CENTRAL COUNCIL OF INDIAN MEDICINE  
NEW DELHI  

SYLLABUS OF AYURVEDACHARYA (BAMS) COURSE  

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3RD PROFESSIONAL  

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Part- A 50 Marks


2 Definition of toxicology, Definition of poison, suicidal and homicidal poisons, classification of poisons, their action and route of administration, absorption, excretion, metabolism, diagnosis and general principles of treatment, duties of a medical practitioner in case of suspected poisoning.

3 Origin and Classification of Visha: Its sources, Difference between Visha, Madya and Oja guna, Visha Upadrava and Visha Mukta Lakshana.

4 Tests for detection of Visha, and Modern Toxicological Techniques of detection of poisons Visha Data Lakshana, Visha Peeta Lakshana, Signs and symptoms of Visha afflicted organs and personal effects. (Poisoning with Anjana, Lepa paduka, Abharana etc.

5 Introduction to Environmental Toxicology- Samuhika Vishaprayoga- effect of chemical and nuclear warfare.

6 Vishopakrama described by Charak, General principles of Management of poisoning.

7 Manifestation of poisoning due to poisons of plant origin their fatal Dose, fatal period, management of poisoning, post mortem appearance and its medico legal importance. Visha and Upavisha- Arka, Snuhi, Langali, Karaveera, Gunja, Ahphena, Dhattura, Bhallataka, Vatsanabha, Kupeelu, Jayapala, Bhanga & Tobacco, Parthenium hysteriphorus, Chitraka, Eranda, Digitalis and Cerebra Odallam.

8 Garavisha, Dooshivisha, Viruddhahara. Food adulteration and poisoning–classification, diagnosis, management and contemporary significance.

9 Jangama Visha – Detailed study of Sarpa, Keeta, Loota, Vrischika, Mooshika, Alarka – Visha; Lakshana, Bheda, Chikitsa and their Sadhyasadhyata (contemporary and classical views).

10 Introduction to poisoning due to Acids, Alkalis, metals, Non-metals, Asphyxiants and others, their Fatal Dose, Fatal period, Manifestation, management, medico legal importance and postmortem appearance of poisoning due to:
   a) Acid and Alkalis– Sulphuric acid, Hydrochloric acid, Nitric acid, Hydrocyanic acid, Oxalic acid, Carabolic acid, Formic acid, alkalis in general.
   b) Asphyxiants – Carbon monoxide, Carbon dioxide, Hydrogen sulphide
   c) Nonmetallic poisons – Phosphorous, Iodine
      Metallic poisoning – Arsenic, Mercury, Lead, Copper, Zinc, Tin.
   d) Others - Petroleum – Kerosene Organo phosphorus compounds - Aluminum
phosphate, Organo Chlorinated Compounds, Household poisons.

11 Madya and Madatyaya. Alcohol poisoning (Ethanol and Methanol).

12 *Introduction to Narcotic drugs and Psychotropic substances Act 1985.*

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**Part –B**

50 Marks

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


4. Death and its Medico Legal Aspects, Medico Legal autopsy and *exhumation*.

5. Injuries and thermal injuries, their medico Legal aspects, general introduction of weapons.

6. Dowry deaths (Domestic Violence), their Medico Legal importance and laws in relation to it.

7. Asphyxial deaths and its Medico Legal importance.


10. Introduction to Forensic psychiatry.

11. Introduction to forensic laboratory.


PRACTICAL

Practical Training
1. Post Mortem examination
2. Evidence in the court
3. Demonstrations in the Forensic & Toxicology museum
   (Toxic & Anti toxic substances, medico legal specimens & Charts)
4. Clinical postings
5. Library Hours for compilation

Distribution of Practical Marks
1. Post Mortem examination and Court posting – Case Record 10 Marks
2. Practical/Clinical Record Book 10 Marks
3. Identification (spotting) 10 Marks
4. Viva – voce 20 Marks

Total 50 Marks

Reference Books
1. Topics related to Agada Tantra from Charak Samhita, Sushrut Samhita, Ashtanga
   Hridaya, Ashtanga Samgraha, Kasyapa Samhitha, Yogaratnakara, Bhavaprakasha and
   Madhava Nidana.
2. Vidhivaidyaka (Vyavahar Ayurveda Vijnan) Dr. Charuchandra Pathak
3. Medical Jurisprudence and Toxicology Modi
4. Basavarajeeeyam Edited by Vd. Govardhan
5. Agada Tantra Sh. Ramanath Dwivedi
6. Text book of Agada Tantra Edited by Dr Huparikar, Dr. Joglekar
7. Agadatantra ki Pathyapustaka Edited By Dr Huparikar, Dr. Joglekar
8. Agad Tantra Dr. Shekher Namboodri
9. Vishachikitsa Vaidya Balakrishnan Nair, Kerala
   (Ayurveda Toxicology English Translation)
10. Medical Ethics and Medical Laws in India Dr. H.S. Mehta
11. Toxicology Ayurvedic Perspective VPSV Ayurveda college Kottakkal
12. Kautilya Arthashastra (English) Prof. Kangle
13. Kautilya Arthashastra (Hindi) Dr. Raghunath Singh
14. Vyavahar Ayurveda Dr. Ayodhya Prasad Achal
15. Vyavahar Ayurveda Vigyanam Dr. Indramohan Jha (Sachchan)
16. Textbook of Forensic Medicine and Toxicology Dr. V.V. Pillay
17. Forensic Medicine Dr. B. Umadathan
18. Relevant Acts Govt. of India
19. Relevant topics from Manu Smriti

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3.2 SWASTHAVRITTA

Theory - Two papers - 100 marks each
Practical / Viva voce - 100 marks
Lectures – 200 Hrs
Practicals and demonstration – 100 Hrs

Paper-I

PART A- VAIYAKTIKA SWASTHAVRITTA  50 marks

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

Dinacharya
1. Definition of Dinacharya
2. Aims and importance of dinacharya
3. Brahma Muhurta evam Utthana
4. Usha Jalapan
5. Sharirachinta
6. Malatyaga
7. Mukha prakshalan
8. Dantadhavana and preparation of Ayurvedic tooth powder and paste
9. Jihvanirlekhanavidhi
10. Anjana
11. Pratimarsha Nasya
12. Gandusha and Kavala
13. Tambulasevana
14. Dhoomapana
15. Abhyanga
16. Udvarntana
17. Utsadana
18. Vyayama
19. Chankramana
20. Snana
21. Anulepana
22. Vastra dharana
23. Danda dharana
24. Padatra dharana
25. Chatra dharana
26. Ushnishha dharana
27. Ratnabharana dharana
28. Madhyahna charya
29. Cosmetic effect of Dinacharya procedures

Rathricharya
1. Sandhya charya
2. Rathri bhojana vidhi
3. Shayanavidhi according to Bhavamishra
**Ritucharya**

1. Importance of ritucharya  
2. Ritu presentation as per different acharyas  
3. Adana kala & visarga kala  
4. Sanchaya-Prakopa-Prashamana of Dosha according to ritu  
5. Doshashodhana in Ritu Charya  
6. Relation of Agni bala and Ritu  
7. Pathya and Apathya Ahara and Vihara in different ritus  
8. a) Ritusandhi  
   b) Yamadamsthra  
   c) Rituharitaki  
   d) Rituviparyaya

**Sadvritta**

Description of Sadvritta and Achara Rasayana their role in Prevention and control of diseases.

**Trayopastambha**


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

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

Food hygiene  
Milk hygiene-Milk composition, Source of infection (for Milk), Milk borne diseases, Clean and Safe milk, Pasteurization of milk.  
Meat hygiene-Meat inspection, Slaughter house, Freshness of fish and egg. Fruits and Vegetables hygiene  
Sanitation of eating places, Preservation of food, Food handlers, Food borne diseases, Food fortification, and Food adulteration, Food toxicants, Properties of Vegetarian and Non-vegetarian diet, Effects of spices and condiments  
Consumption of Alcohol and its effects on personal and social health. Effects of pathya-apathya in life style disorders-Diabetes, Hypertension, Obesity and Coronary heart Disease.

Duration of sleep according to age, Sleep in healthy and diseased persons.
iii) **Brahmacharya** – Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavaya sambandhi niyama, Effects of Ativyavaya. Methods of Virya Raksha, Surataspriha(Libido) through Vajikarana, Viryanasa phala.

**Roganutpadaniya**– Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharir shodhan.

**Rasayana for Swastha**–Nirukti, paribhassa(definition ), classification and examples

**Ashta nindita purusha**

**Menstrual hygiene**

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**Part B (YOGA AND NISARGOPACHARA) 50 marks**

**YOGA**

**Introduction**

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

Yoga prayojana

Ayurveda yoga sambandha, swasthya rakshane yogasya mahatvam

Yogabhyasa pratibhandhaka & siddikara bhavas as per Hathayoga.

Mitahara and PathyaPATHYANI during Yogabhyasa.

**Panchakosha Theory**

**Astanga yoga**

Yama, Niyama

Asana and its importance

**Standing Postures**

Ardhakatichakrasana, Padahastasana, Ardhachakrasana, Trikonasana.

**Sitting postures**

Swasthika, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, ardhamatsyendrasana, Siddhasana.

**Supine Postures**

Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana,Setubandhasana.

**Prone postures**

Bhujangasana, Shalbhasana, Dhanurasana, Makarasana.

Suryanamaskara – procedure and benefits.

**Pranayama**

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

Nadishudhi Pranayama .

Kumbhakabhedha – suryabhedana, ujjayi, sheetali, Sitkari, Bhastrika, Bhramari Murcha, Plavini.

Nadishudhilakshana

**Shat karma**
Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati

**Bandhas and Mudras**

**Shad chakras, Ida-pingala-sushumna nadis.**

**Pratyahara, Dharana, Dhyana, Samadhi**

**Description of Yoga in Ayurveda**

Moksha and Muktatma lakshana and upaya, Naishthiki chikitsa, Satyabuddhi, Tatvasmriti, Ashta Aishwarya, Ashta siddhis.

**NISARGOPACHARA (Prakritika chikitsa)**

Definition, history, aims and objectives
Theories as per Western school of Naturopathy
Indian school – Panchabhitopasana
Relation of Ayurveda and Naturopathy
Importance of Naturopathy in present era.

**Jalachikitsa (hydrotherapy)** – Hot water treatment, Cold water treatment, foot and arm bath, Spinal bath, hip bath, abdominal wet pack, Steam bath, enema and whirl pool bath.

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

**Suryakirana sevana (sun bath - heliotherapy)**

**Mardana (Massage)** – different methods and effects.

**Diet types** – Soothing, Eliminative, Constructive, Positive and negative diet, Acidic and alkaline diet

**Upavasa chikitsa (Fasting therapy)** – Importance, types, therapeutic effects of fasting.

**Visrama chikitsa upayoga**

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**PAPER II – SAMAJIKA SWASTHAVRITTA**

**Part A**

**Janapadodhwamsa**
Causes, Manifestations and control measures, importance of Panchakarma and Rasayana.

**Vayu (Air)**

Vayu guna according to sushruta samhita, Properties of Vayu as per different directions, Vayu shudhi prakara – Ayurvedic aspect.
Composition of air.
Air of occupied room- Thermal discomfort and comfort zone, indices of thermal comfort.
Air pollution – health and social aspects, Prevention and control of air pollution ,Global warming.
Ventilation and its types.
Mountain air & High altitude – Health problems

**Jala (Ayurvedic and modern aspects)**

Importance of water , safe and wholesome water, water requirements, properties, types and sources of water, water pollution and health hazards, Methods of water purification.
Hardness of Water.
Examination, Tests and analysis of water.
Rain water harvesting and water recycling

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

**Prakasha (lighting)**
Requirement of good lighting, natural lighting, artificial lighting, biological effects of lighting.

**Dhwani pradooshana (Noise pollution)** - Noise, Sources, effects, & control

**Vikirana (Radiation)** - sources, effects, and control

**Apadravya Nirmulana (Disposal of solid waste)**
Different types of solid waste
Storage and collection of refuse
Methods of disposal of solid waste (Rural & urban)
Bio-medical waste management

**Malanishkasana Vyavastha (Excreta Disposal)**
Methods for Unsewered area and Sewered area
Latrines for camps, fairs and festivals
**Disposal of dead body** – Burial, Burning, Electric cremation.

**Meteorology (Ritu evam Vatavarana jnanam)**
Definition of weather and climate, factors influencing weather and climate.

**Disaster management**
Definition, natural and man-made disasters, epidemiologic surveillance and disease control.

**Occupational Health**
Offensive Trades - Effects on health and precautionary measures.

**School health services**
Health problems of school children, aspects of school health service, duties of school medical officers, Maintenance of healthy environment

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

Epidemiology of communicable Diseases
Chicken Pox, Measles, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Cholera, Polio, Viral Hepatitis, Typhoid, Leptospirosis, Dengue Fever, Chikungunia, Malaria, Filariasis, Leprosy, Rabies, Tetanus, Emerging and re-emerging diseases

Kuprasangaja vyadhi (STDs)
AIDS, Syphilis, Gonorrhoea, Chancroid

**Non-communicable disease epidemiology**
Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer

**Chikitsalaya Bhavana (Hospital Building)**

**Part B**

Prathamika swasthya samrakshana(Primary Health Care)
Definition, principle, elements, levels of health care.
Structure at village, sub centre, PHC, CHC, Rural hospital levels.
Health insurance, Private agencies, Voluntary health agencies, NGOs and AYUSH sector.
Role of Ayurveda in Primary Health Care.

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

**Matru sishu kalyana Yojana – MCH programme**
Ante natal, intra natal, post natal, neo natal care. Child health problems and indicators of MCH care.

**Preventive geriatrics**– Problems of elderly, prevention and control measures.

**World Health Organisation**– Objectives, structure and functions.
**International health agencies**– United Nations agencies, Health work of bilateral agencies.

**Alma Ata declaration**

**National Health Policy**

**Health statistics**– Definition, Sources, uses Data collection, Classification, Presentation.
Health survey

**Swasthya prashasana (Health Administration)** – Health administration at Central including AYUSH, state, district, village levels.

**National health programmes**
Tuberculosis (RNTCP), Leprosy (NLEP), AIDS (NACP), Blindness (NPCB), Polio (PPI), Diabetes (NDCP), Cancer (NCCP), Guinea worm, Vector born disease control programme, NRHM, all the upcoming national health programmes, RCH programme, Universal Immunization Programme.

**National Nutritional Programmes** – IDD, Vitamin A prophylaxis, Mid day meal, anemia control programmes.
PRACTICALS

Demonstration of Dinacharya procedures - anjana, nasya, kavala, gandoosha dhoomapana, abhyanga, udvarttana.

Parichaya of aharadravya, immunization agents, disinfectants and family planning devices

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

Preparing and delivering of a health educational talk on health related issues.
A short compilation on any topic on environmental health.

Educational Visits
Observe the functioning of the Milk Dairy, Water purification unit, Sewage treatment unit, MCH/Family welfare centre, Leprosy hospital and industrial unit.
Visit to Primary Health Centre for knowledge of actual implementation of National health programmes including knowledge of rural health.
Visit of rural Ayurvedic dispensary.
Visit to naturopathy centre to observe naturopathic treatment modalities.

Health survey - Minimum 5 families of rural and urban areas.
There should be 3 case sheets for Yoga Naturopathy & pathya apathy together and 3 case sheets for communicable diseases.
Proforms for Case sheets/practical records/survey/Dinacharya projects etc should be prepared by the respective universities.

Practical and Viva Voce examination

Marks distribution 100 marks
1. Vaiyaktika Swasthavritta 20
2. Samajik swasthavritta 20
3. Demonstration of Yoga 10
4. Naturopathy 10
5. Journal and compilation work 10
6. Viva voce 30

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

Swasthavritta Samucchaya - Pandit Rajeshwar dutt Shastri
Swasthya Vigyan - Dr. Bhaskar Govind Ghanekar
Swasthya Vigyan - Dr. Mukund swarup Varma
Swasthavritta - Vaidya Sakad
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Yoga-A game for Women(hindi translation)-Madhu Pandey
3.3 PRASUTI TANTRA & STRIROGA

Marks 200 (100 marks each paper)
Practical-100 marks
HOURS Theory-200 Hrs
Practical-100 Hrs

PAPER-1 PRASUTI TANTRA

PART-A

INTRODUCTION TO SUBJECT

STRI SHARIRAVIJNAN
Etymological origin of the word Stri. Artava vaha and Stanyavaha strotamsi. Tryavarta yoni Stri Vishishta, Peshi Marmani.

Anatomy of female reproductive system. (External and internal genital organs) Soft & Bony Pelvis and its obstetrical importance.

DESIRABLE (non detail)
Vayobhedena Stri sangnya

RAJO VIGYANA
Description of Raja, Artava and Prathama Rajo Darshana, Rajasvala Charya. Ritumati Lakshana, Ritumaticharya, Ritukala

Menarche, Menstrual cycle and their regulation by endocrine glands,

Ovulation – Importance in conception

DESIRABLE (non detail)
Concept of Stri Sukra

GARBHA VIGYANA
a) Garbhasya paribhasha, Garbhadhanavidhi, Garbhavakranti, Garbha Sambhava samagri, Garbhakara bhava, Panchabhautikatwa of Garbha, Masanumasika Vridhi of Garbha, Garbha Poshana, Garbhasayasthe Garbhashthiti

Foetal attitude, lie, position, presentation

b) Apara, Garbha Nabhinadi, Jarayu, Ulba

Formation, Development, Function of Placenta, Umbilical cord, Amniotic fluid
Foetal membranes - Abnormalities of Placenta

DESIRABLE (non detail)

Garbhalingotpatti, Garbhasya Avayavotpatti, Garbha Varnotpatti, Garbha Vikriti

**GARBHINI VIGYANA**

a) Lakshana of Sadhyograhita Garbha, Lakshana of Vyakta Garbha, Pumsavana vidhi

Diagnosis of Pregnancy

b) Garbhini vyavastha: Garbhini Paricharya, Garbha Upaghatakara Bhava, Dauhrida

Ante Natal care- Examination, Investigation and Management

c) Garbha Vyapada: Nidana, Samprapthy and Chikitsa Garbhasrava and Garbhapatra-

Garbha shosha-Upavishtaka, Nagodara, Upashushka, Leena garbha,

Antarmrita garbha, Raktagulma, Bahugarbhaba

d) Abortions, Rh-incompatibility-

Causes, clinical features, complications and management.

Gestational trophoblastic neoplasias, Ectopic pregnancy, IUGR, Intrauterine foetal death, Multiple pregnancy

**GARBHINI VYAPAD**

a) Hrillasa, Chardi, Aruchi, Atisara, Vibandha, Arsa, Udavarta, Sotha, Parikarthika,

Vaivarnya, Kandu, Kikkisa, Pandu, and Kamala, makkala

b) Common ailments of Pregnancy- High Risk Pregnancy, Emesis gravid arum, Gestational Anemia, Gestational Hypertension, Gestational Diabetes, Toxemias of Pregnancy, Jaundice, AIDS,

Ante Partum Hemorrhage causes, clinical features complications and Management

**PART B**

**PRASAVA VIGYANA**

a) Prasava Paribhasha, Prasavahetu, Prasavkaala, Sutikagaranirmana, Sangrahaniya

Dravyan, Sutikagara praveshavidhi.

b) Prasavavastha; Prajayani/ Upasthita Prasava/ Asannaprasava lakshana, Aavi.

Prasavaparicharya, Jatamatraparicharya

c) Normal Labour:- Definition of Labour, Physiology & Mechanism of Labour, Monitoring of Labour and management, Pictogram, Episiotomy, care and resuscitation of newborn.
PRASAVA VYAPAD

a) Garbhasanga, Yonisamvarana, Aparasanga, Mudagarbha-definition, Nidana, Types & Management

b) Induction and augmentation of labour, Cervical dystocia, Cephalopelvic disproportion, Prolonged labour, Preterm labour, Post term labour, foetal distress, Assisted Labour, Caesarian

c) Retention of Placenta, PPH - causes, clinical features and management, Genital tract Injuries during labour

DESIRABLE (non detail)
Uterine Inversion, Amniotic Fluid Embolism, Garbhasthithi parivarthan(Version), Forceps Delivery, Ventouse Delivery.

SUTIKA VIGYANA

a) Sutika Paribhasha, Sutika Kaal, Sutika paricharya. Changes during sootika avastha(Sareerika&Manasika)

Normal and abnormal Puerperium and its Management

b) Sutika Roga – Number of Sutika Roga, Sutika Jwara, Shotha and Makkala.

c) Stanyavijnan- Sthanyadushti, Sthanyakshaya, Sthanyavridhi -their causes, clinical features and treatment

d) Emergency care in obstetrics

DESIRABLE (non detail) Stana stanya – Pareeksha, Stanya sampat.

PART-2 STRI ROGA

PART-A

ARTAVA VYAPAD

a) Artava-kshaya vridhi, Ashtartavadushti lakshana chikitsa Asrigdara lakshana samprapti Chikitsa

b) Menstrual disorders- Amenorrhoea, hypomenorrhoea, Oligomenorrhoea, Dysmenorrhoea, Abnormal uterine Bleeding

YONI VYAPAD

Sankhya, Nidana, Lakshana, Upadrava evam Chikitsa
Endometriosis, Fibroid uterus, Genital Prolapses, Retroverted Uterus, Pelvic infections, Cervical erosion, Pelvic Inflammatory Diseases

VANDHYATWA – Prakar, Nidana, Chikitsa
Infertility – Causes, Types, Investigations and Management.
Yoni Kanda, Yoni Arsa, Granthi, Arbud,

Pelvic Infections including Sexually Transmitted Infections, HIV, AIDS, Preventive measures.

MENOPAUSE-changes during menopause ,menopause syndrome, management.

DESIRABLE (non detail)
Congenital malformations of female genital tract.
Sukra vijnan –kshaya,vridhi, dushti hetu lakshana and chikitsa
Benign and Malignant tumours of Genital Tract

**PART-B**

**STANA ROGA**

a) Stanakeela- nidana lakshana chikitsa, Stanagranthi, Stanavidradhi, Stanashoph
Mastitis, Breast abscess, Galactocele -Etiopathology, clinical features, diagnosis, prognosis and complications

b) Sthanik Chikitsa
Snehana, Swedana, Uttarabasti, Pichu, Varti, Lepana, Dhupana, Dhavana, Dahana, Ksharakarma -. Practical knowledge of all these procedures along with indications, complications and management.

**Shastra Karma**
Surgical procedures their Indications, Contraindications of cauterization of cervix, cervical dilatation and curettage, female surgical sterilization

Knowledge of indication and procedure of PAP smear. Endometrial biopsy and interpretation of the reports

Stri roga Sambandhita Pramukha Aushadhyai, Prasuti & Stri Roga Chikitsa Upayogi
Yantra Shastra Parichaya and Vyadhivinischaya Upaya (Investigative and Diagnostic Aids)

Garbhanirodhaka Upaya.

Parivar Niyojana, Reproductive and Child Health Care, AIDS/HIV control Programme, MCH, PNDT Act, MTP Act, and importance of current National Programme

Knowledge of important Commonly used Ayurvedic and Allopathic drugs used in Prasutitantra and Streeroga. Pharmacotherapeutics of allopathic drugs in obstetrics and Gynaecology

Record keeping, ethical and medicolegal issues in Streeroga and prasutitantra

DESIRABLE (non detail)
Laproscopy, hysteroscopy, hysterosalphingography, USG, X-RAY, Colposcopy, Cervical Biopsy. Granthi evum Granthi nirharan samanyajnan (Myomectomy, hysterectomy)
CLINICAL TRAINING-OBSTETRIC SKILLS

To perform independently

1. History taking and examination of antenatal and gynaecological cases
2. Diagnosis of Pregnancy, assessing of gestational period, to diagnose onset of labour
3. To monitor labour progress, able to plot Partogram
4. Observation of 10 labours
5. To diagnose abnormalities of labour and decide about the referral of the patient
6. Able to provide first aid for obstetric emergencies
7. Recognition of post partum complications
8. Counselling and promoting of breast feeding
9. Record 5 antenatal cases, 5 intrapatum and 5 post partum cases

To observe/assist-D&C, D&E, Caesarean section, Repair operations, Resuscitation of new born.

GYNAECOLOGICAL SKILLS -To perform independently

1. History taking and examination of gynaecological cases
2. Recording 10 gynaecological cases, 5 gynaecological procedures
3. Taking vaginal smear, high vaginal swab
4. Practical knowledge of sthanika chikitsa
5. Observation and practical knowledge of minor gynaecological procedures
6. Observation of Surgical procedures
7. Identification, uses., Demonstration of surgical instruments
8. Observation of Method of sterilization, MTP, Surgical procedures Hystrectomy, Oopherctomy

DISTRIBUTION OF PRACTICAL MARKS

1. Case taking-2cases – one Gynec, one obstetric- 30marks
2. Instruments, Drugs, & Models - 20 marks
3. General Viva - 40 marks
4. Record - 2 (one Prasuti, one streerog) - 10 marks
Total - 100 marks

3.4. Kaumarbhritya (Ayurvedic Pediatrics)

Theory One Paper – 100 Marks
Practical Viva Voce - 50 Marks

Paper I 100 Marks

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

Part A 50 Marks

1. General introduction and scope of Kaumarbhritya (Ayurvedic Pediatrics), Definitions and terminologies used in Kaumarbhritya.
2. Scientific contribution of Kashyapa Samhita in Kaumarbhritya.
3. Vayobheda (Classification of age): Garbha, Bala, Kumara; Kshirada, Kshirannada & Annada etc. and modern classification of childhood period.
5. Navajata Shishu Paricharya (Neonatal Care): Care of the Jatmatra (Newly born child) and the Sadyojata, Care of the Samaya-purvajata Shishu (Preterm), Purnakalika Shishu (Full term), and Samaya-Paschatjata Shishu (Post term neonate), Nabhinala Chhedana (Cutting of umbilical cord), Complications of improper cutting of umbilical cord and its treatment, Rakshoghna Karma (Protective measures - Ayurvedic and modern view).
6. Navajata Shishu Parikshana (Examination of newborn): Ayu-Parikshana, Modern approach to Neonatal Examination
7. Navajat Shishu Poshana (infant feeding): Specific feeding schedule as per Ayurvedic texts and modern concept; Stanya-Sampat (Properties of normal breast milk) Stanyotpatti (Physiology of lactation), Stanya Sangathana (Composition of breast milk), Stanya Parikshana (Examination of breast milk), Stanya-Piyusaha (Colostrum); Stanya-Pana-Vidhi (Techniques of breast feeding), Stanyakshaya-Stanyanasha (Inadequate production and absence of breast milk), Dhatri (wet nurse)- Stanyabhave dugdh Vyavastha (alternative feeding in the absence of breast milk), Various other milk feeding methods.
8. Stanyadosha (Vitiation of Breast milk), Stanya Shodhana (Purification of breast milk), Stanya Janana and Vardhanopakrama (Methods to enhance breast milk formation).
9. Garbha Vridhi Vikasa Krama: Samanya Parichaya (brief monthwise development of
fetus), Milestones of development during infancy and childhood including concepts of various Samskaras.


11. Dantotpatti evum Danta Raksha Vidhi (Dentition and dental care): Danta-sampat (Characteristics of healthy teeth), Danta Nisheka evum Dantodbheda (Eruption of teeth), Dantodshedjanya Vikara (Dentition disorders).

12. Vyadhikshamatva: General concepts of Bala (Immunity) and methods of Bala Vridhdi.

13. Prashan & Lehana: Indications, contra-indications, different drugs used in lehana.

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

Part B 50 Marks

Samanya Chikitsa Siddhanta and Balaroga
(General Principles of Treatment and Management of Pediatric Disorders)

1. Bala Pariksha-vidhi Evam Shishu Vedana Parigyan (Examination of sick child and Diagnostic methods-Ayurvedic and modern). Samanya Chikitsa Siddhanta (General principles of treatment in children).

2. General Aushadhl Matra Nirdharana - for Ayurvedic and modern drugs preparations (drug doses according to age, weight and drug contents)

3. Specific therapeutic panchakarma procedures in children with special emphases on snehan, swedan and basti.


5. Brief description of Sahajavyadhi (Congenital disorders): Sahaja Hridaya Vikara (Congenital Cardiac Disorders) Jalashirshaka (Hydrocephalus), Khandaoushta (cleft lip), Khanda-Talu (cleft palate)Sanniruddha Guda (Anal stricture / imperforated anus), Pada Vikriti (Talipes equanovarus and valgus), Spina bifida, Meningocele, Meningomyelocele.


7. Prasavottara Vyadhi (Neonatal disorders): Navajata Kamala (Neonatal Jaundice), Navajata Netrabhisyanda (Neonatal conjunctivitis), Nabhiroga (Umbilical disorders), Navajatshishu-raktavishmayata (Neonatal Septicemia)

8. Dushta Stanyapanajanya Vyadhi (Disorders due to Vitiated Milk): Lactose intolerance, Kshiralasaka, Kukunaka, Ahiputana (Napkin Rashes)

disorders, Hyper-vitaminosis, failure to thrive.

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

1. Srotas Vikara:
   a) Pranavaha Srotas: Pratishyaya (common cold), Kasa (Cough), Shwasa (Respiratory distress syndrome), Tamaka Shwasa (Bronchial Asthma), Utphuliika, Swasanaka Jwara (Pneumonia/Pneumonitis, Bronchiolitis), Gala shotha (Pharyngitis, Laryngitis), Talukantaka (Tonsillitis)
   b) Annavaha Srotas: Ajirna (Indigestion), Atisara (Diarrhoea), Chhardi (Vomiting), Vibandha (Constipation), Mukhapaka (Stomatitis), Gudapaka (Proctitis), Parikartika (Anal fissure), Udarshula (Infantile Colic), Pravahika (Dysentery), Gudabhransa (Rectal Prolapse). Ama and its disorders like Ama vata jwara (Rheumatic fever).
   c) Rasavaha Srotas: Jwara (Fever), Pandu (Anemia), Mridbhakshanajanya Pandu (Anemia associated with clay eating/Pica).
   d) Raktavaha Srotas: Kamala (Jaundice), Raktapitta (Haemorrhagic disorders), Yakritodara (Hepatomegaly), and Pieehodara (Spleenomegaly)
   e) Mamsa-Medovaha Srotas: Apachi (Lymphadenitis), Galaganda (Goitre), Gandamala (Cervical Lymphadenopathy).
   f) Mutravaha Srotas: Shopha in Vrikka (Glomerulonephritis and Nephrotic syndrome)

2. Anya Bala Vikara (Miscellaneous Pediatric Disorders), Apasmara (Epilepsy), Akshepa (Convulsions), Nirudhaprakasha (Phimosis), Cerebral palsy.

3. Behavioral Disorders of Children, their management and counseling: Breath holding spell, Shayyamutra (Bed wetting), Pica, Unmada, Autism, ADHD (Attention Deficit and Hyperactive Disorders), Jadatwa (Mental retardation).


5. Balagraha: General description, classification, clinical features and management.

PRACTICAL

Content of Practical / demonstration

1. Clinical training of above mentioned disorders of children.

2. Exposure to -
   a) Navajata Shishu Paricharya (Care of the newborn)
   b) Pranapratyagamana Vidhi (Resuscitation procedure of new born)
   c) Vaccination
   d) Panchakarma Vidhi (Panchakarma procedures) especially Snehan, Swedana, Basti.

3. Knowledge of various equipments such as phototherapy unit, overhead radiant
warmer, resuscitation equipments, Panchakarma equipments and their application
4. Knowledge of IV fluid administration, blood sampling
5. Anthropometry measurements and their interpretation
6. Various Ayurvedic & modern Procedures and investigations in pediatric practice

**Distribution of Marks**

| Clinical work: Pediatric and neonatal case records [1.0 case sheets of each] | 10 Marks |
| Patient Examination | 20 Marks |
| Spotting | 05 Marks |
| Viva – voce | 15 Marks |
| **Total** | **50 Marks** |

**Reference Books**

1. Kashyapa Samhita Complete Hindi translation by Satyapal
   Vidhyalankara English translation by Prof. Premvati Tiwari
2. Principles & practice of Pediatrics in Ayurveda: Dr. CHS Shastry
3. Child Health Care in Ayurveda: Prof. Abhimanyu Kumar
4. Ayurvedic Concepts of human Embryology: Prof. Abhimanyu Kumar
5. Kaumarbhritiya by Prof. D.N. Mishra
6. Kaumarbhritiya Ke Antargata Balgraho Ka Kramika Evam Vaigyanika Adhyana by Prof. Chanchal Sharma
7. Notes on Kaumarbhritiya by Dr. Dinesh K S
8. Pran - Pratyagannanann by Dr. B.M. Singh
9. Ayurveda Dwara Matra Evam Shishu Paricharya by Dr. KS Patel, V.K. Kori & Raigopal
10. Kaumarbhritiya related references from Charaka Samhita, Sushruta Samhita Vagbhata etc.
11. Clinical Methods in Paediatrics by Meharban Singh
12. Pediatrics Emergencies by Meharban Singh
13. Essential Pediatrics 0, P. Ghai
15. Care of New Born by Meharban Singh
16. Panchakarma in Pediatrics Dr. Yogita Srivas
3.5. CHARAK SAMHITA- UTTARARDHA

(Uttarardha: Chikitsa – Kalpa - Siddhi Sthana)

Theory- One Paper – 100 Marks

The marks of theory examination are distributed as follows:

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

Reference Books

1. Charak Samhita -Chakrapani Tika (Sanskrit Commentary)
2. Charak Samhita (Hindi Commentary) Vd. Jayadev Vidyalankar or Vd. Atridev
   Vidyalankar or Prof. Gorakh Nath Chaturvedi & Kashinath Shastri or Dr. Brahmanand
   Tripathy or Dr. Ravidutta Tripathy
3. Charak Samhita (English Commentary): Dr. Ram Karan Sharma & Vd. Bhagwan Dash or
   Acharya Priyavrata Sharma.