

IV. Syllabus for the post of Medical Officer AYUSH (Ayurveda)

Part I : Basic principles of Ayurveda, Swasthavritha, Panchakarma.

Basic Principles of Ayurveda-

Guna&karma of doshas-five types of doshas-lakshanas of vridhi and kshaya of doshas, dhauts and malas-concept of ama-symptomology samadoshas-treatment principles of samadoshasdoshopakramaneeya (treatment principles of vata, pitha and kapha) -dvididhopakramneeyadefinition and symptomology of karshya and staulya-treatment principles and relevant yogas-

Principles of dravyagunavijnana-concept of rasa- guna-virya-vipaka-prabhava- their utility in chikitsa- Theory of Panchabhutas- its clinical application.

Svathavritha

Importance of dinacharya- benefits, procedure and contraindications of dantadhavanaabhyanga- snana-vyayama-ahara-maidhuna-nidra -importance sadvritha-ritucharya- ahara and its importance-yogasanas employed for various diseases-nutrition and nutritional deficiencies.

Panchakarma

Importance of panchakarma-arhanarhata, administration, samyakyoga, heenayoga, atiyoga of

snehana, svedana, varnana, virechana, nasya, niruha, anuvasana and utharavasti- types of each of these modalities- vyapath and their management-therapeutic use of gandusha, dhuma, kabala, aschyodana, anjana and putapka-different modalities of murdhataila and their indications, procedure and samyakyoga- various yogas used in panchakarma.

Part II :Nidana and Kaya Chikitsa

Nidana&Kayachikitsa- Nidana-purvarupa-lakshanasamucchaya-samprapti-chikitsatva and vyadhyavasta based chikitsa of jvara, raktapitha, kasa, svasa, rajayakshma, cchardi, hridroga, trishna, atisara, grahani, mutraghata, prameha, gulma, udara, panduroga, sopha, visarpa, kushta, svitra, krimi,vatavyadhi,vatasonitha, unmada and apasmara - common signs and symptoms and their interpretation-Diagnosis and Ayurvedic treatment of current epidemic fevers- Normal values and interpretation of blood routine examination- blood examination for liver function-renal function-thyroid function -ECG in clinical practice-

Part III :Yogaparichaya, Agathatantra, Salyatantra

Yogaparichaya - indications, composition and prakarana mentioned of following compound

drugs-kashayas-shadanga, drakshadi, vyaghryadi, trayantyadi, saharadi.amritotharam,

bharngyadi, chiruvilvkadi, elakanadi. dasamulakatutrayam, ashtavargam, prasaranyadi,

dhanadanayanadi, rasnerandadi,. gandharvahastadi, rasonadi, saptasaram, nisakatakadi,

brihatyadi, punarnavadi, manjishatadi, nayaopayam, rasnasaptakam,

rasnapanchakam, various ganas mentioned in Ashtangahridayasutrastana 15th Chapter- Ghritaspippalyadi, vrishaghrita, shadpala, rasnadi, dhanvatnara, sukumara, tiktaka, mahatiktaka, vajraka, guggulutiktaka, indukantha, dadimadi, misrakasneha, brahmighrita, Kalyanaka, panchagavya-Lehyas- agastyarasyana, amritaprasa, kushmandarasayana, drakshadi, dasamulahareethaki, manibhadragula, kalyanakagula- Churnas-taleesadi, taleesapatradi, kalyanakshara,

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ashtachurna, hinguvachadi, vaisvanara, navayasa, narayana, shaddharana, avalgubabeejadi, avipathi, dadimashtakam, Tailas- saharadi, bhelatailam, balatailam, ksheerabala, pindataila, madhuyashtyadi, pinyakatalam, pippalyadi, Gutikas- patupanchakadi, saptasama, manduravatakam, Arishtas-takrarishta, abhayarishtam, ayaskriti. lodhrasavam, madhukasavam, gomutrasavam.

Agadatantra-identification savishadamsha- first aid for sarpadamsha-concept of dushivisha,

gara and their management-vishasankata-pathyaapathya in visha-stavaravisha-pratyoushadhas forstavatavisha-indications and composition of vilvadigutika-dushivisharigutikadashangaagada- neelidaladikashaya-nileetulasyadikashaya-sigrupunarvadichurna-eladichurnalodhradi- -padmaka,champaka-agada.

Salyatantra- marmas and their classification- indications, modalities, procedure, samyakyoga,

vyapath(with management)of raktamoksha- nidanapanchaka and treatment of vridhhi, vidradhi, arshas, asmari, sadyovrina and dushtavrina (with their possible correlations in Western Medicine)- principles of wound healing-burns, boil, abscess, carbuncle, cellulitis, erysipelas and their management- indications and composition of guggulupanchapala, murivenna, nagaradilepa.

Part IV :Kaumarabhritya, Prasoothitantra, Rasayana&

Vajeekarma, Salakyatantra

Kaumarabhritya-importance of stanya-stanyadushti and its management-medhakarayogas for

sisu-principles of treatment in children-kumarasosha and its treatment-talukantaka-physical and mental mile stones- common developmental anomalies in children- lakshaditaila- rajanyadi churna.

Prasutitantra-garbhinicharya- kshirapaka for each month-sutikaacharya-phalasarpushyanugachurna- variousyonivyapaths and their management-diagnosis of preganacy- ante natal care-vomiting in pregnancy- haemorrhage in pregnancy-hypertension, anemia, pre eclampsia, eclampsia during pregnancy-dysfunctional uterine bleeding- infertility, endometriosis, amenorrhoes, perimenopausal syndrome, pre menopausal syndromes, fibroids adenomyosis of uterus and overy-common obstetrical and gynecological diseases.

Rasayana&Vajeekarana- importance of rasayana-types- purvakarmas-compound drugs in

rasayana (as per Ashtangahridya) and their indications-use of tipahala, chitraka, bhallathaka,

tuvaraka, pippali, somaraji, lashuna, silajathu, haritaki, asvagandha, tila and punarnava as

rasayana-medhyarasayanas-achararasayana- indications of brahmarasayana, chyavanaprasam,

abhayamalakarasyana, narasimharasyana-definition and benefits of vajeekarana-definition of vrishyadravyas- single drugs and diet in vajeekarana-vajeekarana recipes- interpretation of semen analysis-male infertility.

Salakyatantra- nidanalakshanasamucchayasamprapichikitsatva and treatment of different

vartmaroga, timira, linganasa, karnarogas, nasarogas, mukharogas and sirorogas-common

compound and single drugs used in salakyatantra.

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