives & Importance of Swasthavritta)
5. WHO Definition of Health
6. Dimensions of health
   a) Physical
   b) Mental
   c) Social
7. Concept of well being
   a) Objective
   b) Subjective
   c) Standard of living
   d) Quality of life

ii) Dinacharya
1. Definition of Dinacharya
3. Brahma Muhurta avum Utthishta
5. Sarirachinta
7. Mukha prakshalana
9. Preparation of Ayurvedic dental powder and paste
11. Anjana
13. Gandusha
15. Dhoomapana
17. Udvartanam
19. Vyayama
2. Arogyalingani (Signs of Health)
4. Swasthavritta prayojanamavum Mahatvam (Objectives & Importance of Swasthavritta)
6. Dimensions of health
   a) Physical
   b) Mental
   c) Social
2. Aims and importance of dinacharya.
4. Usha Jalapana
6. Malatyaga
8. Dantadhavana
10. Jihvanirlekhana vidhi (Tongue cleaning)
12. Pratimarsa Nasya
14. Kabaladharana
16. Abhyangam
18. Utsadana
21. Snanam  
22. Anulepanam  
23. Vastradharanam  
24. Tambulasevanam  

iii) Ratricharya  
1. Sandhyacharya  
2. Ratribhojana vidhi  
3. Sayanavidhi  

iv) Ritucharya  
1. Importance of Ritucharya  
2. Ritus as per different acharyas  
3. Adana kala & Visargakala  
4. Sanchaya, Prakopa-Prashama of Doshas and their Uttpatti in Ritus  
5. Doshashodhana in samanya ritu  
6. Relation of Agni bala and ritu  
7. Ahara-Vihara, Pathya- Apathya in different ritus  
8. a) Ritusandhi  b) Yamadamshtra  
    c) Rituharitaki d) Rituviparyaya  

v) Sadvritta  
1. Description of Sadvritta and Achara Rasayana - their role in Prevention of psycho-somatic disorders  
2. Social aspect of Psychology according to Ayurveda  
3. Concept of Mental Health according to Ayurveda and Modern medicine  

vi) Trayopastambhas (Three pillars of health)  
1. Ahara  
1. Nirukti, Swarupa, Pramukhatvam  
2. Ahara dravya Vargeekaranam  
3. Aharavidhni Vidhana  
4. Dwadasha Ashanapravichara  
5. Ashtaharvidhiviseshayatanani  
6. Aharaparinamakara bhava  
7. Pathyahara  
8. Apathyahara  
9. Samasana  
10. Adhyasana  
11. Vishamasana  
12. Bhojanapachana avadhi  
13. Aharadushparinama, tajjanya vyadhaya  
14. Santarpanajanya vyadhi  
15. Apatarpanjanya vyadhi  
16. Viruddhahara and its effects  
17. Proximate principles of Food  
18. Nutritional requirements  
19. Balance diet for (a) Workers –Sedentary /Moderate / Hard (b) Pregnant and lactating women  
(c) Children (d) Infants  
20. Sources and deficiency diseases of Protein, Carbohydrate, Fat , Minerals and Vitamins  
21. Shadrasabhojanasya mahatwam  
22. Dietetic standards  
23. National Nutritional programmes  
24. Social aspects of nutrition  
25. Food groups - Dhanya varga(Cereals and millets), Saka and Harita varga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phala varga(Fruits), Taila varga(Fats &Oils), Ikshu varga (Jaggery, sugar,honey ), Jala varga & Madya varga (Beverages), Dugdha varga (Milk and Milk products), Masala and vyanjana dravyas (Spices & Condiments), Kritanna varga(Prepared Food), Mamsa varga (Meat types)  
26. Food hygiene  
27. Milk hygiene  
28. Milk composition  
29. Source of infection (for Milk)  
30. Milk borne diseases  
31. Clean and safe milk  
32. Pasteurization of milk  
33. Meat hygiene  
34. Meat inspection  
35. Slaughter house  
36. Freshness of fish and egg  
37. Fruits and Vegetable hygiene  
38. Sanitation of eating places  
39. Preservation of food

A. II. Ayurvedic Diet in Life Style Disorders
   a. Diabetes
   b. Hypertension
   c. Obesity
   d. Coronary heart Disease.

2. Nidra
   1. Nirukti and Utpatti
   2. Types of Nidra (sleep)
   3. Yogya nidra vidhi
   4. Nidra – Swasthya sambandha
   5. Duration of sleep according to age
   6. Sleep in healthy and diseased persons
   7. Properties of Yukta Nidra
   8. Effects of Ratri Jagrana
   9. Diwaswapna
   10. Anidra
   11. Atinidra
   12. Ahara and Vihara causing disturbed sleep
   13. Ahara and Vihara causing sound sleep

3. Brahmacharya
   1. Brahmacharya vyakhya and Abrahmacharya vyakhya
   2. Importance of Brahmacharya and Abrahmacharya
   3. Vyavaya sambandhi niyamas
   4. Effects of Ativyanava
   5. Veeryotpatti
   6. Methods of Virya Raksha, Surataspraha (Libido) through Vajeekarana
   7. Viryanasa phala
   8. Menstrual Hygiene

vii) Roganutpadaneeya:-
   1. Concept of vega- Adharaneeya Vega and Dharaneeya Vega

   2. Diseases due to vegadharana and their chikitsa
   3. Upavasa
   4. Rasayana for Swastha
   5. Prajnaparadham
Part B .......................................................... 50 Marks

Sarvajanika- Samajika Swasthavrittam (Public Health)

I. Janapadodhwamsa
1. Causes
2. Manifestations and control measures
3. Importance of Panchakarma and Rasayana
4. Vyadhikshamatva and the role of Rasayana

II. Vayu (Air)
1. Vayu guna, Vayu swasthya sambandha
2. Composition
3. Air of occupied room
4. Discomfort and comfortable zone
5. Air movement
6. Air pollution – health and social aspects
7. Prevention and control of air pollution
8. Ventilation and its types
9. Vayu shuddhi prakara (Disinfection of air)
10. Mountain air & High altitude – Health problems.

III. Jala (Water)
1. Jala mahatva – biological importance of water
2. Safe and wholesome water
3. Requirement and uses
4. Properties of water
5. Types of water
6. Water sources
7. Water pollution
8. Water related diseases
9. Purification of Water (Jalasuddhi upayas)
10. Hardness of Water
12. Shad jala dosha
13. Water problems of India
14. Rain Water Harvesting and water recycling

IV. Bhumi (Land & Housing)
1. Types of soil
2. Soil & Health
3. Bhumi shodhana
4. Nivasayoga bhumi
5. Housing standards
6. Housing standards
7. Rural housing
8. Housing and health
9. Over crowding
5. Social goals of housing  

10. Pasu sala (Cattle shed)

V. Prakasa (Lighting)  
1. Requirements of good lighting  
2. Natural Lighting  
3. Artificial Lighting  
4. Biological effects lighting

VI. Dhwani pradushana (Noise) – Sources, Effects & control

VII. Vikirana (radiation) - Sources, Effects & control

VIII. Apadravya nirmulana (Disposal of solid waste)  
1. Different types of solid waste  
2. Storage and collection of refuse  
3. Methods of disposal of solid waste (Rural & Urban)  
4. Bio- Medical waste management

IX. Malanishkasana vyavastha (Excreta disposal)  
1. Unsewered area  
2. Sewered area  
3. Latrines for camps, fairs and festivals.

X. Disaster Management

XI. Occupational Health  
1. Occupational Hazards  
2. Occupational Diseases  
3. Prevention of Occupational Diseases  
4. ESI Act and factories Act.  
5. Offensive trades – Effects on health and precaution measures

XII. School Health Services  
1. Health Problems of School Children  
2. Aspects of School Health services  
3. Duties of School Medical Officer  

XIII. Epidemiology  
1. Concept of Epidemiology  
2. Concept of disease  
3. Concept of causation  
4. Epidemiological triad  
5. Natural history of disease  
6. Risk factors  
7. Concept of control  
8. Concept of prevention  
9. Modes of intervention  
10. Incidence and prevalence  
11. Dynamics of Disease  
12. Modes of transmission  
13. Susceptible host  
14. Host defenses  
15. Immunizing Agents  
16. Disease prevention and control  
17. Disinfection
18. Epidemiology of Communicable Diseases

| a) Measles   | b) Diphtheria  | c) Pertussis |
| d) Mumps    | e) Tuberculosis | f) SARS     |
| g) Influenza| h) Pneumonia  | i) Cholera  |
| j) Polio    | k) Viral Hepatitis | l) Typhoid |
| m) Leptospirosis | n) Dengue fever | o) Chikungunya |
| p) Malaria | q) Filariasis  | r) Leprosy  |
| s) Rabies  | t) Tetanus    | u) Emerging and re-emerging diseases |

19. Kuprasangaja vyadhis (STD s)

| a) AIDS     | b) Syphilis  | c) Gonorrhoea | d) Chanchroid |

20. Ayurvedic paribhasha of sankramika rogas

21. Non-Communicable disease epidemiology

| a) Diabetes | b) Obesity  | c) Hypertension |
| d) Coronary heart Disease | e) Rheumatic Heart disease |
| f) Cancer |

XIV. Disposal of Dead body

| a) Burning | b) Burial  | c) Electric cremation |

XV. Chikitsalaya Bhavana (Hospital Building)

XVI. Meteorology (Ritu evam vatavarana jnana)

Paper II ................................................................. 100 Marks

Yoga & Nisargopachara

Part A ................................................................. 50 marks

Yoga

I. Etymology

II. Definitions

III. Development of Yoga (From ancient time to present time)

IV. Different Streams of Yoga

| a) Jnana Yoga | b) Bhakti Yoga | c) Raja Yoga |
| d) Hathayoga – features & objectives. |
V. Eight Branches of Yoga
1. Yama
2. Niyama
3. Asana and its importance
   a) Suryanamaskara
   b) Standing postures-
      1. Ardhakatichakrasana  2. Padahasthasana
      3. Ardhachakrasana  4. Trikonasana
   c) Sitting Postures-
      10. Sidhasana
   d) Supine postures-
   e) Prone postures-
      4. Makarasana
   f) Concept of Mitahara & Pathyahara

4. Pranayama
   a) Benefits of Pranayama  b) Nadi sudhi pranayama
   c) Time of practice -Avara-Pravara-Madhyama lakshanam
   d) Pathyapathyahara during pranayama  e) Yuktayukta lakshana
   f) Nadi sudhi lakshanam
   g) Kumbhakabheda
      i) Suryabhedana  ii) Ujjayi  iii) Shitali  iv) Sitkati
      v) Bhashthrika  vi) Bharamari  vii) Murcha  viii) Plavani
   h) Shad chakras, ida, pingala and sushumna
   i) Shadkarmani
   j) Bandhas and Mudras

5. Pratyahara
6. Dharana
7. Dhyana
8. Samadhi

VI. Description of Yoga in Ayurveda
   1. Manodosha chikitsa
   2. Sukha dukha nivrutti
   3. Yoga and moksha
   4. Mokshasyalakshana
   5. Ashta Aiswarya
   6. Satyabudhhi
   7. Muktatma lakshana
VII. **Panchakosha theory**
   a) Annamayakosha  
   b) Pranamayakosha  
   c) Manomayakosha  
   d) Vijnanamayakosha  
   e) Anandamayakosha

VIII. **Integrated Approach of Yoga therapy**

IX. **Yoga package for LBA, Obesity, Asthma, Diabetes.**

X. **Effect of Yoga practice on physical and mental doshas.**

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Nisargopachara

I. **Prakritika Chikitsa (Natural Treatment)**
   1. Definition & History
   2. Aims and objectives
   3. Relation of Ayurveda and naturopathy
   4. Schools of Naturopathy – Western School
   5. Schools of Naturopathy – Indian School (Pancha bhutopasana)
   6. Importance in present era

II. **Jala Chikitsa**
   1. Hot water treatment
   2. Cold water treatment
   3. Foot bath
   4. Hand bath
   5. Spinal bath
   6. Hip bath
   7. Abdomen wet pack
   8. Steam bath
   9. Enema
   10. Whirlpool bath

III. **Mrittika Chikitsa (Mud Therapy)**
   1. Types of soil or mud
   2. Doctrine of mud selection
   3. Mud bath

IV. **Surya Kirana sevana (Sun bath-Haelio therapy & Chromotherapy)**

V. **Mardana (Massage)** - Different methods of Mardana

VI. **Diet** - Types
   1) Soothing  2) Eliminative  3) Constructive diets.
      a) Positive  b) Negative

VII. **Upvasa Chikitsa (Fasting)**
   1. Importance  2. Types  3. Therapeutic effect
Community Health Care

I. Prathamika Swasthya Samrakshana (Primary Health Care)
1. Definition
2. Principles
3. Elements
4. Structure – at Village level, Sub centre level, PHC level, CHC level, Hospitals, Health Insurance, Private agencies, AYUSH, Voluntary health agencies in India and N.G.Os.
5. Role of Ayurveda in Primary Health Care in India

II. Parivara Kalyana Karyakrama (Family Welfare Programmes)
1. Demography
2. Demographic Cycle
3. Life Expectancy
4. Family Planning
5. Methods of Family Planning.

III. Rasthriya Karyakrama (National Programmes)
1. Tuberculosis(RNTCP)
2. Leprosy(NLEP)
3. AIDS(NACP)
4. Blindness(NPCB)
5. Polio(PPI)
6. Diabetes(NDCP)
7. Cancer(NCCP)
8. National Rural Health Mission(NRHM)
9. National Anti Malaria Programme
10. National Filaria Control Programme
11. UIP(Universal Immunisation Programme)
12. RCH(Reproductive and Child Health programme)
13. National water supply and sanitation programme
14. Minimum needs programme
15. All emerging National health programmes.

IV. Matru- Shishu Kalyana Karyakrama (Mother and Child Welfare Programme)
1. Ante natal care
2. Post natal care
3. Neo natal care
4. Child health problems
5. Indicators of MCH care

V. Preventive Geriatrics.
VI. International Health

1. Vishwa Swasthya Sangathana (World Health Organization)
2. Objectives, Structure and function of WHO
3. Alma- Ata declaration
4. National Health Policy and Importance of Ayurveda in it.
5. United Nations agencies.
6. Health work of bilateral agencies

VII. Swasthya Prashasana (Health Systems in India)
1. Central level
2. State level
3. District level
4. AYUSH

VIII. Health statistics
1. Definition of statistics/health statistics/vital statistics
2. Sources and uses of health statistics.
3. Data Collection, classification and Presentation
4. Mean
5. Median
6. Mode
7. Health survey
8. Mortality rates, Morbidity rates and Fertility rates

PRACTICAL
1. Vyktigata swasthya-
   a) Pratimarsa Nasya b) Anjana c) Dhumapana d) Kavala e) Gandusha
   f) Udvartanam g) Abhyangam
2. Aharadravya parichaya
3. Immunizing agents
4. Disinfectants
5. Family Planning appliances
6. Yogic kriyas
   a) Vamana Dhauthi b) Jala Neti c) Sutraneti d) Kapalabhati
8. Pranayama & Meditation
a) Nadisudhi  b) Ujjayi  c) Suryabhedana   d) Sitali  
e) Sitkari    f) Bhastrika    g) Bhramari  

9. Naturopathy Practical  
a) Baths    b) Mud therapy   c) Sunbath   d) Fasting

10. Observe the functioning of  
a) Water purification plant    b) Sewage treatment plant  
c) Pasteurization unit    d) Leprosy sanatorium  
e) Industrial unit

**Lecture – Cum – Demonstration at**  
a) Rural Ayurvedic Dispensary  b) Primary Health Centre  
c) Maternity and Child Hospital

11. Health survey

12. There should be 5 case sheets of Pathyapathya, Yoga and Naturopathy together for Swastha persons and 5 cases sheets of Communicable diseases.

**Practical & Viva voice examination –**

**Mark distribution .......................................................... **100 Marks**

1. Personal Hygiene ................................. 20 Marks
2. Public and social health ................................. 20 Marks
3. Demonstration of Yoga ................................. 10 Marks
4. Naturopathy ................................. 10 Marks
5. Daily works ................................. 10 Marks
6. Viva – Voce ................................. 30 Marks
REFERENCE BOOKS

Relevant portions of Charaka, Sushruta, Vagbhata, Sharangadhara, Bhavaprakasha, Madhavanidana, Yogaratnakara & Bhela Samhita.

Swasthvritta Samucchya - Pt. Rajeshwardutt Shastri
Swasthya Vigyan - Dr. Bhaskar Govind Ghanekar
Swasthya Vigyan - Dr. Mukund Swaroop Verma
Ayurvediya Hitopdesa - Vd. Ranjeet Rai Desai
Yoga and Ayurveda - Dr. Ramkumar Jain
Swasthvritta Vigyan - Dr. Ram Harsh Singh
Swasthvrittama - Dr. Brahmanand Tripathi
Ayurvediya Swasthvrita - Jahulkar
Hathayoga Pradeepika ) - Swatmaram Yogendra
Yogic Yoga Paddhati - Bhartiya Prakratika Chikitsa Parishada
Yogic Chikitsa - Shri Kedar Nath Gupta
Prakratik Chikitsa Vidhi - Sharda Prasad
Prakritik Chikitsa Vigyan - Verma
Jansanakhya Shiksha Siddhant - Dr. Nirmal Sahani
Evam Updeysa
Health Administration in India - S.C. Seel
Swasthvrittama - Dr. Shiv Kumar Gaur
Health and Family Welfare - T.L. Devraj
Sachitra Yogasan Darshika - Dr- Indra Mohan Jha
Preventive & Social Medicine - J.K. Park
Yogadeepika - Shri Ayyangar
Swasthvritta - Vaidya Sakad
Positive Health - Dr. L.P. Gupta
Biogenic Secrets of Food in Ayurveda - Dr. L.P. Gupta
Yoga & Yogic Chikitsa - Ram Harsh Singh
Smritigranthon mein nihita - Dr. Smt. Nigam Sharma
Swasthaparaka Samagri
The Foundations of Contemporary Yoga - R.H. Singh
Yoga Siddhant Evam Sadhana - Harikrishna Shastri Datar
Dr. Reddy’s Comprehensive guide to Swathavritha - Dr. P.Sudhakar Reddy
2.3 DRAVYAGUN VIGYAN

Theory Two Papers – 100 Marks Each
Practical/Viva voice – 200 Marks
Lectures - 180
Practicals and Demonstration – 90

Paper I ................................................................. 100 Marks

Part A ................................................................. 50 Marks

1. DravyagunaShastra Lakshana and fundamental principles of Dravyaguna Shastra, General Introduction of Sapta padartha – (Dravya, Rasa, Guna, Virya, Vipaka,- Prabhava and Karma.) Pancha padartha (Rasa, Guna, Virya, Vipaka,- Prabhava),

2. Dravya Lakshana of Dravya, Panchabhatikatwa, Aushadhatva, Dravya Pradhanye yuktyah (arguments for importance of dravya). Classification of Dravya ,according to Chetan-achetan (living – Non Living), karya-karan, Utpatti (Origin), Yoni (Mode of Origin), Rasa, Virya, Vipaka, Prayoga (Use), Dosha karma (Action on Dosha), method of Dravya classification according to Brhatrayi and according to Taxonomy.


4. Rasa Etymological Derivation, definition, Meaning of “Rasa” in various contexts, 6 Rasas( Madhura, Amla, Lavana, Katu, Tikta, and Kashaya), Panchabhautik origin of Rasa, Nirvrittiviseshakramh (manifestation in general and particular), Ritu prabhava(effect of season ),Rasanurasyo bhedha(Difference between rasa and anurasa) Lakshana (characteristics),Guna and Karma of 6 Rasa., Kopana and shamana of Dosha and dushya by 6 rasa, Rasaskandha, Effects of excess usage of Rasa. Perception of Rasa.(Rasopalabdhi), Presentational use of Rasa in diet and medicine (Rasa seven Kramah).

5. Vipaka Etymological derivation and definition, difference between Avasthapaka and Vipaka, Types of Vipaka, (Dvividha-Trividha,Panchavidha) Guna and karma of Vipaka, Grades of Vipaka( taratamya), Vipakopalabdhi hetu (Knowledge/Understanding of Vipaka). Differences between Rasa and Vipaka.
6. **Virya** Etymological derivation, definition and Nature of Virya, Numbers of Virya. (Dwividha & Ashtavidha), Panchabhauthikatva, Virya karmani, (Effects of Virya) General principles in determination of virya along with exceptions. Arguments for importance of virya along with exceptions

7. **Prabhava** Etymology and definition, Effects of Prabhava, Samanyapratyarabdha, Vichitrapratyarabdha, Arguments for Predominance of prabhava.

8. Interrelation of Rasa-Guna-Vipaka-Virya-prabhava with respect to their strength (balabal nirupana).

9. **Karma** Nirukti lakshana swaroopa and bheda of karma (Etymological derivation, definition, nature and types of action). Karma according to ancient and modern views. Define with mode of action of the following karmas with examples –

| 31. Vedanasthapana | 32. Prajasthapana | 33. Sonithasthapana |
| 34. Raktaprasadana | 35. Shukrala | 36. Sukrajanana |
| 37. Sukrechaka | 38. Sukrasthambhaka | 39. Sukrasodhana |
| 40. Stanyajanana | 41. Stanyashodhana | 42. Mutravirechaniya |
| 43. Mutravirajaniya | 44. Pureeshavirajaneeyya | 45. Pureshasangrahaneeyya |
| 46. Swedasangrahaka | 47. swedana | 48. Swedopaga |
| 49. Snehana | 50. Snehopaga | 51. vamana |
| 52. Vamanopaga | 53. Virechana | 54. Virechanopaga |
| 55. Sirovirechanopaga | 56. Asthapanopaga | 57. Anuvasanopaga |
| 58. Hikkaniigrhana | 59. Trishnaniigrhana | 60. Chhardinigrhana |
| 61. Dahaprasamana | 62. Shitaprasamana | 63. Angamardaprasamana |
| 64. Jvarahara | 65. Shramahara | 66. Shothahara |
| 67. Swashara | 68. Kasahara | 69. Shoolaprasamana |
| 70. Truptighna | 71. Kandugna | 72. Kushtagna |
| 73. Krumighna | 74. Arshoghna | 75. Vishagha |
| 76. Sandhaniya | 77. Vranaropana | 78. Ashmaribhedhana |
10. Description of the following classes (Ganas) of Dravyas depending upon their similarity, morphology, properties, action, class, and effects:
   a) Audbhida Ganas (Vegetable origin)
      Brihatpanchamoola, Laghupanchamoola, Vallipanchamoola,
      Kantakapanchamoola, Triahpanchamoola, Madhyamapanchamoola,
      Jeevaneeya panchamoola, Panchapallava, Panchavalakala, Triphala,
      Trikatu, Trimada, Chaturusana, Panchakola, Shadoosana, Chaturbeeja,
      Jeevaniya gana. Ashtavarga, Trijataka, Chaturajataka,
      Katuchaturjataka Panchatikta, Amlapanchaka, Chaturbhadra, Trikarshika,
      Swalpatriphala, Madhuratriphala, Mahavisha, Upavisha, Knowledge of Agyoushadha Varga with example.
   b) Jangama Ganas (Animal origin)- Ksheerashtaka, Mutrashtaka, Pitta panchaka.
   c) Parthiva Ganas (Mineral origin) - Lavana Panchaka, Kshara dvaya, Kshara Ashta.

11. Basis of nomenclature of dravya, Basis and Derivation of synonyms. Ecology -
    Classification of geographical area (desha) and soil (bhumī), collection of dravya,
    Nature and quality of drug to be collected (swarupa of sangrahya dravya), Method
    of collection (Sangrahana vidhi), -Vegetable and Animal drugs according to part
    used. Period of collection according to virya, preservation of collected dravyas,
    Storehouse (bhesajajagara).

12. Various impurities of dravya, their purification, Brief knowledge of,
    adulterants, Artificial/synthetic drugs, concept of Substitution
    (abhavapratinidhi dravya).

13. Brief knowledge of plant extracts, additives, excipients, preservative, food
    Colours.

14. Ideal drug (Prashasta bheshaja), Use of different part of medicinal plants
    (bheshaja prayoga, prayojyanga), Incompatibility (knowledge of viruddhatwa),
    principles of preparation of Ausshadha yoga,
    Consideration of vaya, bala, linga, agni, dosa, dushya, vyadhi, koshta, deha
    prakriti, Abhyasa, satwa, desha kala and kalpana for deciding dosage of drugs
    (Matranishchiti).
    Anupana vyavastha, time of administration (bhaisajya sevana kala), routes of drug
    administration (bhaishajya prayoga marga) Prescription writing.

15. Brief information about 6 Nighantus (Dhanwantari Nighantu, Shodala Nighantu,
    Kaiyyadeva Nighantu, Madanapala Nighantu, Bhavaprakasha Nighantu, Raja Nighantu,)
Paper II ........................................................................................................... 100 Marks

Part A ........................................................................................................... 50 Marks

1. Detailed knowledge of following drugs with respect to
   Basonym of drug, Main Synonyms, Regional Name, Botanical Name, Family,
   classification of Dravya (Gana) as described in Charaka, Sushruta and
   Bhavaprakasha.
   Habit and habitat/verities
   External morphology
   Useful parts
   Important phytoconstituents
   Rasa panchaka
   Action on Dosha, Dhatu, Mala
   Therapeutic indications-
   Amaikaprayoga and Matra (Therapeutic administration and Dose)
   Name of important formulations
   Adverse effects and remedial measures
   Shodhana (as required)

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### 2. Brief knowledge of following drugs with respect to

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</table>
3. Introduction, Guna, Karma and uses of following jantava dravya (drugs of animal origin).
1. Kasturi  
2. Gorochana  
3. Gandhamarjaravirya  
4. Mrigasringa  
5. Bhunaga  
6. Mukta  
7. Praval  
8. Shankha  
9. Shukti  
10. Shambūka  
11. Varatika  
12. Indragopa

4. Introduction, knowledge of guna-karma of following groups of Annapana varga:-
1. Jala Varga  
2. Dugdha Varga  
3. Madhu Varga  
4. Ikshu Varga  
5. Taila Varga  
6. Madya Varga  
7. Mutra Varga  
8. Sūkadhanya Varga  
9. Simbidhanya Varga  
10. Phala Varga  
11. Shaka Varga  
12. Mansa Varga  
13. Lavana Varga  
14. Kritannavarga(Processed food)

5. Introduction, Definition & scope of Pharmacology.

Principles of general Pharmacology.

Brief Knowledge of following:

6. Brief knowledge about WHOs “Essential Drug List”

7. Brief knowledge of Cultivation, Conservation of Medicinal plants and information about endangered species.
PRACTICAL
1. Detailed knowledge of identification of following drugs: -
   (i) Kanda (stem) - Guduchi
   (ii) Patra (leaves) - Swarnapatri, Vasa, Kumari
   (iii) Pushpa (flower and Parts of flower) - Lavanga, Nagapuspa, Japa
   (iv) Phala (fruit) - Pippali, Madanaphala, Vidanga
   (v) Beeja (seeds) - Eranda, Kapikacchu, Vidanga
   (vi) Twaka (bark) - Kutaja, Arjuna,
   (vii) Moola (Root) - Punarnava, Aswagandha
   (viii) Niryasa (exudate) - Hingu, Guggulu, Mocharasas
   (ix) Jangama dravya (animal origin) - Madhu, Ghrita
   1. Collection of minimum 50 herbarium specimen from field visit.
   2. Compilation of a drug not less than 25 pages
   3. Concept based clinical study on single drugs (Minimum 5 from detailed and non-detailed list of drugs) in patients.

PRACTICAL MARKS DIVISION
1. Compilation/Essay 10 Marks
2. Herbarium 10 Marks
3. Single drug therapy 10 Marks
4. Pharmacognicy record in Laboratory 10 Marks
5. Drug identification 80 Marks
6. Oral/(Viva-Voce) 80 Marks

Reference Books
1. Abhinav Buti Darpan (Vol.1-2) - Vd. Roop Lal Vaishya
2. Aushadna Vigyna Shastra - Acharya Pt. Vishvanatha Dwidevi
3. Ayurvediya Aushadnkarma vigyana - Acharya V.J. Thakur
4. Bedi Vanaspati Kosha - Prof. Ramesh Bedi
5. Bhaishajyaguna Vigyana - Dr. Alakhnarayan Singh
6. Bhav Prakash Nigantu (English) - Shreekanthamurti
7. Bhav Prakash Nighantu - With Vd. Krishna Chandra Chunekar commentary
8. Bhrinad dravyagunadarsha - Mahendra Kumar Shastri
9. Classical Uses of Medicinal Plants - Acharya Priyavrata Sharma
10. Controversial Medicinal Plants - Vd. G. Bapa Lal
11. Dalhana Ka Dravyaguna Shastra Ke Kshetra Me Yogadana - Vd. Shiv Kumar Vyas
12. Dravyaguna Kosha - Acharya Priyavrata Sharma
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35. Unani Dravyaguna Vigyana - Hakim Daljeet Singh
36. Useful parts of Charaka, Sushrut, and Vagbhata. -
37. Uttarakand Ki Vanaspatiya - Dr. Gyanendra Pandey
38. Vanoaushadi Darshika - Thakur Balwant Singh
39. Vanoaushadi Nidarshika - Dr. Ram Sushil Singh
40. Vedic Vanaspatiyan - Dr. Dinesh Chandra Sharma
2.4 RASASHASTRA AND BHAISHAJYAKALPANA

Theory Two Papers – 100 Marks Each
Practical/Viva voice – 200 Marks
Lectures - 180
Practicals and Demonstration – 90

Paper 1 ................................................................................................................. 100 Marks

Rasa-Shastra

Part A ............................................................................................................... 50 Marks

1. **Definition and etymology** of Rasa, History of Rasashastra, Rasa shala, concept of Rasa Mandap, Importance of Rasaushadhi , Concept of Rasa-Rasayana, Concept of Rasa darshan.

2. **Brief Description and Application of Technical terminologies (Paribhasha prakarana)** Avapa, Nirvapa, Dhalana, Bhavana, Jarana, Murchana, Shodhana, Marana, Amrutikaran, Lohitikaran, Mruta Loha, Satwa Patana, Shuddhavarta, Beejavarta, Druti, Rudra bhaga and Dhanvantari bhaga, Apunarbhava, Niruttha, Rekhapurna, Varitara.

3. **Dravya varga** Amlavarga, Kshiratraya, Madhuratraya, Panchamrittika, Panchagavya, Panchamrita, Ksharashtaka, Dravakagana, Mitra panchaka, Rakta varga, Shweta varga, Lavanapanchaka.


5. **Brief description & application of Musha (Crucible)** Samanya Musha,, Gostanimusha, Vajramusha, Mahamusha, Yoga musha, Vrintak Musha, Malla/ pakwa musha. Different types of crucibles.

6. **Brief description & applications of Koshti** Satwapanatan Koshthi, Chullika, Patala Kosthi, Gara Koshthi, Angarakoshthi and knowledge of various heating appliances viz. Gas stove, Hot plate and Heating mantle.
7. **Definition and Types of Puta** Surya puta, Chandra puta, , Govara puta, Lawakaputa, Kukkutaputa, kapota puta, Varahaputa, Gajaputa, Mahaputa, Kumbhaputa, Balukaputa, Bhudharaputa, Laghu Puta, Baluka Puta.

8. **Applications of** Electric muffle furnace and fuel (diesel) dependant furnace.


10. **Murchhana and Jarana** of Parada, Preparation of Kajjali, Types of Rasaushadhi, Khalvi rasa e.g. Tribhuvana keerthi rasa, Sootshekhar rasa, Parpati kalpa, Rasa parpati, Tamra Parpati, Gagan Parpati, Kupipakva Rasa- Rasa karpura, Rasa sindhura, Sameerapannaga Rasa, Pottali kalpa - Hemagarbha pottali.

**Part B** ........................................................................................................ 50 Marks

Occurrence, Synonyms, Minerological identification, Natural and artificial sources, Types-Grahya and Agrahyata, shodhana, marana and other processing techniques. Properties, dose, therapeutic uses of commonly used single and compound formulations of dravyas classified as under


   **Uparasa** - Gandhaka, Gairika, Kasisa, Kankshi, Haratala, Manahshila, Anjana and Kankustha

   **Sadharana Rasa** - Kampillaka, Gauri pashana,Navasadara, Mriddara shringa, Kaparda, Giri Sindura, Agnijara & Hingula.

2. **Dhatu Shuddha lauha**- Swarna(Gold), Rajata (Silver) Tamra (Copper), Loha (Iron) and Mandura
   - **Putilauha** - Vanga (Tin), Naga (Lead), Yashada (Zinc).
   - **Mishra lauha**- Kamsya (Bronze), Pittala (Brass) and Vartha Loha (Bell Metal).

3. **Ratna** - Manikya (Ruby), Mukta (Pearl), Pravala (Coral), Tarkshya (Emerald), Pushaparaga (Topaz), Vajra (Diamond), Nilam (Sapphire), Gomeda (Zircon or Cinnamone stone), Vaidurya (Cats eye)
Uparatna- Vaikranta (Tourmaline), Suryakanta (Sun stone), Chandrakanta (Moon stone), Rajavarta (Lapis Lazuli) Lal, Parojaka (Turquoise), Sphatikamani, Trinakanta (Amber), and Palanka, Putika, Rudhir, Kamch (Glass).

4. Sudha varga – Sudha (Lime), Kaparda (Cowries), Sukti (Oyster Shell), Shankh (Conch Shell), Badarashma (Silicate of Lime), Mriga shringa (Stag horn), Khatika, Godanti (Gypsum) and Samudraphena (Cattle Fish bone), Kukkutand twaka (Hen’s Egg Shell).

5. Siktha varga- Siktha (Silika), Dugdhapashana (Talc), Nagapashana/ Jaharmohara (Serpentine), Vyomashma, Sange Yeshab (Jade), Kousheyashm (Asbestos) and Akika (Agate).

6. Kshara varga - Sarja kshara (Sodium bicarbonate), Yava kshara, Tankana kshara (Borax), Surya Kshar (Potassium Nitrate).


10. Brief knowledge of Standardization of Rasaushadhi.

11. Concept of pharamcovigilance and its status in India, knowledge about Pharamcovigilance of Ayurvedic drugs.
# Practical Rasashatra

Minimum Fifty practicals to be performed out of below mentioned Practicals

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<td>Parpati</td>
<td>Preparation of Rasaparpati, Bola Parpati, Preparation of Swetaparpati</td>
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### PRACTICAL FOR DEMONSTRATION

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Bhaishajya Kalpana

Paper II  ......................................................................................................................  100 Marks

Part A  ............................................................................................................................  50 Marks

1. Derivation, history and chronological (kramika vikasa) development of Bhaishjyakalpana. Concept of Aushadha and Bheshaja.

2. Fundamental principles of Bhaishjyakalpana.

3. Aushada nirmana shala according to directions mentioned in Aushadhya evam Prasadhana Adhiniyama (Drug and Cosmetic act 1940 and Rules 1945).

4. Introduction and general knowledge of useful instruments- Disintegrator, Pulveriser, Micropulveriser, Ball mill, End Runner, Edge Runner, Sieve-Shaker, Polishing pan, Granulator, Mixer, Grinder, Tablet making machine, Strip packing machine, Pouch packing machine, Pill making machine, Pill cutter.

5. Comparative study of "Mana" (measurements) as per Ancient and metric system of measurements. Rules of taking fresh and dry drugs, Grahyatva and Agrahyatwa of plant material. Collection, storage and preservation methods of different Aushadhi dravyas. Examination methods, Preservation and Saviryata avadhi (potency period) of different Aushadhi kalpanas. Concept of stability and shelf life in contemporary science.

6. Aushadha Matra, Anupana and Aushadh sevan kala.


8. Introduction, definition, preparation methods, doses and detailed description of uses and Anupana of following Yogas
   Ardakara swarasas, Tulasi swarasas, Vasa putapaka swarasas, Nimba kalka, Rasona kalka, Punarnavasthaka kwatha, Rasna sapthaka kwatha, Dhanyaka hima, Sarivadi hima, Panchakola phanta, Mustadi Pramathyay, Kharjuradi mantha, Shadanga paniya, Ajamoda arka, Yavanyarka, Chincha panaka, Candana panaka, Banapshsa sharkara, Nimbu sarkara, Bhaskaralavan

PART B


4. Bahya kalpana (Formulations used for External Applications)- Lepa -Types of Lepas, its methods of preparation and mode of application.
Udvartan and Avachurnan
Method of preparation of Siktha Taila, Malahara – sarjaras Malahar, Gandhak Malahar, Upanaha,Atasi upanah, Shatadhouta and Sahastradhouta Ghrita.

5. Netrakalpa (Ophthalmic preparations) – Seka, Drava, Anjana –Pindi, Ashchyoutana - Vidalaka - Tarpana - Putapaka etc.


11. Brief knowledge of Standardization of Ayurvedic formulations.


Practical- Bhaisajya kalpana ....................................................... 100 Marks

Following practicals to be performed-
I. Formulations- Method of preparation, therapeutic uses, dose and anupana of the following

1. Swarasas- Ardraka swarasa, Tulasi swarasa, Kumari Swarasa, Vasa putapaka swarasa
2. Kalkas- Nimba kalka, Rasona kalka.
4. Himas- Dhanyaka hima, Sarivadi hima
5. Phantas- Panchakola phanta, Yastimadhu Phanta.
6. Pramathyas- Mustadi pramathyas
7. Manthas- Kharjuradi mantha
8. Aushadhsiddha paniyas- Shadanga paniyas
9. Lakshas- rasa
10. Arkas- Yavani arka, Gulab arka, Misreya arka
11. Panakas- Chincha panaka, Candana panaka,
13. Churnas- Sitopaladi Churna, Hinguwashtaka Churna
14. Gutikas- Chitrakadi Gutika, Sanjivani Vati
18. Khanda- Haridra khanda, Narikela khanda, Sowbhagya sunti paka
19. Satva- Amruta satva, Ardaka satva
20. Varti- Phala varti, Chandrodaya varthi
21. Lavana- Arka lavana, Narikela lavana
22. Masi- Triphala masi
23. Ksheerapaka- Arjuna ksheerapaka, Rasona ksheerapaka
24. Kshara- Apamarga kshara, Snuhi kshara, Ksharasutra.
25. Manda – Ashtaguna manda, Laja manda
26. Peya, Vilepi, yavagu, Krishna, Vesavara
27. Yusha - Mudga yusha, Saptamushtika yusa, Kulittha yusha
28. Takra varga – Takra, Udasvita, katvar, Mathita, Chhaccchika, Dadhi
29. Aristha- kutajarishta, takrarishta
30. Asava - Kumaryasava, kanakasava
31. Sukta kalpana- Kanji
32. Udaka- Tandulodaka
33. Upanaha- atasi upanaha
34. Bahya kalpana- Sarjarasa malahara, Gandaka malahara,
Sikta taila nirmana, Dashanga lepa, Doshagna lepa.
35. Mamsarasa, Laksharasa
36. Sneha Kalpana Sneha Moorchnhana- Ghrita Murchana,
Taila Moorchnhana,
Ghrita kalpana- Jatyadi, Triphala, ksheerashatphala ghrita-
Taila kalpana-Panchaguna taila, Arka taila, Ksheerabala taila, Anu taila
37. Taila patana- Bhallataka taila patana, Jayapala taila patana
38. Dhoopa- Dashanga dhoopa, Arshgona dhoopa
39. Modaka- Talisadi modaka,Abhayadi
40. Shodana- Guggulu, Hingu, Chitrak mool, Vriddha daru beeja
41. Kritrima Lavan nirman – Vida Lavan, Souvarchala lavan

II. Visit of minimum three GMP approved Ayurvedic manufacturing units.
## Reference Books

<table>
<thead>
<tr>
<th>No.</th>
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<td>1.</td>
<td>Adyatan Rasa Shastra</td>
<td>R.K. Goyal</td>
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<td>Abhinav Rasa Shastra</td>
<td>Vaidya Somadev Sharma</td>
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<td>Asava Arishta Vigyanam</td>
<td>Dr. Pakshdhar Jha</td>
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<td>Ayurvediya Rasa Shastra (Sachitra)</td>
<td>Chandrabhusan Jha</td>
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<td>Ayurvediya Rasa Shastra</td>
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<td>Prof. Siddhi Nandan Mishra</td>
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<td>8.</td>
<td>Ayurved Prakash</td>
<td>Vaidya Gujrat Mishra</td>
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<td>Drugs and Cosmetic Act</td>
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<td>Paka Darpan</td>
<td>Dr. Indradev Tripathi</td>
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<td>11.</td>
<td>The Paka-darpana of king null - A critical study</td>
<td>Dr. Madhulika</td>
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<td>Parada Vigyaniyam</td>
<td>Vasudev M. Dwivedi</td>
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<td>Pratyaksha Aushadh Nirmanam</td>
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<td>Bhaishjyakalpana Vigyanam</td>
<td>Dr. Ambikadatta Shastri</td>
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<td>15.</td>
<td>Rasa Tarangini</td>
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<td>19.</td>
<td>Rasa Hridaya Tantra (English)</td>
<td>Prof. Harishankar Sharma</td>
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<td>20.</td>
<td>Rasa Bhaishajya Kalpana Vigyan</td>
<td>Vaidya Santosh Kumar Khandal</td>
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<td>21.</td>
<td>Rasa Mitra</td>
<td>Dr. Tryambak Nath Sharma</td>
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<td>Rasa Ratna Samuchchaya</td>
<td>Dattatreyan Ananta Kulkarni Krit Hindi Vyakhya.</td>
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<td>23.</td>
<td>Rasa Shastra Prayogiki</td>
<td>Srivastava, Yadav and Prof. Ramesh Saxena</td>
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<td>24.</td>
<td>Rasamritam</td>
<td>Vaidya Yadavji Tirkramji Acharya</td>
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25. Rasayan Sara - Vaidya Shyam Sunderacharya Vaishya
26. Rasendra Sampradaya - Vaidya Hajari Lal Sukul
27. Rasendra Sara Sangraha - Vaidya Gopal Krishna
28. Rasendra Sara Sangraha - Vaidya Satyarth Prakash
29. Vaidyak Paribhasha Pradeep - Dr. Indradev Tripathi
30. Sharangdhar Samhita - Dr. Avadh Bihari Agnihotri
31. Bharatiya Bhaishajya Kalpana Vigyana - Vishwanath, Gananath Dwivedi
32. Bhaishjya Kalpana Vigyan - Siddhi Nandan Mishra
33. Rasa Shastra (English) - Prof. Damodar Joshi
34. Rasa Ratna Samuchchaya (English) - Prof. Damodar Joshi
35. Rasendra Chintamani - 
36. Useful parts of Charaka, Sushruta and Vagbhata Ayurvedic formulary of India- Part I and II Pharmacopoeic standards for Ayurvedic formulation published by CCRAS, Publication of Govt. of India.
2.5 ROGA VIGYAN EVUM VIKRITI VIGYAN

Theory Two Papers – 100 Marks Each
Practical/Viva voice – 100 Marks
Lectures – 180
Practicals – 90

Paper I ................................................................. 100 Marks

Part A ................................................................. 50 Marks

1. Dosha Dooshyadi Vigyanam
   1. Definition and importance of Roganidana
   2. Samanya nidana and samanya lakshana of dosha prakopa and dosha kshaya.
   3. Vikriti vijnana of pancha vidha dosha bheda.
   4. Dosha dhatu ashraya ashrayee bhava.
   5. Dhatu Kshaya Vriddhi Lakshana and Pradoshaja Vikara
   6. Upadhatu pradoshaja vikara.
   7. Mala kshaya vriddhi lakshana and pradoshaja vikara.
   8. Indriya pradoshaja vikara.
   9. Hetu, bheda and lakshana of agni dushti.
   10. Definitions and samanya lakshana of Ama
   11. Sama and nirama dosha, dushya lakshanas.
   12. Dosha paka and dhatu paka lakshana.
   13. Concept, classification, diagnosis and general complications of Avarana
   15. Detailed study of srotomoola and srotodushti samanya and vishishta hetu and lakshana and viddha lakshana of all Srotas.
      Differences between sroto dushti and kha vaigunya.

2. Vyadhi Vigyanam
   1. Definition, synonyms and classification of Vyadhi
   2. Criteria for nomenclature of Diseases in Ayurveda (Vyadhinamakarana).
   3. Bija, Bija bhaga and bija bhaga avayava dushti.
   5. Introduction to ICD Classification of Diseases of WHO and DSM classification.
   7. Concept of Ashta mahagada and introduction to Ashta Nindita.
8. Importance and knowledge of Rogamarga.
10. Concept of Satmya, Asatmya and Viruddha ahara.

3. Basic Pathology
1. Introduction to pathology and its sub-divisions. Introduction to Cell Injury and Cellular adaptations
2. Definition and brief description of inflammation – Healing/repair.
4. Immunity – types – different types of immune responses in the body – Basic knowledge of auto immune diseases, acquired immune deficiency disease and hypersensitivity
5. Nomenclature and classification of tumors - difference between benign and malignant tumors.
7. Introduction to infectious diseases
8. Introduction and classification of microorganisms such as virus-bacteria-fungus.

Part B ........................................................................................................... 50 Marks

4. Nidana Panchaka Vigyanam
1. Difference between roga and rogi pareeksha.
2. Importance of Nidana panchaka.
3. Hetu - definition, synonyms and classification.
4. Purva rupa – definition, synonyms, Samanya and Vishistha Purva rupa.
5. Rupa - definition, synonyms, Samanya and Pratyatma lakshana. Difference between vyadhi and lakshana.
6. Samprapti – definition, synonyms and types
7. Samprapti ghataka.
8. Shat kriyakala.
9. Relationship between nidana panchaka and shat kriyakala.
11. Upadrava
13. Sadhyasadhyatwa – types, their parameters and importance.
14. General diagnostic principles of Anukta vyadhi (Cha Viman IV)
5. Pareeksha Vigyanam
1. Importance and knowledge of Atopapadeshadi, dharshanadi Trividha, Chaturvidha, and Shadvidha Pariksha.
2. Importance and Knowledge of Ashtasthan Pariksha.
3. Importance and Knowledge of Karanadi Dashavidha Parikshya Bhava.
4. Importance and Knowledge of Dashavidha pariksha.
5. Importance and methods of history taking, clinical examination and knowledge of Ancillary investigations.
7. Basic Knowledge of Laboratory investigations pertaining to Metabolic and Endocrine disorders.

Paper II ................................................................. 100 Marks

Part A ................................................................. 50 Marks

Systematic study of Nidana Panchaka of following diseases (Including upadrava, arishta and sadhyasadhyata)

1. Diseases of Rasavaha Srotas
   - Jwara (Jwarabheda- Ama, Pachyamana and Nirama jwara, Agantuka jwara, Punaravartaka jwara, Vishama jwara, Dhatugata jwara, Charakokta Sannipata jwara.
   - General mechanism of Fever. Introduction to the Aetiopathogenesis of Malaria, Typhoid, Dengue fever, influenza and Chikungunya.
   - Pandu, Amavata, Hridroga, Shotha
   - Introduction to Anaemia & its Classification, Rheumatic fever, Rheumatoid Arthritis, Angina, Ischaemic Heart Disease, Hypertension, Myocardial Infarction

2. Diseases of Raktavaha Srotas
   - Kamala - Raktapitta - Vatarakta - Shitapitta – Maha kushta – Visarpa – Shwitra and Introduction to Kshudra kushta
   - Introduction to Hepatomegaly, Spleenomegaly, Leukaemia, Thalessemia, Sickle cell anaemia.
   - Introduction to Urticaria, Psoriasis, Eczema, Pemphigus

3. Diseases of Mamsavaha srotas
   Introduction to granthi, arbudha and arshas.
4. **Diseases of Medovaha srotas: Sthoulya - Karshya – Prameha**
   - Introduction to Obesity and Diabetes Mellitus.

5. **Diseases of Asthi - Majjavaha srotas**
   - Sandhigatavata, Introduction to Asthi-majjaparipaka, Asthigata vidradhi
   - Introduction to Osteo- Arthritis, Osteomyelitis, Osteoporosis.
   - Vatavyadhi
   - Introduction to Parkinson’s disease, Stroke, lumbago- sciatica syndrome, Bell’s palsy, Ankylosing Spondylitis

6. **Diseases of Sukravaha srotas**
   - Introduction to Klaibya and Vandhyatva.
   - Introduction to male and female infertility.

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7. **Diseases of Pranavaha srotas**
   - Introduction to the aetiopathogenesis of Pneumonia, Pleural effusion, Bronchitis, Bronchiectasis, Bronchial Asthma.

8. **Diseases of Annavaha- Pureeshavaha Srotas**
   - Agnimandya - Ajirna - Aruchi- Chhardi - Visuchika , Amlapitta- Shoola - Parinama shoola – Annadrava shoola- Grahani –Gulma- Udara roga – Atisara - Pravahika
   - Introduction to Anaha, Adhmana, Atopa, Alasaka, Vilambika
   - Introduction to Peptic ulcer, Irritable Bowel Syndrome, Diarrhea, Dysentry, Constipation, Inflammatory Bowel Syndrome.

9. **Diseases of Udakavaha Srotas**
   - Introduction to Trishna, Daha.
   - Introduction to water and electrolyte imbalance disorders

10. **Diseases of Mutravaha srotas**
    - Mutrakrichhra – Mutraghata.
    - Introduction to Urinary Tract Infection, Urolithiasis, Nephropathies and Renal failure.
11. Diseases of Swedavaha srotas
- Introduction to Khalitya, Palitya and Cosmetology.

12. Diseases of Manovaha Srotas/ Sanjnavaha Srotas
- Introduction to Vishada, Udvega, Bhaya, Bhrama, Anidra, Mada, Murchha, Sanyasa, Apasmara, Unmada, Atatwabhinivesha
- Introduction to Depression, Anxiety neurosis, Phobia, Personality disorders.

13. Upasargajanya Vyadhis (Communicable diseases)
- Introduction to Leprosy, Tuberculosis and AIDS.

14. Krimi Vigyanam
- Definition, classification of Krimi and features of Krimiroga.
- Snayuka, Shleepada.
- Introduction of Filariasis and classification of common parasites.

PRACTICAL .......................................................... 100 Marks

LABORATORY PRACTICALS

1. Fundamental Principles of Laboratory Tests
- Introduction to laboratory, Sterilization, glass wares, solutions reagents and safety procedures.

2. Hematology
- Hb% estimation.
- Blood cells counting - WBC, RBC, platelets
- Hematocrit /Packed cell volume (PCV)
- Erythrocyte indices - MCV, MCH, MCHC
- Peripheral blood smear, staining technique and differential leucocyte count.
- Peripheral blood film examination in Anemia, Leukemia, Malaria, Filaria (Demonstration)
- ESR.
- Introduction to rapid diagnostics of hematology
• Screening test for bleeding disorders - bleeding time (BT), Clotting time (CT), Prothrombin time (PT)
• Blood grouping - ABO system, Rh typing (Rhesus system)

3. Urine Examination
• Ayurveda anusara mutra pareeksha.
• Physical Examination - Volume, Reaction (pH) & Specific Gravity
• Chemical Examination for - Proteins, Glucose, Phosphate, Ketone, Bile salts, Bile pigment
• Microscopic Examination

4. Stool Examination
• Ayurveda anusara pureesha pareeksha
• Physical examination - Sama-Nirama Pareeksha
• Microscopic examination of ova & cyst etc.
• Occult Blood Test

5. Sputum Examination
• Ayurveda anusara sthivana pareeksha.
• Physical, Chemical and Microscopic Examination of the sputum.
• Sample collection and Demonstration of AFB.

6. Semen examination
• Ayurvediya anusara Retas pareeksha.
• Semen examination & Demonstration of semen, sperms.

7. Biochemical Examination – (Demonstration)
• Serum Glucose, Serum Bilirubin, Serum urea, Lipid profile, Serum Creatinine.

8. Demonstration of different staining techniques in microbiology.


10. Demonstration of Aspiration techniques.

11. Laboratory record – maintenance of observation Diary and laboratory record book.
BEDSIDE PRACTICALS (CLINICAL METHODS)

1. Introduction and demonstration of clinical methods (General and Systemic Examinations).
2. Practical demonstration of examination of Roga based on Pancha nidan
3. Demonstration of instruments used for clinical examination
4. Practical records of clinical examination of at least 20 long cases in I.P.D.
5. Practical records of clinical examination of at least 20 short cases based on Ashta vidha pareeksha.
6. Demonstration of ECG, USG and Radio imaging techniques.

DISTRIBUTION OF MARKS FOR PRACTICAL EXAMINATION

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<td>Madhav Nidan (Madhukosha commentary) Part 1 – 2</td>
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<td>Ayurvediya Nidan Evam Chikitsa Ke Siddhanta</td>
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<td>12</td>
<td>Relevant portions of Charaka Samhita, Sushruta Samhita and Vagbhat</td>
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<td>13</td>
<td>Text Book of Pathology</td>
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<td>Clinical Pathology and Bacteriology</td>
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<td>18</td>
<td>Clinical methods in Ayurveda</td>
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<td>Parameswarappa's Ayurvediya Vikriti Vidyan and Roga Vikriti Vigyan</td>
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<td>Oxford Handbook of Clinical Examination and Practical Skills</td>
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<td>Advanced Clinical Evaluation System For Practical Assessment of Clinical Examination Skills</td>
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<td>22</td>
<td>Symptoms &amp; Signs In Clinical Medicine</td>
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<td>24</td>
<td>Bedside Clinics in Medicine Part- I &amp; II</td>
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<td>25</td>
<td>Common Medical Symptoms</td>
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<td>26</td>
<td>Advances in Pathology &amp; Lab Medicine</td>
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<td>27</td>
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<td>29</td>
<td>A Comprehensive Dictionary of Pathology</td>
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<td>Practical Pathology</td>
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<td>Clinical examination</td>
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<td>32</td>
<td>Pathology Practical book for undergraduates</td>
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<td>33</td>
<td>Medical laboratory technology</td>
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<td>34</td>
<td>Clinical Diagnosis and Management by Laboratory methods</td>
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<td>35</td>
<td>Clinical Hematology In Medical Practice</td>
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<td>Robbins Basic Pathology</td>
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### 2.6 AGADATANTRA, VYAVAHARAYURVED EVUM VIDHIVAIDYAK

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<tr>
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<tr>
<td>Lectures</td>
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<td>Practicals / Demonstrations</td>
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**Paper I** ................................................................................................. 100 Marks

**Part A** ................................................................................................. 50 Marks

### AGADATANTRA– VISHA CHIKITSA
(AYURVEDIC & CONTEMPORARY TOXICOLOGY)


02. Origin and Classification of Visha:- Its sources, Differences between Visha, Madya and Oja guna, Visha Upadrava and Visha Mukta Lakshana.

03. Tests for detection of Visha, Visha Data lakshana, Visha peeta lakshana, Signs and symptoms of Visha afflicted organs and personal effects. (Poisoning with anjana, lepa paduka, abharana etc. - contact poisons).

04. Contamination of air, water, soil etc. (Visha mishrita – Vayu, Jala, Desha, Kala and their management), their contemporary significance. Samuhika vishaprayoga-Effects of chemical and Nuclear warfare


06. Gara visha, Dooshi visha and, Viruddhahara– their concepts, classification, management and contemporary significance. Essentials of Food poisoning.

07. Study of chaturvimshatyupakrama of Caraka.

08. **Jangama Visha** (Animal poisoning and zoonotic diseases) – Detailed study of sarpa, keeta, lootha, vrischika, Mooshika, Alarka – Visha; Lakshana, Bheda, Chikitsa and their Sadhyasadhya. (contemparary and classical views),(Signs and symptoms, classification, management, prognosis and medico legal importance) Visha Sankata, Shanka Visha
09. **Acids and Alkalis** – Fatal Dose, Fatal period, signs and symptoms, cause of death, treatment, medico legal importance and postmortem appearance of – Sulphuric acid, Hydrochloric acid, Nitric acid, Hydrocyanic acid, Oxalic acid, Carbolic acid, Formic acid and alkalis in general, treatment and safety measures.

10. **Asphyxiants** – Carbon monoxide, Carbon dioxide, Hydrogen sulphide;
**Stimulants** – Antihistamines, Cocaine
**Hallucinogens** – LSD
**Sedatives and Hypnotics** – Barbiturates
**Petroleum** – Kerosene Poisoning
**Organo phosphorus compounds**
Aluminum phosphate, Zinc phosphide

11. Definition of Toxicology, classification of poisons, their actions and routes of administration, absorption, excretion, metabolism, diagnosis and general principles of treatment, duties of a medical practitioner in case of suspected poisoning.

12. Metallic and Nonmetallic poisoning:
   General characters, Signs and symptoms, Fatal dose, fatal period, Treatment, Medico Legal Importance and Postmortem Appearance of
   1. Nonmetallic poisons – Phosphorous, iodine

13. Madya Visha and Madatyaya; Alcohol poisoning (Ethanol and Methanol)
Part B …………………………………………………………………………………… 50 Marks

**VYAVAHARAYURVED EVUM VIDHIVAIĐYAK**
(FORENSIC MEDICINE AND MEDICAL JURISPRUDENCE)

01 Introduction, Definition and concise history of Forensic medicine (Vyavahara Ayurveda) and Medical jurisprudence (vidhivaidyaka). Introduction to Indian Penal Code, Indian Evidence Act and Criminal Procedure Code.

02 Personal identity and its medico legal aspects, forensic odontology, forensic serology and DNA profiling.

03 Death and its Medico Legal Aspects.

04 Medico legal autopsy and exhumation.

05 Injuries and wounds and its medico legal aspects.

06 Dowry deaths, their medico legal importance and laws in relation to it.

07 Asphyxial deaths and its Medico Legal importance.

08 Death due to heat, cold and starvation.


10 Sexual offences, Sexual perversions and their medico legal aspects.

11 Forensic psychiatry.

12 Ethics as in classics. Types of physicians and methods of identification, Pranabhisara and Rogabhisara Physicians, Qualities of physician, Responsibilities of Physicians, Chaturvidha Vaidyavrutti, Duties of physician to his patient, Vaidya sadvrittam, Apoojya Vaidya, Accepting fees, Relationship with females.

13 Laws in relation to medical practitioners: Indian Medicine Central Council Act, Code of Medical Ethics, General Principles, duties of a physician towards his patient, towards the profession at large, professional services of physicians to each other, duties of a physician in consultation, duties of a physician in cases of interference, duties of a physician to the public, Physician’s responsibility in criminal matters, duties of a patient, professional negligence, civil negligence, criminal negligence, medico legal aspects of Acquired Immune Deficiency Syndrome, rights of an unborn child, transplantation of human organs Bill 1994, Pre Natal Diagnostic Testing Act, donation of cornea, malingering of feigned diseases, international code of medical ethics for doctors.
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<td>3. Demonstrations in the Toxicology museum</td>
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<td>4. Clinical postings</td>
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<td>2. Post Mortem examination - Record</td>
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<td>3. Compilation Work</td>
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<td>4. Identification (spotting) and clinical case presentation</td>
<td>40</td>
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<tr>
<td>5. Viva – voce</td>
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**Reference Books**

1. Topics related to Agada Tantra from Caraka Samhita, Sushrutha Samhitha, Ashtanga Hridaya, Ashtanga Samgraha, kasyapasamhitha, yogarethnakara, Bhavaprakasha and Madhavanidana.
2. Vidhivaidyaka (Vyavaharayurveda Vijnan) - Dr. Charuchandra Pathak
3. Medical Jurisprudence and toxicology - Modi
4. Basavarajeeyam - Edited by Vd.Govardhan
5. Agada Tantra - Sh. Ramanath Dwivedi
6. Text book of Agadatantra - Edited by Dr Huparikar
7. Agad tantra - Dr Shekher Namboodri
8. Agadatantra ki patyakram - Edited By Dr Huparikar
9. Vishachikitsa - Vaidy Balakrishnan Nair, Kerala (Ayurveda Toxicology English Translation)
10. Medical ethics and Medical Laws in India - Dr. H.S. Mehta
11. Toxicology Ayurvedic Perspective - VPSV Ayurveda college Kottakkal
12. Kautilya arthashastra (English) - Prof. Kangle
13. Kautilya arthashastra (Hindi) - Dr. Raghunath Singh
14. Vyavaharayurveda - Dr.Ayodhya Prasad Achal
15. Relevant topics from Manu Smriti
3.1. CHARAK SAMHITA

(Uttarardha: Chikitsa – Kalpa - Siddhi Sthan)

Theory One Paper - 100 Marks
Practical/Viva voice - 50 Marks
Lectures - 100

The marks of theory examination are distributed as follows

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<td>2.</td>
<td>Kalpa sthan</td>
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<td>3.</td>
<td>Siddhi sthan</td>
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The marks of practical examination are distributed as follows

1. Chart preparation / Compilation
2. Case sheet writing regarding treatment
3. Prescription writing by examining the patients in OPD & IPD in hospital.
4. Oral presentation (Presentation of 10 Shlokas, orally and in writing related with samprapti and chikitsa sutra)
5. Viva - Voice
6. Internal Assessment

Parameters for internal Assessment
Memorizing and describing two shlokas weekly, discipline, oral and written presentation and other activities.

Other activities include following instructions:
(1) Memorizing two shlokas weekly
(The shlokas should be memorized along with Padvibhaga, Anvaya, Bhavartha and practical applicability. log book of memorized shlokas, corrected and signed by the class teacher is to be submitted at time of examination.)
(2) Passage writing
(3) Speech related to Charaka
Mandatory Recommendations for implementation
1. A separate daily OPD for Samhita department (Basic principle) in the hospital should be established for the application of specific principles of treatments mentioned in Charaka Samhita.
2. At least 100 patients should be examined and treated for various diseases according to principles of treatment of Acharya Charaka for that specific disease.
3. Minimum ten beds for patients should be arranged in the IPD of the hospital.

Text Books Recommended
1. Charaka Samhita -Chakrapani Teeka (Sanskrit Commentary)
2. Charaka Samhita (Hindi Commentary)
   Vd. Jayadev Vidyalankar or Vd. Atridev Vidyalankar or
   Prof. Gorakh nath Chaturvedi & Kashinath Shastri or
   Dr. Brahmanand Tripathy or
   Dr. Ravidutta Tripathy
3. Charaka Samhita (English Commentary):
   Dr. Ram Karan Sharma & Vd. Bhagwan Dash or Acharya Priyavrata Sharma.
3.2. KAYACHICHIKITSA

Theory Three Papers – 100 Marks Each
Practical/Viva voice – 150 Marks
Lectures – 300
Hospital Training – 9 Months

Note: Common to all papers of Kayachikitsa – Wherever the phrase “Management of diseases” occurs in the syllabus, it invariably should include different classical preparations which should include relevant Vati, Gutika, Bhasmas/Pishti, Kuti Pakwa Rasayana, Ghrita, Taila, Avaleh, Churnas, Kashayas and Lepas along with appropriate dose, time of administration, duration of treatment required, and relevant Pathyapathya and post thararapeutic advices.

Paper I ..................................................................................................................... 100 Marks

Part A ..................................................................................................................... 50 Marks


2. Importance of Kriyakala according to stages of Dosha and their management.


Part B ........................................................................................................... 50 Marks


6. Relevant Ayurvedic management according to Samprapti ghataka 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), and Romantika (Measles).

7. 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.

8. Introduction of general principles of maintenance of health and management of diseases of following systems of Medicine- Yoga, Naturopathy, Unani, Siddha, Homeopathy, Acupuncture, Acupressure, Modern medicine, Physiotherapy and Rehabilitation.

PART 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 Udaka vaha Srotas such as- Shotha, Jalodara, Trishna and Acid - Base & Electrolyte Imbalance.

3. Chikitsa sutra and Management of the diseases of Annavaha Srotas such as - Agnimandya, Aruchi, Ajirna, Anaha, Atopa, Adhmana, Alasaka, Vilambi, Visuchika, Chardi, Grahani, Amlapitta, Gulma, Shoola, Bhasmaka and Acid peptic disorders.

4. Chikitsa sutra and Management of the diseases of Rasavaha Srotas such as - Pandu, Amavata, Madatyaya, Hridroga, Hridashoola, Hypotension, Hypertension.

5. Chikitsa sutra and Management of the diseases of Raktavaha Srotas such as - Raktapitta, Kamala, Kumbhakamala, Halimaka, Daha, Mada, Murcha, Sanyasa, Vataaraka, Plihadosha, Yakriddosha, Hepatitis, Cirrhosis of Liver, Leukaemia, Kushta kilasa, Visarpa, Sheetapitta, Udarada, Kotha and medically manageable Kshudra Rogas.
Part B .......................................................... 50 Marks

6. Chikitsa sutra and Management of Mamsavaha Srotas and Medovaha Srotas such as Gandamala, Mamsashosha, Arbuda, Apachi, Prameha, Sthuolya, karshya, Diabetes Mellitus and Dyslipidaemias.

7. Chikitsa sutra and Management of 'Asthi and Majjavaha Srotas such as Osteomyelitis (Asthimajja Vidradhi), Osteoporosis, (Asthisoushirya), Sandhigata Vata (Osteo Arthritis).

8. Chikitsa sutra and Management of diseases of Mutravaha Srotas such as - Mutrakrichchra, Mutraghata, Ashmari, Cystitis, Nephritis, Nephrotic Syndrome, Renal Failure.

9. Chikitsa sutra and Management of diseases of Purishavaha Srotas such as – Atisara, Pravahika, Arsha and Purishja Krimi.

10. Chikitsa sutra and Management of sexually transmitted diseases, such as - Phiranga (Syphilis), Puyameha (Gonorrhoea), Upadamsha (Chanchroid).

PAPER III .......................................................... 100 Marks

Part A .......................................................... 50 Marks

1. Principles of treatment and management of Vata Vyadhis such as - Pakshavadha, Ekangavata, Sarvangavata, Ardita, Ababhuka, Kati Graha, Manyastambha Gridhrasi, Vishwachi, Khalli, Khanja, Pangu, Padaharsha, Padadaha Vatakantaka, Kroshtukashirsha and Types of Udavarta. Parkinsonism (Kampavata), Gatavata (Dhatu gata and Ashayagata), Avarana vata.


3. Diseases of different Endocrine Glands - such as Thyroid, Parathyroid, Pitutary and Adrenal Glands and their Ayurvedic management.


5. Treatment of Motion sickness. General introduction, types and Management of diseases caused by Vyadhi Kshamatwa hinata (Immuno deficiency disorders and Auto Immune disorders).
Part B ........................................................................................................................................ 50 Marks

6. Derivation of the term 'Manas', it's sthan (place), Guna (qualities) and Karma (functions). Introduction and Definition of Kama, Krodha, Lobha, Moha, Mada, Matsarya, Shoka, Bhaya, Vishada, Dainya, Harsha and Prajnaparadha.

7. Nidana and Chiktsa of the following disorders - Unmada-Apasmara-Atattvabhinivesha- Introduction and management of Anxiety disorders, Stress induced disorders, Depression, somatoform and Mood disorders, Psychosexual Disorders. Importance of Daivayapashraya, Sattwavajaya, Adravyabhuta Chikitsa. Medhya Rasayana in the management of Manasa Roga. Introduction to Bhuta Vidya with special reference to diagnosis and management of disorders in the field.


10. Nutritional deficiency disorders, Acid - Base & Electrolyte Imbalance and related clinical conditions.


13. Vajikarana - Derivation, definition, synonyms, necessity, benifits, historical importance and indications of Vajikarana. Appreciation of
15. Classification and importance of Vajikarana Dravyas.

### PRACTICAL

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# Reference Books

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<tr>
<td>1.</td>
<td>Bhaishajya Ratnawali</td>
<td>Kaviraj Ambikadutta Shastri</td>
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<td>2.</td>
<td>Yogaratnakar</td>
<td>Pt. Brahma Shankar Mishra &amp; Dr. Indradev Tripathi</td>
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<td>3.</td>
<td>Yogratanakar (English)</td>
<td>Dr. Nirmal Saxsena</td>
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<td>4.</td>
<td>Chakradutta</td>
<td>Dr. Jagdishwar Prasad Tripathi</td>
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<td>5.</td>
<td>Chakradutta (English)</td>
<td>Acharya Priyavrat Sharma</td>
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<tr>
<td>6.</td>
<td>Chikitsadarsh</td>
<td>Vd. Rajeshwar Dutta Shastri</td>
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<td>7.</td>
<td>Chikitsa Pradeep</td>
<td>Vd. Bhaskar Viswasnath Gokhle</td>
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<td>8.</td>
<td>Chikitsa Kalika</td>
<td>By Tissatacharya, Hindi and English translation by Acharya Priyavrat Sharma</td>
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<td>9.</td>
<td>Kayachikitsa</td>
<td>Dr. Ganga Sahay Pandey</td>
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<td>Kayachikitsa</td>
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<td>Kayachikitsa</td>
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<td>Rasayogasagar</td>
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<td>Sidha Badeshaj Manimala</td>
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<td>Vd. Gulraj Sharma Mishra</td>
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<td>Kaya chikitsa samanvaya</td>
<td>Dr. Anant Ram Sharma</td>
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<td>21.</td>
<td>Siddha Vaidyakam</td>
<td>V.V. Natraj Sharstri</td>
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<td>Tamilo ka Siddha Sampradaya</td>
<td>Prof. Ram Niwas Sharma</td>
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<td>23.</td>
<td>Sahasrayogam (Keraliya Ayurveda Chikitsa)</td>
<td>Prof. Ram Niwas Sharma &amp; Dr. Surendra Sharma</td>
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<td>Vaidya Chintamani</td>
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<td>Ayurvediya Pathyapathya Vijnana</td>
<td>Dr. Badri Prasad Shah</td>
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<td>Yog Chandrika</td>
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<td>Atyayik Vyadhi Nidana Chikitsa</td>
<td>Dr. Bramhadutt Sharma</td>
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32. Ayurvediya Panchkarma Chikitsa - Pratikara
   Krishna Chandra Verma & Dr. Sanjay Sharma
   - Acharya Mukandi Lal Drivedi
33. Ayurvediya Panchkarma Vijana - Pratikara
   - Dr. Haridas Shridhar Kasture
34. Keraliya Panchakarma - Pratikara
   - Dr. T.L. Devraj
35. Ayurvedic Remedies for common disease - Pratikara
   - Dr. T.L. Devraj
36. Panchakarma Chikitsa Vijnana - Pratikara
   - Dr. R.A. Prasad & Dr. G.K. Gurjar
37. Panchakarma Chikitsa - Pratikara
   - Prof. Divakar Ojha
38. Holistic Principle of Ayurvedic Medicine - Pratikara
   - Prof. Ram Harsh Singh
39. Kayachikitsa - Pratikara
   - Prof. Ram Harsh Singh
40. Madak Dravyajanya roga evam unki chikitsa - Pratikara
   - Dr. Priya Kumar Chobe
41. Vasava Rajiyam - Pratikara
   - Vd. Goverdhan Sharma Changani
42. Manas Roga Vijnana - Pratikara
   - Dr. Balkrishna Amar Ji Pathak
43. Ayurvediya Manas Vijnana - Pratikara
   - Prof. Ram Harsh Singh
44. Adhunik Manas Rog Vijnana - Pratikara
   - Dr. Rajendra Prasad Bhatnagar
45. Psychiatry in Brithatrâyī - Pratikara
   - Dr. Kamta Prasad Shukla
46. Psychopathology in Indian Medicine - Pratikara
   - Dr. Satyapal Gupt
47. Yoga against Spinal pain - Pratikara
   - Pt. Shiv Sharma
48. Hathayoga Pradeepika - Pratikara
   -
49. Hikmat Prakash - Pratikara
   -
50. Prakritika Chikitsa - Pratikara
   - Sh. Vithal Das Modi
51. Rasayan and Vajikarana - Pratikara
   - Vd. Mohan Lal Pathak
52. Rasayan and Vajikarana - Pratikara
   - Vd. Upadhyaya (Jaipur)
53. Science of Longivity by Ayurveda - Pratikara
   - Prof. Subhash Ranade
54. Adhunik Chikitsa Shastra - Pratikara
   - Dharmdatta Vaidya
55. Chikitsa Tatva Deepika - Pratikara
   - Acharya Mahaveer Prasad Pandey
56. Useful parts of Charaka, Sushruti and Vagbhatta - Pratikara
   -

87 | P a g e
I. INTRODUCTION

- Shalakyatamtra nirukthi, Parichayam, Ithihasam
- Netra rachana shareeram (Mandala, Patala, Sandhi, Drushti Vichara) and Netra & chakshu Kriya shareera ancient and modern view. Netrapareeksha, Netrapareekshanopayogi Yantra Shastradi jnanam
- Netraroganam – Samanya Hethu (Nija and agantuja), Poorvaroopa, Samprapti, Roopa and chikitsa.
- Classification of netraroga as per Ayurvedic and Modern view point and its importance.

II. NETRA SAMANYA AND VISHISHTA CHIKITSA - KRIYA KALPA

- Seka, Aschyotana, Pindi, Vidalaka Tarpana, Putapaka, Anjana and importance of Panchkarma in shalakya chikitsa.
- Basic fundamentals of shalakya shalya chikitsa e.g. poorva-pradhana-pachhchhatat karma, Ama-pachyaman-pakva vrana shotha, Vranitopasana, Pranashtashlya, & Vranbhandhana. Methods and concepts of steralization, asepsis and antisepsis as per ancient and modern view point.
- Knowledge about the eight surgical procedures i.e. Lekhana, Chedana, Bhedana, Vyadhana etc. shalya karma;
- Parasurgical procedures - Agni, kshara and Raktamokshana with special reference to netra chikitsa.
- Essential diagnostic and therapeutic modern pharmacological agents required in shalakya chikitsa

III. SANDHIGATA ROGAS

Etiology, pathology, classification, clinical features and management of diseases of sandhigata rogas (junctional areas of the eye) as detailed in literature of Ayurveda.

Acute and chronic Dacryocystitis, Epiphora, Blepharitis, Lacrimal cyst – aetiology, pathology, signs & symptoms and management. Knowledge about Dacryocystectomy and dacryocystorhinostomy
IV. VARTMAGATHA ROGAS
- Etiology, pathology, classification, clinical features and management of diseases of Vartma (lids disorders) of the eye as detailed in literature of Ayurveda.
  Hordeolum externum, Chalazion, Ptosis, Trachoma, Trichiasis, Entropion, Ectropion, Lagophthalmus, Blepharospasm and lid growths – Etiology, signs and symptoms and management.

V. SUKLAGATAROGAM
- Etiology, pathology, classification, clinical features and management of diseases of shuklagata mandala (Sclera and Conjunctiva) of the eye as detailed in literature of Ayurveda.
  Conjunctival degenerative disorders like pterygium, Scleritis, Episcleritis Sub-conjunctival hemorrhage, Xerosis their etiology, signs & symptoms and management.

VI. KRISHNAGATA ROGAS
- Etiology, pathology, classification, clinical features and management of diseases of krishnagata mandala (cornea and iris) as detailed in literature of Ayurveda.
  Ulcerative and Non Ulcerative Keratitis, Corneal opacity, Staphyloma, Hypophyon Ulcer & Uveitis, their aetiology, pathology, symptoms and management.

VII. SARVAGATA ROGAS
- Etiology, pathology, classification, clinical features and management of sarvagata rogas (diseases affecting all parts of the eye) as detailed in literature of Ayurveda.
  Abhishyanda as a cause of all eye diseases.
  Conjunctivitis, Glaucoma, Dry eye Syndrome, Panophthalmitis, etiology, pathology, sign & symptoms and management.

VII. DRISHTIGATA ROGA
- Etiology, pathology, classification, clinical features and management of diseases of drishtigata rogas (vision / visual apparatus) as detailed in literature of Ayurveda along with exogenous diseases like sanimittaja and animittaja linga nasha.
  Refractive errors, Strabismus, Cataract, Retinitis pigmentosa, Amblyopia, Central serous retinopathy, Eale’s disease, Hypertensive & Diabetic Retinopathies, Age related Macular degeneration, Optic
Neuritis and Optic atrophy, – Etiology, pathology, signs and symptoms and management.

- Nayanabhighata- ocular trauma as per ancient and modern view point.

**VIII. Miscellaneous Diseases**

- Xerophthalmia and other malnutritional eye disorders.
- Introduction to Eye bank, Eye donation, Corneal Transplantation.
- Netraswasthyarakshanopaya- Preventive ophthalmology and community ophthalmology.

**PAPER II .......................................................... 100 Marks**

**SAMANYA CHIKITSA**

- Instruments and technology used in the diagnosis and treatment of diseases of Shira, Ear, Nose & Oral cavity
- Study of therapeutic procedures like sveda, kavala, gandusa, dhuma, rakta mokshana, murdhni taila, nasya, pratisarana, karna purana, mukha lepa used in the treatment of Shira, Ear, Nose, Dental, Periodontal, Oral cavity and Throat diseases.

**SHIRO ROGA**

- Importance and Superiority of Shira.
- Generalised and Specific Etiology, pathology, classification, clinical features and management of diseases of shira and kapala (intracranial and extracranial) as detailed in literature of Ayurveda.
- Headache, its differential diagnosis and treatment along with diseases of Scalp.

**KARNA ROGA**

- Anatomical and Physiological considerations of Karna (Ear) & Shravanendrya in Ancient and Modern Medical literature. Examination of Ear.
- Generalised and Specific Etiology, pathology, classification, clinical features and management of diseases of Karna as detailed in literature of Ayurveda.
- Karna sandhana(Auroplasty) fundamentals and method and Vaikritpaham.
- Otalgia, ASOM, CSOM, Deafness, Otomycosis, Tinnitus, Meniere’s disease, Foreign body in ear and Sound pollution, Etiology, pathology, clinical features and management. Tympanoplasty.
NASA ROGA
- Anatomical and Physiological considerations of Nasa (Nose) & Ghranendriya in Ancient and Modern Medical literature. Examination of Nose.
- Generalised and specific Etiology, pathology, classification, clinical features and management of diseases of Nasa (Nose) as detailed in literature of Ayurveda.
- Nasa sandhana (Fundamentals and methods of Rhinoplasty).
- Rhinitis, Epistaxis, Nasal polyp, DNS, Nasal trauma, foreign body in the nose - Etiology, pathology, clinical features and management.

MUKHA ROGA (DISEASES OF ORAL CAVITY)
- Mukha roga- ayatana- Anatomical sites of diseases of Oral cavity
- Anatomical and Physiological considerations of Mukh (Oral cavity) in Ancient and Modern Medical literature. Examination of Oral cavity.
- Mukh and Danta Swasthya ancient and modern concepts.
- Generalised etiology Pathology Clinical picture and Treatment of Mukharoga (Diseases of oral cavity)

OSHTHA ROGA (DISEASES OF LIPS)
- Anatomical and Physiological considerations of Oshtha (Lips) in Ancient and Modern Medical literature. Examination of Lips.
- Etiology, pathology, classification, clinical features and management of diseases of Oshta (Lips) as detailed in literature of Ayurveda.
- Oshtha sandhana- Labioplasty, Hare lip, Retention cyst, Cracked lips.

DANTA ROGA (DENTAL DISEASES)
- Anatomical and Physiological considerations of Danta (Tooth) in Ancient and Modern Medical literature. Examination of Teeth.
- Etiology, pathology, classification, clinical features and management of diseases of Danta (Teeth) as detailed in literature of Ayurveda.
- Danta utpatana- Tooth extraction using jalandhara bandha yoga as well as by using instruments. Danta poorana ancient and modern methods. Danta rakshana.
- Dental caries, dental tartar, causes and treatment.

DANTA MULA GATA ROGA (DISEASES OF PERIODONTIA)
- Anatomical and Physiological considerations of Dantamula (Periodontia) in Ancient and Modern Medical literature. Examination of Dantamula - Perioduntum.
- Etiology, pathology, classification, clinical features and management of diseases of Dantamula (Periodontia) as detailed in literature of Ayurveda.
- Gingivitis, Apical abscess, Periodontitis (Pyorrhoea), Periodontal abscess and Mandibular sinus.

JIHWA GATA ROGA (DISEASES OF TONGUE)
- Anatomical and Physiological considerations of Jihva (Tongue) in Ancient and Modern Medical literature. Examination of Tongue.
- Etiology, pathology, classification, clinical features and management of diseases of Jihwa (Tongue) as detailed in literature of Ayurveda.
- Glossitis, Tongue tie, Ranula, Benign and malignant tumors of tongue.

TALU ROGA (DISEASES OF PALATE)
- Anatomical and Physiological considerations of Talu (Palate) in Ancient and Modern Medical literature. Examination of Palate.
- Etiology, pathology, classification, clinical features and management of diseases of Talu (Palate) as detailed in literature of Ayurveda.
- Palatitis, Cleft palate, Uvulitis and Tumors of the palate.

KANTHA AND GALA GATA ROGA (DISEASES OF PHARYNX & LARYNX)
- Anatomical and Physiological considerations of Kantha and Gala (Pharynx and Larynx) in Ancient and Modern Medical literature. Examination of pharynx and Larynx.
- Etiology, pathology, classification, clinical features and management of diseases of Kantha and Gala (Pharynx and Larynx) along with swara bheda - (altered voice quality) as detailed in literature of Ayurveda.
- Pharyngitis, Laryngitis, Tonsillitis, Carcinoma of larynx pharynx, Diphtheria, Adenoiditis, foreign body in the throat - etiology, pathology and treatment of these diseases.

SARVASARA MUKHA ROGA (generalised mucosal affections of the oral cavity)
Etiology, pathology, classification, clinical features and management of diseases of Generalised mucosa of the oral cavity as detailed in literature of Ayurveda.
Stomatitis, HIV and Herpes infection of oral cavity.

MISCELLANEOUS DISEASES
Anatomy and physiology of salivary, thyroid and para thyroid glands, their diseases and treatment.
Dysphagia, Cervical lymphadenopathy, Manyastambha (Sternocleidomastoiditis).
1) Identification, uses, demonstration of surgical instruments and method of sterilization.
2) Training of case taking, bedside clinics and case presentation.
3) Training in para-surgical procedures-
   Kshara karma  Agnikarma  Raktamokshana
4) Training of ward procedures  Application of bandages, wound management, Retrobulbar, Peribulbar, Facial, IV, IM, and Subcutaneous and Intradermal injections.
5) Training of minor procedures
   Incision and drainage  Excision  Sutures
6) Observation of surgical procedures
   Pterygium  Cataract  Cyst removal

**PRACTICAL TRAINING – 4 Months**
- **OPD & IPD** - 1½ Months
- **OPERATION THEATRE** - 1½ Months
- **KRIYAKALPA** - 1 Month

**Reference Books**
1. Shalakya Tantra  -  Dr. Rama Nath Dwivedi
2. Shalakya Vigyan  -  Dr. Ravindra Chandra Choudhary
3. Abhinava Netra Chikitsa  -  Acharya Vishva Nath Dwivedi
4. Netra Chikitsa Vigyan  -  Dr. Ravindra Chandra Choudhary
5. Netra Roga Chikitsa  -  Dr. Munje
6. Netra Roga Vigyan  -  Dr. Hans Raj
7. Parson's Diseases of Eye  -  
8. Diseases of ENT by Log and Turner  -  
9. Shalakya Tantra  -  Shiv Nath Khanna
10. Useful portions of Charak, Sushrut, Vagbhatta etc.
3.4 SHALYA

Theory Two Papers  –  100 Marks Each
Practical- one  –  100 Marks
Theory Lectures - 210
Hospital Training - 6 Months

Paper I .................................................................................................................. 100 Marks

Part A .................................................................................................................. 50 Marks

1. Introduction to Shalya Tantra - Historical background and progress made.
2. Definition of Shalya, Shalya Tantra and its importance.
4. Nirjantukarana – Sterilization – Methods, Types and O.T. fumigation
5. Sangyaharana– Anaesthesia - Definition, Types, anaesthetic agents, indications, contraindications, procedures, complications and management.
7. Ashtavidha Shastra Karma - Operative procedures
8. Yogya Vidhi - Experimental Surgery.
16. Pranasta Shalya and Nirharana Upayas.
17. Fluid, electrolyte and Acid Base Balance, Nutrition –
   - Introduction to physiology of fluids and electrolytes
   - Dehydration and over hydration,
- Specific electrolyte losses and symptomatology and management of Acidosis, Alkalosis and Acid balance.
- Electrolyte changes in specific diseases like pyloric stenosis, intestinal obstruction and anuria.
- Various replacement fluids in surgery, mode of administration and complications.
- Nutrition – pre-operative, post-operative and intravenous alimentation.


20. Knowledge about Vranitagara and Rakshakarma.


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**Part B ……………………………………………………………………………………… 50 Marks**


24. Nirukti, Nidana, Samprapti, Prakara, Lakshana, Sadhya-asadhyata, Upadrava and Chikitsa of the following disorders.
   a. Vranashotha - Inflammation
   b. Vidhradi – Abscess
   c. Pidika – Boils
   d. Nadi Vrana - Sinus
   e. Dagdha Vrana - Burns and scalds
   f. Marmagata - Shock
   g. Kotha – Gangrene
   h. Granthi- Cyst.
   i. Arbuda – Tumour.

25. **Vrana** – Nirukti and Prakara
   c. Ulcer types and their management
   d. Wound healing stages and management.
e. Agantuja Vrana  
   i) Sadhyo vrana - Traumatic wounds – Nidana, Prakara, Lakshana, Upadrava and Chikitsa.  
   ii) Management of bites and strings

25. **Twak Vikara**  
   Nidina, Samprapti, Lakshana and Chikitsha of Pramehapidaka- Diabetic carbuncle, Chippa -Paronychia, Kadara – Corn, Vrana Granthi – Keloid.

26. **Manya Vikara**  

27. **Sira Vikara** - Venous disorders – Superficial and Deep venous thrombosis, haemangioma, varicose veins, Venous Ulcers and their management.


29. **Snayu Vikara** - Diseases of tendons and ligaments – Tendinitis, tenosynovitis, ganglion and their management.


31. Surgical practice in AIDS - HIV and hepatitis patients.

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**Paper II** ................................................................. ................................................................. 100 Marks

**Part A** .................................................................................................................. 50 Marks


3. **Diseases of bone** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of - Congenital anamolies Osteomyelitis, cysts, tumours and tuberculosis.


5. **Brain tumors** and their management.

6. **Diseases of breast** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of - Sthan
Vidradhi- Breast Abscess, Sthan Arbuda-Breast tumors and their management.

7. **Diseases of chest** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of - Pleural abscess, pleural effusion, tumors, pleurisy and their management.

8. **Diseases of esophagus** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of - Congenital Anamolies, Oesophagitis, ulcer, varices, tumors and their management.


10. **Diseases of stomach and duodenum** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of - Congenital pyloric stenosis, peptic ulcer, tumors and their management.

11. **Diseases of small intestine** Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of - Mickel’s Diverticulitis, Tuberculosis, obstruction, perforation and their management.

12. **Diseases of large intestine** Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of – Tuberculosis, obstruction, perforation, tumor, appendicitis, crohn’s disease, ulcerative colitis and their management.


15. Abdominal Injuries and management
Part B.................................................................................................................. 50 Marks


17. **Diseases of gall bladder** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Cholecystitis, cholelithiasis, tumors.

18. **Diseases of pancreas** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Pancreatitis, pseudo pancreatic cyst, tumors.

19. **Diseases of Spleen** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Pleehodara –Spleenomegaly, spleenic rupture.


21. **Diseases of Ureter** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Calculus, obstruction.

22. **Diseases of Urinary bladder** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Congenital anomalies, Ashmari -Vesicle calculus, Cystitis, tumor and Injury.

23. **Mutragata & Mutrakrichra**- Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management. Retention of urine.


25. **Diseases of Urethra** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Urethritis, Stricture and rupture.


27. **Diseases of Scrotum and Testis** – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of Mutravriddhi - Hydrocele, Vrushana shotha-epididimo-orchits, Vrushana granthi- epididimal cyst, Scrotal filaria, Shukrashmari -
Seminal calculus, torsion of testis, ectopic testis, undescended testis and tumors.

28. Vriddhi Roga – Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management.


**SHALYA – PRACTICALS (Clinical and Surgical training)**

1. Identification, uses, demonstration of surgical instruments and method of sterilization.
2. Training of case taking, bed side clinics and case presentation.
3. Demonstration and Practical training in Anesthesia.

4. **Training of following Parasurgical procedures**
   a. Kshara Karma  
   b. Kshara Sutra  
   c. Agnikarma  
   d. Raktamokshana

5. **Training of following ward procedures**
   a. Application of bandages and splints.
   b. Catheterization
   c. Wound management
   d. Ryle’s tube aspiration
   e. Injections - Intramuscular / intravenous / subcutaneous / intradermal

6. **Training / Practice of following procedures**
   a. Incision and drainage of abscess
   b. Excision
   c. Sutures
   d. Circumcision
   e. Hydrocele
   f. Hernial repair
   g. Haemorrhoidectomy
   h. Fistulectomy
   i. Fissurectomy
   j. Exploratory Laparotomy

8. Training of surgical emergencies and management.

**PRACTICAL TRAINING Of Shalya (surgery) – 6 Months**

- OPD / IPD - 4 Months
- Operation theatre - 1 Month
- Emergency casualty - 1 Month
### PRACTICAL MARKS DISTRIBUTION

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### 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 Vijyan (Part 1-2) – Dr. Surendra Kumar Sharma
9. Shalya Pradeepika – Dr. Mukund Swaroop Verma
10. Soushruti – Dr. Ram Nath Dwivedi
11. Clinical Shalya Vigyan – Dr. Akhilanand Sharma
12. Bhagna Chikitsa – Dr. Prabhakar Janardhan Deshpande
14. Anorectal diseases in Ayurveda – Dr. Sizoria & Dr. Praveen Kumar Chowdary.
15. Adhunika Shalya Chikitsa Siddanta – Dr. Katil Narshippingham Udupa
16. Agnikarma Technology Innovation – Dr. P.D. Gupta
17. Shalya tantra Ke Sidhant – Dr. K.K. Takral
18. Recent advances in the management of Arshas / Haemorrhoids - Dr. P. Hemantha Kumar
19. Arsha Evam Bhagander Men Sutravacharan – Vd. Kanak Prasad Vyas
21. Surgical ethics of Ayurveda – Dr. S. Sankaran
22. Shalya Vigyan (Sachitra) - Anantram Sharma
23. Anushastra Karma – Dr. D.N. Pande
24. Concept of Vrana is Ayurveda – Dr. Lakshman Singh
25. Significance for Poorva Karma in Surgical Patient – Dr. Lakshman Singh
26. Sangyaharan Prakash – Dr. D.N. Pande
27. Short practice of surgery - Bailey and love’s
29. A manual on clinical surgery – S. Das
30. A system of surgical diagnosis – Prof. Tribhuvan. N. Patel
31. A practical guide to operative surgery – S. Das
32. Drugs and equipment for anesthesia – Arun Pal
34. Ward procedures – Mansukh B. Patel and Yogesh P. Upadhyay
35. Primary Anesthesia – Maurice king
36. Synopsis of Anesthesia – Lee
37. Clinical Anatomy/ Surgical Anatomy – Snell
38. Surgical Instruments – V.G.Kale
39. Outline of Orthopedics – J.C.Adams
40. Outline of Fracture – J.C. Adam
41. Undergraduates’ surgery – A.K.Nan
42. Text book of Surgery – Surgeons Association of India
3.5. PRASUTI TANTRA EVUM STRI ROGA

Theory Two Papers – 100 Marks Each
Practical- one – 100 Marks
Theory Lectures - 150
Hospital Training – 3 Months

Paper I: ........................................... Prasuti Tantra .........................100 Marks

Part A ............................................................... 50 Marks

Introduction and scope of Prasutitantra (obstetrics).

Stri Sharir Vigyana
Etymological origin of the word Stree, Vayobhedena stree sangnya. (Nomenclature of Stree according to age). Normal and abnormal conditions of Asthisandhi peshi Sahita stree shroni (Soft & Bony Pelvis) and its obstetrical importance, Shroni mapana (pelvic assessment) – Artavvaha and Stanyavaha strotamsi. Tryavarta yoni (Female internal and external genitalia). stree vishishta peshi marmani.

Rajo vigyana

Garbha vignyana
A) Garbhasya paribhasha, Garbhadhanavidhi, Garbhavakranti, Garbha sambhava samagri (factors essential for conception), Garbhakara bhava, Panchabhaautika composition of garbha, Garbhalingotpatti, Garbhasya avayavotpatti, Masanumasika Vridhi of Garbha (Monthwise development of foetus), Garbha Varnotpatti (origin of complexion in foetus), Garbha poshana (Nutrition of garbha), garbhhangasamstithi (attitude), garbhashthiti, asana, uday (lie, position, presentation), fetal skull, Garbha vikriti.

B) Apara (Placenta) Garbha Nabhinadi(Umbilical cord), Garbhodaka (Amniotic fluid), Jarayu (Foetal membranes)- Formation, development, function, normalcies and their abnormalities. –Ulba (vernix caseosa).
Garbhinvigyan
a. Lakshana of Sadhyograhita garbha, lakshanas of vyakta garbha, Garbhini nidana (diagnosis of pregnancy), Pumsavana vidhi,

Garbhini Vyapad / Garbha Vyapad
A. Garbhini - Alpabala vyadhaya (Minor ailments of pregnancy) –  
Hrillasas (Nausea), Chardi (emesis), Aruchi, Atisara (Diarrhoea), Vibandha (Constipation), arsha, Udavarta, Pada Sotha, Parikartika, Vaivarnya (Discoloration), Kikkisa etc.
B. Garbhini - balavan vyadhaya (Major Diseases of Pregnancy)  
Pandu (Anaemia), Jwara, Shotha (oedema), pregnancy induced hypertension, toxemias of pregnancy, prasava poorva rakta srava (Antepartum haemorrhage) causes, clinical features, complications and treatment of all diseases, High risk pregnancies.

Part B  ................................................................. 50 Marks

Prasava Vigyana (Parturition)

Prasava Vyapad (Disorders of Labour)
Akalaprasava (Preterm labour), Kalatita prasava (post term labour), 
Vilambita prasava (prolonged labour)

Induction and augmentation of labour

Yoni samvarana, cervical dystocia, cephalo pelvic disproportion, fetal distress.
Mudagarbha; - definition, etiopathology, clinical features, types, prognosis (Sadhyasadhyta), treatment Aushadhi, Mantra, shastra, Yantrachikitsa

Garbha stithi parivartana (version), forceps delivery, Ventouse delivery. Muladharachhedan (Episiotomy) Udarapatanapurvaka garbha nirharana, cesarean section.

Aparasanga (Retention of placenta), prasavottara raktasrava (PPH). its causes, clinical features and treatment,

Maternal distress, prasavajanya janananga abhighata, uterine inversion, amniotic fluid embolism etc.

**Sutika Vigyana** – Sutika Paribhasha, Sutika Kala, changes during Sutika avastha (Sharirika and Manasika), Sutika paricharya.

**Sutika Roga** – Number of sutika rogas, Causes, Clinical features, prognosis and treatment of sutika jwara, Sotha and Makkala and other complications.


**Atayika Chikitsa in prasuti** (Emergency care in obstetrics)

Pharmacotherapuetics of the drugs used in Obstetric emergencies, PNDT Act, MTP Act.
Part A: Congenital malformations of female genital tract.

Artava Vyapad
Artava Vriddhi, Kshaya, ashta artava dushti, Asrigdara, abnormal uterine bleeding, Anartava (Amenorrhoea), Alpartava (hypo and oligomenorrhoea).

Yoni Vyapadani – sankhya, nidana, lakshana, upadrava evam chikitsa with all possible modern correlations.

Shukra Vigyana
Description of shukra, shukra vridhdi, kshaya, shukra dusti their hetu, laxana, and its chikitsa. Normal semenogram.

Vandhyatva (Infertility – causes, types, investigations and management)
Yoni Kanda, Yoni Arsha, Granthi and arbudas of yoni (Benign and malignant tumours of genital tract).
Pelvic infections including sexually transmitted infections and their management.

Rajonivrutti

Part B: Stanaroga-
Stanagranthi, stanavidradhi (abscess), stanashopha (mastitis) their etiopathology, clinical features, diagnosis, prognosis, treatment and complications.

Sthanik Chikitsa-
Snehana, svedana, uttarabasti, pichu, varti, lepana, dhooopana, dhavana, dahana, ksharakarma etc. Practical knowledge of all these procedures along with indications, complications and management.

Shastra Karma-
Surgical procedures their indications, Contraindications, purvakarma (pre-operative), Pradhanakarma (operative), Paschatakarma (post-operative), Complications and managements.
-Garbhashayamukha vistrutikarana (Cervical dilatation) & Garbhashaya lekhana (curettage), Garbhashaya mukhadahana (cauterization of Cervix), Swasthane garbhashaya shapana (repair of genital prolapse), Arshanirharana (excision of polyp), Granthi evam garbhashaya nirharanasya samanya gyana (Hysterectomy), Female surgical sterilization.

-Removal of different types of cysts, Marsupilisation, PAP smear, endometrial and cervical biopsy.

Stree roga sambandhita pramukha aushadhi. Prasuti stree roga chikitsa upayogi yantra shastra parichaya and vyadhivinischaya upaya (investigative and diagnostic aids).

Basic knowledge of laproscopy, Hysteroscopy, Hysterosalpingography, USG, X-RAY, Colposcopy. Garbhanirodhaka upaya.

Parivar niyojana, reproductive and child health care. AIDS/HIV control programme and importance of current national programme.

**Clinical Training**

1. History taking and examination of antenatal and gynecological cases.
2. Observation of 10 labour cases.
3. Practical knowledge of performing sthanika chikitsa
4. Observation of surgical procedures mentioned above.
5. Identification, uses, demonstration of surgical instruments and method of sterilization.

**Distribution of Marks – Practical Exam: TOTAL 100 Marks**

1. Case taking (2 Cases) 30 Marks
2. Instruments Drugs and Models 20 Marks
3. Viva- voice 40 Marks
4. Journal 10 Marks
## Reference Books

<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Author/Editor</th>
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<tbody>
<tr>
<td>1.</td>
<td>Abhinava Prasuti Tantra</td>
<td>Vd. Damodar Sharma Gaur</td>
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<td>2.</td>
<td>Prasuti Vigyana</td>
<td>Acharya Ramanath Dwivedi</td>
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<td>Prasuti Vigyana</td>
<td>Dr. Mrinmayi Mukharjee</td>
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<td>Dr. Alakh Narayan Singh</td>
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<td>Prasuti Vigyana</td>
<td>Manjari Dwivedi</td>
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<td>Prasuti Vigyana</td>
<td>Vaidya Nirmala Tai Rajwade</td>
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<td>7.</td>
<td>Prasuti tantra &amp; Stri Roga</td>
<td>Dr. Premvati Tiwari</td>
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<td>8.</td>
<td>Abhinava Prasuti Vigyana</td>
<td>Ayodhya Prasad Achal</td>
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<td>Striroga Vigyana</td>
<td>Vd. Ramanath Dwivedi</td>
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<td>Abhinava Striroga Vigyana</td>
<td>Dr. Rajendra Bhatnagar</td>
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<td>11.</td>
<td>Abhinava Striroga Vigyana</td>
<td>Ayodhya Prasad Achal</td>
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<td>12.</td>
<td>Stri Roga Chikitsa</td>
<td>J.S. Chauhan</td>
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<td>13.</td>
<td>Janasankhya Siddhanta aur Upadeyata</td>
<td>Dr. Nirmal Sahani</td>
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<td>15.</td>
<td>Text Book of Gynacology</td>
<td>C.S. Dawn</td>
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<tr>
<td>17.</td>
<td>Ayurvedic Concepts in Gynaecology</td>
<td>Vaidya Nirmala Joshi</td>
</tr>
<tr>
<td>18.</td>
<td>Useful parts of Charak, Sushruta, Vagbhatta &amp; Sharangdhara.</td>
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Kaumarbhritya Parichaya Evum Balaka Paricharya
(Introduction to Ayurvedic Pediatrics and Child Care)

Part A


2. Vayobheda (Classification of age): Garbha, Bala, Kumara; Kshirada, Kshirannada & Annada etc.

3. Importance of Kashyapa Samhita in Kaumarbhritya.

4. Navajata Shishu Paricharya (Neonatal Care): Care of the Samaya-purvajata Shishu (Preterm), Purnakalika Shishu (Full term), and Samaya-Paschatajata Shishu (Post term neonate), Nabhinala Chhedana (Cutting of umbilical cord), Complications of improper cutting of umbilical cord and its treatment, Rakshoghna Karma (Protective measures).


8. Navajat Shishu Poshana (Nutritional aspects including neonatal feeding): Specific feeding schedule as per Ayurvedic texts and modern concept; Stana Sampat (Characteristics of normal breast), Stanya Sampat (Properties of normal breast milk) Stanyotpatti and Prasruti (Physiology of lactation), Stanya Sangathana (Composition of breast...
milk), Stanya Parikshana (Examination of breast milk), Stanya-Piyusha (Colostrum); Stanya-Pana-Vidhi (Method for breast feeding), Stanyakshaya-Stanyanasha (Inadequate production and absence of breast milk), Stanyabhave Pathya Vyavastha (Alternative feeding in the absence of breast milk), Various other feeding methods.

9. Stanyadosha (Vitiation of Breast milk), Stanya Shodhana (Purification of breast milk), Stanya Janana and Vardhanopakrama (Methods to enhance breast milk formation).

10. Dhatri (Wet nurse): Dhatri Guna and Dosha (Characteristics of wet nurse), Concept of human milk banking

11. Garbha Vridhi Vikasa Krama : Samanya Parichaya (General introduction to normal fetal growth from conception to full term maturity), Sharirika Vriddhi, Mansika evam SamajikaVikas (Physical, mental and social growth & development of child), Important milestones during infancy and early childhood with special reference to gross & fine motor, language and personal – social development., Anthropometry-measurement and their interpretation.

12. Importance of Kreedabhumi (play ground) and Kreedanaka (toys), Kumaradhara (child care taker)

13. Poshana (Nutrition): Normal requirements of nutrients for newborn, infant and children, common food sources, Satmya and Asatmya Ahara (Compatible and incompatible diet)


15. Dantotpatti evam Danta Raksha Vidhi (Dentition and dental care): Dantasampat (Characteristics of healthy teeth), Danta Nisheka evam Dantodbeda (Eruption of teeth), Dantodbhedjanya Vikara (Dentition disorders).

16. Vyadhikshamatva: General concepts of Bala (Immunity) and methods of Bala Vridhi.

17. Lehana (Electuries): Importance, uses and various types of Lehana.

18. Knowledge of National Programs related to Child Health Care: Reproductive and Child Health (RCH) Program, Community Child Health Programs, Nutritional Programs, National Immunization Program and other programs incorporated by Govt of India, time to time.
Samanya Chikitsa Siddhanta and Balaroga

(General Principles of Treatment and Management of Pediatric Disorders)

1. Balaroga Samanya Chikitsa Siddhanta (General principles of treatment in children), Balaroga Parikshavidhi- Shadvidha, Ashtavidha, Dashavidha Pariksha evam Shishu Vedana Parigyana (Examination of diseased child and Diagnostic methods-Ayurvedic and modern).

2. Aushadhi Matra Nirdharana- According to Vaya, Bhar evam Aushadhi Kalpana (drug doses according to age, weight and drug preparations)

3. Specific therapeutic procedures in children: Panchkarma procedures specific to pediatric age group.


5. Sahajavyadhi - (Congenital disorders) : Sahaja Hridaya Vikara (Congenital Cardiac Disorders) Jalashirshaka (Hydrocephalus), Khandaoushtha (cleft lip), Khanda-Talu (cleft palate), Sanniruddha Guda (Anal stricture / imperforated anus), Pada-Vikriti (Talipes equanovarus and valgus), Tracheoesophageal Fistula (TOF), Spina bifida, Meningocoele, Meningomyelocele, Pyloric Stenosis.


7. Prasavottara Vyadhi (Neonatal disorders): Navajata Kamala (Neonatal Jaundice), Navajata Netrabhishyanda (Neonatal conjunctivitis), Nabhiroga (Umbilical disorders), Mastishkaghata (Cerebral Palsy), Rakta Vishamayata (Neonatal Septicaemia), Rakta Vaishamyata (Rh-Incompatability), Raktasravi Vikara (Haemorrhagic Disorders), Ulvaka Roga.

8. Dushta Stanyapanajanya Vyadhi (Disorders due to Vitiated Milk): Cow’s Milk Allergy, Charmadala (Infantile atopic dermatitis), Kshiralasaka, Kukunaka (Conjuctivitis), Ahiputana (Napkin Rashes)


10. Aupasargika Vyadhi (Infectious Diseases): Karnamula Shotha (Mumps), Romantika (Measles), Rubella, Masurika (Chicken Pox), Rohini (Diphtheria), Kukkura-kasa (Whooping Cough), Dhanurvata (Tetanus),
Krimiroga (Worm Infestations), Antrika Jwara (Typhoid), Mastisakavarnashotha (Meningitis), AIDS, Dengue, Malaria, Poliomyelitis, Rajayakshma (Tuberculosis), Jivwanujanya Yakrit shotha (Hepatitis)

11. Srotas Vikara:
   a. Pranavaha Srotas: Pratishyaya (common cold), Kasa (Cough), Shwasa (Respiratory distress syndrome), Tamaka Shwasa (Bronchial Asthma), Utphullika, Swasanaka Jwara (Pneumonia/Pneumonitis, Bronchiolitis), Gala shotha (Pharyngitis, laryngitis), Talukantaka (Tonsillitis)
   b. Annavaha Srotas: Ajirna (indigestion), Atisara (Diarrhoea), Chhardi (Vomiting), Vibandha (Constipation), Mukhapaka (Stomatitis), Gudapaka (Proctitis), Parikartika (Anal fissure), Udarshoola (Infantile colic), Pravahika (Dysentery), Gudabhransa (Rectal Prolapse)
   c. Rasavaha Srotasa: Jwara (Fever), Pandu (Anemia), Mridbhakshanajanya Pandu (Anemia associated with clay eating/Pica).
   d. Raktavaha Srotas: Kamala (Jaundice), Raktapitta (Haemorrhagic disorders), Krimija Hridroga (Infectious cardiac diseases including Rheumatic Heart Disease), Uchcha-Raktachapa (Hypertension), Yakridpleehodara (Hepatospleenomegaly).
   e. Mamsa-Medovaha Srotas: Apachi (Lymphadenitis), Galaganda (Goitre), Gandamala (Cervical lymphadenopathy), Sthaulya (Obesity)
   f. Mutravaha Srotasa: Mutraghata (Anuria), Mutrasanga (Retention of urine) Mutrakriccha (Dysurea), Vrikkashotha (Glomerulonephritis and Nephrotic syndrome)

12. Anya BalaVikara (Miscellaneous pediatric disorders)
   Pangutwa (Locomotor disorders), Vamanatwa (Dwarfism), Jadatwa (Mental disorders), Apasmara (Epilepsy), Unamada, Akshepa (Convulsions), Nirudhaprakasha (Phimosis), Kushtha (Skin disorders), Madhya Karna Shotha (Otitis media), Karnasrava (Otorrhoea)

13. Behavioral disorders of children, their management and counseling: Breath holding spell, Shayyamutra (Bed wetting), Autism, ADHD (Attention Deficit and Hyperactive Disorders)


15. Balagraha: General description, types, clinical features and management

16. Various Ayurvedic & modern procedures and investigations in pediatric practice
PRACTICAL  ................................................................................................................. 100 Marks

1. Clinical training of above mentioned disorders of children.
2. Navajata Shishu Paricharya (Care of the newborn)
3. Pranapratyagamana Vidhi (Resuscitation procedure of new born)
4. Vaccination
5. Panchakarma Vidhi (Panchakarma procedures)
6. Knowledge of various equipments such as phototherapy unit, overhead radiant warmer, special resuscitation equipments, Panchakarma and their application
7. Knowledge of IV fluids administration, blood sampling
8. Breast feeding technique

Practical Marks Division

Clinical work (record of clinical cases) - 20 Marks
Examination of Patient - 40 Marks
Spotting - 10 marks
Viva - voice - 30 Marks

Reference Books

1. Kashyapa samhita - Complete Hindi translation by Satyapal Vidhyalankara
   - English translation by Prof. Premvati Tiwari
2. Essential Paediatrics - O.P. Ghai
3. Text Book of Paediatrics - Nelsan
4. Care of New Born - Meharban Singh
5. Clinical Methods in Paediatrics - Meharban Singh
6. Paediatric Emergencies - Meharban Singh
7. Diseases of New Born - Scheffers
3.7. PANCHAKRMA

Theory One Paper – 100 Marks
Practical one – 50 Marks
Lectures – 100
Hospital Training – 3 Months

Paper I ........................................................................................................ 100 Marks

Part A ........................................................................................................ 50 Marks

I. INTRODUCTION
1) Introduction to Panchakarma, their importance and utility in the treatment.
2) Relation of Panchakarma with Shodhana therapy (purification therapy).
3) Threefold Karma
   i) Poorva karma (pre operative procedure):- General knowledge, importance and utility of Poorva karma (Pachana, Deepana, Snehana, & Swedana)
   ii) Pradhana karma (Operative procedure)
   iii) Pashchat karma (Post operative procedure)
4) Usefulness of Shodhana (purification therapy) according to the seasons.
5) General precautions (pariharya vishaya) during Panchakarma.
6) Relevance of Panchakarma in present era.
7) Specifications of Panchakarma theatre and necessary equipments

II. SNEHANA
1) Etymology and definition of Sneha and Snehana (Oleation therapy)
2) Types of Sneha, Qualitative utility of Sarpi, Taila, Vasa and Majja
3) Different categories of Snehayonis (sources).
4) Need of Rukshana before snehana and Samyak rukshana lakshanas.
5) Types of Snehana – Bahya and Abhyantara (external and internal oleation therapy), Snehapaka.
6) Knowledge of Yamaka sneha, Trivrit sneha, Maha sneha, Panchaprasrutiki Sneha, Achcha sneha, Pravicharana, sneha, Sadya sneha, Avapidaka Sneha, Shodhana, Shamana and Brimhana Sneha, Hrasiyasi,Hrasva,Madhyama And Uttama Sneha
7) Indications and contraindications for Snehana.
8) Sneha Procedures:
   Abhyantara Shodhananga Sneha Vidhi:

   Poorvakarma: Roga and rogi pareeksha, including relevant diagnostic techniques, Koshta pareeksha and Agni nirmaya, preparation of the rogi & fixation of dose.
**Pradhana karma:** Adminitration of Sneha & Anupana, Observation-Jeeryamana/Jeerna/Ajeerna/Asnigdha Lakshanas, Samyak Yoga, Ayoga/Atiyoga Lakshanas, Vyapats & their management according to Ayurveda & Modern Systems of Medicines.

**Pashchat karma:** Pariharya vishaya & Planning of Shodhana. Shamana and Brimhana Snehana Vidhi, Chirakaleena Sneha Vyapats, and their management.

9) Diet and regimens during Snehana
10) Introduction to Bahirparimarjana Chikitsa.
11) Detailed knowledge about procedure and utility of following Bahyasnehanas (External oleation therapy) – Abhyanga, Samvahana, Mardana, Unmardana, Utsadana, Padhaghata, Murdhni Taila, Pichu, Karna Poorana & Akshi Tarpana
11) Snehana Kamukata.
12) Digestion and Metabolism of Fat.

**III. SWEDANA**
1) Etymology and definition of Sweda and Swedana (Sudation).
2) Swedana dravyas and their properties.
3) Methods to protect the vital organs (varjya anga) during Swedana Procedure.Ten Types of Niragni Sweda, Different types of Sagni Sweda
4) Knowledge of Shodhananga and Shamana Sweda.
5) Indication and contra- indications of swedana.
7) Features of Samyak Yoga (Proper Sudation), Atiyoga (Excessive Sudation), Heenayoga (Inadequate Sudation) and Vyapat of Swedana and their Management.
8) Diet and regimens during and after Swedana.
9) Swedana karmukata (Mode of action of Swedana Chikitsa).
10) Introduction to Bahirparimarjana Chikitsa: Study Lepa, Gandusha, kavala, ShiroLepa (Tala potichil), Talam, Udvartana, TakraDhara,kati,Janu, Basti, Greeva and Urobasti (Tarpana)
11) General Knowledge about current Sudation techniques (Sauna bath, Steam bath, Infrared therapy).
IV. VAMANA
1) Etymology, definition and Introduction of Vamanakarma 
2) Importance and utility of Vamana Karma 
3) Kosta nirdaya and Agni pareeksha in Vamana karma. 
4) Indications and Contraindications for Vamana. 
5) General properties of Vamaka Dravyas 
6) Preservation and Knowledge of Vamaka and Vamanopaga dravyas. 
7) Detailed study of Madana Phala, Kutaja, Yashti, Vacha and Nimba.

Poorva karma: Snehana & Svedana Diet & regimen during vishrama kala prior to Virechana Karma.

Pradhana karma: Administration of drugs and Observation, and Assistance of Vegas, Upavegas and Matra. Knowledge of Laingiki, Antiki and Maniki Shuddhi, Features of Samyak yoga (Proper Shuddhi), Atiyoga (Excessive Shuddhi), Ayoga (Inadequate Shuddhi) and their management. 

Pashchat karma: Samsarjana(Peyadi,Tarpana and Rasa Samsarjana krama) Pariharya vishaya & Parihara Kala Vyapats & their management according to Ayurveda & Modern Systems of Medicines.

V. VIRECHANA KARMA
1) Etymology, definition, introduction, Importance, Utility & Classification of Virechana Karma. 
2) Knowledge of Anulomana, Sramsana, Bhedana, Rechana, karma with examples. 
3) General properties of Virechana Dravyas. 
4) Detailed study of following Virechana drugs Trivrut, Eranda, Aragvadha, Katuki and Jaipala 
5) Knowledge of Virechana kalpanas, their properties, dose, anupana and method of administration. 
6) Knowledge of Koshta Nirdaya and Agni vivechana. 
7) Indications & Contra-indications for Virechana 
8) Significance of Vamana before Virechana. 
9) Virechana Vidhi (Procedure for Virechana)

Poorva karma: Snehana & Svedana Diet & regimen prior to Virechana Karma.
Pradhana karma: Administration of drugs and Anupana, Observation, Assessment of Vegas, Upavegas and Matra. Knowledge of Laingiki, Antiki and Maniki Shuddhi, Features of Samyak yoga (Proper Shuddhi), Atiyoga (Excessive Shuddhi), Heenayoga (Inadequate Shuddhi) and their management.

Pashchat karma: Samsarjana (Peyadi, Tarpana and Rasa Samsarjana krama) Pariharya vishaya & Parihara ala Vyapats & their management according to Ayurveda & Modern Systems of Medicines.

10) Virechana Karmukata (Mode of action of Virechana).

VI. BASTI
1) Etymology, definition, introduction, utility, and importance of Basti Karma.
2) Types of Basti based on Karma, Sankhyas, Adhisthan & Matra.
3) Knowledge of different Basti yantras, their significance and utility.
4) Indications & Contra-indications for Anuvasana Basti and Asthapana Basti.
5) Knowledge of Anuvasanopayogi and Asthapanopayogi dravyas.
6) Admistration of Basti:

Poorvakarma (Pre-operative procedure): Preparation of Basti dravyas Fixation of dose Preparation of Patient.


Paschat karma (post operative procedure): Pariharya vishaya, Parihara Kala Diet and regimen after Basti.
7) Detailed knowledge of Basti Vyapats and their management.
8) Study of following Vishishta Bastis:
10) Detailed knowledge of administration of Uttara Basti in to mutrashaya (IntraVesical) and Garbhashaya (intra uterine).
11) Basti karmukata (Mode of action of Basti).
VII. NASYA
1) Etymology, definition, introduction & Significance of Nasya karma.
2) Knowledge about dravyas (Medicines) used for Nasya karma,
3) Classification of Nasya in detail
4) Indications and contraindications of Nasya
5) Knowledge of dosage of Dravyas (Medicines) and time of administration in different type of Nasya.
6) Nasya Procedure

Poorvakarma (Pre-operative procedure): Prepartartion of Patient.

Pradhana Karma (Operative procedure): Adminsitration of Nasya.

Paschat Karma (post operative procedure): Parithara Kala, Diet and regimen after Nasya.

7) Detailed Knowledge of features of Samyakyoga (Proper), Ayoga (Inadequate), Atiyoga (Excessive) of Nasya and their management.
8) Pathya-Apathya during Nasya karma
9) Administration of Navana, Marsha, Pratimarsha, Avapeedaka, Dhmapana and Dhooma Nasyas
10) Nasya Karmukata (Mode of action of Nasya Therapy)

VIII. RAKTA MOKSHANA AND VYAYAMOPACHARA
1) Definition, Utility and Significance of Raktamokshana, Knowledge of different Techniques of Raktamokshana
2) Indications and contraindications for Raktamokshana
3) Raktamokshana karmukata (Mode of Raktamokshana)
4) Basic Knowledge of Physiotherapy
5) Knowledge of emergency management in complications such as Water & Electrolyte imbalance, hypo- volamic shock, Haematemesis, Epistaxis, Bleeding per rectum, acute abdomen etc.

Practical Marks Division: Total - 50 Marks
Practical Record -10 Marks
Procedure -15 Marks
Viva-voice -25 Marks
| Reference books |
|-----------------|----------------|----------------|
| 1               | Caraka Samhita with commentary of Ayurveda Dipika by Chakrapanidatta & Jalpakalpa taruby Gangadhara | Edn-1 Vol-I-V | Agnivesha |
| 2               | Sushrutha Samhita with the Nibhandha Samgraha commentary of Dalhana & Nyayachandrika panjika of Gayadasa on nidanasthan | Edn-VI Vol-I | Sushruta |
| 3               | Ashtanga Hrudaya with Sarvanga sundara & Ayurveda rasayana commentaries | Edn-VIII Vol-I | Vagbhata |
| 4               | Ayurvediya Panchakarma chikitsa | Edn-I Vol-I | Dr Mukundilal Dwivedi |
| 5               | Panchakarma Vijnana | Edn-I Vol-I | Dr Haridas Shreedhar Kasture |
| 6               | Illustrated Panchakarma | Edn-I Vol-I | Dr. G Srinivasa Acharya |
| 7               | Clinical Panchkarma (English) Second Edition 2008 | Second Edition | Dr. P. Yadaiah |
| 9               | Vivida Vyadhiyome Panchkarma (Hindi) Revised Edition 2008 | Dr. T.L. Devaraj |
| 11              | Principles and practice of vasti | Dr. Vasudevan Nampoothiri and Dr. L. Mahadevan |
| 12              |             |
| 13              | Clayton’s Physiotherapy |
| 14              | Teddy’s Physiotherapy |
| 15              | Harrison’s Principle of Internal Medicine |
| 16              | Guyton’s Physiology |