



Dr. D. Y. Patil Vidyapeeth, Pune
(Deemed to be University)

Dr. D. Y. Patil College of Ayurved & Research Centre
Pimpri, Pune 411018

Accredited by NAAC with 'A' Grade | Hospital Accredited by NABH

Syllabus for III Year BAMS

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TITLE OF THE COURSE: - AGADTANTRA, VYAVAHAR – AYURVED EVUM VIDHIVAIDYAK

COURSE CODE: - AA301

MARKS : - THEORY - 100 PRACTICAL/VICE VOCE – 50 TOTAL – 150

HOURS : - THEORY - 200 PRACTICAL – 100

GOALS

To be a competent Ayurvedic physician so as to treat various poisoning cases and perform at most ethical practice

LEARNING OBJECTIVE:

- Be a good Ayurvedic physician.
- To perform utmost possible ethical practice in the society.
- To be capable to handle various medico-legal, emergency and poisoning cases.

COURSE OUTCOMES

- **Cognitive Domain**

- 1) Should have comprehensive knowledge of various aspects of poisons as per Ayurveda as well as modern science.
- 2) Should have comprehensive knowledge about aspects of unnatural deaths.
- 3) Should have update knowledge of law in relation to practice medicine.
- 4) Should have detail knowledge of various aspects of negligence during medical practice.

- **Psychomotor and Affective Domain**

- 1) Should be able to identify Medico-legal cases.

Sr. No.	TOPIC	DESCRIPTION	NO OF LECTURES (HOURS)	WEIGHTAGE (MARKS)
PART A			100 Hours	50 Marks
1	Introduction to Agadtantra	Derivation, definition of Visha and Agadatantra. Scope of Agadatantra. Visha Utpatti, Visha Prabhava, Visha Pranaharana Kriya, Visha Guna, Vishagati, Visha Vega Vishasankata, Shanka visha.	7	8
2	Introduction to theory of toxicology	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	5	15
3	Classification of Vishas	Origin and Classification of Visha:-Its sources, Difference between Visha, Madya and Oja guna, Visha Upadrava and Visha Mukta Lakshana.	3	15
4	Detection of Visha- Ancient And Contemporary Aspect	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.)	4	5
5	Introduction to Environmental Toxicology	Introduction to Environmental Toxicology- Samuhika Vishaprayoga- effect of chemical and nuclear warfare.	5	5
6	Vishopakrama - ancient and contemporary aspect	Vishopakrama described by Charak, General principles of Management of poisoning.	7	15
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 hysterophorus, Chitraka, Eranda, Digitalis and Cerebra	22	20

		Odallam.		
8	Garavisha, Dooshivisha, Viruddhahara	Garavisha, Dooshivisha, Viruddhahara. Food adulteration and poisoning– classification, diagnosis, management and contemporary significance.	10	15
9	Jangama Visha	Jangama Visha – Detailed study of Sarpa, Keeta, Loota, Vrischika, Mooshika, Alarka –Visha; Lakshana, Bheda, Chikitsa and their Sadhyasadyata (contemporary and classical views)	10	20
10	Introduction to poisoning their Fatal Dose, Fatal period, Manifestation, management, medico legal importance and postmortem appearance of poisoning due to Acid and Alkalis, Asphyxiants, Nonmetallic & Metallic poisons, Others	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.	12 3 10 10	20
11	Madya and Madatyaya.	Madya and Madatyaya. Alcohol poisoning (Ethanol and Methanol).	4	15
12	Narcotics	Introduction to Narcotic drugs and Psychotropic substances Act 1985.	5	5
PART B			100 Hours	50 Marks
1	Vyavahara Ayurveda	Definition of Vyavahara Ayurveda (Forensic medicine) and Vidhivaidyaka (Medical	3	5

		jurisprudence), concise history of Vyavahara Ayurveda (Forensic medicine) and Vidhivaidyaka (Medical jurisprudence). Introduction to Indian Penal Code, Indian Evidence Act and Criminal Procedure Code.		
2	Legal Procedures	Legal Procedures:- Inquest, Evidence, Witness, Courts and their powers.	5	15
3	Personal identity	Personal identity and its medico legal aspects, forensic odontology, Introduction to Forensic Serology and DNA profiling.	6	15
4	Death	Death and its medico legal aspects, Medico legal autopsy and Exhumation	6	15
5	Injuries	Injuries and thermal injuries, their medico legal aspects, general introduction of weapons	10	20
6	Dowry deaths	Dowry deaths (Domestic Violence), their medico legal importance and laws related to it.	1	5
7	Asphyxial deaths	Asphyxial deaths and its medico legal importance.	8	15
8	Medico Legal importance of various conditions	Medico Legal importance of Pregnancy, Delivery; Impotence & Sterility, Abortion, Infanticide, Battered baby. Virginity, Artificial Insemination, Legitimacy.	12	20
9	Sexual offences	Sexual offences and their medico legal aspects. Sexual perversions.	7	15
10	Forensic psychiatry.	Introduction to Forensic psychiatry.	4	15
11	Death due to starvation heat and cold	Starvation in medico legal aspect exposure to cold and exposure to heat .	3	10
12	Forensic laboratory	Introduction to forensic laboratory	2	10
13	Ethics as in classical Texts	Types of Vaidya, Pranabhisara and Rogabhisara Vaidya, Qualities of Vaidya, Responsibilities of Vaidya, Chaturvidha Vaidyavrutti, Duties of Vaidya to his patient, Vaidya Sadvritam, Apujya Vaidya,	4	5

		Code of conduct.		
14	Laws in relation to Medical practitioners	Laws in relation to Medical practitioners: Indian Medicine Central Council Act.	1	5
15	Medical record.	Maintenance of medical record.	1	3
16	Physician's responsibility in criminal matters and various acts	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	10	5

PRACTICAL TRAINING [100 Hours]

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

DISTRIBUTION OF FINAL PRACTICAL EXAMINATION MARKS (UNIVERSITY) TOTAL- 50 MARKS

	Post Mortem Examination and Court Posting – Case Record	Practical/ Clinical Record Book	Identification (Spotting)	Viva – Voce	Internal Assessment	Total Marks
MARKS	07	08	10	15	10	50

REFERENCE BOOKS:

Sr. No.	Name of the Book	Author	Edition	Publication
1	Topics Related To Agadtantra From Charak-Sushrut Vagbhata Kashyap Samhita ,Yogratnakar,Bhavprakash And Madhavnidan	-	-	Chaukhamba Publication Varanasi
2	Vidhi Vaidyak (Vyavhar Ayurved	Dr. Charuchandra	-	Chaukhamba Publication

Sr. No.	Name of the Book	Author	Edition	Publication
	Vijyanam	Pathak		Varanasi
3	Modi's Medical Jurisprudence And Toxicology	Jaising P. Modi	24 th edition, 2011	Lexis-Nexis India
4	Basavrajyiam	Vaidya Gowardhan	-	Chaukhamba Publication Varanasi
5	Agadatantra	Sh Ramnath Dwivedi	-	Chaukhamba Publication Varanasi
6	Text Book of Agadatantra	Dr. Huparikar, Dr. Joglekar	-	-
7	Agadatantra Ki Pathyapustaka	Dr. Huparikar, Dr. Joglekar	Edition 2008	Rashtriya Shikshan Mandal
8	Agad Tantra	Dr. Shekhar Namboodri	2007	Chaukhamba Publication Varanasi
9	Visha Chikitsa	Dr. M. Balakrishnan Nair	1st Edition 2010	M.B.I
10	Medical Ethics And Medical Laws In India	Dr. H. S. Mehta	-	-
11	Toxicology, Ayurvedic Perspective	VPSV Ayurveda College, Kottakkal.	-	-
12	Kautilya Arthashastra(English)	Prof. Kangale	-	-
13	Kautilya Arthashastra(Hindi)	Dr. Ragunath Singh	-	-
14	Vyavhar Ayurved	Dr Ayodhya Prasad Achal	-	Chaukhamba Publication Varanasi
15	Vyavahar Ayurveda Vigyanam	Dr. Indramohan Jha (Sachchan)	Edition 2008	Rashtriya Shikshan Mandal
16	Textbook Of Forensic Medicine And Toxicology	Dr. V.V. Pillay	18 th Edition- 2017	Paras
17	Forensic Medicine	Dr. B. Umadathan	-	-
18	Relevant Acts	-	-	Govt Of India
19	Relevant Topics From Manusmruti	-	-	-

TITLE OF THE COURSE: - SWASTHAVRITTA**COURSE CODE: - AA302****MARKS: - THEORY-200 (PAPER I & PAPER II) PRACTICAL/VIVA VOCE- 100
TOTAL - 300****HOURS: - THEORY - 200 PRACTICAL – 100****GOALS**

- To promote health of a healthy person and to prevent the diseases.

LEARNING OBJECTIVES:

At the end of the course the students should be able to,

- Understand Principles of Personal Health, Social Health and its application for self and community
- Understand National Health Programmes
- Understand Community Health
- Understand and practice Yoga & Naturopathy

COURSE OUTCOMES:

- **Cognitive domain-**
Recognize the importance of preventive principles of Swasthavritta, Yoga & Naturopathy
- **Psychomotor Domain-**
Recognize the clinical utility of preventive principles of Ayurveda, Yoga & Naturopathy
- **Affective Domain:**
Recognize community health problems

Sr. No	TOPIC	DESCRIPTION	NO. OF LECTURES (HOURS.)	WEIGHTAGE (MARKS)
PAPER-I VAIYAKTIKA SWASTHAVRITTA & YOGA AND NISARGOPACHARA			100 Hours	100 Marks
PART A- VAIYAKTIKA SWASTHAVRITTA			50 Marks	
1.	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.	4	15
2.	Dinacharya	<ul style="list-style-type: none">• Definition of Dinacharya• Aims and importance of dinacharya	7	15

Sr. No	TOPIC	DESCRIPTION	NO. OF LECTURES (HOURS.)	WEIGHTAGE (MARKS)
		<ul style="list-style-type: none"> • Brahma Muhurta evam Utthana • Usha Jalapana • Sharirachinta • Malatyaga • Mukha prakshalan • Dantadhavana and preparation of Ayurvedic tooth powder and paste • Jihvanirlekhanavidhi • Anjana • Pratimarsha Nasya • Gandusha and Kavala • Tambulasevana • Dhoomapana • Abhyanga • Udvartana • Utsadana • Vyayama • Chankramana • Snana • Anulepana • Vastra dharana • Danda dharana • Padatran dharana • Chatra dharana • Ushnisha dharana • Ratnabharana dharana • Madhyahna charya • Cosmetic effect of Dinacharya procedures 		
3.	Rathricharya	a) Sandhya charya b) Ratri bhojana vidhi c) Shayanavidhi according to Bhavamishra	2	3
4.	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) Yamadamshttra c) Rituharitaki d) Rituviparyaya	4	18
5.	Sadvritta	Description of Sadvritta and Achara Rasayana, their role in Prevention and control of diseases.	2	15

Sr. No	TOPIC	DESCRIPTION	NO. OF LECTURES (HOURS.)	WEIGHTAGE (MARKS)
6.	Trayopastambha	<p>i) <u>Ahara</u>- Nirukti, Swarupa, Pramukhatva, Ahara dravya Vargikaranam, Aharavidhividhana, Dwadashashana pravicharana, Ashtauharvidhivisheshayatanani, Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana, Ahara dushparinama & tajjanya vyadhaya, Santarpanajanya evam Apatarpanajanya vyadhi, Viruddhahara and its effects, Shadrasabhojanasya mahatwam.</p> <p>Dietetic standards, Proximate principles of Food, Nutritional requirements, Sources and deficiency diseases of Protein, Carbohydrate, Fat, Vitamins and Minerals.</p> <p>Concept of balanced diet in Ayurveda, Nitya sevaneeya dravya, Balanced diet for different sections of people in the society, Social aspects of nutrition.</p> <p>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 & Madya varga(Alcoholic Beverages), Dugdha varga (Milk and Milk products), Masala and vyanjana dravyas (Spices & Condiments), Kritanna varga(Prepared Food), Mamsa varga (Meat types).</p> <p><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</p>	10	20

Sr. No	TOPIC	DESCRIPTION	NO. OF LECTURES (HOURS.)	WEIGHTAGE (MARKS)
		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.		
7.	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.	4	15
8.	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.	2	3
9.	Roganutpadaniya-	Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharir shodhan.	2	15
10.	Rasayana for Swastha- Nirukti	Nirukti, Paribhasha (definition), classification and examples	2	5
11.	Ashta nindita purusha	Ashta nindita purusha	2	10
12.	Menstrual hygiene	Menstrual hygiene	1	3
Part B YOGA AND NISARGOPACHARA				50 Marks
13.	Introduction	Yoga shabda utpatti, definitions, Different schools of Yoga – Rajayoga, Hathayoga, Mantrayoga, Layayoga, Jnanayoga, Karmayoga, Bhaktiyoga. i) Yoga prayojana ii) Ayurveda yoga sambandha, iii) Swasthya rakshane yogasya mahatvam iv) Yogabhyasa pratibhandhaka &	5	15

Sr. No	TOPIC	DESCRIPTION	NO. OF LECTURES (HOURS.)	WEIGHTAGE (MARKS)
		siddhikara bhavas as per Hathayoga. V) Mitahara and Pathyapathyani during Yogabhyasa.		
14.	Panchakosha Theory	Panchakosha Theory	2	5
15.	Astanga yoga	Yama, Niyama Asana and its importance - Standing postures Ardhakatichakrasana, Padahasthasana, Ardhashakrasana, Trikonasana. - Sitting postures Swasthika, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, ardhmatsyendrasana, Siddhasana. - Supine postures Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, Setubandhasana. - Prone postures Bhujangasana, Shalabhasana, Dhanurasana, Makarasana. Suryanamaskara – procedure and benefits.	8	15
16.	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	5	15
17.	Shatkarma	Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati	2	15
18.	Bandhas and Mudras	Jalandhar Bandh, Uddiyan Bandh, Muladhar Bandh and Mudras	2	5
19.	Shad chakras, nadis	Shad chakras, Ida-pingala-sushumna nadis.	2	5
20.	Ashtang Yoga	Pratyahara, Dharana, Dhyana, Samadhi	4	15
21.	Description of Yoga in Ayurveda	Moksha and Muktatma lakshana and upaya, Naishthiki chikitsa, Satyabuddhi, Tatvasmriti, Ashta Aishwarya, Ashta siddhis.	5	10
22.	Nisargopachara (Prakrutika chikitsa)	Definition, history, aims and objectives Theories as per Western school of Naturopathy Indian school – Panchabhutopasana Relation of Ayurveda and	5	10

Sr. No	TOPIC	DESCRIPTION	NO. OF LECTURES (HOURS.)	WEIGHTAGE (MARKS)
		Naturopathy Importance of Naturopathy in present era		
23.	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.	4	15
24.	Mrittika chikitsa (Mud therapy)	Types of soil, doctrine of mud selection, mud bath.	2	15
25.	Suryakirana sevana	Suryakirana sevana (sun bath - heliotherapy)	2	15
26.	Mardana	Mardana (Massage) – different methods and effects.	3	15
27.	Diet types	Soothing, Eliminative, Constructive, Positive and negative diet, Acidic and alkaline diet	3	15
28.	Upavasa Chikitsa (Fasting therapy)	Importance, types, therapeutic effects of fasting.	3	15
29.	Vishram Chikitsa	Vishram Chikitsa Upyoga	1	10
PAPER II SAMAJIKA SWASTHAVRITTA			100 Hours	100 Marks
Part A				50 Marks
1.	Janapadodhwamsa	Causes, Manifestations and control measures, importance of Panchakarma and Rasayana.	5	5
2.	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	5	10
3.	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	7	15

Sr. No	TOPIC	DESCRIPTION	NO. OF LECTURES (HOURS.)	WEIGHTAGE (MARKS)
		water recycling		
4.	Bhumi and nivasa sthana (Land and housing)	Types of soil, soil & health, Land pollution, Bhumi shodhana, Nivasa yoga bhoomi, Social goals of housing, Housing standards, Mahanasa (Kitchen) standards, Rural housing, Housing and health, Overcrowding.	5	5
5.	Prakasha (lighting)	Requirement of good lighting, natural lighting, artificial lighting, biological effects of lighting.	2	5
6.	Dhwani pradooshana (Noise pollution)	Noise, Sources, effects & control Vikirana (Radiation)- sources, effects and control	2	5
7.	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	4	10
8.	Malanishkasana Vyavastha (Excreta Disposal)	Methods for Unsewered area and Sewered area, Latrines for camps, fairs and festivals	3	5
9.	Disposal of dead body	Burial, Burning, Electric cremation.	2	5
10.	Meteorology (Ritu evam Vatavarana Jnanam)	Definition of weather and climate, factors influencing weather and climate.	3	5
11.	Disaster management	Definition, natural and man-made disasters, epidemiologic surveillance and disease control.	3	5
12.	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.	4	15
13.	School health services	Health problems of school children, aspects of school health service, duties of school medical officers, Maintenance of healthy environment	3	10
14.	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,	6	20

Sr. No	TOPIC	DESCRIPTION	NO. OF LECTURES (HOURS.)	WEIGHTAGE (MARKS)
		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.		
15.	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	6	20
16.	Non-communicable disease epidemiology	Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer	5	10
17.	Chikitsalaya Bhavana	Chikitsalaya Bhavana (Hospital Building)	1	5
Part B				50 Marks
18.	Prathamika swasthya samrakshana (Primary Health Care)	<ul style="list-style-type: none"> - 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. 	5	10
19.	Parivara kalyana Yojana (Family welfare Programmes)	<ul style="list-style-type: none"> - Demography, demographic cycle, life expectancy. - Family planning, methods of family planning. 	3	15
20.	Matru shishu kalyana Yojana – MCH programme	Ante natal, intra natal, post natal, neo natal care. Child health problems and indicators of MCH care.	3	10
21.	Preventive geriatrics	Problems of elderly, prevention and control measures.	2	5
22.	World Health Organization	- Objectives, structure and functions.	3	10

Sr. No	TOPIC	DESCRIPTION	NO. OF LECTURES (HOURS.)	WEIGHTAGE (MARKS)
		International health agencies-United Nations agencies, Health work of bilateral agencies.		
23.	Alma Ata declaration	Alma Ata declaration National Health Policy	2	5
24.	Health statistics	Definition, Sources, Uses. Data collection, Classification, Presentation. Vital statistics- Morbidity rates, Mortality rates, Fertility rates. Health survey	4	10
25.	Swasthya prashasana (Health Administration)	Health administration at Central including AYUSH, state, district, village levels.	2	15
26.	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.	6	15
27.	National Nutritional Programmes	IDD, Vitamin A prophylaxis, Mid day meal, anemia control programmes.	4	15

PRACTICAL TRAINING [100 Hours]

1. Demonstration of Dinacharya procedures anjana, nasya, kavala, gandoosha dhoomapana, abhyanga, udvartana
2. Parichaya of aharadravya
3. Immunization agents
4. Disinfectants
5. Family planning devices
6. Practical demonstrations of Asanas :
Standing Postures- Ardhakatichakrasana, Padahasthasana, Ardhachakrasana, Trikonasana.
Sitting Posture - Swasthika, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, ardhmatsyendrasana, Siddhasana.
Supine postures - Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, Setubandhasana.
Prone postures - Bhujangasana, Shalabhasana, Dhanurasana, Makarasana.Suryanamaskara
7. Pranayama (Suryabhedana, Ujjayi, Shitali, Sitkari, Bhastrika, Bhramari and Nadishuddhi)
8. Shad karmas (Jala dhauti, Jananeti, Sutraneti, Trataka, Kapalabhati).
9. Preparing and delivering of a health educational talk on health related issues
10. A short compilation on any topic on environmental health

11. Educational Visits Observe the functioning of the Milk Dairy, Water purification unit, Sewage treatment unit, MCH/Family welfare centre, Leprosy hospital and industrial unit. Visit to Primary Health Centre for knowledge of actual implementation of National health programmes including knowledge of rural health. Visit of rural Ayurvedic dispensary. Visit to naturopathy centre to observe naturopathic treatment modalities.
12. 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.

**DISTRIBUTION OF FINAL PRACTICAL EXAMINATION MARKS (UNIVERSITY)
TOTAL-100 MARKS**

	Vaiyaktika Swasthavritta	Samajik Swasthavritta	Demonstration of Yoga	Naturopathy	Journal and compilation work	Viva voce	Internal assessment Marks	Total Marks
Marks	15	15	05	05	10	30	20	100

REFERENCE BOOKS :-

Sr. No.	Name of the Book	Author	Edition	Publication
1.	Relevant portions of Charak, Sushruta, Vagbhata (Ashtang Hrudaya), Ashtang Samgraha, Sarangadhara, Bhavaprakasha, Madhavanidan & Yogaratnakara, Bhela Samhita with the respective commentaries	Acharya Charaka, Sushruta, Vagbhata, Sarangdhara, Bhavaprakasha, Madhavanidana, Yogaratnakara, Bhela.	2018	Choukhambha Publication, Varanasi.
2.	Swasthavritta Samucchaya	Pandit Rajeshwar Dutt Shastri	2018	Dr. Maheshwar Datt Mishra
3.	Swasthya Vigyan	Dr. Bhaskar Govind Ghanekar	2013	Chaukhamba Bharati Prakashan, Varanasi
4.	Swasthya Vigyan	Dr. Mukund swarup Varma	1997	Kashi Hindu VishwaVidyalaya
5.	Swasthavritta	Vaidya Sakad	-	-
6.	Swasthavritta	Dr. Ranade and Dr. Firke	2009	Anmol Prakashan, Pune
7.	Ayurveda Hitopadesh	Vaidya Ranjit Rai Desai	Latest edition 2016	Shree Baidyanath Ayurved Bhavan Pvt.Ltd. Nagpur
8.	Yoga and Ayurved	Acharya Rajkumar Jain	2011	Jainayurveda Shodh Sanstha
9.	Swasthavritta vigyan	Dr. Ramharsha Singh	2017	Chaukhamba Orientelia Prakashan, Varanasi
10.	Swasthavrittam	Dr. Brahmanand Tripathi	-	Chaukhamba Surbharati Prakashan, Varanasi
11.	Swasthavrittam	Dr. Shivkumar Gaud	-	Nath Pustak Bhandar, Nagpur

Sr. No.	Name of the Book	Author	Edition	Publication
12.	Ayurvediya Swasthavritta	Vaidya Jalukar Shastri	1981	Maharashtra Vidyapith Granthnirmitti Mandal, Nagpur
13.	Patanjala yogasutra	Patanjali Maharshi	2012	Geetapress, Gorkhpur
14.	Hathayogapradipika	Swatmaram Yogendra	1996	Khemraj Shreekrishnadas
15.	Gheranda samhita	Niranjananand Saraswati	2011	Yoga Publication, Munger Bihar
16.	Yoga Paddhati	Bharatiya Prakritik Chikitsa Parishad	-	Bharatiya Prakritik Chikitsa Parishad
17.	Yogik Chikitsa	Shri. Kedar Nath Gupta	-	-
18.	Sachitra Yogasan darshika	Dr. Indramohan Jha	2008	Chaukhamba Sanskrit series ,Varanasi
19.	Yoga deepika	Shri. B.K.S. Iyengar	2012	Light on Yoga Research Trust
20.	Light on Yoga	Shri. B.K.S. Iyengar	2015	Thorsons publications
21.	Light on Pranayama	Shri. B.K.S. Iyengar	-	HarperCollins Publishers India
22.	Yoga and yoga chikitsa	Dr. Ramharsha Singh	2011	Chaukhamba Sanskrit Pratishtan
23.	Foundations of Contemporary Yoga	Dr. Ramharsha Singh Harper	2009	Chaukhamba Sanskrit Pratishtan
24.	Sidhant evam Sadhana	Harikrishna Shastri datar	2013	Chaukhamba Vidyabhavan Varanasi
25.	Prakritik chikitsa Vidhi	Sharan Prasad	2004	Paramdham Prakashan
26.	Prakritik chikitsa vigyan	Verma	-	-
27.	Preventive and Social Medicine	J. Park	2019	Bhanot Publication
28.	Preventive and Social Medicine	Baride and kulkarni	4 th edition	Vora Publication
29.	Janasankhya Shiksha Sidhanta Evam upadesya	Dr. Nirmal Sahani	-	-
30.	Health Administration in India	S.C.Seel	-	-
31.	Health and family welfare	T.L.Devaraj	-	UBS Publishers Distributors
32.	Positive Health	L.P. Gupta	2017	Kaviraj Ganpati Singh Verma
33.	Biogenic Secrets of food in Ayurveda	L.P.Gupta	1999	Chaukhamba Sanskrit Pratishtan Oriental Publishers & Distributors
34.	Smriti granthon mein nihit Swasthaprakara samagri	Dr. Smt. Nigam Sharma	-	-
35.	Dr. Reddy's comprehensive guide to Swasthavritta	Dr.P.sudhakar Reddy	2013	Chaukhambha Sanskrit Pratishtan
36.	Nutritive value of Indian foods	B. V. Rama Sastri and ICMR, C. Gopalan	2016	Indian Council of Medical Research (ICMR)
37.	Yoga and Nisargopachar -	Vd. Prama Joshi	1993	Joshi Prakashan
38.	Prachin Vangmay mein prakritik	Swami Anant	-	CCRYN

Sr. No.	Name of the Book	Author	Edition	Publication
	chikitsa	Bharati,		
39.	Swasthavritta	Vd Yashwant Patil and Vd. Vhawal	-	Shantanu Prakashan
40.	Food and nutrition -	Swaminathan	2005	The Bangalore Press
41.	Organology and sensology in yoga -	Prashant S Iyengar	2011	Iyengar Memorial Yoga ins.Mumbai
42.	Yoga-A gem for Women -	Geeta S Iyengar	1983	Zaccheus Entertainment
43.	Yoga-A gem for Women (hindi translation)-	Madhu Pandey	-	Zaccheus Entertainment
44.	Kaya Mano chikitsa Vidnyan	Dr. Shirke J.M. Dr. Shirke U.J.	2006	Hrushu Prakashan
45.	Swayampak Gharatil Davakhana	Dr. Yogesh Shinde	2017	Saket Prakashan

TITLE OF THE COURSE: - PRASUTITANTRA EVUM STRIROGA

COURSE CODE: - AA303

**MARKS: - THEORY-200(PAPER I & PAPER II) PRACTICAL/VIVA–VOCE- 100
TOTAL - 300**

HOURS: - THEORY-200 PRACTICAL – 100

GOALS

1. To impart the knowledge of Basic Ayurvedic Principles in Prasutitantra Evum Striroga.
2. To impart the knowledge of modern Obstetrics and Gynaecology to learn integrated approach towards the subject.
3. The student will be able to learn, innovate and perform research in subject.
4. To teach specialized Ayurveda care in Prasutitantra Evum Striroga.

LEARNING OBJECTIVES:

At the end of the Third year course the Ayurveda students should be able,

- To understand the concepts, clinical practices, and social aspects of Prasutitantra Evum Striroga subject.
- To diagnose individuals properly after examining them clinically.
- To know the steps various procedures like Basti, Uttar Basti, Cu-T, Normal delivery & LSCS.
- To understand the concepts of Ante Natal Care, Post Natal Care, Gynaecological and Obstetrical disorders, complications and emergencies, Pathophysiology of various diseases.

COURSE OUTCOMES-

- **Cognitive domain-**
Recognize the importance of Ayurvedic Principles in the context of diagnosis, prognosis, management and treatment of the patient
- **Psychomotor Domain-**
Should be able to diagnose and manage diseases on the basis of clinical assessment and appropriately selected and conducted investigation.
- **Affective Domain :**
Should be able to carry out quick assessment of patient on the basis of available clinical and investigational information as well as socio-economic and emotional determinants and its efficient management

Sr. No	TOPIC	DESCRIPTION	NO. OF LECTURES (HOURS)	WEIGHTAGE (MARKS)
PAPER-1 PRASUTI TANTRA			100 Hours	100 Marks
PART-A				
1	Stri Sharira vijnan	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. Vayobhedena, Stri sangnya	5	10
2	Rajo Vigyana	Description of Raja, Artava and Prathama Rajo Darshana, Rajasvala Charya. Ritumati Lakshana, Ritumacharya, Ritukala Menarche, Menstrual cycle and their regulation by endocrine glands, Ovulation – Importance in conception. Concept of Stri Shukra	5	10
3	Garbha Vigyana	a) Garbhashya paribhasha, Garbhadhanavidhi, Garbhavakranti, Garbha Sambhava, samagri, Garbhopaghatkarkar bhava, Panchabhautikatwa of Garbha, Masanumasika Vriddhi of Garbha, Garbha Poshana, Garbhashayasthe Garbhasthiti - Foetal attitude, lie, position, presentation b) Apra, Garbha Nabhinadi, Jarayu, Ulba Formation, Development, Function of Placenta, Umbilical cord, Amniotic fluid Foetal membranes - Abnormalities of Placenta. Garbhalingotpatti, Garbhasya Avayavotpatti, Garbha Varnotpatti, Garbha Vikriti	15	15
4	Garbhini Vigyana	a) Lakshana of Sadhyograhita Garbha, Lakshana of Vyakta Garbha, Pumsavana vidhi Diagnosis of Pregnancy b) Garbhini vyavastha: Garbhini Paricharya, Garbha Upaghatkara Bhava, Dauhrida Ante Natal care- Examination, Investigation and Management c) Garbha Vyapada: Nidana, Samprapti and Chikitsa Garbhasrava and Garbhapata- Garbha shosha- Upavishtaka, Nagodara, Upashushka, Leena garbha, Antarmrita garbha, Raktagulma, Bahugarbhata d) Abortions, Rh-incompatability- Causes, clinical features, complications and management. Gestational trophoblastic neoplasias, Ectopic pregnancy, IUGR, Intrauterine foetal death, Multiple pregnancy	15	15
5	Garbhini Vyapad	a) Hrilasa, Chhardi, Aruchi, Atisara, Vibandha, Arsa, Udavarta, Shotha, Parikarthika, Vaivarnya, Kandu, Kikkisa, Pandu, and Kamala, makkala b) Common ailments of Pregnancy- High Risk Pregnancy, Emesis gravidarum, Gestational Anemia, Gestational Hypertension, Gestational Diabetes, Toxemias of Pregnancy, Jaundice, AIDS, Ante Partum Hemorrhage causes, clinical features complications and Management	10	10
PART B				

6	Prasava Vigyana	<p>a)Prasava Paribhasha, Prasava hetu, Prasav kaala, Sutikagara nirmana, Sangrahaniya Dravyani, Sutikagara pravesha vidhi</p> <p>b) Prasav avastha; Prajayani/ Upasthita Prasava/ Asannaprasava lakshana, Aavi. Prasava paricharya, Jatamatra paricharya</p> <p>c) Normal Labour:-Definition of Labour, Physiology & Mechanism of Labour, Monitoring of Labour and management, Pictogram, Episiotomy, care and resuscitation of new born</p>	20	15
7	Prasava Vyapad	<p>a)Garbhasanga, Yonisamvarana, Aparasanga, Mudhagarbha-definition, Nidana, Types & Management</p> <p>b) Induction and augmentation of labour, Cervical dystocia, Cephalopelvic disproportion, 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>Uterine Inversion, Amniotic Fluid Embolism, Garbhashthithi parivarthan (Version), Forceps Delivery, Ventouse Delivery.</p>	20	10
8	Sutika Vigyana	<p>a) Sutika Paribhasha, Sutika Kaal, Sutika paricharya. Changes during sootika avastha (Shareerika & 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>Stana stanya –Pareeksha, Stanya sampat.</p> <p>d) Emergency care in obstetrics</p>	10	15
PART -II STRI ROGA			100 Hours	100 Marks
PART - A				
1	Artava Vyapad	<p>a) Artava-kshaya vridhhi, Ashtartava dushti lakshana chikitsa, Asrigdara lakshana samprapti Chikitsa,</p> <p>b)Menstrual disorders, Amenorrhoea, Hypomenorrhoea, Oligomenorrhoea, Dysmenorrhoea, Abnormal uterine bleeding.</p>	15	10
2	Yoni Vyapad	<p>Sankhya, Nidana, Lakshana, Upadrava Evum Chikitsa</p> <p>Endometriosis, Fibroid uterus, Genital Prolapse, Retroverted Uterus, Pelvic infections, Cervical erosion, Pelvic Inflammatory Diseases</p>	15	15

3	Vandhyatwa	Prakar,Nidana ,Chikitsa Infertility - Causes, Types, Investigations, Management		
4		Yoni kanda, Yoni Arsha, Granthi, Arbud. Pelvic infections including sexually transmitted infections , HIV, AIDS, preventive measures	10	
5	Menopause	Changes during menopause , Menopause Syndrome, management Congenital malformations of female genital tract.	10	30
6	Shukra vijnan	Kshaya , vridhi, dushti hetu lakshana and chikitsa, Benign and Malignant tumours of Genital Tract .		
PART-B				
7	Stana Roga	Stanakeelak, nidana, lakshana, chikitsa, Stana granthi, Stana vidradhi, Stana shopha - Mastitis Breast abscess, Galactocoele -Etiopathology, clinical features, diagnosis, prognosis and complications.	10	
8	Sthanik Chikitsa	Snehana, Swedana, Uttar basti, Pichu, Varti, Lepana, Dhupana, Dhavana, Dahana, Ksharakarma - Practical knowledge of all these procedures along with indications, complications and management.	10	15
9	Shastra Karma	a) Surgical procedures and 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. b) Stri roga Sambandhita Pramukha Aushadhi, Prasuti & Stri Roga Chikitsa Upayogi Yantra Shastra Parichaya and Vyadhivinishchaya Upaya (Investigative and Diagnostic Aids) c) Garbhanirodhaka Upaya. Parivar Niyojana, Reproductive and Child Health Care, AIDS/HIV control Programme, MCH, PNMT Act, MTP Act, and importance of current National Programme d) Knowledge of important Commonly used Ayurvedic and Allopathic drugs used in Prasutitantra and Streeroga. Pharmacotherapeutics of Allopathic drugs in obstetrics and Gynaecology Record keeping, ethical and medicolegal issues in Streeroga and prasutitantra e) Laproscopy, hysteroscopy, hysterosalpingography, USG, X-RAY, Colposcopy, Cervical Biopsy. Granthi evum Granthi nirharan samanyajnan (Myomectomy, hysterectomy)	30	30

PRACTICAL TRAINING [100 Hours]

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. Counseling and promoting of breast feeding
9. Record 5 antenatal cases, 5 intrapatum and 5 post partum cases. To observe/assist-D&C, D&E, Caesarean section, Repair operations, Resuscitation of new born.

GYNAECOLOGICAL SKILLS –

To perform independently

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

DISTRIBUTION OF FINAL PRACTICAL EXAMINATION MARKS (UNIVERSITY) TOTAL-100 MARKS

	Case taking-2cases –one Gynec, one obstetric	Instruments, Drugs & Models-	General Viva-	Record Journal	Internal Assessment	Total Marks
MARKS	30	20	20	10	20	100

REFERENCE BOOKS:

Sr. No.	Name of the Book	Author	Edition	Publication
1	Charak Samhita	Brahmanand Tripathi	2015	Chaukhamba Surbharti
2	Shushrut Samhita	Murti	2014	Chaukhamba orientalia
3	Ashtang Hrudaya	Moreshwar Kunte	2014 – 10 th	Hemadri arundatta tika - chaukhamba orientalia
4	Kashyap Samhita Sanskrit	Hemraj sharma	2010	Chaukhamba
5	Prasuti Tantra Evum Stree Roga.	Prof Tewari P V -	2014	Chaukhamba orientalia
6	Concepts of Gynecology	Dr Nirmala G Joshi.	2000	Chaukhamba sanskrit
7	Prasuti Tantra	Prof. M. Dwivedi	2011	Chaukhamba bharti varanasi
8	Text Book of Gynaecology	Berek And Novak.	2012 – 15 th edition	Wolter & Kluver
9	Text Book of Obstetrics	Williams	2014 – 24 th edition	Mc Graw Hill
10	Text Book of Obstetrics-	D C Dutta	2013 – 7 th edition	Jaypee
11	Text Book of Gynaecology	D C Dutta	2013 – 7 th edition	Jaypee
12	Gabbe's Normal And Problem Pregnancies.	Steven G Gabbe	2016 - 7 th edition	Elesuier
13	Human Embryology	Saddler	12 th edition	Langman's
14	Jeffcoat's Principles of Gynaecology	Jeffcoat	2018 – 9 th edition	Jaypee
15	Te Linde's Gynecological Surgery.	Te Linde	2015 – 11 th edition	Wolter & Kluver
16	Prasutitantra	Dr. Jayashree Patil	2014 – 1 st edition	Jayraj

TITLE OF THE COURSE: KAUMARBHRITYA

COURSE CODE – AA304

MARKS: THEORY – 100 PRACTICAL / VIVA- VOCE – 50 TOTAL - 150

HOURS: THEORY – 100 PRACTICAL – 100

GOALS

- The goal of Ayurvedic Pediatrics is to see that every child grows and develops into a healthy, happy and useful citizen.
- To promote the simple herbal medicines for the healthy growth and development of children.
- To promote the preventive measures like suvarnaprashana for improvement of child immunity and prevent malnutrition.
- The main objective is to impart the innovations in Teaching, Learning & Evaluation method to make this institute centre of excellence in the field of Ayurveda.

LEARNING OBJECTIVES

- Basic knowledge of Ayurvedic and modern pediatrics.
- Assist in performing various techniques & develop skills of NICU procedures, vaccination and other national health programmes.
- Carry out both Ayurvedic and modern clinical methods of examination of healthy and diseased newborn and children.
- Prepare and deliver the lectures on various topics of Kaumarbhritya (Ayurvedic & modern concepts) with guidance.

COURSE OUTCOMES:

- **Cognitive domain:**
Manage the pediatric patient as per principles of Ayurved & modern medicine
- **Psychomotor domain**
Promote Child health in the society according to these principles
- **Affective domain**
Perform basic Panchakarma in Pediatric patients

Sr. No.	TOPIC	DESCRIPTION	NO OF LECTURES (HOURS)	WEIGHTAGE (Marks)
Kaumarbhritya Parichaya Evum Balaka Paricharya (Introduction to Ayurvedic Pediatrics and Child Care)			100 Hours	100 Marks
PART A				50 MARKS
1	General introduction and scope of Kaumarbhritya (Ayurvedic Pediatrics)	Definitions and terminologies used in Kaumarbhritya.	2	3
2	Scientific contribution of Kashyapa Samhita in Kaumarbhritya.	Cell, cell division, nucleus, DNA, chromosomes, classification, karyotype, molecular and cytogenetics, structure of gene, and molecular Screening.	4	5
3	Vayobheda (Classification of age)	Garbha, Bala, Kumara; Kshirada, Kshirannada & Annada etc. and modern classification of childhood period.	2	5
4	Prana Pratyagamanam (Neonatal Resuscitation)	Methodology; complications and their management (Ayurvedic and modern view) Assessment of gestational age.	4	15
5	Neonatal Care (Navajata Shishu Paricharya)	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).	5	10
6	Examination of newborn (Navajata Shishu Parikshana)	Ayu-Parikshana, Modern approach to Neonatal Examination.	3	5
7	Infant feeding (Navajat Shishu Poshana)	Ayurvedic texts and modern concept; Stanya-Sampat (Properties of normal breast milk) Stanyotpatti (Physiology of lactation), Stanya Sanghatana (Composition of breast milk), Stanya Parikshana (Examination of breast milk), Stanya-Piyusha (Colostrum); Stanya-Pana-Vidhi (Techniques of breast feeding), (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.	4	10
8	Vitiation of Breast milk (Stanyadosha)	Stanya Shodhana (Purification of breast milk), Stanya Janana and Vardhanopakrama (Methods to enhance breast milk formation).	2	5
9	Garbha Vridhi Vikasa Krama	Samanya Parichaya (brief month wise development of fetus), Milestones of development during infancy and childhood including concepts of various Sanskaras.	3	5

Sr. No.	TOPIC	DESCRIPTION	NO OF LECTURES (HOURS)	WEIGHTAGE (Marks)
10	Nutrition (Poshana)	Normal requirements of nutrients and common food sources.	3	5
11	Dentition and dental care (Dantotpatti evum Danta Raksha Vidhi)	Danta-sampat (Characteristics of healthy teeth), Danta Nisheka evum Dantodbheda (Eruption of teeth), Dantodbhedjanya Vikara (Dentition disorders).	3	5
12	Vyadhikshamatva	General concepts of Bala (Immunity) and methods of Bala Vriddhi.	4	10
13	Prashan & Lehana	Indications, contra-indications, different drugs used in lehana.	2	5
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.	4	5
PART- B				50 Marks

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

1	Bala Pariksha-vidhi evum Samanya Chikitsa Siddhant.	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)	4	5
2	Aushadhi Matra Nirdharan	General Aushadhi Matra Nirdharana - for Ayurvedic and modern drugs preparations (drug doses according to age, weight and drug contents)	3	5
3	Panchkarma in Children	Specific therapeutic panchakarma procedures in children with special emphases on snehan, swedan and basti.	3	10
4	Birth injuries (Prasava Kaleen Abhigat)	Shwasavrodha (Asphyxia neonatorum), Ulbaka, Upashirshaka (Caput Succidanum and Cephalo-haematoma), Facial Paralysis, Erb's Paralysis, Bhagna (fractures).	4	10
5	Congenital disorder (Sahajavyadhi in Children)	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.	5	10
6	Genetic disorder in Children	Down syndrome, Turner Syndrome, Muscular dystrophy, Sickle-Cell Anemia, Thalassaemia, Sahaja Madhumeha (Juvenile diabetes).	4	10
7	Neonatal Disorder (Prasavottara Vyadhi)	Navajata Kamala (Neonatal Jaundice), Navajata Netrabhishyanda (Neonatal conjunctivitis), Nabhiroga (Umbilical disorders), Navajatshishu-raktavishmayata	3	5

Sr. No.	TOPIC	DESCRIPTION	NO OF LECTURES (HOURS)	WEIGHTAGE (Marks)
		(Neonatal Septicemia)		
8	Vitiated related milk disorder (Dushta-Stanyapanajanya Vyadhi)	Lactose intolerance, Kshiralasaka, Kukunaka, Ahiputana (Napkin Rashes)	2	10
9	Nutritional disorders in Children (Kuposhanajanya Vyadhi)	Karshya, Phakka, Balashosha and Parigarbhika (Protein Energy Malnutrition), Vitamin and Micro-nutrient deficiency disorders, Hyper-vitaminosis, failure to thrive.	4	5
10	Infectious Diseases in children (Aupasargika Vyadhi)	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)	5	10
11	Srotas Vikara:	<p><u>a) Pranavaha Srotas:</u> Pratishyaya (common cold), Kasa (Cough), Shwasa (Respiratory distress syndrome), Tamaka Shwasa (Bronchial Asthma), Utphulika, Swasanaka Jwara (Pneumonia/ Pneumonitis, Bronchiolitis), Gala shotha (Pharyngitis, Laryngitis), Talukantaka(Tonsillitis)</p> <p><u>b) Annavaha Srotas:</u> Ajirna (Indigestion), Atisara (Diarrhoea), Chhardi (Vomiting), Vibandha (Constipation), Mukhapaka (Stomatitis), Gudapaka (Proctitis), Parikartika (Anal fissure), Udarshula (Infantile Colic), Pravahika (Dysentery), Gudabhransha (Rectal Prolapse). Ama and its disorders like Ama vata jwara (Rheumatic fever).</p> <p><u>c) Rasavaha Srotas:</u> Jwara (Fever), Pandu (Anemia), Mridbhakshanajanya Pandu (Anemia associated with clay eating/Pica).</p> <p><u>d) Raktavaha Srotas:</u> Kamala (Jaundice), Raktapitta (Haemorrhagic disorders), Yakritodara (Hepatomegaly) and Pleehodara (Splenomegaly)</p> <p><u>e) Mamsa-Medovaha Srotas:</u> Apachi (Lymphadenitis), Galaganda (Goitre),</p>	5	15

Sr. No.	TOPIC	DESCRIPTION	NO OF LECTURES (HOURS)	WEIGHTAGE (Marks)
		Gandamala (Cervical Lymphadenopathy). f) <u>Mutravaha Srotas</u> : Shotha in Vrikka (Glomerulonephritis and Nephrotic syndrome)		
12	Miscellaneous Pediatric Disorders Anya Bala Vikara	Apasmara (Epilepsy), Akshepak (Convulsions), Nirudhaprakasha (Phimosis), Cerebral palsy.	4	5
13	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).	3	5
14	Life saving measures in children (Pran raksha vidhi)	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	5
15	Balagraha	Balagraha: General description, classification, clinical features and management.	3	5

PRACTICAL TRAINING [100 Hours]

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 FINAL PRACTICAL EXAMINATION MARKS (UNIVERSITY)
TOTAL-50 MARKS**

	Pediatric and neonatal case records [1.0 case sheets of each] -	Patient Examination (case taking)	Spotting	Viva – voce	Internal Assessment	Total Marks
Marks	10	15	05	10	10	50

REFERENCE BOOKS :-

Sr. No.	Name of the Book	Author	Edition	Publication
1	Kashyapa Samhita Complete Hindi translation	Prof. Premvati Tiwari	1/1/2008	Satyapal Vidhyalankara English translation
2	Principles & practice of Pediatrics in Ayurveda	Dr. C H S Shastry	1 st edition 1/1/2015	Chaukhamba Varanasi
3	Child Health Care in Ayurveda	Prof. Abhimanyu Kumar	1 st edition 1994	-
4	Ayurvedic Concepts of human Embryology:	Prof. Abhimanyu Kumar	2017	Chaukhamba Sanskrit Pratishtan
5.	Kaumarbhritya	Prof. D.N. Mishra	2 nd edition 2008	-
6	Kaumarbhritya Ke Antargata Balgraho Ka Kramika Evam Vaigyanika Adhyana	Prof. Chanchal Sharma	-	-
7	Notes on Kaumarbhritya	Dr. Dinesh K S	2020	Chaukhamba
8	Pran - Pratyaganam	Dr. B.M. Singh	1 st edition	Chaukhamba Orientalia Varanasi
9	Ayurveda Dwara Matra Evam Shishu Paricharya	Dr. K S Patel, V. K. Kori & Raigopal	-	-
10	Kaumarbhritya related references from Charaka Samhita, Sushruta Samhita Vagbhata etc.	-	-	-
11	Clinical Methods in Paediatrics	Meharban Singh	5 th edition 2019	CBC Publication
12	Pediatrics Emergencies	Meharban Singh	5 th edition 2016	Sagar Publication
13	Essential Pediatrics	O.P. Ghai	9 th edition 2019	CBS Publisher
14	Text Book of Pediatrics	Nelson	21 st edition 19/04/2019	Elsevier IE (Short Disc)
15	Care of New Born	Meharban Singh	8 th edition 2017	
16	Panchakarma in Pediatrics	Dr. Yogita Srivas	-	

TITLE OF THE COURSE: CHARAK SAMHITA UTTARARDHA

COURSE CODE:-AA305

MARKS: THEORY -100 PRACTICAL / VIVA-VOCE – 50 TOTAL – 150

HOURS: 200

GOAL-

- To explore the profound knowledge & basic principles in the Ayurvedic treatment from Charaka Samhita.
- To propagate & to advocate the fundamental principles and techniques of Ayurveda for healthy & unhealthy conditions of human body.

LEARNING OBJECTIVES

At the end of the course, student will be able to

1. Comprehend both prakruti & vikruti with the help of siddhantas, dosha sthiti and vyadhi avastha in every individual.
2. Student will have comprehensive knowledge of various diseases and their management along with Panchakarma procedures.

COURSE OUTCOME

At the end of the course, student will -

- **COGNITIVE DOMAIN**
 - a) Express comprehensive knowledge of Rasayan and Vajikaran from preventive and curative aspect.
 - b) Diagnose (nidan) and manage (chikitsa) of various diseases on the basis of ayurvedic principles.
 - c) Select Panchakarma procedures according to diseases.
 - d) Select the formulation/drug and upakrama (procedure) according to vyadhi and rugnaavastha.
- **PSYCHOMOTOR DOMAIN**

Prepare medicines of panchakarma – preparation of kashaya kalpanas and various formulations
- **AFFECTIVE DOMAIN**

Practice ethical and proper Ayurvedic treatment.

Sr. No.	STHANA	TOPIC	DESCRIPTION	NO OF LECTURES (HOURS)	WEIGHTAGE (MARKS)
1	Chikitsasthana	Adhyaya-1	Rasayana Adhyaya- concept of Rasayana and its kalpas	6	30
		Adhyaya 2	Vajikarana Adhyaya – Concept of vajikarana and it's kalpas	6	

Sr. No.	STHANA	TOPIC	DESCRIPTION	NO OF LECTURES (HOURS)	WEIGHTAGE (MARKS)
		Adhyaya 3	Jwara Chikitsa – Jwara Hetu, Lakshana , sadhya- Asadhya lakshana, Treatment	7	
		Adhyaya 4	Raktapitta Chikitsa Hetu,Lakshana , sadhya-Asadhya lakshana, Treatment	5	
		Adhyaya 5	Gulma Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	5	
		Adhyaya 6	Prameha Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	5	
		Adhyaya 7	Kushtha Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	5	
		Adhyaya 8	Rajyakshma Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	5	
		Adhyaya 9	Unmad Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	5	
		Adhyaya 10	Apasmar Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	4	
		Adhyaya 11	Kshataksheena Chikitsa Hetu, Lakshana, sadhya-Asadhya lakshana, Treatment	3	
		Adhyaya 12	Shotha Chikitsa Hetu, Lakshana , sadhya - Asadhya lakshana, Treatment	3	
		Adhyaya 13	Udar Chikitsa Hetu, Lakshana , sadhya- Asadhya lakshana, Treatment	4	
		Adhyaya 14	Arsha Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	3	
		Adhyaya 15	Grahani Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	5	
		Adhyaya 16	Pandu Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	4	
		Adhyaya 17	Hikka Shwasa Chikitsa Hetu,Lakshana , sadhya-Asadhya lakshana, Treatment	4	
		Adhyaya 18	Kasa Chikitsa Hetu,Lakshana , sadhya-Asadhya lakshana, Treatment	3	
		Adhyaya 19	Atisara Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	3	

Sr. No.	STHANA	TOPIC	DESCRIPTION	NO OF LECTURES (HOURS)	WEIGHTAGE (MARKS)
		Adhyaya 20	Chhardi Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	3	
		Adhyaya 21	Visarpa Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	4	
		Adhyaya 22	Trushna Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	4	
		Adhyaya 23	Visha Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	4	
		Adhyaya 24	Madatyaya Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	4	
		Adhyaya 25	Dvivraneeya Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	4	
		Adhyaya 26	Trimarmiya Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	5	
		Adhyaya 27	Urusthambha Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	4	
		Adhyaya 28	Vaatavyadhi Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	4	
		Adhyaya 29	Vatarakta Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	4	
		Adhyaya 30	Yonivyapad Chikitsa Hetu, Lakshana , sadhya-Asadhya lakshana, Treatment	4	
	Kalpasthanana	Vaman Kalpa Adhyaya 1-6	Madanaphala ,Jimutaka, Ikshvaku, Dhamargava, Vatsaka, Krutavedhana, -Details of these Vaman Drugs -synonyms, Qualities and their Kalpas	12	8
		Virechana Kalpa Adhyaya 7-12	Shyamatrivruta, Chaturangula, Tilvaka, Sudha, Saptala Shankhini, Danti Dravanti Details of these virechana drugs -synonyms ,Qualities and their Kalpas	12	7
3	Siddhi Sthana	Adhyaya 1	Kalpanasiddhi- concept of all panchakarmavidhis , kala of panchakarma, vidhi, their effects on patients	4	13
		Adhyaya 2	Panchakarmiya siddhi- arha-anarha of panchakarma	4	

Sr. No.	STHANA	TOPIC	DESCRIPTION	NO OF LECTURES (HOURS)	WEIGHTAGE (MARKS)	
		Adhyaya 3	Bastisutriya Siddhi- concept of Basti, types, vidhi, effect	3	12	
		Adhyaya 4	Snehavyapadiki Siddhi-Vyapad of Anuvasana Basti-cause – effect -treatment	3		
		Adhyaya 5	Netrabasti vyapadiki Siddhi-vyapad of Bastinetra, Bastiputaka, Data – their effect	3		
		Adhyaya 6	Vamana Virechanavyapad Siddhi –Vyapad of vaman – Virechana –their cause-effect -- treatment	4		
		Adhyaya 7	Bastivyapad Siddhi-vyapad of niruha Bastivyapad –Cause – effect -Treatment	3		
		Adhyaya 8	Prasutyogika Siddhi- Different combinations of Basti	3		
		Adhyaya 9	Trimarmiyasiddhi- Trimarma-their Diseases and applied pamchakarma	3		
		Adhyaya 10	Bastisiddhi- Applied concept of Panchakarmas	3		
		Adhyaya 11	Phalamatra bastisiddhi-different kinds of basti applied to other animal	2		
		Adhyaya12	Uttarbasti Siddhi- Concept of Uttarbasti	2		
		Practical	Clinical Case Study	10		10

PRACTICAL TRAINING

- Student has to take minimum 10 cases from IPD of institute.
- Special case Proforma will be provided by department

DISTRIBUTION OF FINAL PRACTICAL EXAMINATION MARKS (UNIVERSITY) TOTAL-50 MARKS

	Oral	Shlokawali	Compilation	Samhita based Case taking	Internal Assessment	Total Marks
Marks	15	5	10	10	10	50

REFERENCE BOOKS :

Sr. No.	Name of the Book	Author	Edition	Publication
1	Charak Samhita Vidyotinitika -Hindi	Kashinath Shastri	1992	Chaukhamba Bharati Acedemy, Varanasi
2	CharakSamhita- English	R.K.Sharma & Bhagwan Das	2018	Chaukhamba Samskrit Series office Varanasi
3	The legacy of Charak-English	R.H. Singh	-	Chaukhamba Bharati Acedemy, Varanasi
4	Charak Samhita- Hindi	Kashinath Shastri/ Gorakhnath Chaturvedi	2003	Oriented Longman Pvt. Ltd. Chennai-02
5	CharakSamhita- Hindi	BramhanandTripathi	2015	Chaukhamba Bharati Prakashan, Varanasi
6	Charak Samhita–Hindi	Dr.Lakxmidhar D. vivedi & Dr.B.K.Dvivedi	2008 Reprint	Chaukhamba Bharati Acedemy, Varanasi
7	Charak Samhita-Sanskrit	Kaviraj Yogindranath Sen	-	Chaukhamba Vidyabhavan Varanasi
8	Charak Samhita-Hindi	Vd.Harishchandra Singh Kushvaha	2012 Reprint	Chaukhamba orientalia Varanasi
9	Charak Samhita- Marathi	Prof.Vd.Moreshwar Vaidya	1999	Vaibhav Prakashan
10	Charak Samhita with Commentary by Chakrapani	Yadavaji Trikamaji Acharya	2015	Chaukhamba Surbharati Prakashan, Varanasi

Subject- Charak Samhita (Uttarardha)
CASE PAPER FORM

- Name of Patient-
 - Age -
 - Sex-
 - Address-
 - Occupation -
 - Date -
-

Present complaints-

Previous History –

Family History

Diet History

- Appetite – good/not good/fluctuate
- Timings of meals are regular? Yes/No
- How often timing get delayed?
- How often lunch/dinner is skipped?
- You are hungry while lunch/dinner?
- Eating between above mentioned timings?
- Most frequently used Rasas (Taste)-

Activities

1. **Exercise** – Yes/No. Details –

2. **Bathing** – Regular/Irregular cold water/hot water overhead – cold water/hot water

3. **Work details** –

4. **Working hrs** –

5. **Nature of work** – sedentary/intellectual/stressful/AC/shift duties/computer

6. **Travelling** - kms/day

7. **Suppression of urges:**

Hunger/thirst/motions/urination/gases/sneeze/cough/vomiting/sleep/crying/exertional breathing

8. **Bowel Habits:** Motions - / day

Clear/Not clear constipation/solid/semisolid Urge

Only after – tea/coffee/tobacco/smoking? With/Without force

9. **Micturation:** Urination – /day

Nature – clear/dark yellow/viscous/hazy /night

Other symptoms like – burning/pain/dribbling etc.

10. **Sweating:** In all seasons/only in summer/only after exercise

Smell – foul smell/not Yellow spots on wears – yes/not

11. **Menstrual history** : Menarche /Menopause – / Regular/Irregular Cycle - days
Menses - days pads - clots – present/absent Spots – easily washable/not Any other
complaints during menses –

12. **Sleep**: Timings - Regular/Irregular
Sound sleep/Disturbed
Feeling of freshness after waking – Yes/ No Dreams –
Day sleeping - Hrs

13. **Habits**: Smoking/Alcohol/Tobacco/Paan/any other –

Examination:

Nadi – BP -
Koshtha - Akrti –
Prakruti - Jihwa –
Shabda – Sparsh –
Agni - Saar –
Samhanana - Sattva –
Bala -

- **Nidan** –
 - Dosha with prakara -
 - Qualities of Vitiated Dosha –
 - Dhatu-
 - Mala–
- **Dushta Strotas Parikshana** (strotas naam-sthana-lakshana) –

Nidan Panchaka –

Hetu –
Purvaroop –
Roopa –
Upashaya/Anupashaya –
Samprapti -

Vyadhi Vinishchaya–

Chikitsa Sutra/ Siddhanta-

Chikitsa-

1. **Aushadha /kalpa –with matra and anupana**
2. **Panchakarma-**
3. **Advice –(Pathya –Apathya)**
