

FIRST SESSIONAL EXAMINATION SYLLABUS
DEPARTMENT OF KAYACHIKITSA

PAPER -I

Part - A

1. Derivation definitions and synonyms of the terms 'Kaya and Chikitsa' Definition of 'Kayachikitsa, Definition and types of 'Bheshaja'. Knowledge about Chikitsa Chatushpada, Rogi Roga Pariksha Siddhantha, Astasthan Pariksha.
2. Importance of Kriya Kaala according to stages of Dosha and their management.
3. Chikitsa sutra and Management of vriddhi (increased) and kshaya (decreased) of Dosha, Dhatu and Mala, Ojo Vyapat (Kshaya, Visramsas and Vyapat) and its management. Chikitsasutra and Management of Sama-Nirama states, Roga-Anutpattikara Chikitsa, Roga Prashamana Chikitsa (Doshapratyanika, Vyadhipratyanika, Ubhayapratyanika), Doshopakrama, Chikitsa sutra and Management of Sthanantara Dosha (Ashayapakarsha, Anuloma/Pratiloma gati of Dosha, Vimarga gamana of Dosha), Knowledge of Lina Dosha & its management, Diagnosis, Chikitsa Sutra and Management of Avarana and of Dhatu Pradoshaja diseases, Importance of Dosha, Dushya, Bala, Kaala, Agni, Prakriti, Vaya, Sattva Satmya, Desha, Ahara and stage of diseases in treating them. Chikitsa Sutra and Management of 'Samanyaja and Nanatmaja' diseases.
4. Detailed description of Dvidividhopakrama (Santarpana and Apararpana) and Shadavidhopakrama (Rookshana, Snehana, Swedana, Sthambhana, Langhana and Brimhana). Detailed description of Shodhana, Shamana and Nidana Parivarjana. Knowledge of Aushadha matra, Sevan kaala and Anupana, Definition and Knowledge of Pathya-Apathya with examples of diseases of various systems.

Part B

1. Detailed description of Chikitsa Sutra and Management of Jwara and its types. Etiopathogenesis & relevant Ayurvedic and Modern management 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), Romantika (Measles).

2. Chikitsa sutra and Management of the diseases of Rasavaha Srotas such as – Pandu, Amavata, Madatyaya, Hridroga, Hridshoola, Hypotension, Hypertension, Anaemia, Rheumatoid arthritis.
3. Chikitsa sutra and Management of the diseases of Raktavaha Srotas such as - Raktapitta, Kamala, Kumbhakamala, Halimaka, Daha, Mada, Murcha, Sanyasa, Vatarakta, Plihadasha, Yakrut dosha, Haemolytic disorders, Hepatitis, Cirrhosis of Liver, Leukaemia, Kushta, Shvitra, Visarpa, Sheeta-pitta, Udarda, Kotha and Kshudra Roga.
4. 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.
5. Introduction of general principles of maintenance of health and management of diseases of following systems of Medicine- Yoga, Naturopathy, Unani, Siddha, Physiotherapy and Rehabilitation.

PAPER- II

Part A

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 Udayavaha Srotas such as- Shotha, Jalodara, Trishna, Water & Electrolyte Imbalance.
3. Chikitsa sutra and Management of the diseases of Annavaha Srotas such as – Agnimandya, Aruchi, Ajirna, Anaha, Atopa, Adhmana, Alasaka, Vilambika, Visuchika, Chardi, Grahani, Amlapitta, Gulma, Shoola, Bhasmaka, Acid peptic disorders.
4. Principles of treatment and management of Vata Vyadhi such as - Pakshavadha, Ekangavata, Sarvangavata, Ardita, Avbahuka, Kati Graha, Manyastambha, Gridhrasi, Vishwachi, Khalli, Khanja, Pangu, Padaharsha, Padadaha, Vatakantaka, Kroshtukashirsha, Udavarta, Kampavata, Dhatugata and Ashayagata Avarana Vata, other Vata Rogas, Parkinsonism.

Part B

1. Chikitsa Sutra and Management of Mamsavaha Srotas and Medovaha Srotas such as- Gandamala, Galaganda, Mamsashosha, Arbuda, Apachi, Pramcha, Sthaulya, Karshya, Diabetes Mellitus, Dyslipidaemia.
2. Chikitsa Sutra and Management of 'Asthi and Majjavaha Srotas such as Asthimajja Vidradhi, Asthisoushirya, Asthi kshaya, Sandhigata Vata, Osteo Arthritis, Osteomyelitis, Osteoporosis, Osteopenia.
3. Chikitsa sutra and management of Shukravaha srotas such as Klaibya, shukralpata, shukradosha, kshina shukra, dhwajabhanga.
4. Chikitsa Sutra and Management of diseases of Mutravaha Srotas such as -Mutrakricha, Mutraghata, Ashmari, Cystitis, Nephritis, Nephrotic Syndrome, BPH, Renal Failure.
5. Chikitsa Sutra and Management of diseases of Purishavaha Srotas such as – Atisara, Pravahika, Arsha, Purishaj Krimi, IBS and Ulcerative Colitis.
6. Chikitsa Sutra and Management of Sexually Transmitted Diseases such as – Phiranga, Puyameha, Upadamsha, lymphogranuloma inguinale, Syphilis, Gonorrhoea.

PANCHKARMA SYLLABUS

1st SESSIONAL EXAM

I. Introduction

1. Introduction to Panchakarma, Panchakarma and Shodhana, its importance for promotion of health, prevention and treatment of diseases.
2. Trividha Karma- Purva, Pradhana and Pashchat Karma in relation to Shodhana and their importance.
3. Indications of Shodhana, Shodhana according to Ritu
4. General Principles of doshagati from Koshta to Shaka and vice versa
5. General precautions (Pariharya Vishaya) for Panchakarma
6. Specifications of Panchakarma theatre and necessary equipments
7. Importance of Koshta and Agni Parikshan

II. Snehana

1. Etymology and Definition of Sneha and Snehana
2. Snehayoni- Sthavara and Jangama: Properties of Sneha dravyas, Snehopag Dravyas
3. General knowledge of Ghrita, Taila, Vasa and Majja with their specific utility and actions , Yamaka, Trivrit and Maha Sneha
4. Metabolism of fat
5. Achcha and Pravicharana of Sneha
6. Snehapaka and its importance in Panchakarma
7. Types of Snehana: i) Bahya and ii) Abhyantara Snehana

i) Bāhya Snehana :

Methods, indications and contraindications of the following types of Bahyasnehana; Mardana, Unmardana, Pādāghāta, Samvāhana, Karna Purana & Akshi Tarpan, Lepa, Talam,

Murdhni Taila: Siro-Abhyanga, Shiro Seka/dhārā, Siro Pichu and Siro-Basti.

ii) **Ābhyantara Snehana** Three Types of Ābhyantara Snehana: Shodhanārtha, Shamanārtha and Brimhanārtha Snehana, Indications and contraindications for Snehana

Shodhanārtha Snehana

a. Importance and method of Deepan Pāchan and Rookshana in Shodhanārtha Snehana. Properties of Rookshana Dravya. Samyak Rookshana Lakshana

b. Consideration of Agni and Koshta in Snehana

c. Indication of Different Matra, Various dose schedules for Shodhanārtha Snehana; Hraseeyasi, Hrasva, Madhyama and Uttama Mātrā, Ārohana Mātrā

d. Methods of Shodhanārtha Snehana,

e. Anupāna of Sneha

f. Jeerna and Jeeryaman Lakshana

g. Samyak Yoga, Ayoga and Atiyoga of Snehana, Sneha Vyāpat & their management according to Ayurveda & Modern Medicine

h. Diet and regimen during Snehana

Sadyo Sneha: Method of administration, dose fixation and utility

Shamanārtha Snehana, Method of administration, dose fixation and utility

Briharnarth Snehana: Method of administration, dose fixation and utility

Avapeedak Sneha: Method of administration, dose fixation and utility

8. Snehana Kārmukata (mode of action)

9. Special Procedures: Takradhara, Udvartanam, Putpāka, Aschotana, Anjana, Gandusha, Kavala, Dhoompāna, Udvartana, Utsādana, Udgharshana, Talapothichil

III. Svedana

1. Etymology and Definition of Sveda and Svedana

2. Classifications of Sveda/Svedana

3. General Sweda dravya, Properties of Sweda dravyas, Swedaopag dravyas ,

4. Indications and contraindications of Svedana

5. Ten Types of Niragni Svedana

6. Knowledge of 13 types of Sagni Svedana and Chaturvidh Svedan
7. Detailed Knowledge with their Utility of the following Svedana procedures: Sankara/Pinda Sveda-Ruksha and Snigdha Sveda Patrapinda Sveda, Jambir Pinda Sveda, Vāluka Sveda, Churna Pinda Sveda, Kukkutand Pinda Sveda, Shashtika Shalipinda Sveda, Nadi Sveda, Bashpa Sveda Ksheer dhooma ,Ksheer Seka, Kwath Seka, Avagaha Sveda, Dhanymla Dhara Parisheka Sveda, Pizichil, Upanaha Sveda, Annalepa
8. Local Basti such as Kati Basti, Janu Basti, Greeva Basti and Urobasti
9. General precautions during Sagni Svedana and Methods to protect vital during svedana
10. Samyak Yoga, Ayoga and Atiyoga of Svedana
11. Complications of Svedana and their Management according to Ayurveda & Modern Medicine
12. Diet and management during and after Svedana
13. Parihār Vishaya
14. Svedana Kārmukata (Mode of action)
15. General Knowledge about current Sudation techniques like Sauna bath, Steam bath

IV. Vamana Karma

1. Etymology, definition and importance of Vamana Karma
2. Utility of Vamana Karma in health and disease
3. Indications and Contraindications for Vamana
4. Knowledge of Koshta and Agni
5. General knowledge of Vamana and Vamanopaga drugs; properties, actions, preparations, preservation with special reference to Madanphala, Kutaj, Nimba, Yashti, Vacha
6. Purva Karma of Vamana: Deepan-Pāchana, Abhyantara Snehana and diet
7. Management of one gap day-Abhyanga & Svedana, diet, special Kapha increasing diet
8. Preparation of the patient on Morning of Vamana day
9. Vamaka Yoga, Anupana, fixation of dose and method of administration
10. Administration of Vamanopaga Dravya such as milk, sugarcane juice, Yashtimadhu decoction
11. Lakshana indicating Doshagati during the process.

12. Management during Vamana Karma & observations

13. Symptoms of Samyak Yoga, Ayoga and Atiyoga of Vamana Karma

14. Post Vamana management

15. Types of Shuddhi-Hina, Madhya and Pravara

16. Peyadi Samsarjana Krama and Tarpanadi Kram with their specific indications

17. Complication of Vamana and their management with Ayurveda and modern drugs

18. Pariharya Vishaya

19. Vamana Karmukata (Mode of action).

V. Virechana Karma

1. Etymology, definition and importance of Virechana Karma

2. Utility of Virechana Karma in health and disease

3. Indications and Contraindications for Virechana

4. Knowledge of Koshta and Agni

5. Classification of Virechana Drugs, General properties of Virchana dravya

6. General knowledge of single and compound Virechan drugs; properties, actions, preparations, preservation with special reference to Trivrutta, Aragvadha, Eranda, Katuki, Jaipal

7. Purva Karma of Virechana: Deepan- Pachana, Abhyantara Snehana and diet

8. Management of 3 gap days-Abhyanga, Svedana & diet

9. Management on Morning of Virechana day

10. Preparation of Virechana Kalpa, Anupana, dose and method of its administration

11. Method of Virechana Karma and management during Virechana Karma & observations

12. Symptoms of Samyak Yoga, Ayoga and Atiyoga of Virechana Karma

13. Post Virechana management

14. Types of Shuddhi-Hina, Madhya and Pravara and accordingly Samsarjana Krama

15. Complications of Virechana and their management with Ayurveda and modern drugs

16. Pariharya Vishaya 17. Virechana Kārmukatā (Mode of action)

FIRST SESSIONAL EXAMINATION SYLLABUS
DEPARTMENT OF SHALAKYA TANTRA

PAPER –I

(Netra Roga Vigyan)

1. Introduction Points -(a,b,c,d,e)
2. Netra Samanya & Vishishta Chikitsa –Kriyakalpa Points-(a,b,c,d,e)
3. Sandhigata Roga Points-(a,b,c)
4. Vartmgata Roga Points-(a,b,c)
5. Miscellaneous Diseases Points-(a,b)

PAPER –II

(Shiro-Karna-Nasa-Mukh Roga)

1. Samanaya Chikitsa Points-(a,b)
2. Shiroroga Points-(a, b ,c ,d, e)
3. Karn Roga Points-(a, b, c, d, e)
4. Miscellaneous Diseases

FIRST SESSIONAL EXAMINATION SYLLABUS

DEPARTMENT OF SHALYA TANTRA

PAPER -I

Part - A

1. Definition of Shalya, ShalyaTantra and its importance. Introduction to ShalyaTantra:
2. Description of Yantra, Shastra, Anushastra: Definition, number, types, uses, Dosha, Guna, Karma. Relevant modern instruments.
3. Nirjantukarana / Sterilization: Methods, types and its role in surgical practice.
4. Sangyaharan / Anaesthesia: Definition and Types.
Local anaesthesia –
Regional and General anaesthesia-
5. Trividha Karma – Purva Karma, Pradhana Karma and Paschat Karma.
6. AshtavidhaShastra Karma - Surgical procedures.
7. Yogya - Experimental Surgery.
8. Marma: Nirukti, types, description and importance.

Part - B

1. ShatKriyakala in surgical practice
2. Nirukti, Nidana, Samprapti, Prakara, Lakshana, Sadhya-asadhyata, Upadrava and Chikitsa of the following disorders.
 - i. Vranashotha - Inflammation
 - ii. Vidhradi - Abscess
 - iii. Pidika - Boils
 - iv. NadiVrana - Sinus / Fistulae
 - v. VranaGranthi - Keloid / Hypertrophic scar Marmagata - Shock
 - vii. Kotha – Gangrene and Principles of Amputation.
 - viii. Granthi - Cyst
 - ix. Arbuda - Tumour
3. Vrana – Nirukti and Prakara

PAPER -II

Part - A

1. Bhagna
2. Diseases of bone
3. Cranio-cerebral injuries
4. Diseases of Spine
5. Diseases of breast
6. Diseases of chest
7. Diseases of esophagus

Part - B

1. Diseases of Liver
2. Diseases of Gallbladder
3. Diseases of Pancreas
4. Diseases of Spleen
5. Diseases of Kidney and Ureters

RESEARCH METHODOLOGY AND MEDICAL STATISTICS

FIRST SEMESTER

Research Methodology

1. Brief historical background of research in Ayurved and contemporary medical science
Evidences of researches in ayurvedic classics
2. Etymology, definitions and synonyms (Anveshana, Gaveshana, Prayeshana, Anusandhan and Shodha) of the word Research
3. Research in Ayurved - Scope, need, importance, utility
4. Types of Research (familiarization of the terms)
 - a) Pure and Applied
 - b) Qualitative , Quantitative and Mixed
 - c) Observational and interventional.
5. Research process (Importance of each steps in brief)
 - a. Selection of the topic
 - b. Review of the literature
 - c. Formulation of Hypothesis
 - d. Aims and Objectives
 - e. Materials and methods
 - f. Observations and results
 - g. Methods of communication of Research
6. Research tools – Role of the pramanas as research tools

Medical-Statistics

1. Definition, scope and importance of the Medical statistics

2. Common statistical terms and notations

a. Population

b. Sample

c. Data

d. Variable

e. Normal distribution

3. Collection and Presentation of data

a. Tabular

b. Graphical

c. Diagrammatical

4. Measures of location

a. Average

b. Percentile

Measures of Central Tendency

a. Arithmetic mean

b. Median

c. Mode