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Bams 3rd year syllabus pdf

NISARGOPACHARA (Prakritika chikitsa) Definition, history, aims and objectives Theories as per Western school of Naturopathy Indian school – Panchabhutopasana 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. Mrittika chikitsa (Mud therapy) - Types of soil, doctrine of mud selection, mud bath. Suryakirana sevana (sun bath - heliotherapy) Mardana (Massage) - different methods and effects. Diet types - Soothing, Elimininative, Constructive,Positive and negative diet, Acidic and alkaline diet. Upavasa chikitsa(Fasting therapy) - Importance, types, therapeutic effects of fasting. Visrama chikitsa upayoga PAPER II – SAMAJIKA SWASTHAVRITTA 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 Occupational Hazards, Occupational Diseases, Prevention of Occupational Diseases, Health & precautionary measures, ESI Act, Indian factories Act. 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, Chanchroid Non-communicable disease epidemiology Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer Chikitsalaya Bhavana (Hospital Building) CENTRAL COUNCIL OF INDIAN MEDICINE NEW DELHI INDEX 3RD PROFESSIONAL 3.1. AGADTANTRA 02-04 3.2. SWASTHAVRITTA 05-12 3.3. PRASUTI TANTRA EVUM STRI ROGA 13-17 3.4. KAUMARBHRITYA PARICHAYA 18-21 3.5. CHARAK SAMHITA (UTTARARDHA) 22 1 | UG-Syllabus 3rd year AGADTANTRA, VYAVAHAR-AYURVED EVUM VIDHIVAIDYAK Part- A (TOXICOLOGY, FORENSIC MEDICINE AND MEDICAL JURISPRUDENCE) Theory One Paper – 100 Marks Practical/Viva voce -50 Marks Theory -200 hrs Practical – 100 hrs 50 Marks . 1 Derivation, definition of Visha and Agadatantra. Scope of Agadatantra. Visha Utpatti, Visha Prabhava, Visha Pranaharana Kriya, Visha Guna, Visha Gati, Visha Vega Visha Sankata, Shanka Visha. . 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, Ahiphena, 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, Carbolic acid, Formic acid, alkalis in general. . b) Asphyxiants – Carbon monoxide, Carbon dioxide, Hydrogen sulphide . c) Nonmetallicpoisons–Phosphorous,Iodine Metallic poisoning – Arsenic, Mercury, Lead, Copper, Zinc, Tin. . d) Others – Petroleum – Kerosene Organo phosphorus compounds -Aluminum 2 | UG-Syllabus 3rd year 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. 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. 2. LegalProcedures:-Inquest,Evidence,Witness,Courtsandtheirpowers. 3. Personal identity and its Medico legal aspects, forensic odontology, Introduction to Forensic Serology and DNA profiling. 4. DeathanditsMedicoLegalAspects,MedicoLegalautopsyandexhumation. 5. Injuries and thermal injuries, their medico Legal aspects, general introduction of weapons. 6. Dowrydeaths(DomesticViolence),theirMedicoLegalimportanceandlawsinrelationto it. 7. AsphyxialdeathsanditsMedicoLegalimportance. 8. Medico Legal importance of Pregnancy, Delivery; Impotence & Sterility, Abortion, Infanticide, battered baby. Virginity, Artificial Insemination, Legitimacy. 9. Sexualoffences,andtheirMedicoLegalaspects.Sexualperversions. 10.Introduction to Forensic psychiatry. 11.Introduction to forensic laboratory. 12.Ethics as in classical Texts. Types of Vaidya, Pranabhisara and Rogabhisara Vaidya, Qualities of Vaidya, Responsibilities of Vaidya, Chaturvidha Vaidyavrutti, Duties of Vaidya to his patient, Vaidya Sadvrittam, Apujya Vaidya, Code of conduct. 13.Laws in relation to Medical practitioners: Indian Medicine Central Council Act. 14.Maintenance of medical record. 15.Physician's responsibility in criminal matters, Professional negligence, Civil negligence, Criminal negligence, Medico Legal aspects of Acquired Immune Deficiency Syndrome, Rights of an unborn child, Medical Termination of Pregnancy Act Transplantation of human organs Bill 1994, Pre Natal Diagnostic Testing Act, Malingering of feigned diseases, International Code of Medical Ethics for Doctors. Clinical establishment Act. 3 | UG-Syllabus 3rd year Consumer Protection Act 1986. Practical Training PRACTICAL 1. PostMortemexamination 2. Evidenceinthecourt 3. DemonstrationsintheForensic&Toxicologymuseum (Toxic & Anti toxic substances, medico legal specimens & Charts) 4. Clinical postings 5. LibraryHoursforcompilation Distribution of Practical Marks 1. Post Mortem examination and Court posting – Case Record 2. Practical/ClinicalRecordBook 3. Identification(spotting) 4. Viva–voce Total 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) 3. Medical Jurisprudence and Toxicology 4. Basavarajeeyam 5. Agada Tantra 6. Text book of Agada Tantra 7. Agadatantra ki Pathyapustaka 8. Agad Tantra 9. Vishachikitsa (Ayurveda Toxicology English Translation) 10. Medical Ethics and Medical Laws in India 11. Toxicology Ayurvedic Perspective 12. Kautilya Arthashastra (English) 13. Kautilya Arthashastra (Hindi) 14. Vyavahar Ayurveda 15. Vyavahar Ayurveda Vigyanam 16. Textbook of Forensic Medicine and Toxicology 17. Forensic Medicine 18. Relevant Acts 19. Relevant topics from Manu Smriti ***** *** * Dr.Charuchandra Pathak Modi Edited by Vd.Govardhan Sh. Ramanath Dwivedi Edited by Dr Huparikar, Dr.Joglekar Edited By Dr Huparikar, Dr.Joglekar Dr. Shekher Namboodri Vaidya Balakrishnan Nair, Kerala Dr. H.S. Mehta VPSV Ayurveda college Kottakkal Prof. Kangle Dr. Raghunath Singh Dr.Ayodhya Prasad Achal Dr.Indramohan Jha (Sachchan) Dr. V.V.Pillay Dr. B. Umadathan Govt. of India 10 Marks 10Marks 10Marks 20Marks 50 Marks 4 | UG-Syllabus 3rd year 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. DefinitionofDinacharya 2. Aims and importance of dinachary 3. BrahmaMuhurtaevamUtthana 4. Usha Jalapana 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. Udvartana 17. Utsadana 18. Vyayama 19. Chankramana 20. Snana 21. Anulepana 22. Vastra dharana 23. Danda dharana 24. Padatra dharana 25. Chatra dharana 26. Ushnisha 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 5 | UG-Syllabus 3rd year 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 i)Ahara- Nirukti, Swarupa, Pramukhatva, Ahara dravya Vargikaranam, Aharavidhividhana, Dwadashashana pravicharana, Ashtaharvidhiviseshayatanani, Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana, Ahara dushparinama & tajjanya vyadhaya, Santarpanajanya evam Apatarpanajanya vyadhi, Viruddhahara and its effects, Shadrasabhojanasya mahatwam. Dietetic standards, Proximate principles of Food, Nutritional requirements, Sources and deficiency diseases of Protein, Carbohydrate, Fat, Vitamins and Minerals. Concept of balanced diet in Ayurveda, Nitya sevaneeya dravya, Balanced diet for different sections of people in the society, Social aspects of nutrition. Aharavarga – Dhanya varga(Cereals and millets), Shaka and Harita varga (Leafy and Non leafy vegatables), 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. ii) Nidra- Nirukti and Utpatti, Types , Nidra – Swasthya sambandha, Properties of Yukta Nidra, Effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra, Ahara and Vihara causing disturbed sleep , Ahara and Vihara Causing sound sleep. Duration of sleep according to age, Sleep in healthy and diseased persons. 6 | UG-Syllabus 3rd year 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, paribhasha(definition), classification and examples Ashta nindita purusha Menstrual hygiene 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 & siddhikara 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 . Kumbhakabheda – suryabhedana, ujjayi, sheetali, Sitkari, Bhastrika, Bhramari Murcha, Plavini. Nadishudhilakshana Shatkarma 7 | UG-Syllabus 3rd year 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 – Panchabhutopasana 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. Mrittika chikitsa (Mud therapy) Types of soil, doctrine of mud selection, mud bath. Suryakirana sevana (sun bath – heliotherapy) Mardana (Massage) – different methods and effects. Diet types – Soothing, Elimininative, Constructive,Positive and negative diet, Acidic and alkaline diet Upavasa chikitsa(Fasting therapy) – Importance, types, therapeutic effects of fasting. Visrama chikitsa upayoga PAPER II – SAMAJIKA SWASTHAVRITTA Part A 50 marks Janapadodhwamsa Causes, Manifestations and control measures, importance of Panchakarma and Rasayana. 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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. 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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) 9 | UG-Syllabus 3rd year AIDS, Syphilis, Gonorrhoea, Chanchroid Non-communicable disease epidemiology Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer Chikitsalaya Bhavana (Hospital Building) Part B 50marks 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. Vital statistics-Morbidity rates,Mortality rates ,Fertility rates. 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. 10 | UG-Syllabus 3rd year 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 industraial 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 apathya together and 3 case sheets for communicable diseases. Proformas for Case sheets/practical records/survey/Dinacharya projects etc should be prepared by the respective universities. Practical and Viva Voce examination Marks distribution 1. Vaiyaktika Swasthavritta 2. Samajik swasthavritta 3. Demonstration of Yoga 4. Naturopathy 5. Journal and compilation work 6. Viva voce Reference Books: 100 marks 20 20 10 10 10 30 Relevant portions of Charaka, Sushruta, Vagbhata, Sarngadhara, Bhavaprakasha, Yogaratnakara, Madhavanidana and Bhelasamhita. Swasthavritta Samucchaya Swasthya Vigyan Swasthya Vigyan Swasthavritta Swasthavritta – Pandit Rajeshwar dutt Shastri – Dr. Bhaskar Govind Ghanekar – Dr. Mukund swarup Varma – Vaidya Sakad – Dr. Ranade and Dr. Firke 11 | UG-Syllabus 3rd year Ayurveda Hitopadesh Yoga and Ayurved Swasthavritta vigyan Swasthavrittam Swasthavrittam Ayurvediya Swasthavritta Patanjala yogasutra Hathayogapradipika Gheranda samhita Yoga Paddhati Yogik Chikitsa Sachitra Yogasan darshika Yoga deepika Light on Yoga Light on Pranayama Yoga and yoga chikitsa Foundations of Contemporary Yoga Yoga Sidhant evam Sadhana Prakritik chikitsa Vidhi Prakritik chikitsa vigyan Preventive and Social Medicine Preventive and Social Medicine Janasankhya Shiksha Sidhanta Evam upadesya Health Administration in India Health and family welfare Positive Health Biogenic Secrets of food in Ayurveda Smriti granthon mein nihit Swasthaprakara samagri Dr. Reddy's comprehensive guide to Swasthavritta Nutritive value of Indian foods Yoga and Nisargopachar Prachin Vangmay mein prakritic chikitsa Swasthavritta Food and nutrition Organology and sensology in yoga Yoga-A game for Women – Vaidya Ranjit Rai Desai – Acharya Rajkumar Jain – Dr. Ramharsha Singh – Dr.Brahmanand Tripathi – Dr. Shivkumar Gaud – Vaidya Jalukar Shastri – Patanjali Maharshi – Swatmaram Yogendra – Gherand Muni – Bharatiya Prakritik Chikitsa Parishad – Shri. Kedar Nath Gupta – Dr. Indramohan Jha – Shri. B.K.S. Iyengar – Shri. B.K.S. Iyengar – Shri. B.K.S. Iyengar – Dr. Ramharsha Singh – Dr. Ramharsha Singh – Harikrishna Shastri datar – Sharan Prasad – Verma – J. Park – Baride and kulkarni – Dr. Nirmal Sahani – S.C.Seel – T.L.Devaraj – L.P. Gupta – L.P.Gupta – Dr. Smt. Nigam Sharma – Dr.P.sudhakar Reddy – ICMR – Vd. Prama Joshi – swami Anant Bharati, CCRYN – Vd Yashwant Patil and Vd. Vhawal – Swaminathan -Prashant S Iyengar -Geeta S Iyengar Yoga-A game for Women(hindi translation)-Madhu Pandey 12 | UG-Syllabus 3rd year 3.3 PRASUTI TANTRA & STRIROGA Marks 200 (100marks 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 Garbhasthiti Foetal attitude, lie, position, presentation b) Apara, GarbhaNabhinadi, Jarayu, Ulba Formation, Development, Function of Placenta, Umbilical cord, Amniotic fluid 13 | UG-Syllabus 3rd year Foetal membranes -Abnormalities of Placenta DESIRABLE (non detail) Garbhalingotpatti, Garbhasya Avayavotpatti, Garbha Varnotpatti, Garbha Vikriti GARBHINI VIGYANA a) Lakshana of Sadhyogrhita 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 Garbhapata- Garbha shosha-Upavishtaka, Nagodara, Upashushka, Leena garbha, Antarmrita garbha, Raktagulma, Bahugarbhatha d) Abortions, Rh-incompatability- Causes, clinical features, complications and management. Gestational trophablastic 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 Dravyani, 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. 14 | UG-Syllabus 3rd year PRASAVA VYAPAD . a) Garbhasanga, Yonisamvarana, Aparasanga, Mudagarbha-defenition, 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. 15 | UG-Syllabus 3rd year 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, clinicalfeatures, 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) 16 | UG-Syllabus 3rd year 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. Councelling 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.Casetaking-2cases–oneGynec,oneobstetric- 30marks 17 | UG-Syllabus 3rd year 2.Instruments ,Drugs, &Models- 3.General Viva- 4.Record -2-(one Prasuti, one streerog)- Total 20 marks 40 marks 10 marks 100 marks Theory One Paper – 100 Marks Practical Viva Voce – 50 Marks 3.4. Kaumarbhritya (Ayurvedic Pediatrics) Paper I Part A Kaumarbhritya Parichaya Evum Balaka Paricharya (Introduction to Ayurvedic Pediatrics and Child Care) 100 Marks 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. 4. Prana Pratyagamanam (Neonatal Resuscitation): Methodology; complications and their management (Ayurvedic and modern view). Assessment of gestational age. 5. Navajata Shishu Paricharya (Neonatal Care): Care of the Jatmatra (Newly born child) and the Sadyojata, Care of the Samaya-purvajata Shishu (Preterm), Purnakalika Shishu (Full term), and Samaya-Paschatjata Shishu (Post term neonate), Nabhinala Chhedana (Cutting of umbilical cord), Complications of improper cutting of umbilical cord and its treatment, Rakshoghna Karma (Protective measures- Ayurvedic and modern view). 6. Navajata Shishu Parikshana (Examination of newborn): Ayu-Parikshana, Modern approach to Neonatal Examination 7.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-Piyusha (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 18 | UG-Syllabus 3rd year fetus), Milestones of development during infancy and childhood including concepts of various Samskaras. 10.Poshana (Nutrition): Normal requirements of nutrients and common food sources. 11.Dantotpatti evum Danta Raksha Vidhi (Dentition and dental care): Danta-sampat (Characteristics of healthy teeth), Danta Nisheka evum Dantodbheda (Eruption of teeth), Dantodbhedjanya Vikara (Dentition disorders). 12.Vyadhikshamatva: General concepts of Bala (Immunity) and methods of Bala Vriddhi. 13.Prashan & Lehana: Indications, contra-indications, different drugs used in lehana 14.Knowledge of National Programs related to Child Health Care: Reproductive and Child Health (RCH) Program, Community Child Health Programs, Nutritional Programs, National Immunization Program and other programs incorporated by Govt. of India from time to time Samanya Chikitsa Siddhanta and Balaroga (General Principles of Treatment and Management of Pediatric Disorders) 1. Bala Pariksha-vidhi Evam Shishu Vedana Parigyan (Examination of sick child and Diagnostic methods-Ayurvedic and modern). Samanya Chikitsa Siddhanta (General principles of treatment in children). 2. General 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. 4. Prasava Kaleena Abhighata (Birth injuries): Shwasavrodha (Asphyxia neonatorum), Ulvaka, Upashirshaka (Caput Succidanum and Cephalohaematoma), Facial Paralysis, Erb's Paralysis, Bhagna (fractures). 5. Brief description of Sahajavyadhi (Congenital disorders): Sahaja Hridaya Vikara (Congenital Cardiac Disorders) Jalashirshaka (Hydrocephalus), Khandaoushtha (cleft lip), Khanda-Talu (cleft palate) Sanniruddha Guda (Anal stricture / imperforated anus), Pada Vikriti (Talipes equanovarus and valgus), Spina bifida, Meningocele, Meningomyelocele. 6. Brief knowledge of genetic disorders): Down syndrome, Turner Syndrome, Muscular dystrophy, Sickle-Cell Anemia, Thalassaemia, Sahaja Madhumeha (Juvenile diabetes). 7. Prasavottara Vyadhi (Neonatal disorders): Navajata Kamala (Neonatal Jaundice), Navajata Netrabhishyanda (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) 9. Kuposhanajanya Vyadhi (Nutritional disorders): Karshya, Phakka, Balashosha and Parigarbhika (Protein Energy Malnutrition), Vitamin and Micro-nutrient deficiency Part B 50 Marks 19 | UG-Syllabus 3rd year 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 (Dysentry), 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). 4. Pran raksha vidhi (Life saving measures in children): Principles of management of Shock and Anaphylaxis, Poisoning, Foreign body in respiratory tract, Status epilepticus, Hemorrhage, Acute Renal Failure, Febrile Convulsion, Status Asthmaticus, Fluid and Electrolyte Management. 5. Balagraha: General description, classification, clinical features and management. 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 PRACTICAL 20 | UG-Syllabus 3rd year 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] Patient Examination Spotting Viva – voce Total 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. Kaumarbhritya by Prof. D.N. Mishra 6. Kaumarbhritya Ke Antargata Balgraho Ka Kramika Evam Vaigyanika Adhyana by Prof. Chanchal Sharma 7. Notes on Kaumarbhritya-by Dr. Dinesh K S 8. Pran – Pratyagannanann-by Dr. B.M. Singh 9.Ayurveda Dwara Matra Evam Shishu Paricharya by Dr. KS Patel,V.K.Kori & Raigopal 10.Kaumarbhritya related references from Charaka Samhita, Sushruta Samhita Vagbhata etc. 11. Clinical Methods in Paediatrics by Meharban Singh 12. Pediatrics Emergencies by Meharban Singh 13. Essential Pediatrics 0,P. Ghai 14. Text Book of Pediatrics Nelson 15.Care of New Born by Meharban Singh 16. Panchakarma in Pediatrics Dr. Yogita Srivas 10 Marks 20 Marks 05 Marks 15 Marks 50 Marks 21 | UG-Syllabus 3rd year 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. Chikitsasthana 2. Kalpa sthana 3. Siddhisthana Reference Books 60Marks 15 Marks 25Marks 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. 22 | UG-Syllabus 3rd year

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