

3.1 ROGA NIDANA

Theory Two PaPers - 100 Marks Each

Practical/Viva voce - 100 Marks

PAPER -1

100 Marks

Part A

50 Marks

I. Dosha Dushyadi Vigyana

1. Definition and importance of Roganidana.
2. Samanya Nidana and Samanya Lakshana of Dosha Vriddhi, Kshaya and Prakopa'
3. Dosha Dhatu Ashraya Ashrayi Bhava.
4. Dhatu Kshaya Vriddhi Lakshana
6. Plala Kshaya Vriddhi Lakshana
7. Hetu, Bheda and Lakshana of Agni Dushti.
8. Definitions and Samanya Lakshana of Ama.
9. Sama and nirama Dosha, Dushya Lakshana.
10. Dosha Paka and Dhatu Paka Lakshana.
11. Concept, classification, diagnosis and general complications of Avarana.
12. Doshagati and Rogmarga
13. Detailed study of Srotomoola and Srotodushti Samanya and Vishishta Hetu Lakshana of all Srotas. Differences between Sroto Dushti and Kha Vaigunya

II. VyadhiVigyana

1. Definition, synonyms and classification of Vyadhi.
2. Criteria for nomenclature of Diseases in Ayurveda (Vyad hinamakara na).
3. Bija, Bija Bhaga and Bija Bhaga Avayava Dushti.
4. Basic knowledge of Hereditary, Congenital, Acquired, Multifactorial, Traumatic and Environmental disorders.
5. Introduction to ICD Classification of Diseases of WHO and DSM classification.
6. Samanyaja and Nanatmajavikara. N idanarthakaravyad hi, Hetu Sankara, Lingasa n kara.Vyadhisa n ka ra, Vyadhi Awastha.
7. Dhatu, Updhatu, Mala and Indriya Pradoshaj Vikara.
- 8, Concept of AshtaMahagada .
- 9, Introduction to Ashta Nindita.
- 10.Definition and classification of Vyadhikshamatva.
- 11.Ojas - types of Ojo Dushti- Visrimsa- Vyapad & Kshaya & It's Diseases.

III. Basic Pathology

1. Introduction to pathology and its sub-divisions.
2. Introduction to Cell Injury and Cellular adaptations.
3. Definition and brief description of inflammation - Healing/repair.
4. Definition and brief description of edema - shock - hemorrhage, Thrombosis , embolism, Ischemia and Infarction..
- 5.Types of Immunity - different types of immune responses in the body - Basic knowledge of auto immune diseases, Acquired immune deficiency disease and hypersensitivity.
6. Nomenclature and classification of tumors - difference between benign and maliqnanttumors.
7. Introduction to Nutritional disorders - disorders of macro and micro nutrients.
8. Introduction to infections.

9. Introduction and classification of micro organisms such as virus- bacteria-fungus
manager

Part B**50 Marks****IV. Nidana Panchakavigyana**

1. Difference between Roga and Rogi Pariksha.
2. Importance of Nidan Panchaka.
3. Hetu - Definition, Synonyms and Classification.
4. Purva Rupa - Definition, Synonyms, Samanya and Vishista Puryarupa.
5. Rupa - Definition, synonyms, samanya and Pratyatma Lakshana. Difference between Vvadh and Lakshana.
6. Upashaya / Anupashaya- Definition, Types and its importance in diagnosis'
7. Samprapti - Definition, Synonyms and Type and Samprapti Ghataka'
8. Shat Kriyakaala. Relationship between NidanaPanchaka and Shat Kriyakaala'
9. Upadrava and Udarka.
10. Arishtavigyan - Definition, Types and its importance.
11. Sadhyasadhyata - Types, their parameters and importance.
12. General diagnostic principles of Anuktavyadhi (Ch. Vi. 4)

V Parikshavigyana

1. Importance and knowledge of Aptopadeshadi & Darshanadi Trividha, Chaturvidha, and Shadvidha Pariksha.
2. Importance and Knowledge of Ashtasthana Pariksha.
3. Importance and Knowledge of Karanadi Dashavidha Parikshya Bhava.
4. Importance and Knowledge of Dashavidha Pariksha.
5. Basic knowledge of ECG,USG, X Ray,CT Scan,MRI

Paper II**100****Marks****Part A****50****Marks**

Systematic study of Nidana Panchaka of following diseases (Including Upadrava, Arishta and Sadhyasadhyata).

I Diseases of Rasavaha Srotas

- 1(a). Jwara (Jwarabheda- Ama, Pachyamana and Nirama Jwara, Agantukajwara, Punaravartaka Jwara, Vishama Jwara, Dhatugata Jwara, Charakokta Sannipata Jwara'
- 1(b). General mechanism of Fever, Introduction to the Aetiopathogenesis of Malaria, Typhoid. Dengue fever, influenza and chikungunya.
- 2(a) Pandu, Amavata, Hridroga, Shotha.
- 2(b) Introduction to Anaemia & its Classification, Rheumatic fever, Rheumatoid Arthritis, Hypertension, Angina, Ischaemic Heart Disease, Myocardial Infarction and CCF.

II. Diseases of Raktavaha Srotas

1. Kamala - Raktapitta - Vatarakta - Kroshtuksheersha - Shitapitta - Maha Kushta - Visarpa - Shwitra and Introduction to Kshudra Kushta.
2. Introduction to Hepatomegaly, Splenomegaly, Leukaemia, Thalessemia, Sickle cell Anaemia.
3. Introduction to Urticaria, Psoriasis, Eczema, Pemphigus.

III. Diseases of Mamsavahasrotas

- (a) Galganda
 - (b) Introduction to Thyroid disorders
- IV, Diseases of Medovahasrotas
1. Sthoulya - Karshya - Prameha.
 2. Introduction to Obesity and Diabetes Mellitus.

V. Diseases of Asthi - Majjavahasrotas

1. Vatavyadhi - Akshepaka - Apatanaka - Ardita - Pakshaghata - Gridhrasi -Vishwachi, Avabahuka, - Manyasthambha, Katigraha, Pangutwa

2. Sandhigatavata, AsthiMajjagata vata.
3. Introduction to Osteo- Arthritis, OsteoDorosis.
4. Introduction to Parkinson's disease, Stroke, Lumbago- Sciatica syndrome, Bell's Palsy, Cervical- Lumber & Ankylosing Spondylitis.

VI. Diseases of Shukravaha Srotas

1. Introduction to Klaibya and Vandhyatva.
2. Introduction to male and female infertility.

PartB

50 Marks

VII. Diseases of Pranavahasrotas

- 1(a). Kasa - Shwasa - Hikka - Urahkshata - Shosha - Rajayakshma,
- 1(b). Introduction to the aetiopathogenesis of Pneumonia, Pleural effusion, Bronchitis, Bronchiectasis, Bronchial Asthma.

VIII. Diseases of Annavaha- PureeshavahaSrotas

1. Agnimandya - Ajirna - Aruchi- Chhardi - Amlapitta- Shoola - Parinama Shoola AnnadravaShoola
- Atisara - Pravahika - crahani -Gulma- Udara Roga.
2. Introduction to Anaha, Adhmana, Atopa,Visuchika Alasaka, Vilambika.
3. Introduction to Peptic Ulcer, Irritable Bowel Syndrome (IBS) Diarrhoea, Dysentery, Constipation, Inflammatory Bowel Diseases.

IX. Diseases of Udakavaha Srotas

- 1(a) Introduction to Trishna, Daha.
- 1(b) Introduction to water and electrolyte imbalance disorders.

X. Diseases of Mutravahasrotas

- 1(a) Mutrakrichha - M utraghata.
- 1(b) Introduction to Urinary Tract Infection, N ephropathies.

XI. Diseases of Swedavahasrotas

- 1(a)Introd uction to Khalitya, Palitya

XII. Diseases of Manovahasrotas

- 1(a) Apasmara, Unmada, Atatwa bh in ivesha-Vishada, Anidra, Mada, Murchha, Sanyasa.
- 1(b)Introduction to Epilepsy Depression, Anxiety neurosis.

XIII . UpasargajanyaVyadhi (Communicable diseases)

- 1(a) Romantika - Masurika - Upadamsha - Phiranga.
- 1(b)Introduction to M easels,Ch icken pox, Leprosy, Tuberculosis and AIDS,

XIV. KrimiVigyana

- 1) Definition, classification of Krimi and features of Krimiroga,
- 2) Snayuka, Shleepada.
- 3) Introduction of Filariasis and classification of common parasites

PRACTICAL

(100 Marks)

i Fundamental Principles of Laboratory Tests

Introduction to laboratory, Sterilization, glass wares, solutions reagents and safety procedures, Disposal of biomedical wastes.

ii Haematology

- 1 Haemoglobin estimation.
- 2 Blood cells counting - WBC. RBC, platelets.
- 3 Hematocrit /Packed cell volume (PCV).
- 4 Erythrocyte indices - MCV, MCH, MCHC.
- 5 Peripheral blood smear, staining technique and differential leucocyte count.
- 6 Peripheral blood film examination in Anemia, Leukemia, Malaria, Filaria (Demonstration).
- 7 ESR.
- 8 Screening test for bleeding disorders- bleeding time (BT). Clotting |,time (CT),Demonstration of Prothrombin time (PT).

9 Blood grouping - ABO system, Rh typing (Rhesus system).

iii Urine Examination

1. Ayurveda anusara mutrapariksha.
2. Physical Examination - Volume, Reaction (Ph) & Specific Gravity.
3. Chemical Examination for - Proteins, Glucose, Phosphate, Ketone, Bile salts, Bile pigment.
4. Dipstick examination
5. Demonstration of Microscopic Examination

iv Stool Examination

- 1 Ayurveda anusara purishapariksha.
- 2 Physical examination, Sama-Nirama Pariksha.
- 3 Microscopic examination of ova & cyst (Demonstration)
- 4 Occult Blood Test.

v Demonstration of Sputum Examination

- 1 Ayurveda a nusara sthivanapariksha.
- 2 Physical, Chemical and Microscopic Examination of the sputum.
- 3 Sample collection and Demonstration of AFB.

vi Demonstration of Semen examination

- 1 Ayurveda anusara Retaspariksha.
- 2 Semen examination.

vii. Biochemical Examination - (Demonstration)

Blood Glucose, Serum Bilirubin, Blood Urea, Lipid Profile, Serum Creatinine, Serum Uric acid etc.

viii. Demonstration of different staining techniques in microbiology.

ix. Demonstration of Sero-immunolog ica I Investigations: RA and Widal.

x. **Laboratory record** - maintenance of laboratory record book.

Bed side Practical (Clinical Methods)

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

Distribution of Marks for final Practical Examination

1. Daily Record -10 Marks
2. Identification of Instruments -10 Marks
3. Laboratory Experiments -20 Marks
4. Short Case -10 Marks
5. Long Case -20 Marks
6. Viva - Voce -30 Marks

Total 100 Marks

Reference Books

1. Madhava Nidana (Madhukosha Pt.Yadunandan Upadhyay Commentary) Part 1 - 2
2. Doshakaranatwa Mimamsa Acharya P.V. Sharma
3. Nadi Darshan Vd. Tara Shankar Mishra
4. Nadi Vigyana Vidyotini Hindi Tika
5. Nadi Vigyan Shri Satya Dev Vashisht
6. Nadi Vigyan Gangadhar Tika
7. Rogi Pariksha vidhi Acharya Priyavrata Sharma
8. Ayurvediya Roga Vargikaran Vd. Ramanath Dwivedi & Vd. Gurdip Singh.

9. Ayurvediya Nidan Evum Chikitsa Ke Prof. Ram Harsh Singh Siddhanta.
10. Relevant portions of Charak Samhita, Sushrut Samhita and Vagbhata'
11. Text Book of Pathology William Boyds.
12. Text Book of Pathology Harsh Mohan.
13. Text Book of Pathology Dey and Dey.
14. Text Book of Parasitology Ramnik Sood.
15. Clinical Pathology and Bacteriology S.P. Gupta.
16. Clinical methods in Ayurveda K, R. S. Murthy.
17. Parameswarappa's Ayurvediya Vikriti Vigyan and Roga Vikriti Vigyan. Dr. P.S. Byadgi.
18. Oxford Handbook of Clinical Examination Oxford Handbooks and Practical Skills.
19. Advanced Clinical Evaluation System for Practical Assessment of Clinical Examination Skills.
20. Symptoms & Signs in Clinical Medicine Chamberlains.
21. Clinical Methods Hutchison's.
22. Bedside Clinics in Medicine Part- I & II Kundu.
23. Common Medical Symptoms Mehta,
24. Advances in Pathology & Lab Med- weimstean, Gralem, Anderson, Cortan' Wick, Zumwelt.
25. Clinical Laboratory medicine Edited by Kenneth D Mc. Chately.
26. General Pathology Walter & Israel Churchill Living stone.
27. A Comprehensive Dictionary of Pathology Chris Newann.
28. Practical Pathology Dr. K, Uma Chaturvedi.
29. Clinical examination Douglas/Macleod's.
30. Pathology Practical book for Harsh Mohan Undergraduates.
31. Medical Laboratory Technology R. Sood.
32. Clinical Diagnosis and Management by Todd, Sanford and Davidson Laboratory methods
33. Clinical Hematology In Medical Practice Degruchy's.
34. Robbins Basic Pathology Kumar, Abbas, Fausto et al.

3.2 SWASTHAVRITTA

Theory- Two Papers- 100 marks

each

Practical Viva voce -100

marks

Paper-I

PART A- (VAIYAKTIKA SWASTHAVRITTA)

50 marks

Introduction

Definition of swastha & swasthya and swasthavritta. Arogya lakshana, swasthavritta prayojnam, WHO definition of health. Dimensions of health-Physical, Mental, Social, Concept of well being- objective, subjective, standard of living, quality of life.

Dinacharya

i. Definition of Dinacharya,

ii. Aims and importance of dinacharya.

iii. Brahma Muhurta evam Utthana

iv. Usha Jalapana

v. Sharirachinta

vi. Malatyaga

vii. Mukha praksha lana

viii. Dantadhavana and preparation of Ayurvedic tooth powder and paste

x. Jihvanirlekhavidhi

xi. Anjana

xii. Pratimarsha Nasva

xiii. Gandusha and Kavala

xiv. Tambulasevana

xv. Dhoomaoana

xvi. Abhyanga

xvii. Udvartana

xviii. Utsadana

xix. Vyayama

xx. Chankramana

xxi. Snana

xxii. Anulepana

xxiii. Vastradhara na

xxiv. Dandadharana,

xxv. Padatradharana

xxvi. Chatradharana

xxvii. Ushnishadharana

xxviii. Ratnabharanadharana

xxix. Madhyahna charya

xxx. Cosmetic effect of Dinacharya procedures

Rathricharya

1. Sandhya charya,

2. Rathri bhojana vidhi,

3. Shayanavidhi according to Bhavamish

Ritucharya:

1. Importance of ritucharya,

2. Ritu as per different acharyas

3. Adana kala & visarga kala

4. Sanchaya, Prakopa-Prashama na of Dosha and their Utoatti in Ritu

5. Doshashodhana in Ritu sandhi

6. Relation of Agni bala and Ritu

T. Pathya and Apathya - Ahara and Vihara in different ritus

8. a) Ritusandhi

b) Yamadamsthra

c) Rituharitaki

d) Rituviparyaya

Sadvritta

Description of Sadvritta and Achara Rasayana their role in Prevention of psycho-somatic disorders

Trayopastambha

i) Ahara Nirukti, Swarupa, Pramukhatva, Ahara dravya Vargikaranam, Aharavidhividhana, Dwadashashana pravicharana, Ashtaharvidhivisheshayatanani, Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana, Aharad ushparinama, tajjanya vyadhaya, Santarpanajanya evam Apararpanjanya vyadhi, Viruddhahara and its effects, Shadrasabhojanasya mahatwam, Dietetic standards.

Proximate principles of Food. Nutritional requirements. Sources and deficiency diseases of Protein, Carbohydrate, Fat, Vitamins and Minerals. Concept of balanced diet in Ayurveda, Nitya sevaneeya dravya, Balance diet for different sections of people in the society. Social aspects of nutrition.

Aharavarga - Dhanya varga (Cereals and millets), Shaka and Harita varga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phala varga (Fruits), Taila varga (Fats and Oils), Ikshu varga & Madhya varga (Beverages), Dugdha varga (Milk and Milk products), Masala and vyanjana dravyas (Spices & Condiments). Kritanna varga (Prepared Food), Mamsa varga (Meat types).

Food hygiene, Milk hygiene, Milk composition, Source of infection (for Milk), Milk borne diseases, Clean and Safe milk, Pasteurization of milk.

Meat hygiene, Meat inspection, Slaughter house, Freshness of fish and egg. Fruits and Vegetables hygiene

Sanitation of eating places, Preservation of food, Food handlers, Food borne diseases'

Food fortification and adulteration, Food toxicants, Properties of Vegetarian and Nonvegetarian

diet, Effects of spices and condiments

Consumption of Alcohol and its effects on personal and social health.

Ayurvedic diet in life style disorders-Diabetes, Hypertension. Obesity and Coronary heart Disease.

Nirukti, paribhasha, prabheda and udaharana of Rasayana for Swastha.

ii) Nidra- Nirukti and Utpatti, Types, Nidra - Swasthya sambandha, Properties of Yukta Nidra, Effects of Ratri Jagarana, Diwaswapna, Anidra, Atinadra, Ahara and Vihara causing disturbed sleep, Ahara and Vihara Causing sound sleep. Duration of sleep according to age, Sleep in healthy and diseased persons

iii) Brahmacharya - Brahmacharya vyakhya and Abrahmacharya vyakhya, Importance of Brahmacharya and Abrahmacharya, Vyavaya sambandhi niyama, Effects of Ativyavaya. Methods of Virya Raksha, Surataspriha (Libido) through Vajikarana, Viryanasa phala.

Roganutpadaniya- Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, Upavasa.

Menstrual hygiene

Topic of the syllabus

Yoga shabda utpatti, definitions, Different schools of Yoga - Rajayoga, Hathayoga, Mantrayoga, Layayoga, Jnanayoga, Karmayoga, Bhaktiyoga.

Yoga prayojana

Ayurveda yoga sambandha, swasthya rakshane yogasya mahatvam, Panchakosha Theory

Yogabhyasa pratibhandhaka & siddhikara bhavas as per Hathayoga.

Astanga yoga - Yama, Niyama

Asana and its importance

Standing Postures

Ardhakatichakrasana, Padahastasana, Ardhaachakrasana, trikonasana.

Sitting postures

Swasthika, Gomuka, Padmasana, Vajrasana, Bhadrasana. shashankasana.

Ushtrasana, Pashchimottanasana, Suptavajrasana, ardhmatsyendrasana.

Siddhasana.

Supine Postures

Pavanamuktasana, sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana.

Prone postures

Bhujangasana, Shalabhasana, Dhanurasana, Makarasana.

Suryanamaskara - technique and procedure.

Pranayama

Benefits, Nadishudhi Pranayama, time of practice, avara-pravara-madhyama lakshana, yukta-ayukta lakshana

Kumbhakabheda - suryabhedana, ujjayi, sheetali, Sitkari, Bhastrika, Bhramari Murcha, Plavini.

Mitahara and Pathyapathyani during Yogabhyasa.

Shatkarma

Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati

Nadishudhi lakshana, Malashodhaka Pranayama.

Bandhas and Mudras

Shad chakras, Ida-pingala-sushumna nadis.

Pratyahara, Dharana, Dhyana, Samadhi

Yoga in Ayurveda. Moksha and Muktatma lakshana, upaya, Naishtiki chikitsa, Satyabudhi, Tatvasmriti, Ashta aishwarya, Ashta sidhis.

Nisargopachara (Prakritika chikitsa)

Definition and history, Aims and objectives

Theories as per Western school of Naturopathy

Indian school - Panchabh utopasana

Relation of Ayurveda and Naturopathy

Importance of Naturopathy in present era.

lalachikitsa - Hot water treatment, Cold water treatment, foot and Hand bath, Spinal bath, hip bath, abdominal wet pack, Steam bath, enema and whirl pool bath.

Mrittika chikitsa (Mud therapy), Types of soil, doctrine of mud selection, mud bath.

Suryakirana sevana (sun bath - heliotherapy)

Mardana (Massage) - different methods and effects.

Diet types - Soothing, Eliminative, Constructive

Positive and negative diet

Acidic and alkaline diet

Upavasa chikitsa - Importance. types, therapeutic effects of fasting. Visrama chikitsa upayoga

PAPER II - SAMAJIKA SWASTHAVRITTA

Janapadodhwamsa

causes, Manifestation and control measures, importance of Panchakarma and Rasayana.

vayu (Air)

Vayu guna according to sushruta samhita, Properties of Vayu as per different directions,

Vayu shudhi prakara - Ayurvedic aspect. Composition of air.
Air of occupied room, Discomfort and comfortable zone, Air movement,
Air pollution - health and social aspects, Prevention and control of air pollution , ventilation
and its types.

Mountain air & High altitude - Health problems

Jala (Ayurvedic and modern aspects)

Importance of water , safe and wholesome water, water requirements, properties, types
and sources of water, impurities of water and health hazards, Methods of water
purification.

Hardness of Water, Examination, Tests and analysis of water.

Rain water harvesting and water recycling

Bhumi tatha nivasa sthana;

Types of soil, soil & health, Land pollution, Bhumi shodhana. Nivasa yogya bhoomi. Social
goals of housing, Housing standards. Mahanasa (Kitchen) standards, Rural housing,
Housing and health overcrowding.

Prakasha

Requirement of good lighting, natural lighting, artificial lighting, biological effects of lighting.

Dhwani pradooshana - Noise, Sources, effects, & control

Vikirana-Radiation (sources, effects and control)

Apadravya Nirmulana (Disposal of solid waste): Different
types of solid waste

Storage and collection of refuse

Methods of disposal of solid waste (Rural & urban)

Bio-medical waste management

Malanishkasana Vyavastha (Excreta Disposal)

Unsewered area, Sewered area

Latrines for camps, fairs and festivals

Disposal of dead body - Burial, Burning, Electric cremation etc,

Meteorology (Ritu evam Vatavarana jnanam)

Disaster management

Occupational Health

Occupational Hazards, Occupational Disease, Prevention of Occupational Diseases Health &
precautionary measures, ESI, Indian factories Act, offensive Trades- Effects on health and
Precautionary measures.

School health services

Health problem of school children, aspects of school health service, duties of school
medical officers, Maintenance of healthy environment

Epidemiology

concept of Epidemiology, Dynamics of disease transmission, concept of diseases. Concept of
causation, Epidemiological triad, natural history of disease, concept of control, concept of
prevention, Risks factor, modes of intervention, incidence and prevalence. Susceptible host,
host defenses, Immunizing Agents, Disease prevention and control disinfection definition,
types, Ayurvedic concept of Vyadhikshama and sankramaka rogas

Epidemiology of communicable Diseases

Chicken Pox Measles, Diphtheria, pertussis, mumps, tuberculosis, SARS, Influenza, Pneumonia,
Cholera, polio, Viral Hepatitis , Typhoid, Leptospirosis, Dengue Fever, Chikungunia, Malaria,

Filariasis, Leprosy, Rabies, Tetanus, Emerging and re-emerging diseases

Kuprasangaja vyadhi (STDs)

AIDS, Syphilis, Gonorrhoea, Chancroid,

Non-communicable disease epidemiology

Diabetes, obesity, Hypertension, coronary Heart Diseases, Rheumatic Heart Disease, Cancer

Chikitsalaya Bhavana (Hospital Building)

Topic of the syllabus

Prathamika swasthya samra kshana (Primary Health Care)

Definition, principle, elements, levels of health care.

Structure at village, sub centre, PHC, CHC, Rural hospital levels'

Health insurance, Private agencies, Voluntary health agencies, NGOS and AYUSH sector'

Role of Ayurveda in Primary Health Care.

Parivara kalyana Yojana (Family welfare Programmes)- Demography, demographic cycle' life expectancy, family planning, methods of family planning.

Matru sishu kalyana Yojana - RCH programme.

Ante natal, intra natal, post natal, neo natal care. Child health problems and indicators of RCH care.

Preventive geriatrics

Viswa swasthya sanghatana

International health agencies.

Alma Ata declaration and National Health Policy.

Swasthya vishayaka samkhyaki Definition, Sources, uses

Data collection, Classification, Presentation, Vital statistics.

swasthya prashasana - Health administration at central including AYUSH, state, district, village levels.

National health programmes: Tuberculosis (RNTCP), Leprosy (NLEP), AIDS (NACP), ..

Blindness (NPCFI), Polio (PPI), Diabetes (NDCP), Cancer (NCCP), Guinea worm, Hook worm,

Vector born disease control programme - Filaria, Malaria, NRHM, The upcoming national health programmes, National Nutritional Programmes - IDD, Vitamin A prophylaxis, Mid day meal, anemia control programmes.

RCH programme. Universal Immunization Programme.

Practical Session:

Demonstration of Dinacharya procedures such as anjana, nasya, kavala, gandoosha and dhoomapana at swasthavritta museum. After that a 15 day in house training programme for all students should be implemented to get a hands on experience on DINACHARYA procedures and at least one RITUSHODHANA. This is to be documented along with the journal.

Demonstration of abhyanga, udvartana and anulepana at the Panchakarmagara.

Parichaya of aharadravya, immunization agents, disinfectants and family planning devices Educational Visits for observing the functioning of Milk Dairy, water purification unit, sewage disposal unit, MCH/Family welfare centre. Leprosy sanatorium and Industrial unit.

Visit to Primary Health Centre for knowledge of actual implementation of National health programmes including knowledge of rural health. Visit of Rural Ayurvedic dispensary.

Visit to a Yoga and Naturopathy Centre.

Practical demonstrations of Asanas mentioned in the syllabus, Pranayama (Suryabhedana, Ujjayi, Shitali, Sitkari, Bhastrika, Bhramari and Nadishuddhi) and Shad karmas (Jala dhauti, lalaneti, Sutraneti, Trataka, Kapalabhati)

Naturopathy treatment modalities -practical demonstration in Naturopathy Centre.

Health survey in minimum 5 families each of rural and urban areas. Transportation facility should be provided by the college for field visits.

There should be 5 case sheets for Yoga Naturopathy& pathya apathya together and 5 case sheets for communicable diseases. Proformas for Case sheets/ practical records/ survey/Dinacharya projects etc should be prepared by the respective universities.

Practical and Viva voce examination

Marks distribution	100 marks
1. Personal hygiene	20
2. Public and social health	20
3, Demonstration of Yoga	10
4, Naturopathy	10
5. Journal work	10
6, Viva voce	30

Reference Books:

Relevant portions of Charaka, Sushruta, Vagbhata, Sarngadhara, Bhavaprakasha, Yogaratnakara, Madhavanidana and Bhelasamhita.

Swasthavritta Samucchaya	-	Pandit Rajeshwar dutt Shastri
Swasthya Vigyan	-	Dr. Bhaskar Govind Ghanekar
Swasthya Vigyan	-	Dr. Mukund swaruD Varma
Swasthavritta	-	Vaidya Sakad
Swasthavritta	-	Dr, Ranade and Dr, Firke
Ayurveda Hitopadesh	-	Vaidya Ranjit Rai Desai
Yoga and Ayurved	-	Acharya Rajkumar Jain
Swasthavritta vigyan	-	Dr. Ramharsha Singh
Swasthavrittam	-	Dr.Brahmanand TriDathi
Swasthavrittam	-	Dr. Shivkumar Gaud
Ayurvediya Swasthavritta	-	Vaidya Jalukar Shastri
Patanjala yogasutra	-	Patanjali Maharshi
Hathayogapradipika	-	Swatmaram Yogendra
Gheranda samhita	-	Gherand Muni
Yoga Paddhati	-	Bharatiya Prakritik Chikitsa Parishad
Yogik Chikitsa	-	Shri. Kedar Nath Gupta
Sachitra Yogasan darshika	-	Dr. Indramohan Jha
Yoga deepika	-	Shri. B.K.S. Iyengar
Light on Yoga	-	Shri. B.K.S. Iyengar
Light on Pranayarna	-	Shri. B.K.S. Iyengar
Yoga and yoga chikitsa	-	Dr. Ramharsha Singh

Foundations of Contemporary Yoga -	Dr. Ramharsha Singh
Yoga Sidhant evam Sadhana -	Harikrishna Shastri datar
Prakritik chikitsa Vidhi -	Sharan Prasad
Prakritik chikitsa vigyan -	Verma
Preventive and Social Medicine -	J. Park
Preventive and Social Medicine -	Baride and kulkarni
Janasankhya Shiksha Sidhanta -	Dr. Nirmal Sahani
Health Administration in India -	S.C.Seel
Health and family welfare -	T.L.Devaraj
Positive Health -	L.P. GuDta
Biogenic Secrets of food in Ayurveda -	L.P.cupta
Smriti granthon mein nihit -	Dr. Smt. Nigam Sharma
Swasthaprakara samagri	
Dr. Reddy's comprehensive guide -	Dr.P.sudhakar Reddy
to Swasthavritta	
Nutritive value of Indian foods -	ICMR
Yoga and Nisargopachar -	Vd. Prama Joshi
Prachin Vangmay mein prakritic chikitsa -	swami Anant Bharati, CCRYN
Swasthavritta -	Vd Yashwant Patil and Vd. Vhawal
Food and nutrition -	Swaminatha

3.3 PRASOOTI TANTRA AND STRI ROGA

THEORY : 200 marks
Practical 3

Paper-I
100 marks
Part-I

INTRODUCTION TO SUBJECT MUST KNOW STRI SHARIRA VIGYANA:

Etymological origin of the word stree, Normal and abnormal conditions of Asthisandhi peshi sahita stree shroni; Aartavvaha and stanyavaha srotamsi. Tryavarta yoni, stree vishishta Peshi marmani. Anatomy of female internal and external genitalia, soft & Bony pelvis and its obstetrical importance.

DESIRABLE TO KNOW:

Vayobhed stree sangnya

RAJO VIGYANA:

Description of Raja, artava. prathama Rajo darshana, Menarche, Rituchakra – Rajakala Ritukala – Rituvyatitakala- Menstrual cycle and their regulation by endocrine glands Rajasvala Charya. Ritumati Lakshana, Ritumaticharya. Importance of Ritukala in Garbha dharana.

GARBHA VIGNYANAT

A) Garbhasya paribhasha, Garbhadhanavidhi, Garbhaavakranti, Garbha sambnava samagri, Garbhakara bhava, Panchabhautika composition of garbha, Masanumasika Vridhi of Garbha, Garbhaposhana, garbhashayasta garbhashthiti, fetal attitude lie , position, presentation.

B) Apari, Garbha Nabhinad, Garbhodaka, Jarayu, Ulba. Placenta, Umbilical cord Amniotic fluid, foetal bemnranes their formation, development, function, normalcies and their abnormalities.

GARBHINI VIGYAN

a. Lakshana of sadhyograhita garbha, rakshanas of vyakta garbha, diagnosis of pregnancy, pumsavana vidhi.

b. Garbhini vyavastha: Garbhini paricharya, Ante Natal care, examination investigation and management, Garbha upaghatakara bhava , Dauhrida.

c. Garbha Vyapada: Nidan, samprapti and chikitsa of Garbhasrava and Garbhapat Etiopathology Investigations and management of abortion, Upavishtaka, Nagodara/Upashushaka, Leenagarbha

Garbha shosha, Leenagarbha Garbha sosha, Bahugarbhata. Multiple pregnancy, Antarmrita garbha, Raktagulma.

d Gestational trophoblastic neoplasias. Ectopic fregnancy, I.U.G.R, Intrauterine Foetal death, Rh-incompatibility -causes, crinical features, complications and management.

DESIRABLE TO KNOW:

Garbhalingotpatti, Garbhasya avayavotpatti, Garbha varnotpatti (origin of complexion in foetus) Garbha vikriti. Modern embryology. concept of Stree shukra.

GARBHINI VYAPAD:

A Hrillasa , Chardi . Aruchi. Atisara , Vibandha , arsha, Udavarta, Sotha. Parikartika, Vaivarnya, kandu, Kikkisa, Pandu and kamala. Makkal.

Common ailments of pregnancy and High risk Pregnancy , emesis gravidorum, Anaemia, pregnancy induced hypertension, toxemias of pregnancy, Antepartum haemorrhage causes, clinical features, complications and treatment. Jaundice. AIDS, Diabetes.

SECTION- B

MUST KNOW

PRASAVA VIGYANA (Parturition)

PRAKRUTA PRASAVA: Prasava Paribhasha, Prasavahetu, Prasavakaal, Sutikagaara;nirmaana, sangrahaniya dravyani, sutikaagara pravesavidhi Garbhaasan, Prasavaavastha: prajayani/ upasthita prasava/ prajanishyamana/ asannaprasava avastha, Avi. and Prasavaparicharya management of normal labour, partogram, jaatamatraparicharya

NORMAL LABOUR definition of labour. Physiology and Mechanism of labour, clinical features, monitoring of labour and management. Episiotomy Care and resuscitation of newborn.

PRASAVA VYAPAD (DISORDERS OF LABOUR):

MUST KNOW

Garbhasanga, Vilambita prasava, prolonged labour.

Preterm labour, post term labour,

Induction and augmentation of labour,

Mudagarbha; - definition, etiopathology, clinical features, types, Sadhyasadhyata, treatment- Aushadha, Mantra, shastra, Yantrachikitsa. Obstructed labour Yoni samvarana, cervical dystocia. cephalo pelvic disproportion, Fetal distress Udarapatanapurvaka garbha nirharana, ceasarean section.

Aparasanga. Retention of placenta its causes, clinical features and management,

Post partum haemorrhage.

Genital tract injuries during labour.

DESIRABLE TO KNOW:

Uterine inversion, amniotic fluid embolism. Garbha stithi parivartana(version), forceps delivery, Ventouse delivery.

MUST KNOW

SUTIKA VIGYANA - Sutika Paribhasha, Sutika Kala, changes during Sutika avastha(Sha ririka and Manasika), Sutika paricharya. Normal and abnormal Puerperium and its management.

SUTIKA ROGA - Number of sutika rogas, sutika jwara, Sotha and Makkala.

STANYA VIGYANA -Stanya dusti, Stanyakshaya, Stanyavidhi - their causes, clinical features and treatment.

DESIRABLE TO KNOW:

Stana stanya pareeksha, Stanya sampat.

MUST KNOW

EMERGENCY CARE IN OBSTETRICS No. Of lect. 3

PAPER SECOND-STREE ROGA

Section - A

MUST KNOW

ARTAVA VYAPAD

Artava Vriddhi, Kshaya, ashta artava dushti, kastartava, Anartava
Amenorrhoea, hypo-oligomenorrhoea and dysmenorrhea
Asrigdara, abnormal uterine bleeding

YONMAPAD -Sankhya, nidana, lakshana, upadrava evam chikitsa with all possible modern correlations

VANDHYAWA

Infertility - causes, types, investigations and management

DESIRABLE TO KNOW

Congenital malformations of female genital tract.

Shukra vigyana: Description of shukra, shukra vriddhi, kshaya, shukra dusti their hetu, laxana, and its chikitsa.

MUST KNOW

Yoni Kanda, Yoni Arsha, Granthi and arbudas of yoni.

Pelvic infections including STI, HIV, AIDS - causes, types, investigations and management including preventive aspect.

DESIRABLE TO KNOW

Benign, pre malignant and malignant conditions of genital tract

MUST KNOW

RAJONIVRUTTI climacteric and menopause No. Of lect.2

PART - B

MUST KNOW

STANAROGA

Stanagranthi, stanavidradhi, stanashopha

Mastitis, breast abscess and galactocele - their etiopathology, clinical features, diagnosis, prognosis, treatment and complications.

STHANIK CHIKITSA

Snehana, svedana, uttarabasti, pichu, varti, lepana, dhoopana, dhavana, dahana, ksharakarma etc. Practical knowledge of these procedures with indications, complications and management.

SHASTRA KARMA

Surgical procedures their indications, Contraindications of cauterization of Cervix, Cervical dilatation and curettage, Female surgical sterilization.

Knowledge of indication and procedure of PAP smear, endometrial and cervical biopsy and interpretation of their reports.

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

Garbhanirodhaka upaya,

Parivar niyojana, reproductive and child health care, MCH, PNDT Act, MTP Act' AIDS/HIV control program and importance of current national programme

Commonly- used Ayurvedic and allopathic drugs in prasuti tantfa and stree roga.

Pharmacotherapueties allopathic of the drugs used in Obstretics and gynecology.

Record keepingL, ethical and Medico legal issues in stree roga and prasuti tantra.

DESIRABLE TO KNOW

Basic knowledge of laproscopy, Hysteroscopy, Hysterosalpingography, USG, X-RAY, Colposcopy. granthi evam garbhashaya nirharanasya saamanya gyana, Hysterectomy.

CLINICAL TRAINING

OBSTETRIC SKILLS

To perform independently

1. History taking and examination of antenatal and gynecological cases'
2. Diagnose pregnancy, assess period of gestation, to diagnose onset of labour'
3. To monitor labour progress, usage of CTG, able to plot partogram.
4. Observation of 10 labour cases
5. To diagnose abnormalities of labour and decide about the referral of patient'
6. Able to provide first aid for obstetric emergencies.
7. Recognition of post partum complications.
8. Counselling and supervising of breast-feeding.

To observe/Assist

1. Asist/observe D& C/ D&E
2. Resuscitation of newborn.
3. caesarian section and repair operations

GYNECOLOGICAL SKILLS:

To perform independently

1. History taking and examination gynecological cases.
2. Taking vaginil wet smear, high vaginal swab, cervical punch biopsy and Pap smear.
3. Copper T insertion, removal and follow up.
4. Practical knowledge of performing sthanika chikitsa'
5. Observation and practical knowledge of performing minor gynecological proceoures.
6. Observation of surgical procedures mentioned above.
7. Identification, uses-, demonstration of surgical instruments and method of

sterilization

To observe

MTP, Family planning operations, Hysterectomies, oophorectomy and repair operations D&E

Distribution of Marks - Practical Exam

1. Case taking(2 Cases)	30 Marks
2. Instruments Drugs and Models	20 Marks
3. General Viva	40 Marks
4. Journal	10 Marks
TOTAL	<hr/> 100 Marks

3.4, Kaumarbhritya (Ayurvedic Pediatrics)

Theory one Paper - 100 Marks

Practical Viva Voce - 50 Marks

Paper I

100 Marks

Kaumarbhritya Parichaya Evum Balaka Paricharya (Introduction to Ayurvedic Pediatrics and Child Care)

Part A

50 Marks

1. General introduction and scope of Kaumarbhritya (Ayurvedic Pediatrics), Definitions and terminologies used in Kaumarbhritya.
2. Importance of Kashyapa Samhita in Kaumarbhritya.
3. Vayobheda (Classification of age): Garbha, Bala, Kumara; Kshirada, Kshirannada & Annada etc.
4. Prana Pratyagamanam (Neonatal Resuscitation): Methodology; complications and their management (Ayurvedic and modern view). Assessment of gestational age.
5. Navajata shishu Paricharya (Neonatal care): care of the Jatmatra (Newly born child) and the Sadyojata, Care of the Samaya-purvajata Shishu (Preterm), Purnakalika Shishu (Full term), and Samaya-Paschatjata Shishu (Post term neonate), Nabhinala Chhedana (Cutting of umbilical cord), Complications of improper cutting of umbilical cord and its treatment, Rakshoghna Karma (Protective measures- Ayurvedic and modern view).
6. Navajata Shishu Parikshana (Examination of newborn): Ayu-Parikshana, Modern approach to Neonatal Examination
7. Navajata Shishu Poshana (infant feeding): Specific feeding schedule as per Ayurvedic texts and modern concept. Stanya-sampat (Properties of normal breast milk, Stanyotpatti (Physiology of lactation), Stanya Sangathana (Composition of breast milk), Stanya Parikshana (Examination of breast milk). Stanya-Piyusha (Colostrum); Stanya-Pa na-Vidhi (Techniques of breast feeding), Stanyakshaya -Stanyanasha (Inadequate production and absence of breast milk), Dhatri (wet nurse)-, Stanyabhava dugdh Vyavastha (alternative feeding in the absence of breast milk), Various other milk feeding methods.
8. Stanyadosha (Vitiation of Breast milk), Stanya Shodhana (Purification of breast milk), Stanya Janana and Vardhanopakrama (Methods to enhance breast milk formation).
9. Garbha Vridhi Vikasa Krama: Samanya Parichaya (brief monthwise development of fetus), Milestones of development during infancy and childhood including concepts of various Samskaras. Anthropometry-measurement and their interpretation
10. Poshana (Nutrition): Normal requirements of nutrients and common food sources.
11. Dantotpatti evum Danta Raksha Vidhi (Dentition and dental care): Danta-sampat (Characteristics of healthy teeth), Danta Nisheka evum Dantodbheda (Eruption of teeth), Dantodbhedjanya Vikara (Dentition disorders).
12. Vyadhikshamatva: General concepts of Bala (Immunity) and methods of Bala Vriddhi. Hita [suitable] and Ahita [not suitable] in relation to immunity
13. Prashan & Lehana: Indications, contra-indications, different drugs used in lehana
14. 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 from time to time.

Samanya Chikitsa Siddhanta and Balaroga

(General Principles of Treatment and Management of Pediatric Disorders)

1. Bala Pariksha-vidhi Evam Shishu Vedana Parigyan (Examination of sick child and Diagnostic methods-Ayurvedic and modern). Samanya Chikitsa Siddhanta (General principles of treatment in children).
2. General Aushadhi Matra Nirdharana - for Ayurvedic and modern drugs preparations (drug doses according to age, weight and drug contents)
3. Specific therapeutic panchakarma procedures in children with special emphases on snehan, swedan and basti.
4. Prasava Kaleena Abhigata (Birth injuries): Shwasavrodha (Asphyxia neonatorum), Ulvaka, Upashirshaka (Caput Succidanum and Cephalohaematoma), Shastraghatajanya: Facial Paralysis, Erb's Paralysis, Bhagna (fractures).
5. Brief description of Sahajavyadhi - (Congenital disorders): Sahaja Hridaya Vikara (Congenital Cardiac Disorders) Jalashirshaka (Hydrocephalus), Khandaoushtha (cleft lip), Khanda-Talu (cleft palate) Sanniruddha Guda (Anal stricture / imperforated anus), PadaVikriti (Talipes equanovarus and valgus), Spina bifida, Meningocele, Meningomyelocele.
6. Brief knowledge of genetic disorders): Down syndrome, Turner Syndrome, Myopathy, Thalassaemia, Sahaja Prameha (error of metabolism).
7. Prasavottara Vyadhi (Neonatal disorders): Navajata Kamala (Neonatal Jaundice), Navajata Netrabhishyanda (Neonatal conjunctivitis), Nabhiroga (Umbilical disorders), Cerebral Palsy, Neonatal Septicemia
8. Dushta Stanyapanajanya Vyadhi (Disorders due to Vitiated Milk): Lactose intolerance, Charmadala (Infantile atopic dermatitis), Kshiralasaka, Kukunaka, Ahiputana (Napkin Rashes)
9. Kuposhanajanya Vyadhi (Nutritional disorders): Karshya, Phakka, Balashosha and Parigarbhika (Protein Energy Malnutrition), Vitamin and Micronutrient deficiency disorders, Hypervitam inosis.
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)

1. 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), Udarshula (Infantile Colic), Pravahika (Dysentery), cudabhransa (Rectal Prolapse). Ama and its disorders like Ama vata jwara (Rheumatic fever).
- c. Rasavaha Srotas:** Jwara (Fever), Pandu (Anemia), Mriddhakshanajanya Pandu (Anemia associated with clay eating/ Pica).
- d. Raktavaha Srotas:** Kamala (Jaundice), Raktapitta (Haemorrhagic disorders), Yakritodara (Hepatomegaly).and Pleehodara (Splenomegaly)
- e. Mamsa-Medovaha Srotas:** Apachi (Lymphadenitis), calaganda (Goitre), Gandamala (Cervical Lymphadenopathy).

f. Mutravaha Srotas: Shophā in Vrikkā (Glomerulonephritis and Nephrotic syndrome)

2. Anya Bala Vikara (Miscellaneous Pediatric Disorders) pangutwa (Locomotordisorders), Vamanatwa, (Dwarfism), Apasmara (Epilepsy), Akshepa (Convulsions), Nirudhaprakasha Phimosi), Kushta (Skin disorders).
3. Behavioral Disorders of Children. their management and counseling: Breath holding spell, Shayyāmutra (Bed wetting), Pica, Unmada, Autism. ADHD (Attention Deficit and Hyperactive Disorders), Jadatwa.
4. Pran raksha vidhi (Life saving measures in children): principles of management of Shock and Anaphylaxis, Drowning, Poisoning, Foreign body in respiratory tract, Status epilepticus, Hemorrhage, Acute Renal Failure, Febrile Convulsion, Status Asthmaticus, Fluid and Electrolyte Management.
5. Balagraha: General description, classification, clinical features and management,
6. Various Ayurvedic & modern procedures and investigations in pediatric practice

PRACTICAL

Content of Practical/ demonstration

1. Clinical training of above mentioned disorders of children.
2. Exposure to a)
 - a) Navajata Shishu paricharya (Care of the newborn)
 - b) Pranapratyagamana Vidhi (Resuscitation procedure of new born)
 - c) Vaccination
 - d) Panchakarma Vidhi (panchakarma procedures)
3. Knowledge of various equipments such as phototherapy unit, overhead radiant warmer, resuscitation equipments, Panchakarma equipments and their application
4. Knowledge of IV fluid administration, blood sampling
5. Breast feeding technique and techniques of other milk feed

Distribution of Marks

Clinical work: Pediatric and neonatal case records [10 case sheets of each]	10 Marks
Patient Examination	20 Marks
Spotting	05 Marks
Viva - voce	15 Marks

Total

50 Marks

Reference Books

1. Kashyapa Samhita Complete Hindi translation by Satyapal Vidhyalankara English translation by Prof. Premvati Tiwari
2. Principles & practice of Pediatrics in Ayurveda: CHS Shastry
3. Child Health Care in Ayurveda: Abhimanyu Kumar
4. Ayurvedic Concepts of human Embryology: Abhimanyu Kumar
5. Kaumarbhritya by Prof. D.N. Mishra
6. Kaumarbhritya Ke Antargata Balgraho Ka Kramika Evam Vaigyanika Adhyana by Prof. Chanchal Sharma
7. Notes on Kaumarbhritya-by Dr. Dinesh K S
8. Pran - Pratyagamanam-by Dr, B.M. Singh
9. Ayurveda Dwara Matra Evam Shishu Paricharya by Dr. KS Patel,V.K.Kori & Rajgopal
10. Kaumarbhritya related references from Charaka Samhita, Sushruta Samhita Vagbhata etc.
11. Clinical Methods in Paediatrics by Meharban Singh
12. Pediatrics Emergencies by Meharban Singh

13. Essential Pediatrics O.P. Ghai
14. Text Book of Pediatrics Nelson
- 15, Care of New Born by Meharban Singh

3.5. CHARAKSAMHITA-UTTARARDHA
(Uttarardha: Chikitsa - Kalpa - Siddhi Sthana)

Theory- One paper - 100 Marks
Practical - 50 Marks

The marks of theory examination are distributed as follows:

- | | |
|--------------------|----------|
| 1. Chikitsa sthana | 60 Marks |
| 2. Kalpa sthana | 15 Marks |
| 3. Siddhi sthana | 25 Mark |

PRACTICALS:

For practicals following activities are included

1. Memorizing and in writing two shloka weekly related to samprapti and chikitsa sutra (Eight Sloka per month.) and note book of memorized shloka, corrected and signed by the class teacher is to be submitted at time of examination.
2. Preparation of Charts /Compilation/Assignment.
3. Case taking from samhita siddhant OPD IPD of the Hospital. Total 20 cases should prepared be recorded in case record Journal.

Distribution of marks :-

Total 50 Marks

1. Oral presentation (Presentation of 10 shloka, orally and in writing related with Samprapti and Chikitsa Sutra) 10 Marks.
2. Viva voce on Prepared Charts/ Compilation/Assignment. 10 Marks.
3. Case taking and prescription writing by examining the patients from OPD & IPD of samhita. siddhant of hospital and oral related to case record Journal. 10 Marks.
4. General Viva – Voce. 20Marks.

Reference Books :-

1. Charak Samhita -Chakrapani Tika (Sanskrit Commentary)
2. Charak Samhita (Hindi Commentary) Vd. Jayadev Vidyaiankar or Vd. Atridev Vidyalankar or Prof. Gorakh Nath chaturvedi & Kasninaih Shastri or Dr. Brahmanand Tripathy or Dr. RaviduttaTripathy
3. Charak samhita (English commentary): Dr. Ram Karan sharma & vd. Bhagwan Dash or Acharya Priyavrata Sharma