CENTRAL COUNCIL OF INDIAN MEDICINE
NEW DELHI
SYLLABUS OF AYURVEDACHARYA (BAMS) 3rd Year

INDEX

3RD PROFESSIONAL

3.1. ROG-NIDAN	02-06
3.2. SWASTHAVRITTA	07-14
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3.1 ROGA NIDANA

Theory Two Papers – 100 Marks Each
Practical/Viva voce – 100 Marks

PAPER -1 **100 Marks**

Part A **50 Marks**

I. Dosha Dushyadi Vigyana

1. Definition and importance of Roganidana.
2. Samanya Nidana and Samanya Lakshana of Dosha Vriddhi, Kshaya and Prakopa.
3. Dosha Dhatu Ashraya Ashrayi Bhava.
4. Dhatu Kshaya Vriddhi Lakshana.
6. Mala Kshaya Vriddhi Lakshana.
7. Hetu, Bheda and Lakshana of Agni Dushti.
8. Definitions and Samanya Lakshana of Ama.
9. Sama and nirama Dosha, Dushya Lakshana.
10. Dosha Paka and Dhatu Paka Lakshana.
11. Concept, classification, diagnosis and general complications of Avarana.
12. Doshagati and Rogmarga.
13. Detailed study of Srotomoola and Srotodushti Samanya and Vishishta Hetu Lakshana of all Srotas. Differences between Sroto Dushti and Kha Vaigunya.

II. VyadhiVigyana

1. Definition, synonyms and classification of Vyadhi & Vyadhi Ghatak.
2. Criteria for nomenclature of Diseases in Ayurveda (Vyadhinamakarana).
3. Bija, Bija Bhaga and Bija Bhaga Avayava Dushti.
4. Basic knowledge of Hereditary, Congenital, Acquired, Multifactorial, Traumatic and Environmental disorders.
5. Introduction to ICD Classification of Diseases of WHO and DSM classification.
6. Samanyaja and NanatmajaVikara. NidanarthakaraVyadhi, Hetu Sankara, Lingasankara, Vyadhisankara, Vyadhi Awastha.
7. Dhatu, Updhatu, Mala and Indriya Pradoshaj Vikara.
8. Concept of AshtaMahagada .
9. Introduction to Ashta Nindita.
10. Definition and classification of Vyadhikshamatva.
11. Ojas – types of Ojo Dushti- Visrimsa- Vyapad & Kshaya & It's Diseases.

III. Basic Pathology

1. Introduction to pathology and its sub-divisions.
2. Introduction to Cell Injury and Cellular adaptations.
3. Definition and brief description of inflammation – Healing/repair.
4. Definition and brief description of edema – shock – hemorrhage, Thrombosis , embolism, Ischemia and Infarction.
5. Types of Immunity – different types of immune responses in the body – Basic knowledge of auto immune diseases, Acquired immune deficiency disease and hypersensitivity.
6. Nomenclature and classification of tumors - difference between benign and malignant tumors.
7. Introduction to Nutritional disorders – disorders of macro and micro nutrients.
8. Introduction to infections.
9. Introduction and classification of microorganisms such as virus- bacteria-fungus.

Part B **50 Marks**

IV. Nidana Panchaka Vigyana

1. Difference between Roga and Rogi Pariksha.
2. Importance of Nidan Panchaka.
3. Hetu - Definition, Synonyms and Classification.
4. Purva Rupa – Definition, Synonyms, Samanya and Vishishta Purvarupa.
5. Rupa - Definition, Synonyms, Samanya and Pratyatma Lakshana. Difference between Vyadhi and Lakshana.
6. Upashaya / Anupashaya– Definition, Types and its importance in diagnosis.
7. Samprapti – Definition, Synonyms and Type and Samprapti Ghataka.
8. Shat Kriyakaala. Relationship between Nidana Panchaka and Shat Kriyakaala.
9. Upadrava and Udarka.
10. ArishtaVigyan – Definition, Types and its importance.
11. Sadhyasadhyatwa – Types, their parameters and importance.
12. General diagnostic principles of AnuktaVyadhi (Ch. Vi. 4).

V. Pariksha Vigyana

1. Importance and knowledge of Aptopadeshadi & Darshanadi Trividha, Chaturvidha, and Shadvidha Pariksha.
2. Importance and Knowledge of Ashtasthana Pariksha.
3. Importance and Knowledge of Karanadi Dashavidha Parikshya Bhava.
4. Importance and Knowledge of Dashavidha Pariksha.
5. Basic knowledge of ECG, USG, X Ray,CT Scan,MRI.

Paper II **100 Marks**

Part A **50 Marks**

Systematic study of Nidana Panchaka of following diseases (Including Upadrava, Arishta and Sadhyasadhyata).

I. Diseases of Rasavaha Srotas

1(a) Jwara(Jwarabheda-Ama, Pachyamana and Nirama Jwara,Agantukajwara, Punaravartaka Jwara,Vishama Jwara, Dhatugata Jwara, Charakokta Sannipata Jwara.

1(b) General mechanism of Fever, Introduction to the Aetiopathogenesis of Malaria,Typhoid, Dengue fever, Influenza and Chikungunya.

2(a) Pandu, Amavata, Hridroga, Shotha.

2(b) Introduction to Anaemia & its Classification, Rheumatic fever, Rheumatoid Arthritis, Hypertension, Angina, Ischaemic Heart Disease, Myocardial Infarction and CCF.

II. Diseases of Raktavaha Srotas

1. Kamala - Raktapitta - Vatarakta – Kroshtuksheersha - Shitapitta – Maha Kushtha – Visarpa – Shwitra and Introduction to Kshudra Kushtha.
2. Introduction to Hepatomegaly, Spleenomegaly, Leukaemia,Thalessemia, Sickle cell Anaemia.
3. Introduction to Urticaria, Psoriasis, Eczema, Pemphigus.

III. Diseases of Mamsavaha Srotas

(a) Galganda
(b) Introduction to Thyroid disorders

IV. Diseases of Medovaha Srotas

1. Sthoulya - Karshya – Prameha.
2. Introduction to Obesity and Diabetes Mellitus.

V. Diseases of Asthi – Majjavaha Srotas

1. Vatavyadhi - Akshepaka - Apatanaka - Ardita - Pakshaghata – Gridhrasi –Vishwachi, Avabahuka, - Manyasthambha ,Katigraha**,**Pangutwa
2. Sandhigatavata, Asthi-Majjagata vata.
3. Introduction to Osteo- Arthritis, Osteoporosis.
4. Introduction to Parkinson's disease, Stroke, Lumbago- Sciatica syndrome, Bell's Palsy, Cervical- Lumber & Ankylosing Spondylitis.

VI. Diseases of Shukravaha Srotas

1. Introduction to Klaibya and Vandhyatva.
2. Introduction to male and female infertility.

Part B

50 Marks

VII. Diseases of Pranavaha Srotas

1(a). Kasa - Shwasa - Hikka – Urahkshata – Shosha – Rajayakshma.

1(b). Introduction to the aetiopathogenesis of Pneumonia, Pleural effusion, Bronchitis, Bronchiectasis, Bronchial Asthma.

VIII. Diseases of Annavaha- PureeshavahaSrotas

1. Agnimandya - Ajirna - Aruchi- Chhardi - Amlapitta- Shoola – Parinama Shoola – AnnadravaShoola- Atisara – Pravahika - Grahani –Gulma- Udara Roga.
2. Introduction to Anaha, Adhmana, Atopa, Visuchika Alasaka, Vilambika.
3. Introduction to Peptic Ulcer, Irritable Bowel Syndrome (IBS) Diarrhoea, Dysentry, Constipation, Inflammatory Bowel Diseases.

IX. Diseases of Udakavaha Srotas

1(a) Introduction to Trishna, Daha.

1(b) Introduction to water and electrolyte imbalance disorders.

X. Diseases of Mutravaha Srotas

1(a) Mutrakrichha – Mutraghata.

1(b) Introduction to Urinary Tract Infection, Nephropathies.

XI. Diseases of Swedavaha Srotas

1(a) Introduction to Khalitya, Palitya.

XII. Diseases of Manovaha Srotas

1(a) Apasmara, Unmada, Atatwabhinivesha-Vishada, Anidra, Mada, Murchha, Sanyasa.

1(b) Introduction to Epilepsy, Depression, Anxiety neurosis.

XIII. Upasargajanya Vyadhi (Communicable diseases)

1(a) Romantika – Masurika – Upadamsha – Phiranga.

1(b) Introduction to Measels, Chickenpox, Leprosy, Tuberculosis and AIDS**.**

XIV. Krimi Vigyana

1) Definition, classification of Krimi and features of Krimiroga
2) Snayuka, Shleepada.
3) Introduction of Filariasis and classification of common parasites.

PRACTICAL **(100 Marks)**

i) Fundamental Principles of Laboratory Tests

Introduction to laboratory, Sterilization, glass wares, solutions reagents and safety procedures, Disposal of biomedical wastes.

ii) Haematology

1 Haemoglobin estimation.
2 Blood cells counting - WBC, RBC, platelets.
3 Hematocrit /Packed cell volume (PCV).
4 Erythrocyte indices - MCV, MCH, MCHC.
5 Peripheral blood smear, staining technique and differential leucocyte count.
6 Peripheral blood film examination in Anemia, Leukemia, Malaria, Filaria (Demonstration).
7 ESR.
8 Screening test for bleeding disorders- bleeding time (BT), Clotting time (CT), Demonstration of Prothrombin time (PT).
9 Blood grouping - ABO system, Rh typing (Rhesus system).

iii) Urine Examination

1. Ayurveda anusara mutrapariksha.
2. Physical Examination - Volume, Reaction (Ph) & Specific Gravity.
3. Chemical Examination for - Proteins, Glucose, Phosphate, Ketone, Bile salts, Bile pigment.
4. Dipstick examination
5. Demonstration of Microscopic Examination.

iv) Stool Examination

1 Ayurveda anusara purishapariksha.
2 Physical examination, Sama-Nirama Pariksha.
3 Microscopic examination of ova & cyst (Demonstration)
4 Occult Blood Test.

v) Demonstration of Sputum Examination

1 Ayurveda anusara sthivanapariksha.
2 Physical, Chemical and Microscopic Examination of the sputum.
3 Sample collection and Demonstration of AFB.

vi) Demonstration of Semen examination

1 Ayurveda anusara Retaspariksha.
2 Semen examination.

vii) Biochemical Examination – (Demonstration)

Blood Glucose, Serum Bilirubin, Blood Urea, Lipid Profile, Serum Creatinine, Serum Uric acid etc.

viii) Demonstration of different staining techniques in microbiology.

ix) Demonstration of Sero-immunological Investigations: RA and Widal.

x) Laboratory record – maintenance of laboratory record book.

Bed side Practical (Clinical Methods)

1. Introduction and demonstration of clinical methods (General and Systemic Examination).
2. Practical demonstration of examination of Roga based on Pancha Nidana.
3. Demonstration of instruments used for clinical examination.
4. Practical records of clinical examination of at least 20 long cases in I.P.D including Atur-bala-pramana pareeksha.
5. Practical records of clinical examination of at least 20 short Cases based on Ashta vidha pariksha in O.P.D.
6. Demonstration of ECG, USG and Radio imaging techniques.

Distribution of Marks for final Practical Examination

1. Daily Record -10 Marks
2. Indentification of Instruments -10 Marks
3. Laboratory Experiments -20 Marks
4. Short Case -10 Marks
5. Long Case -20 Marks
6. Viva - Voce -30 Marks

Total 100 Marks

Reference Books

1. Madhava Nidana (Madhukosha Pt. Yadunandan Upadhyay Commentary) Part 1 – 2
2. Doshakaranatwa Mimamsa - Acharya P.V. Sharma
3. Nadi Darshan - Vd. Tara Shankar Mishra
4. Nadi Vigyana Vidyotini Hindi Tika
5. Nadi Vigyan- Shri Satya Dev Vashisht
6. Nadi Vigyan- Gangadhar Tika
7. Rogi Pariksha vidhi Acharya- Priyavrata Sharma
8. Ayurvediya Roga Vargikaran- Vd. Ramanath Dwivedi & Vd. Gurdip Singh.
9. Ayurvediya Nidan Evum Chikitsa Ke Siddhanta - Prof. Ram Harsh Singh.
10. Relevant portions of Charak Samhita, Sushrut Samhita and Vagbhata.
11. Text Book of Pathology- William Boyds.
12. Text Book of Pathology- Harsh Mohan.
13. Text Book of Pathology- Dey and Dey.
14. Text Book of Parasitology -Ramnik Sood.
15. Clinical Pathology and Bacteriology- S.P. Gupta.
16. Clinical methods in Ayurveda- K. R . S. Murthy.
17. Parameswarappa's Ayurvediya Vikriti Vigyan and Roga Vikriti Vigyan-Dr. P.S. Byadgi.
18. Oxford Handbook of Clinical Examination Oxford Handbooks and Practical Skills.
19. Advanced Clinical Evaluation System for Practical Assessment of Clinical Examination Skills.
20. Symptoms & Signs in Clinical Medicine - Chamberlains.
21. Clinical Methods- Hutchison's.
22. Bedside Clinics in Medicine Part- I & II-Kundu.
23. Common Medical Symptoms- Mehta.
24. Advances in Pathology & Lab Med- Weimstean, Gralem, Anderson, Cortan, Wick, Zumwelt.
25. Clinical Laboratory medicine Edited by Kenneth D Mc. Chately.
26. General Pathology- Walter & Israel Churchill Living stone.
27. A Comprehensive Dictionary of Pathology- Chris Newann.
28. Practical Pathology- Dr. K. Uma Chaturvedi.
29 .Clinical examination- Douglas/Macleod's.
30. Pathology Practical book for Undergraduates- Harsh Mohan.
31. Medical Laboratory Technology - R. Sood.
32. Clinical Diagnosis and Management by Todd, Sanford and Davidson Laboratory methods
33. Clinical Hematology In Medical Practice- Degruchy's.
34. Robbins Basic Pathology- Kumar, Abbas, Fausto at al.

3.2 SWASTHAVRITTA

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

Paper-I

PART A- VAIYAKTIKA SWASTHAVRITTA **50 marks**

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

Dinacharya

1. Definition of Dinacharya
2. Aims and importance of dinachary
3. Brahma Muhurta evam Utthana
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

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).

<u>Food hygiene</u>

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.

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
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.

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)

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.

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

Reference Books:

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

Swasthavritta Samucchaya - Pandit Rajeshwar dutt Shastri
Swasthya Vigyan - Dr. Bhaskar Govind Ghanekar
Swasthya Vigyan - Dr. Mukund swarup Varma
Swasthavritta - Vaidya Sakad
Swasthavritta - Dr. Ranade and Dr. Firke
Ayurveda Hitopadesh - Vaidya Ranjit Rai Desai
Yoga and Ayurved - Acharya Rajkumar Jain
Swasthavritta vigyan - Dr. Ramharsha Singh
Swasthavrittam - Dr.Brahmanand Tripathi

Swasthavrittam	- Dr. Shivkumar Gaud
Ayurvediya Swasthavritta	- Vaidya Jalukar Shastri
Patanjala yogasutra	- Patanjali Maharshi
Hathayogapradipika	- Swatmaram Yogendra
Gheranda samhita	- Gherand Muni
Yoga Paddhati	- Bharatiya Prakritik Chikitsa Parishad
Yogik Chikitsa	- Shri. Kedar Nath Gupta
Sachitra Yogasan darshika	- Dr. Indramohan Jha
Yoga deepika	- Shri. B.K.S. Iyengar
Light on Yoga	- Shri. B.K.S. Iyengar
Light on Pranayama	- Shri. B.K.S. Iyengar
Yoga and yoga chikitsa	- 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 upadesya	- 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 Swasthaprakara samagri	- Dr. Smt. Nigam Sharma
Dr. Reddy's comprehensive guide to Swasthavritta	- Dr.P.sudhakar Reddy
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

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

Foetal membranes -Abnormalities of Placenta

DESIRABLE (non detail)

Garbhalingotpatti, Garbhasya Avayavotpatti, Garbha Varnotpatti, Garbha Vikriti

GARBHINI VIGYANA

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

Diagnosis of Pregnancy

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

Ante Natal care-Examination, Investigation and Management

c) Garbha Vyapada: Nidana, Samprapthy and Chikitsa Garbhasrava and 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.

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.

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. Pharmacotherapuetics of allopathic drugs in obstetrics and Gynaecology

Record keeping,ethical and medicolegal issues in Streeroga and prasutitantra

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

CLINICAL TRAINING-OBSTETRIC SKILLS

To perform independently

1. History taking and examination of antenatal and gynaecological cases

2. Diagnosis of Pregnancy, assessing of gestational period, to diagnose onset of labour

3. To monitor labour progress, able to plot Partogram

4. Observation of 10 labour

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, 5 post partum cases

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

GYNAECOLOGICAL SKILLS -To perform independently

1.History taking and examination of gynaecological cases

2.Recording 10 gynaecological cases, 5 gynaecological procedures

3.Taking vaginal smear, high vaginal swab

4.Practical knowledge of sthanika chikitsa

5.Observation and practical knowledge of minor gynaecological procedures

6.Observation of Surgical procedures

7.Identification, uses., Demonstration of surgical instruments

8. Observation of Method of sterilization, MTP, Surgical procedures Hystrectomy, Oopherctomy

DISTRIBUTION OF PRACTICAL MARKS

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

3.4. Kaumarbhritya (Ayurvedic Pediatrics)

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

Paper I **100 Marks**

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

Part A **50 Marks**

1. General introduction and scope of Kaumarbhritya (Ayurvedic Pediatrics), Definitions and terminologies used in Kaumarbhritya.
2. Scientific contribution of Kashyapa Samhita in Kaumarbhritya.
3. Vayobheda (Classification of age): Garbha, Bala, Kumara; Kshirada, Kshirannada & Annada etc. and modern classification of childhood period.
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 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

Part B **50 Marks**

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

1. Bala Pariksha-vidhi Evam Shishu Vedana Parigyan (Examination of sick child and Diagnostic methods-Ayurvedic and modern). Samanya Chikitsa Siddhanta (General principles of treatment in children).
2. General Aushadhl Matra Nirdharana - for Ayurvedic and modern drugs preparations (drug doses according to age, weight and drug contents)
3. Specific therapeutic panchakarma procedures in children with special emphases on snehan, swedan and basti.
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 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.

PRACTICAL

Content of Practical / demonstration

1. Clinical training of above mentioned disorders of children.
2. Exposure to -
   a) Navajata Shishu Paricharya (Care of the newborn)
   b) Pranapratyagamana Vidhi (Resuscitation procedure of new born)
   c) Vaccination
   d) Panchakarma Vidhi (Panchakarma procedures) especially Snehan, Swedana, Basti.
3. Knowledge of various equipments such as phototherapy unit, overhead radiant warmer, resuscitation equipments, Panchakarma equipments and their application
4. Knowledge of IV fluid administration, blood sampling
5. Anthropometry measurements and their interpretation
6. Various Ayurvedic & modern Procedures and investigations in pediatric practice

Distribution of Marks

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

Reference Books

1. Kashyapa Samhita Complete Hindi translation by Satyapal Vidhyalankara English translation by Prof. Premvati Tiwari
2. Principles & practice of Pediatrics in Ayurveda: Dr. CHS Shastry
3. Child Health Care in Ayurveda: Prof. Abhimanyu Kumar
4. Ayurvedic Concepts of human Embryology: Prof. Abhimanyu Kumar
5. 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

3.5. CHARAK SAMHITA- UTTARARDHA

(Uttarardha: Chikitsa – Kalpa - Siddhi Sthana)

Theory- One Paper – 100 Marks

The marks of theory examination are distributed as follows:

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

Reference Books

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