

11. KAYACHIKITSA

**Theory- 400 Marks (100 Each)
Practical and Viva-Voce - 100 Marks**

PAPER- I

100 Marks

FUNDAMENTALS OF KAYACHIKITSA

1. Rogi-Roga Pariksha: Nidan Panchak, Trividha pariksha, Ashtavidhapariksha, Dashvidhapariksha in the light of recent advances. Clinical methods-Detailed history taking and patient examination, Shadang pariksha (Systemic examination) as per ayurveda and recent advances.
2. Interpretation of investigations: ECG, Echo cardiography, TMT, Spirometry, X-ray, USG, CT-Scan, MRI, EEG, EMG, Etc in different pathological conditions.
3. Detailed Knowledge of Principles of Chikitsa in Ayurveda. Classification of Rogas, Types of Chikitsa. Principles and practices of Rasayana and Vajikarna.
4. National Health Programmes/NRHM and prospective role of Ayurveda services and therapeutics in them with special reference to Kayachikitsa.
5. Medical ethics, Common laws and regulations applicable to clinical practice.
6. Elaborate knowledge of undertaking common medical procedures like Ryle's tube feeding, tapping, transfusions, catheterization, tractions, nebulizations, lumbar puncture, etc.
7. Ayurveda Dietetics: Importance of Pathya, Apathya and Anupana.
8. Drug-drug interactions and adverse drug reactions, Iatrogenic disorders.

PAPER - II

100 Marks

SAMANYA ROGA CHIKITSA

Nidana/ Chikitsa including Nidana Parivarjana, Pathya, Apathaya, Chikitsa siddhanta, Shamana, Shodhana, Panchakarma, Rasayana and Atyayika Chikitsa (Anupana, Drug/Non-drug) as per Ayurvedic and conventional therapeutics of following Srotogata vyadhi including Kshaya, Vriddhi srotodushti janya vyadis such as:

1. Pranavahasrotas: Shwasa, Hikka, Kasa, Rajayakshma, Hridroga, Parshwashoola, Urakhshata, Svarabheda.
Cardio-respiratory system: Bronchitis, Bronchiectasis, Bronchial asthma, COPD, Cor-pulmonale, Pneumonias, Occupational lung diseases, Pulmonary tuberculosis, Congenital Heart disorders, IHD, RHD- Valvular diseases, Cardiac failures, Cardiomyopathy, Pericarditis, Endocarditis, Hypertension.
2. Annavaahasrotas: Agnimandya, Ajirna, Aruchi, Amadosha, Amlapitta, Chhardi, Shoola, Grahani. Gastrointestinal disorders: GERD, APD, Malabsorption Syndrome.
3. Udakavaahasrotas: Trishna, Shotha, Udararoga, water and electrolyte imbalance
4. Rasavaha srotas: Jwara, Amavata, Pandu, Madatyaya, Anaemias, Rheumatoid arthritis.
5. Raktavaha Srotas: Raktapitta, Kamala, Vatarakta, Kushtha, Kshudraroga, Sheetpitta, Udarda, Kotha, Visarpa, Shvitra. Haemopoietic disorders, Bleeding and Coagulation disorders, Leukaemias, Thrombocytopenia, Disorders of Bone Marrow, Hepatobiliary disorders, Hepatitis, Cirrhosis, Cholecystitis, Liver abscess, Jaundice, Dermatological disorders, Parasitic, Infective, Allergic, Autoimmune skin disorders such as Psoriasis, Eczemas.
6. Mamsa-Medovahasrotas: Medoroga, Sthaulya, Prameha, Galaganda, Gandamala, Urustambha, Diabetes mellitus, Obesity.
7. Asthi-Majja vahasrotas: Asthikshaya, Sandhigatavata, Osteoarthritis, Osteopenia, Osteoporosis.
8. Shukravahasrotas: Such as Klaivya, Dwajabhanga, Impotence.
9. Mutravahasrotas: Mutrakricchra, Mutraghata, Ashmari, Urinary disorders: UTI, Lithiasis, ARF, CRF, Uraemia, BPH.
10. Purishvaha srotas: Atisara, Pravahika, Anaha, Adhamana, Krimi, Udavarta, Diarrhoeas, Dysentery, Ulcerative colitis, IBS, Intestinal Worm infestation.

VISHISHTA ROGA CHIKITSA

Comprehensive knowledge of Nidan Panchak- etiology, demography, pathogenesis, symptomatology, complications, investigations, diagnosis and drug/non-drug management of following diseases as per Ayurveda/ Conventional therapeutics:

1. Vata-Vyadhi:- Pakshavadha, Ekangvata Ardhanga Vata, Sarvanga Vata, Ananta Vata, Gata Vata, Gridhrasi, Ardita, Akshepaka, Apatantraka, , Vishvachi, Avabahuka, Avarana, Urustambha.
Musculoskeletal disorders: Myopathies, Muscular dystrophies, Lumbago
Neurological disorders: Neurodegenerative disorders like Alzheimer's, Parkinsonism, CVA, Neuropathies, Facial palsy, G B Syndrome, Motor Neuron Diseases, Epilepsy, Sciatica.
2. Sankramakroga: Sheetala, Masoorika, Updansha, Phiranga, Gonorrhoea, Chancroids, Syphilis.
3. Manasa vyadhi:- Unmada, Apasmara, Atatvabhinivesha, Mada, Moorcha, Sanyasa.
Common psychiatric disorders: Classification of psychiatric ailments. Disorders of thought like Schizophrenia. Disorders of Mood like Mania, Depression. Neurosis, personality disorders, psychosexual disorders.
4. Metabolic disorders: Gout, Dyslipidaemia, Atherosclerosis, Metabolic Syndrome.
5. Endocrinal disorders: Disorders of Pituitary, Thyroid, Adrenal Medulla, Reproductive hormones.
6. Parasitic/Infective/Communicable disorders: Shlipada, Filariasis, Vishama Jvara, Malaria, Manthara Jwara, Enteric Fever, Dengue, Chickenpox, Measles, Influenza, Kalaazar, Mumps, Rabies, Poliomyelitis, Plague, Meningitis, Encephalitis, Chikungunya, HIV/AIDS, Common worm infestations.
7. Neoplastic disorders and their management strategies. Role of Ayurvedic medicines in cancer care including palliative care.
8. Autoimmune diseases: Myopathies, Rheumatic fever, SLE.
9. Common poisonings and their management like Insecticide/Pesticide poisoning, Snake poisoning, Vegetable and chemical poisoning, Substance abuse.
10. Janapadodhvamsa Vikara:- Environmental diseases Causes, impact on human health and their management.
11. Ashtonindhataya Prusha and their clinical relevance.

ADVANCES IN KAYACHIKITSA

Critical care medicine, Management of medical emergencies, ICU services, Field medical services

1. Hospital management strategies, Infrastructure, use of IT technology, essential manpower, equipment, Patient care, management and coordination with contemporary health institutions and field institutions.
2. National Health Campaigns of AYUSH and components under NRHM.
3. Clinical Research in Kayachikitsa and its application in clinical medicine as per new evidence base in different systemic disorders.
4. New emerging health challenges and ayurvedic medicines: Chikungunya, HIV/AIDS, Swineflu, Chickenflu, Dengue, Restless leg syndrome, Sick building syndrome, Fibromyalgia.
5. Role of Ayurveda in immune-protection, immuno-modulation and in management of other allergies and immunological disorders.
6. Indications and importance of Organ transplantation, Ethical and legal issues involved.
7. Knowledge of Geriatric care and terminal care medicine.
8. Basic knowledge of Gene therapy, Stem cell therapy, Genetic modeling and chromosomal disorders in different disease conditions.

9. Radio-isotopes, disease and tumor markers in diagnosis and assessment of therapy.
10. Scope and methods of independent and collaborative research in Kayachikitsa.
11. Disaster management strategies.
12. Application of advances in Rasayana and Vajikarana therapies
13. Application of emerging trends in Panchakarma in medical management.
14. Physical medication and rehabilitation.

PRACTICALS -

100 Marks

Practicals shall be held to evaluate the patient care, diagnostic and treatment expertise of the student. It should also be taken as a chance to evaluate the clinical skills.

Publication of One Scientific paper based on Thesis Research preferably in indexed journal is essential. Should have taken minimum 20 Theory and Practical classes of BAMS in concerned subject.

Clinical Ability Evaluation-60 Marks based on

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| 1. Case records of 40 IPD Patients in Detail | 10 Marks |
| 2. Long case History-1: | 20 Marks |
| 3. Short Case history-1 : | 10 Marks |
| 4. Medical procedures demonstration | 20 Marks. |
| 5. Academic Competence evaluation- 40 Marks based on: | |
| a. Viva | 30 Marks. |
| b. Teaching and communication skills/ Thesis presentation in PPT /: | 10 Marks. |

Reference Books:

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| 1. Relevant portions of Brihatrayi and Laghutrayi with commentaries | |
| 2. Cikitsadarsha | - Pandit Rajeshvar Dutta Shastri |
| 3. Kayachikitsa | - Ramaraksha Pathak |
| 4. Rog Pariksha Vidhi | - Priyavrat Sharma |
| 5. Panchakarma Vigyan | - Haridas Sridhar Kasture |
| 6. Ayurvediya Nidana- Chikitsa Siddhanta | - Prof. R.H.Singh. |
| 7. Kayachikitsa Vol. 1 and 2 | - Prof. R.H.Singh. |
| 8. The Holistic Principles of Ayurvedic Medicine | - Prof. R.H.Singh. |
| 9. Essentials of Kayachikitsa -II, Vol. 1 | - Dr. Aruna |
| 10. Kayachikitsa Vol. I-IV. | - Prof. Ajay Kumar |
| 11. Panchakarma Therapy | - Prof.R.H.Singh |
| 12. Panchakarma Illustrated | - Prof.G.Shrinivasa Acharya |
| 13. Practice of Ayurvedic Medicine(Kayachikitsa) | - Prof.A.K.Tripathi |
| 14. Nidanachikitsa Hastamalaka | - Prof. R.R.Desai |
| 15. Clinical Methods in Ayurveda | - Prof. K.R. Srikantamurthy |
| 16. Aushadhi Gunadharna Shastra | - Gangadhar shastri Gune |
| 17. Introduction to Kayachikitsa | - Prof. C. Dwarakanath |
| 18. Samprapti lakshnanayoh Sambandhah | - Prof.Sadashiv Sharma |
| 19. Nidana Panchak | - Prof.S.C.Dhyani |
| 20. Kayachikitsa | - Prof.S.C.Dhyani |
| 21. Davidson's Principles and Practice of Medicine. | |
| 22. API Text Book of Medicine. | |
| 23. Harrison's Text Book of Medicine. | |
| 24. Cecil Text Book of Medicine. | |
| 25. Relevant texts of concerned subjects. | |

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