



**BHARATI VIDYAPEETH**  
**(DEEMED TO BE UNIVERSITY) PUNE, INDIA.**

**FACULTY OF AYURVED**

**Pune- Satara Road, Pune-411043.**

*Accredited with 'A+' Grade (2017) by NAAC.*

*'A' Grade University status by MHRD, Govt. of India*

*Accredited (2004) & Reaccredited (2011) with 'A' Grade by NAAC.*

**Undergraduate (B.A.M.S)**  
**&**  
**Post- Graduate (M.D./M.S./Diploma in Ayurved)**  
**Syllabus/ Curriculum**  
**2016 courses**

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## **Preface**

Ayurveda is accepted worldwide as one of the oldest traditional systems of medicine. The ancient insight in this traditional system of medicine is still not profoundly discovered. Ayurveda signifies as "the life-science " where ayur means "life" and veda means "science" in Sanskrit. Ayurveda is the upaveda i.e. "auxiliary knowledge of Atharvaveda in Vedic tradition with its prime origin from Atharva-Veda and a supplement of the Rig-Veda. Lord Dhanvantari is worshipped as the God of Ayurveda. The goal of this traditional medicine system is to prevent illness, disease cure and preserve life. Being originated in India Ayurveda extends its wings in various parts of the world. In ancient days Ayurveda was taught in Gurukula system, which is now evolved in to underundergraduate graduate courses from Institutions.

The Indian Medical Council was set up in 1971 by the Indian government to establish maintenance of standards for undergraduate and postgraduate education. It establishes suitable qualifications in Indian medicine and recognizes various forms of traditional practice including Ayurveda.

Ayurvedic practitioners also work in rural areas, providing health care to at least 500 million people in India alone. They therefore represent a major force for primary health care, and their training and placement are important to the government of India. Being a scientific medicine, Ayurveda has both preventive and curative aspects. The preventive component emphasizes the need for a strict code of personal and social hygiene, the details of which depend upon individual, climatic, and environmental needs.

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

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

based on following aims and objectives -

### **Aims of BAMS programme**

- To create an efficient Physician capable of functioning independently in both urban and rural environment.
- To produce graduates of Ayurveda with thoughtful knowledge having deep base of scientific knowledge in harmony 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 for health services.

### **Objectives**

To develop following attitude and skills in our students -

- Knowledge of Ayurveda science, pertinent 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.
- Capable to perform Para surgical procedures, conduct deliveries and resuscitate new born babies.

## **Faculty of Ayurved, Bharati Vidyapeeth (Deemed to be University), Pune**

### **Vision-**

To be a world class university for social transformation through dynamic education

### **Mission-**

- To ensure the good health and longevity of mankind.
- To carve a niche for our college in the world of Ayurved education
- To provide
  - Borderless access to Ayurved education
  - Quality Ayurved education
- To promote
  - Quality research in diverse areas of health care system.
  - Extensive use of ICT for teaching, learning and governance.
  - To develop national and international networks with industry and other academic and research institutions.

## **Program Outcomes For Undergraduate Course of Ayurveda**

- The Bachelor of Ayurved will have profound knowledge of Ashtanga Ayurved backed up by extensive practical training.
- This knowledge will be supplemented by scientific advances in modern medicine along with extensive practical training.
- The BAMS graduate will become globally competent Ayurved practitioner and a research scholar to serve the health care services.

### **Program specific outcome**

The BAMS degree holder should be capable of functioning independently in both urban and rural environment.

### **Course outcomes**

*After completion of B.A.M.S course the Graduates of Ayurved –*

- Should have thorough knowledge of all the subjects including Sanskrit so that he/she can have the ability to interpret Sanskrit quotations from Classical texts of Ayurved.
- Must have the practical/ clinical skills of all the subjects.
- Are able to diagnose and treat the patients independently with Ayurved management.
- Should be able to conduct minor procedures and preliminary management of accidental cases.
- Should be able to treat the patients with empathy and have proper interpersonal and communication skills as the competent health care professionals.
- Ought to have the current knowledge of recent advances in the field by self-learning and /or participating in continuing Medical Education Programs.
- Shall be able to critically analyze relevant published research literature and use them appropriately to influence practice of Ayurved.
- Must be able to participate in National health program.

## **Regulations governing the B.A.M.S. programme ( CCIM- Minimum standards of Undergraduate Ayurved education- Regulations- 2016**

### **Eligibility**

- The failed student of second professional who have passed all the subjects of first professional examination shall be allowed to appear in third professional examination, but the student shall not be allowed to appear in final professional examination unless the student passes all the subjects of second professional examination and maximum four chances shall be given to pass second professional examination within a period of maximum three years.
  - The third professional session shall start every year following completion of second professional examination and the third professional examination shall be ordinarily held and completed every year after completion of one year of third professional session.
  - The student failed in any of the four professional examinations in four chances shall not be allowed to continue his or her studies:

Provided that, in case of serious personal illness of a student and in any unavoidable circumstances, the Vice-

Chancellor of the concerned University may provide one more chance in any one of four professional examinations;

- The student failed in any of the four professional examinations in four chances shall not be allowed to continue his or her studies:

### **Medium of instruction**

The medium of instruction for the programme shall be Sanskrit or Hindi or any recognized regional language or English with use of Ayurvedic technical terms.

### **Duration of the Course Study**

#### **Total duration of course – Five and Half years**

- a) First Profession- 18 Months [ Course 2021], 12 Months [Course 2017]
- b) Second Profession- 12 Months [ Course 2017]
- c) **Third profession -12 Months [ Course 2017]**
- d) Forth Profession- 18 Months [ Course 2017]
- e) Compulsory Internship- 12 Months

### **Attendance and Progress**

Each student shall be required to maintain minimum seventy-five percent attendance in each subject in theory (i.e., lecture hours) practical and clinical (i.e., non-lecture hours) separately for appearing in examination at the end of academic year subject to the condition that his/her progress and conduct are counted satisfactory by the principal.

**Subjects taught, Number of lectures/ practical and demonstrations for various subjects [ Second year B.A.M.S.]**

Sr No.	Subject with code	Number of teaching hours		Total
		Lectures	Practical/ Clinics	
1	Agad Tantra, Vyavhar Ayurved evam Vidhi Vaidyak	200	100	300
2	Swasthavritta and Yoga	200	100	300
3	Prasuti evam Stiroga	200	200	400
4	Balroga	100	100	200
5.	Charak Samhita (Uttarardh)	200	--	200
	Total hours	<b>900</b>	<b>500</b>	<b>1400</b>

The Third Professional examination shall ordinarily be held and completed by the end of the second professional session.

**Scheme of Examination**

**Internal assessment**

There shall be minimum three internal assessments for each subject before First Term Test ordinarily at 6<sup>th</sup> month of respective professional B.A.M.S.) minimum of three periodical assessment before Second Term Test (ordinarily at 12<sup>th</sup> month of respective professional B.A.M.S.) and minimum of three internal assessments before final university examinations (Summative Assessment) of respective professional B.A.M.S.

**University Examination**

The theory examination shall have twenty percentage marks for Multiple Choice Questions (MCQ), forty percentage marks for Short Answer Questions (SAQ) and forty percentage marks for Long Explanatory Answer Questions (LAQ) and these questions shall cover the entire syllabus of the subject.

The minimum marks required for passing the examination shall be fifty per cent. In theory component and fifty percent in practical component (that include practical, clinical, viva-voce, internal assessment, and electives wherever applicable) separately in each subject.



**Number of Papers and Marks Distribution for Second Professional B.A.M.S. Subjects**

Sl. No.	Subject Code	Papers	University Examination		Internal Examination IA		Sub Total		Grand Total
			Theory	Practical/ Clinical	Theory	Practical/ Clinical	Theory	Practical	
1.	Agad Tantra, Vyavhar Ayurved evam Vidhi Vaidyak	One	80	40	20	10	100	50	150
2.	Swasthavritta and Yoga	Two	160	80	40	20	200	100	300
3.	Prasuti evam Stiroga	Two	160	80	40	20	200	100	300
4.	Balroga	One	80	40	20	10	100	50	150
	Charak Samhita (Uttarardh)	One	80	40	20	10	100	50	150
<b>Grand Total</b>									<b>1050</b>

**Declaration of Class**

- A candidate obtaining sixty per cent. and above marks shall be awarded first class in the subject and seventy five percent and above marks shall be awarded distinction in the subject.
- The award of class and distinction shall not be applicable for supplementary examinations.

**AGADANTRA, VYAVAHAR-AYURVED EVUM VIDHIVAIKYAK  
(TOXICOLOGY, FORENSIC MEDICINE, AND MEDICAL JURISPRUDENCE)**

**Theory One Paper: 100 Marks    Practical/Viva voice: 50 Marks  
Theory:            200 Hours    Practical:100 Hours**

<b>PART- A</b>		<b>MARKS-50</b>
<b>Sr No</b>	<b>Contents (Theory)</b>	<b>Hours</b>
1	Derivation, definition of Visha and Agadatantra. Scope of Agadatantra. Visha Utpatti, Visha Prabhava, Visha Pranaharana Kriya, Visha Guna, Visha Gati,	<b>3</b>
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.	<b>3</b>
3	Origin and Classification of Visha:-Its sources, Difference between Visha, Madya and Oja guna, Visha Upadrava and Visha Mukta Lakshana	<b>8</b>
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.	<b>7</b>
5	Introduction to Environmental Toxicology- Samuhika Vishaprayoga- effect of chemical and nuclear warfare	<b>18</b>
6	Vishopakrama described by Charak, General principles of Management of poisoning	<b>10</b>
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	<b>11</b>
8	Garavisha, Dooshivisha, Viruddhahara. Food adulteration and poisoning—classification, diagnosis, management and contemporary significance	<b>12</b>
9	Jangama Visha – Detailed study of Sarpa, Keeta, Loota, Vrischika, Mooshika, Alarka – Visha; Lakshana, Bheda, Chikitsa and their Sadhyasadhya (contemporary and classical views).	<b>8</b>

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) 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.	6
11	Madya and Madatyaya. Alcohol poisoning (Ethanol and Methanol).	6
12	Introduction to Narcotic drugs and Psychotropic substances Act 1985.	8
<b>Part- B Marks: 50</b>		
13	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.	10
14	Legal Procedures – Inquest, Evidence, Witness, Court & their powers	4
15	Personal identity and its medico legal aspects, forensic odontology, forensic Serology and DNA profiling.	11
16	Death and its Medico Legal Aspects, Medico Legal autopsy and exhumation.	11
17	Injuries and thermal injuries, their medico Legal aspects, general introduction of weapons	8
18	Dowry deaths (Domestic Violence), their Medico Legal importance and laws in relation to it.	4
19	Asphyxial deaths and its Medico Legal importance.	8
20	Medico Legal importance of Pregnancy, Delivery; Impotence & Sterility, Abortion, Infanticide, battered baby. Virginitiy, Artificial Insemination, Legiti-	14
21	Sexual offences, and their Medico Legal aspects. Sexual perversions.	6
22	Introduction to Forensic psychiatry, Introduction to forensic laboratory	7
23	Ethics as in classical Texts. Types of Vaidya, Pranabhisara and Rogabhisara Vaidya, Qualities of Vaidya, Responsibilities of Vaidya, Chaturvidha Vaidya-vrutti, Duties of Vaidya to his patient, Vaidya Sadvrittam, Apujya Vaidya, Code of conduct.	4
24	Laws in relation to Medical practitioners: Indian Medicine Central Council Act.	4
25	Maintenance of medical record	4

26	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. Consumer Protection Act 1986.	5
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**Practical: Hours- 100**

Sr. No.	Particulars	Division of Practical hours
1.	Postmortem examination	10
2.	Evidence in the court	10
3.	Demonstrations in the Forensic & Toxicology museum (Toxic and Antitoxic substances, medicolegal specimens and Charts )	50
4.	Clinical postings.	10
5.	Library Hours for compilation	10

**Distribution of Practical Marks - Total**

**50 Marks**

Sr no	Topic	Marks
1	Post Mortem examination and Court posting – Case Record	05
2	Practical/Clinical Record Book	05
3	Identification (spotting)	10
4	Viva – voce	20
5	Internal Assessment	10
	Total	50

**Reference Books:**

- Topics related to Agada Tantra from Caraka Samhita, Sushruta Samhita, Ashtanga Hridaya, Ashtanga Samgraha, kasyapa Samhita, Yogarantnakara, bhavaprakasha and Madhava nidana
- Vidhivaidyaka (Vyavaharayurveda Vijnan) Dr. Charuchandra Pathak
- Medical Jurisprudence and toxicology Modi
- Basavarajeeyam Edited by Vd. Govardhan
- Agada Tantra Sh. Ramanath Dwivedi
- Text book of Agadatantra Edited by Dr Huparikar
- Agadatantra Dr Shekher Namboodri
- Agadatantrakipatyakram Edited By Dr Huparikar, Dr Jogalekar

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| 9   | Vishachikitsa<br>(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 col-<br>lege Kottakkal               |
| 12. | Kautilyaarthashastra (English)                             | Prof. Kangle                                       |
| 13. | Kautilyaarthashastra (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.<br>Anil Agarwal          |
| 22. | Principles of Forensic medicine and toxicology             | Rajesh Bardale, JP Brothers<br>medical publishers  |
| 23. | Review of forensic medicine and toxicology                 | Gautam Biswas, , JP Brothers<br>medical publishers |
| 24. | Colour Atlas of Forensic Pathology                         | Suresh kumar Shetty,<br>Jaypee Publications        |



**SWASTHAVRITTA****Theory:** 2 Papers (100 Marks each) **Practical/ Viva Voce:** 100 Marks**Lectures :**200 Hrs **Practical and Demonstration :** 100 Hrs**PAPER- I- 100 Marks**

<b>Part – A</b>		<b>50 Marks</b>
<b>VAIYAKTIKA SWASTHAVRITTA</b>		
	<b>Topic</b>	<b>Hours</b>
<b>1</b>	<b>Introduction</b> <ul style="list-style-type: none"> <li>• Definition of swastha &amp; swasthya and swasthavritta. Arogya lakshana, swasthavritta prayojanam, WHO definition of health.</li> <li>• Dimensions of health-Physical, Mental, Social.</li> <li>• Concept of wellbeing- objective, subjective, standard of living, quality of life.</li> </ul>	<b>3</b>
<b>2</b>	<b>Dinacharya</b> <ol style="list-style-type: none"> <li>1. Definition of Dinacharya</li> <li>2. Aims and importance of dinacharya</li> <li>3. Brahma Muhurta evam Utthana</li> <li>4. Usha Jalapana</li> <li>5. Sharirachinta</li> <li>6. Malatyaga</li> <li>7. Mukha prakshalan</li> <li>8. Dantadhavana and preparation of Ayurvedic tooth powder and paste</li> <li>9. Jihvanirlekhanavidhi</li> <li>10. Anjana</li> <li>11. Pratimarsha Nasya</li> <li>12. Gandusha and Kavala</li> <li>13. Tambulasevana</li> <li>14. Dhoomapana</li> <li>15. Abhyanga</li> <li>16. Udvartana</li> <li>17. Utsadana</li> <li>18. Vyayama</li> <li>19. Chankramana</li> <li>20. Snana</li> <li>21. Anulepana</li> <li>22. Vastra dharana</li> <li>23. Danda dharana</li> <li>24. Padatra dharana</li> <li>25. Chatra dharana</li> <li>26. Ushnisha dharana</li> <li>27. Ratnabharana dharana</li> <li>28. Madyahna charya</li> <li>29. Cosmetic effect of Dinacharya procedures.</li> </ol>	<b>6</b>

3	<p><b>Rathricharya</b></p> <ol style="list-style-type: none"> <li>1. Sandhya charya</li> <li>2. Rathri bhojana vidhi</li> <li>3. Shayanavidhi according to Bhavamishra</li> </ol>	1
4	<p><b>Ritucharya</b></p> <ol style="list-style-type: none"> <li>1. Importance of ritucharya</li> <li>2. Ritu presentation as per different acharyas</li> <li>3. Adana kala &amp; visarga kala</li> <li>4. Sanchaya-Prakopa-Prashamana of Dosha according to ritu</li> <li>5. Doshashodhana in Ritu Charya</li> <li>6. Relation of Agni bala and Ritu</li> <li>7. Pathya and Apathya Ahara and Vihara in different ritus</li> </ol> <p>a) Ritusandhi , b) Yamadamsthra , c) Rituharitaki , d) Rituviparyaya</p>	3
5	<p><b>Sadvritta</b></p> <p>Description of Sadvritta and Achara Rasayana their role in Prevention and control of diseases.</p>	2
6	<p><b>Trayopastambha –</b></p> <p><b>1) Ahara-</b></p> <ul style="list-style-type: none"> <li>• Nirukti, Swarupa, Pramukhatva, Ahara dravya Vargikaranam, Aharavidhividhana, Dwadashashana pravicharana, Ash-taharvidhivisheshayatanani, Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana, Ahara dushparinama &amp; tajjanya vyadhaya, Santarpanajanya evam Apatarpanajanya vyadhi, Vir-uddhahara and its effects, Shadrasabhojanasya mahatwam.</li> <li>• 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.</li> <li>• Aharavarga - Dhanya varga(Cereals and millets), Shaka and Harita varga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phala varga (Fruits), Taila varga(Fats and Oils), Ikshu varga &amp; Madhya varga(Alcoholic Beverages), Dug-dha varga (Milk and Milk products), Masala and vyanjana dra-vyas (Spices &amp; Condiments), Kritanna varga(Prepared Food), Mamsa varga (Meat types).</li> </ul>	12

	<p>❖ <b>Food hygiene</b></p> <ul style="list-style-type: none"> <li>• Milk hygiene-Milk composition, Source of infection (for Milk), Milk borne diseases, Clean and Safe milk, Pasteurization of milk.</li> <li>• Meat hygiene-Meat inspection, Slaughter house, Freshness of fish and egg. Fruits and Vegetables hygiene</li> <li>• 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.</li> </ul>	
	<p><b>2)Nidra-</b> 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.</p>	5
	<p><b>3)Brahmacharya</b> Brahmacharyavyakhya and Abrahmacharyavyakhya Importance of Brahmacharya and Abrahmacharya, Vyavayasambandhiniyamas Veeryotpatti, Viryanashaphala, Effects of Ativyavaya, Methods of ViryaRaksha, Surataspraha (Libido) through Vajeekarana; Viryanasaphala.</p>	3
8	<p><b>Roganutpadaniya-</b> Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharir shodhan.  <b>Rasayana</b> for Swastha-Nirukti, paribhasha(definition ), classification and examples.</p>	5
9	<b>Ashta nindita purusha</b>	5
10	<b>Menstrual hygiene</b>	5
<b>Part – B</b>		<b>50 Marks</b>
<b>YOGA &amp; NISARGOPACHARA</b>		
1	<p><b>Introduction</b> 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 &amp; siddhikara bhavas as per Hathayoga. Mitahara and Pathyapathyani during Yogabhyasa.</p>	2 Hours
2	<b>Panchakosha Theory</b>	2



3	<p><b>Astanga yoga</b>  Yama, Niyama  Asana and its importance  <u>Standing Postures</u>  Ardhakatichakrasana, Padahastasana, Ardachakrasana, Trikonasana.  <u>Sitting postures</u>  Swasthika, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, ardhmatsyendrasana, Siddhasana.  <u>Supine Postures</u>  Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, Setubandhasana.  <u>Prone postures</u>  Bhujangasana, Shalabhasana, Dhanurasana, Makarasana.  Suryanamaskara – procedure and benefits.</p>	15
4	<p><b>Pranayama</b>  Benefits of pranayama, time of practice, avara-pravara-madhyama lakshana, yuktaayukta lakshana</p>	7 Hours
5	<p><b>Shatkarma</b>  Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati</p>	3 Hours
6	<p><b>Bandhas and Mudras</b></p>	1 Hours
7	<p><b>Shad chakras</b>  Ida, Pingala &amp; Sushumna Nadis</p>	2 Hours
8	<p><b>Pratyahara, Dharana, Dhyana, Samadhi</b></p>	2 Hours
9	<p><b>Description of Yoga in Ayurveda</b>  Moksha and Muktatma lakshana and upaya, Naishthiki chikitsa, Satyabuddhi, Tatvasmriti, Ashta Aishwarya, Ashta siddhis.</p>	6 Hour
<b>NISARGOPACHARA (Prakritika Chikitsa)</b>		
1	<p>Definition, history, aims and objectives  Theories as per Western school of Naturopathy  Indian school – Dhanabhatnagar's Relation of Ayurveda and Naturopathy. Im</p>	1 Hour
2	<p><b>Jalachikitsa(hydrotherapy) –</b>  Hot water treatment, Cold water treatment, foot and arm bath, Spinal bath, hip bath, abdominal wet pack, Steam bath, enema and whirlpool bath.</p>	2
3	<p><b>Mrittika chikitsa (Mud therapy)</b>  Types of soil, doctrine of mud selection, mud bath.</p>	2
4	<p><b>Suryakirana Sevana (sun bath - heliotherapy)</b></p>	1
5	<p><b>Mardana(Massage) - Different methods and Effects</b></p>	1
6	<p><b>Diet types – Soothing, Eliminative, Constructive, Positive and negative diet, Acidic and alkaline diet.</b></p>	1

7	<b>Upavasa chikitsa(Fasting therapy)</b> – Importance, types, therapeutic effects of fasting.	1
8	<b>Vishrama Chikitsa Upayoga.</b>	1

**PAPER II - Samajika Swasthavritta**

<b>Part A</b>		<b>50 Marks</b>
<b>Sr.no</b>	<b>Topic</b>	<b>Hrs</b>
1.	<b>Janapadodhwamsa</b> Causes, Manifestations and control measures, importance of Panchakarma and Rasayana.	2
2.	<b>Vayu (Air)</b> 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	2
3.	<b>Jala (Ayurvedic and modern aspects)</b> 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	3
4.	<b>Bhumi and nivasa sthana(Land and housing)</b> 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.	1
5.	<b>Prakasha(lightning)</b> Requirement of good lighting,natural lighting, artificial lighting, biological effects of lighting.	1
6.	<b>Dhwani Pradooshana(Noise pollution)</b> -Noise, Sources, effects,& control.	1
7.	<b>Vikirana (radiation)</b> -Sources, Effects, control.	1
8.	<b>Apadravya Nirmulana (Disposal of solid waste)</b> Different types of solid waste Storage and collection of refuse Methods of disposal of solid waste (Rural & urban) Bio-medical waste management.	1
9	<b>Malanishkasana Vyavastha (Excreta Disposal)</b> Methods for Unsewered area and Sewered area Latrines for camps, fairs and festivals.	1

10.	<b>Disposal of dead body</b> – Burial, Burning, Electric cremation.	1
11.	<b>Meteorology (Ritu evam Vatavarana jnanam)</b> Definition of weather and climate,factors influencing weather and climate.	1
12.	<b>Disaster management</b> Definition, natural and man-made disasters,epidemiologic surveillance and disease control.	1
13.	<b>Occupational Health</b> Occupational Hazards, Occupational Diseases, Prevention of Occupational Diseases, Health & precautionary measures, ESI Act, Indian factories Act. Offensive Trades- Effects on health and precautionary measures.	2
14.	<b>School health services</b> Health problems of school children, aspects of school health service, duties of school medical officers, Maintenance of healthy environment.	1
15.	<b>Epidemiology</b> <b>Epidemiology</b> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Disinfection – definition, types.</li> </ul> Ayurvedic concept of Vyadhikshamatva and sankramaka rogas. <ul style="list-style-type: none"> <li>• 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.</li> </ul> Kuprasangaja vyadhi (STDs)	20
16	<b>Non-communicable disease epidemiology</b> Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease. Cancer	6
17	<b>Chikitsalaya Bhavana (Hospital Building)</b>	5
<b>Part B 50 Marks</b>		
1.	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.	6
2.	<b>Parivara kalyana Yojana (Family welfare Programmes)</b> – Demography, demographic cycle, life expectancy. Family planning, methods of family planning.	8

3.	<b>Matru sishu kalyana Yojana</b> – MCH programme Ante natal, intra natal, post natal, neo natal care. Child health problems and indicators of MCH care.	5
4.	<b>Preventive geriatrics</b> -Problems of elderly, prevention and control measures.	2
5.	<b>World Health Organisation</b> -Objectives,structure and functions. <b>International health agencies</b> -United Nations agencies,Health work of bilateral agencies.	3
6.	<b>Alma Ata declaration</b> <b>National Health Policy</b> <b>Health statistics</b> - Definition, Sources, uses Data collection, Classification, Presentation. Vital statistics-Morbidity rates,Mortality rates ,Fertility rates. Health survey .	5
7.	<b>Swasthya prashasana(Health Administration)</b> – Health administration at Central including AYUSH, state, district, village levels.	5
8.	<b>National health programmes</b> 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.	10
9	<b>National Nutritional Programmes</b> - IDD, Vitamin A prophylaxis, Mid day meal, anemia control programme.	6

**Practical 100 Marks**

Sr No.	Practical Topic	Hours
1.	<b>Demonstration of Dinacharya procedures</b> - Anjana, Nasya, Kavala, Gandoosha Dhoomapana, Abhyanga, Udvartana. 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.	40

2.	<p><b>Educational Visits</b>                  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.</p>	35
3	<p><b>Health survey-</b> Minimum 5 families of rural and urban areas.                  There should be 3 case sheets for Yoga Naturopathy &amp; pathya apanya 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.</p>	25

**Practical and Viva Voce examination Marks distribution**

Sr No	Topic	Marks
1	Vayaktika Swasthavritta	10
2	Samajika Swasthavritta	10
3	Demonstration of Yoga	10
4	Naturopathy	10
5	Journal and compilation work	10
6	Viva voce	30
7	Internal assessment	20
	Total	100

**REFERENCE BOOKS**

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

Swasthavritta Samucchaya

Swasthya Vigyan

Swasthya Vigyan

Swasthavritta

Swasthavritta

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

Pandit Rajeshwar dutt Shastri

Dr. Bhaskar Govind Ghanekar

Dr. Mukund swarup Varma

Vaidya Sakad

Dr. Ranade and Dr. Firke

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

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

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## PRASUTITANTRA & STRIROG

**Theory: 2 Papers(100 Marks each) Practical:100marks  
Lectures (Each1Hour):200 Hrs Practical: 100 Hrs**

### PAPER–I-Prasuti Tantra

<b>Part-A</b>		
<b>Sl. No</b>		<b>Hrs</b>
1	<p><b>Introduction To Subject Stri Shariravijnan</b> Etymological origin of word Stree</p> <ul style="list-style-type: none"> <li>▪ Artavavaha,Stanyavahasrotamsi</li> <li>▪ TryavartaYoni</li> <li>▪ StreevisheshaPeshimarmani</li> <li>▪ Anatomy of female reproductive system (External &amp;Internalgenitalorgans)</li> <li>▪ Soft &amp; Bony pelvis &amp; its Obstetric importance</li> </ul> <p><b>Desirable (non- detail)-Vayo bhedena streesangnya</b></p>	08
2	<p><b>Rajovigyana</b></p> <ul style="list-style-type: none"> <li>▪ Description of Raja, Artava and Prathamarajodarshana</li> <li>▪ Rajaswalacharya,Ritumatilaxana,RitumaticharyaRitukala</li> <li>▪ Menarche, Menstrual cycle and their regulation by endocrine glands.</li> <li>▪ Ovulation – importance in Conception.</li> </ul>	05
3	<p><b>GarbhaVigyana</b></p> <p>a. Garbhasyaparibhasha, Garbhadhanavidhi, Garbhavakranti, GarbhaSambhavasamagri, Garbhakarabhava, Panchabhautikatwa of Garbha, MasanumasikaVridhi of Garbha, GarbhaPoshana , Garbhasayasthe Garbhasthiti, Foetal attitude, lie, position, presentation</p> <p>b. Apra, Garbha Nabhinadi, Jarayu, Ulba.</p> <p>Formation, Development, Function of Placenta, Umbilical cord, Amniotic fluid ,Foetal membranes -Abnormalities of Placenta</p> <ul style="list-style-type: none"> <li>▪ <b>Desirable (non- detail)</b></li> </ul> <p>Garbhalingotpatti, GarbhasyaAvayavotpatti, GarbhaVarnotpatti, GarbhaVikriti</p>	11

4	<p><b>Garbhini Vigyana</b></p> <p>a. Lakshana of Sadhyograhita Garbha, Lakshana of Vyakta Garbha, Pumsavanavidhi, Diagnosis of Pregnancy.</p> <p>b. GarbhiniVyavastha: GarbhiniParicharya, GarbhaUpaghatakaraBhava, Dauhrida, Ante Natal care-Examination, Investigation and Management.</p> <p>c. GarbhaVyapada: Nidana, Samprapti and Chikitsa Garbhasrava and Garbhapata, Garbhashosha-Upavishtaka, Nagodara, Upashushka, Leenagarbha, Antarmritagarbha, Raktagulma, Bahugarbhatha.</p> <p>d. Abortions, Rh-incompatability- Causes, clinical features, complications and management.</p> <p>Gestational trophoblastic neoplasias, Ectopic pregnancy, IUGR, Intrauterine foetal death, Multiple pregnancy</p>	
5	<p><b>GarbhiniVyapad</b></p> <p>a. Hrillasa, Chardi, Aruchi,Atisara, Vibandha, Arsa, Udavarta, Sotha, Parikarthika, Vaivarnya, Kandru, Kikkisa, Pandu, and Kamala, makkala.</p> <p>b. Common ailments of Pregnancy-High Risk Pregnancy, Emesis gravid arum, Gestational Anemia, Gestational Hypertension, Gestational Diabetes, Toxemias of Pregnancy, Jaundice, AIDS.</p> <p>Ante Partum Hemorrhage causes, clinical features complications and Management</p>	1 C
<b>Part B</b>		
6	<p><b>Prasava Vigyana</b></p> <p>a) PrasavaParibhasha, Prasavahetu,Prasavkaala, Sutikagaranirmanana, Sangrahaniya Dravyani, Sutikagara pravesavidhi.</p> <p>b) Prasavavastha;Prajayani/UpasthitaPrasava/ Asannaprasavalakshana, Aavi.</p> <p>Prasavaparicharya, Jatamatraparicharya</p> <p>c) Normal Labour:-Definition of Labour, Physiology &amp; Mechanism of Labour, Monitoring of Labour and management Pictogram, Episiotomy</p>	17
7	<p><b>PrasavaVyapad</b></p> <p>a) Garbhasanga, Yonisamvarana, Aparasanga, Mudagarbha-defenition, Nidana, Types &amp; Management</p> <p>b) Induction and augmentation of labour,Cervicaldystocia,Cephalopelvic disproportion,</p> <p>Prolonged labour, Preterm labour, Post term labour, foetal distress, Assisted Labour, Caesarian</p> <p>c) Retention of Placenta, PPH - causes, clinical features and management, Genital tract Injuries during labour</p> <p>▪ <b>Desirable (non detail)</b></p> <p>Uterine Inversion, Amniotic Fluid Embolism, Garbhasthithinarivarthan(Version), Forcens Delivery, Ventouse Delivery</p>	20



8	<p><b>Sutika Vigyana</b></p> <p>a) Sutika Paribhasha, Sutika Kaal, Sutika Paricharya. Changes during sootikaavastha (Sareerika &amp; Manasika) Normal and abnormal Puerperium and its Management</p> <p>b) Sutika Roga – Number of Sutika Roga, Sutika Jwara, Shotha and Makkala.</p> <p>c) Stanyavijnan- Sthanyadushti, Sthanyakshaya, Sthanyavidhi -their causes, clinical features and treatment</p> <p>d) Emergency care in obstetrics</p> <p><b>Desirable (non detail)-</b> Stana-stanya – Pareeksha, Stanyasampat.</p>	12
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**PAPER-II- Stri Roga**

<b>Part-A</b>		
<b>Sl.No</b>	<b>Contents</b>	<b>Hrs</b>
1	<p><b>Artavavyapad</b></p> <p>a) Artava-kshayavidhi, Ashtartavadushtilakshanachikitsa Asrigdara lakshana samprapti chikitsa</p> <p>b) Menstrual disorders- Amenorrhoea, hypomenorrhoea, Oligomenorrhoea, Dysmenorrhoea, Abnormal uterine Bleeding</p>	9
2	<p><b>Yoni Vyapad</b></p> <p>Sankhya, Nidana, Lakshana, Upadrava evam Chikitsa Endometriosis, Fibroid uterus, Genital Prolapses, Retroverted Uterus, Pelvic infections, Cervical erosion, Pelvic Inflammatory Diseases</p>	28
3	<p><b>Vandhyatwa</b></p> <p>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. <b>Desirable (non detail) -</b> Congenital malformations of female genital tract. Subovarian - kshaya vidhi, ductibatulakshana and chikitsa</p>	13
<b>Part B</b>		
4	<p><b>Stana Roga</b></p> <p>a) Stanakeela- nidanalakshanachikitsa, Stanagranthi, Stanavidradhi, Stanashoph Mastitis, Breast abscess, Galactocele - Etiopathology, clinical features, diagnosis, prognosis and complications</p> <p>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.</p>	12

5	<p><b>ShastraKarma</b> 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.</p>	07
6	<ul style="list-style-type: none"> <li>• Striroga Sambandhita Pramukha Aushadhyai, Prasuti &amp; StriRoga ChikitsaUpayogi</li> <li>• Yantra Shastra Parichaya and VyadhivinishchayaUpaya (Investigative and Diagnostic Aids).</li> <li>• GarbhanirodhakaUpaya.</li> <li>• ParivarNiyojana, Reproductive and Child Health Care, AIDS/HIV control Programme, MCH, PNDT Act, MTP Act, and importance of current National Programme</li> <li>• Knowledge of important Commonly used Ayurvedic and Allopathic drugs used in Prasutitantra and Streeroga. Pharmacotherapeutics of allopathic drugs in obstetrics and Gynaecology</li> <li>• Record keeping, ethical and medicolegal issues in Streeroga and prasutitantra</li> </ul> <p><b>Desirable (non detail)</b> Laprosopy, hysteroscopy, hysterosalpingography, USG, X-RAY, Colposcopy, Cervical Biopsy. Granthi evum Granthi nirharan samanya jnana (Myomectomy, hysterectomy)</p>	32

### 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 sthanikachikitsa
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

Sr No	Topic	Marks
1	Long case	25
2	Short case	15
3	Instrument	10
4	Case record Journal	10
5	Medicine	10
6	Table Viva	10
7	Internal assessment	20
	Total	100

### Reference Books

- 1 Dr.(Km) P.V.Tewari PrasutitantraEvumStreeroga
- 2 Acharya Ramanath Dwivedi PrasutiVigyana
- 3 Nirmala G Joshi Ayurvedic concepts in Gynaecology
- 4 ManjariDwivedi PrasutiVigyana
- 5 GayatriDevi PrasutiTantra Pre conceptional care in Ayurveda
- 7 Usha VNK StreerogaVijnana
- 8 UshaV NK PrasutiVijnana
- 9 Hemalatha Kapoorch and A comprehensive treatise on Prasutitantra
- 10 A Sulochana Ayurvediya StrirogaVijnana
- 11 Ayodhya Prasad Achal Abhinava Prasuti Vigyana
- 12 Vd.Ramanath Dwivedi StrirogaVigyana
- 13 Ayodhya Prasad Achal Abhinava Striroga Vigyana
- 14 Chakrapani Charaksamhita
- 15 Gangadhar Charaksamhita Vol-1,2,3,4,5
- 16 Dalhanacharya SushrutaSamhita
- 17 AmbikadattaShastri SushrutaSamhita– Vol 1, 2
- 18 Arunadatta Hemadri Astanga Hrudaya
- 19 Indu Astanga Sangraha
- 20 Prabhakar Rao G Sharangadhara Samhita of Sharangadharacharya
- 21 Siddeshwar Satuva Garbhavignyana
- 22 D.C. Dutta's Text book of Obstetrics
- 23 Dutta's Bedside Clinics and Viva Voce in Obstetrics & Gynaecology
- 24 Mudaliar. A.L. Krishna Menon Mudaliar and Menon's clinical Obstetrics
- 25 C. S. Dawn Text Book of Gynacology
- 26 C. S .Dawn Text Book of Obstetrics
- 27 Padubidri VG DaftarySN; Shaws Textbook of Gynaecology
- 28 Shirish Daftary Sudip Chakravarti Text book of Obstetrics
- 29 SudhaSalhan Textbook of Obstetrics
- 30 SudhaSalhan Text Book of Gynacology
- 31 Balkrishnan Sheila Textbook of Obstetrics
- 32 RichaS axena Bedside Obstetrics & Gynaecology
- 35 Agarwal Kiran Instruments and Procedures in Obstetrics and Gynaecology
- 36 Virkud Ajjit Practical Obstetrics and Gynaecology

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**KAUMARBHRITYA(Ayurvedic Pediatrics)****Theory:1 Paper- 100 Marks****Practical- 50 Marks**

<b>Part–A</b>		
<b>50Marks</b>		
<b>Kaumarbhritya Parichaya Evum Balaka Paricharya (Introduction to Ayurvedic Pediatrics and Child Care)</b>		
<b>Sr.No</b>	<b>Topic</b>	<b>Hrs</b>
1	<ul style="list-style-type: none"> <li>General introduction and scope of Kaumarbhritya (Ayurvedic Pediatrics), Definitions and terminologies used in Kaumarbhritya. . Scientific contribution of Kashyapa Samhita in Kaumarbhritya.Vayobheda (Classification of age): Garbha Bala Kumara Kshirada Kshirannada and Annadaetc. and modern classification of childhood period</li> </ul>	3
2	<ul style="list-style-type: none"> <li>Prana Pratyagamanam (Neonatal Resuscitation): Methodology; complications and their management (Ayurvedic and modern view). Assessment of gestational age.</li> <li>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).</li> <li>Navajata Shishu Parikshana (Examination of newborn): Ayu-Parikshana, Modern approach to Neonatal Examination</li> </ul>	20
3	<ul style="list-style-type: none"> <li>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), StanyakshayaStanyanasha (Inadequate production and absence of breast milk), Dhatri (wet nurse)- Stanyabhava dugdh Vyavastha (alternative feeding in the absence of breast milk), Various other milk feeding methods.</li> </ul>	7

4	<ul style="list-style-type: none"> <li>• Stanyadosha (Vitiation of Breast milk), Stanya Shodhana (Purification of breast milk), Stanya Janana and Vardhanopakrama (Methods to enhance breast milk formation).</li> <li>• Garbha Vridhi Vikasa Krama: Samanya Parichaya (brief month-wise development of fetus), Milestones of development during infancy and childhood including concepts of various Samskaras.</li> </ul>	20
5	<ul style="list-style-type: none"> <li>• Poshana (Nutrition): Normal requirements of nutrients and common food sources.</li> <li>• 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).</li> <li>• Vyadhikshamatva: General concepts of Bala (Immunity) and methods of Bala Vriddhi.</li> <li>• Prashan &amp; Lehana: Indications, contra-indications, different drugs used in lehana .</li> <li>• 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</li> </ul>	
<b>Part-B 50 Marks</b>		
<b>Samanya Chikitsa Siddhanta and Balaroga (General Principles of Treatment and Management of Pediatric Disorders)</b>		
5	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
6	General Aushadhi Matra Nirdharana - for Ayurvedic and modern drugs preparations (drug doses according to age, weight and drug contents)	1
7	Specific therapeutic panchakarma procedures in children with special emphases on snehan, swedan and basti	1
8	<ul style="list-style-type: none"> <li>• Prasava Kaleena Abhighata (Birth injuries): Shwasavrodha (Asphyxia neonatorum), Ulvaka, Upashirshaka (Caput Succidanum and Cephalohaematoma), Facial Paralysis, Erb's Paralysis, Bhagna (Fracture)</li> </ul>	2
9	<ul style="list-style-type: none"> <li>• 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 equinovarus and valgus), Spina bifida, Meningocele, Meningomyelocele.</li> </ul>	2
10	Brief knowledge of genetic disorders): Down syndrome, Turner Syndrome, Muscular dystrophy, Sickle-Cell Anemia, Thalassaemia, Sahaja Madhumeha (Juvenile diabetes).	2

11	Prasavottara Vyadhi (Neonatal disorders): Navajata Kamala (Neonatal Jaundice), Navajata Netrabhishyanda (Neonatal conjunctivitis), Nabhiroga (Umbilical disorders), Navajatshishu-raktavishmayata (Neonatal Septicemia)	3
13	Dushta Stanyapanajanya Vyadhi (Disorders due to Vitiated Milk): Lactose intolerance, Kshiralasaka, Kukunaka, Ahiputana (Napkin Rashes)	2
14	Kuposhanajanya Vyadhi (Nutritional disorders): Karshya, Phakka, Balashosha and Parigarbhika (Protein Energy Malnutrition), Vitamin and Micro-nutrient deficiency disorders, Hyper-vitaminosis, failure to thrive.	3
15	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)	4
16	<b>Srotas Vikara</b>	3
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)	3
b)	Annavaha_ Srotas: Ajirna (Indigestion), Atisara (Diarrhoea), Chhardi (Vomiting), Vibandha (Constipation), Mukhapaka (Stomatitis), Gudapaka (Proctitis), Parikartika (Anal fissure), Udarsula (Infantile Colic), Pravahika (Dysentery), Gudabhransa (Rectal Prolapse). Ama and its disorders like Ama vata jwara (Rheumatic fever).	3
c)	Rasavaha Srotas: Jwara (Fever), Pandu (Anemia), Mridbhakshanajanya Pandu (Anemia associated with clay eating/Pica).	3
d)	Raktavaha Srotas: Kamala (Jaundice), Raktapitta (Haemorrhagic disorders), Yakritodara (Hepatomegaly).and Pieehodara (Splenomegaly)	3
e)	Mamsa-Medovaha Srotas: Apachi (Lymphadenitis), Galaganda (Goitre), Gandamala (Cervical Lymphadenopathy).	2
f)	Mutravaha Srotas: Shopha in Vrikka (Glomerulonephritis and Nephrotic syndrome)	2
17	Anya Bala Vikara (Miscellaneous Pediatric Disorders), Apasmara (Epilepsy), Akshepa (Convulsions), Nirudhaprakasha (Phimosis), Cerebral palsy.	3
18	Behavioral Disorders of Children, their management and counseling: Breath holding spell, Shayyamura (Bed wetting), Pica, Unmada, Autism, ADHD (Attention Deficit and Hyperactive Disorders), Jadatwa (Mental retardation).	4
19	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.	3
20	Balagraha: General description, classification, clinical features and management	2

## 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

### Practical marks distribution-

Sr No	Topic	Marks
1	Long case	10
2	Short case	05
4	Table viva	15
5	Spotting	05
6	Journal	05
7	Internal assessment	10
	Total	50

### 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 O.P. Ghai
14. Text Book of Pediatrics Nelson
15. Care of New Born by Meharban Singh
16. Panchakarma in Pediatrics Dr. Yogita Srivas

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**CHARAK SAMHITA- UTTARARDHA****(Uttarardha: Chikitsa – Kalpa - Siddhi Sthana)****Theory – 1 Paper (100 Marks) Lectures(Each 1 hour)-100 Hrs****Practical hours – Nil Practical Marks – 50 Marks**

1.	Chikitsa sthana	60 Marks	60 Hrs
2.	Kalpasthanana	15 marks	15 Hrs
3.	Siddhi sthana	25 Marks	25 Hrs
<b>Chikitsa Sthana- 60 Marks</b>			
<b>60 Hrs</b>			
<b>Sr No</b>	<b>Topic</b>	<b>Hrs</b>	
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.	Rajayakshma-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	
<b>KalpaSthana- 15 Marks 15 Hrs</b>			
1	Madanakalpa	2 Hrs	



2	Jeemootakalpa	1 Hour
3	Ikshvakukalpa	1 Hour
4	Dhamargavakalpa	1 Hour
5	Vatsakakalpa	1 Hour
6	Kritavedhanakalpa	1 Hour
7	Shyamatrivrittkalpa	2 Hour
8	Chaturangulakalpa	1 Hour
9	Tilvakakalpa	1 Hour
10	Sudhakalpa	1 Hour
11	Saptalashahinikalpa	1 Hour
12	Dantidravantikakalpa	2 Hour

**Siddhi Sthana- 25 Marks 25 Hrs**

1.	Kalpanasiddhi	3 Hrs
2.	Panchakarmeeyasiddhi	2 Hrs
3.	Bastisutreeyasiddhi	2 Hrs
4.	Snehavyapatsiddhi	2 Hrs
5.	Netrabastivyapatsiddhi	2 Hrs
6.	Vamanavirechanavyapatsiddhi	2 Hrs
7.	Bastivyapatsiddhi	2 Hrs
8.	Prasritayougiyasiddhi	2 Hrs
9.	Trimarmeeyasiddhi	2 Hrs
10.	Bastisiddhi	2 Hrs
11.	Phalamatrasiddhi	2 Hrs
12.	Uttarabastisiddhi	2 Hrs

**Practical Exam Marks distribution**

Sr No	Topic	Marks
1	Compilation	10
2	Shloka recitation	10
3	General viva	20
4	Internal assessment	10
	Total	50

**Reference Book**

- Ayurveda deepika commentary of cakrapanidatta with vidyotini Hindi commentary by Pt kashinathsastri edited by GangasahasyaPandeya Charak SamhitaUttarardha
- Vidyalankar / Prof. GorakhNath Chaturvedi& Kashinath Shastri or Dr. BrahmanandTripathy or Dr. RaviduttaTripathy -Charak Samhita Uttarardha
- English Commentary): Dr. Ram Karan Sharma &Vd. Bhagwan Dash or Acharya Priyavrata Sharma Charak Samhita Uttarardha

- Ayurveda –dipika - Ayushi Hindi Commentary)Vd. HarischandraKushavaha Charak Samhita Uttarardha
  - Text with English translation. By Prof p v sharma Charaka Samhita Uttarardha
  - With translation in hindi, gujarati and English (jaikrishnadas Ayurveda series) Charka Samhita Uttarardha
  - Translated by A. Chandra kaviratna& P sharma Charaka Samhita Uttarardha  
Dr.Vasant C Patil. Comprehensive Guide on Caraka Samhita
  - Dr.Prabhakar Rao MCQ on Caraka Samhita
- .....