

## **PHD Kayachikitsa Syllabus**

### **A) Fundamental of Kayachikitsa**

**Marks- 10**

- 1. Rogi-Roga Pariksha:** Nidan Panchak Trividha pariksha Asthavidha pariksha, Dashvidha pariksha in the light of recent advances, Clinical methods – Detailed history taking and patient examination, Systemic examination as per Ayurveda and recent advances.
- 2. Principles of Chikitsa in Ayurveda:** Detailed Knowledge of Principal of Chikitsa in Ayurveda types of chikitsa principal and practices of Rasayana and Vajikaran, application of emerging trends in Panchakarma in medical management
- 3. Interpretation of common investigations:** ECG, Echo cardiography, TMT, Spirometry, X-ray, USG, CT-Scan, MRI, EEG, in different pathological conditions.
- 4. Common medical procedures:** Elaborate knowledge of undertaking common medical procedures like Ryle's tube feeding, typing, transfusions, catheterization and tractions.
- 5. Ayurveda Dietetics:** importance of Pathya, Apathya and Anupana.

### **B) National Health Programme, Medical ethics and Drug-drug interactions**

**Marks- 10**

- 1. Malaria, Leprosy, Tuberculosis, AIDS, Filariasis, Kala Azar – National Health Programme and prospective role of Ayurveda services and therapeutics in them.**
- 2. Common laws and regulations:** Medical ethics, Common laws and regulations application applicable to clinical practice.
- 3. Drug-drug interaction and adverse drug reaction, iatrogenic disorders.**

### C) Samanya Roga Chikitsa

Marks- 10

Nidana/ Chikitsa including Nidana Parivarjana, Pathya, Apathaya, Chikitsa siddanta, Shamana, Shodhana, Panchakarma, Rasayana and Atyayika Chikitsa (Anupana, Drug/Non-drug) as per Ayurvedic and conventional therapeutics of following Srotogatavyadhi:

**1. Pranavahasrotas:** Shwasa, Hikka, Kasa, Rajayakshama, Hridroga, Parshwasoola, Urakshata, Svaranheda

Cardio-respiratory system: Bronchitis, Bronchiectasis, asthma, COPD, Cor-pulmonale, Pneumonias, Occupational lung diseases Pulmonary tuberculosis, Congenital Heart diseases, Cardiac failures, Cardiomyopathy, Pericarditis, Endocarditis, Hypertension,

**2. Annavahasrotas:** Agnimandya, Ajirna, Aruchi, Amadosha, Amalpitta, Chhardhi, Shoola, Grahani.

Gastrointestinal disorders: GERD, APD, Malabsorption Syndrome,

**3. Udakavahasrotas:** Trishna, Shotha, Udararoga, water and electrolyte imbalance

**4. Rasavahasrotas:** Jwara , Amavata, Pandu, Madatyaya, Anaemias, Rheumatoid arthritis, Substance abuse disorders.

**5. RaktavahaSrotas:** Rakatapitta, Kamala, Vatarakta, Kshudraroga, Kshudraroga, Sheetapitta, Udarda, Kotha, Visarapa, Haemopoietic disorders, Bleeding and Coagulation disorders, Parasitic Hepatitis, Cirrhosis, Liver abscess, Jaundice, Dermatological disorders, Parasitic , Infective, Allergic, Autoimmune skin disorders, Eczemas.

**6. Mamsa- Medovahasrotas:** Medoroga, Sthaulya, Prameha, Galaganda, Gandamala, Urustambha, Diabetes mellitus, over weight.

**7. Asthi- Majihavahasrotas:** Asthikshaya, Sandhigatavata, Osteoarthritis, Osteonia

**8. Shukravahasrotas:** Such as Kalibya, Dwajabhanga, Impotence

**9. Mutravahasrotas:** Mutrakricchra, Mutraghata, Ashmari, Adhamana, Krimi, Urinari disorders: UTI lithiasis, ARF, CRF, Uraemia, BPH.

**10. Purishvahasritas:** Atisara, Pravahika , Anaha, Adhamana, Krimi, Udavarta, Enteritis, Dysenteries, Ulcerative colitis, IBS, Worm infection.

#### **D) Vishishata Roga Chikitsa**

**Marks- 10**

Comprehensive Knowledge of etiology demography pathogenesis, symptomatology, complications, investigation, diagnosis, and drug/non-drug management of following diseases as per Ayurveda/Conventional therapeutics:

**1. Vata- Vyadhi** - Pakshavadha, Adharanga, Vata, Sarvanga Vata, Ananta Vata, Gata Vata, Gridhrasi, Ardita, Akshepaka, Apatantraka, Ekangvata, Vishvanchi, Avabahuka, Avarana.

Musculoskeletal disorders: Myopathies GB Syndrome Muscular dystrophies, Lumbago Neurological disorder Neurodegenerative disorders like Alzeihmer Paekinonism , CVA, Neuropathies, Facial palsy, Motor Neuron Diseases, Epilepsy Sciatica.

**2. Sankramakroga:** Sheetala, Masoorika, Updansha, Phiranga, Gonorrhea, Chancroids, Syphils

**3. Manasa vyadhi:** Unmada, Apasmara, Atatvaviniesha, Mada, Moorchha, Sanyasa. Common psychiatric disorders: Classification of psychiatric ailment. Disorder of thought like Schizophrenia. Disorder of Mood like Mania Depression Neurosis, Reprsonality disorders, psychosexual disorders.

**4. Metabolic disorder:** Gout, Dyslipidaemia , Atherosclerosis, Obesity.

**5. Endocrinal disorder:** Disorders of Pituitary, Thyroid, Adrenal Medulla, Reproductive hormones.

**6. Parastic/Infective/Communicable disorders:** Shipada, Filariasis, VishamaJvara, Malaria, Manthara Jwara , Enteric Fever Dengue, Chickenpox, Measles, Influenza, Kalaazar, Mumps, Rabies, Poliomyelitis, Plague, Meningitis, Encephalitis, Chickungunya, HIV/AIDS, Common worm infestations.

**7. Common neoplastic disorder** and their management strategies. Role of Ayurveda medicines in cancer care including palliative care.

**8. Autommune diseases:** Myopathies, Rheumatic fever, SLE.

**9. Common poisonings and their management:** Insecticide/Pesticide poisoning, Snake poisoning, Vegetable and chemical poisoning.

**10. Janapadodhvamsa Vikara:** Environmental diseases and their management Disaster management strategies.

#### **E) Advances in Kayachikitsa**

**Marks- 10**

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

#### **1. Hospital management strategies of AYUSH and components under NRHM:**

Infrastructure use of IT technology essential manpower, equipment, Patient care management and coordination with contemporary health institution and field institutions. National Health Campaigns of AYUSH AND components under NRHM.

**2. Clinical Research in Kayachikitsa and its application:** Clinical medicine as per new evidence base in different systemic disorders. Role of Ayurveda in immune-protection, immune- modulation

**3. New emerging health challenges and Ayurvedic medicines:** Chikungunya, HIV/AIDs, Swineflu, Chickenflu, Dengue, Restless leg syndrome, Sick building syndrome, Fibromyalgia.

**4. Organ transplantation:** Indication and importance of Organ transplantation, Ethical and legal issues involved.

**5. Geriatric Care and Radio-isotopes:** Knowledge of Geriatric care and terminal care medicine. Radio-isotopes, disease and tumor in diagnosis and assessment of therapy.

**6. Rasayan :** Different type of Rasayan and its mode of action clinically.

**7. Vajikaran :** Classification and importance of Vajikaran practices.

**8. Indriypradoshaja:** Senory and Cranical never disorders.

**9. Gene therapy:** Basic knowledge of Gene therapy, Stem cell therapy, Genetic modeling and chromosomal disorders in different disease conditions.

**10. Rehabilitation:** Physical medication and rehabilitation.