

**ANDHRA PRADESH PUBLIC SERVICE COMMISSION: VIJAYAWADA**

**NOTIFICATION NO. 08/2021, Dt.24/09/2021**

**DIRECT RECRUITMENT TO THE POST OF MEDICAL OFFICER (AYURVEDA) IN AYUSH DEPARTMENT**

**(GENERAL/ LIMITED RECRUITMENT)**

**PARA – 1:**

- 1.1. Applications are invited online for recruitment to the post of Medical Officers(Ayurveda) In Ayush Department for a total of 72 vacancies (59 Fresh + 13 Carry Forward) in the scale of pay of Rs.37,100/- to 91,450/- within the age group of 18 - 42 years as on 01.07.2021.
- 1.2. The proforma application will be available on Commission's Website <https://psc.ap.gov.in> **from 04/10/2021 to 25/10/2021** (Note: **24/10/2021** is the last date for payment of fee upto 11:59 mid night).
- 1.3. The applicant who desires to apply for the above post shall login the Commission's Website, with his/her registered OTPR number. In case the candidate is applying for the first time to the posts notified by A.P.P.S.C. he/she shall register his/her bio-data particulars through One Time Profile Registration (OTPR) on the Commission's Website viz., <https://psc.ap.gov.in> Once applicant registers his/her particulars, a user ID is generated and sent to his/her registered mobile number and email ID.
- 1.4. The selection to the post shall be on the basis of Written Examination in Computer Based Recruitment Test mode conducted by the Commission. The Dates of Written Examination will be announced separately.
- 1.5. The candidates are required to visit the Commission's website regularly to keep themselves updated about dates of written examinations are to be held. The examination would be in objective type and questions are to be answered on computer system. Instructions regarding computer based recruitment test are attached as Annexure - III. The medium of Examination will be **English only**.
- 1.6. A general Mock Test facility is available to the applicants on the Commission's website to acquaint themselves with the computer based recruitment test. Applicant can visit the website and practice the answering pattern under MOCK TEST option available on main page of website <https://psc.ap.gov.in>
- 1.7. The applicant is required to visit the Commission's website regularly to keep himself / herself updated until completion of the recruitment process. The Commission's website information is final for all correspondence. No individual correspondence by any means will be entertained under any circumstances.
- 1.8. HALL TICKETS for the written Examination will be hosted on Commission's website for downloading. Instructions would be given through the website regarding downloading of Hall Tickets.
- 1.9. All desirous and eligible candidates shall apply online after satisfying themselves as per the terms and conditions of this recruitment notification. Any application sent through any mode other than the prescribed online mode will not be entertained under any circumstances. Submission of application form by the candidate is considered that he / she has read the notification and shall abide by the terms and conditions laid down there under.
- 1.10. The details of vacancies are as follows:-

**I. CARRIED FORWARD VACANCIES**

| Sl.No                                  | Name of the Department                          | Zone wise vacancies |    |     |    | Total     |
|--|---|---------------------|----|-----|----|-----------|
|  |   | I                   | II | III | IV |           |
| 01                                     | Medical Officer (Ayurveda) In Ayush Department. | 05                  | 04 | 01  | 03 | 13        |
| <b>Total Carried Forward vacancies</b> |   |                     |    |     |    | <b>13</b> |

Note: The above carried forward vacancy brought forward from previous year recruitments. Selection to such reserved vacancy as the case will be made first before the fresh vacancies, read with G.O. Ms No. 277, GA (SC & ST CELL .B)Dept., dated: 22.03.1976, G.O.Ms.No.23 Backward Class (Welfare) Dept., dated:18.03.1996, G.O Ms No.81, G.A (Ser.A) Dept., Dt. 22.02.1997.

## II. FRESH VACANCIES

| Sl.No:                | Name of the Department                          | Zone wise vacancies |    |     |    | Total     |
|-----------------------|---|---------------------|----|-----|----|-----------|
|                       |   | I                   | II | III | IV |           |
| 01                    | Medical Officer (Ayurveda) In Ayush Department. | 12                  | 18 | 15  | 14 | 59        |
| Total Fresh vacancies |   |                     |    |     |    | <b>59</b> |

Note: The details of vacancies viz., Community, Zone and Gender wise (General / Women) may be seen at Annexure-I

### PARA-2: ELIGIBILITY:

- i. He / She is of sound health, active habits and free from any bodily defect or infirmity rendering him unfit for such service;  
His / Her character and antecedents are such as to qualify him/her for such service;
- ii. He /She should possess the academic and other qualifications prescribed for the post: and
- iii. He/ She is a citizen of India:  
Provided that no candidate other than a citizen of India may be appointed except with the previous sanction of the State Government and except in accordance with such conditions and restrictions as they may be laid down. Such sanction shall not be accorded unless the State Government are satisfied that sufficient number of citizens of India, who are qualified and suitable are not available.

### PARA-3: EDUCATIONAL QUALIFICATIONS:

The candidate should possess the prescribed academic qualification as per the date of this notification. **The date of this notification** shall be the crucial date for calculating the experience including the practical experience. **In respect of other than prescribed Educational Qualifications, claiming equivalence, the decision of the concerned department (Unit Officer) shall be final.**

**Note:** If the applicant possesses an equivalence of qualification other than prescribed qualification in the Commission's notification, applicant should produce a copy of the Government Orders to the Commission in advance in with 10 days of last date for submitting applications, failing which their application will be rejected.

| Name of the post                                     | Educational Qualifications   |
|--|--|
| Medical Officer<br>(Ayurveda) in Ayush<br>Department | <ol style="list-style-type: none"> <li>a) Must possess a Degree in Ayurveda awarded by a University in India established or incorporated by or under Central Act or State Act or Provincial Act or an Institution recognised by the UGC or any statutory board of the State Government after having undergone regular course of Institutional study in the Ayurveda both in theory and Practical for a period not less than 4 ½ years duration in a Teaching Institution recognised by the University or State Government with one year compulsory Internship.</li> <li>b) Must be a permanent Registered Medical Practitioner in the concerned field within the meaning of the Law for the time being existing in the State.</li> </ol> |

### PARA- 4 RESERVATIONS:

- 4.1. There will be reservations in direct recruitment in respect of Scheduled Tribes, Scheduled Castes, Backward Classes, Economically Weaker Sections, Physically Challenged, Women and Meritorious Sports Person as per Rule 22 and 22 (A) of A.P. State and Subordinate Service Rules.
- 4.2. In the case of candidates who claim the benefit of reservation or relaxation from upper age limit on the basis of Caste/Tribe or Community the basic document of proof of Community will be the Certificate issued by the Revenue Authorities not below the rank of Tahsildar in the case of SC/ST/EWS and Non Creamy Layer Certificate issued by the Revenue Authorities in the case of Backward Classes. The list of Caste/Tribe/Community is as incorporated in Schedule-I of above Rules. The list is also appended at Annexure –IV. The candidates have to produce proof of the community claimed in their application at all stages of selection along with the certificates relating to educational qualifications and

local status certificates etc.,. Subsequent claim of change of community will not be entertained.

- 4.3. The person with disability means a person suffering from not less than forty percent of any disability as certified by a medical authority except hearing Impairment. Hearing Impairment means loss of sixty decibels or more in the better ear in the conversational range of frequencies which corresponds to 85 dBs Hearing threshold on the audiogram in the better ear i.e., 85 dB hearing level in audiogram – 25 dB upper limit of normal hearing = 60 dB hearing loss as per provision under “Person with Disabilities Act, 1995”.
- 4.4. The reservation in respect of physically handicapped is limited to **Orthopedically Handicapped only.**
- 4.5. Caste & Community: Community Certificate issued by the competent authority in terms of G.O. Ms No. 58, SW (J) Dept., dt.12/5/97 should be submitted at appropriate time. As per A.P. State and Subordinate Service Rules, Rule -2(28) Explanation: In so far as claiming for SC reservation is concerned, No person who professes a religion different from Hinduism shall be deemed a member of Schedule Caste. However, scheduled caste converts to Buddhism deemed to be scheduled caste. BCs, SCs, STs & EWS belonging to other States are not entitled for reservation.
- 4.6. There shall be Reservation to Women horizontally to an extent of 33 1/3% in terms of rule 22-A of APSSS Rules as per G.O. Ms. No. 63, GA (Ser-D) Dept., dated: 17.04.2018.
- 4.7. The reservation to meritorious sports persons will apply as per G.O.Ms.No.13, GA (Ser-D) Dept., dated: 23.01.2018, G.O.Ms.No.74, Youth, Advancement, Tourism and Culture (Sports) Dept., dated: 09.08.2012, G.O.Ms.No.473, Youth, Advancement, Tourism and Culture (Sports) Dept., dated: 03.12.2018 and G.O.Ms.No.08, Youth, Advancement, Tourism and Culture (Sports) Dept., dated: 23.11.2020.
- 4.8. The candidates claiming reservations under sports quota shall submit following documents at the time of verification of original certificates.  
For Group I & equivalent Category post – Candidates should have represented India in an International / Multinational Competition in One of the recognized Sports/ Games. He /She shall submit Form I at appropriate time.
- 4.9. Evaluation of various physical disabilities and procedure for certification will be as per orders contained in G.O.Ms. No. 56, WD, CW & DW (DW) Dept., dated 02.12.2003 and G.O.Ms. No. 31, WD, CW & DW (DW) Dept., dated 01.12.2009.
- 4.10. Reservation to BC-E group will be subject to the adjudication of the litigation before the Hon'ble Courts including final orders in Civil Appeal No: (a) 2628-2637 of 2010 in SLP. No. 7388-7397 of 2010, dated. 25/03/2010 and orders from the Government.
- 4.11. The candidates claiming status of non-creamy layer of Backward Class have to obtain a Certificate in terms of G.O. Ms. No. 3, Backward Classes Welfare (C-2) Department, Dated 04.04.2006 read with G.O. Ms. No. 26 Backward Classes Welfare(C) Department, Dated 09.12.2013 regarding their exclusion from the Creamy Layer from the competent authority (Tahsildar) and produce the same at appropriate time of verification. In case of failure to produce the same on the day of verification, the Candidature will be considered against open competition if he / she are otherwise eligible in all aspects.
- 4.12. Economically Weaker Sections means the persons who are not covered under existing scheme of reservations for the SCs, the STs and Socially and Educationally Backward Classes and whose gross annual family income is below Rs.8.00 lakh are identified as Economically Weaker Sections for the benefit of reservations. The persons seeking the benefit of reservation under EWS category shall obtain the necessary EWS Certificate issued by the Tahsildar concerned and produce at an appropriate time to the Commission as per G.O.Ms.No:73 GA(SER-D)Dept,Dt:04-08-2021.

**PARA - 5: RESERVATION TO LOCAL CANDIDATES:**

- 5.1. The specification of a post is determined by the concerned Department with reference to both vertical and horizontal reservations as well as local reservation. The reservations are specified through the indent by the concerned department and the general criteria with regard to reservations are given below.
- 5.2. Reservation to the Local candidates is applicable as provided in Article 371-D as per G.O.Ms.No.674, G.A (SPF- A) Department, dated.20.10.1975 and rules as amended from time to time and as in force on the date of notification. The candidates claiming reservation as Local candidates should obtain the required Study Certificate(s) (from IV Class to X Class or SSC) OR Residence Certificate in the proforma prescribed for those candidates who have not studied in any Educational Institutions as the case may be. The relevant certificates with authorized signature shall be produced as and when required.
- 5.3. It is a Zonal post and local reservations are applicable.

**PARA -6 DEFINITION OF LOCAL CANDIDATE:**

6.1. A local candidate has been defined in G.O.Ms.No.674, General Administration (SPF-A) Department, dated: 20.10.1975 "LOCAL CANDIDATE" as follows:

"Local Candidate:- (1) A candidate for direct recruitment to any post shall be regarded as a local candidate in relation to a local area.

(a) in cases where a minimum educational qualification has been prescribed for recruitment to the post.

(i) "if he has studied in an educational institution or educational institutions in such local area for a period of not less than four consecutive academic years ending with the academic year in which he appeared or, as the case may be, first appeared for the relevant qualifying examination; or

(ii) where during the whole or any part of the four consecutive academic years ending with the academic year in which he appeared or as the case may be, first appeared for the relevant qualifying examination he has not studied in any educational institution, if he has resided in that local area for a period of not less than four years immediately preceding the date of commencement of the qualifying examination in which he appeared or as the case may be, first appeared.

(b) In cases where no minimum educational qualification has been prescribed for recruitment to the post, if he has resided in that local area for a period of not less than four years immediately preceding the date on which the post is notified for recruitment.

Explanations:- For the purpose of the paragraph.

(i) Educational institution means a University or any educational institution recognized by the State Government, a University or other competent authority;

(ii) Relevant qualifying examination in relation to a post means;

(a) the examination, a pass in which is the minimum educational qualification prescribed for the post;

(b) the Matriculation examination or an examination declared by the State Government to be equivalent to the Matriculation examination;

Whichever is lower; and

(iii) In reckoning the consecutive academic years during which a candidate has studied, any period of interruption of his study by reason of his failure to pass any examination shall be disregarded.

(iv) the question whether any candidate for direct recruitment to any post has resided in any local area shall be determined with reference to the places where the candidate actually resided and not with reference to the residence of his parents or other guardian (Vide G.O.Ms.No.168, G.A. (SPF.A) Department, dated.10-3-77).

(2) A candidate for direct recruitment to any post who is not regarded as a local candidate under sub paragraph (1) in relation to any local area shall.

(a) In cases where a minimum educational qualification has been prescribed for recruitment to the post.

(i) if he has studied in educational institutions in the State for a period of not less than seven consecutive academic years ending with academic year in which he appeared or as the case may be, first appeared for the relevant qualifying examination, be regarded as a local candidate in relation to

(1) Such local area where he has studied for the maximum period out of the said period of seven years; or

(2) where the periods of his study in two or more local areas are equal, such local areas where he has studied last in such equal periods;

(ii) if during the whole or any part of the seven consecutive academic years ending with the academic years in which he appeared or as the case may be first appeared for the relevant qualifying examination, he has not studied in the educational institutions in any local area, but has resided in the State during the whole of the said period of seven years, be regarded as a local candidate in relation to

(1) such local area where he has resided for a maximum period out of the said period of seven years: or

(2) where the periods of his residence in two or more local areas are equal, such local areas where he has resided last in such equal periods;

(b) In cases where no minimum educational qualification has been prescribed for recruitment to the post, if he has resided in the State for a period of not less than seven years immediately preceding the date on which the post is notified for recruitment, be regarded as a local candidate in relation to

(i) such local area where he has resided for the maximum period out of the said period

of seven years; or

(ii) Where the periods of his residence in two or more local areas are equal such local area where he has resided last in such equal periods " .(G.O.Ms.No.168, dated 10-3-1977)

The candidates belonging to other States are not entitled for local Reservations.

- 6.2. Single certificate, whether of study or residence as stipulated in G.O.Ms.No.674, General Administration (SPF-A) Dept., dated: 20.10.1975 would suffice for enabling the candidate to apply as a "LOCAL CANDIDATE".
- 6.3. Residence certificate will not be accepted, if a candidate has studied in any Educational Institution upto S.S.C. or equivalent examination. Such candidates have to produce study certificates invariably. The candidates, who acquired degree from open Universities directly without studying in any Educational Institution, only may submit residence certificate. Here Educational Institutions mean a recognized Institution by the Government / University/Competent authority.
- 6.4. Candidates are advised to refer provisions of the PRESIDENTIAL ORDER 1975 in this regard.
- 6.5. Candidates who migrated from Telangana to Andhra Pradesh between 2<sup>nd</sup> June, 2014 and 1<sup>st</sup> June, 2021 as per G.O.Ms.No. 130, General Administration (SPF&MC) Department, dated.29.10.2019 and as per terms laid down in circular memo no.4136/SPF & MC/2015-5, Dated.20.11.2017 of Government of Andhra Pradesh shall obtain the Local Status Certificate from competent authority and produce at the time of verification.
- 6.6. The composition of Districts in each zone is as hereunder:

Zone-I: Srikakulam, Vizianagaram and Visakhapatnam. (SKM, VZM,VSP,)

Zone-II: East Godavari, West Godavari and Krishna. (EG, WG, KST)

Zone-III: Guntur, Prakasam and Nellore. (GNT, PKM, NLR)

Zone-IV: Chittoor, Kadapa, Anantapur and Kurnool. (CTR, CDP, ATP, KNL)

The candidates belonging to other States are not entitled for local Reservations.

#### **PARA- 7 AGE:**

7.1. Minimum 18 years & Maximum 42 years as on 01/07/2021, as per G.O.Ms.No.52 GA (Ser-A)Dept., Dt.17.06.2020.

N.B.: No person shall be eligible if less than 18 years and is more than 42 years.

7.2. Age Relaxation is applicable to the categories as detailed below:

| S. No. | Category of candidates   | Relaxation of age permissible  |
|--------|--|--|
| 1(a).  | SC, ST, BCs and EWS  | 5Years   |
| *1(b). | For SC/ST CF. vacancies (Limited)  | 10 Years   |
| 2.     | Physically Handicapped persons   | 10 Years   |
| 3.     | Ex-Service men   | Shall be allowed to deduct from his age a period of 3 years in addition to the length of service rendered by him in the armed forces / NCC.                  |
| 4.     | N.C.C. (who have worked as Instructor in N.C.C.)   |  |
| 5.     | Regular A.P. State Government Employees (Employees of Corporations, Municipalities etc. are not eligible). | Allowed to deduct from his age the length of regular Service under State Government up to a maximum of five years for the purposes of the maximum age limit. |

#### **EXPLANATION:**

Provided that the persons referred to at Sl.Nos.3 & 4 above shall, after making the deductions referred to in sub Rule 12 (c) (i) & (ii) of A.P. State and Subordinate Service Rules not exceed the Maximum age limit prescribed for the post.

The age relaxation for Ex-Servicemen is applicable for those who have been released from Armed Forces other than by way of dismissal or discharge on account of misconduct or inefficiency.

**Note:** The SC/ST Candidates who availed 10 years of age relaxation **are not eligible for SC/ST fresh vacancies.**

#### **PARA - 8 HOW TO APPLY:**

**STEP-I:** The applicant who desires to apply for the post shall login the Commission's Website with his/her registered OTPR number. Candidate applying for the first time for any notification has to first fill the OTPR application carefully to obtain OTPR ID. While filling the OTPR, the candidate has to ensure that the particulars are filled correctly. The Commission bears no responsibility for the mistakes, if any, made by the candidates. If candidates

choose to modify they may do so by clicking the modify OTPR make the modification, save them and proceed to STEP-II.

**STEP-II:** The applicant has to Login the Commission's website with the user name (OTPR ID) and the Password set by candidate. After Login, the applicant has to click on the "Online Application Submission" present in the bottom right corner of the Commission's website.

**PAYMENT PROCESS:** The applicant now has to click on the payment link against the notification number that he wants to apply. The basic details required for calculation of the fee and age relaxation will be pre-populated from the OTPR data. The applicant has to verify all the details that are displayed. Once the payment form is submitted, the respective details (used for calculation of fee and age relaxation) will not be altered in any stage of application processing. Hence if any details are to be changed, applicant should use the modify OTPR link, modify the details, save it and again click on application payment link.

**STEP-III:** After checking all the data and ensuring that the data is correct the applicant has to fill application specific data such as Local/Non Local status, white card details etc., which are also used to calculate the fee. Once all the data is filled appropriately, the applicant has to submit the payment form. On successful submission, the payment reference ID is generated and is displayed on the screen. By clicking "OK" the applicant is shown the various payment options where he/she can select any one among them and complete the payment process as given on the screen.

**STEP-IV:** Once the payment is successful, payment reference ID is generated. Candidates can note the payment reference ID for future correspondence. Thereafter the applicant is directed to the application form. Applicant should provide the payment reference Id generated along with the other details required for filing the application form (other fields like OTPR ID and fees relaxations details will be pre-populated from the data submitted in the payment form for respective notification). The applicant should check the data displayed thoroughly and should fill the application specific fields like qualification details, examination centre etc., carefully and submit the application form. Once the application is submitted successfully then application receipt is generated. The applicant is requested to print and save the application receipt for future reference/correspondence.

**NOTE:** Applicant shall note that the data displayed from OTPR at the time of submitting the application will be considered for the purpose of this notification only. Any changes made by the applicant to OTPR data at a later date shall not be considered for the notification on hand.

**STEP-V:** In any case if the payment process is not submitted successfully, then the applicant should start the fresh payment process as mentioned in STEP-II.

**STEP-VI:** Once the application is submitted successfully, correction in application form will be enabled. The corrections can be made in the application form itself. Fields which affect the name, fee and age relaxations are not enabled for corrections.

**NOTE:**

- A. The Commission is not responsible, for any omissions made by the applicant in bio-data particulars while submitting the application form online. The applicants are therefore, advised to strictly follow the instructions given in the user guide before submitting the application.
- B. All the candidates are requested to submit their application with correct data. It is noticed that some of the candidates are requesting for change in the data, after submission of the application. It is informed that such requests shall be allowed on payment of Rs.100/- (Rupees hundred only) for each correction. However changes are not allowed for name, fee and age relaxation. No manual application for corrections shall be entertained. Corrections in the applications will be enabled after the last date of the submission of applications and will be allowed up to 7 days only from the last date of applications.
- C. The particulars furnished by the applicant in the application form will be taken as final. Candidates should, therefore, be very careful in uploading / submitting the application form online.
- D. Incomplete/incorrect application form will be summarily rejected. The information if any furnished by the candidate subsequently will not be entertained by the Commission under any circumstances. Applicants should be careful in filling-up the application form and submission. If any lapse is detected during the scrutiny, the candidature will be rejected even though he/she comes to the final stage of recruitment process or even at a later stage and also liable for punishment as per Para 16.1 of this notification.
- E. Before uploading/submission application form, the candidates should carefully ensure his/her eligibility for this examination. No relevant column of the application form should be left blank; otherwise application form will not be accepted.

**PARA - 9: (a) FEE:**

- 9.1. Applicant must pay Rs. 250/- (Rupees two hundred and fifty only) towards application processing fee and Rs 120/- (Rupees One Hundred and twenty only) towards examination fee.
- 9.2. However, the following categories of candidates are exempted from payment of examination fee Rs.120/- only.
- i) SC, ST, BC, PH & Ex-Service Men.
  - ii) Families having household supply white card issued by Civil Supplies Department, A.P. Government. (Residents of Andhra Pradesh)
  - iii) Un-employed youth as per G.O.Ms.No.439, G.A (Ser- A) Dept., dated: 18/10/1996 should submit declaration at an appropriate time to the Commission.
  - iv) Applicants belonging to the categories mentioned above (except Physically Handicapped Persons & Ex-Service Men) hailing from other States are not entitled for exemption from payment of fee and not entitled for claiming any kind of reservation.
  - v) Candidates belonging to other States shall pay the prescribed examination fee of Rs.120/- ( Rupees One Hundred and twenty only), along with processing fee of Rs. 250/- (Rupees two hundred and fifty only) through different channels as indicated at Para-8. Otherwise such applications will not be considered and no correspondence on this will be entertained.

**9.3. b) MODE OF PAYMENT OF FEE:**

- i) The fee mentioned in the above paragraph is to be paid online using payment gateway using net banking/ credit card / debit card. The list of banks providing service for the purpose of online remittance of fee will be available on the website.
- ii) The fee once remitted shall not be refunded or adjusted under any circumstances. Failure to pay the examination fee and application fee (in non-exempt case) will entail total rejection of application.
- iii) IPOs / Demand Drafts are not accepted.
- iv) In case of corrections Rs.100/- per correction will be charged. However changes are not allowed for name, fee and age relaxation.

**PARA-10: SCHEME OF EXAMINATION:-**

The Scheme & Syllabus for the examination has been shown in Annexure-II.

**PARA - 11: CENTRES FOR THE EXAMINATIONS:**

The centres of examination will be announced separately. The applicant may choose the Test centre with three preferences. However the Commission reserves the right to allot the applicant to any centre of examination depending on the availability of the resources like centres / systems.

**PARA – 12 RESOLUTION OF DISPUTES RELATED TO QUESTION PAPER, ANSWER KEY AND OTHER MATTERS**

- 12.1. The Commission would publish the key on its website after conduct of the examination. Any objections with regard to the key / questions shall be filed within one week after publication of the key in the prescribed proforma available in the website.
- 12.2. The objections received in the prescribed proforma and within due date will be referred to Expert Committee for opinion and to take appropriate decision thereon by the Commission. As per decision of the Commission a revised key will be hosted and further objections only in respect of keys that are revised would be called for a period of three working days from the date of publication of revised key. No further objections on original key will be entertained at this stage. The matter will again be referred to experts. Taking into consideration the opinion of Expert Committee and the final key would be hosted on website based on the decision of the Commission.
- 12.3. The objections if any would be examined and the decision of the Commission in this regard shall be final. Any objection filed after expiry of specified time from the date of publication of key / revised key would not be entertained.

**PARA -13 NOTE ON IMPORTANT LEGAL PROVISIONS GOVERNING THE RECRUITMENT PROCESS:**

- 13.1. Vacancies: The recruitment will be made to the vacancies notified only. There shall be no waiting list as per G.O. Ms. No. 81, General Administration (Ser. A) Department, Dated 22/02/1997, G.O.Ms.No.544, General Administration (Ser. A) Department, Dated:04.12.1998 and Rule 6 of APPSC Rules of procedure. In any case, no cognizance will be taken by

Commission of any vacancies arising or reported after the completion of the selection and recruitment process or the last date as decided by the Commission as far as this Notification is concerned, and these will be further dealt with as per G.O. & Rule cited above. As per G.O.Ms.No:139 Finance HR (I) Planning Policy Dept., dt:28/07/2016 Rule 7 of APPSC Rules of procedure regarding relinquished vacancies has been deleted.

- 13.2. The recruitment will be processed as per this notification and as per the Rules and Instructions issued by the Government and also as decided by the Commission from time to time. In G.O.Ms.No.67, Health Medical & Family Welfare (I.2) dept., dated: 14.03.2005. Special Rules/Adhoc Rules Governing the recruitment, G.O.Ms.No.188, Health Medical & Family Welfare (I.2)dept., dated:02.09.2009 other related GOs, Rules etc., are applicable.
- 13.3. Rules: The various conditions and criteria prescribed herein are governed by the A.P. State and Subordinate Service Rules, 1996 read with the relevant Special Rules applicable to any particular service in the departments. Any guidelines or clarification is based on the said Rules, and, in case of any necessity, any matter will be processed as per the relevant General and Special Rules as in force.
- 13.4. The Commission is empowered under the provisions of Article 315 and 320 of the Constitution of India read with relevant laws, rules, regulations and executive instructions and all other enabling legal provisions in this regard to conduct examination for appointment to the posts notified herein, duly following the principle of order of merit as per Rule 3(vi) of the APPSC Rules of Procedure read with relevant statutory provisions and ensuring that the whole recruitment and selection process is carried out with utmost regard to secrecy and confidentiality so as to ensure that the principle of merit is scrupulously followed.
- 13.5. Zonal/Local: In terms of Para 4 of the G.O., A.P. Public Employment (Organization of Local Cadres and Regulation of Direct Recruitment) Order, 1975 (G.O.Ms.No.674, G.A. (SPF-A) Dept., dated: 20/10/1975) read with G.O.Ms.No.124, General Administration (SPF-A) Department, dated: 07/03/2002, "The provisional list shall be divided into two parts. The first part shall comprise 30% of the posts consisting of combined merit lists of locals as well as non-locals and the remaining second part shall comprise the balance 70% of the posts consisting of locals only and the posts shall be filled duly following the rule of reservation".
- 13.6. Scheme is prescribed as per G.O Ms. No.201, Finance (HR-I Plg, & Policy) Dept., dated:21.12.2017.
- 13.7. The persons already in Government Service/ Autonomous bodies/ Government aided institutions etc., whether in permanent or temporary capacity or as work charged employees are however required to inform, in writing, to their Head of Office/ Department that they have applied for this recruitment.
- 13.8. A candidate shall be disqualified for appointment, if he himself or through relations or friends or any others has canvassed or endeavored to enlist for his candidature, extraneous support, whether from official or non-official sources for appointment to this service.

**PARA- 14 The candidate shall go through the Annexures appended to the notification before filling the application form**

Annexure- I- Break up of vacancies  
 Annexure- II- Scheme & Syllabus  
 Annexure- III Instructions to candidates  
 Annexure- IV- LIST OF SC / ST /BC's

**PARA-15: PROCEDURE OF SELECTION:**

- 15.1. The selection to this recruitment notification will be based on the Merit in the written Exam to be held as per the Scheme and Syllabus shown at Annexure - II. The selection of candidates for appointment to the post will be made on the basis of Written Examination.
- 15.2. **Appearance in all the papers of examination (computer based test) is compulsory. Absence in any of the papers will automatically render the disqualification of the candidature.**
- 15.3. The standard for the examination and the cut off marks for various categories for selection shall be fixed by the Commission. However the candidates have to secure minimum qualifying marks to be short listed for selection against respective vacancies. The minimum qualifying marks for the vacancies notified under different categories are as follows as per G.O.Ms.No.103, G.A. (Ser.A) Dept., dt.03.02.1967.

|                           |     |
|---------------------------|-----|
| 1. Open competition & EWS | 40% |
| 2. Backward Class         | 35% |
| 3. SCs, STs & PHs         | 30% |

N.B.: Mere securing of minimum qualifying marks does not confer any right to the

candidate for being considered to the selection.

- 15.4. The claims of members of the Scheduled Castes, Scheduled Tribes, Backward Classes, Economically Weaker Section and Women as the case may be, shall also be considered for the vacancies earmarked for open competition, which shall be filled on the basis of merit in the open competition. In respect of social reservations viz., Scheduled Castes, Scheduled Tribes, Backward Classes, the vertical reservation will be applicable and the number of appointments reserved for that category shall in no way be affected during the period the reservation for that category is in force. In case of women, the horizontal reservation is applicable in terms of G.O.Ms.No.63, GA (Ser-D) Dept., dated: 17.04.2018.
- 15.5. In the event of Schedule Caste & Schedule Tribe candidates not coming up for selection with the existing minimum prescribed for selection in the competitive examination conducted by the APPSC their selection shall be considered on the basis of rank with reference to their performance in the written competitive examination irrespective of the marks secured, as per G.O.Ms.No.631, G.A. (Ser.A) Dept., dt.05.09.1977.
- 15.6. Where the candidates get equal number of marks in the main examination if two or more candidates get equal total number of marks, those candidates shall be bracketed. Candidates within the same bracket shall then be ranked 1, 2, 3 etc., according to age i.e., oldest being considered for admission. In case there is tie in age, the person who possesses educational qualification at earlier date would be considered.
- 15.7. With regard to situation where there is deletion of questions, if any, from any paper, scaling (proportionate increase) would be done for that particular part of the paper to the maximum marks prescribed for the paper and the marks would be rounded off to 2 decimals to determine the merit of the candidate.
- 15.8. While the Commission calls for preference of candidates in respect of Zones in the application form, it is hereby clarified that the said preferences are only indicative for being considered to the extent possible but not binding or limiting the Commission's powers under Article 315 and 320 of the Constitution of India. Therefore, the Commission has the power to assign a candidate to any of the notified posts for which he is considered to be qualified and eligible, subject to fulfilling the selection criterion. Mere claim of preference for any Zone for allotment against vacancy does not confer a right to selection for that Zone in particular or any Zone in general.
- 15.9. The appointment of selected candidates will be subject to their being found medically fit in the appropriate medical classification, and if he/she is of sound health, active habits and free from any bodily defect or infirmity.
- 15.10. ANSWER KEY AND MARKS: Answer key would be published on the website. No separate memorandum of marks would be issued.

**PARA-16: DEBARMENT:**

- 16.1. Candidates should make sure of their eligibility to the post applied for and that the declaration made by them in the format of application regarding their eligibility is correct in all respects. Any candidate **furnishing in-correct information or making false declaration regarding his/her eligibility at any stage or suppressing any information** is liable TO BE DEBARRED UPTO FIVE YEARS FROM APPEARING FOR ANY OF THE EXAMINATIONS CONDUCTED BY THE COMMISSION, and summary rejection of their candidature for this recruitment.
- 16.2. The Penal Provisions of Act 25/97 published in the A.P. Gazette No. 35, Part-IV.B Extraordinary dated: 21/08/1997 shall be invoked **if malpractice and unfair means are noticed at any stage** of the recruitment. Further candidates shall be liable for penalty as per G.O.Ms.No.385,G.A.(Ser. A) Dept., Dt.18/10/2016. The Chief Superintendent of the examination centre is authorized to take decision in case of malpractice or usage of unfair means or creation of disturbance or use of physical force by any candidate and report the matter to the competent authority as well as register a police case.
- 16.3. The Commission is vested with the Constitutional duty of conducting recruitment and selection as per rules duly maintaining utmost secrecy and confidentiality in this process and any attempt by anyone causing or likely to cause breach of this constitutional duty in such manner or by such action as to violate or likely to violate the fair practices followed and ensured by the Commission will be sufficient cause for rendering such questionable means as ground for debarment and penal consequences as per law and rules as per decision of the Commission.
- 16.4. Any candidate found **impersonating or procuring impersonation by any person** or resorting to any other irregular or improper means in connection with his / her candidature for selection or obtaining support of candidature by any means, such a candidate may in addition to rendering himself/ herself liable to criminal prosecution, be liable to be debarred permanently from any exam or selection held by the Service Commissions in the country.

**16.5. ELECTRONIC GADGETS BANNED:**

(a) The use of any mobile (even in switched off mode), calculator or any electronic equipment or programmable device or storage media like pen drive, smart watches etc., or camera or blue tooth devices or any other equipment or related accessories either in working or switched off mode capable of being used as a communication device during the examination is strictly prohibited. Any infringement of these instructions shall entail disciplinary action including ban from future examinations.

(b) Candidates are advised in their own interest not to bring any of the banned items including mobile phones to the venue of the examination, as arrangement for safe – keeping cannot be assured.

**PARA-17: COMMISSION'S DECISION TO BE FINAL:**

The decision of the Commission in all aspects and all respects pertaining to the application and its acceptance or rejection as the case may be, conduct of examination and at all consequent stages culminating in the selection or otherwise of any candidate shall be final in all respects and binding on all concerned, under the powers vested with it under Article 315 and 320 of the Constitution of India. Commission also reserves its right to alter and modify the terms and conditions laid down in the notification for conducting the various stages up to selection, duly intimating details thereof to all concerned, as warranted by any unforeseen circumstances arising during the course of this process, or as deemed necessary by the Commission at any stage.

**PLACE: VIJAYAWADA**  
**Date:24/09/2021**

**Sd/-**  
**P.S.R.Anjaneyulu, I.P.S.,**  
**Secretary.**

**ANNEXURE-I**  
**NOTIFIATION NO.08/2021**  
**BREAK-UP OF PROVISIONAL VACANCIES FOR THE RECRUITMENT TO THE POST OF MEDICAL OFFICERS (AYURVEDA) IN**  
**AYUSH DEPARTMENT**

**GENERAL / LIMITED RECRUITMENT**

**CF VACANCIES**

| CATEGORY     | ZONE-1    |          |          |          | ZONE-2    |          |          |          | ZONE-3    |          |          |          | ZONE-4    |          |          |          | TOTAL     |          |          |          | GRAND TOTAL |   |
|--------------|-----------|----------|----------|----------|-----------|----------|----------|----------|-----------|----------|----------|----------|-----------|----------|----------|----------|-----------|----------|----------|----------|-------------|---|
|              | OPEN ZONE |          | LOCAL    |          | OPEN ZONE |          | LOCAL    |          | OPEN ZONE |          | LOCAL    |          | OPEN ZONE |          | LOCAL    |          | OPEN ZONE |          | LOCAL    |          |             |   |
|              | G         | W        | G        | W        | G         | W        | G        | W        | G         | W        | G        | W        | G         | W        | G        | W        | G         | W        | G        | W        |             |   |
| OC           | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -           | - |
| BC-A         | -         | 1        | -        | -        | 1         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | 1        | -         | 1        | 1        | 1        | -           | 3 |
| BC-B         | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -           | - |
| BC-C         | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -           | - |
| BC-D         | -         | -        | -        | 1        | -         | -        | -        | -        | -         | -        | -        | -        | -         | 1        | -        | -        | -         | 1        | -        | 1        | -           | 2 |
| BC-E         | 1         | -        | 1        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | 1         | -        | 1        | -        | 2           |   |
| SC           | -         | -        | -        | -        | 1         | -        | -        | 1        | -         | -        | -        | -        | -         | -        | -        | -        | 1         | -        | -        | 1        | 2           |   |
| ST           | -         | -        | -        | 1        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | 1        | 1           |   |
| VH           | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -           | - |
| HH           | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -           | - |
| OH           | -         | -        | -        | -        | 1         | -        | -        | -        | -         | -        | -        | 1        | 1         | -        | -        | -        | 2         | -        | -        | 1        | 3           |   |
| <b>TOTAL</b> | <b>1</b>  | <b>1</b> | <b>1</b> | <b>2</b> | <b>3</b>  | <b>-</b> | <b>-</b> | <b>1</b> | <b>-</b>  | <b>-</b> | <b>-</b> | <b>1</b> | <b>1</b>  | <b>1</b> | <b>1</b> | <b>-</b> | <b>5</b>  | <b>2</b> | <b>2</b> | <b>4</b> | <b>13</b>   |   |

**FRESH VACANCIES**

| CATEGORY     | ZONE-1    |          |          |          | ZONE-2    |          |          |          | ZONE-3    |          |          |          | ZONE-4    |          |          |          | TOTAL     |          |           |           | GRAND TOTAL |
|--------------|-----------|----------|----------|----------|-----------|----------|----------|----------|-----------|----------|----------|----------|-----------|----------|----------|----------|-----------|----------|-----------|-----------|-------------|
|              | OPEN ZONE |          | LOCAL    |          | OPEN ZONE |          | LOCAL    |          | OPEN ZONE |          | LOCAL    |          | OPEN ZONE |          | LOCAL    |          | OPEN ZONE |          | LOCAL     |           |             |
|              | G         | W        | G        | W        | G         | W        | G        | W        | G         | W        | G        | W        | G         | W        | G        | W        | G         | W        | G         | W         |             |
| OC           | -         | 1        | 2        | 1        | 2         | 1        | 5        | -        | 1         | -        | 3        | 1        | 1         | -        | 3        | 1        | 4         | 2        | 13        | 3         | 22          |
| BC-A         | 1         | -        | 1        | -        | -         | -        | -        | 1        | -         | -        | 1        | -        | -         | -        | 1        | -        | 1         | -        | 2         | 2         | 5           |
| BC-B         | -         | -        | 1        | 1        | -         | 1        | -        | 1        | -         | 1        | -        | -        | -         | 1        | -        | 1        | -         | 3        | 1         | 3         | 7           |
| BC-C         | -         | -        | -        | -        | -         | -        | 1        | -        | -         | -        | 1        | -        | -         | -        | -        | -        | -         | -        | 2         | -         | 2           |
| BC-D         | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | 1        | -         | -        | -        | -        | -         | -        | -         | 1         | 1           |
| BC-E         | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | 1        | -         | -        | -        | -        | -         | -        | -         | 1         | 1           |
| SC           | 1         | -        | 1        | -        | -         | 1        | 2        | -        | 1         | -        | 1        | -        | 1         | -        | 1        | 1        | 3         | 1        | 5         | 1         | 10          |
| ST           | -         | -        | 1        | -        | -         | -        | -        | 1        | -         | 1        | -        | -        | -         | -        | 1        | -        | -         | 1        | 1         | 2         | 4           |
| VH           | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -         | -         | -           |
| HH           | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -         | -         | -           |
| OH           | -         | -        | -        | -        | -         | -        | 1        | -        | -         | -        | -        | -        | -         | -        | 1        | -        | -         | -        | 2         | 0         | 2           |
| SPORTS/OC    | -         | -        | -        | -        | -         | -        | -        | -        | -         | -        | -        | -        | 1         | -        | -        | -        | 1         | -        | -         | -         | 1           |
| EWS          | -         | -        | 1        | -        | -         | -        | -        | 1        | -         | -        | 1        | 1        | -         | -        | -        | -        | -         | -        | 2         | 2         | 4           |
| <b>TOTAL</b> | <b>2</b>  | <b>1</b> | <b>7</b> | <b>2</b> | <b>2</b>  | <b>3</b> | <b>9</b> | <b>4</b> | <b>2</b>  | <b>2</b> | <b>7</b> | <b>4</b> | <b>3</b>  | <b>1</b> | <b>5</b> | <b>5</b> | <b>9</b>  | <b>7</b> | <b>28</b> | <b>15</b> | <b>59</b>   |

**NOTE :** O.C - Open Competition , SC - Scheduled Caste and ST - Scheduled Tribe, BC – Backward Classes; VH- Visually Handicapped, HH- Hearing Handicapped, OH-Orthopedically Handicapped, EWS- Economically Weaker Sections.

**Annexure-II****NOTIFIATION NO.08/2021****SCHEME AND SYLLABUS FOR THE POST OF MEDICAL OFFICER (AYURVEDA) IN AYUSH DEPARTMENT****SCHEME OF THE EXAMINATION**

| <b>WRITTEN EXAMINATION (OBJECTIVE TYPE) DEGREE STANDRAD</b>  |                                  |                         |                            |                      |
|--|----------------------------------|-------------------------|----------------------------|----------------------|
| <b>PAPER</b>   | <b>Subject</b>                   | <b>No. Of Questions</b> | <b>Duration in Minutes</b> | <b>Maximum Marks</b> |
| Paper- I   | General Studies & Mental Ability | 150                     | 150                        | 150                  |
| Paper - II   | Concerned Subject                | 150                     | 150                        | 300                  |
| <b>Total</b>   |                                  |                         |                            | <b>450</b>           |
| <b>N.B:</b> 1. As per G.O.Ms. No.235 Finance (HR-1, Plg & Policy) Dept,Dt:06/12/2016, for each wrong answer will be penalized with 1/3 <sup>rd</sup> of the marks prescribed for the question<br>2. <b>Medium of Examination will be English only.</b> |                                  |                         |                            |                      |

**SYLLABUS****PAPER-I: GENERAL STUDIES AND MENTAL ABILITY**

1. Events of national and international importance.
2. Current affairs- international, national and regional.
3. General Science and it applications to the day to day life Contemporary developments in Science & Technology and information Technology.
4. Social- economic and political history of modern India with emphasis on Andhra Pradesh. **(Starts from 1707 AD)**
5. Indian polity and governance: constitutional issues, public policy, reforms and e-governance initiatives with specific reference to Andhra Pradesh.
6. Economic development in India since independence with emphasis on Andhra Pradesh.
7. Physical geography of Indian sub-continent and Andhra Pradesh.
8. Disaster management: vulnerability profile, prevention and mitigation strategies, Application of Remote Sensing and GIS in the assessment of Disaster.
9. Sustainable Development and Environmental Protection
10. Logical reasoning, analytical ability and data interpretation.
11. Data Analysis:
  - a) Tabulation of data
  - b) Visual representation of data
  - c) Basic data analysis (Summary Statistics such as mean, median, mode, variance and coefficient of variation) and Interpretation
12. Bifurcation of Andhra Pradesh and its Administrative, Economic, Social, Cultural, Political, and Legal implications/problems

**Paper – II****1. PADARTH VIGYAN****1.1 Ayurveda Nirupana**

Definition and lakshana of ayu, composition of ayu; definition and lakshana of Ayurveda; definition and types of siddhanta; introduction of basic principles of Ayurveda and their significance.

**1.2 Ayurveda darshana nirupana**

Philosophical background of fundamentals of ayurveda. meaning of the word "darsan" and its omnipresence: evolution of dasrana, their Numbers and classification; general introductions of schools of Indian Philosophy with an emphasis on nyaya, vaisheshik and sankhya Darsana. Ayurveda as unique and independent school of thought (philosophical individuality of ayurveda). definition of padartha. lakshana of padartha. Division and number of padarthas; bhava and abhava padartha: ckaraks opinion regarding these; introduction & description of karana-padarthas mentioned by charak.

## 2. Dravya Vigyaniam

Definition, lakshana and number of dravya, panchabhutas; origin of panchamahabhuta. parasparanupravesha (mutual conglomeration) types of panchikaram; lakshana and types of prithvi, lakshana and types of tejas; lakshana and types of jala, lakshana and types of vayu. lakshana of akasha and its aupadhika types; kala nirupana, etymological derivation, definition and of the word 'kala'; aupashik types of kala. significance of kala in ayurveda; dig-nirupanam, significance of dig and aupadhik types, lakshana of atma, description of purusha mentioned in ayurveda- Ativahika purusha/sukshma sharer/ rashi purusha/ chikitsiya purusha/ karma purusha/ saddhatvatmak purusha, initiation of atma towards perception of knowledge (atmanahjnana pravritti), mano niruoanam; lakshna, synonyms of manas, mana as substratum of diseases (manasah vyadhyahyatram); guna (qualities), Vishaya (Subject), Karma (functions), ubhayainadriyatva and seat of mana; contribution of panchamahabhuta and triguna in physical constitution (dehaprakriti) and mental faculty; disapproval of dravyatva of tamas, practical study/application of dravya in ayurveda.

## 3. Guna Vigyaniam

Etymological derivation. definition and number of gunas, vaishesika guna(sartha)-Shabda, sparsha, rupa, rasa, gandha; adhyatma gunah-budhi, Sukha. Dukha,ichha,dwesa, prayatna; parade gurvadi guna- their introduction and clinical application.

## 4. Karma Vigyaniam

Definition. lakshana and types of karma, types of karma mentioned in nyaya, Description of karma in ayurveda, practical study/ application of karma in Ayurveda.

## 5. Samanya Vigyaniam

Definition, lakshna, types of samanya, practical study /application of samanya in reference to dravya, guna and karma,

## 6. Vishesh Vigyaniam

Definition, lakshna, types of Vishesa, detailed description of the verse "pravrittirubhayasyata", practical study of vishesa for clinical application in Ayurveda.

## 7. Samavaya Viyaniam

Definition and lakshna of samavaya. Practical study of samavaya for clinical application in ayurveda.

## 8. Abhava Vigyaniam

Definition and lakshna of abhav padartha, classification of abhav- description of pragbhava, Pradhvansabhava, atyantabhava, anyuanyabhav; clinical significance of abhava in ayurveda.

## 1. Pariksha nirupana (means of getting knowledge)

Definition, Significance and necessity of pariksha. Two types of anubhav-prama and aprama. Lakshana and type of prama and prameya. Lakshana, causes and types of smriti (memory). Significance and importance of praman. Enumeration of pramana according to different school of philosophy. Four types of methods of examination according to ayurveda (chaturvidha pariksha vidhi). Pramana in ayurveda. Incorporation of different pramans into three pramans. Use of word pariksha in reference to pramana in classics of ayurveda. Practical application of methods of examination (pariksha vidhi) in treatment (chikitsa).

## 2. Aptopdesha pariksha/pramana nirupana (authoritative instruction/ spiritual testimony)

Definition of aptopdesha, lakshana of apta, lakshana of sabda, and its types, sabdvrittiabhidha, lakshana, Vyanjana, tatpatyakhya; shaktigraha hetu, vyakya Characteristic; vakyartha jnanahetu- akanksha, योग्यता, sannidhi.

## 3. Pratyaksha pariksha/ pramana nirupana (direct observation or perception)

Definition and lakshana of pratyaksha. Types of origin of pratyaksha jnana. Types of pratyaksha- nivikalpak- savikalpaka With description; description of laukika and alaukika types and their further classification. Sannikarsa Characteristic, six types of sannikarsa, characteristics of sense organs (indriyanam Characteristic lakshanam). Classification of Indriya and enumeration. Description of panchapanchaka, establishment of origin of indriya by panchamahabhuta (bhautikatwa of Indriya), and similarity in sources (tulpayonitva) of Indriya. Dominance of antahkaram, Hindrances indirect perception (pratyaksha) by various instruments/equipments; necessity of other pramans in addition to pratyaksha. Practical study/ application of pratyaksha in physiological, diagnostic, therapeutics and research grounds.

## 4. Anumanapariksha/pramananirupanam(inference)

Definition and lakshana of anuman. Introduction of anumiti. paramarsha, vyapti, hetu, sadhya,

paksha, dristanta etc. Types of anumana mentioned by charak Samhita & nyaya darsana. Characteristic and types of vyapti, Characteristic and tupes of hetu, description of ahetu and hetwabhasa. Characteristic and significance of tarka. Practical study / application of anumana pramana in physiological, diagnostic, therapeutics and research grounds.

**5. Yukti pariksha (epistemology of reasoning)**

Definition and lakshana of yukti pariksha, discussion on yukti pramana. Importance & characteristic of yukti pariksha in ayurveda. Practical study and utility of yukti pariksha in therapeutics and research.

**6. Upamana pramana nirupanam (analogy)**

Definition and lakshana of upamana. Application of upamana in therapeutics and research.

**7. Karya- Karan siddhanta nirupanam (cause and effect theory)**

Definition and lakshana of karya and karana. Types of karan. Signification of karya and karan in ayurveda. Different opinions regarding manifestation of karya from karansatkaryavada, asatkatyavada, parinamvada, arambhavada, paramanuvada, vivartavada, kshanabhangurvasa, pitharpaka, anekantavada, Swabhavoparamvada.

**8. Srishti-nirupanam**

Srishti-laya nirupanam (evolution and devastation of universe), Description of tatvotpatti, Tatva-nirupanam, classification of tatva. Evolution of universe (life) according to charak, sushruta (srishti-vikaskrama); Astaprakriti, Shodashvilara and their description, similarity and dissimilarity between kshetra-kshetrasya, vyaktaavyakta, prakriti-purush. Triguna nirupanam, Description of theories of rebirth and salvation (punarjanma & moksha).

**9. Shastrartha Bodhaka**

Shastra Lakshana, tantra guna, tantra dosha, detailed description of tantrayukti, Brief description of tachhilya and arthashrya.

**2.AYURVEDA KA ITIHAS (History of Ayurveda)**

1. Etymological derivation (vyutpatti), syntactical derivation (nirukti) and definition of the word itihasa, necessity of knowledge of history, its significance and utility. Means and method of gaining knowledge viz. historical person (vyakti), subject (vishaya), time period, (kala), happening (ghatna) and their impact on ayurveda.
2. Decent of ayurveda, chronology of ayurveda according to different schools, introduction of eight branches of ayurveda and concerned renowned texts. Introduction of the authors of these texts.
3. Eternity of ayurveda (shashvatvam and anaditavam).
4. Status of ayurveda in Vedic period, progression of ayurveda upto tantra kala. Knowledge about available topics of ayurveda in puranas and tantras etc.
5. Introduction of authors of classical texts during Samhita kala and their contribution especially Atreya, Dhanwantri, Kashyapa, Agnivesha, Sushruta, Bhela, Harita, Charaka, Dridhbala, Vagbhatta, Nagarjuna, Jivaka- introduction and contribution.
6. Chronological development of charaka samhita, sushruta samhita and kashyapa samhita.
7. Introduction and establishment of time period of commentators of classical samhitas- bhattar harishchandra, jejjata, Chakrapani, Dalhana, Nishchalakara, Vijayarashita, Gayadas, Arundatta, Hemadri, gangadhara, Yonginderanath sen, Haranchandra Chakravorty.
8. Introduction and time period of authors of compendium (granthasamgraha kala)- Acharya Bhavmishra. Sharangdhara, Vrinda, Madhavkara, Shodhala, Govind Das (Author of bhaisjya ratnawali), Vasavraja etc.
9. Origin of ras shastra and its development, introduction and time period of promoters of ras shastra.
10. Vrikshayurveda vijnana (Ayurveda for plant kingdom), pashu chikitsa vijnana (ayurveda for animal kingdom), promoters of ashva, gaja chikitsa Vijnana; Shallhotra, Palkapya, Varahmir, Nakula, ashvaghosh.
11. Introduction of authors of modern era- Gan Nath sen, Yamimi bhushan, Yadavji tikramji acharya, Ghanekar, Damodar Sharma Gaur, Priyavrat Sharma, Swami Laksmiram, Dr.P.M.Mehta, Daji Shastri Pade etc.
12. Globalisation of ayurveda- Sumera, Babilonia, Asiria, Misra (Egypt), China, Persia, Arabia, kamobja, Sri lanka, Nepal, Thailand, mauritius, Myanmar (Burma) etc.expansion of ayurveda in above mentioned civilizations.

13. Impact of ayurveda on Hippocrates (father of Allopathy), Invitation to Indian physicians by yavans and translation of ayurvedic text into Arabian language, visit to Greece by Indian scholars, relation between Breece and india in ancient period (made by Alexandar), expansion of ashvavaidyaka in Greece.
14. Developmental actions for ayurveda in post-independence period, development in educational trends, establishment of different committee, their recommendations, central council of Indian Medicine. Central council for research and ayurveda and siddha, foundation of department of AYUSH, its introduction and activities, drug and cosmetic act, Ayurvedic Pharmacopoeia Committee formation and activities of organizations and institutions like Rashtriya Ayurveda Vidyapeeta etc. Activities in field of research in ayurveda according to different subjects. Initiation for writing down a text, different councils of Vaidya and their activities.  
Publications of Ayurveda journals and magazines, WHO, status of Ayurveda on international grounds in present era.

### **3. ASHTANGA HRIDAYAM (SUTRASTHAN)**

Ashtanga Hridayam: Hindi Commentary by Lalchanda Vaidya  
: English Commentary by K.R.Srikantamurty

### **4. RACHANA SHARIR**

1. Detailed description of principles of 'Sharir' and their co-relation with modern medical science.
2. **Shariropkrama**  
Description of Sharir and Sharir, knowledge and importance of Sharir and Sharir, 'Shadangatva' of sharer, Anga pratyanga vibhaga, Preservation and Dissection Method if dead body, Divisions of sharir.
3. **Knowledge of terminologies used in sharir**  
Detail knowledge of terms, position, and planes e.g Urdhava (Superior), Adhah (inferior), Nikatastha (Proximal) and Doorastha (Distal), Agrima (Anterior or Ventral), Abhi pristha or paschima (posterior), Madhyanuga (median), Parshava (lateral). Abhimadhyana (Medial) and Uttana (Superficial) and Gambhira (Deep) section, Anuprastha (Vertical) and Agra Paschadasa (Horizontal), Tiryaka (Oblique) sections, mamsa peshi (Muscles), Sira, Dhamani. Tantrika, Snayu (Ligaments), Kurcha, kandra (Tendon), Jala (Plexuses), Asthi Sanghat (Complex Joints), Seemanta (Sutures off Skull), Rajju (Cords) and Sevani.
4. **Abhinivriti Sharir**  
Vyakta and Avyakta, Kshetra and Kshetraja Constitution of 'Purusha' according to dhatu bheda, Panchabhotikatva and sukshamatva of body, karma purusha, Trigunatmakatvama, Tridoshmayatvama, Doshada TUMALAMULAKATVA OF Sharir.
5. **Garbha Sharir (Embryology)**  
Definition of 'garbha' (embryo), 'Garbhottpadakbhava', Sukshma garbha Sharir, micro anatomical description of 'dhatu and avayavas' 'Shukra' Artava, Antahpushap, Garbhadhana (fertilization) and kosha vidhajana (Cell division), along with role of Tridosh and panch mahabhut in fetal development, 'Bija'-Isperm and ovum), Bijabhaga, Bijabhagavayava and Genetics in ayurveda. Anuvamshika Siddhanta (principles of Hereditary), Linga bheda (Sex Determination), Masanumasika Garbha Virdhi Krama (month wise development of Fetus), Garbhavidhikara bhava, (factors effecting development and growth of embryo), Deha prakriti, Satwa prakriti, etc., Garbha poshana, Apra nirmana (formation of placenta), nabhinadi nirmana (formation of umbilical cord), Ulva, Jarayu, Akritikara bhava, Matrapartantrata of garbha, Bhuta vyapara, formation of stanya, Angapratyanga nirmana, Development of various systems. Developmental Anomalies and their and Causes (Ayurveda and Modern VVlews).
6. **Pramana Sharir:**  
Anthropometric—Values of body parts.  
Anguli, anjali, pramana and Sankhya Sharir.
7. **Asthi Sharir (Osteology):**  
Number of bones (Charaka, Sushruta and Modern Concept), Asthi swaroopa and Asthi rachana (Structure and texture of bone), Detailed description of each bone Ossification of bones, applied anatomy of each bone.
8. **Sandhi Sharir (Arthrology):**  
(a) Definition of Sandhi (joints), Types, Structure of each Asthi sandhi (joint), various, Specific description of 'Hanu' (temporomandibular) and Shakha sandhis (joints of extremities) vertebral joints, Definition of Asthi Sanghat, number and their applied value. Servani (Sutural Joints) Snayu (Ligaments), movements of Joints and Clinical importance of the Sandhis (joints).

**9. Sira, Dhamini, Stotas Sharir (Angiology)**

(a) Sira-Dhamini

Importance of Raktavaha Sansthan (cardiovascular system), Hridaya (Heart), Sira, Dhamani, Srotasa. Definition of Sira, Dhamini, Their course, branches Description of Artertes and capillary.

Accoessory veins and Principal veins.

(b) Srotas Sharir: 1. Definition, types, their mool and Srotodusti.

**10. Lasika Samsthan (Lymphatic system):**

Introduction and study of lasika pranali (lymphatic channels), Lasika granthi (lymphatic glands), Rasa kulya (thoracic duct), Payasvini (lacteals) and Courses of lasika vahinis (Lymphatic Ducts).

**11. Peshi Sharir (Myology):**

Introduction and detail Structure, shape, size and types and their Importance of Peshi (muscles)- their attachments and origin, insertion. actions nerve supply and its clinical application.

**1. Koshtha:**

Defining the terms like- Koshtha, Ashaya and Koshthanga, Their names and location, koshthanga of Uraha pardesh (thoracic cavity organs), Udara Pradesh Koshthanga (organs of abdominal cavity), Description of digestive organs and accessory digestive organs. Organs of Shwasa Prashwasa (Respiratory System), Organs of Mutravaha Sansthan (urinary System), Description of male and female prajananang (reproductive organs) and their details.

**2. Granthi Sharir:**

Description of the structure of Bahya Srotas (Exocrine), and Nisrotasa granthi, details, study of granthi sharir.

**3. Kala Sharir:**

Definition of kala, structure pattern and details study of each kalas, study of vishista Kalas like, Hridayavarana (pericardium), Puppasavarana kala (Plura), Mastiskavarana kala (Meninges), Unaravarana kala (peritoneum).

**4. Twak Sharir (Dermatology)**

Definition of Twak (Skin), its swaroop (structure), types and prayojana.

**5. Uttamangiya Tantrika Sansthan Sharir (Nervous System):**

Introduction, Definition, classification and importance of Mastishka (Brain)-1, Brihatamastishka (Cerebrum), 2. Laghumastishka (Cerebellum), 3. Madhyamastishka (Mid brain), 4. Usnishaka (Pons), 5. Susuhumna Shirsha (medulla oblongate), Sushumana khanda (Spinal Cord), Sheershanya tantrika (cranial Nerves) and Sushmaniya Tantrika (Spinal Nerves), Parisarniya Tantrika (Peripheral nervous system). Description and Swatantra Nadi Samsthan (Autonomic nervous system), Anukampiya and paranukampiya (Sympathetic and parasympathetic nervous system nerve plexuses).

**6. Tantra Sharir (Neuro Anatomy)**

Satchakra Ida. Pingala. Saraswati etc.

**7. Marma Sharir:**

Description of the term Marma, their numbers. locations, different types and their terminological values. Importance of trimarmas Charaks & sushruta concept.

**8. Anga Rekhankana Sharir- (Surface, Radiological and Imaging Anatomy)**

Anga Rekhankana (Surface marking), Vikirana Rachana Sharir (Radiological Anatomy).

**9. Indriya Sharir: (Sensory organs)**

Derivation of the word Indriya, Its number. Description of panch Gyanendriya, Panch Karmendriya and Ubhayendriya (Mana). Description of the Eye, Ear, Nose, Tongue, Skin and Indriya Adhisthan.

**5. KRIYA SHARIR**

1. Conceptual study of fundamental principles of Ayurvediya Kriya Sharir e.g. panchamahabhuta, Tridosha Triguna, Loka-Purusha Samya, SamanyaVishesha, rasaVirya-Vipaka etc. Description of Basics of Stotasas.

2. Definitions and Synonyms of term 'Sharir', Definitions and Synonyms of term 'Kriya', Srishti Utpatti and its adaptation in generation of shareena, Factors responsible for Srishti Utpatti, Difference and similarities between Prakriti and Purusha, Study of components of purusha and in context to numerical variations (purushabheda), Role of Shatdhatupurusha in Kriya Sharir and Chikitsa.
3. Doshha- General introduction of dosha, Classification of Doshas into 'Sharir dosha and Manasa dosha', Prakrit dosha and Vaikrit dosha, Criteria for 'dosha', Doshagati, Criteria for differentiation of types of dosha (doshabheda).
  - a. Vata dosha- Vyutpatti (derivation), Utpatti. Nirukti (etymology) of term 'Vata', General locations. general properties and general functions of vata, Five types of Vata with their specific locations, specific properties, and functions (Prana, Udana, Samana, Vyana, Apana)
  - b. Pitta dosha- Vyutpatti, Utpatti, Nirukti of term 'Pitta' General locations, general properties and general functions of pitta, five types of pitta with their specific locations, specific properties, and specific functions (pachaka, Ranjaka. Alochaka, Bhrajaka, Sadhaka); Similarities and differences between Agni and pitta.
  - c. Kapha dosha- Vyutpatti, Utpatti, Nirukti of term 'kapha' General locations general properties and general functions of kapha, Five types of kapha with their specific locations, specific properties, and specific functions (Bodhaka, Avalambaka, Kledaka, Tarpaka, Shleshaka).
  - d. Etiological factors responsible for Vriddhi-Kshaya of each do and manifestations of Vriddhi-Kshaya of each dosha.
  - e. Kriyakala of dosha in view point of charaka, Sushruta and Vagbhata and its clinical importance.
4.
  - a. Deha-Prakriti- Vyutpatti, Nirukti, Various definitions and synonyms for term 'Prakrit', Intra-uterine factors responsible for genesis of prakriti, extra-uterine factors influencing Deha-Prakriti, classification of Deha-Prakriti, characteristics of each kind of dehaPrakriti, clinical significance of Deha- Prakriti, Anukatva.
  - b. Manasa-Prakriti-classification, characteristics clinical significance.
5. **Modern physiology.**
  - a. Basic principles of biochemistry. Study of basic components of food. Biochemical structure, properties, classification of proteins, fats and carbohydrates. Metabolism of proteins, fats and carbohydrates. Vitamins- sources, daily requirements, functions manifestations of hypo and hypervitaminosis. Biochemical study of enzymes.
  - b. Definition and mechanisms of maintenance of Homeostasis. Cell Physiology. Membrane physiology. Resting membrane potential and action potential.
  - c. physiology of respiratory system: Functional anatomy of respiratory system. Definition of ventilation. Mechanism of respiration. Exchange and transportation of gases. Neural and chemical control of respiration. Spirometry and lung function tests. Artificial respiration.
  - d. physiology of Cardio-Vascular System: Functional anatomy of cardiovascular system. Properties of cardiac muscles. Cardiac cycle. Heart sounds. Regulation of cardiac output and venous return. Physiological basis of ECG. Heart-rate and its regulation. Arterial pulse. Systemic arterial blood pressure and its control. Regional circulations. Physiology of lymphatic circulation.
  - e. Modern view of somato-types, biological personality and psychological traits of an individual.
1. **Shareera-Poshana**
  - a. 1. Ahara- definition and significance of ahara, classification of ahara- dravya, aharaVidhi-vidhana, Ashta-ahara-vidhi.visheshayatana, ahara- parinamakara bhava.
  - b. Agni- Conceptual study of Agni, Vyutpatti. Nirukti, Synonyms Of term 'Agni', classification of agni, location-properties and functions of Jatharagni. Bhutagni, and Dhatwagni role of Agni in Kriya Sharira and Chikitsa.

c. Ahara-paka-prakriya- physiology of related organs (Maha-srotas), avasthapaka, nishthapaka, maha-srotas-pachan kriya, Sara-kitta Vibhajana, saranushoshana and genesis of vatadi dosha during ahara-pachana.

d. Definition of term 'Koshtha', criteria of classification of koshtha and characteristics of each kind of koshtha.

## 2. Modern physiology

a. Functional anatomy of gastro-intestinal tract. Descriptive physiology of digestion and absorption in gastro-intestinal tract. Mechanism of secretion and composition of different digestive juices.

### 1. Dhatu

General introduction, definition and criteria of dhatu, utpatti (during garbhavastha and janmottara kala), Vyutpatti, Nirukti of term 'dhatu'; different theories related to dhatuposhana, (dhatuposhhananyaya)

#### i). Rasa Dhatu

Vyutpatti, Nirukti, sthan, guna, karma. pramana of rasa Dhatu. Physiology of Rasavaha Srotasa. Formation of Rasa Dhatu from Ahara rasa. Circulation of Rasa (Rasa-Samvahana), Description of Ashtavidha Sara (8 types of Sara). Characteristics of Twakasara Purusha. Conceptual study of Mutual interdependence (ashraya -ashrayi bhava) between Rasa and Kapha Manifestations of Kshaya and Vriddhi of Rasa.

#### ii). Raktadhatu

Vyutpatti, Nirukti, Synonyms, sthan, guna, karma and pramana of Rakta dhatu; panchabhutikatva of Rakta Dhatu, physiology of Raktavaha Srotas, Formation of Raktadhatu, Ranjana of Rasa by Ranjaka pitta, Features of Shuddha Rakta, Specific functions of Rakta, characteristics of Raktasara Purusha; manifestations of kshaya and vriddhi of Raktadhatu, Mutual interdependence between Rakta and Pitta.

#### iii). Mamsadhatu

Vyutpatti, Nirukti, Synonyms, sthan, guna, karma and pramana of mamsa dhatu, Physiology of Mamsavaha Srotasa. Formation of Mamsadhatu. Characteristics of Mamsasara Purusha, manifestations of Kshaya and Vriddhi of Mamsadhatu.

#### iv). Medo Dhatu

Vyutpatti, Nirukti, sthan, guna, karma and pramana of medodhatu, physiology of Medovaha Srotas, formation of Medo dhatu, characteristics of Medosara Purusha and manifestations of Kshaya and Vriddhi of Meda.

#### v). Asthi Dhatu

Vyutpatti, Nirukti, Synonyms, sthan, guna, Karma of Asthi dhatu; Physiology of Asthivaha Srotas and formation of Asthi dhatu, characteristics of Asthisara purusha, Mutual interdependence of Vata and Asthi dhatu, manifestations of Kshaya and Vriddhi of Asthi dhatu.

#### vi). Majja Dhatu

Vyutpatti, Nirukti, types, sthan, guna Karma and pramana of Majja Dhatu, physiology of Majjavaha srotas, formation of majja dhatu, characteristics of Majja Sara purusha, Rakta - Majja relation, manifestations of Kahaya and Vriddhi of Shukra dhutu.

#### vii). Shukra Dhatu

Vyutpatti, Nirukti, sthan, guna, karma and pramana of Shukra dhutu, physiology of Shukravaha srotas and formation of shukra dhatu; features of shussha and Dushita Shukra, characteristics of Shukrasara Purusha, manifestations of Kahaya and Vriddhi of Shukra dhutu.

## 2. Ojas

Vyutpatti, Nirukti, Synonyms, definition. utpatti sthan, guna karma and pramana of Ojas, classification of Oja (Ojobheda), conceptual study of Vyadhikshamatva; Bala vrudhikara bhava, Balbheda, relation between shleshna, bala and Ojas; Etiological factors and manifestations of Oja Kshaya. Visramsa and Vyapat; physiological and clinical significance of Oja Vayasthapana.

## 3. Upadhatu

a. General introduction, Vyutpatti and Nirukti of the term 'Upadhatu', Utpatti, Poshan, Samkha, Praman, Guna, Sthan and Karma of upadhatu.

b. Stanya- Nirukti, definition, utpatti guna karma, praman of Stanya; characteristics of Vriddhi and kshaya of Stanya.

c. Artava- Nirukti, definition, utpatti guna karma, of Artava, characteristics of shuddha and

dushita Artava, difference between Raja and Artava, Physiology of Artavavaha srotas and Artavachakra.

- d. Tvak- Utpatti, Nirukti, guna, praman, Karma and bheda. Layer Wise diseases of Tvak.

#### 4. Modern Phsiology:

a. Haemopoetic system- composition, functions of blood and blood cells, Haemopoiesis- (stages and development of RBCs, WBCs and platelets); Introduction to bone marrow: composition and functions of bone marrow. Structure and functions of haemoglobin, mechanism of blood clotting, anticoagulants, study of platelets, physiological basis of blood grounds. Principles of blood transfusion, plasma proteins-Synthesis and functions. Applied physiology: ananemia, jaundice. Basics of Immunity-classification and Mechanisms.

b. Muscle physiology- comparative study of physiology of skeletal muscles, cardiac muscles and smooth muscles. physiology of muscle contraction.

c. Physiology of adipose tissue, lipe proteins like VLDL, LDL and HDL.

d. Calcium metabolism: hormonal control of caldum metabolism, functions of vitamin D, parathormore and calcitioin. Bone and teeth.

e. Structure and functions of skin, sweat glands and sebaceous glands.

f. Phsiological study of male and female reproductive systems. Spermatogenesis and oogenesis. Hormonal regulation of menstrual cycle. Physiology of pregnancy and lactation.

1. **Mala** – Vyutpatti, Nurukti of term 'mala' General Introduction of Mala, Utpatti (During garbhavastha and janmottara kala),

2. **Aharamala**- Enumeration and formation of Aharamala

a. **Mutra**- Vyutpatti, Nirukti, praman, sthan, Guna, Karma, and physiology of Mutranaha srotas; formation of Mutra, manifestations of Vriddhi and Kshaya of Mutra.

b. **Purisha**- Vyutpatti, Praman, sthan, Guna, Karma, and physiology of Mutranaha srotas; formation of Purisha, manifestations of vriddhi and Kshaya of purisha.

3. **Sweda**- Vyutpatti, Nirukti, Praman, sthan, guna, karma, and physiology of Swedavaha srotas; formation of sweda, manifestations of vriddhi and kshaya of Sweda.

4. **Dhatu mala**- Utpatti, Nirukti, sthan, guna karma, samkhya, praman of each dhatu mala; etiological factors and clinical manifestations of each dhatu mala.

5. **Panchajnyanodriya**- Physiological study of panchajnyanendriya, and physioly of shadba, Sparsha, Roopa, Rasa, Gandha. Process of Dnyana grahann; Indriya-pancha; Physiological study of Karmendriya.

6. **Manas**- Utpatti, Vyutpatti, Nirukti, Synonyms, Swaroop, sthan, guna, Vishaya, Karma of Manas, and Physiology of Manovaha srotas; physiological and clinical significance of Manas.

7. **Atma**- Nirukti, definition, sthan, guna karma and difference between Paramatma and Jeevatma; characteristics of existence of Atma.

8. **Buddhi**- Sthan, prakara, karma of Buddhi; physiological of dhe, dhriti and smriti.

9. **Nidra**- Nidrotpatti, Nidrabheda, physiological and clinical significance of Nidra; Swapnotpatti and Swapnabheda

#### 8. Modern Physiology

a. General introduction to nervous system- neurons, mechanism of propagation of nerve impulse, physiological study of CNS, PNS, ANS, physiological study of sensory and motor functions of nervous system. Functions of different parts of brain- Cerebral cortex, Hypothalamus, Limbic system, Midbrain, pons, Medulla and Cerbellum. Physiology of special senses. Intelligence, Memory, Learning and Motivation. Physiology of speech and articulation; EEG, Physiology of temperature regulation.

b. Endocrine glands- General introduction to endocrine system, classification and characteristics of hormones, Physiological syudy of all endocrine glands and their hormones.

- c. Urinary tract physiology- Functional anatomy of Urinary tract. Functions of kidneys. Mechanism of formation of urine. Control of micturition. Renal function tests.

## 6. CHARAK SAMHITA

1. Charaka Samhita—Chakrapani Teeka (Sanskrit Commentary)
2. Charaka Samhita (hindi Commentary):
  - a. Vaidya Jayadev Vidyalkar or VD. Atridev Vidyalkar or
  - b. prof. Gorakha nath Chaturvedi & Kashinath Shastri or
  - c. Dr. Brahmanand Tripathy or
  - d. Dr. Ravidutta Tripathy.
3. Charaka Samhita (English Commentary);  
Dr. Ram Karan Sharma & Vd. Bhagwan Dash or Acharya Priyavrata Sharma

## 7. SWASTHAVRITTA

### Vaiyaktika Swasthavrittam

#### I. Vyaktigata Swasthyam (Personal Hygiene)

##### i). ntroduction

1. Definition of Swastha & Swasthya
2. Arogyalingani (Signs of Health)
3. Definition of Swasthavritta
4. Swasthavritta prayojanamavum (Objectives & Importance of Swasthavritta).
5. Who Definition of Health.
6. Dimensions of Health
  - a. Physical b. Mental c. Social
7. Concept of well being
  - a. Objective b. Subjective c. Standard of living d. Quality of life

##### ii). Dinacharya.

1. Definition of Dinacharya
2. Aims and importance of dinacharya
3. Brahma Muhurta avum Utthishta
4. usha Jalapana
5. Sarirachinta
6. Malatyaga
7. Mukha Prakshalana
8. Dantadhavana
9. Preparation of Ayurvedic dental powder and paste,
10. Jihvanirlekhana vidhi (Tongue cleaning)
11. Anjana
12. Pratimarsa Nasya
13. Gandusha
14. Kabaladharana
15. Dhoomapana
16. Abhyangam
17. Udvartanam
18. Utsadana
19. Vyayama
20. Chankramana- Benefits of walking, jogging, Swimming, Gymnastics. Sports and games and its application in health and disease.
21. Snanam
22. Anulepanam
23. Vastradharamam
24. Tambulasevanam

##### iii). Ratricharya

1. Sandhyacharya 2. Ratrihoyana Vidhi 3. Sayanavidhi

##### iv). Ritucharya

1. Importance of Ritucharya
2. Ritus as per different acharyas
3. Adana kala & Visargakala
4. Sanchaya. Prakopa-Prashama of Doshas and their Utpatti in Ritus.
5. Doshashodhana in samanya ritu
6. Relation of Agni bala and ritu
7. Ahara-Vihara, Pathya- Apathya in different ritus.
8. a. Ritusandhi b. Yamadamshtra c. Rituharitaki, d. Rituviaryay

##### vi). Sadvritta

1. Description of Sadvritta and Achara Rasayana— their role in prevention of psychosomatic disorders.
2. Social aspect of psychology accordingly to Ayurveda
3. Concept of mental Health according to Ayurveda and Modern medicine.

#### **vi). Trayopastambhas (Three pillars of health)**

##### **1. Ahara**

1. Nirukti, Swarupa, Pramukhatvam 2, Ahara dravya Vargeekaranam. 3. Aharavidhi Vidhana, 4. Dwadasha Ashanapravicharana, 5. Ashtahavidhi viseshayatanani, 6. Aharaparinamakara bhava, 7. Pathyahara, 8. Apathyahara, 9, Samasana 10, Adhyasana, 11. Vishamasana, 12. Bhojamapachana, 13. Aharadushparinama tajjanya vuadhaya. 14. Santarpanjanya vyadhi 15. Apararpanjanya, 16. Viruddhahara and its effects, 17. Proximate principles of food. 18. Nutritional requirements, 19. Balance diet for a). Workers- Sedentary/ Moderate / hard b). Pregnant and lactating woman c). Children d). Infants, 20. Sources and deficiency diseases of Protein. Carbohydrate, fat, Minerals and Vitamins, 21. Sharabhajamasya mahatwam. 22. Dietetic standards, 23. National Nutritional Programmes, 24, Social aspects of nutrition, 25. Food grounds Dhanya (Cereals and millets), saka and haritha Varga (Leafy and Non leafy vegetables), kanda varga (roots and tubers), Phala varga & Madya varga (fats & Oils), Ikshu varga (Jiggery, sugar, honey), jala Varga & Madya varga (Beverages), Dugha varga (Milk and Milk Products), Masala and vyanjana dravyas (Spices & Condiments). Kritanna varga (prepared Food), 26. Food hygiene 27. Milk hygiene, 28. Milk and safe milk, 29. Source of infection (for milk). 30. Milk borne diseases 31. Clean and safe milk, 32. Pasteurization of milk 33. Meat hygiene. 34. Meat inspection 35. Slaughter house 36. Freshness of fish and egg. 37. Fruits and vegetable hygiene 38. Sanitation of eating places 39. Preservation of food. 40. Food handlers. 41. Food borne diseases 42. Balanced diet for 43. Food fortification 44. Food toxicants 45. Properties of Vegetarian and Non- Vegetarian diet 46. Effects of Spices and condiments 47. Consumption of Alcohol and its effects.

##### **A.II Ayurvedic Diet in life Style Disorders**

- a. Diabetes
- b. Hypertension
- c. Obesity
- d. Coronary Heart Disease.

##### **2. Nidra**

1. Nirukti and utpatti
2. Types of Nidra (sleep)
3. Yogya nidra vidhi
4. Nidra- Swasthya sambandha
5. Duration of sleep according to age
6. Sleep in healthy and diseased persons
7. Properties of Yukta Nidra
8. Effects of Ratri jagrana
9. Diwaswapna
10. Anidra
12. Ahara and Vihara causing disturbed sleep
13. Ahara and Vihara causing sound sleep

##### **3. Bramacharya**

1. Brahmacharya Vyakhya and abrahmacharya vyakhya
2. Importance of Brahmacharya and Abramacharya
3. Vyavaya sambandi niyamas
4. Effects of Ativyavaya
5. Veeryopatti
6. Methods of Virya Raksha, Surataspraha (Libido) through Vajeeekarana
7. Viryanasa phala
8. Menstrual Hygiene.

##### **Vii) Roganutpadaneeya:-**

1. Concept of vega- Adharaneeya Vega and Dharaneeya Vega
2. Diseases due to vegadharana and their chikitsa
3. Upavasa
4. Rasayana for Swastha
5. Prajnaparadham
6. Sarira rakshanatmaka karyani
7. Sarira ahithakara karyani
8. Sareerasodhanam

#### **8. SARVAJANIKA- SAMAJIKA SWASTHARITAM (Public Health)**

##### **I. Janapadodhwamsa**

1. Causes
2. Manifestations and control measures

3. Importance of panchakarma and Rasayana
4. Vyadhikshamatva and the role of Rasayana

## **II. Vayu (Air)**

1. Vayu guna, Vayu swasthya sambandha aspects
2. Composition pollution
3. Air of occupied room
4. Discomfort and comfortable zone (Disinfection of air)
5. Air movement
6. Air pollution- health and social
7. Prevention and control of air
8. Ventilation and its types
9. Vayu shuddhi prakara
10. Mountain air & High altitude- Health problems.

## **III. Jala (water)**

1. Jala mahatva- biological importance of water
2. Safe and wholesome water
3. Requirement and uses
4. Properties of water
5. Type of water
6. Water sources
7. Water pollution
8. Water related diseases
9. Purification of water (jalasuddhi upayas)
10. Hardness of water
11. Water examination.
12. Shad jala dosha
13. Water problems of India
14. Rain Water Harvesting and water recycling

## **IV. Bhumi (land & Housing)**

1. Types of soil
2. Soil & Health
3. Bhumi shodhana
4. Nivasayogyia bhumi
5. Social goals of housing
6. Housing standards
7. Rural housing
8. Housing and health
9. Over crowding
10. Pasu sala (Cattle shed)

## **V. Prakasa (Lighting)**

1. Requirements of good lighting
2. Natural Lighting
3. Artificial Lighting
4. Biological effects lighting

## **VI. Dhvani pradushana (Noise)- Sources, Effects & control**

## **VII. Vikirana (radiation)- Sources, Effects & control**

## **VIII. Apadravya nirmulana (Disposal of solid waste)**

1. Different types of solid waste
2. Storage and collection of refuse
3. Methods or disposal of solid waste (Rural & Urban)
4. Bio-Medical waste management

## **IX. Malanishkasana vyavastha (Excreta disposal)**

1. Unsewered area
2. Sewered area
3. Latrines for camps, fairs and festivals

## **X. Disaster management**

### **XI. Occupational Health**

1. Occupational Hazards
2. Occupational Diseases
3. Prevention of Occupational Diseases
4. ESI Act and factories Act.
5. Offensive trades- Effects on health and precaution measures

## **XII. School Health Services**

1. Health Problems of School Children
2. Aspects of school health services
3. Duties of school Medical Officer
4. Maintenance of healthful environment

## **XIII. Epidemiology**

1. Concept of Epidemiology transmission

2. Concept of disease
3. Concept of causation
4. Epidemiological triad
5. Natural history of disease
6. Risk factors
7. Concept of control
8. Concept of prevention
9. Modes of intervention
10. Incidence and prevalence
11. Dynamics of Disease
12. Modes of transmission
13. Susceptible host
14. Host defences
15. Immunizing Agents
16. Disease prevention and control
17. Disinfection
18. Epidemiology of Communicable Diseases
  - a. Measles b. Diphtheria c. Pertussis d. Mumps e. Tuberculosis f. SARSg. Influenza h. Pneumonia i. Cholera j. Polio k. Viral Hepatitis l. Typhoid m. Leptospirosis n. Dengue fever o. Chikungunya p. Malaria q. Filariasis r. Leprosy s. Rabies t. Tetanus u. Emerging and re-emerging diseases.
19. Kuprasangaja vyadhis (STDs)
  - a. AIDS b. Syphilis c. Gonorrhoea d. Chancroid
20. Ayurvedic paribhasha of sankramika rogas
21. Non-Communicable disease epidemiology
  - a. Diabetes b. Obesity c. Hypertension d. Coronary heart Disease e. Rheumatic Heart disease f. Cancer.

#### **XIV. Disposal of Dead body**

- a. Burning b. Burial c. Electric cremation

#### **XV. Chikitsalaya Bhavana (Hospital Building)**

#### **XVI. Meteorology (Ritu evam vatavarana jnana)**

### **9. YOGA**

#### **I. Etymology**

#### **II. Definitions**

#### **III. Development of yoga (From ancient time to present time)**

#### **IV. Different Streams of Yoga**

- a) Jnana Yoga b) Bhakti Yoga c) Raja Yoga d) Hathayoga- features & objectives.

#### **V. Eight Branches of yoga**

##### **1. Yama**

##### **2. Niyama**

##### **3. Asana and its importance**

- a) Suryanamaskara

##### **b) Standing postures-**

1. Ardhakatichakrasana 2. Padahasthasana 3. Ardhashakrasana 4. Trikonasana

##### **C) Sitting Postures-**

1. Padmasana 2. Vajrasana 3. Bhadrasana 4. Sasankasana 5. Ushtrasana 6. Paschimottanasana 7. Suptavajrasana 8. Gomukhasana 9. Ardhanatsyendrasana 10. Sidhasana

##### **d) Supine postures-**

1. pavanamuktasana 2. Sarvangasana 3. Matsyasana 4. Halasana 5. Chakrasana 6. Savasana

##### **e. Prone postures-**

1. Bhujangasana 2. Salabhasana 3. Dhanurasana 4. Makarasana f. concept of Mitahara & Pathyahara

##### **4. Pranayama**

- a. Benefits of Pranayama b. Nadi sudhi pranayama c. Time of practice-Avara-Pravara Madhyama lakshanam d. Pathyapathyahara during pranayama e. Yuktayukta lakshana f. Nadi suddhi lakshanam

##### **g. Kumbhakabheda**

- i. Suryabhedana ii. Ujjayi iii. Shitali iv. Sitkati v. Bhasthrika vi. Bhramari vii. Murcha viii. Plavani

##### **h. Shad chakras, ida, pingala and sushumna**

##### **i. Shadkarmani**

##### **j. Bandhas and Mudras**

##### **5. Pratyahara**

##### **6. Dharana**

##### **7. Dhyana**

**8. Samadhi****Vi. Description of yoga in Ayurveda**

1. Manodosha chikitsa 2. Sukha dukha nivrutti 3. Yoga and moksha 4. Mokshasyalakshana 5. Ashta Aiswarya 6. Satyabudhhi 7. Muktatma lakshana

**vii. Panchakosha theory**

a. Annamayakosha b. Pranamayakosha c. Manomayakosha d. Vijnanamayakosha e. Anandamayakosha

**VIII. Integrated Approach of Yoga therapy****IX. Yoga package for LBA, Obesity, Asthma, Diabetes.****X. Effect of yoga practice on physical and mental doshas.****10. NISARGOPACHARA****I. Prakritika Chikitsa (Natural Treatment)**

1. Definition & History
2. Aims and objectives
3. Relation of Ayurveda and naturopathy
4. Schools of naturopathy- Western School
5. Schools of Naturopathy- Indian School (Pancha bhutopasana)
6. Importance in present era.

**II. Jala Chikitsa**

1. Hot water treatment 2. Cold water treatment 3. Foot bath 4. Hand bath 5. Spinal bath
6. Hip bath 7. Abdomen wet pack 8. Steam bath 9. Enema 10. Whirlpool bath.

**III. Mrittika Chikitsa (Mud Therapy)**

1. Types of soil or mud
2. Doctrine of mud selection
3. Mud bath

**IV. Surya kirana sevana (Sun bath-Haelio therapy & Chromotherapy)****V. Mardana (Massage)- Different methods of mardana****VI. Diet- Types**

1. Soothing 2. Eliminative 3. Constructive diets
- a) Positive b) Negative

**VII. Upvasa chikitsa (Fasting)**

1. Importance 2 Types 3. Therapeutic effect

**11. Community Health Care****I. Prathamika Swasthya Samrakshana (Primary Health Care)**

1. Definition
2. Principles
3. Elements
4. Structure- at Village level, Sub centre level, PHC level, CHC level, Hospitals, Health Insurance, Private agencies, AYUSH, Voluntary health agencies in India and N.G.Os.
5. Role of Ayurveda in Primary Health Care in India.

**II. Parivara kalyana karyakrama (Family Welfare programmes)**

1. Demography
2. Demographic Cycle
3. Life Expectancy
4. Family Planning
5. Methods of Family Planning

**III. Rasthriya Karyakrama (National Programmes)**

1. Tuberculosis (RNTCP)
2. Leprosy (NLEP)
3. AIDS (NACP)
4. Blindness (NPCB)
5. Polio (PPI)
6. Diabetes (NCCP)
7. Cancer (NCCP)
8. National Rural Health Mission (NRHM)
9. National Anti Malaria programme
10. National Filaria Control Programme
11. UIP (universal Immunisation Programme)
12. RCH (Reproductive and Child Health programme)
13. National water supply and sanitation programme
14. Minimum needs programme
15. All emerging National health programmes.

**IV. Matru — Shishu kalyana karyakrama (Mother and child welfare programme)**

1. Ante natal care
2. Post natal care
3. Neo natal Care
4. Child health problems

5. Indicators of MCH care

#### **V. Preventive Geriatrics.**

#### **VI. International Health**

1. Vishwa Swasthya Sangathana (World Health Organization)
2. Objectives, Structure and function of WHO
3. Alma-Ata declaration
4. National Health Policy and Importance of Ayurveda in it.
5. United Nations agencies.
6. Health work of bilateral agencies.

#### **VII. Swasthya prashasana (Health System in India)**

1. Central level
2. State level
3. District level
4. AYUSH

#### **VIII. Health Statistics**

1. Definition of statistics /health statistics/vital statistics
2. Sources and uses of health statistics
3. Data Collection, classification and Presentation
4. Mean
5. Median
6. Mode
7. Health survey
8. Mortality rates, Morbidity rates and Fertility rates.

### **12. DRAVYAGUN VIGYAN**

**1. Dravyagunashastra** Lakshana and fundamental principles of Dravyaguna Shastra, General Introduction of Sapta pasartha- (Dravya, Rasa, Guna, Virya, Vipaka, Prabhava and Karma) pancha padartha (Rasa, Guna, Virya, Vipaka, Prabhava)

**2. Dravya** Lakshana of Dravya, panchabhutikatva, Aushadhatva, Dravya Pradhanye yuktyah (arguments for importance of dravya). Classification of Dravya, according to Chetan-achetan (living-Non Living), karya-karan. Utpatti (Origin), Yoni (Mode of Origin), Rasa, Virya, Vipaka, Prayoga (Use), Dosha karma (Action on Dosha), method of Dravya classification according to Brhatrayi and according to Taxonomy.

**3. Guna** Etymological derivation, definition and Classification of Guna. Detailed knowledge of Gurvadi and Paradi Gunas.

**4. Rasa** Etymological Derivation, definition, meaning of "Rasa" in various contexts. 6 Rasas (madhura, Amla, Lavana, Katu, tikta, and Kashaya), Panchabhutik origin of Rasa, Nirvittivisheshakramh (manifestation in general and particular), Riru prabhava (effect of season), rasanurasayobheda (Difference between rasa and anurasa) Lakshana (characteristic), Guna and Karma of 6 Rasa., Kopana and shaman of Dosha and dushya by 6 rasa, Rasaskandha, Effects of excess usage of Rasa. Perception of Rasa. (Rasopalabdhi), Presentational use of rasa in diet and medicine (rasa seven Kramah).

**5. Vipaka** Etymological derivation and definition, difference between Avasthapaka and Vipaka, Types of Vipaka, (Dvididha-Trividha, panchavidha) Guna and karma of Vipaka, (taratamya), Vipakopalabdhi hetu (Knowledge / Understanding of Vipaka). Differences between Rasa and Vipaka.

**6. Virya** Etymological derivation, definition and Nature of Virya, Numbers of Virya. (Dvididha & Ashtavidha), Panchabhuthikatva, Virya Karmani, (Effects of Virya) General principles in determination of virya along with exceptions. Arguments for importance of virya along with exceptions.

**7. Prabhava** Etymology and definition. Effects of Prabhava, Samanyapratyarabdha, Vichitratyarabdha, Arguments for Predominance of prabhava.

**8. Interrelation** of Rasa -Guna-Vipaka-Virya-Prabhava with respect to their strength (balabal nirupana).

**9. Karma** Nirukti lakshana swaroopa and bheda of karma (Esymological derivation, definition, nature and types of action). Karma according to ancient of the following karmas with examples-

1. Deepana 2. Pachana 3. Sanshodhana 4. Sanshamana 5. Anulomana 6. Sransana 7. Bhedana 8. Rechana 9. Chhedana 10. Lekhana 11. Grahi 12. Sthambhana 13. Madakari 14. Pramathi 15. Abhishyandhi 16. Vyavayi 17. Vikashi 18. Rasayana 19. Vajeekarana 20. Jeevaneeya 21. Ballya 22. Brimhana 23. Langhana 24. Medhya 25. Kesya 26. Chakshushya 27.

Varnya 28. Dantya 29. Hridya 30. Sanjnasthapana 31. Vedanasthapana 32. PraJasthapana 33. Sonithasthapana 34. Raktaprasadana 35. Shukrala 36. Sukrasodhana 37. Sukrarechaka 38. Sukrathambhaka 39. Sukrasodhana 40. Stanyajanana 41. Stanyashodhana 42. Mutravirechaniya 43. Mutravirajaniya 44. Pureeshavirajaneeya 45. Pureeshasangraheeya 46. Swedasangraha 47. Swedana 48. Swedopaga 49. Shehana 50. Snehopaga 51. Vamana 52. Vamanopaga 53. Virechana 54. Virechanopaga 55. Sirovirechanopaga 56. Asthanopaga 57. Anuvasanopaga 58. Hikkaniyana 59. Trishnanigraha 60. Chhardinigraha 61. Dahaprashamana 62. Shitaprashamana 63. Angamardaprashamana 64. Jvarahara 65. Shramahara 66. Shothahara 67. Swashara 68. Kasahara 69. Shoolaprashamana 70. Truptighna 71. Kandugna 72. Kushtagna 73. Krumighna 74. Arshoghna 75. Vishaghna 76. Sandhaniya 77. Vranaropana 78. Ashmaribhedhana

**10. Description of the following classes (Ganas) of Dravyas depending upon their similarity, morphology, properties, action, class and effects:-**

**a. Audbhida Ganas (Vegetable origin)**

Brihatpanchamoola, Laghupanchamoola, Vallipanchamoola. Kantakapanchamoola. Triahpanchamoola, Madhyamapanchamoola, Jeevaneeya panchamoola, panchapallava, Panchavalakala, Triphala, Trikatu, Trimada, Chaturusana, panchakola, Shadoosana, Chaturbeeja, Jeevaniya gana. Ashtavarga, Trijataka, Chaturajataka, Katuchaturajataka Panchatikta, Amlapanchaka, Chaturbhadra, Trikarshika, Swalpatirphala. madhuratriphala. Mahavisha, Upavisha, Knowledge of Agryoushadha Varga with example.

**b. Jangama Ganas (Animal origin)-** Ksheerashtaka, Mutrashtaka, Pitta Panchaka.

**c. Parthiva ganas (Mineral Origin)-** Lavana Panchaka, kshara dvaya, Kshara Ashtaka.

**11.** Basis of nomenclature of dravya, basis and Derivation of synonyms. Ecology Classification of geographical area (desha) and soil (bhumi), collection of dravya, Nature and quality of drug to be collected (swarupa of sangrahya dravya), Method of collection (Sangrahana vidhi), Vegetable and Animal drugs according to part used. Period of collection according to virya, preservation of collected dravyas, Storehouse (bhushajagara).

**12.** Various impurities of dravya, their purification, Brief knowledge of, adulterants, Artificial/synthetic drugs, concept of Substitution (Abhavapratidinidhi dravya).

**13.** Brief knowledge of plant extracts, additives. excipients, preservative. food Colours.

**14.** Ideal drug (prashasta beshaja), Use of different part of medicinal plants (beshaja prayoga. prayojyanga), Incompatibility (knowledge of viruddhatwa), principles of preparation of Aushadha yoga,

Consideration of vaya, bala, linga, agni, dosa, dushya, vyadhi, Koshta, deha prakriti, Abhyasa, satwa, desha kala and kalpana for deciding dosage of drugs (Matranishchiti).

Anupana vyavastha, time of administration (bhaisajya sevana kala), routes of drug administration (bhaisajya prayoga marga) Prescription writing.

**15.** Brief information about 6 Nighatus (Dhanwantari Nighantu, Shodala Nighantu, Kaiyyadeva Nighantu, Madanapala Nighantu, Bhavaprakasha Nighantu, Raja Nighantu),

**1.** Detailed knowledge of following drugs with respect to

Basonym of drug, main Synonyms. Regional Name, Botanical Name, Family, classification of Dravya (Gana) as described in Charaka, Sushruta and Bhavaprakasha.

Habit and habitat/verities

External morphology

Useful parts

Important phytoconstituents

Rasa panchaka

Action on Dosha, Dhatu, Mala

Therapeutic indications

Amaikaprayoga and Matra (Therapeutic administration and Dose)

Name of important formulations

Adverse effects and remedial measures

Shodhana (as required)

1. Ahiphene 2. Agnimantha 3. Agar 4. Amalaki 5. Apamarga 6. Aragvadha 7. Ardrakasunti 8. Arjuna 9. Arka 10. Ashvagandha 11. Ashvagola 12. Asoka 13. Ativisha 14. Bakuchi 15. Baladvayam 16. Bharangi 17. Bhallataka 18. Bibhitaka 19. Bijak /Vijayasara 20. Bilva 21. Brahmi 22. Briungaraj 23. Bruhati 24. Chandanadvaya 25. Citraka 26. Dadima 27. Danti 28. Daruharidha 29. Dhanyaka 30. Dhataki 31. Draksha 32. Durva 33. Ela 34. Eranda 35. Gambhari 36. Gokshura 37. Guduchi 38. Guggulu 39. Haridha 40. Haritaki 41. Hingu 42. Jambu, 43. Jatamamsi 44. Jatiphal 45. Jeerakdvaya 46. Jyotishmati 47. Kalamegha 48. Kampilla 49. Kanchanara 50. Kantakari 51. Kapikacchu 52. Karkataksringi 53. Karpura 54. Katuki 55. Khandira 56. Kiratatikta 57. Kumari 58. Kupilu 59. Kumkum kesara 60. Kushmanda 61. Lavang 62. Kutaja 63. Lodhra 64.

Madanaphala 65. Manjishtha 66. Maricha 67. Markandika 68. Musali 69. Musta 70. Nagakeshara 71. Nimba 72. Nirgundi 73. Palasha 74. Palandu 75. Pashanabheda 76. Patala 77. Patola 78. Pippail-pippalimula 79. Purnarnava 80. Rasana 81. Rasana 82. Saireyaka 83. Sallaki 84. Saptaparna 85. Sarpagandha 86. Sariva 87. Shalpatni 88. Shalmali 89. Shankhapushpi 90. Shatavari 91. Shathapushpa 92. Shigru 93. Shirish 94. Shyonaka 95. Thalisa patra 96. Tila 97. Tivrut 98. Tulasi 99. Tvak 100. Ushira 101. Vacha 102. Varuna 103, Vasa 104. Vata 105. Vatsanabha 106. Vidari 107. Vidanga 108. Yastimadhu 109. Yavani 110. Deodaru.

## 2. Brief knowledge of following drugs with respect to

Sanskrit Name

Botanical Name

Family

Habit (Samanya Swaroopa)

Part used

Rasapanchaka

Indications

1. Agastya 2. Akarakarabha 3. Ajamoda 4. Amra 5. Mragandhiharidra / Ankola 6. Aparajita 7. Ashvattha 8. Asthishrukhala 9. Avartaki 10. Babbula 11. Badara 12. Bakula 13. Bhumyamalki 14. Bimbi 15. Bijapoor 16. Bola, 17. Chandrashura 18. Changeri, 19. Chavya 20. Chakramarda 21. Champaka 22. Chirbliva 23. Chopachini 24. Dattura 25. Darbha 26. Dhanvayasa, 27. Dronapushpi 28. Gandhaprasarini 29. Garjara 30. Gojihva 31. Gorakshamajja 32. Gunja 33. Hismra 34. Hrutpatri 35. Indravaruni 36. Ingudi 37. Irimeda 38. Isvari 39. Japa 40. Jati 41. Jayapala 42. Jeevanti 43. Kadali, 44. Kadamba 45. Kaidarya 46. Kamala 47. Kankola 48. Kakamachi 49. Karanja 50. Karira 51. Karpasa 52. Karvira 53. Karavella 54. Kasha 55. Kasni 56. Kataka 57. Kataphala 58. Kharjura 59. Kitmari 60. Koshataki 61. Kokilaksha 62. Kumuda 63. Kusha 64. Lajjalu 65. Langali 66. Latakaranja 67. Latakasthuril 68. Madayantika 69. Mahanimba 70. Mandukaparni 71. Mashaparni 72. Mayaphala 73. Methika 74. Meshashrungi 75. Mudgaparni 76. Mulaka 77. Nagabala 78. Nala 79. Narikkala 80. Nili 81. Padmaka 82. Parushaka 83. Parasika yavani 84. Parijata 85. Parishha 86. Parnabija 87. Parnayavani 88. Parpataka 89. Patalagarudi 90. Patha 91. Patranga 92. Pilu, 93. Plaksha 94. Priyala 95. Prishniparni 96. Priyangu 97. Puga 98. Putiha 99. Putranjivaka 100. Pushkarmoola 101. Rajika ISarshapa 102. Rohitaka 103. Sala 104. Saptachakra 105. Sarala 106. Sarja 107. Satapa 108. Shaliparni 109. Shati 110. Sharapunkha 111. Shinsapa 112. Snuhi 113, Sringatata 114. Surana, 115. Svarnakshiri 116. Tagara 117. Tailaparni 118. Talmuli 119. Taruni 120. Tavakshira 121. Tugaraka 122. Upakunchika 123. Udumbara 124. Vamsha 125. Vata 126. Varahikanda 127. Vruddadaru 128. Vrukshamla.

## 3. Introduction, Guna, Karma and uses of following jantava dravya (drugs of animal origin).

1. Kasturi 2. Gorochna 3. Gandhamarjaravirya 4. Mrigasringa 5. Bhunaga 6. Mukta 7. Pravala 8. Shankha 9. Shukti 10. Shambuka 11. Varatika 12. Indragopa

## 4. Introduction, knowledge of guna-karma of following groups of Annapanavarga:-

1. Jala Varga 2. Dugdha Varga 3. Madhu Varga 4. Ikshu Varga 5. Taila Varga 6. Madya Varga 7. Mutra varga 8. Sukadhanya Varga 9. Simbidhanya Varga 10. Phala Varga 11. Shaka Varga 12. Mansa Varga 13. Lavana Varga 14. Kritannavarga (Processed food)

## 5. Introduction, Definition & scope of Pharmacology.

Principles of general Pharmacology.

## Brief Knowledge of following

Anaesthetics, CNS depressants, Sedatives. Hypnotics, Tranquilisers, Antipyretics, Analgesics. Antiepileptics, Antihypertensive, Antianginal. Antiplatelet, Hypolipidaemic, Haemopoetic, Coagulants, Bronchodilators. Aerosols/Inhalants, Expectorants, Digestants, Carminatives. Antacids. Antiulcer, Laxatives, Antidiarrhoeals, Antiemetic, Hepatoprotective, Diuretic, Antidiuretic. Lithotriptic, Oxytocic. Galactagogues, Contraceptives, Styptics, Antihistamins. Antimicrobial, Antibiotics, Antimalarial, Amoebicidal. Antifilarial, Anthelmintic. Antifungal. Vitamins, Minerals, Water imbalance and IV fluids, Vaccines. antivenom, antirabbies serum, Local anti septics. drugs in ophthalmic practice, Anti cancer drugs and immunomodulators etc.

## 6. Brief knowledge about WHO's "Essential Drug List"

7. Brief knowledge of Cultivation, Conservation of Medicinal plants and information about endangered species.

## 13. RASASHASTRA EVUM BHAISHAJYAKALPANA

### Rasa-Shastra

1. **Definition and etymology** of Rasa, History of rasashastra, Rasa Shala, concept of Rasa Mandap, Importance of Rasaushadhi, Concept of Rasa Rasayana, Concept of Rasa darshan.

2. **Brif Description and Application of Technical terminologies (Paribhasha prakarana)** Avapa, Nirvapa, Dhalana, Bhavana, Jarana, Murchana, Shodhana, Marana, Amrutikaram. Lohitakarana, Mruta Loha, Satwa Patana, Shuddhavarta, Beejavarta, Druti, Rudra bhaga and Dhanvantari bhaga, Apunarbhava, Niruttha, Varitara.

3. **Dravya varga** Amlavarga, Kshiratraya, Madhuratraya, Panchamrittika, Panchagavya, Panchamrita, Ksharashtaka, Dravakagana, Mitra panchaka, Rakta varga, Shweta varga,

Lavanapanchaka.

**4. Brief description of Yantras and their application** Ulukhala Yantra, Khalwa Yantra, Kachchhapa Yantra, Urdhwa Patan, Addha Patan, Jaranarth Tula Yantra, Dola Yantra, Patana Yantra- Damanu Yantra, Vidhyadhara yantra & Tiryak patina Yantra, Patala Yantra, Palika Yantra, Puta Yantra, Valika Yantra. Bhudhara Yantra, Sthali Yantra. Swedana Yantra, Electronic & Scientific weighing balance.

**5. Brief description & application of Musha (Crucible)** Samanya Musha,, Gostanimusha, Vajramusha, Mahamusha, Yoga musha, Vrintak Musha, Malla/Pakwa musha. Different types of crucibles.

**6. Brief description & application of koshti** Satwapatan Kosthi. Chullika, Patala Kosthi. Gara KosthiAngarakoshthi and knowledge of various heating appliances viz. Gas stove, Hot plate and Heating mantle.

**7. Definition and Types of Puta** Surya puta, Chandra puta, Govara puta.Lawakaputa, Kukkutaputa, Kapota puta, Varahaputa, Gajaputa, Mahaputa, Kumbhapputa, Balukaputa, Bhudharaputa, Laghu puta, Baluka puta.

**8. Applications of** Electric muffle furnace and fuel (diesel) dependant furnace.

**9. Knowledge of Parada** Synonyms, Occurrence, Natural and artificial sources of Parada, Hingulottha parada, Types of Rasa, Naisargika, Yougika, Aupadhika (kanchuka) etc. Parad Dosh and characteristics of Grahya-Agrahya parade. Samanya and Vishesha Shodhana of Parad. Parada astasamskara, paradagati and Rasabandha.

**10. Murchhana and Jarana** of parada.Preparation of Kajjali. Types of Rasaushadhi, Khalvi rasa e.g. Tribhuvana keerthi rasa, Sootshekhar rasa, Parpati kalpa, Rasa parpati, Tamra parpati, Gagan Parpati, Kupipakva Rasa- Rasa karpura, rasa sindhura, Sameerapannaga Rasa, Pottali kalpa- Hemagarbha pottali.

Occurrence, Synonyms, Minerological identification, Natural and artificial sources, Types- Gragya and Agrahyata, shodhana, Marana and other processing techniques. Properties, dose, therapeutic uses of commonly used single and compound formulations of dravyas classified as under

**1. Maharasa-** Abhraka, Vaikrantha, Makshika, Vimala, Shilajatu, Sasyaka. Chapala and Rasaka.

**Uparasa-** Gandhaka, Gairika, Kasisa, Kankshi, Haratala, Manahshila, Anjana and Kankustha.

**Sadharana Rasa-** Kampillaka, Gauri pashana. Navasadara, Mirdara shringa, kaparda, Giri Sindura, Agnijara & Hingula.

**2. Dhatu**

**Shuddha lauha-** Swarna (Gold), Rajata (Silver) Tamra (Copper), Loha (Iron) and Mandura

**Putilauha-** Vanga (Tin), Naga (lead), Yashada (Zinc).

**Mishra lauha-** Kamsya (Bronze), Pittala (Brass) and Vartha Loha (Bell Metal).

**3. Ratna-** Manikya (Ruby), Mukta (Pearl), Pravala (Coral), Tarkshya (Emerald), Pushaparaga (Topaz), Vajra (Diamond), Nilam (Sapphire), Gomeda (Zircon or Cinnamone stone), Vaidurya (Cats eye).

**Uparatna-** Vaikranta (Tourmaline), Suryakanta (Sun stone), Chandrakanta (Moon stone), Rajavarta (Lapis Lazuli) Lal, Parojaka (Turquoise), Sphatikamani, Trinakanta (Amber), and Palanka, Putika, Rudhir, Kamch (Glass).

**4. Sudha varga-** Sudha (lime), Kaparda (Cowries), Sukti (Oyster Shell), Shankh (Conch Shell), Badarashma (Silicate of Lime), Mriga shringa (Staghorn), Khatika, Godanti (Gypsum) and Samudraphena (Cattle Fish Bone), Kukkutand twaka (Hen's Egg Shell).

**5. Siktha Varga-** Siktha (Silika), Dugdhapashana (Talc), Nagapashana/Jaharmohara (Serpentine), Vyomashma, Sange Yeshab (Jade), Kousheyashm (Asbestos) and Akika (Agate).

**6. Kshara varga-** Sarja kshara (Sodium bicarbonate), Yava kshara, Tankana Kshara (Borax), Surya Kshar (potassium Nitrate).

**7. Miscellaneous-** Bola, Krishna Bola, beeja Bola, Damool Akhawan (Khoon Kharabha Rakta Bandhini), Abresheem, Gandhamarja Virya, Kasturi, Bhoonag, Mayurpiccha, Gandhabiroja, Shila rasa, Sarjarasa, maducchishta.

**8. Visha and Upavisha-** Introduction, collection and storage, classification, synonyms, shodhana, antidote, Uses, therapeutic and toxic doses and formulations of following Visha and Upavisha- Vatsanabha, Kuchala, Jayapala, Dhattura Beej, Bhang, bhallataka. Gunja, Arka, Snuhi, Langali, Karaveera and Ahiphena, Chitrakmool.

**9. Aushadhi Yoga Gyanam-** Arogya vardhini gutika, Karpura rasa. Kasturi, bhirava rasa, kumara kalyana rasa, Garbhapala Rasa, Chandraprabha Gutika, Chandramrita Rasa, Pratapalankeshwara Rasa, Pravala panchamrita Rasa, Anandbhairava Rasa, Yogendra Rasa, Rajmriganka, Ramabana Rasa, Laxmivilasa Rasa, Vasanta Kusumakara, Vatakulantaka Rasa, Vasantamalat Ras. Brihat Vata Chintanmani Rasa, Shankha Vati, Shwaskuthata Rasa, Hinguleswara Rasa, Hemagarbhapottali, Hridyarnava Rasa, Swarnavanga, makaradhwaja, Ayaskritl evam Loha Rasayan Putapakwavishamjvrantaka Loha. Vatvidhvamsan Rasa. Kamadugha Rasa.Laghusootshekhsar Rasa, Navayasa loha, Saptamrita loha.

**10.** Brief knowledge of Standardization of Rasaushdhi.

**11.** Concept of Pharamcovigilance and status in India, knowledge about Pharamcovigilance of Ayurvedic drugs.

#### **14. BHAISHAJYA KALPANA**

1. **Derivation, history and chronological (kramika vikasa) development** of Bhaishjyakalpana. Concept of Aushadha and Bhesaja.

2. **Fundamental principles of Bhaishjyakalpana.**

3. **Aushada nirmana shala** according to directions mentioned in Aushadha evam Prasadhana Adhiniyama (Drug and Cosmetic act 1940 and Rules 1945).

4. **Introduction and general knowledge of useful instruments-** Disintegrator, Pulveriser, Micropulveriser, Ball mill, End Runner, Edge Runner, Sieve- Shaker, Polishing pan, Granulator, Mixer, Grinder, Tablet making machine, strip packing machine, puch packing machine, pill making machine, Pill cutter.

5. **Comparative study of "Mana"** (measurements) as per Ancient and metric system of measurements. Ruels of taking fresh and dry drugs, Grahyatva and Agrahyatwa of plant material. Collection, storage and Preservation methods of different avadhi (potency period) of different Aushadhi kalpanas. Concept of stability and shelf life in contemporary science.

6. **Aushadha Matra, Anupana and Aushadh sevan kala.**

7. **Kashaya yoni- Pancha vidha kashaya kalpana** Swarasa, kalka, Kwatha, Hima, Phanta, Panch kashaya Yonayah, Churna, Ushnodaka, Tandulodaka. Laksha rasa kalpana. Mantha, Anushadha siddha paniya, Arka. panaka, Pramathya. rasakriya. Phanita, avaleha. Prasha, Ghana, Satva, guddapaka, sarkara, Ksheerapaka, Syrups. Vatika. Gutika. Chandrika. vataka. Panda, modaka, varti, Guggulu kalpana, Method of preparation of Tablets and Capsule. Masi kalpana, lavana kalpa, Kshara kalpana and Kshara sutra.

8. **Introduction, definition, preparation methods, doses and detailed description of uses and anupana of following Yogas**

Ardraka swarasa, Tulasi swarasa, Vasa putapaka swarasa, Nimba kalka, Rasona kalka. Punarnavasthaka kwatha, Rasna sapthaka kwatha. Dhanyaka hima. Sarivadi hima, Panchakola phanta, Mustadi Pramathya, Kharjuradi mantha, Shadanga paniya, Ajamoda arka, Yavanyarka, Chinchapanaka. Candana panaka, Banapsha sharkara, Nimbu sarkara, Bhaskaralavan churna, Simhanad Guggulu, Yogaraj Guggulu, Lavangadivati, lasunadi vati. Eladi vati, Sitopaladi Churna, Hingwashtaka Churna, Chitrakadi Gutika,, Sanjivani Vati, Triphala Guggulu, Kaishora Guggulu, Chyavanaprashavaleha, Vasavaleha, Vyaghri-Haritaki avaleha. Mahibadra avalehya, Darvi rasakriya, Guduchi Ghana, Kutaja Ghana Vati, Haridra khanda, Narikela khanda, Soubhagya shunthi paka, Amruta satva, Ardraka Satva. Phala varti, Chandrodaya Varthi, Arka lavana. Narikela lavana, Triphala masi. Arjuna ksheerapaka. Rasona ksheerapaka.

1. **Sneha kalpana** Shena yoni, Types of sneha, sneha murchana vidhi, sneha paka vidhi, snehapaka prakara and their use. Snehapaka kala, sneha siddhi lakshanas, dose, use of ghrita and taila. Preparation and uses of Jatyadi Ghrita- BramhigherNarayana tailla- Panchaguna tailla.

2. **Sandhana kalpana and its types** Madya, Sukta- Asava- Arishta- Varuni- Sura (prasanna- Kadambari- Medaka- Jagala- Bukkasa) Maireya- Surasava- ShuktaKanjika, Tushodaka, Shidhu- Souvira kalpana their methods of preparation, properties, doses, uses and mode of administration, Siddha Sandhana Lakshana. Preparation, dose and mode of administration of Arjunarishta- Ashokarishta- TakraishtaDashamularishta, Draksharishta, Kutajarishta Arvindasava- Kumaryasava- Chandanasava.

3. **Pathya Kalpana** Concept of Pathya Apathya. Manda, Peya, Vilepi, Yavagu, Anna, Bhakta, Odan, Yush, Kulattha Yusha, Krishara, Mansa rasa, Vesavar, Khad Yusha Kamblika, raga, Shadav, Dadhi and Takra Varga- Takra, udasvita, Katvar, Mathita, Chhachika.

4. **Bahya kalpana (Formulations used for External Applications)- Lepa-** types of Lepas, its mmethods of preparation and mode of application. Udvartan and Avachurnan Method of preparation of Siktha Taila, Malahara- sarjaras Malahar, Gandhak Malahar, Upanaha, Atasi upanah, Shatadhouta and Sahastradhouta Ghrita.

5. **Netrakalpa (Ophthalmic preparations)-** Seka, Drava, Anjana-Pindi, AshchyoutanaVidalaka- Trapana- Putapaka etc.

6. **Nasya kalpana-** Classification of Nasya, Method of preparation, properties and therapeutic uses of Navana, Avapidana, Dhmapana, Dhuma and Pratimarsha nasya.

7. **Mukha kalpana-** Method of preparation, properties and therapeutic uses of Gandoosha- Kavala- Manjana (tooth power), pratisaran, Tooth paste.

8. **Dhumapana kalpana-** Classification, Method of preparation, properties and therapeutic uses of Dhamapana. Dhoopan- Vrina, Yoni, Arsha and Karna dhoopan.

9. **Vasti kalpana-** Classification, Method of preparation of Vasti yantra and vasti dravaya. Types of Vasti. Therapeutic properties and yses of vasti kalpana.

10. Brief introduction of Ointments, Creams, Gels, Lotions. Shampoos, Soaps, Liniments.

11. Brief knowledge of Standardization of Ayurvedic formulations.

12. Brief introduction of Drugs and Cosmeties Act 1940 and Rules 1945.

## **15. ROGA VIGYAN EVUM VIKRITI VIGYAN**

### **1. Dosh Dooshyadi Vigyanam**

1. Definition and importance of Roganidana

2. Samanya nidana and samanya lakshana of dosha prakopa and dosha kshaya.
3. Vikriti Vijnana of pancha vidha dosha bheda.
4. Dosha dhatu ashraya ashrayee bhava.
5. Dhatu Kshaya Vriddhi Lakshana and Pradoshaja Vikara
6. Upadhatu pradoshaja vikara.
7. Mala kshaya vriddhi lakshana and pradoshaja vikara.
8. Indriya pradoshaja vikara
9. Hetu, Bhuda and lakshana of agni dushti.
10. Definitions and samanya lakshana of Ama.
11. Sama and nirama dosha, dushya lakshanas.
12. Dosha paka and dhatu paka lakshana.
13. Concept, classification, diagnosis and general complications of Avarana
14. Dosha gati.
15. Detailed Study of srotomoola and srotodushti samanya and vishishta hetu and lakshana and viddha lakshana of all Srotas. Differences between sroto dushti and kha vaigunya.

## 2. Vyadhi Vigyanam

1. Definition, synonyms and classification of Vyadhi
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 Nanatmaja vikara. Nidanarthakara vyadhi, hetu sankara, lingasankara, Vyadhisankara, Sharirika, Manasika and Agantuja vyadhi
7. Concept of Ashta Mahagada and introduction to Ashta Nindita.
8. Importance and knowledge of Rogamarga.
9. Definition and classification of Vyadhikshamatva.
10. Concept of Satmya, Asatmya and Viruddha ahara.
11. Ojas- types of OJo Dosa-vikriti- Ojas and Vyadhi kshamatva.

## 3. Basic Pathology

1. Introduction to pathology and its sub-divisions. Introduction to Cell Injury and Cellular adaptations
2. Definition and brief description of inflammation—Health Irepair.
3. Definition and brief description of oedema- shock. heamorrhage. Thrombosis and embolism. Ischemua and Infarction.
4. Immunity—types- different types of immune responses in the body- Basic knowledge of auto Immune diseases. Acquired Immune deficiency disease and hypersensitivity.
5. Nomenclature and classrffcatton of tumors- difference between benign and malignant tumors.
6. Introduction to Nutritional disorders disorders of macro and micro nutrients.
7. Introduction to infectious diseases
8. Introduction and ciasstficatvon of microorganisms such as virus-bacteria- fungus.

## 4. Nidana Panchaka Vigyanam

1. Difference between roga and rogi pareeksha.
2. Importance of Nidana Panchaka.
3. Hetu- definition, synonyms and classification
4. Purva rupa- definition, synonyms, Samanya and Vishistha Purva rupa.
5. Rupa- definition, synonyms, Samanya and Pratyatma lakshana. Difference between vyadhi and lakshana.
6. Samprati- definition, synonyms and types
7. Samprapti ghataka
8. Shat kriyakala
9. Relationship between nidana panchaka and shat kriyakala.

10. Upashaya- definition, types and its importance in diagnosis.
11. Upadrava
12. Arishta vijñana- definition, types and its importance.
13. Sadhyasadhyatwa- types, their parameters and importance.
14. General diagnostic principles of Anukta vyadhi (Cha Viman IV)

## 5. Pareeksha Vigyanam

1. Importance and knowledge of Aptopadeshadi, dharshandi Trividha. Chaturvidha, and Shadvidha Pariksha.
2. Importance and Knowledge of Ashtasthan Pariksha.
3. Importance and Knowledge of Karanadi Dashavidha Parikshya Bhava.
4. Importance and Knowledge of Dashavidha pariksha.
5. Importance and methods of history taking, clinical examination and knowledge of Ancillary investigations.
6. Basic Knowledge of tools for avayavika pariksha- ECG, USG, and Radio imaging. 7. Basic knowledge of Laboratory investigations pertaining to Metabolic and Endocrine disorders. Systematic study of Nidana panchaka of following diseases (Including upadrava, arishta and sadhyasadhyata)

### 1. Diseases of Rasavaha Srotas

1. Jwara (Jwarabheda- Ama, Pachyamana and Nirama jwara, Agantuka jwara, Punaravartaka Jwara, Vishama jwara, Dhatugata jwara. Charakiokta Sannipata jwara.
2. General mechanism of Fever. Introduction to the Aetiopathogenesis of Malaria, Typhoid. Dengue fever. influenza and Chikungunya.
3. Pandu, Amavata, Hridroga, Shotha
4. Introduction to Anaemia & its Classification, Rheumatic fever, Rheumatoid Arthritis, Angina, Ischaemic Heart Disease, Hypertension. Myocardial Infarction.

### 2. Diseases of Raktavaha Srotas

1. Kamala- Raktapitta- Vattarakta- Shitapitta- Maha Kushta- Visarpa- Shwitra and Introduction to Kshudra kushta.
2. Introduction to Hepatomegaly, Splenomegaly, Leukaemia, Thalessemia, Sickle cell anaemia.
3. Introduction to Urticaria. Psoriasis, Eczema, pemphigus.

### 3. Diseases of Mamsavaha Srotas

Introduction to granthi, arbudha and arshas.

### 4. Diseases of Medovaha srotas

#### Sthoulya- Karshya- Prameha

1. Introduction to Obesity and Diabetes Mellitus.

### 5. Diseases of Asthi- Majjavaha srotas

1. Sandhigatavata, Introduction to Asthi-majjaparipaka, Asthigata vidradhi
2. Introduction to Osteo- Arthritis, Osteomyelitis, Osteoporosis.
3. Vatavyadhi
4. Akshepaka- Apatanaka- Ardita- Pakshaghata- Gridhrasi- Viswachi, Apabahuka,- Manyasthambha- Katigraha.
5. Introduction to Parkinson's disease, Storke, Lumbago- Sciatica syndrome, Bells palsy, Ankylosing Spondylitis

### 6. Diseases of Sukravaha srotas

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

### 7. Diseases of Pranavaha srotas

1. Kasa- Shwasa- Hikka- Urahkshata- Shosha- Rajayakshma.
2. Introduction to the aetiopathogenesis of Pneumonia, Pleural effusion, Bronchitis, Bronchiectasis, Bronchial Asthma.

### 8. Diseases of Annavaha- Pureeshavaha Srotas

1. Agnimandya- Ajirna- Aruchi- Chhardi- Visuchika, Amlapitta- Shoola- Parinama shoola- Annadrava shoola- Grahani- Gulma- Udara roga- Atisara- Pravahika.

2. Introduction to Anaha, Adhmana, Atopa. Alasaka, Vilambika.
3. Introduction to peptic ulcer, Irritable Bowel Syndrome, Diarrhea, Drsentry, Constipation, Inflammatory bowel Syndrome.

#### **9. Diseases of Udakavaha Srotas**

1. Introduction to Trishna, Daha.
2. Introduction to water and electrolyte imbalance disorders

#### **10. Diseases of Mutravaha srotas**

1. Mutrakrichhra- Mutraghata.
2. Introduction to Urinary Tract Infection, Urolithiasis, Nephropathies and Renal failure.

#### **11. Diseases of Swedavaha srotas**

1. Introduction to Khalitya, Palitya and Cosmetology.

#### **12. Diseases of Manovaha Srotas / Sanjnavaha Srotas**

1. Introduction to Vishada, Udvega, Bhaya, Bhrama, Anidra, Mada, Murchha, Sanyasa, Apasmara, Unmada, Atatwabhinivesha.
2. Introduction to Depression, Anxiety neurosis, phobia, personality disorders.

#### **13. Upasargajanya Vyadhis (Communicable diseases)**

1. Romantika- Masurika- Upadamsha- Phiranga.
2. Introduction to Leprosy, Tuberculosis and AIDS.

#### **14. Krimi Vigyanam**

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

### **16. AGADATANTRA VYAVAHARAYURVED EVUM VIDHIVAIIDYAK**

#### **AGADATANTRA-VISHA CHIKITSA**

#### **(AYURVEDIC & CONTEMPORARY TOXICOLOGY)**

1. Derivation and definition of Agadatantra and Visha, Visha Utpatti, Visha Prabhava, Visha pranaharana Kriya. Visha Guna. Visha gati.
2. Origin and Classification of Visha:- Its sources, Difference between Visha, Madya and Oja guna, Visha Upadrava and Visha Mukta lakshana.
3. Tests for detection of Visha, Visha Data lakshana, Visha peeta lakshana, Signs and symptoms of Visha afflicted organs and personal effects. (Poisoning with anjana, lepa paduka, abharana etc.- cintact poisons).
4. Contamination of air, water, soil, etc. (Visha mishrita- Vayu, Jala, Desha, Kala and their management), their contemporary significance. Samuhika vishaprayoga- Effects of chemical and Nuclear warfare.
5. Signs and symptoms of poisons of plant kingdom and their management. Visha and Upavisha. Arka, Snuhi, Langali, Karaveera, Gunja, Ahiphena, Dhatura, Bhallataka, Vatsanabha, Kupeelu, Jayapala, Bhang, Tobacco, Parthenium historiferous, Chitraka Eranda, digitalis cerebra odollum. (Signs and symptoms, Fatal Dose, Fatal period, Treatment, post mortem appearances and Medico legal importance).
6. Gara visha, Dooshi visha and, Viruddahara- their concepts, classification. management and contemporary significance. Essentials of Food poisoning.
7. Study of chaturvimshatyupakrama of Caraka.

**8. Jangama Visha** (Animal poisoning and zoonotic diseases)- Detailed study of sarpa, keeta. Lootha, vrischika, mooshika, Alarka- ViSha; Lakshana, Bheda. chikitsa and their Sadhyasadhyata. (contemporary and classical views), (Signs and symptoms, classification, management prognosis and medico legal importance) Visha Sankata, Shanka Visha.

**9.Acids and Alkalis-** Fatal Dose, Fatal Period, Signs and symptoms, cause of death, treatment, medico legal importance and postmortem appearance of— Sulphuric acid, Hydrochloric and Nitric acid, Hydrocyanic acid, Oxalic acid, Carbolic acid, Formic acid and alkalis in general, treatment and safety measures.

**10.Asphyxiants-** Carbon monoxide, Carbon dioxide, Hydrogen sulphide;

**Stimulants-** Antihistamines, Cocaine

**Hallucinogens-** LSD

**Sedatives and Hypnotics-** Barbiturates

**Petroleum-** Kerosene Poisoning

Organo phosphorus compounds

Aluminum phosphate, Zinc phosphide

11. Definition of Toxicology, classification of poisons, their actions and routes of administration, absorption, excretion, metabolism, diagnosis and general principles of treatment duties of a medical practitioners in case of suspected poisoning.

12. Metallic and Nonmetallic poisoning

General characters, Signs and symptoms, Fatal dose, fatal period, Treatment, Medico Legal Importance and Postmortem Appearance of

1. Nonmetallic poisons- Phosphorous, iodine

2. Metallic poisoning- Arsenic, Mercury, Lead, copper, Zinc, Tin and Radiation

13. Madya Visha and Madatyaya; Alcohol poisoning (Ethanol and Methanol)

14.Laws related to poisons- Poisons act 1919, Dangerous Drug act 1930, Drugs and cosmetic act 1940, Narcotic drugs and Psychotropic substance Act 1985, Pharmacy Act 1948, Criminal poisoning.

## **17. VYAVAHARAYURVED EVUM VIDHIVADYAK**

### **(FORENSIC MEDICINE AND MEDICAL JURISPRUDENCE)**

1. Introduction, Definition and concise history of Forensic medicine (Vyavahara Ayurveda) and Medical jurisprudence (vidhivaidyaka). Introduction to Indian Penal Code, Indian Evidence Act and Criminal Procedure Code.
2. Personal identity and its medico legal aspects, forensic odontology, forensic serology and DNA profiling.
3. Death and its Medico Legal Aspects.
4. Medico legal autopsy and exhumation.
5. Injuries and wounds and its medico aspects.
6. Dowry deaths, their medico legal importance and laws in relation to it.
7. Asphyxial deaths and its Medico legal importance.
8. Death due to heat, cold and starvation.
9. Virginity, Pregnancy, Delivery; Impotence & Sterility, Artificial Insemination, Legitimacy, Abortion, Infanticide battered baby and their Medico Legal importance. Medical Termination of pregnancy Act.
10. Sexual offences, Sexual perversions and their medico legal aspects.
11. Forensic psychiatry
- 12.Ethics as in classics. Types of physicians and methods of identification, pranabhisara and Rogabhisara Physicians, Qualities of Physician, Responsibilities of Physicians, Chaturvidha Vaidyavrutti, Duties of physician to his patient, vaidya sadvrittam. apoojya Vaidya, Accepting fees. Relationship with females.
- 13.Laws in relation to medical practitioners: Indian medicine Central Council Act, Code of Medical Ethics, General Principles, duties of a physician towards his patient, towards the profession at large. Professional services of physicians to each other, duties of a physician in consultation, duties of a physician in cases of interference, duties of a physician to the public,Physician's responsibility in criminal matters, duties of a patient, professional negligence, civil negligence, criminal negligence. medico legal aspects of Acquired Immune Deficiency Syndrome, rights of an unborn child, transplantation of human organs Bill 1994, pre Natal Diagnostic Testinf Act, donation of cornea, Malingering of feigned diseases, international code of medical ethics for doctors.

## **18. CHARAK SAMHITA**

**(Uttarardha: Chikitsa- Kapla- Siddhi Sthan)**

1. Charaka Samhita- Chakrapani Teeka (Sanskrit Commentary)
2. Charaka Samhita (Hindi Commentary)  
Vd. Jayadev Vidyalkar or Vd. Atridev Vidyalkar or

Prof. Gorakh nath Chaturvedi & Kashinath Shastri or  
Dr-Brahmanand Tripathy or  
Dr.Ravidutta Tripathy

3. Charaka Samhita (English Commentary):  
Dr. Ram Karan Sharma & Vd. Bhagwan Dash or Acharya Priyavrata Sharma.

**19.KAYACHHIKISA**

**Note:** Common to all papers of Kayachikitsa- Wherever the phrase "Management of diseases occurs in the syllabus, it invariably should include different classical preparations which should include relevant vati, Gutika, Bhasmas/Pishti, Kuti Pakwa Rasayana, Ghrita, Taila, Avaleh, Churnas, kashayas and lepas along with appropriate dose, time of administration, duration of treatment required, and relevant Pathyapathya and post therapeutic advices.

1. Derivation of the terms 'kaya'. 'Chikitsa'. and their definitions and synonyms. Definition of 'Kayachikitsa' Definition of 'Bheshaja'. Types and detailed description of Bheshaja and Chikitsa. Knowledge about Chikitsa Chatushpada.
  2. Importance of Kriyakala according to stages of Dosha and their management.
  3. Chikitsa sutra and Management of Vriddhi (increased) and kshaya (decreased) of Dosha. Dhatu, and Mala. Ojo Vyapat (Kshaya, Visramsa and vyapat) and its management. Chikitsasutra and Management of Sama-Nirama states. Chikitsasutra and Management of 'Samanyaja and Nanatmaja' diseases. Roganutpattikara chikitsa, Roga Prashamana Chikitsa (doshapratyanika, vyadhipratyanika, Ubhayapratyanika). Doshopakrama, Chikitsa sutra and management of Sthanantara doshas (Ashayapakarsha, Anuloma/Pratiloma gati of doshas. Vimarga gamana of Doshas). Knowledge of Lina dosha & its management. Diagnosis, Chikitsa sutra and management of Avarana and of dhatu pradoshaja diseases. Importance of Dosha, Dushya, Bala, kala, Agni, Prakriti, Vaya, Sattva Satmya, Desha, Ahara and stage of diseases in treating diseases.
  4. Detailed description of Dvididhopakrama (Santarpana and Apatarpana) and Shadavidhopakrama (Rookshna. Snehana, Swedana, Sthambhana, Langhana, and Brihmana). Detailed description of Shodhan. Shamana and Nidana Parivarjana. Knowledge of Oushadha matra, sevna kala and Anupana. Definition and knowledge of Pathya-Apathya with examples of diseases of various systems.
  5. Detailed description of chikitsa Sutra and management of Jwara and its types.
  6. Relevant Ayurvedic management according to Samprapti ghataka of following types of Fevers-Typhoid, Pneumonia, Pleurisy, Influenza, Mumps, Meningitis, Encephalitis, Tetanus, Yellow fever. Plague, Dengue Fever, Chikun Guniya, Leptospirosis, Viral fever, Anthrax, Masurika (Small Pox), Laghu Masurika (Chicken Pox). and Romantika (Measles).
  7. Knowledge of National health programmes, and the relevant Ayurvedic management of the following diseases enlisted by World health Organisation- Malaria, Filariasis, kala Azar, leprosy, Tuberculosis, AIDS.
  8. Introduction of general principals of maintenance of health and management of diseases of following systems of Medicine-yoga, Naturopathy, unani, Siddha, homoeopathy, Acupuncture, Acupressure, Modern medicine, Physiotherapy and Rehabilitation.
1. Chikitsa sutra and Management of the diseases of Pranavaha Srotas such as-Kasa, Shwasa, Hikka, Rajayakshma, Urakshata, parshwashoola. Bronchitis, Bronchiectasis, Emphysema and COPDs.
  2. Chikitsa sutra and Management of the diseases of Udaka vaha Srotas such as-Shotha, Jalodara. trishna and Acid- Base & Electrolyte Imbalance.
  3. Chikitsa sutra and management of the diseases of Annavaha Srotas such as— Agnimandya, Aruchi, Ajirna, Anaha, Atopa, Adhmana, Alasaka, Vilambika, Visuchika, Chardi, Grahani, Amlapitta, Gulma, Shoola, Bhasmaka and Acid peptic disorders.
  4. Chikitsa sutra and management of the diseases of Rasavaha Srotas such as-Pandu, Amavata, madatyaya, Hridroga, Hridashoola, Hypotension,

Hypertension.

5.Chikitsa sutra and management of the diseases of Raktavaha Srotas such as— Raktapitta, Kamala. Kumbhakamala, Halimaka, Daha, Mada, Murcha. Sanyasa, Vatarakta. Plihadoshha, Yakridoshha, Hepatitis, Cirrhosis of Liver, Leukaemia, Kushta Kilasa. Visarpa, Sheeta pitta, Udarada, Kotha and medically manageable Kshudra Rogas.

6.Chikita Sutra and Management of Mamsavaha Srotas and Medovaha Srotas such as—Gandamala, Mamsahoshha, Arbuda, Apachi, Prameha, Sthulya, Karshya, Diabetes Mellitus and Dyslipidaemias.

7.Chikitsa sutra and management of Asthi and Majjavaha Srotas such as Osteomyelitis (Asthimaja Vidradhi) Osteoporosis, (Asthisoshirya), Sandhigata Vata (Osteo Arthritis).

8.Chikitsa sutra and management of the diseases of Mutravaha Srotas such as—Mutrakrichchra, Mutraghata. Ashmari, Cystitis, Nephritis, Nephrotic Syndrome, Renal Failure.

9.Chikitsa sutra and management of the diseases of Purishavaha Srotas such as—Atisara. Pravahika, Arsha and Purishja Krimi.

10.Chikitsa sutra and management of Sexually transmitted diseases, such as—Phiranga (Syphilis), Puyameha (Gonorrhoea), Upadamsha (Chanchroid).

1.Principles of treatment and management of Vata Vyadhis such as— Pakshavadha, Ekgangavata, Sarvangavata, Ardita, Ababhuka, Kati Graha, Manyastambha Gridhrasi, Videhrasi, Vishwachi, Khalli, Khanja, pangu, Padaharsha, Padadaha Vatakantaka, Kroshtukashirsha and Types of Udavarta. Parkinsonism (Kampavata), Gatavata (Dhatu gata and Ashayagata), Avarana Vata.

2. Nidana and Chikitsa of Urusthambha, Gullian Barrie syndrome, Muscular Dystrophy, Myasthenia Gravis, Motor Neuron Diseases and Neuralgias.

3.Diseases of different Endocrine Glands- Such as Thyroid, Parathyroid, Pitutary and Adrenal Glands and their Ayurvedic management.

4. General Introduction and principles of Management of diseases produced by Genetic, Environmental and Iatrogenic factors. Disorders due to drug and Food allergy and their management.

5. Treatment of Motion sickness, General introduction introduction, types and management of diseases caused by Vyadhi Kshamatwa hinata (Immuno deficiency disorder and Auto Immune disorders).

6. Derivation of the term ManaS, its sthan (place), Guna (Qualities) and Karma Introduction and Definition of Kama, Krodha, Lobha, Moha, mada, Matsarya, Shoka, bhaya, Vishada, Dainya. Harsha and Prajnaparadha.

7.Nidana and Chikitsa of the following disorders- Unmada- Apasmara Aatlvabhinvesha- Introduction and management of Anxiety disorders, Stress induced disorders, Depression, somatoform and Mood disorders, Psychosexual Disorders. Importance of Daivayapashraya, Sattwavajaya, Ahravyabhuta Chikitsa. Medhya Rasayana in the management of Manasa Roga. Introduction to Bhuta Vidya with special reference to diagnosis and management of disorders in the field.

8. Management of Vardhakyajanita vikaras, indriyapradoshjoa vikaras, Vidhandha, endu, Alzheimers Disease, Sleep disorders, General dedility.

9. Etiopathogenesis and modern management of following diseases- Anthrax, Chicken Pox, Chikun Guniya, Dengue Fever, Encephalitis, Influenza, Leptospirosis, measles, Meningitis, Mumps, Plague, Pleurisy, Pneumonia, Small pox, Swineflu, Tetanus, Typhoid, Viral fever, Yellow fever.

10. Nutritional deficiency disorders, Acid- Base & Electrolyte Imbalance and related clinical conditions.

11. Description and management of following Emergency Conditions- Acute Haemorrhages, Hypertensive Emergencies, Acute abdominal pain (Renal colic, Biliary colic, Gastritis, Pancreatitis, Peritonitis and Appendicitis), Acute Abdomen, Anuria / Oliguria, Congestive Heart Failure, Myocardial Infarction / Angina, Shock,

Syncope, Convulsions. Hyperpyrexia, Hyperglycaemia, Hypoglycaemia, Status Asthmaticus, Acute Respiratory distress Syndrome, Drowning and Electric Shock.

12. Derivation, definition and synonyms of Rasayana, historical importance of Rasayana and its benefits. Indications of Rasayana therapy. Classification of Rasayana, Kutipravesika and Vatapatika Rasayana. Achara Rasayana. Procedures of Kutipravesika Kalpa, Poorvakarma and specific schedules to be followed after Kutipravesika, benefits of kutipravesika Rasayana, duration of application, Rasayana yoga and directions for their use. Determination of dose of Rasayana according to age. Rules and regulation after Rasayana therapy. Indications of Rasayana therapy. Importance of Vitamins in Rasayana therapy. Vitamin deficiency diseases and their treatment.
13. Vajikarana- Derivation, definition, synonyms, necessity, benefits, historical importance and indications of Vajikarana. Appreciation of females. Criticism of childless men, Symptoms of good shukra (Semen). Vajikarna Dravya and aushadhi.
14. Properties, doses, methods of administration, ingredients and methods of formulation of Rasayana & Vajikarana formulation.
15. Classification and importance of Vajikarana Dravyas.

## **20. SHALAKYA TANTRA**

### **1. INTRODUCTION**

- a. Shalakyatantra nirukthi, Parichayam, Ithihasam
- b. Netra rachana shareeram (Mandala, patala, Sandhi, Drushti Vichara) and Netra & Chakshu Kriya shareera ancient and modern view. Netrapareeksha, Netrapareekshanopayogi Yantra Shastradi jnanam.
- c. Netraroganam- Samanya Hethu (Nija and agantuja), Poorvaroopam, Samprapti, Rooka and chikitsa,
- d. Classification of netraroga as per Ayurvedic and Modern view point and its importance.

### **II. NETRA SAMANYA AND VISHISHTA CHIKITSA- KRIYA KALPA**

- a. Seka, Aschyotana, Pindi, Vidalaka Tarpana, Putapaka, Anjana and importance of Panchkarma in shalakyachikitsa.
- b. Basic fundamentals of shalakyachikitsa e.g. poorva-pradhana-pachhchatat karma, Ama-pachyaman-pakva vrana shotha, vranitopasana, Pranashtashlya, & Vranbandhana, Methods and concepts of sterilization, asepsis and antisepsis as per ancient and modern view point.
- c. Knowledge about the eight surgical procedures i.e. Lekhana, Chedana, Bhedana, Vyadhana etc. Shalya karma;
- d. Parasurgical procedures- Agni, kshara and Raktamokshana with special reference to netrachikitsa.
- e. Essential diagnostic and therapeutic modern pharmacological agents required in shalakyachikitsa.

### **III. SANDHIGATA ROGAS**

Etiology, Pathology, classification, clinical features and management of diseases of sandhigata rogas (junctional areas of the eye) as detailed in literature of Ayurveda.

Acute and chronic Dacryocystitis, Epiphora, Blepharitis, Lacrimal Cystaetiology, Pathology, signs & symptoms and management. Knowledge about Dacryocystectomy and dacryocystorhinostomy.

### **IV. VARTMAGATHA ROGAS**

- a. Etiology, Pathology, classification, clinical features and management of diseases of Vartma (lids disorders) of the eye as detailed in literature of Ayurveda.

Hordeolum externum, Chalazion, Ptosis, Trachoma, Trichiasis, Entropion, Ectropion, Lagophthalmus, Blepharospasm and lid growths- Etiology, signs and symptoms and management.

### **V. SUKLAGATAROGAM**

Etiology, pathology, classification, clinical features and management of diseases of shuklagata mandala (Sclera and Conjunctive) of the eye as detailed in literature of Ayurveda

Conjunctival degenerative disorders like pterygium, Scleritis, Episcleritis SubConjunctival hemorrhage, Xerosis their etiology, signs & Symptoms and management.

#### **VI. KRISHNAGATA ROGAS**

- a. Etiology, pathology, classification, clinical features and management of diseases of Krishnagata mandala (cornea and iris) as detailed in literature of Ayurveda.
- b. Ulcerative and Non Ulcerative Keratitis, Corneal opacity, Staphyloma, Hypophyon Ulcer & Uveitis, their aetiology, pathology, symptoms and management.

#### **VII. SARVAGATA ROGAS**

- a. Etiology, pathology, classification, clinical features and management of sarvagata rogas (diseases affecting all parts of the eye) as detailed in literature of Ayurveda.
- b..Abhishyanda as a cause of all eye diseases. Conjunctivitis, Glaucoma, Dry eye Syndrome, panophthalmitis, etiology, Pathology, sign & symptoms and management.
- C. Aupasargika (contagious) Netra Roga:- Etiology, Sign and symptoms, diagnosis and treatment.

#### **VIII. DRISHTIGATA ROGA**

- a. Etiology, pathology, classification, clinical features and management of diseases of drishtigata rogas (vision / visual apparatus) as detailed in literature of Ayurveda along with exogenous diseases like sanimittaja and animittaja linga nasha.

Refractive errors, Strabismus, Cataract, retinitis pigmentosa, Amblyopia, Central serous retinopathy, Eale's diseases, Hypertensive & Diabetic Retinopathies, Age related Macular degeneration, Optic Neuritis and Optic atrophy, - Etiology, Pathology, signs and symptoms and management.

Nayanabhighata- Ocular trauma as per ancient and modern view point.

#### **IX. Miscellaneous Diseases**

- a. Xerophthalmia and other malnutritional eye disorders.
- b. Introduction to Eye bank, Eye donation, Corneal Transplantation.
- c. Netraswasthyarakshanopaya- Preventive ophthalmology and community ophthalmology.

#### **1. SAMANYA CHIKITSA**

- a . Instruments and technology used in the diagnosis and treatment of diseases of Shira, Ear, Nose & Oral cavity.
- b. Study of therapeutic procedures like sveda, kavala, gandusa, dhuma, rakta mokshana, murdhni taila, nasya, pratisarana, karna purana, mukha lepa used in the treatment of Shira, ear, Nose, dental, Periodontal, Oral cavity and throat diseases.

#### **2. SHIRO ROGA**

- a. Importance and Superiority of Shira.
- b.Generalised and Specific Etiology, pathology , classification, clinical features and management of diseases of shira and kapala (intracranial and extracranial) as detailed in literature of Ayurveda.
- c. Headache, its differential diagnosis and treatment along with diseases of Scalp.

#### **3. KARNA ROGA**

- a. Anatomical and Physiological considerations of Karna (Ear) & Sravanendrya in Ancient and Modern Medical literature. Examination of Ear.
- b. Generalised and Specific Etiology, Pathology, classification, clinical features and management of diseases of karna as detailed in literature of Ayurveda.
- c. Karna sandhana (Auroplasty) fundamentals and Vaikritpaham.
- d. Otagia, ASOM, CSOM, Deafness, Otomycosis, Tinnitus, Meniere's diseases, Foreign body in ear and sound pollution, etiology, pathology, clinical features and management. Tympanoplasty.

#### **4. NASA ROGA**

- a. Anatomical and Physiological considerations of Nasa (Nose) & Ghranendriya in Ancient and Modern Medical literature. Examination of Nose.

- b. Generalised and Specific Etiology, pathology, classification, clinical features and management of diseases of nasa (Nose) as detailed in literature of Ayurveda.
- c. Nasa sandhana (Fundamentals and methods of Rhinoplasty).
- d. Rhinitis, Epistaxis, Nasal polyp, DNS, Nasal trauma, foreign body in the nose-Etiology, pathology, clinical features and management.

#### **5.MUKHA ROGA (DISEASES OF ORAL CAVITY)**

- a. Mukha roga- ayatana- Anatomical sites of diseases of oral cavity.
- b. Anatomical and Physiological considerations of much (Oral cavity) in Ancient and Modern Medical literature. Examination of Oral cavity.
- c. Mukh and Danta Swasthya ancient and modern concepts.
- d. Generalised etiology Pathology Clinical picture and Treatment of Mukharoga (Diseases of oral cavity)

#### **6.OSHTHA ROGA (DISEASES OF LIPS)**

- a. Anatomical and Physiological considerations of Oshtha (Lips) in Ancient and Modern Medical literature. Examination of Lips.
- b. Etiology, pathology, classification, clinical features and management of diseases of Oshtha (Lips).
- c. Oshtha sandhana- Labioplasty, Hare lip, Retention cyst, Cracked lips.

#### **7.DANTA ROGA (DENTAL DISEASES)**

- a. Anatomical and Physiological considerations of Danta (Tooth) in Ancient and Modern Medical literature. Examination of Teeth.
- b. Etiology, Pathology, Classification, clinical features and management of diseases of Danta (Teeth) as detailed in literature of Ayurveda.
- c. Danta utpatana—Tooth extraction using jalandhara bandha yoga as well as by using instruments. Danta poorana ancient and modern methods. Danta rakshana.
- d. Dental carries, dental tartar, causes and treatment.

#### **8.DANTA MULA GATA ROGA (DISEASES OF PERIODONTIA)**

- a. Anatomical and Physiological considerations of Dantamula (Periodontia) in Ancient and Modern Medical literature. Examination of Dantamula Periodontum.
- b. Etiology, pathology, classification, Clinical features and management of diseases of Dantamula (Periodontia) as detailed in literature of Ayurveda.
- c. Gingivitis, Apical abscess, Periodontitis (Pyorrhoea), Periodontal abscess and Mandibular sinus.

#### **9. JIHWA GATA ROGA (DISEASES OF TONGUE)**

- a. Anatomical and Physiological considerations of Jihva (Tongue) in Ancient and Modern Medical literature. Examination of Tongue.
- b. Etiology, pathology, classification, Clinical features and management of diseases of Jihva (Tongue) as detailed in literature of Ayurveda.
- c. Glossitis, Tongue tie, Ranula, Benign and malignant tumors of tongue

#### **10.TALU ROGA (DISEASES OF PALATE)**

- a. Anatomical and Physiological considerations of Talu (Palate) in Ancient and Modern Medical literature. Examination of Palate.
- b. Etiology, pathology, classification, Clinical features and management of diseases of Talu (Palate) as detailed in literature of Ayurveda.
- c. Palatitis, Cleft palate, Uvulitis and Tumors of the palate.

#### **11. KANTHA AND GALA GATA ROGA (DISEASES OF PHARYNX & LARYNX)**

- a. Anatomical and Physiological considerations of Kantha and Gala (Pharynx and Larynx) in Ancient and Modern Medical literature. Examination of pharynx and Larynx.
- b. Etiology, pathology, classification, Clinical features and management of diseases of Kantha and Gala (Pharynx and Larynx) along with swara bheda(altered voice quality) as detailed in literature of Ayurveda.
- c. Pharyngitis, Laryngitis, Tonsillitis, Carcinoma of larynx pharynx, Diphtheria, Adenoiditis, foreign body in the throat- etiology, pathology and treatment of these diseases.

#### **SARVASARA MUKHA ROGA (generalized mucosal affections of the oral cavity)**

Etiology, pathology, classification, Clinical features and management of diseases of Generalised mucosa of the oral cavity as detailed in literature of Ayurveda. Stomatitis, HIV and Herpes infection of oral cavity

## MISCELLANEOUS DISEASES

Anatomy and physiology of salivary, thyroid and para thyroid, their diseases and treatment. Dysphagia, Cervical lymphadenopathy, Manyastambha (Sternocleidomastoiditis).

### 21. SHALYA

1. Introduction to Shalya Tantra- Historical background and progress made.
2. Definition of Shalya, Shalya Tantra and its importance.
3. Description of Yantras, Shastras. Anushastras- Definition, number, types, uses, Doshas, Gunas, Karmas. Relevant modern instruments.
4. Nirjantukarana- Sterilization- Methods, Types and O.T. fumigation
5. Sangyahanana- Anaesthesia- Definition, Types, anaesthetic agents, indications, contraindications, procedures, complications and management.
6. Trividha karma- Poorva Karma, Pradhana Karma and Paschat Karma.
7. Ashtavidha Shastra Karma- Operative procedures.
8. Yogya Vidhi- Experimental Surgery.
9. Marma- Nirukti, types, description and importance.
10. Kshara and Kshara Karma- Nirukti, Pradhanyata, Guna, Dosha, Karma, Prakara, Nirmana Vidhi, Yogya, Ayogya, Vidhi and Upadrava Chikitsa. Knowledge of Kshara Varti, Taila and Pichu.
11. Kshara Sutra- Preparation, indications, contraindications and method of application, complications and their management.
12. Agnikarma- Mahatva, Upakrama, Vyadhis, Vidhi, Akrti bheda, Yogya, Ayogya and Upadrava Chikitsa.
13. Raktamolshana- Mahatva, Prakara- Siravyadha, Pracchanna, Shringa, Alabu, Jaloukavacharana (Jalouka parichaya)- Yogya, Ayogya, Vidhi and Upadrava Chikitsa.
14. Bandha Vidhi- Proyojana, Dravya, Yogya, Ayogya, Prakara, Abandya and Upadrava. Pichu, Plota, Kavalika, Vikeshika.
15. Sandhana Karma- Karna, Nasa, Oshtha Sandhana Vidhi. Principles and procedures of reconstructive and cosmetic surgery.
16. Pranasta Shalya and Nirharana Upayas.
17. Fluid, electrolyte and Acid Base Balance, Nutrition-
  - a. Introduction to physiology of fluids and electrolytes.
  - b. Dehydration and over hydration,
  - c. Specific electrolyte losses and symptomatology and management of Acidosis, Alkalosis and Acid balance.
  - d. Electrolyte changes in specific diseases like pyloric stenosis intestinal obstruction and anuria.
  - e. Various replacement fluids in surgery, mode of administration and complications.
  - f. Nutrition- Pre-operative, post-operative and intravenous alimentation.
18. Rakata Mahatva, Raktasrava- Prakara and laksahana. RaktastambhanaHaemostasis.
19. Blood Transfusion- Blood groups, components, compatibility, indications, contraindications and complications with management.
20. Knowledge about Vranitaga and Rakshakarma.
21. Knowledge of antibiotics, analgesics, anti-inflammatory and emergency drugs in surgical practice.
22. Knowledge of diagnostic techniques-x-ray, Imaging techniques, Ultra Sonography, CAT Scan, MRI, Biopsy / Cytological study.
23. Knowledge of Shat Kriya Kala in surgical practice.
24. Nirukti, Nidana, Samprati, Prakara, Lakshana, Sadhya- asadhyata, Upadrava and Chikitsa of the following disorders.
  - a. Vranashotha- Inflammation
  - b. Vidhradi- Abscess.
  - c. Pidika- Boils.
  - d. Nadi Vrana- Sinus.
  - e. Dagdha Vrana- Burns and scalds.
  - f. Marmagata- Shock.
    - g. Kotha- Gangrene.
  - h. Granthi- Cyst.
  - i. Arbuda- Tumour.

### **25.Vrana- Nirukti and Prakara**

- a. Nija Vrana- Nidana, Samprapthi, Vrana vasthu, Prakara, Lakshana, Vrana Pariksha- Sthan, Akrti, Srava, Gandha, Vedana. Vrana Avastha- Dustavrana, Shuddha Vrana, Ruhyamana Vrana, Samyak Roodha Vrana, Vyadhi Janya Vrana, Vrana Sandhya-asadhyatha and Vrana Upadrava.

- b. Vrana Chikitsa- Pathya-apathya and Shashti Upakramas.
- c. Ulcer types and their management.
- d. Wound healing stages and management.
- e. Agantuja Vrana
- i. Sadhyo vrana- Traumatic- Nidana, Prakara, Lakshana, Upadrava and Chikitsa.
- ii. Management of bits and strings

26. Twak Vikara Nidina, Samprapti, Lakshana and Chikitsa of Pramehapidaka Diabetic carbuncle, Chippa- Paronychia, Kadara- Corn, Vrana Granthi- Keloid.
27. Manya Vikara- Nidina, Samprapti, Lakshana and Chikitsa of Galaganda- Goitre, Gandamala, Apachi- Lymphadenitis, Pashanagardhabha- Parotitis.
28. Sira Vikara- Venous disorders- Superficial and deep venous thrombosis, haemangioma, varicose veins, Venous Ulcers and their management.
29. Dhamani vikara- Arterial disorders- Nidina, Samprapti, Lakshana and Chikitsa of Aneurysm, Burgers disease, Raynauds disease.
30. Snayu Vikara- Diseases of tendons and ligaments- Tendinitis, tenosynovitis, ganglion and their management.
31. Principles of Amputation.
32. Surgical practice in AIDS- HIV and hepatitis patients.

1. Asthi Bhagna- Fracture: Prakara including pathological fracture, Samanya Lakshana, Upadrava and Chikitsa. Description of fracture of following bones clinical features, diagnosis, complications and management- scapula, clavicle, humerus, radius, uina, carplas, metacarpals, phalanges, femur, patella, tibia, fibula, tarsals, metatarsals, venebrae, ribs, mandible, pelvis and skull bones.
2. Sandimoksha- Dislocation: Prakara, Samanyalakshana, upadrava and Chikitsa. Dislocation of following joints with clinical features, diagnosis, complications and management of shoulder, elbow, wrist, hip, knee, ankle, mandible, vertebrae and Phalanges.
3. Diseases of bone- Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of- Congenital anamolies Osteomyelitis, cysts, tumous and tuberculosis.
4. Cranio-cerebral injuries- mechanism, Pathology, investigations, complications and management. Cerebral concussion, contusion and laceration. Acute extradural heamatoma, Acute intracerebral and chronic subdural haematoma.
5. Brain tumors and their management.
6. Diseases of breast- Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of- Sthan Vidradhi- Breast Abscess, Sthan Arbuda Breast tumors and their management.
7. Diseases of chest- Aetiopathogenesis, classification, clinical Features, Diagnosis, Complications and management of—Pleural abscess, pleural effusion, tumors, pleurisy and their management.
8. Diseases of esophagus- Aetiopathogenesis, classification, Clinical Features, Diagnosis, Complications and management of— Congenital Anamolies, Oesophagitis, Ulcer, Varices, tumors and their management.
9. Gulma Roga- Nidana, Prakara, Lakshana, Upadrava and Chikitsa.
10. Diseases of stomach and duodenum- Aetiopathogenesis, classification, Clinical Feature, Diagnosis, Complications and management of— Congenital pyloric stenosis, peptic ulcer, tumous and their management.
11. Diseases of small intestine Aetiopathogenesis, classification, Clinical Feature, Diagnosis, Complications and management of- Mickels Diverticulitis, Tuberculosis, obstruction, perforation and their management.
12. Diseases of large intestine Aetiopathogenesis, classification, Clinical Feature, Diagnosis, Complications and management of Tuberculosis, obstruction, perforation, tumor, appendicitis, crohn's disease, ulcerative colitis and their management.
13. Udara rogas- Aetiopathogenesis, classification, Clinical Feature, Diagnosis, Complications and management of- Jalodara- Ascitis, Chidrodara- Perforation and Peritonitis, Badhagudodara- Obstruction and their management.
14. Diseases of rectum and anal canal- Aetiopathogenesis, classification, Clinical Feature, Diagnosis, Complications and management of- Congentital disorders, arshas Haemorrhoids, Rectal polyp, Parikartika- Fissure in ano, Bhagandara- Rectal prolapsed, Sanniruddaguda- Anal stricture, Incontinance. Gudarbuda- tumor and their management.
15. Abdominal Injuries and management.
16. Diseases of liver- Aetiopathogenesis, classification, Clinical Feature, Diagnosis, Complications and management of Abscess, cysts, tumors, obstructive jaundice and Yakritdalyodar- Hepatomegaly.

17. Diseases of gall bladder- Aetiopathogenesis, classification, Clinical Feature, Diagnosis, Complications and management of Pancreatitis Cholecystitis, cholelithiasis, tumors.
18. Diseases of pancreas- Aetiopathogenesis, classification, Clinical Feature, Diagnosis, Complications and management of Pancreatitis, pseudo pancreatic cyst, tumors.
19. Diseases of spleen- Aetiopathogenesis, classification, Clinical Feature, Diagnosis, Complications and management of Pleehodara- Spleenomegaly, Spleenic rupture.
20. Diseases of kidney- Aetiopathogenesis, classification. Clinical Feature, Diagnosis, Complications and management of Congenital anomalies, polycystic kidney, perinephric abscess, tumor, renal calculus, renal injury.
21. Diseases of Ureter- Aetiopathogenesis. classification, Clinical Feature, Diagnosis, Complications and management of Calculus, obstruction.
22. Diseases of Urinary bladder- Aetiopathogenesis, classification, Clinical Feature, Diagnosis. Complications and management of Congenital anomalies, Ashmari-Vesicle Calculus, Cystitis, tumor, and Injury.
23. Mutragata & Mutrakrichra- Aetiopathogenesis, classification, Clinical Feature, Diagnosis, Complications and management. Retention of Urine.
24. Diseases of Prostate- Aetiopathogenesis, classification, Clinical Feature, Diagnosis, Complications and management of Prostatitis, Prostatic abscess, benign prostatic hypertrophy, carcinoma of prostate.
25. Diseases of Urethra- Aetiopathogenesis, classification, Clinical Feature. Diagnosis, Complications and management of Urethritis, Stricture and uverture..
26. Diseases of Penis- Aetiopathogenesis, classification, Clinical Feature. Diagnosis, Complications and management of Niruddhaprakasha- Phimosis, ParivartikaParaphimosis, Avapatika- Prepuceal ulcer, Arbuda- tumor, Lingarsha- Veneral warts.
27. Diseases of Scrotum and Testis- Aetiopathogenesis, classification, Clinical Feature, Diagnosis, Complications and management of Mutravriddhi- Hydrocele, Vrushana shotha- epididimo- orchits, Vrushana granthi- epididimal cyst, Scrotal filarial, Shukrashmari- Seminal calculus, torsion of testis, ectopic testis, undescended testis and tumors.
28. Vriddhi Roga- Aetiopathogenesis, classification, Clinical Feature, Diagnosis, Complications and management.
29. Antravriddhi- Aetiopathogenesis, classification, Clinical Feature, Diagnosis, Complications and management of Hernia- Inguinal, femoral, epigastric, Umbilical, incisional and rare forms of Hernias.

## **22.PRASUTI TANTRA EVUM STRI ROGA**

### **Prasuti Tantra**

#### **Introduction and scope of Prasutitantra (obstetrics).**

#### **Stri Sharir Vigyana**

Etymological origin of the word stree, Vayobhedena stree sangnya. (Nomenclature of Stree according to age). Normal and abnormal conditions of Asthisandhi peshi Sahita Stree shroni (Soft & Bony Pelvis) and its obstetrical importance, Shroni mapana (Pelvic assessment)- Artavvaha and Stanyavaha strotamsi. Tryavarta yoni (Female internal and external genitalia). Stree vishishta peshi marmani.

#### **Rajo Vigyana**

Description of Raja, artava and concept of shukra in stree. Prathama Rajo darshana (Menarche), Rituchakra- Rajakala- Ritukala- Rituvyatitakala- Menstrual cycle and their regulation by endocrine glands- Rajasvala Chatya. Ritumati Lakshana, Ritumaticharya, Importance of Ritukala in Garbha dgarana.

#### **1.Garbha vignyana**

A. Garbhasya paribhasha, Garbhadhanvidhi, Garbhavakranti, Garbha sambhava samagri (factors essential for conception), Garbhakara bhava, Panchabhautika, Composition of garbha, Garbhalingotpatti, Garbhasya avayavotpatti, Masanumasika Vridhi of Garbha (Monthwise development of foetus), garbha Varnotpatti (origin of complexion in foetus), Garbha poshana (Nutrition of garbha), garbhangasamstithi (attitude), garbhasthiti, asana, uday (lie, position, presentation), fetal skull, Garbha vikriti.

B. Apara (Placenta) Garbha Nabhinadi (Umbilical cord), Garbhodaka (Amniotic fluid), Jarayu (Foetal membranes)- Formation, development, function, normalcies and their abnormalities. -Ulba (Vernix caseosa).

## 2. Garbhinivigyan

a. Lakshana of Sadhyograhita garbha, lakshanas of vyakta garbha, Garbhini nidana (diagnosis of pregnancy) Pumsavana vidhi,

b. Garbhini vyavastha: Garbhini Paricharya (ante Natal care, examination investigation and management), Garbha upaghatakara bhava, Dauhrida.

c. Garbha Vyapada: Garbhasrava and Garbhapata (abortions), Upavishtaka, Nagodara / Upashushaka, Leena garbha, Antarmrita garbha (intrauterine Foetal death), Garbha shosha, Mithyagarbha (pseudocyesis)., Raktagulma. Hydatiform mole. Ectopic pregnancy, I.U.G.R, Bahugarbhata, Rh- incompatibility- causes, clinical features, complications and treatment.

## 3. Garbhini Vyapad / Garbha Vyapad

A. Garbhini- Alpabala vyadhaya (Minor ailments of pregnancy)- Hrilasa (Nausea), Chatdi (emesis), Aruchi, Atisara (Diarrhoea), Vibandha (Constipation), arsha, Udavarta, Pada Sotha, parikartika, Vaivarnya (Discoloration), Kikkisa etc.

B. Garbhini- balavan vyadhaya (Major Diseases of Pregnancy)

Pandu (Anaemia), Jwara, Shotha (oedema), pregnancy indiced hypertension, toxemias of pregnancy, prasava poorva rakta srava (Antepartum haemorrhage) ccauses, clinical features, complications and treatment of all diseases, High risk pregnancies.

## Prasava Vigyana (parturition)

**Prakrit Prasava (Normal labour):** Prasava Paribhasha, (definition of prasava) Prasavahetu, Prasavakal, Sutikagara:- nirmana, sangrahaniya dravyani, sutikagara, pravesavidhi, labour room, Garbhasan, Prasavavastha; prajayani / upasthita prasava / prajanishyamana / asannaprasava avastha, Avi. Mechanism of labour, Prasavaparicharya- clinical features and management of normal labour, partogram, jatamatraparicharya, (care and resuscitation of newborn).

## Prasava Vyapad (Disorders of Labour)

Akalaprasava (Preterm labour), Kalatita prasava (post term labour), Vilambita prasava (prolonged labour)

Induction and augmentation of labour

Yoni samvarana, cervical dystocia, cephalo pelvic disproportion, fetal distress. Mudagarbha;- definition, etiopathology, clinical features, types, prognosis (Sandhyasadhyta), treatment Aushadhi, Mantra, Shastra, Yantrachikitsa Garbha stithi parivartana (version), forceps delivery, Ventouse Muladharachhedan (Episiotomy) Udarapatanapurvaka gardha nirharana ceasarean section.

Aparasanga (Retention of placenta), prasavottara raktasrava (PPH). Its causes, clinical features and treatment.

Maternal distress. prasavajanya janananga abhighata, uterine inversion, amniotic fluid embolism etc.

**Sutika Vigyana-** Sutika Paribhasha, Sutika Kala, changes during Sutika avastha (Sharirika and manasika), Sutika paricharya.

**Sutika Roga-** Number of sutika rigas. Causes, Clinical features, prognosis and treatment of sutika jwara, Sotha and Makkala and other complications.

**Stanya Vigyana-** stana stanya pareeksha, Stanya sampat, Stanya dusti, Stanyyakshaya, Stanyavidhi- Their causes, clinical features and treatment.

## Atyayika Chikitsa in prasuti (Emergency care in obstetrics)

Pharmacotherapeutics of the drugs used in Obstretic emergencies, PNDT Act. MTP Act.

Congenital malformations of female genital tract.

## 23. STRI ROGA

### Artava Vyapad

Artava Vriddhi, Kshaya, ashta artava dushti, Asrigdara, abnormal uterine bleeding, Anartava (Amenorrhoea), Alpartava (hypo and oligomenorrhoea)

**Yoni Vyapadani-** sankhya, nidana, lakshana, upadrava evam chikitsa with all possible modern correlations.

### **Shukra Vigyana**

Description of shukra, shukra vridhhi, kshaya, shukra dusti their hetu, laxana, and its chikitsa. Normal semenogram

**Vandhytva** (Infertility- causes, types, investigations and management) Yoni Kanda, Yoni Arsha, Granthi and arbudas of yoni (Benign and malignant tumours of genital tract). Pelvic infections including sexually transmitted infections and their management. Rajonivrutti

### **Stanaroga**

Stanagranthi, stanavidradhi (abscess), stanashopha (mastitis) their etiopathology, clinical features, diagnosis. prognosis, treatment and complications.

### **Sthanik chikitsa-**

-Snehana, svedana, uttarabasti, pichu, varti, lepana. dhoopana, dhavana, dahana, Ksharakarma etc. Practical knowledge of all these procedures along with indications, complications and management.

-Importance of panchakarma in stree roga.

### **Shastra karma**

Surgical procedures their indications, Contraindications, purvakarma (pre-operative), Pradhanakarma (operative), Paschatakarma (post operative), Complications and managements.

Garbhashayamukha vistrutikarana (Cervical dilatation) & Garbhashaya lekhana (curettage), Garbhashaya mukhadahana (cauterization of Cervix), Swasthane garbhashaya sthapana (repair of genital prolapsed), Arshanitharana samanya gyana (Hysterectomy), Female surgical sterilization.

Removal of different types of cysts, Marsupilisation, PAP smear, endometrial and cervical biopsy.

Stree roga sambandhita pramukha aushadhi. Prasuti stree roga chikitsa upayogi yantra shastra parichaya and vyadhivinishchaya upaya (investigative and diagnostic aids).

Basic knowledge of laproscopy, Hysteroscopy, Hysterosalpingography, USG, X-Ray, Colposcopy. Garbhanirodhaka upaya.

Parivar niyojana, reproductive and child health care. AIDS/HIV control programme and importance of current national programme.

## **24.KAUMARBHRITYA**

### **Kaumarbhritya parichaya Evum Balaka Paricharya (Introduction to Ayurvedic Pediatrics and Child Care)**

1. General introduction of Kaumarbhritya (Ayurvedic Pediatrics): Definition, importance, description and etymological interpretations of terminologies used in Kaumarbhritya.
2. Vayobheda (Classification of age): Garbha, Bala, Kumara; Kshirada, Kshirannada & Annada etc.
3. Importance of Kashyapa Samhita in Kaumarbhritya.
4. Navajata Shishu Paricharya (Neonatal Care): Care of the Samaya-purvajata Shishu (Preterm), Purnakalika Shishu (Full term), and Samaya- Paschatajata Shishu (Post term neonate), Nabhinala Chhedana (Cutting of umbilical cord), Complications of improper cutting of umbilical cord and its treatment, Rakshoghna Karma (Protective measures).
5. Prana Pratyagamanam (Neonatal Resuscitation): Methodology; complications and their management (Ayurvedic and modern view).
6. Navajata shishu parikshana (Examination) of new born): Ayu Parikshana (including Lakshanadhyaya) Modern approach of Neonatal Examination including gestational age assessment.

7. Kumaragara (Nursery, NICU and Pediatric Ward).
8. Navajat Shishu Poshana (Nutritional aspects including neonatal feeding): Specific feeding schedule as per Ayurvedic texts and modern concept; Stana Sampat (Characteristics of normal breast), Stanya Sampat (Properties of normal breast milk) Stanyotpatti and Prasruti (Physiology of lactation), Stanya Sangathana (Composition of breast milk), Stanya parikshana (Examination of breast milk), Stanya-Piyusha (Colostrum); Stanya-Pana-Vidhi (Method for breast feeding), Stanyakshaya Stanyanasha (Inadequate production and absence of breast milk), Stanyabhava Pathya Vyavastha (Alternative feeding in the absence of breast milk), various other feeding methods.
9. Stanyadosha (Vitiation of Breast milk), Stanya Shodhana (Purification of breast milk), Stanya Janana and Vardhanopakrama (Methods to enhance breast milk formation)
10. Dhatri (Wet nurse): Dhatri Guna and Dosha (characteristics of wet nurse), Concept of human milk banking.
11. Garbha vridhi vikasa Krama: Samanya parichaya (General introduction to normal fetal growth from conception to full term maturity), Sharirika Vriddhi, Mansila evam Samajikavikas (Physical, Mental and Social growth & development of child of child), important mile stones during infancy and early childhood with special reference to gross & fine motor, language and personal- Social development. Anthropometry measurement and their interpretation.
12. Importance of Kreedabhumi (play ground) and Kreedanaka (Toys), Kumaradhara (child care taker)
13. Poahana (Nutrition): Normal requirements of nutrients for newborn, infant and children, common food sources, Satmya and Asatmya Ahara (Compatible and incompatible diet).
14. Sanskaras: Jatakarma, Namakarana, Nishkramana, Upaveshana, Annaprashana, Karnavedhana. Choodakarma. Upanayana and Vadarambha.
15. Dantotpatti evam Danta Raksha Vidhi (Dentition and dental care): Dantasampat (Characteristics of healthy teeth), Danta Nisheka evam Dantodbeda (Eruption of teeth). Dantodhedjanya Vikara (Dentition disorders).
16. Vyadhikshamatva: General concepts of Bala (immunity) and methods of Bala Vriddhi.
17. Lehana (Electuaries): Importance uses and various types of Lehana.
18. 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, time to time.

### **25. Samanya Chikitsa Siddhanta and Balaroga**

(General Principles of Treatment and Management of Pediatric Disorders)

1. Balaroga Samanya Chikitsa Siddhanta (General Principles of treatment on children), Balaroga parikshavidhi- Shadvidha, Ashtavidha, Dashavidha Pariksha evam Shishu Vedana Parigyana (Examination of diseased child and Diagnostic methods- Ayurvedic and modern).
2. Aushadhi Matra Nirdharana- According to Vaya. Bhar Evam Aushadhi Kalpana (drug doses according to age, weight and drug preparations)
3. Specific therapeutic Procedures in children: Panchkarma Procedures specific to pediatric age group.
4. Prasava Kaleena Abhigata (Birth injuries) Shwasavrodha (Asphyxia), Upasheershaka (Caput Succidaneum and Cephalohaematoma), Shastraghatajamy: Facial paralysis, Erds paralysis, Bhagna (fractures).
5. 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 equinovarus and Valgus), tracheoesophageal Fistula (TOF), Spina bifida, Meningocele, Meningomyelocoele, Pyloric Stenosis.
6. Anuvanshika Vyadhi (Hereditary diseases): Down Syndrome, Turner Syndrome, Myopathy, thalassaemia, Sahaja Prameha (Juvenile Diabetes);
7. Prasavattara Vyadhi (Neonatal disorders): Navajata kamala (Neonatal Jaundice), Navajata Netrabhishyanda (Neonatal conjunctivitis), Nabhiroga (Umbilical disorders), Rakta Vaishamyata (Rh-Incompatibility). Raktasravi Vikara (Haemorrhagic Disorders), Ulvaka Roga.
8. Dushta Stanyapanajanya Vyadhi (Disorders due to vitiated Milk): cows Milk Allergy, Charmadala (Infantile atopic dermatitis), Kshiralasaka, Kukunaka (Conjunctivitis), Ahiputana (Napkin Rashes).
9. Kuposhanajanya Vyadhi (Nutritional disorders): karshya, phakka, Balashosha and parigarbhaika (Protein Energy Malnutrition). Vitamin and Micronutrient deficiency disorders, Hydervitaminosis.

10. Aupasatgika 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), Jivwanujanya Yakrit Shotha (Hepatitis)
11. Srotas Vikara:
- Pranavaha Srotas: Pratisyaya (Common Cold), Kasa (Cough), Shwasa (Respiratory distress syndrome), Tamaka Shwasa (Bronchial Asthma), Utphullka. Swasanaka Jwara (Pneumonia/Pneumonitis, Bronchiolitis). Gala shotha (Pharyngitis, laryngitis), talukanktaka (Tonsillitis).
  - Annava Srotas: AJirna (indigestion), Atisara (Diarrhoea), Chhardi (Vomiting), Vibandha (Constipation), Mukhapaka (Stomatitis), Gudapaka (Proctitis), Parikartika (Anal fissure), Udatshoola (Infantile Colic), Pravahika (Dysentery), Gudabhhransa (Rectal Prolapse)
  - Rasavaha Srotasa: Jwara (Fever), Pandu (Anemia), Mridbhakshanajanya Pandu (Anemia associated with clay eating/Pica).
  - Raktavaha Srotas: Kamala (Jaundice), Raktapitta (Haemorrhagic disorders), Krimigja Hridroga (Infections cardiac diseases including Rheumatic Heart Disease) Uchecha Raktachapa (Hyperter) Yakridpleehodara 9 Hepatosplenomegaly
  - Mamsa-Medovaha Srotas: Apachi (Lymphadenitis), galaganda (Goitre), Gandamala (Cervical lymphadenopathy), Sthaulya (Obesity).
  - Mutravaha Srotasa: Mutraghata (anuria), Mutrasanga (Retention of Urine) Mutrakriccha (Dysurea), Vrikkashotha (Glomerulonephritis and Nephrotic syndrome)
12. Anya Bala Vikara (Miscellaneous pediatric disorders)  
Pangutwa (Locomotor disorders), Vamanatwa (Dwarfism), Jadatwa (Mental disorders), Apasmara (Epilepsy), Unamada, Akshepa (Convulsion), Nirudhaprakasha (Phimosis), Kushtha (Skin disorders), Madhya Karna Shotha (Otitis media), Karnasrava (Otorrhoea)
13. Behavioral disorders of children. their management and counseling; Breath holding spell, Shayyamutra (Bed wetting), Anutism, ADHA (Attention Deficit and Hyperactive Disorders)
14. Atyayika Balaroga Prabandhana (Pediatric Emergency Management): Shock and Anaphylaxis. Fluid and Electrolyte, management. Drowning, Poisoning, Foreign body aspiration, Status epilepticus, hemorrhage, Acute Renal Failure, Febrile Convulsion, Status Asthmaticus.
15. Balagraha: General description, types, clinical features and management
16. Various Ayurvedic & Modern procedures and investigations in pediatric practice.

## 26. PANCHAKARMA

### I. INTRODUCTION

- Introduction to Panchakarma, their importance and utility in the treatment.
- Relation of Panchakarma with Shodhana therapy (purification therapy)
- threefold Karma.
  - Poorva Karma (Pre operative procedure): General knowledge, Importance and utility of poorva karma (Pachana, Deepana, Shehana & Swedana).
  - Pradhana karma (Operative procedure)
  - Pashuchat karma (Post operative procedure).
- Usefulness of shodhana (Purification therapy) according to the seasons.
- General precautions (Pariharya Vishaya) during panchakarma.
- Relevance of Panchakarma in presenera.
- Specifications of Panchakarma theatre and necessary equipments.

### II. SNEHANA

- Etymology and definition of sheha and shehana (Oleation therapy)
- Types of Sneha, Qualitative utility of Sarpi, Taila, vasa and Majja.
- Different categories of Snehayonis (Sources).
- Need of Rukshana before shehana and Samyak rukshana lakshanas.
- Types of Snehana- Bahya anad abhyantara (external and internal oleation therapy), Snehapaka.
- Knowledge of Yamaka sneha .Trivrit sneha, Maha sneha, panchaprasrutiki Sneha. Achcha sneha, pravicharana, sneha, sadya sneha, avapidaka Sneha, shodhana. Shaman and Brimhana Sneha, Hrasiyasi, Hrasva, Madhyama And Uttama Sneha.
- Indications and contraindications for Snehana.
- Sheha Procedures:

Abhyanta Shodhananga Sneha Vidhi:

**Poorvakarma:** Roga and rogi pareeksha, including relevant diagnostic techniques, Koshta Pareeksha and Agni nirnaya, Preparation of the rogi & fixation of dose.

**Pradhana Karma:** Administration of sneha & Anupana, Observation- Jeeryamana Jeerna/Ajeerna/Asnigdha Lakshanas, Samyak Yoga, Ayoga/Atiyoga Lakshanas, Vyapats & Their management according to Ayurveda & modern Systems of Medicine.

**Pashcaht karma:** Administration of Sheha & Anupana, Observation Brimhana Snehana Vidhi, Chirakaleena Sneha Vyapats, and their management.

9. Diet and regimens during Snehana

10. Introduction to Bahirparimarjana Chikitsa.

11. Detailed knowledge about procedure and utility of following Bahyasnehanas (External oleation therapy)- Abhyanga, Samvahana, Mardana, Unmardana, Utsadana, Padhaghata, Murdhni Taila, Pichu, Karna Poorana & Akshi Tarpana

12 Snehana Kamukata,

13. Digestion and Metabolism of Fat

### III. Swedana

1. Etymology and definition of Swada and Swedana (Sudation)

2. Swedana dravyas and their properties.

3. Methods to protect the vital organs (varjya anga) during Swedana procedure. Ten Types of Niragni Sweda, Different types of Sagni Sweda

4, Knowledge of Shodhananga and Shamana Sweda.

5. Indication and contra- indications of swedana.

6. Detailed knowledge about utility of below mentioned Swedana procedures:-

Patrapinda Sweda, Shashtika Shalipinda Sweda, Churna Pinda Sweda, Jambheera Pinda Sweda, Dhanya Pinda Sweda, Kukkutanda Sweda, Anna lepa valuka Sweda, Ishtika Sweda, Nadi Sweda, Bashps Sweda, Ksheera Bashpa Sweda, Avagaha Sweda, Arisheka Sweda (Pizichil, Dhanyamla Dhara, Kashay Dhara, Ksheera Dhara) & Upanaha Sweda.

7. Features of Samyak Yoga (Proper Sudation, Atioga (Excessive Sudation), Heenayoga (Inadequate Sudation and Vyapat of Swedana and their management.

8. Diet and regiment during and after Swedana.

9. Swedana karmukata (Mode of action of Swedana Chikitsa).

10. Introduction to Bahirparimarjana, Chikitsa: Study Lepa, Gandusha Kavala, ShiroLepa (Tala potichil) Talam, Udvartana, Takra Dhara, Kati, Janu, Basti, Breeva and Urobasti (Tarpana).

11. General Knowledge about current sudation techniques (Sauna bath, Steam bath, Infrared therapy).

### IV. VAMANA

1. Etymology, definition and Introduction of Varnanakarma.

2. Importance and utility of Vamana Karma.

3. Kosta nirnaya and Agni pareeksha in Vamana Karma.

4. Indications and Contraindications for Vamana.

5. General Properties of Vamaka Dravyas.

6. Preservation and Knowledge of Vamaka and Vamanopaga dravyas.

7. Detailed study of Madana Phala, Kutaja, Yashti, Vacha and Nirnba.

**Poorva karma:** Snehana & Swedana Diet & regimen prior to Vamana Karma preparation of formulaion for Vamana karma Dose & Method of Administration.

**Poorva karma:** Shehana & Swedana Diet & regimen during vishrama kala prior to Virechana Karma

**Pradhana karma:** Administration of durgs and Observation, and Assistance of Vegas, Upavehas and matra. Knowledge of Laingiki, Antiki and Maniki Shuddhi, Features of Samyak Yoga (Proper Shuddhi), Atiyoga (Excessive Shuddhi), Ayoga (inadequate Shuddhi) and their management.

**Pasnchat karma:** Samsarjana (Peyadi, Tarpana and Rasa Samsarjana Krama) Pariharya vishaya & Parihara kal Vyapats & their management according to Ayurveda & modern Sysyetsms of Medicines.

8. Vamana karmukata (Mode and of Vamana)

### V. VIRECHANA KARMA

1. Etymology, definition, introduction, Utility & Classification of Virechana karma

2. Knowledge of Anulomana, Sramsana, Bhedana, rechana, karma with examples,

3. General properties of Virechana Dravyas.

4. Detailed study of following Virechana drugs trivrut, Eranad, Aragvadha, katuki and Jaipala
5. Knowledge of Virechana kalpanas, their properties, dose, anupana and method of administration,
6. Knowledge of Koshta Nirnaya and Agni vivechana.
7. Indications & Contra-indications for Virechana
8. Significance of Vamana before Virechana.
9. Virechana Vidhi (Procedure for Virechana)

**Poorva karma:** Shehana & Swedana Diet & regimen prior to Virechan Karma.

**Pradhanan Karma:** Administration of durgs and Anupana, Observation, Assessment of Vegas, Upavegs and Matra. Knowledge of Laingiki, Antiki and Maniki Shuddhi, Features of Samyak yoga (Proper Shuddhi), Atiyoga (Excessive Shuddhi), Heenayaga (Inadequate Shaddhi) and their management.

**Pasnchat karma:** Samsarjana (Peyadi, Tarpana and Rasa Samsarjana Krama) Pariharya vishaya & Parihara kal Vyapats & their management according to Ayurveda & modern Sysytems of Medicines.

10. Virechana karmukata (Mode of action virechana).

#### VI. BASTI

1. Etymology, definition, introduction, utility, and importance of Basti karma.
2. Types of Basti based on karma, Sankhyas, Adhistan & Matra.
3. Knowledge of different Basti yantras, their significance and utility.
4. Indications & Contra-indications for Anuvasana Basti and Asthapana Basti.
5. Administration of Basti:

**Poorvakarma: (Pre-operative procedure):** Preparation of Basti dravyas fixation of dose Preparation of Patient.

**Pradhana karma (Operative procedure):** Basti Pranidhana Vidya (Administrative of Asthapana. Anuvasana and Matra Basti) Observation of Basti pratyagamana, Samyakyoga, Atiyoga, heenayoga lakshanas and their management.

**Paschat Karma (post Operative procedure):** Pariharya vishaya, Parihara kala Diet and regiment after Basti.

7. Detailed knowledge of basti Vyapats and their management.
8. Study of following Vishishta Bastis:  
Piccha Basti, Ksheera Basti, Yapan Basti, Madhutailika Basti, Erandamooladi Nirooha Basti, Panchaprasrutika Basti, Kshara Basti, Vaitarana Basti, Krimighna Basti, Lekhana Basti, Sarvarigahara Nirooha Basti, Vataghna Basti, Pittaghna Basti and Kaphaghna Basti.
9. Knowledge of Uttara Basti, Importance of Uttara Basti, Uttara Basti Yantra, dravyas and their dosage in Uttara Basti.
10. Detailed knowledge of administration of Uttara Basti into mutrashaya (Intra Vesical) and Garbhashaya (Intra uterine)
11. Basti karmukata (mode of action Basti)

#### Vii. Nasya

1. Etymology, definition, introduction & Signification of Nasya Karma.
2. Knowledge about dravyas (Medicines) used for Nasya Karma.
3. Classification and Nasya in detail
4. Indications and contraindications of Nasya.
5. Knowledge of dosage of Dravyas (Medicines) and time of administration in different type of Nasya.
6. Nasya Procedure

**Poorvakarma (Pre-Operative Procedure):** Preparation of Patient.

**Pradhana Karma (Operative procedure):** Administration of Nasya.

**Paschat karma (Post operative Procedure):** Parithara Kala, Diet and regimen after Nasya.

7. Detailed knowledge of features of Samyakyoga (Proper), Ayoga (Inadequate), Atiyoga (Excessive) of Nasya and their management.
8. Pathya- Apathya duriné Nasya karma.
9. Administration of Navana, Marsha, Pratimarsha, Avapeedaka, Dhmapana and Dhooma Nasyas.
10. Nasya Karmukata (Mode of action of Nasya Therapy)

#### **VIII. RAKTA MOKSHANA AND VYAYAMOPACHARA**

1. Definition, utility and Significance of Raktamokshana, Knowledge of different Techniques of Raktamokshana.
2. Indications and contraindications for Raktamokshana.
3. Rakta Mokshana karmukata (Mode of Rakta mokshana).
4. Basic Knowledge of Physiotherapy.
5. knowledge of emergency management in complications such as water & Electrolyte imbalance, hypo- Volamic shock, Haematemesis, Epistaxis, bleeding per rectum, acute abdomen etc.

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**Annexure-III**

**INSTRUCTIONS TO CANDIDATES**

**A. INSTRUCTIONS TO CANDIDATES:**

- A.1. The applicants are required to go through the user guide and satisfy themselves as to their eligibility for this recruitment carefully before applying and enter the particulars completely online.
- A.2. Applicant must compulsorily fill-up all relevant columns of application and submit application through website only. The particulars made available in the website will be processed through computer and the eligibility decided in terms of notification and confirmed accordingly.
- A.3. The applications received online in the prescribed proforma available in the website and within the time shall only be considered and the Commission will not be held responsible for any kind of delay/discrepancy on part of the candidate.
- A.4. Applicants must compulsorily upload his/her own scanned photo and signature through .jpg format.
- A.5. The applicants should not furnish any particulars that are false, tampered, fabricated or suppress any material information while making an application through website.
- A.6. Important:-Hand written/typed/Photostat copies/printed application form will not be entertained.
- A.7. The applicant shall produce all the essential certificates issued by the competent authority, for verification by the commission, as and when called for. If candidates fail to produce the same, his/her candidature shall be rejected / disqualified without any further correspondence.
- A.8. The following certificate formats are available on the Commission's Website (<https://psc.ap.gov.in>) for reference.
  - A.8.1. Community, Nativity and Date of Birth Certificate
  - A.8.2. Declaration by the Un-Employed
  - A.8.3. School Study Certificate
  - A.8.4. Certificate of Residence
  - A.8.5. Medical Certificate for the Blind
  - A.8.6. Certificate of Hearing Disability and Hearing Assessment
  - A.8.7. Medical Certificate in respect of Orthopedically Handicapped Candidates
  - A.8.8. Creamy Layer Certificate
  - A.8.9. Local status certificate (if applicable)

**B. INSTRUCTIONS REGARDING ON-LINE EXAMINATION FOR CANDIDATES:**

- B.1. The candidates should take their seats at the prescribed time before the commencement of the examination. Biometric identification would be conducted before entry into examination hall. The entry time would be mentioned in the hall ticket. Late entry after the given entry time would not be allowed. Candidates should not leave the examination hall till the expiry of fulltime. Loaning and interchanging of articles among the candidates is not permitted in the examination hall. Electronic devices including cell phones and pagers are not allowed in the examination hall.
- B.2. The starting time of each examination paper and the entry time would be mentioned in the hall ticket
- B.3. Candidates will not be permitted to leave the examination hall till the expiry of full time. If any candidate leaves the examination hall in the middle, he would be disqualified. If there is any problem with computer system, the candidates have to wait without talking to others till the system is restored. In case of any violation, the candidate will be disqualified.
- B.4. The examination link with the login screen will already be available on your system.

Please inform the invigilator if this is not the case.

- B.5. 10 minutes prior to the exam, you'll be prompted to login. Please type the Login ID (Roll No) and the Password (Password for Candidate will be given on exam day) to proceed further.
- B.6. Invigilator will announce the password 15 minutes before commencement of the Examination.
- B.7. Copying or noting down questions and/or options is not allowed. Severe action will be taken if any candidate is found noting down the questions and/or options.
- B.8. After logging in, your screen will display:
  - \*Profile Information - Check the details & click on "I Confirm" or "I Deny".
  - \*Detailed exam instructions - Please read and understand thoroughly.
  - \*Please click on the "I am ready to Begin" button, after reading the instructions.
- B.9. You have to use the mouse to answer the multiple choice type questions with FOUR alternative answers.
- B.10. To answer any numerical answer type question, you need to use the virtual numeric key pad and the mouse.
- B.11. On the online exam question screen, the timer will display the balance time remaining for the completion of exam.
- B.12. The question numbers are color coordinated and of different shapes based on the process of recording your response: White (Square) - For un-attempted questions. Red (Inverted Pentagon) - For unanswered questions. Green (Pentagon) - For attempted questions. Violet (Circle) - Question marked by candidate for review, to be answered later. Violet (Circle with a Tick mark) - Question answered and marked by candidate for review.
- B.13. After answering a question, click the SAVE & NEXT button to save your response and move onto the next question.
- B.14. Click on Mark for Review & NEXT to mark your question for review, and then go to the next question.
- B.15. To clear any answer chosen for a particular question, please click on the CLEAR RESPONSE button.
- B.16. A summary of each section, (i.e. questions answered, not answered, marked for review) is available for each section. You have to place the cursor over the section name for this summary.
- B.17. In case you wish to view a larger font size, please inform the Invigilator. On the Invigilator's confirmation, click on the font size you wish to select. The font size will be visible on the top.
- B.18. You may view INSTRUCTIONS at any point of time during exam, by clicking on the INSTRUCTIONS button on your screen.
- B.19. The SUBMIT button will be activated after 150 Minutes. Please keep checking the timer on your screen.
- B.20. In case of automatic or manual log out, all your attempted responses will be saved. Also, the exam will start from the time where it had stopped.
- B.21. You will be provided a blank sheet for rough work. Do write your Login ID and Password on it. Please ensure that you return it to the invigilator at the end of the exam after tearing only the password from it.
- B.22. Please don't touch the key board as your exam ID will get locked. If your ID gets locked, please inform a nearby invigilator who will help in unlocking your ID and then you can continue with the exam.
- B.23. Please inform the invigilator in case of any technical issues.
- B.24. Please do not talk to or disturb other candidates.
- B.25. In case you are carrying articles other than the admit card, photo identity proof and pen, please leave them outside the exam room.
- B.26. You cannot leave exam room before submitting the paper. Please inform the invigilator if you want to use the wash room.

### **C. GENERAL INSTRUCTIONS TO CANDIDATES:**

- C.1. If the candidate notices any discrepancy printed on the Hall ticket, as to community, date of birth etc., he/she may immediately bring it to the notice of Commission's

officials/Chief Superintendent in the examination centre and necessary corrections can be made in the Nominal Roll, in the Examination Hall against his/her Hall Ticket Number for being verified by the Commission's Office.

- C.2. The candidate should satisfy the Invigilator of his/her identity with reference to the signature and photographs available on the Nominal Rolls and Hall Ticket.
- C.3. The candidates should take their seats at the given time before the commencement of the examination and are not to be allowed after the scheduled time. The time of Examination and entry time would be mentioned in the hall ticket. Late entry after the given entry time would not be allowed. Candidates should not leave the examination hall till the expiry of fulltime.
- C.4. The candidates must note that his/her admission to the examination is strictly provisional. The mere fact that an Admission to the examination does not imply that his/her candidature has been finally cleared by the Commission or that the entries made by the candidate in his/her application have been accepted by the Commission as true and correct. The candidates have to be found suitable after verification of original certificates; and other eligibility criteria. The Applicants have to upload his/her scanned recent colour passport photo and signature to the Application Form. Failure to produce the same photograph, if required, at the time of interview/ verification, may lead to disqualification. Hence the candidates are advised not to change their appearance till the recruitment process is complete.
- C.5. The candidates are not allowed to bring any Electronic devices such as mobile / cell phones, programmable calculators, tablets, iPad, Bluetooth, pagers, watches or any other computing devices to examination Hall. Loaning and interchanging of articles among the candidates is not permitted in the examination hall and any form of malpractice will not be permitted in the exam hall.
- C.6. The candidates are expected to behave in orderly and disciplined manner while writing the examination. Their candidature will be rejected in case of impersonation/ disorder/ rowdy behaviour during Examination and necessary F.I.R. for this incident will be lodged with concerned Police Station. The Chief Superintendent of the centre is authorized to take spot decision in this matter.
- C.7. Candidates trying to use unfair means shall be disqualified from the selection. No correspondence whatsoever will be entertained from the candidates.
- C.8. The Penal Provisions of Act 25/97 published in the A.P. Gazette No. 35, Part-IV.B Extraordinary dated: 21/08/1997 shall be invoked if malpractice and unfair means are noticed at any stage of the Examination. Action will be taken to penalize as per G.O.Ms.No.385, G.A. (Ser. A) Dept., Dt.18/10/2016.
- C.9. (a) Wherever the candidates are totally blind, they will be provided a scribe to write the examination and 20 minutes extra time is permitted to them per hour. Eligible candidates are also allowed to bring their own scribe after due intimation to the Commission after duly providing the full identification details of the scribe like name, address and appropriate proof of identification.
  - (b) The applicants shall upload the certificate relating to percentage of disability for considering the appointment of scribe in the examination.
  - (c) An extra time of 20 minutes per hour is also permitted for the candidates with locomotor disability and CEREBRAL PALSY where dominant (writing) extremity is affected for the extent slowing the performance of function (Minimum of 40% impairment). No scribe is allowed to such candidates.
  - (d) The candidate as well as the scribe will have to give a suitable undertaking conforming to the rules applicable
- C.10. In case the Hall-Ticket is without photo or too small, he/she should affix a passport size photo on Hall-ticket and appear by duly getting attested by Gazetted Officer. He/she shall handover similar photo for each paper to Chief Superintendent for affixing the same on the Nominal Rolls.
- C.11. The candidate will not be admitted to the examination Hall without procedural formalities.
- C.12. The candidate admission to the Examination is provisional, subject to the eligibility, confirmation/satisfaction of conditions laid down in this notification.
- C.13. The candidates should put his/ her signature and get the signature of the invigilator at the appropriate places in the Nominal Roll or OMR Answer Sheet.
- C.14. Instructions to be followed scrupulously in the Examination Hall.

**ANNEXURE-IV**  
**LIST OF SCHEDULED CASTES**  
**(Definition 28 of General Rule - 2)**  
**SCHEDULE - I**

(Substituted with effect from 27-07-1977 through G.O.Ms.No. 838, G.A.(Services-D) Department, dated 15/12/1977)

- 1 Adi Andhra
- 2 Adi Dravida
- 3 Anamuk
- 4 Aray Mala
- 5 Arundhatiya
- 6 Arwa Mala
- 7 Bariki
- 8 Bavuri
- 9 Beda Jangam, Budga Jangam (In Districts of Hyderabad, Rangareddy, Mahaboobnagar, Adilabad, Nizamabad, Medak, Karimnagar, Warangal, Khammam and Nalgonda)\*
- 10 Bindla
- 11 Byagara, Byagari\*
- 12 Chachati
- 13 Chalavadi
- 14 Chamar, Mochi, Muchi, Chamar-Ravidas, Chamar-Rohidas\*
- 15 Chambhar
- 16 Chandala
- 17 Dakkal, Dokkalwar
- 18 Dandasi
- 19 Dhor
- 20 Dom, Dombara, Paidi, Pano
- 21 Ellamalwar, Yellammalawandlu
- 22 Ghasi, Haddi, Relli, Chachandi
- 23 Godagali, Godagula (in the Districts of Srikakulam, Vizianagaram & Vishakapatnam) \*
- 24 Godari
- 25 Gosangi
- 26 Holey a
- 27 Holey a Dasari
- 28 Jaggali
- 29 Jambuwulu
- 30 Kolupulvandlu, Pambada, Pambanda, Pambala \*
- 31 Madasi Kuruva, Madari Kuruva
- 32 Madiga
- 33 Madiga Dasu, Mashteen
- 34 Mahar
- 35 Mala, Mala Ayawaru \*
- 36 Mala Dasari
- 37 Mala Dasu
- 38 Mala Hannai
- 39 Mala Jangam
- 40 Mala Masti
- 41 Mala Sale, Netkani
- 42 Mala Sanyasi
- 43 Mang
- 44 Mang Garodi
- 45 Manne
- 46 Mashti
- 47 Matangi
- 48 Mahter
- 49 Mitha Ayyalvar
- 50 Mundala

- 51 Paky, Moti, Thoti
- 52 (Omitted)\*
- 53 Pamidi
- 54 Panchama, Pariah
- 55 Relli
- 56 Samagara
- 57 Samban
- 58 Sapru
- 59 Sindhollu, Chindollu
- 60 Yatala (Srikakulam Dist. Only) Memo No. 8183/CV-1/2006-10 SW (CV-I) Dept., Dt. 31/03/2008
- 61 Valluvan \* (Chittoor and Nellore Dist. Only) Memo No. 8183/CV-1/2006-10 SW (CV-I) Dept., Dt. 31/03/2008

\* As for the Constitution (Scheduled Caste) orders (Second Amendment) Act 2002, Act No. 61 of 2002

#### **LIST OF SCHEDULED TRIBES**

1. Andh, Sadhu Andh \*
2. Bagata
3. Bhil
4. Chanchu (Chenchwar omitted) \*
5. Gadabas, Boda Gadaba, Gutob Gadaba, Kallayi Gadaba, Parangi Gadaba, Kathera Gadaba, Kapu Gadaba \*
6. Gond, Naikpod, Rajgond, Koitur \*
7. Goudu (in the Agency tracts)
8. Hill Reddis
9. Jatapus
10. Kammara
11. Kattunayakan
12. Kolam, Kolawar \*
13. Konda Dhoras, Kubi \*
14. Konda Kapus
15. Konda Reddis
16. Kondhs, Kodi, Kodhu, Desaya Kondhs, Dongria Kondhs, Kuttiya Konds, Tikiria Khondhs, Yenity Khondhs, Kuvinga \*
17. Kotia, Benthoriya, Bartika, Dulia, Holva, Sanrona, Sidhopaiko (Dhulia, Paiko, Putiya- omitted \*)
18. Koya, Doli Koya, Gutta Koya, Kammara Koya, Musara Koya, Oddi Koya, Pattidi Koya, Rajah, Rasha Koya, Lingadhari Koya (Ordinary), Kottu Koya, Bhine Koya, Raj Koya (Goud-omitted \*)
19. Kulia
20. Malis (excluding Adilabad, Hyderabad, Karimnagar, Khammam, Mahabubnagar, Medak, Nalgonda, Nizamabad and Warangal District)
21. Manna Dhora
22. Nayaks (in the Agency tracts)
23. Mukha Dhora, Nooka Dhora
24. Pardhan
25. Porja, Parangi Perja
26. Reddi Dhoras
27. Rona, Rena
28. Savaras, Kapu Savaras, Maliya Savaras, Khutto Savaras
29. Sugalis, Lambadis, Banjara \*
30. Thoti (in Adilabad, Hyderabad, Karimnagar, Khammam, Mahabubnagar, Medak, Nalgonda, Nizamabad and Warangal Districts)
31. Valmiki (in the Scheduled Areas of Vishakapatnam, Srikakulam, Vizianagaram, East Godavari and West Godavari Districts \*)
32. Yenadis, Chella Yenadi, Kappala Yenadi, Manchi Yenadi, Reddi Yenadi \*
33. Yerukulas, Koracha, Dabba Yerukula, Kunchapuri Yerukula, Uppu Yerukula \*
34. Nakkala Kurivikaran (Nakkala – A.P. Gazette, Part – III (B) Central Acts ordinance and Regulations Issue No. 05 Dt. 02/10/2003 )
35. Dhulia, Paiko, Putiya (in the districts of Vishakapatnam, Vizianagaram \*)

\* As for the Scheduled Castes and Scheduled Tribes Orders (Amendment) Act 2002, Act No. 10 of 2003

#### **LIST OF SOCIALLY AND EDUCATIONALLY BACKWARD CLASSES**

(Amended from time to time as on 31/08/2007)

#### **GROUP- A**

Aboriginal Tribes, Vimuktha Jathis, Nomadic and Semi Nomadic Tribes etc.,

1. Agnikulakshatriya, Palli, Vadabaliya, Besta, jalari, Gangavar, Gangaputra, Goondla, Vanyakulakshatriya (Vannekapu, Vannereddi, Pallikapu, Pallireddy Neyyala and Pattapu) \*Mudiraj / Mutrasi / Tenugollu, The G.O. Ms.No. 15 BCW(C2) Dept., dt.

19/02/2009 is suspended. Hence the inclusion of Mudiraj / Mutrasi / Tenugollu is suspended) vide Hon"ble A.P. High Court orders in WP No. 2122/2009 dated: 29-04- 2009.

2. Balasanthu, Bahurupi
3. Bandara
4. Budabukkala
5. Rajaka (Chakali Vannar)
6. Dasari (formerly engaged in bikshatana)  
(amended vide G.O.Rt.No. 32, BCW(M1) Department, dated 23/02/1995)
7. Dommara
8. Gangiredlavaru
9. Jangam (whose traditional occupation is begging)
10. Jogi
11. Katipapala
12. Korcha
13. Lambada or Banjara in Telangana Area  
(deleted and included in S.T. list vide G.O.Ms.No. 149, SW, dated 3/5/1978)
14. Medari or Mahendra
15. Mondivaru, Mondibanda, Banda
16. Nayee Brahmin (Mangali), Mangala and Bajantri  
(amended vide G.O.Ms.No. 1, BCW(M1) Department, dated 6/1/1996)
17. Nakkala (Deleted vide G.O. Ms. No. 21, BCW(C2) Dept., Dt. 20/06/2011)
18. Vamsha Raj (amended vide G.O.Ms.No. 27, BCW(M1) Department, dated 23/06/1995 deleting the Original name Pitchiguntla)
19. Pamula
20. Pardhi (Mirshikari)
21. Pambala
22. Peddammavandlu, Devaravandlu, Yellammavandlu, Mutyalammavandlu (Dammali, Dammala, Dammula, Damala Castes confined to Srikakulam dist. Vide G.O.Ms. No.: 9 BCW(C2) Dept., Dt. 9/04/2008)
23. Veeramushti (Nettikotala), Veera bhadreeya (Amended vide G.O. Ms. No. 62, BCW (M1) Dept., Dt. 10/12/1996)
24. Valmiki boya (Boya, Bedar, Kirataka, Nishadi, Yellapi, Pedda Boya) Talayari and Chunduvallu  
(G.O.Ms. No. 124, SW, Dt. 24.06.85) Yellapi and Yellapu are one and the same amended vide G.O. Ms. No. 61, BCW(M1) Dept., Dt. 05.12.1996)
25. Yerukalas in Telangana area (deleted and included in the list of S.Ts)
26. Gudala
27. Kanjara - Bhatta
28. Kalinga (Kinthala deleted vide G.O.Ms. No. 53, SW, Dt. 07.03.1980)
29. Kepmare or Reddika
30. Mondipatta
31. Nokkar
32. Pariki Muggula
33. Yata
34. Chopemari
35. Kaikadi
36. Joshinandiwalas
37. Odde (Oddilu, Vaddi, Vaddelu)
38. Mandula (Govt. Memo No. 40-VI/70-1, Edn., Dt. 10.02.1972)
39. Mehator (Muslim) (Govt. Memo No. 234-VI/72-2, Edn., Dt. 05.07.1972). 40. Kunapuli (Govt. Memo No. 1279/P1/74-10, E&SW, Dt. 03.08.1975)
41. Patra (included in G.O. Ms. No. 8, BCW(C2) Dept., Dt. 28.08.2006)
42. kurakula of Srikakulam, Vizianagaram and Visakhapatnam Districts only. Included vide in G.O.MS.No. 26 BC W (C2) Dept., Dt. 4/07/08
43. Pondara of Srikakulam, Vizianagaram, and Visakhapatnam Districts only. Included vide G.O.MS.No. 28 BC W (C2) Dept., Dt. 4/07/08
44. Samanthula, Samantha, sountia, Sauntia of Srikakulam District only. Included vide G.O.MS.No. 29 BC W (C2) Dept., Dt. 4/07/08
45. pala-Ekari, Ekila, Vyakula, Ekiri, Nayanivaru, Palegaru, Tolagari, Kavali of Chittor, Cuddapah, Kurnool, Anantapur, Nellore, Hyderabad and Rangareddy Districts only. Included Vide G.O. MS. No. 23 B.C. W (C2) Dept., Dt. 4/07/08
46. Rajannala, Rajannalu of Karimnagar, Warangal, Nizamabad and Adilabad Districts only. (included in vide G.O.Ms. No. 44 B.C.W(C2) Dept., Dt.07/08/2008).
47. Bukka Ayyavars, Included vide G.O.Ms.No. 6 Backward Classes Welfare (C2) Dept., dt. 19/02/2009.
48. Gotrala, Included vide G.O.Ms.No. 7 Backward Classes Welfare (C2) Dept., dt. 19/02/2009. The area of operation shall be confined to Telangana Region only.

49. Kasikapadi / Kasikapudi, Included vide G.O.Ms.No. 8 Backward Classes Welfare (C2) Dept., dt. 19/02/2009. The area of operation shall be confined to Hyderabad, Rangareddy, Nizamabad, Mahaboobnagar and Adilabad Districts of Telangana Region only.
50. Siddula, Included vide G.O.Ms.No. 9 Backward Classes Welfare (C2) Dept., dt. 19/02/2009. The area of operation shall be confined to Telangana Region only.
51. Sikligar / Saikalgar, Included vide G.O.Ms.No. 10 Backward Classes Welfare (C2) Dept., dt. 19/02/2009.
52. Poosala included vide G.O. Ms.No. 16 Backward Classes Welfare (C2) Dept., dt. 19/02/2009.
53. Aasadula / Asadula, included vide G.O. Ms. No. 13, Backward Classes Welfare (C2) Dept., Dt. 27/05/2011. The area of operation shall be confined to East Godavari and West Godavari Districts only.
54. Keuta/Kevuto/Keviti, included vide G.O. Ms. No. 15, Backward Classes Welfare (C2) Dept., Dt. 27/05/2011. The area of operation shall be confined to Srikakulam District only.

**GROUP – B (Vocational)**

1. Achukatlavandlu in the Districts of Visakhapatnam and Guntur confined to Hindus only as amended vide G.O. Ms. No. 8, BCW(C2) Dept., Dt. 29.03.2000
2. Aryakshatriya, Chittari, Giniyar, Chitrakara, Nakshas (Muchi Telugu Speaking deleted vide G.O. Ms. No. 31, BCW (M1) Dept., 11.06.1996)
3. Devanga
4. Goud (Ediga) Gouda (Gamella) Kalalee, Goundla, Settibalija of Vishakhapatnam, East Godavari, West Godavari and Krishna Districts and Srisayana (Segidi) – (amended vide G.O. Ms. No. 16, BCW (A1) Dept., dt. 19.06.1997)
5. Dudekula, Laddaf, Pinjari or Noorbash
6. Gandla, Telikula, Devatilakula (Amended vide G.O. Ms. No. 13, BCW(A1) Dept., dt. 20.05.1997)
7. Jandra
8. Kummara or Kulala, Salivahana (Salivahana added vide G.O. Ms. No. 28, BCW(M1) Dept., 24.06.1995)
9. Karikalabhakthulu, Kaikolan or Kaikala (Sengundam or Sengunther)
10. Karnabhakthulu
11. Kuruba or Kuruma
12. Nagavaddilu
13. Neelakanthi
14. Patkar (Khatri)
15. Perika (Perikabalija, Puragirikshatriya)
16. Nessi or Kurni
17. Padmasali (Sali, Salivan, Pattusali, Senapathulu, Thogata Sali)
18. Srisayana ((**sagidi**)- deleted and added to Sl.No. 4 of Group-B)
19. Swakulasali
20. Thogata, Thogati or Thogataveerakshtriya
21. Viswabrahmin, Viswakarma (Ausula or Kamsali, Kammari, Kanchari Vadla or Vadra or Vadrangi and Silpis) (Viswakarma added vide G.O. Ms. No. 59 BCW(M1) Dept., Dt. 06.12.1995)
22. Kunchiti, Vakkaliga, Vakkaligara, Kunchitiga of Anantapur Dist. Only vide G.O. Ms.No. 10 BCW(C-2) Dept., Dt. 9-04-2008
23. Lodh, Lodhi, Lodha of Hyderabad, Rangareddy, Khammam and Adilabad Districts only. Included in Vide G.O.MS.No. 22 BC W (C2) Dept., Dt. 4/07/08
24. Bondili (included in vide G.O.Ms. No. 42, B.C.W(C2) Dept., Dt.07/08/2008)
25. Are Marathi, Maratha(Non-Brahmins), Arakalies and Surabhi Natakavallu. (included in vide G.O.Ms. No. 40, B.C.W(C2) Dept., Dt.07/08/2008)
26. Neeli (included in vide G.O.Ms. No. 43, B.C.W(C2) Dept., Dt.07/08/2008).
27. Budubunjala/Bhunjwa/Bhadbhunja, included vide G.O.Ms. No. 11, Backward Classes Welfare (C2) Dept., Dt. 27/05/2011. The area of operation shall be confined to Hyderabad and Ranga Reddy District only.
28. Gudia/Gudiya, included vide G.O.Ms. No. 14, Backward Classes Welfare (C2) Dept., Dt. 27/05/2011. The area of operation shall be confined to Srikakulam, Vizianagaram and Vishakhapatnam, district only.

**GROUP – C**

**Scheduled Castes converts to Christianity and their progeny**  
(Substituted in G.O.Ms.No.159, G.A.(Ser.D) Dept., dt. 02/04/1981)

**GROUP – D (Other Classes)**

1. Agarar
2. Are-Katika, Katika, Are-Suryavamsi(Are-Suryavamsi added vide G.O. Ms. No. 39, B.C. W(C2) Dept., Dt. 7/08/08)
3. Atagara
4. Bhatraju
5. Chippolu (Mera)
6. Gavara
7. Godaba
8. Hatkar
9. Jakkala
10. Jingar
11. Kandra
12. Kosthi
13. Kachi
14. Surya Baliya, (Kalavanthulu) Ganika (amended vide G.O.Ms. No. 20, BCW(P2) Dept., Dt. 19.07.1994)
15. Krishanabalija (Dasari, Bukka)
16. Koppulavelama
17. Mathura
18. Mali (Bare, Barai, Marar and Tamboli of all Districts of Telangana Region added as synonyms vide G.O. Ms. No. 3, BCW(C2) Dept., Dt. 09.01.2004 and G.O. Ms. No. 45, B.C.W(C2) Dept., Dt.07/08/2008)
19. Mudiraj / Mutrasi / Tenugollu.
20. Munnurukapu (Telangana)
21. Nagavamsam (Nagavamsa) vide G.O.Ms.No. 53, BC Welfare Dept., dated:19/09/1996
22. Nelli(deleted vide G.O.Ms. No. 43, B.C.W(C2) Dept., Dt.07/08/2008)
23. Polinativelmas of Srikakulam and Visakhapatnam districts
24. deleted vide G.O. Ms.No. 16 Backward Classes Welfare (C2) Dept., dt. 19/02/2009
25. Passi
26. Rangrez or Bhavasarakshtriya
27. Sadhuchetty
28. Satani (Chattadasrivaishnava)
29. Tammali (Non-Brahmins) (Shudra Caste) whose traditional occupation is playing musical instruments, vending of flowers and giving assistance in temple service but not Shivarchakars. Included vide G.O. Ms. No. 7, Backward Classes Welfare (C2) Dept., Dt. 19/02/2011).
30. Turupukapus or Gajula kapus {... the words "of Srikakulam, Vizianagaram and Vishakapatnam Districts" were deleted vide G.O.Ms.No. 62, Backward Classes Welfare (C2) Dept., dt. 20/12/2008 and G.O. Ms.No. 19 Backward Classes Welfare (C2) Dept., dt. 19/02/2009} who are subject to Social customs or divorce and remarriage among their women (G.O. Ms. No. 65, E&SW, dt. 18.02.1994)
31. Uppara or Sagara
32. Vanjara (Vanjari)
33. Yadava (Golla)
34. Are, Arevalla and Arollu of Telangana District (Included vide G.O.Ms.No. 11, Backward Classes Welfare (C-2) Department, dt. 13/5/2003 and G.O.Ms. No. 41, B.C.W(C2) Dept., Dt.07/08/2008)
35. Sadara, Sadaru of Anantapur Dist. Only vide G.O.Ms.No. 11 BCW (C-2) Dept., Dt. 9-04-2008
36. Arava of Srikakulam District only. Included in vide G.O. MS. No. 24 BC W (C2) Dept., Dt. 4/07/08
37. Ayyaraka, of Srikakulam, Vizianagaram, Visakhapatnam, East Godavari, West Godavari, Krishna, Guntur, Khammam and Warangal Districts only. Included in vide G.O. MS. No. 25 BC W (C2) Dept., Dt. 4/07/08
38. Nagaralu of Srikakulam, Vizianagaram, Visakhapatnam, Krishna, Hyderabad and Rangareddy Districts only. Included in vide G.O. MS. No. 27 BC W (C2) Dept., Dt. 4/07/08
39. Aghamudian, Aghamudiar, Agamudivellalar and Agamudimudaliar including Thuluva Vellalas of Chittoor, Nellore, Kurnool, Anantapur, Hyderabad and Rangareddy Districts only. Included in vide G.O. MS. No. 20 BC W (C2) Dept., Dt. 4/07/08
40. Beri Vysya, Beri Chetty of Chittoor, Nellore and Krishna Districts only. Included in vide G.O. MS. No. 21 BC W (C2) Dept., Dt. 4/07/08
41. Atirasa included vide G.O. Ms.No. 5 Backward Classes Welfare (C2) Dept., dt. 19/02/2009. The area of operation shall be confined to East Godavari and West Godavari Districts only.
42. Sondi / Sundi included vide G.O. Ms.No. 11 Backward Classes Welfare (C2) Dept., dt. 19/02/2009.
43. Varala included vide G.O. Ms.No. 12 Backward Classes Welfare (C2) Dept., dt.

- 19/02/2009. The area of operation shall be confined to Telangana region only.
44. Sistakaranam included vide G.O. Ms.No. 13 Backward Classes Welfare (C2) Dept., dt. 19/02/2009.
  45. Lakkamari Kapu included vide G.O. Ms.No. 14 Backward Classes Welfare (C2) Dept., dt. 19/02/2009. The area of operation shall be confined to Telangana region only.
  46. Veerashaiva Lingayat/Lingabaliya, included vide G.O. Ms.No. 22 Backward Classes Welfare (C2) Dept., dt. 28/02/2009.
  47. Kurmi, included vide G.O.Ms. No. 12, Backward Classes Welfare (C2) Dept., Dt. 27/05/2011. The area of operation shall be confined to Telangana Region and also Krishna District only.
  48. Kalinga Komati / Kalinga Vysya vide G.O. Ms. No.10 Backward classes Welfare(c) Department Dated.24.9.2014. The area of operation shall be confined to Srikakulam, Vizianagaram and Visakhapatnam districts only.

### GROUP – E

#### (Socially and Educationally Backward Classes of Muslims)

1. Achchukattalavandlu, Singali, Singamvally, Achchupanivally, Achchukattuvaru, Achukatlavandlu.
2. Attar Saibuli, Attarollu
3. Dhobi Muslim/ Muslim Dhobi/ Dhobi Musalman, Turka Chakla or Turka Sakala, Turaka Chakali, Tulukka Vannan, Tskalas or Chakalass, Muslim Rajakas.
4. Faqir, Fhakhir Budbudki, Ghanti, Fhakhir, Ghanta Fhakhiru, Turaka Budbudki, Derves, Fakeer
5. Garadi Muslim, Garadi Saibulu, Pamulavally, Kani-Kattuvally, Garadollu, Garadiga.
6. Gosangi Muslim, Phakeer Sayebulu
7. Guddi Eluguvally, Elugu Bantuvally, Musalman Keelu Gurravally
8. Hajam, Nai, Nai Muslim, Navid
9. Labbi, Labbai, Labbon, Labba
10. Pakeerla, Borewale, Deraphakhiru, Bonthala
11. Kureshi/ Khureshi, Khasab, Marati Khasab, Muslim Katika, Khatik Muslim
12. Shaik/ Sheikh
13. Siddi, Yaba, Habshi, Jasi
14. Turaka Kasha, Kakkukotte Zinka Saibulu, chakkitakanevale, Terugadu Gontalavaru, Thirugatiganta, Rollaku Kakku Kottevaru, Pattar Phodulu, Chakketakare, Thuraka Kasha
15. Other Muslim groups excluding Syed, Saiyed, Sayyad, Mushaik; Mughal, Moghal; Pathans; Irani; Arab; Bohara, Bohra; Shia Imami Ismaili, Khoja; Cutchi-Memon; Jamayat: Navayat; and all the synonyms and sub-groups of the excluded groups; and except those who have been already included in the State List of Backward Classes.

N.B.:1. The above list is for information and subject to confirmation with reference to G.O. Ms.No. 58, SW (J) Department, dated 12/05/1997 and time to time orders.

2. On account of any reason whatsoever in case of any doubt/ dispute arising in the matter of community status (SC/ST/BC/OC) of any candidate, subject to satisfaction with regard to relevant rules and regulations in force the decision of the Commission shall be final in all such cases.

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