

Section I

Preamble:

Ayurveda is upaveda of Atharva Veda. It is the oldest system of medicine in the world. The word Ayurveda derived from two samskrit words, **AYUR** (life) and **VEDA** (science/knowledge) means the 'science of life'. It has complimented its therapeutic benefits to many chronic and unhealed ailments. Also it is a suitable system of medicine for life style disorders and to meet the changes in pathological conditions due to modern life style.

It is revealed that there were three World famous Universities teaching Ayurveda – all located in ancient India, namely 'Takshashila', 'Vikramshila' and 'Nalanda'. Students from all over the world studied in these universities and through them, the Principles of *Ayurveda* spread to other many countries. Other Systems of Medicine developed taking inspiration from Ayurveda that was learnt by foreign students from India and carried all over the World. Ayurveda therefore can be considered – in true sense – the 'Mother of all Medical branches'.

During the period 2000-1000BC Ayurveda a unique system of medicine developed in India by the sages with use of their observations, natural resources and their experience. Under the **Guru ShishyaParampara** the regular teaching and training began with creation of Samhitas. Gradually it institutionalized at ancient University of 'Takshashila', 'Vikramshila' and 'Nalanda' during 7th century.

Recent years in India various courses were like Ayurveda Vaidya Visharad(AVV), AyurvedBhishak(AB), etc., conducted by different establishments. To rejuvenate, regularize and to bring uniformity in teaching and training of Ayurveda in India, the 'Central Council of Indian Medicine' a regulatory body for Ayurvedic Education was established. Now Bachelor of

Ayurvedic Medicine and Surgery, MD/MS in various discipline of Ayurveda started with the intention to encourage integrated teaching and de- emphasis compartmentalization of disciplines so as to achieve horizontal and vertical integration in different phases which helps to support National Health Services.

Looking in to the health services provided to the public, understanding the need of Practitioners of Ayurvedic system of medicine, as per the guidelines of apex body CCIM and suggestions provided by the faculty of various sections, stake holders and strategy of University this governance is framed.

Section II

Goal of the Course:

To Produce a Physician of first contact and capable of functioning independently in both urban and rural environment,

Section III

Aims:

To produce graduates of Ayurveda with profound scholarship having deep basis with scientific knowledge in accordance with Ayurvedic fundamentals with extensive practical training who would be able to become an efficient teacher, research worker and Kaya Chikitsak (Physician) and Shalayachikitsak (Surgeon) competent to serve and render health services

Objectives:

ATTITUDE AND SKILLS:

- With competent knowledge of Ayurveda science, relevant modern subjects, common investigations and their clinical interpretation, art of diagnosis of common ailments, selection and administration of suitable Pancha karma procedures, common single and compound drug formulations, Pathyaapathya, preventive measures, Rasayana, National Health Programme.
- Able to perform Para surgical procedures, conduct deliveries and resuscitate new born babies.

Departmental goals and objectives:

These are given in their respective chapters.

Section IV

Regulations Governing the 3rd BAMS course

1. Course of Study:

3rd Professional BAMS – It is of 1 year duration,

The subjects of 3rd Professional BAMS are :

- 1) Agada Tantra, Vyavahar Ayurveda evum Vidhi Vaidaka
- 2) Swasthavrtta and Yoga
- 3) Prasuti Tantra and Striroga
- 4) Balaroga
- 5) CharakasamhitaUttarardh

There shall be university examination at the end of 2nd term of 3rd Professional BAMS in all above subjects.

2. Intake of the Student:

Total100 students per batch

3. Medium of instructions:

English with use of Ayurvedic technical terms

4. Duration of the Course Study:

The duration of 3rd BAMS is of 12 months

5. Attendance and Progress:

A minimum of 75% of the attendance in theory and practical separately in each subject calculated from the date of commencement of the 3rd Profession to the last working day as notified by the University is eligible for examination at the end of academic year subject to the condition that his/her progress and conduct are counted to be satisfactory by the Principal.

A candidate lacking in the prescribed attendance and progress in any one subject in theory and practical / clinical in the first appearance should not be

permitted to appear in that subject. Such candidate's result will be declared as Pass after passing all subjects of 3rd Prof. BAMS.

6. Subjects taught, Number of lectures/practical and demonstrations for various subjects:

N O.	SUBJECT	Lectures (one hour each)	Practical & Demonstrations (two Hrs each)	Total Teaching & Training Hrs	Grand Total
1	Agada Tantra, Vyavahar Ayurveda evum Vidhi Vaidaka	200	100	300	1100
2	Swasthavrtta and Yoga	200	100	300	
3	Prasuti Tantra and Striroga	200	100	300	
4	Balaroga	100	100	200	
5	Charakasamhita Uttarardh	100	-	100	

7. Scheme of Examinations:

a) Internal Assessment Examination-

- 20% of the theory marks of that subject will be the IA Theory Exam marks
- 10% of the Practical marks of that subject will be the IA Practical Exam marks
- If total Practical marks of the subject less than 100, the IA Practical Exam marks 10 only,
- Internal assessment will be carried out at end of module.
- A student must appear 80% of the module assessment exams per subject.
- Average of all attended assessment marks of the Theory & Practical will be converted in to 20%, & 10% respectively, which shall be added to the University exam marks as Internal Assessment Marks.
- A student must secure at least 50% of total marks fixed for internal assessment in a particular subject in order to be eligible to appear in University Examination

b) University Examination:

Subjects Taught, number of Theory Papers, Practicals & Marks Division:

NO	SUBJECT	PAPER	Theory Marks	Practical/ Viva Marks	TOTAL	Grand Total
1	Agada Tantra, Vyavahar Ayurveda evum Vidhi Vaidaka	Paper - 1	100	100	200	1100
2	Swasthavrtta and Yoga	Paper - 1	100	100	300	
		Paper - 2	100			
3	Prasuti Tantra and Striroga	Paper - 1	100	100	300	
		Paper - 2	100			
4	Balaroga	One	100	100	200	
5	CharakasamhitaUttarardh	One	100	-	100	

Marks division of Theory papers, Practical & Internal Assessment Examinations:

S.No	Subject	Paper	Theory Marks				Practical Marks			Grand Total
			Uni.Exam	IA	Viva	Total	Uni Exam	IA	Total	
1	Swastha Vrutta	Paper1	100	40	60	300	80	20	100	400
		Paper2	100							
2	Prasooti And Sr	Paper1	100	40	60	300	80	20	100	400
		Paper2	100							
3.	Kaumar Bhriya	Paper1	100	20	30	150	80	20	100	250
4	Agad Tantra	Paper1	100	20	30	150	80	20	100	250
5.	Charaka Uttardha	Paper1	100	20	30	150	-	-	-	150

c) University Theory Question paper pattern:

No	Division	No of Questions	Marks Per Question	Total Marks	Grand Total
01	MCQ	25	1	25	100
02	Long Essay Questions	2	10	20	
03	Short Questions	5	5	25	
04	Very Short Questions	10	3	30	

- Question papers in English language only.

d) University Practical Examination:

- 5% of the total Practical marks of that subject will be the Practical records marks,
- If total Practical marks of the subject less than 100, the Practical records marks will be 5 only.
- Practical marks division mentioned in respective subject syllabus.

Marks Distribution for Practical Examination

Sl No	Subject	Practical	Marks	Total
1	Agada Tantra, Vyavahar Ayurveda evum Vidhi Vaidaka	Spotter	10	30
		Clinical Case	10	
		Lab practicals	5	
		Practical records	5	
2	Swasthavitta	Long case /Procedure	20	60
		Short case /Procedure	15	
		Spotters(Instruments, Equipments, Models, Specimen, X.ray films, Medicines)	20	
		Practical Records	5	
3	Prasooti Tantra EvemStriroga	Long case /Procedure	20	60
		Short case /Procedure	15	
		Spotters(Instruments, Simulators, Models, Specimen, X-ray films, Medicines)	20	
		Practical Records	5	

4	Kaumarabhritya	Long case /Procedure	30	60
		Short case /Procedure	10	
		Spotters(Instruments, Equipments, models, specimen, X.ray films, medicines etc)	10	
		Practical Records	10	
5	Charaka Samhita (Uttarardha)	-----	---	---

d. Eligibility to appear in 3rd Professional BAMS Examination:

- The candidate must have undergone satisfactory the approved course of the study in the subject within prescribed duration.
- He/She have at least 75% of attendance in both theory and practical separately.
- A student must secure at least 35% of total marks fixed for internal assessment in a particular subject theory and practical separately, in order to be eligible to appear for University Examination.
- A candidate who has failed in the 2nd Professional BAMS examination can carry over maximum of two subjects to the 3rd Professional BAMS course, but he/she has to pass all the subjects of 2nd Professional BAMS to be eligible to appear for 3rd Professional BAMS examination.

e) Criteria for Pass:

For declaration of pass at the University examination, a candidate shall pass both in Theory and practical separately in the same examination and as stipulated below:

- To pass theory/practical examination in each subject minimum marks to be obtained in theory and practical separately is 40%. To declare a pass in theory a candidate shall secure 40% minimum marks and in aggregate for that subject 50% including marks obtained in theory and internal assessment added together.

- To declare as pass in practical a candidate shall secure 40% minimum marks and in aggregate 50% including practical examination and internal assessment added together.
- A candidate not securing 50% marks in theory and practical examination in a subject shall be declared to have failed in that subject and is required to appear for both theory and practical again in the subsequent examination in the subject

f) Declaration of Class:

- Student who secures 50% to 59.9% of the marks in the aggregate of university Examination of 3rd Professional BAMS will be declared as Second class, 60% to 74.9% as First Class and 75% and above as Distinction.
- A candidate passing a University Examination in more than one attempt shall be placed in pass class irrespective of the percentage of marks secured by him/her in the examination.

g) Supplementary Examination:

Supplementary examination will be conducted within to six months the failed student will have to appear in the subsequent examination.

8) Migration:

The student not allowed taking the migration to continue his/her study to another college after passing the first year examination. Failed students transfer and mid term migration will not be allowed. For migration the students shall have to obtain the mutual consent of both colleges and universities and will be against the vacant seat after obtained NOC from CCI

Section –V- Syllabus of

Theory: 1 Paper (100 Marks)

Practical: 50 Marks

Lectures :200 Hrs

Practical : 100 Hrs

AGADATANTRA, VYAVAHARAYURVED EVUM VIDHIVAIDYAK

OBJECTIVES:

- Students should be made able to diagnose venomous conditions, assess the prognosis and if not able to manage and they should be able to give proper referrals.
- Students should be made able to understand the current significance of Agadatantra and make use of the Knowledge of Agadatantra in General Practice like Contact poisoning, Dushivisha & Garavisha etc.
- Students Should be able to make people aware of hazardous effects of excessive use of Fertilizers, Pesticides, Environmental effluents, etc.
- Should be able to differentiate Venomous and Non-venomous snakes and also to impart the knowledge to society so as to maintain harmony among snakes and humans.
- Able to maintain Good Patient Doctor Relation, follow Medical Ethics, Rules & Regulations pertaining to Medical practice.
- Students should be made capable of doing all the duties of a doctor in case of criminal or accidental cases as per law.

KNOWLEDGE:

- Students should possess basic knowledge of role of Agadatantra in present day.
- Students should possess knowledge about various Indian venomous and non-venomous snakes and their management.
- Students should possess Good clinical knowledge about contact poisoning i.e. Paduka visha, Abharana visha etc.
- Students should possess Knowledge of medical ethics, duties and responsibilities of a doctor for society and Law.
- Students should possess Knowledge of different Agada preparations and their use in present day Ayurvedic general practice.
- Students should possess Knowledge regarding household weapons and possible wounds caused by them, and differentiating accidental, suicidal and homicidal wounds.
- Students should possess Brief knowledge of Autopsy, Court procedures, examination of the cases sent by law.

SKILL:

- Students should be Skilled to identify and manage different types of poisoning due to different sources.
- Students should be Skilled in examining cases of suspected accidental or suicidal or homicidal conditions.
- Students should be Skilled in differential diagnosis of contact poisoning with various skin manifestations.
- Students should be Skilled in identifying venomous & non-venomous snakes, insects etc. and to manage respective clinical conditions.
- Students should be Skilled to have and follow good Doctor Patient relationship.
- Students should be Skilled to disseminate the knowledge of Agadatantra to Students & Society in large.
- Students should be Skilled in preparation and clinical utilization of various Agada yogas.
- Students should be Skilled to possess and practice the Good conduct in discharging the duties as Doctor at various places like hospital, Court, Labs etc.

ATTITUDE & COMMUNICATION:

- To develop positive attitude for practicing Agadatantra and work for development of Agadatantra in specific and Ayurveda as whole.
- Openness for learning and propagating the knowledge for the benefit of Society and the advancement of the Science.
- To have clarity of understanding, thought and be precise in communication.

Name of The Subject: AGADATANTRA– VISHA CHIKITSA (AYURVEDIC & CONTEMPORARY TOXICOLOGY)		
Theory One Paper: 100 Marks		Practical/Viva voice: 50 Marks
Lectures: 200 Hours	Practical / Demonstrations:100 Hours	
Teaching Scheme: Theory		
PART- A		MARKS-50
Unit	Contents (Theory)	Hours
1	Derivation and definition of Agadatantra and Visha, Scope of Agada Tantra, Visha Utpatti, Visha Prabhava, Visha pranaharana Kriya, Visha Guna, Visha gati.	3 Hrs
2	Origin and Classification of Visha:- Its sources, Differences between Visha, Madya and Oja guna, Visha Upadrava and Visha Mukta Lakshana.	3Hrs

3	Tests for detection of Visha, Visha Data lakshana, Vishapeeta lakshana, Signs and symptoms of Visha afflicted organs and personal effects. (Poisoning with anjana, lepa, paduka, abharana etc. - contact poisons). Ancient & contemporary aspects of routes of administration of poison.	8hrs
4	Contamination of air, water, soil etc. (Vishamishrita – Vayu, Jala, Desha, Kala and their management), their contemporary significance. Samuhika visha prayoga-Effects of chemical and nuclear warfare. Biological Warfare.	4hrs
5	Signs and symptoms of poisons of plant kingdom and their management. Visha and Upavisha. Arka, Snuhi, Langali, Karaveera, Gunja, Ahiphena, Dhattura, Bhallataka, Vatsanabha, Kupeelu, Jayapala, Bhang, Tobacco, Parthenium historiferous, Chitraka, Eranda, digitalis and cerebra odollum. Indravaruni, Dravanti, Swarnaksheeri & Kakamari (Signs and symptoms, Fatal Dose, Fatal period, Treatment, post mortem appearances and Medico legal importance).	18hrs
6	Garavisha, Dooshivisha and Viruddhahara– their concepts, classification, Management and contemporary significance. Essentials of Food poisoning, Introductory knowledge of Immunity & Autoimmunity. Toxico-genomics: Introduction, Scope & techniques of toxico-genomics. Residual toxicity, Introduction to Epigenetics	10hrs
7	Study of chaturvimshatyupakrama of Charaka. Ingredients, Method of Preparation, Indications of – Bilwadi agada, Dushivishari agada, Dashanga agada, Ajeya ghrita, Amrutha Ghrita, Ajitaagada, Sanjeevana agada, Darpankusha agada , Sindhuwaradi kashaya, Vrishchika agada, Panchashirisha agada, Lodrasevyadi lepa. Moorvadi Agada, Ksharagada, Vishabilvadi agada and Vishari leha.	10hrs
8	(Animal poisoning and zoonotic diseases) – Detailed study of sarpa, keeta, lootha, vrishchika, Mooshika, Alarka – Visha; Lakshana, Bheda, Chikitsa and their Sadhyasadyata. (Contemporary and classical views),(Signs and symptoms, classification, management, prognosis and medico	12hrs

	<p>legal importance), Visha Sankata, Shanka Visha.</p> <ul style="list-style-type: none"> Types of Sarpadamsha (Snake Bite) Jalouka Visha 		
9	<p>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.</p>	7hrs	
10	<p>Asphyxiants – Carbon monoxide, Carbon dioxide, Hydrogen sulphide; Stimulants–Antihistamines, Cocaine Hallucinogens – LSD</p> <ul style="list-style-type: none"> Mescaline, Dimethyl tryptamine <p>Sedatives and Hypnotics – Barbiturates Petroleum – Kerosene Poisoning Organo phosphorus compounds Aluminum phosphate, Zinc phosphide Introductory knowledge and scope of Toxicology-vigilance</p>	6Hrs	
11	<p>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.</p>	6hrs	
12	<p>Metallic and Non-metallic poisoning: General characters, Signs and symptoms, Fatal dose, fatal period, Treatment, Medico Legal Importance and Postmortem Appearance of a. Nonmetallic poisons – Phosphorous, iodine b. Metallic poisoning – Arsenic, Mercury, Lead, Copper, Zinc, Tin and Radiation metals. Brief knowledge of experimental Toxicology and its utility</p>	8hrs	
13	<p>Madya Visha and Madatyaya; Alcohol poisoning (Ethanol and Methanol)</p>	3Hrs	
14	<p>Laws related to poisons - Poisons act 1919, Dangerous Drug act 1930, Drugs and cosmetic act 1940, Narcotic drugs and Psychotropic substances Act 1985, Pharmacy Act 1948, Criminal poisoning. Medico-legal practices in Ancient India. Anatomy Act.</p>	2hrs	
Part- B		Hours: 100	Marks: 50

<p style="text-align: center;">VYAVAHARAYURVED EVUM VIDHIVAIIDYAK (FORENSIC MEDICINE AND MEDICAL JURISPRUDENCE)</p>		
15	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.	7hrs
16	Legal Procedures – Inquest, Evidence, Witness, Court & Their powers	2 hrs
17	Personal identity and its medico legal aspects, forensic odontology, forensic Serology and DNA profiling.	11hrs
18	Death and its Medico Legal Aspects.	11hrs
19	Medico legal autopsy and exhumation.	7hrs
20	Injuries and wounds and its medico legal aspects & General introduction of Weapons	17hrs
21	Dowry deaths, their medico legal importance and laws in relation to it.	2Hr
22	Asphyxial deaths and its Medico Legal importance.	6hrs
23	Death due to heat, cold and starvation.	2Hrs
24	Virginity, Pregnancy, Delivery; Impotence & sterility, Artificial Insemination, Legitimacy, Abortion, and Infanticide battered baby and their Medico Legal importance. Medical Termination of Pregnancy Act.	12hrs
25	Sexual offences, Sexual perversions and their medico legal aspects.	4Hrs
26	Forensic psychiatry & Forensic Laboratory	7Hrs
27	Ethics as in classics. Types of physicians and methods of identification Pranabhisara and Rogabhisara Vaidya, Qualities of physician, Responsibilities of Physicians, Chaturvidha Vaidyavrutti, Duties of physician to his patient, Vaidya sadvrittam, Apoojya Vaidya, Accepting fees, Relationship with females.	4Hrs
28	Laws in relation to medical practitioners: Indian Medicine Central Council Act, Code of Medical Ethics, 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,	8Hrs

	medico legal aspects of Acquired Immune Deficiency Syndrome, rights of an unborn child, transplantation of human organs Bill 1994, Pre Natal Diagnostic Testing Act, malingering of feigned diseases, international code of medical ethics for doctors and Importance of Medical Records	
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Practical: Hours- 100

marks-50

Division of Practical hours:

1. Post Mortem examination	10
2. Evidence in the court	10
3. Demonstrations in the Forensic & Toxicology museum & ADT	50
4. Clinical postings	10
5. Library Hours for compilation	10
6. Identification of Venomous and Non- Venomous snakes(Visit)	10

Distribution of Practical examination marks:

No.	Practical proper			viva voce	IA practical	Grand total
	Type of Practical	Marks	Total			
1	Spotters/ identification	10	30	10	10	50
2	clinical case	10				
3	Lab practical	5				
4	Practical records	5				

Reference Books:

Sl. No.	Title of the Book	Author
1.	Topics related to Agada Tantra from CarakaSamhita, Sushruta Samhitha, AshtangaHridaya, Ashtanga Samgraha, kasyapasamhitha, Yogarantnakara, bhavaprakasha and Madhava nidana	
2.	Vidhivaidyaka (VyavaharayurvedaVijnan)	Dr.Charuchandra Pathak
3.	Medical Jurisprudence and toxicology	Modi
4.	Basavarajeeyam	Edited by Vd.Govardhan
5.	AgadaTantra	Sh. Ramanath Dwivedi
6.	Text book of Agadatantra	Edited by Dr Huparikar
7.	Agadatantra	Dr Shekher Namboodri
8.	Agadatantrakipatyakram	Edited By Dr Huparikar, Dr Jogalekar

9.	Vishachikitsa (Ayurveda Toxicology English Translation)	Vaidy Balakrishnan Nair, Kerala
10.	Medical ethics and Medical Laws in India	Dr. H.S. Mehta
11.	Toxicology Ayurvedic Perspective	VPSV Ayurveda college Kottakkal
12.	Kautilyarthashastra (English)	Prof. Kangle
13.	Kautilyarthashastra (Hindi)	Dr.Raghunath Singh
14.	Vyavaharayurveda	Dr.Ayodhya Prasad Achal
15.	Vyavaharayurveda vignana	Dr Indramohan Jha(Sachchan)
16.	Relevant topics	from Manu Smriti
17.	Textbook of Forensic Medicine and Toxicology	Dr V V Pillay
18.	Forensic Medicine	Dr B Umadathan
19.	Relevant Acts	Govt. of India
20.	Essentials of Forensic Medicine & Toxicology –	Dr. Narayan Reddy
21.	Review of Forensic Medicine & Toxicolog	Dr. Joseph A Prahlow& Dr. Anil Agarwal
22.	Principles of Forensic medicine and toxicology	Rajesh Bardale, JP Brothers medical publishers
23.	Review of forensic medicine and toxicology	Gautam Biswas, , JP Brothers medical publishers
24.	Colour Atlas of Forensic Pathology	Suresh kumar Shetty, Jaypee Publications

SWASTHAVRITTA

Theory: 2 Papers (100 Marks each)

Practical: 100 Marks

Lectures (Each 1 Hour):200 Hrs
Hrs)

Practical (Each 2 hrs): 50 (100

AIMS:

The Student shall be able to provide the highest quality of Preventive and health promotive care for the healthy individuals with complex problems and demonstrate evaluation and judgment skills in making appropriate decisions regarding diet and lifestyle advice and referral to deliver comprehensive for the patient. He will provide quality in all spheres of higher learning in general and Health service in particulars to all including those in rural and urban areas keeping in view the societal needs in the global context. He will impart and disseminate knowledge, develop competencies and also provide for research and development in the emerging areas of Health sciences, Sciences and technologies.

OBJECTIVES:

KNOWLEDGE:

By the end of 3rd Year/ Professional the student should be able to,

1. The candidate will possess basic and systemic knowledge on the following subjects – Complete Vayaktika Swasthavritta, Sadvrittha, Rogaan anutpadaniyam, Samajika Swasthavritta – Aupasargika roga pratirodha, Yoga and Nisargopachara – their applied aspect, applied basic medical sciences

2. The student will assess Nutritional status of the patient, General health condition of an individual as related to Swasthavritta.
3. The student will identify social, economic, environmental and emotional determinants of the individual.
4. The student will have essential knowledge of personal hygiene, infection control, prevention of cross infection and safe disposal of waste keeping in view the risks of transmission of communicable diseases.

SKILLS:

1. The student will be able to examine the patients clinically, investigate the patient systematically, diagnose the ailment, plan diet and lifestyle, communicate with patient and execute it
2. The student will be able to perform Swastha Panchakarma, Yoga and Nisargopachar modalities.
3. The student will be able to demonstrate the clinical competence necessary to carry out appropriate Yoga and Naturopathic treatment at the level of knowledge, training and practice skills currently available in their competence area.

Attitudes

- The student will be able to adapt ethical principles in practice, maintains the professional honesty and integrity.
- The student will respect the individual's rights and a privilege, including the patient's right to information and right to seek second opinion.

Communication abilities

- The student will develop communication skills in particular to explain the lifestyle advice and Yogic and Naturopathic treatment option available in the management.
- The student will be able to guide and council the individual or the patient with regards to various treatments, modalities available.

DEPT OF SWASTHAVRITTA

PAPER- I

Part – A 50 Marks Vyaktigata Swasthyam (Personal Health) 50 Hours		
Unit	Topic	Hours
1	<p>Introduction</p> <ul style="list-style-type: none"> • Definition of Swastha&Swasthya • Arogyalingani • WHO Definition of Health • Definition of Swasthavritta • SwasthavrittaPrayojana&Mahatvam • Objectives & Importance of Swasthavritta, • Dimensions of health - a)Physical b)Mental c) Social • Concept of wellbeing - a)Objective b)Subjective c) Standard of living d) Quality of life • Determinants of health • Various indicators of Health • Nindita and AninditaPurushaConcept of HFA 	3 Hours
2	<p>Dinacharya</p> <ul style="list-style-type: none"> • Definition of Dinacharya; Aims and importance of Dinacharya • BrahmaMuhurtaavumUtthishta; Sharirachinta • UshaJalapana; Malatyaga; Mukhaprakshalana, Dantadhavana • Preparation of Ayurvedic dental powder and paste, Jivhanirlekhanavidhi (Tongue cleaning) • Gandusha&Kavaladharanavidhi& health benefits • PratimarshaNasyavidhi& health benefits • Anjanavidhi& health benefits • Dhoomapanavidhi& health benefits • Abhyangam • Udvartana • Utsadana • Vyayama& its health benefits • Classification of exercises, Chankramana& its health benefits, Benefits of Walking, Jogging, Swimming, Gymnastics, Sports and games and its application in health and disease 	6Hours

	<ul style="list-style-type: none"> • Snanam, Anulepanam, Vastradharanam, Tambulasevanam • Importance of Antahashoucha&bahyashoucha in preserving the health • Dandadharana, Padatradharana, Chatradharana, Ushnishadharana, Ratnabharanadharana • Cosmetic effect of Dinacharya procedures • Padabhyanga • NakhaadiKartana Vidhi, MadhyahnaCharyam 	
3	Ratricharya <ul style="list-style-type: none"> • Sandhyacharya, Ratrihojana vidhi, Shayana vidhi according to Bhavamishra 	1 Hour
4	Ritucharya <ul style="list-style-type: none"> • Ritus as per Charak&Vagbhataacharyas • Adana kala & Visargakala • Sanchaya, Prakopa-Prashama of Doshas and their Utpatti in Ritus • Relation of Agni bala and Ritu • Doshashodhana in samanyaRitu • Ahara-Vihara, Pathya- Apathya in different Ritus • Ritusandhi; Yamadamshttra; Rituharitaki, • Importance of Ritucharya • Rituviparyaya 	3 Hours
5	Sadvritta <ul style="list-style-type: none"> • Description of Sadvritta and AcharaRasayana - their role in Prevention & control of diseases • Role of Sadvritta in prevention of Sankramaka and Aagantukavyadhis 	1 Hour
6	Trayopastambhas (Three pillars of health) <p>a. Ahara</p> <ul style="list-style-type: none"> • Nirukti, Swarupa, Pramukhatvam • AharadravyaVargeekaranam • AharaparinamakaraBhava • AshtaAharaVidhiVisheshayatanani • AharavidhiVidhana • BhojanaPachanaAvadhi • ShadrasaBhojanasyaMahatwam • DwadashaAshanaPravicharana • Samasana; Adhyasana; Vishamasana; Anashana, Pathyahara; Apathyahara 	30 Hours

	<ul style="list-style-type: none"> • Santarpanajanyavyadhi • Apatarpanjanyavyadhi • List of Santarpana and Apatarpana Ahara • Aharadushparinama, tajjanyavyadhaya • Viruddhahara and its effects • Nutritional requirements • Proximate principles of Food, Sources and deficiency diseases of Protein, Carbohydrate, Fat, Vitamins and Minerals • Concept of balanced diet in Ayurveda • Nityasevaneeyadravya • Balance diet for <ul style="list-style-type: none"> a) Sedentary /Moderate / Hard b) Pregnant and lactating women c) Children d) Infants • Dietetic standards • National Nutritional programmes, Social aspects of nutrition <p>Food Groups–</p> <ol style="list-style-type: none"> 1. Dhanyavarga (Cereals and millets) 2. Shaka and Haritavarga (Non-leafy and Leafy vegetables) 3. Kanda varga (roots and tubers), 4. Phalavarga (Fruits) 5. Tailavarga (Fats & Oils), 6. Ikshuvarga (Jaggery, sugar) 7. Madhuvarga (honey) 8. Jala varga (Water) 9. Dugdhavarga (Milk and Milk products), 10. Mamsavarga (Meat types), 11. Madya varga (Alcoholic Beverages) 12. Masala and vyanjanadravyas (Spices & Condiments) <p>Kritannavarga (Prepared Food)</p> <ul style="list-style-type: none"> • 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 Vegetable hygiene • Sanitation of eating places, Preservation of food, Food handlers; Food borne diseases, Definition of Food fortification & Food enrichment, Food toxicants 	
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	<ul style="list-style-type: none"> • Properties of Vegetarian and Non-vegetarian diet • Effects of Spices and condiments on Health • Consumption of Alcohol and its effects • Effects of narcotics on Health • Ayurvedic Diet in Life Style Disorders 1) Diabetes, 2) Obesity, 3) Hypertension, 4) Coronary heart Disease • Adulteration, • Saatmya Definition, Classification, Pathya – Apathya, Hita and Ahita 	
	<p>b. Nidra</p> <ul style="list-style-type: none"> • Nirukti and Utpatti • Types of Nidra (sleep) According to Ayurveda and Modern • Nidra–Swasthyasambandha • Yogyanidra vidhi • Duration of sleep according to age • Sleep in healthy and diseased persons • Properties of YuktaNidra • Ahara and Vihara causing sound sleep • Effects of RatriJagrana, Diwaswapna; Anidra; Atinidra • Ahara and Vihara causing disturbed sleep • Theories of sleep, Physiological effects of sleep 	1 Hour
	<p>c. Brahmacharya</p> <ul style="list-style-type: none"> • Brahmacharyavyakhya and Abrahmacharyavyakhya Importance of Brahmacharya and Abrahmacharya, Vyavayasambandhiniyamas • Veeryotpatti, Viryanashaphala, Effects of Ativyavaya, Methods of ViryaRaksha • Surataspraha (Libido) through Vajeekarana; Menstrual Hygiene & its importance 	1 Hour
7	<p>Rogan anutpadaneeya</p> <ul style="list-style-type: none"> • Concept of Vega • Adharaneeya Vega and Dharaneeya Vega, • Diseases due to Adharaneeyavegadharana and their chikitsa • Diseases due to Dharaneeyavegadharana and their chikitsa • Prajnaparadhamand its disease consequences • Sharirarakshanatmakakaryani, Sariraahithakarakaryani & Shareerashodhanam, Upavasa, Rasayana for Swastha 	2 Hours

8	<p>NinditaaninditaPurusha</p> <p>Varnana, Rasayana Definition, Classification, Benefits, Role of Panchakarma in SwasthyaRakshana, Pathyapathya in BP and Diabetes.</p>	1 Hour
9	<p>Rajaswalacharya</p> <p>Menstrual Hygiene – Introduction, Problem statement, Menstrual Hygiene methods, Menstrual pads types.</p>	1 Hours

PAPER I

Part – B 50 Marks		50 Hours
Yoga & Nisargopachara		
Unit	Topic	Hours
1	<p>Introduction to Yoga</p> <ul style="list-style-type: none"> • Etymology, Definitions, Development of Yoga (From ancient time to present time) Different Streams of Yoga <ol style="list-style-type: none"> a) Jnana Yoga b) Bhakti Yoga c) Raja Yoga d) Hathayoga e) Karma yoga Features & objectives, Relevance of yoga in Health & Harmony • Yogic concept of health & disease, Yoga prayojana, Ayurveda yoga sambandha • Swasthyarakshaneyogasyamahatvam. • Yogabhyasapratibhandhaka&siddhikarabhavas as per Hathayoga. • Mitahara and Pathya-apathyani during Yogabhyasa. • General Rules & regulations while beginning of yoga. • International Day of Yoga 	2 Hours
2	<p>PatanjaliAshtanga Yoga</p> <ol style="list-style-type: none"> a. Yama & its types b. Niyama and their types c. Asanas: Definition and its importance; Asana Sankhyaa according to different authors, Asana Vargikarana d. Rules & regulations of Asana; yogic diet; Concept of Mitahara&Pathya-apathyani during yogabhyasa <p>Suryanamaskara</p> <p>a) Standing series of Asanas -</p> <ol style="list-style-type: none"> 1. Ardhakatichakrasana 2. Padahasthasana 3. Ardhachakrasana 4. Trikonasana 5. Taadasana 6. Vrukshasana 	27 Hours

	<p>7. Parivrutta Trikonasana</p> <p>b) Sitting series of Asanas–</p> <ol style="list-style-type: none"> 1. Padmasana 2. Sidhasana 3. Vajrasana 4. Suptavajrasana 5. Bhadrasana 6. Ushtrasana 7. Paschimottanasana 8. Gomukhasana 9. Sasankasana 10. Ardhamatsyendrasana 11. Maarjari asana 12. Swastikasana <p>c)Supine postures –</p> <ol style="list-style-type: none"> 1. Pavanamuktasana 2. Sarvangasana 3. Matsyasana 4. Halasana 5. Chakrasana 6. Naukasana 7. Setubandhasana 8. Savasana <p>d) Prone postures-</p> <ol style="list-style-type: none"> 1. Bhujangasana 2. Salabhasana 3. Dhanurasana 4. Makarasana <ul style="list-style-type: none"> • Difference between yogasana & vyayama (physical exercises) <p>e. Pranayama: Definition, Benefits of Pranayama, Time of practice;Avara, Madhyama, Pravaralakshanam.</p> <ul style="list-style-type: none"> • Pathya-apathyaahara during pranayama, 	
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	<ul style="list-style-type: none"> • Yuktayuktalakshana • Nadisuddhilakshanam • Surya and Chandra Anulomaviloma, • Surya and Chandra Bhedana • Nadisudhi pranayama • Kumbhakabheda <ul style="list-style-type: none"> 1. Suryabhedana 2. Ujjayi 3. Shitali 4. Sitkari 5. Bhastrika 6. Bhramari 7. Murcha 8. Plavani <p>Concept of Pranavjapa (AUM), Mind sound resonance technique, Cyclic meditation</p> <ul style="list-style-type: none"> f. Pratyahara g. Dharana h. Dhyana i. Samadhi 	
3	<p>Shatkarma Introduction</p> <ul style="list-style-type: none"> 1) Dhouti 2) Basti 3) Nauli 4) Neti 5) Kapalabhati 6) Trataka <p>Bandhas and Mudras Saptasadhana</p>	3 Hours
4	<p>Panchakosha theory in Taittareeya Upanishad</p> <ul style="list-style-type: none"> a) Annamayakosha, b) Pranamayakosha, c) Manomayakosha, d) Vijnanamayakosha, e) Anandamayakosha 	1 Hour
5	<p>Shad chakras</p> <ul style="list-style-type: none"> • Ida, Pingala & Sushumna 	1 Hour

6	<p>Yoga and Ayurveda</p> <ul style="list-style-type: none"> • Description of Yoga in Ayurveda, Manodoshachikitsa, Sukhadukhanivrutti, Yoga and moksha, Mokshasyalakshana, • AshtaAishwarya • Satyabudhhi • Muktatmalakshana • Mokshopayas • Tatwasmriti • Ashta siddhis • NaishthikiChikitsa • Ashtha siddhi 	1 Hour
7	<p>Integrated Approach of Yoga:</p> <ul style="list-style-type: none"> • Yoga package for LBA, Obesity, Asthma, Diabetes, Psychiatric disorders. • Yoga for Geriatric care, Yoga in Pregnancy. • Effect of Yoga practice on physical and mental doshas. • Yoga as a preventive & community medicine, its strengths & limitations. 	5Hours
8	<p>Nisargopachara:</p> <p>Prakriti Chikitsa(Natural Treatment)</p> <ul style="list-style-type: none"> • Definition & History; Aims and objectives; Relation of Ayurveda and naturopathy, Basic principles of Naturopathy, Schools of Naturopathy – Western School, Indian School (Panchabhutopasana), Importance in present era, Panchatantra theory by Dr.Venkata Rao 	1 Hour
9	<p>Jala Chikitsa(Hydrotherapy)</p> <ul style="list-style-type: none"> • Introduction, importance, different modalities, Hot water treatment, Cold water treatment • Foot bath, Hand bath, Spinal bath, Hip bath, Abdomen wet pack, Steam bath, Enema, Whirlpool bath, Sitz bath 	2 Hours
10	<p>Mrittika Chikitsa (Mud Therapy)</p> <ul style="list-style-type: none"> • Types of soil or mud, Doctrine of mud selection, Mud bath 	2 Hours

11	Surya Kirana sevana • Sunbath-Haelio therapy & Chromotherapy	1 Hour
12	Mardana(Massage) • Different methods of Mardana, Effects of mardana on different systems	1 Hour
13	Naturopathy Diet • Types- 1)Soothing 2) Eliminative 3) Constructive Diet- a) Positive b) Negative c) Acidic d) Alkaline diet	1 Hour
14	Upvasa Chikitsa/Akashamahabhootachikitsa (Fasting) –Importance, Types, Therapeutic effect	1 Hour
15	Vishrama chikitsaupayoga • Importance of rest & relaxation	1 Hour

PAPER II		
Part A 50 Marks50 Hours		
Sarvajanika- Samajika Swasthavrittam (Public Health)		
Units	Topic	Hrs
1.	Janapadodhwamsa Definition, Causes and its types, Prajnaparadha, Janapadodhwamsakara bhavas, Manifestations and control measures, Importance of Panchakarma and Rasayana, Vyadhikshamatva and the role of Rasayana, Applicability of preventive measures of Janapadodhwamsa in day today practice.	2 hours
2.	Vayu (Air) Vayu guna, Properties of Vayu as per different directions, Vayu swasthya sambandha, Composition, Air of occupied room, Discomfort and comfortable zone, Air movement, Air pollution – health and social aspects, Prevention and control of air pollution, Monitoring of air pollution and air quality guidelines, Ventilation and its types, Vayu shuddhiprakara	2 hours

	(Disinfection of air), Mountain air & High altitude – Health problems and their control, global warming	
3.	Jala (Water) Jalamahatva as per classics and biological importance of water, Safe and wholesome water, Requirement and uses, Properties of water, Types of water, Water sources, Shad jaladosha, Water pollution, Water related diseases, Purification of Water Large scale, small scale, domestic (Reverse osmosis method, ultra-violet etc.), Hardness of Water, Water problems of India, Water quality – Criteria and standards, Rain Water Harvesting and water recycling, Advantages and disadvantages of processed water.	3Hours
4.	Bhumi (Land and Housing) Types of soil, Soil & Health, Bhumi shodhana, Nivasayogyabhumi, Social goals of housing, WHO Housing standards, Rural housing, Housing and health, Overcrowding, Pasusala (Cattle shed)	1Hour
5.	Prakasa (Lighting) Ergonomics of lighting, Requirements of good lighting, Natural Lighting, Artificial Lighting, Different types of lighting fixtures, Biological effects lighting	1Hour
6.	Dhwanipradushana (Noise) Sources, Effects & Control, Measures taken by the Central pollution control board to control noise pollution	1Hour
7.	Vikirana (radiation) Sources, Effects, control and Protection	1Hour
8.	Apadravya nirmulana (Disposal of solid waste) Different types of solid waste, Storage and collection of refuse, Methods of disposal of solid waste (Rural & Urban), Waste recycling, Bio- Medical waste management	1Hour
9.	Malanishkasanavyavastha (Excreta disposal)	1 Hour

	Un-sewered area, Sewered area, Latrines for camps, fairs and festivals	
10.	Disposal of dead body Burning, Burial, Electric cremation	1Hour
11.	Meteorology (Rituevamvatavarana jnana)	1Hour
12.	Disaster Management <ul style="list-style-type: none"> • Definition, natural and man-made disasters, • Management sequence of a sudden onset disaster, • epidemiologic surveillance and disease control, • Disaster preparedness, • World disaster reduction day, • International agencies providing health Humanitarian Assistance 	1Hour
13.	Occupational Health <ul style="list-style-type: none"> • Definition, Ergonomics, • Occupational environment, Occupational Hazards, • Occupational Diseases, • Repeated stress induced injuries, Sickness Absenteeism, • Prevention of Occupational Diseases, Role of Ayurveda and Yoga in preventing occupational diseases, • ESI Act and factories Act, • National programs concern to Occupational health, • Occupational health in India, • Offensive trades – Effects on health and precaution measures 	2 Hour
14.	School Health Services <ul style="list-style-type: none"> • Health Problems of School • Children Aspects of School • Health services Duties of School Medical Officer • Maintenance of healthful environment. 	1 Hour
15.	Epidemiology	30Hours

<p>Definition and Concept of Epidemiology, concept of disease, Concept of causation, Epidemiological triad, Multifactorial causation, Web of Causation, Natural history of disease, Risk factors and risk groups, Spectrum of disease, Iceberg of disease, Concept of Control, Concept of prevention, Modes of intervention, Components, Aims and uses of epidemiology, Epidemiology and clinical medicine, Incidence and prevalence, Basic knowledge of terms related to epidemiology, Dynamics of Disease transmission, Ayurveda paribhasha of Sankramikaroga, Concept of disease, Modes of transmission, Susceptible host, Host defences, Immunizing Agents, cold chain equipment, Ayurvedic concept of Vyadhikshamatva Disease prevention and control, Disinfection, investigation of epidemic</p> <ul style="list-style-type: none"> ● 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 ● Kuprasangajavyadhis (STD s) AIDS, b) Syphilis, c) Gonorrhoea, d) Chancroid. ● Non - Communicable disease epidemiology a) Diabetes, b) Obesity, c) Hypertension, d) Coronary heart Disease, e) Rheumatic Heart disease , f) Cancer, Global strategy in prevention and control of NCD, Community based integrated NCD prevention programs, 	
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	Role of swasthavritta in non-communicable diseases	
16.	Chikitsalaya Bhavan(Ayurveda Hospital Building OPD and IPD, Ideal Panchakarma theatre, Pathyahara, Laboratory	1Hour

Part B		
50 Marks50 Hours		
COMMUNITY HEALTH CARE		
Units	Topic	Hours
1.	Prathamika Swasthya Samrakshana (Primary Health Care) Definition, Principles, Elements, Structure – at Village level, Sub centre level, Primary Health Care at PHC level, CHC level, Primary Health Care at Hospitals, Health Insurance, Private agencies, Voluntary health agencies in India and N.G.Os., AYUSH, Role of Ayurveda in Primary Health Care in India, AYUSH programs in concern to PHC	6Hours
2.	Parivara Kalyana Karyakrama (Family Welfare Programmes) Demography, Demographic Cycle, Life Expectancy, Family Planning, Introduction and classification, Methods of Family Planning – temporary and Permanent methods	8 hours

3.	<p>Matru- ShishuKalyanaKaryakrama(Mother and Child Welfare Programme)</p> <p>Ante natal care, Post-natal care, Neo natal care, Child health problems, Indicators of MCH care</p>	5Hours
4.	<p>Preventive Geriatrics</p> <p>Health problems of the aged, Lifestyle and healthy aging, potential of disease prevention in the elderly, Role of Ayurveda in Geriatric health</p>	2 Hours
5.	<p>International Health Organisations</p> <p>Vishwa SwasthyaSangathana (World Health Organization) - Objectives, Structure and function of WHO, United Nations agencies, Alma- Ata declaration, Health work of bilateral agencies</p>	3 Hours
6.	<p>Health statistics</p> <p>Definition of statistics/health statistics/vital statistics, Sources and uses of health statistics, Data Collection, classification and Presentation, Mean, Median, Mode, Health survey, Vital statistics- Mortality rates, Morbidity rates and Fertility rates, Tests and significance (Parametric and Non-Parametric tests)</p>	5 Hours
7.	<p>SwasthyaPrashasana (Health Systems in India)</p> <p>Central level, State level, District level, AYUSH, National Health Policy, Importance of Ayurveda in it</p>	5 Hours
8.	<p>RasthriyaArogya Karyakrama (National Programmes)</p> <p>a. Tuberculosis (RNTCP)</p> <p>b. Leprosy (NLEP)</p>	16 Hours

	<ul style="list-style-type: none"> c. AIDS(NACP) d. Blindness (NPCB) e. Polio (PPI) f. Diabetes (NDCP) g. Cancer (NCCP) h. Guinea worm i. NHM- NRHM & NUHM; RBSK j. National Vector Borne Disease Control Programme k. UIP(Universal Immunisation Programme)& INDRADHANUSH l. RCH(Reproductive and Child Health programme) m. National water supply and sanitation programme n. Minimum needs programme o. IDPS Programme p. ICDS q. All upcoming health programmes. r. Swachh Bharat Mission 	
9.	Millennium development goals	1 Hour
10.	Health education Definition, principles of health education	1 Hour
Practical Practical (Each 2 Hours)		100 Marks 50 Practicals (100 Hours)
Units	Practical Topic	Hours
1.	VyaktigataSwasthya Kavala, Gandusha, PratimarshaNasya, Anjana, Dhumapana Abhyanga, Udvartana and Dantadhavana	5 Hours
2.	Aharadrvyaparichaya– Identification, knowing the	7 hours

	nutritional values and uses of <ol style="list-style-type: none"> 1. DhanyaVarga 2. MamsaVarga 3. ShakaVarga 4. PhalaVarga 5. HaritakaVarga 6. Madhya Varga 7. IkshuVarga 8. TailaVarga 9. AharayopayogiVarga 10. LavanaVarga 11. KrutannaVarga 12. Yusha Kalpana 13. Yavagu Kalpana 14. Krishara Kalpana 	
3.	Water Analysis Experiments <ol style="list-style-type: none"> 1. Assessment of Hardness of water. 2. Estimation of bleaching powder needed to disinfect well water(Horrocks's apparatus). 3. Estimation of Chlorine in water. 4. Assessment of pH and turbidity of water 	4 hours
4.	Immunizing Agents <ol style="list-style-type: none"> 1. National immunization schedule 2. BCG vaccine 3. OPV vaccine 4. DPT, TT, MMR/Measles 5. Hep B 6. Rabies 	5 hours
5.	Disinfectants- Identification & classification of disinfective agents.	2Hours
5	Food Adulteration <ol style="list-style-type: none"> 1. Milk adulteration (Lactometer) 2. Adulteration test for Haridra 	4 Hours
6	Family planning appliances- Advising techniques of- <ol style="list-style-type: none"> 1. Barrier methods 2. Hormonal contraceptives (OCP) 3. Hormonal contraceptives (E Pill, Injectable) 4. IUCDs 	5 Hours

	5. Permanent methods of contraception	
7	Yogic Kriya: Practice of Shatkarma 1. JalaNeti 2. Sutra Neti 3. Dhouti-Vamana, Vastra and DandaDhouti 4. Trataka 5. Kapalabhati and Nauli 6. Basti	4 Hours
8	Yogasanas 1. Shithilakaranavyayama (Loosening exercises) 2. Suryanamaskara 3. Standing series of Asanas Ardhakatichakrasana, Padahasthasana, Ardhachakrasana, Trikonasana 4. Sitting series of Asanas Padmasana, Vajrasana, Bhadrasana, Sasankasana, Ushtrasana, Siddhasana, Paschimottanasana,, Suptavajrasana, Gomukhasana, Ardhamatsyendrasana 5. Supine Series of Asanas Pavanamuktasana, Saravangasana, Matsyasana, Halasana, Chakrasana, Shavasana 6. Prone series of Asanas Dhanurasana, Naukasana, Shalabhasana, Bhujangasana 7. Relaxation technique(DRT, QRT) 8. Practice of Pranayamas a. Breathing Exercises b. Anuloma/Viloma Pranayama c. Bhramari, Kapalabhati, Bhastrika, Ujjayi d. Cooling Pranayama 9. Meditation techniques 10. MSRT and Cyclic meditation	25Hours
9	Naturopathy practical: Demo and practice of 1. Hydrotherapy 2. Heliotherapy 3. Fasting therapy 4. Mud therapy 5. Massage therapy	5 Hours

10	Academic/ Field Visits <ol style="list-style-type: none"> 1. Visit to Water purification plant 2. Visit to Sewage treatment plant 3. Visit to Milk Diary 4. Visit to Leprosy sanatorium 5. Visit to Industrial unit 6. Visit to Slaughter house 7. Visit to Rural Ayurvedic Dispensary 8. Visit to PHC 9. Visit to Maternity and Child Hospital 	18 hours
11	Health Survey/ Minimum 5 families of rural and urban area. <ul style="list-style-type: none"> • There should be 3 case sheets for Yoga, Naturopathy and pathya-apathya together and 3 case sheets of non- communicable diseases. 	5 hours
12	National Health Programme Activities and involvement in Swachh Bharat and various Schemes and Projects.	5 Hours
13	Case Sheets 5 cases of Swastha individuals 5 cases of communicable disease Preparing and delivering of a health educational talk on health-related issues. A short compilation on any topic on environmental health.	5 Hours

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3.	Dr. Mukund Swaroop Verma	SwasthyaVigyan	2 nd 1997	MotilalBanarasidas
4.	Vd. Ranjeet Rai Desai	AyurvediyaHitopdesa	1 st -2005	Shri Baidyanath Ayurveda Bhavan Ltd.
5.	T.L. Devraj	Health and Family Welfare	2 nd - 1994	Dhanvantari Oriental Publisher
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10.	Dr. Ramkumar Jain	Yoga and Ayurveda	1 st -1974	AanekantaSahityaShodhaSansthan Publication
11.	MuktiBhodanand	HathayogaPradeepika	3 rd - 2011	Thomson Press India Ltd
12.	Dr. Ram Harsh Singh	Swasthavritta Vigyan	1 st -2013	Choukhamba Sanskrit Prathishthan 2003
13.	Shri KedarNath Gupta	Yoga &Yogic Chikitsa		
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15.	Dr. Shiv Kumar Gouda	Swasthavrittama	5 th	Dhanvantari Oriental Publication
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18.	Geeta S Iyengar	Yoga – A Game For Women	RP -2002	Allied Publication Ltd.

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20.	Vaidya Pt Rajesvar Dutta Shastri	SwasthavrittaSamuc haya	4 th 2005	SanjeevaniAushadhalaya
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23.	MaharshiPatanjali.Kar ambelkar	Patanjal Yoga Sutra	2002	Ramakrishna Mission, Vivekananda University, W.Bengal
24.	Shri. B.K.S. Iyengar	Light on Yoga	29 th 2004	Harper Collins
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28.	Mahajan	Preventive and Social Medicine	3 rd 2005	JP Bros & Medical Publishers
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30.	Dr. Bramhanand Tripathi	Swasthvrittam	-	-
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35.	Dr. L. P. Gupta	Positive Health	1 st 2000	Choukambha Sanskrit Pratishthan
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45.	Kadri Am	Iapsm"s Text Book Of Community Medicine	1 st Edition	Jaypee
46.	RajoriyaBrijkishore	Hospital and Healthcare Accreditation	1 st Edition	Jaypee
47.	Kashinath Samangadi	Swathavritta Sudha	1 st Edition 2017	Ayurveda Samnstan
48.	Kashinath Samangadi	Yoga Sudha	1 st Edition 2018	Ayurveda Samnstan
49.	Pathwardhan Neeta	Hospital-Associated Infections:Epidemiology, Prevention & Control	1 st Edition	Jaypee Brothers Medical Publishers
50.	Ray Dutta	Yogic Exercises Physiologic And Psychic Processes	1 st Edition	Jaypee Brothers Medical Publishers
51.	Dixit Subhal&Ohters	PRINCIPLES IN CRITICAL CARE NUTRITION	1 st Edition	Jaypee Brothers Medical Publishers
52.	Dhaar G M:Robbani I	Foundations of Community medicine	1 st Edition	Elsevier
53.	Vaidhya Kashinath Samangadi	Text book of Swasthavrittamrtam	1 st Edition 2019 English Edition	Ayurveda Samsthan
54.	Dr Sanjeev S Tonni	Yoga and wellness	1 st edition 2020	Saraswati Prakashana, Belagavi

PRASUTI TANTRA EVUM STRIROGA

Theory: 2 Papers (100 Marks each) Practical: 100 marks

Lectures (Each 1 Hour): 200 Hrs Practical (Each 2 hrs): 50 (100 Hrs)

AIMS

- To impart the knowledge of basic principles of Prasutitantra and Striroga with recent developments in clinical diagnosis and treatment.
- To develop evidence based practice along with interpersonal and communication skills in Obstetrics and Gynecology

OBJECTIVES

By the end of 3rd Profession the student should be able to acquire:

KNOWLEDGE

- Acquire the knowledge of Stree sharira vigyana (Female Reproductive system)
- Application of basic principles of Prasooti tantra & Streeroga with relevant clinical entities
- To implement Ayurveda treatment modalities in various Gynaecological conditions

SKILLS

- Develop skills to examine a pregnant woman, assess labour progress & anticipate complications and management.
- Observe Puerperal changes and disorders of puerperium with management by Ayurvedic or integrative approach as per the need
- Develop skills to identify Obstetric Emergencies and timely referral to higher centre
- Develop skills to practice Ayurveda treatment modalities in Gynaecological conditions

ATTITUDE

- Develop good communication skills which will help to seek appropriate medical attention
- Valuing high moral and ethical standards while history taking and examination

PAPER – I Prasuti Tantra

	Part A - 50 Marks	50 Hrs	
Sl.No	Contents		Hrs
1	<p>Introduction To Subject Stri Shariravijnan Etymological origin of word Stree</p> <ul style="list-style-type: none"> ▪ Artavavaha ,Stanyavahasrotamsi ▪ Tryavarta Yoni ▪ Streevishesha Peshimarmani ▪ Anatomy of female reproductive system(External & Internal genital organs) ▪ Soft& Bony pelvis & its Obstetric importance <p>Desirable (non detail) Vayobhedena streesangnya</p>		08 Hrs
2	<p>Rajovigyana</p> <ul style="list-style-type: none"> ▪ Description of Raja, Artava and Prathama rajodarshana ▪ Rajaswalacharya,Ritumatilaxana,Ritumaticharya Ritukala ▪ Menarche,Menstrual cycle and their regulation by endocrine glands ▪ Ovulation <p>Desirable (non detail) Concept of Stri Shukra</p>		05 Hrs
3	<p>Garbha Vigyana</p> <ul style="list-style-type: none"> ▪ Garbhasya Paribhasha ▪ Garbhadhanavidhi ▪ Garbhavakranti ▪ Garbha sambhavaSamagri ▪ Garbhakarabhava ▪ Panchabhoutika composition of garbha ▪ Garbhasya masanumasika vridhhi ▪ Garbha Poshana & Fetal circulation ▪ Garbhashayasthe Garbhasthiti ▪ Fetus in utero <p>Introduction to Embryology</p> <ul style="list-style-type: none"> ▪ Fertilization,Zygote,CleavageMorula,Blastocyst, Implantation ▪ Formation of Aparu, Jarayu, Ulba,Garbha nabhi naadi ▪ Fetal membranes ▪ Abnormalities of placenta ▪ Functions of Placenta & Amniotic fluid. <p>Desirable (non detail)-</p>		11 Hrs

	<ul style="list-style-type: none"> ▪ Garbha lingotpatti ▪ Garbhasya avayavotpatti ▪ Garbhavarnotpatti ▪ Garbha Vikriti 	
4	<p>Garbhini Vigyana</p> <ul style="list-style-type: none"> ▪ Lakshana of Sadhyograhita garbha &Vyakta garbha ▪ Pumsavana vidhi for healthy progeny ▪ Diagnosis of pregnancy ▪ Garbhini vyavastha ▪ Garbhini paricharya ▪ Garbhopaghatakara bhava ▪ Dauhruda ▪ Antenatal care ▪ Maternal adaptations in pregnancy <p>Garbha Vyapad Nidana, Samprapti, lakshana & chikitsa of following conditions</p> <ul style="list-style-type: none"> ▪ Garbhasrava and Garbhapata ▪ Garbhashosha ▪ Upavishtaka ▪ Nagodara ▪ Upashushka ▪ Leenagarbha ▪ Antarmritagarbha ▪ Raktagulma ▪ Bahugarbhatha <p>Causes,clinical features,complications & management of following conditions</p> <ul style="list-style-type: none"> ▪ Abortion ▪ Rh-Incompatibility ▪ Gestational Trophoblastic Disease ▪ Ectopic pregnancy ▪ Intra Uterine Growth Restriction (IUGR) ▪ Intrauterine fetal death ▪ Multiple pregnancy 	16 Hrs
5	<p>Garbhini Vyapad</p> <ul style="list-style-type: none"> ▪ Hrillasa, Chardi, ▪ Aruchi,Atisara,Vibandha, ▪ Arsha,Udavarta,Sotha,Parikarthika, ▪ Vaivarnya,Kandu,Kikkisa,Pandu,Kamala,Makkall <p>Common ailments of Pregnancy causes, clinical features, complications and management of following ailments /conditions</p>	10 Hrs

	<ul style="list-style-type: none"> ▪ Emesis gravidarum ▪ Gestational Anemia ▪ Gestational Hypertension ▪ Toxemias of Pregnancy ▪ Gestational Diabetes ▪ Jaundice ▪ HIV / AIDS ▪ Antepartum Hemorrhage causes, clinical features, complications and management ▪ Thyroid disorders during pregnancy & management ▪ Knowledge about High Risk Pregnancy 	
6	<p>Prasava Vigyana</p> <ul style="list-style-type: none"> ▪ Prasava paribhasha, hetu, prasava kaala ▪ Sutikagara nirmana sangrahaniya dravyani ▪ Sutikagarapravesha vidhi ▪ Prasavavastha ▪ Prajayani ▪ Asannaprasava ▪ Upasthitaprasava ▪ Avi ▪ Prasava paricharya ▪ Jatamatra paricharya <p>Normal labor</p> <ul style="list-style-type: none"> ▪ Definition of labor ▪ Physiology & Mechanism of labor ▪ Monitoring of labor and management ▪ Bishop's scoring and Partogram ▪ Episiotomy ▪ Care and resuscitation of newborn 	17 Hrs
7	<p>PrasavaVyapad</p> <ul style="list-style-type: none"> ▪ Garbhasanga ▪ Yonisamvarana ▪ Aparasanga ▪ Mudagarbha - Definition, Nidana, Types & Management ▪ Induction & Augmentation of labor ▪ Cervical dystocia ▪ Cephalo pelvic disproportion ▪ Prolonged labor ▪ Preterm labor ▪ Post term labor ▪ Fetal distress ▪ Caesarian section 	20 Hrs

	<ul style="list-style-type: none"> ▪ Retention of Placenta ▪ Postpartum hemorrhage ▪ Genital tract injuries during labor <p>Desirable (non detail)</p> <ul style="list-style-type: none"> ▪ Uterine Inversion ▪ Amniotic Fluid Embolism ▪ Garbha sthithi parivarthan(Version) <p>Assisted labor</p> <ul style="list-style-type: none"> ▪ Forceps Delivery ▪ Ventouse Delivery 	
8	<p>Sutika Vigyana</p> <ul style="list-style-type: none"> ▪ SutikaParibhasha,SutikaKaal,Sutikaparicharya ▪ Changes during sootikaavastha (Shareerika & Manasika) ▪ Normal & abnormal Puerperium ▪ Sutikaroga –Number of Sutikaroga,SutikaJwara, Shotha and Makkala <p>Stanyavijnan Causes,Clinical features & Management of following conditions</p> <ul style="list-style-type: none"> ▪ Stanyadushti ▪ Sthanyakshaya ▪ Sthanyavridhhi <p>Desirable(nondetail) Stanya –Pareeksha, Stanyasampat Role of Ultrasound in Obstetrics</p> <p>Emergency care in obstetrics</p>	<p>12 Hrs</p> <p>01 Hr</p>

PAPER II - Stri Roga

Part - A 50 Marks 50 Hrs		
Sl. No	Contents	Hrs
1	Artavavyapad <ul style="list-style-type: none"> ▪ Artava-kshaya and vridhhi ▪ Ashtartava dusti ▪ Asrigdhara Menstrual disorders <ul style="list-style-type: none"> ▪ Anartava(Amenorrhoea) ▪ Oligomenorrhoea and Hypomenorrhoea ▪ Dysmenorrhoea ▪ Abnormal uterine bleeding 	6 Hrs
2	Yoni Vyapad <ul style="list-style-type: none"> ▪ Sankhya, Nidana, Lakshana, Upadrava evam Chikitsa of yonivyapad with all possible modern conditions ▪ Endometriosis ▪ Fibroid uterus ▪ Genital prolapse ▪ Retroverted uterus ▪ Cervical erosion ▪ Pelvic Inflammatory diseases 	24 Hrs
3	Vandhyatwa <ul style="list-style-type: none"> ▪ Prakara,Nidana ,Chikitsa ▪ Infertility -Causes, Types, Investigations &Management ▪ Role of Ultrasound in Infertility ▪ Assisted Reproductive Techniques 	3 Hrs
4	Benign and Malignant conditions of Female reproductive tract <ul style="list-style-type: none"> ▪ Yoni Kanda ▪ Yoni Arsha ▪ Granthi ▪ Arbuda ▪ Pelvic Infections including Sexually Transmitted Diseases ▪ HIV, AIDS and Preventive measures 	11 Hrs
5	Menopause Changes during menopause, menopausal syndrome & management.	1 Hr
6	Desirable(non-detail) Congenital malformations of female genital tract	5 Hrs

	Shukra vijnan –Kshaya,Vridhi,Shukra dushti hetu, lakshana and chikitsa	
7	Stana Roga Etiopathology, clinical features,diagnosis,prognosis and complications of following conditions of breast disorders <ul style="list-style-type: none"> ▪ Stanakeela ▪ Stanagranthi ▪ Stanashopha (Mastitis) ▪ Stana vidradhi(Breast abscess) ▪ Galactocele ▪ Stanarbuda – Carcinoma of breast 	6 Hrs
8	Sthanika Chikitsa Practical knowledge of following procedures <ul style="list-style-type: none"> ▪ Snehana, swedana ▪ Pichu,Varti,Lepana,Dhoopana,Dhavana ▪ Dahana, Kshara karma ▪ Uttaravasti ▪ Importance of Panchakarma in Streerog 	6 Hrs
9	Shastra Karma <ul style="list-style-type: none"> ▪ Garbhashaya mukha vistritikarana & lekhaana – Dilatation and Curettage ▪ Garbhashayamukhadahana (Cauterization of cervix) ▪ Female surgical sterilization ▪ Male surgical sterilization ▪ Polypectomy ▪ Indication and procedure of PAP smear collection ▪ Endometrial biopsy and interpretation of reports 	7 Hrs
10	Streeroga & Prasooti Sambandhi Aushadhis <ul style="list-style-type: none"> ▪ Knowledge of Ayurvedic and Allopathic drugs in Prasutitantra & Streeroga ▪ Pharmacotherapeutics of allopathic drugs in Obstetrics and Gynaecology Prasooti & StriRoga chikitsa upayogi Yantra Shastra Parichaya Vyadhivinishchaya Upaya (Diagnostic Aids) Visual Inspection Methods to screen Cervical cancer Garbhanirodhaka upaya EvumParivara Niyojana Contraception National Programmes <ul style="list-style-type: none"> ▪ AIDS/HIV control program 	22 Hrs

	<ul style="list-style-type: none"> ▪ Mother and Child healthprogram (MCH) <p>Medicolegal aspects of Obstetrics & Gynaecology</p> <ul style="list-style-type: none"> ▪ PNDT and MTP Act ▪ Record keeping,ethical and medicolegal issues in Streeroga and prasutitantra 	
11	<p>Desirable (non detail)</p> <ul style="list-style-type: none"> ▪ Laproscopy ▪ Hysteroscopy ▪ Hysterosalpingography ▪ USG in Gynaecology ▪ X-ray in Gynaecology ▪ Colposcopy ▪ Cervical biopsy ▪ Granthi evum Granthi nirharan samanya jnana ▪ Myomectomy ▪ Hysterectomy 	9 Hrs

PRACTICAL

Practicals (Each 2 Hrs) 50 Practical (100 Hrs) 100 Marks

Sl.No	Practical / Clinics content
1	To perform independently History taking & examination of Antenatal & Gynecology cases
2	Diagnosis of Pregnancy, assessing gestational period, diagnose onset of labor
3	To monitor labor progress and assessment through Partogram
4	Observation of 10 labor cases
5	Diagnose abnormal labor and decide referral to higher center
6	Able to provide first aid for obstetric emergencies.
7	Recognition of Postpartum complications
8	Counselling and promoting breast feeding
9	Case Record 10 Antenatal cases 10 Labor cases 10 Postpartum cases Observe/Assist D &C, D &E, Caesarean section, Repair operations Resuscitation of new born
10	History taking and Examination in Gynecological conditions
11	Case Record 10 gynecological cases
12	Collecting vaginal smear, high vaginal swab
13	Practical knowledge of sthanika chikitsa
14	Observation of minimum 05 Gynecological (Diagnostic & Therapeutic) procedures
15	Identification, uses, Demonstration of surgical instruments
16	Observation of Surgical procedures
17	Observation of method of Sterilization (Tubectomy /Vasectomy) MTP, Hysterectomy, Oophorectomy

Reference Books

Sl. No	Name of Author/ commentators	Title of the book	Edition	Name of the publication
1	Dr.(Km)P.V.Tewari	Prasutitantra Evum Streeroga	2 nd - 2011	Choukhambha Orientalia
2	Acharya Ramanath Dwivedi	Prasuti Vigyana	1 st - 2002	Choukhambha Bharati Academy
3	Nirmala G Joshi	Ayurvedic concepts in Gynaecology	2013 1 st - 2006	Choukhambha Sanskrit Pratishthan
4	Manjari Dwivedi	PrasutiVigyana	1 st - 2008	Choukhambha Surabharati
5	Gayatri Devi	Prasuti Tantra	1 st - 2008	Choukhambha Sanskrit Pratishthan
6	Usha V N K	Preconceptional care in Ayurveda	1 st - 2007	Choukhambha Sanskrit Pratishthan
7	Usha V N K	Streeroga Vijnana	1 st - 2011	Choukhambha Sanskrit Pratishthan
8	Usha V N K	Prasuti Vijnana	1 st - 2013	Choukhambha Sanskrit Pratishthan
9	Hemalatha Kapoorchand	A comprehensive treatise on Prasuti tantra	1 st - 2016	Choukhambha Visvabharati
10	A Sulochana	Ayurvediya Striroga Vijnana	1 st - 2014	Choukhambha Publications Delhi
11	Ayodhya Prasad Achal	AbhinavaPrasutiVigyana	1 st - 2003	Choukhambha Surabharati
12	Vd. RamanathDwivedi	StrirogaVigyana	1 st - 2000	Choukhambha Bharati Academy
13	Ayodhya Prasad Achal	Abhinava StrirogaVigyana	1 st - 2003	Choukhambha Surabharati
14	Chakrapani	Charak samhita	2016	Choukhambha Sanskrit Pratishthan
15	Gangadhar	Charak samhita	3 rd -	Choukhambha

			2009 Vol - 1,2,3,4,5	Orientalia
16	Dalhanacharya	Sushruta Samhita	1 st Reprint 2014	Choukhambha Sanskrit Pratishthan
17	Ambikadatta Shastri	Sushruta Samhita – Vol 1	1 st - 2015	Choukhambha Sanskrit Pratishthan
18	Ambikadatta Shastri	Sushruta Samhita – Vol 2	1 st - 2014	Choukhambha Sanskrit Pratishthan
19	Arunadatta Hemadri	Astanga Hrudaya	9 th - 2005	Choukhambha Orientalia
20	Indu	Astanga Sangraha	3 rd - 2012	Choukhambha Sanskrit Series Office
21	Prabhakar Rao G	Sharangadhara Samhita of Sharangadharacharya	1 st - 2013	Choukhambha Publications Delhi
22	Siddeshwar Satuva	Garbha vignyana	1 st - 2013	Choukhambha Publications Delhi
23	D.C.Dutta's Textbook of Obstetrics	Hiralal Konar	6 th - 2013	Jaypee Brothers Medical Publishers
24	D.C.Dutta's Textbook of Obstetrics	Hiralal Konar	7 th - 2013	Jaypee Brothers Medical Publishers
25	Dutta's Bedside Clinics and Viva Voce in Obstetrics & Gynaecology	Hiralal Konar	6 th - 2016	Jaypee Brothers Medical Publishers
26	Mudaliar .A .L. Krishna Menon	Mudaliar and Menon's clinical Obstetrics	12 th Edn 2015	Universities Press Pvt Ltd Hyderabad
27	C.S. Dawn	Text Book of Gynacology	1 st - 2003	Dawn Book Publication Kolkata
28	C.S. Dawn	Text Book of Obstetrics	1 st -	Dawn Book

			2004	Publication Kolkata
29	Padubidri V G Daftary S N;	Shaws Textbook of Gynaecology	15 th Edn 2015	Elsevier
30	Shirish Daftary Sudip Chakravarti	Textbook of Obstetrics	3 rd Edn 2011	Elsevier
31	Sudha Salhan	Textbook of Obstetrics	1 st - 2007	Jaypee Brothers Medical Publishers
32	Sudha Salhan	Text Book of Gynacology	1 st - 2013	Jaypee Brothers Medical Publishers
33	Balkrishnan Sheila	Textbook of Obstetrics	2 nd - 2013	Paras Publishers Hyderabad
34	Richa Saxena	Bedside Obstetrics & Gynaecology	2 nd 2014	Jaypee Brothers Medical Publishers
35	Agarwal Kiran	Instruments and Procedures in Obstetrics and Gynaecology	1 st - 2014	Jaypee Brothers Medical Publishers
36	Virkud Ajit	Practical Obstetrics and Gynaecology	4 th - 2014	National Book Depot

KAUMARBHRITYA (Ayurvedic Pediatrics)

Theory: 1 Paper (100 Marks)

Practical: 100 Marks

Lectures (Each 1 Hour): 100 Hrs

Practical (Each 2 hrs): 50 (100 Hrs)

AIMS

Providing basic methodology of Kaumarabhritya with new updates in newborn care, neonatal and pediatric diseases with diagnostics, bestowing complete knowledge of bedside clinics and present day investigatory techniques with clinical interpretation and its treatment.

OBJECTIVES

By the end of 3rd profession the students should have basic knowledge, skills and attitude of the clinical approach to the neonatal and pediatric disorders.

Knowledge:

- Importance of - Vayobheda (Classification of age): Garbha, Bala, Kumara; Kshirada, KshirannadaandAnnada etc.
- Definition, importance, description and etymological interpretations of terminologies used in Kaumarbhritya
- Importance of KashyapaSamhita in Kaumarbhritya
- Pranapratyagamana, navajata shishu paricharya
- Term-preterm-post term baby feeding management
- Neonatal(navajata) disorders and treatment
- Pediatric (balaroga) diseases and treatment
- Classify the infectious diseases, worm infestation and management
- Infer and treatVyadhikshamatva

Skills:

- Execute the practice of Navajata and Bala Pareeksha Vigyanam
- Neonatal and Pediatric Examination, interpret the findings and its assess
- Interpret the Diseases of RasavahaSrotas, RaktavahaSrotas, Mamsavahasrotas, Medovahasrotas, MajjavahaSrotas, Sukravahasrotas, PranavahaSrotas, Annavaha Pureeshavaha Srotas, Udakavaha Srotas, Mutravaha Srotas, Swedavahasrotas and Manovaha Srotas/ Sanjnavaha Srotas
- Specify and classify VishisthaVataVyadhi
- InterpretKrimi Vigyanam
- Perform bedside physical examination and history taking by regular observation of the demonstrations and practice on the patients

- Calibrate various steps involved in performing various laboratory investigations
- Adapt Safety skills during the emergencies at student laboratory

Attitude:

- Develop communication skills to take the patients into confidence
- Extrapolate to take the patient into confidence for briefing proper history
- Valuing high moral and ethical standards while carrying out clinical examination and history taking.

PAPER I

Part - A		50 Marks	50 Hrs
Kaumarbhritya Parichaya Evum Balaka Paricharya (Introduction to Ayurvedic Pediatrics and Child care)			
Sl.No	Topic	Hrs	
1	Kaumarbhritya (Ayurvedic Pediatrics) <ul style="list-style-type: none"> • General introduction, Definition • importance • description and etymological interpretations of terminologies used in Kaumarbhritya • Vayobheda (Classification of age): Garbha • Bala • Kumara • Kshirada • Kshirannada and Annada etc. • Importance of Kashyapa Samhita in Kaumarbhritya 	3 Hrs	
2	NavajataShishuParicharya (Neonatal Care) <ul style="list-style-type: none"> • Introduction • Care of the Jatmatra (Newly born child) and the Sadyojata • Care of the Samayapurvajata • 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) • Prana Pratyagamanam (Neonatal Resuscitation): Methodology; complications and their management (Ayurvedic and modern view) • NavajataShishu Parikshana (Examination of new born):Ayu Parikshana (including Lakshanadhyaya) • Modern approach of Neonatal Examination including gestational age assessment • Kumaragara (Nursery, NICU and Pediatric Ward) 	20 Hrs	
3	NavajatShishu Poshana (Nutritional aspects including neonatal feeding) <ul style="list-style-type: none"> • Specific feeding schedule as per Ayurvedic texts and modern concept • Stana Sampat (Characteristics of normal breast) 	7 Hrs	

	<ul style="list-style-type: none"> • 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) Stanyabhava Pathya Vyavastha (Alternative feeding in the absence of breast milk) • various other feeding methods • Stanyadosha (Vitiation of Breast milk) • Stanya Shodhana (Purification of breast milk) • Stanya Janana and Vardhanopakrama (Methods to enhance breast milk formation) • Dhatri (Wet nurse): Dhatri Guna and Dosha (Characteristics of wet nurse) • Concept of human milk banking 	
4	<p>Garbha Vridhi- Vikasa Krama</p> <ul style="list-style-type: none"> • Samanya Parichaya (General introduction to normal fetal growth from conception to full term maturity) • Sharirika Vriddhi, Mansika evam Samajika Vikas (Physical, mental and social growth and development of child) • Important mile stones during infancy and early childhood with special reference to gross and fine motor, language and personal – social development • Anthropometry-measurement and their interpretation • Importance of Kreedha bhumi (playground) and Kreedanaka (toys) • Kumaradhara (child care taker) • Poshana (Nutrition): Normal requirements of nutrients for newborn, infant and children, common food sources • Satmya and Asatmya Ahara (Compatible and incompatible diet) • Sanskaras: Jatakarma, Namakarana, Nishkramana, Upveshana, Annaprashana, Karnavedhana, Choodakarma, Upanayana and Vedarambha • Dantotpattievam Danta Raksha Vidhi (Dentition and dental care): Dantasampat (Characteristics of healthy teeth), Danta Nisheka evam Dantodbeda (Eruption of teeth) 	20 Hrs

	<ul style="list-style-type: none"> • DantodbhedjanyaVikara (Dentition disorders) • Vyadhikshamatva: General concepts of Bala (Immunity) and methods of BalaVridhhi and Vaccination • Lehana (Electuries): Importance, uses and various types of Lehana • 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 with updates • Genetics and genetic physiology and syndrome 	
Part - B		
	50 Marks	50 Hrs
Samanya Chikitsa Siddhanta and Balaroga (General Principles of Treatment and Management of Pediatric Disorders)		
5	Balaroga Samanya Chikitsa Siddhanta <ul style="list-style-type: none"> • (General principles of treatment in children) • Shishu Vedana Parigyan (Examination of sick child and Diagnostic methods-Ayurvedic and modern) • Balaroga Pariksha vidhi-Shadvidha, Ashtavidha Dashavidha Pariksha evam Shishu Vedana Parigyana (Examination of diseased child and Diagnostic methods-Ayurvedic and modern) 	2 Hrs
6	Aushadhi Matra Nirdharana- <ul style="list-style-type: none"> • According to Vaya, Bhar evam Aushadhi Kalpana (drug doses according to age, weight and drug preparations) 	1 Hr
7	Specific therapeutic procedures in children: <ul style="list-style-type: none"> • Panchkarma procedures specific to pediatric age group 	1 Hr
8	Prasava Kaleena Abhigata (Birth injuries): <ul style="list-style-type: none"> • Shwasavrodha (Asphyxia), Upasheershaka (Caput Succidaneum and Cephalohaematoma), Shastraghata janya: Facial Paralysis, Erb's Paralysis, Bhagna (fractures) 	2 Hrs
9	Sahaja vyadhi - (Congenital disorders) : <ul style="list-style-type: none"> • Sahaja Hridaya Vikara (Congenital Cardiac Disorders) Jalashirshaka (Hydrocephalus), Khandaoushtha (cleft lip), Khanda-Talu (cleft palate), Sanniruddha Guda (Anal stricture / imperforated anus), Pada-Vikriti (Talipsequanovarus and valgus), Tracheo esophageal Fistula (TOF), Spina bifida, Meningocele, Meningomyelocoele, Pyloric Stenosis 	2 Hrs
10	Anuvanshika Vyadhi (Hereditary diseases):	2 Hrs

	<ul style="list-style-type: none"> Down syndrome, Turner Syndrome, Myopathy, Thalassemia, SahajaPrameha (Juvenile Diabetes) 	
11	<ul style="list-style-type: none"> Prasavottara Vyadhi (Neonatal disorders) Navajata Kamala (Neonatal Jaundice) Navajata Netrabhishyanda (Neonatal Conjunctivitis) Nabhiroga (Umbilical disorders) Mastishkaghata (Cerebral Palsy) 	2 Hrs
12	<ul style="list-style-type: none"> Rakta Vishamayata (Neonatal Septicaemia) Rakta Vaishamyata (Rh-Incompatibility) Raktasravi Vikara (Haemorrhagic Disorders) Ulvaka Roga 	1 Hr
13	<ul style="list-style-type: none"> Dushta Stanya panajanya Vyadhi (Disorders due to Vitiated Milk) Cow's Milk Allergy, Charmadala (Infantile atopic dermatitis) Kshiralasaka, Kukunaka (Conjunctivitis) Ahiputana (Napkin Rashes) 	2 Hrs
14	<ul style="list-style-type: none"> KuposhanajanyaVyadhi (Nutritional disorders) Failure to thrive ,Karshya, Phakka, Balashosha and Parigarbhika (Protein Energy Malnutrition), Vitamin and Micronutrient deficiency disorders, Hypervitaminosis 	2 Hrs
15	<ul style="list-style-type: none"> 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), Mastisakavarashotha (Meningitis), AIDS, Dengue, Malaria, Poliomyelitis Rajayakshma (Tuberculosis), Jivanu janya Yakritshotha (Hepatitis) 	4 Hrs
16	<ul style="list-style-type: none"> Srotas Vikara 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) 	3 Hrs
	<ul style="list-style-type: none"> Annavaha Srotas Ajirna (indigestion), Atisara 	3 Hrs

	(Diarrhoea), Chhardi (Vomiting), Vibandha (Constipation), Mukhapaka (Stomatitis), Gudapaka (Proctitis), Parikartika (Anal fissure), Udarshoola (Infantile colic), Pravahika (Dysentery), Gudabhransa (Rectal Prolapse), Ama and its disorders like Amavata jwara (Rheumatic fever)	
	Rasavaha Srotasa <ul style="list-style-type: none"> Jwara (Fever), Pandu (Anemia), Mridbhakshanajanya Pandu (Anemia associated with clay eating/ Pica) 	3 Hrs
	Raktavaha Srotas <ul style="list-style-type: none"> Kamala (Jaundice), Raktapitta (Haemorrhagic disorders), Krimija Hridroga (Infectious cardiac diseases including Rheumatic Heart Disease), Uchcha-Raktachapa (Hypertension), Yakridpleehodara (Hepatosplenomegaly) 	3 Hrs
	Mamsa-Medovaha Srotas <ul style="list-style-type: none"> Apachi (Lymphadenitis), Galaganda (Goitre), Gandamala (Cervical lymphadenopathy), Sthaulya (Obesity) 	2 Hrs
	Mutravaha Srotas <ul style="list-style-type: none"> Mutraghata (Anuria), Mutrasanga (Retention of urine), Mutrakriccha (Dysurea), Vrikkashotha (Glomerulonephritis and Nephrotic syndrome) 	2 Hrs
17	Anya Bala Vikara (Miscellaneous pediatric disorders) <ul style="list-style-type: none"> Pangutwa (Locomotor disorders), Vamanatwa (Dwarfism), Jadatwa (Mental disorders), Apasmara (Epilepsy), Unamada, Akshepa (Convulsions), Nirudhaprakasha (Phimosis), Cerebral Palsy, Kushtha (Skin disorders), Madhya Karna Shotha (Otitis media), Karnasrava (Otorrhoea) 	3Hrs
18	<ul style="list-style-type: none"> Behavioral disorders of children, their management and counselling Breath holding spell, Shayyamutra (Bed wetting), Pica, Autism, ADHD (Attention Deficit and Hyperactive Disorders) 	3 Hrs
19	Atyayika Balaroga Prabandhana (Pediatric Emergency Management) <ul style="list-style-type: none"> Shock and Anaphylaxis, Fluid and Electrolyte Management, Drowning, Poisoning, Foreign body aspiration, Status epilepticus, Hemorrhage, Acute Renal Failure, Febrile Convulsion, Status Asthmaticus 	3 Hrs
20	Balagraha:	2 Hrs

	<ul style="list-style-type: none"> General description, types, clinical features and management 	
21	<ul style="list-style-type: none"> Various Ayurvedic and modern procedures and investigations in pediatric practice 	2 Hrs

PRACTICAL

100 Marks

Practicals (Each 2 Hour): 50 Practical (100 Hrs)

Sl.No	Practical Topic	Hrs
1	Clinical training of above mentioned disorders of children like different Neonatal problems	10 Hrs
2	Pediatric diseases like - Shwasa, kasa, jwara, pratishyaya, tundikeri, kukunaka, kushtha, congenital anomalies, different beeja Doshas, developmental disabilities, nutritional diseases, apasmara, habit disorders etc.	20 Hrs
3	Navajata Shishu Paricharya (Care of the newborn)	5 Hrs
4	Prana pratyagamana Vidhi (Resuscitation procedure of new born)	5 Hrs
5	Vaccination	10 Hrs
6	Panchakarma Vidhi (Panchakarma procedures)	20 Hrs
7	Knowledge of various equipments such as phototherapy unit, overhead radiant warmer, special resuscitation equipments, Panchakarma and their application	10 Hrs
8	Knowledge of IV fluids administration, blood sampling	10 Hrs
9	Breast feeding technique	10 Hrs

Reference Books:

Sl. No	Name of Author/ commentators	Title of the book	Edition	Name of the publication
1	Prof.Premvati Tiwari	Kashyapasamhita Complete Hindi translation by SatyapalVidhyalaaraEnglishttranslation	10 th -2005	Choukhambha Sanskrit Publication
2	O.P. Ghai	Essential Paediatrics	7 th -2010	CBS Publication
3	Nelsan	Text Book of Paediatrics	19 th 2012	Elsevier
4	Meharban Singh	Care of New Born	7 th - 2010	Sagar Publication
5	Meharban Singh	Clinical Methods in Paediatrics	3 rd -2006	Sagar Publication
6	Meharban Singh	Paediatric Emergencies	-	-
7	Scheffers	Diseases of New Born	-	-
8		Kaumarbhritya related references from Charakasamhita SushrutasamhitaVagbhataetc	-	-
9	Dr. C H.S Shastry.	Principles & practice of Pediatrics in Ayurveda	1 st 2006	SDM Ayurveda
10	Prof. Abhimanyu Kumar	Child Health Care in Ayurveda	-	-
11	Prof. Abhimanyu Kumar	Ayurvedic Concepts of human Embryology	1 st 2000	Choukhambha Sanskrit Pratishtan
12	D.N. Mishra	Kaumarbhritya	RP2007	Choukhambha Sanskrit Pratishtan
13	Prof. Chanchal Sharma.	Kaumarbhritya Ke Antargata Balgraho Ka Kramika Evam Vaigyanika Adhyayana	-	-
14	Dr. Dinesh K S.	Notes on Kaumarbhritya	-	-
15	Dr. B.M. Singh	Pran - Pratyagannanann	1 st 2010	Choukhambha Orientalia
16	Dr. KS Patel, V.K.Kori & Raigopal	Ayurveda Dwara Matru Evam Shishu Paricharya	-	-

CHARAK SAMHITA UTTARARDHA

Theory: 1 Paper (100 Marks) Lectures (Each 1 Hour): 100 Hrs

AIMS:

To provide elaborative, sufficient and intellectual knowledge to adopt preventive and curative measures to develop Ethical Practice of Evidence Based Medicine with the scope of Anatomy, Physiology, Toxicology, Pathology, Preventive and Social medicine, and prognostics which are scholarly explained in charaksamhita

OBJECTIVES:

At the end of the 3rd Profession the student should be able to,

Knowledge

- Realize theoretical concepts of evidence based practice.
- Comprehend the causation theory in every aspects of life including normal and abnormal Conditions in human body.
- Implementation of basic principles of ayurveda in day today practice.
- Evaluate the critical analysis of chikitsa sutra.

Skills

- Develop the skills of effective pareekshavidhaan with scientific presentations

Affective and communication values

- Develop communication skills in particular to show the Shodasha Kala Bhashaja with patients and their relatives
- Reproduce and show effective speech, affective listening and good communication by means of vadamarga with colleagues, students, teachers
- Act as a team member and well involved in group discussions, practical and support the team spirit.

The Hrs/ Marks of theory examination are distributed as follows:

1. Chikitsa sthana 40 Marks 60 Hrs
2. Kalpasthana 06 marks 15 Hrs
3. Siddhi sthana 14 Marks 25 Hrs

Chikitsa Sthana- 30 Chapters 60 Hrs		
Unit	Topic	Hrs
1.	Rasayanadhyaya Chikitsitam	2 Hrs
2.	Vajeekarana- Chikitsitam	2 Hrs
3.	Jwara- Chikitsitam	2 Hrs
4.	Raktapitta- Chikitsitam	2 Hrs
5.	Gulma- Chikitsitam	2 Hrs
6.	Prameha-Chikitsitam	2 Hrs
7.	Kusta -Chikitsitam	2 Hrs
8.	Rajyakshma-Chikitsitam	2 Hrs
9.	Unmada- Chikitsitam	2 Hrs
10.	Apasmara - Chikitsitam	2 Hrs
11.	Kshataksheena- Chikitsitam	2 Hrs
12.	Svayathu - Chikitsitam	2 Hrs
13.	Udara- Chikitsitam	2 Hrs
14.	Arsha-Chikitsitam	2 Hrs
15.	Grahani-Chikitsitam	2 Hrs
16.	Pandu-Chikitsitam	2 Hrs
17.	Hikkashvasa- Chikitsitam	2 Hrs
18.	Kasa-Chikitsitam	2 Hrs
19.	Atisara- Chikitsitam	2 Hrs
20.	Chardi-Chikitsitam	2 Hrs
21.	Visarpa-Chikitsitam	2 Hrs
22.	Trishna- Chikitsitam	2 Hrs
23.	Visha- Chikitsitam	2 Hrs
24.	Madatyaya- Chikitsitam	2 Hrs
25.	Dvivraneeya- Chikitsitam	2 Hrs
26.	Trimarmeeya-Chikitsitam	2 Hrs
27.	Urustambha-Chikitsitam	2 Hrs
28.	Vatavyadhi- Chikitsitam	2 Hrs
29.	Vatashonita - Chikitsitam	2 Hrs
30.	Yonivyapat- Chikitsitam	2 Hrs
31. KalpaSthana- 12 Chapters		15 Hrs
32.	Madanakalpa	2 Hrs
33.	Jeemootakalpa	1 Hour
34.	Ikshvakukalpa	1 Hour
35.	Dhamargavakalpa	1 Hour
36.	Vatsakakalpa	1 Hour

37.	Kritavedhanakalpa	1 Hour
38.	Shyamatrivrirkkalpa	2 Hour
1.	Chaturangulakalpa	1 Hour
2.	Tilvakakalpa	1 Hour
3.	Sudhakalpa	1 Hour
4.	Saptalashahinikalpa	1 Hour
5.	Dantidravantikalpa	2 Hour
Siddhi Sthana- 12 Chapters		25 Hrs
1.	Kalpanasiddhi	3 Hrs
2.	Panchakarmeeyasiddhi	2 Hrs
3.	Bastisutreeyasiddhi	2 Hrs
4.	Snehavyapatsiddhi	2 Hrs
5.	Netrabastivyapatsiddhi	2 Hrs
6.	Vamanavirechanavyapadsiddhi	2 Hrs
7.	Bastivyapadsiddhi	2 Hrs
8.	Prasritayougiyasiddhi	2 Hrs
9.	Trimarmeeyasiddhi	2 Hrs
10.	Bastisiddhi	2 Hrs
11.	Phalamatrasiddhi	2 Hrs
12.	Uttarabastisiddhi	2 Hrs

Reference Book

Sl. No	Name of Author/ commentators	Title of the book	Edition	Name of the publication
1	Ayurveda deepika commentary of cakrapanidatta with vidyotini Hindi commentary by Pt kashinathsastri edited by GangasahasyaPandeya	Charak SamhitaUttarardha	RP-2011	Rashtriya Sanskrit Sansthan New Delhi
2	Vidyalankar / Prof. GorakhNathChaturvedi&KashinathShastri or Dr. BrahmanandTripathy or Dr. RaviduttaTripathy	Charak Samhita Uttarardha	RP-2008 RP-2003 RP-2007	ChoukhambhaBharati academy Surabharati Sanskrit
3	(English Commentary): Dr. Ram Karan Sharma &Vd. Bhagwan Dash or Acharya Priyavrata Sharma	Charak Samhita Uttarardha	RP-2002 7 th -2005	Krishnadas academy Orientalia
4	(Ayurveda -dipika - Ayushi Hindi Commentary)Vd. HarischandraKushavaha	Charak Samhita Uttarardha	RP-2011	Krishnadas academy

				Orientalia
5	Text with English translation. By Prof p v sharma	Charaka Samhita Uttarardha	RP-2003	Chawkambha Orintalia
6	With translation in hindi, gujarati and English (jaikrishnadas Ayurveda series)	Charka Samhita Uttarardha	Rp-2008	Chawkambha orientalia.
7	Translated by A. Chandra kaviratna& P sharma	Charaka Samhita Uttarardha	RP-2006	Srusatguru publication
9	Dr.Vasant C Patil.	Comprehensive Guide on Caraka Samhita	RP-2009	Chawkambha Publishers and Distributors of OrientalCulturalLitreature.
10	Dr.Prabhakar Rao	MCQ on Caraka Samhita	RP-2014	Chawkambha Publishers & Distributors of Oriental Cultural Literature.