M.D.-AYURVEDA

PRELIMINARY PAPER-I
RESEARCH METHODOLOGY AND MEDICAL STATISTICS

PART-A
RESEARCH METHODOLOGY

1 Introduction to Research

A. Definition of the term research
B. Definition of the term anusandhan
C. Need of research in the field of Ayurveda

2 General guidelines and steps in the research process

A. Selection of the research problem
B. Literature review: different methods (including computer database) with their advantages andlimitations
C. Defining research problem and formulation of hypothesis
D. Defining general and specific objectives
E. Research design: observational and interventional, descriptive and analytical, preclinical andclinical, qualitative and quantitative
F. Sample design
G. Collection of the data
H. Analysis of data.
I. Generalization and interpretation, evaluation and assessment of hypothesis.
J. Ethical aspects related to human and animal experimentation.
K. Information about Institutional Ethics Committee (IEC) and Animal Ethics Committee (AEC) and their functions. Procedure to obtain clearance from respective committees, including fillingup of the consent forms and information sheets and publication ethics.

3 Preparation of research proposals in different disciplines for submission to funding agencies taking EMR-AYUSH scheme as a model.

4. **Scientific writing and publication skills**.

a. Familiarization with publication guidelines- Journal specific and CONSORT guidelines.
b. Different types of referencing and bibliography.
c. Thesis/Dissertation: contents and structure
d. Research articles structuring: Introduction, Methods, Results and Discussions (IMRAD)

5 **Classical Methods of Research**.**Tadvidya sambhasha, vadmarga and tantrayukti** Concept of Pratyakshadi Pramana Pariksha, their types and application for Research in Ayurveda.

Dravya-, Guna-, Karma-Parikshana Paddhati
Aushadhi-yog Parikshana Paddhati
Swastha, Atura Pariksha Paddhati
Dashvidha Parikshya Bhava
Tadvidya sambhasha, vadmarga and tantrayukti

6 **Comparison between methods of research in Ayurveda (Pratigya, Hetu, Udaharana, Upanaya, Nigaman) and contemporary methods in health sciences.**

7. **Different fields of Research in Ayurveda**
   a. Fundamental research on concepts of Ayurveda
   b. Panchamahabhuta and tridosha.
   c. Concepts of rasa, guna, virya, vipak, prabhav and karma
   d. Concept of prakriti-saradi bhava, ojas, srotas, agni, aam and koshtha.

8. Literary Research-
Introduction to manuscriptology: Definition and scope. Collection, conservation, cataloguing.
Data mining techniques, searching methods for new literature; search of new concepts in the available literature.Methods for searching internal and external evidences about authors, concepts and development of particular body of knowledge.

9. Drug Research (Laboratory-based)- Basic knowledge of the following:
Drug sources: plant, animal and mineral. Methods of drug identification.
Quality control and standardization aspects: Basic knowledge of Pharmacopoeial standards and parametersas set by Ayurvedic Pharmacopoeia of India.
Information on WHO guidelines for standardization of herbal preparations. Good Manufacturing Practices(GMP) and Good Laboratory Practices (GLP).

10. Safety aspects: Protocols for assessing acute, sub-acute and chronic toxicity studies. Familiarization withAYUSH guidelines (Rule 170), CDCSO and OECD guidelines.

11. Introduction to latest Trends in Drug Discovery and Drug Development
-Brief information on the traditional drug discovery process
-Brief information on the latest trends in the Drug Discovery process through employment of rational approachtechniques; anti-sense approach, use of micro and macro-arrays, cell culture based assays, use of concepts of systems biology and network physiology
-Brief introduction to the process of Drug development

12.Clinical research:
Introduction to Clinical Research Methodology identifying the priority areas of Ayurveda
Basic knowledge of the following:-
Observational and Interventional studies
Descriptive & Analytical studies
Longitudinal & Cross sectional studies
Prospective & Retrospectives studies
Cohort studies

Randomized Controlled Trials (RCT) & their types
Single-case design, case control studies, ethnographic studies, black box design, cross-over design, factorial design.
Errors and bias in research.
New concepts in clinical trial- Adaptive clinical trials/ Good clinical practices (GCP)
Phases of Clinical studies: 0,1,2,3, and 4.
Survey studies -
Methodology, types, utility and analysis of Qualitative Research methods. Concepts of in-depth interview andFocus Group Discussion.

13. Pharmacovigilance for ASU drugs. Need, scope and aims & objectives. National PharmacovigilanceProgramme for ASU drugs.

14. Introduction to bioinformatics, scope of bioinformatics, role of computers in biology. Introduction to Database- Pub med, Medlar and Scopus. Accession of databases.

15. Intellectual Property Rights- Different aspect and steps in patenting. Information on Traditional KnowledgeDigital Library (TKDL).

PART–B **40 marks**

MEDICAL STATISTICS **Teaching hours: 80**

1 **Definition of Statistics :** Concepts, relevance and general applications of Biostatistics in Ayurveda
Collection, classification, presentation, analysis and interpretation of data (Definition, utility andmethods)

2 **Scales of Measurements -** nominal, ordinal, interval and ratio scales.
Types of variables – Continuous, discrete, dependent and independent variables.
Type of series – Simple, Continuous and Discrete

3 **Measures of Central tendency** – Mean, Median and Mode.

4 **Variability:** Types and measures of variability – Range, Quartile deviation, Percentile, Mean deviationand Standard deviation

5 **Probability**: Definitions, types and laws of probability,

6 **Normal distribution**: Concept and Properties, Sampling distribution, Standard Error, Confidence Intervaland its application in interpretation of results and normal probability curve.

7 Fundamentals of testing of hypotheses:
Null and alternate hypotheses, type I and type 2 errors.
Tests of significance: Parametric and Non-Parametric tests, level of significance and power of the test, 'P'value and its interpretation, statistical significance and clinical significance

8 Univariate analysis of categorical data:

Confidence interval of incidence and prevalence, Odds ratio, relative risk and Risk difference, and theirconfidence intervals

9 **Parametric tests:**
'Z' test, Student's 't' test: paired and unpaired, 'F' test, Analysis of variance(ANOVA) test, repeated measures analysis of variance

10 **Non parametric methods:**
Chi-square test, Fisher's exact test, McNemar's test, Wilcoxon test, Mann-Whitney U test, Kruskall – Wallis with relevant post hoc tests (Dunn)

11 Correlation and regression analysis:
Concept, properties, computation and applications of correlation, Simple linear correlation, KarlPearson's correlation co-efficient, Spearman's rank correlation.
Regression- simple and multiple.

12 Sampling and Sample size computation for Ayurvedic research:
Population and sample. Advantages of sampling, Random (Probability) and non random (Non- probability) sampling. Merits of random sampling. Random sampling methods- simple random, stratified, systematic, cluster and multiphase sampling. Concept, logic and requirement of sample sizecomputation, computation of sample size for comparing two means, two proportions, estimating meanand proportions.

13 **Vital statistics and Demography**:
computation and applications - Rate, Ratio, Proportion, Mortality andfertility rates, Attack rate and hospital-related statistics

14 **Familiarization with the use of Statistical software** like SPSS/Graph Pad

PRACTICAL 100 marks

I. RESEARCH METHODOLOGY
Teaching hours 120

PRACTICAL NAME

1 Pharmaceutical Chemistry
Familiarization and demonstration of common lab instruments for carrying out analysis as per API

2 Awareness of Chromatographic Techniques
Demonstration or Video clips of following:

- Thin-layer chromatography (TLC).
- Column chromatography (CC).
- Flash chromatography (FC)
- High-performance thin-layer chromatography (HPTLC)
- High Performance (Pressure) Liquid Chromatography (HPLC)
- Gas Chromatography (GC, GLC)

4 Pharmacognosy
Familiarization and Demonstration of different techniques related to:-Drug administration techniques- oral and parenteral.

Blood collection by orbital plexuses puncturing.
Techniques of anesthesia and euthanasia.
Information about different types of laboratory animals used in experimental researchDrug identification as per API including organoleptic evaluation

5 Pharmacology and toxicology

Familiarization and demonstration of techniques related to pharmacology and toxicology

6 Biochemistry (Clinical)

Familiarization and demonstration of techniques related to basic instruments used in a clinical biochemistry laboratory – semi and fully automated clinical analyzers, electrolyte analyzer, ELISA-techniques, nephelometry.
Demonstration of blood sugar estimation, lipid profiles, kidney function test, liver function test. HbA1, cystatin and microalbumin estimation by nephelometry or other suitable techniques. Interpretation of the results obtained in the light of the data on normal values.

7 Clinical Pathology

Familiarization and demonstration of techniques related to basic and advanced instruments used in abasic clinical
pathology lab. Auto cell counter, urine analyzer, ESR, microscopic examination of urine.

8 Imaging Sciences

Familiarization and demonstration of techniques related to the imaging techniques.Video film demonstration of CT-Scan, MRI-scan and PET-scan.

9 Clinical protocol development

II. MEDICAL STATISTICS

Practical houís:20

Statistical exercise of examples from Topic number 4, 5, 8-12, 14, 15.Records to be prepared.

Distribution of marks (practical):

1. Instrumental spotting test– 20 marks
2. Clinical protocol writing exercise on a given problem– 20 marks
3. Records:Research methodology -10 Mark
4. Medical statistics -10 marks
5. Viva- Voce -40 Marks

REFERENCE BOOKS:-
Pharmacognosy:

1. Aushotosh Kar “Pharmacognosy & Pharmacobiotechnology” New Age International Publisher. Latest Edition. New Delhi.
2. Drug Survey by Mayaram Uniyal
3. Fahn A (1981). Plant Anatomy 3rd Edition Pergamon Press, Oxford
4. Kokate, CK., Purohit, AP, Gokhale, SB (2010). Pharmacognosy. Nirali Prakashan. Pune.
5. Kokate, CK., Khandelwal and Gokhale, SB (1996). Practical Pharmacognosy. Nirali Prakashan. Pune.
6. Trease G E and Evans W C, Pharinacognosy, Bailliere Tindall, Eastbourne, U K.

7. Tyler V C., Brady, L R., and Robers J E., Pharmacognosy, Lea and Febiger, Philadelphia.
8. Tyler VE Jr and Schwarting AE., Experimental Pharmacognosy, Burgess Pub. Co, Minneaplis, Minnesota.
9. Wallis- TE (2011)- reprint. Practical Pharmacgonosy (Fourth Edition) Pharma Med Press, Hyderabad.
10. Wallis T E, Analytical Microscopy, J & A Churchill limited, London.
11. Wallis T E., Text Book of Pharmacognosy, J & A Churchill Limited, London.
12. WHO guidelines on good agricultural and collection practices- (GACP) for medicinalplants (2003).World Health Organization- Geneva.
13. WHO monographs on selected medicinal plants (1999)—Vol. 1. 1.Plants, Medicinal 2.Herbs 3.Traditional medicine. ISBN 92 4 154517 8. WHO Geneva.

Pharmaceutical chemistry, quality control and drug standardization:

1. Ayurvedic Pharmacopoeia of India. Part I- volume 1 to 8 and Part II- volume 1to 3. Ministry ofHealth and Family Welfare. Controller of Publication. Govt of India. New Delhi.
2. Brain, KR and Turner, TD. (1975). The Practical Evaluation Phytopharmaceuticals. Wright Scienctechnica, Bristol.
3. Galen Wood Ewing (1985). Instrumental Methods of Chemical Analysis. McGraw-Hill College ;Fifth edition
4. Harborne, JB (1973). Phytochemistry Methods. Chapman and Hall, International Edition, London.
5. HPTLC- Fingerprint atlas of Ayurvedic Single Plant Drugs mentioned in Ayurvedic Pharmacopoeia Vol- III and IV. CENTRAL COUNCIL FOR RESEARCH IN AYURVEDA AND SIDDHA. New Delhi.
6. Kapoor, RC (2010). Some observations on the metal based preparations in Indian System ofMedicine. Indian Journal of Traditional Knwoledge. 9(3): 562-575
7. Khopkar, S. M. Analytical Chemistry, New Age International Publishers , 3 rd edition
8. Laboratory Guide for- The Analysis of Ayurved and Siddha Formulations – CCRAS, New Delhi.
9. Mahadik KR, Bothara K G. Principles of Chromatography by, 1st edition, Nirali Prakashan.
10. Qadry JS and Qadry S Z., Text book of Inorganic Pharmaceutical and Medicinal Chemistry, B. S.Shah Prakashan, Ahmedabad.
11. Quality Control Methods for Medicinal Plant Material. Reprint (2002). WHO- Geneva.
12. Rangari V.D., Pharmacognosy & Phytochemistry, Vol I, II, Career Publication,
13. Sharma BK. Instrumental Methods of Chemical Analysis by, Goel Publishing House.
14. Srivastav VK and Shrivastav KK. Introduction to Chromatography (Theory and Practice)
15. Stahl E., Thin Layer Chromatography - A Laboratory Handbook, Springer Verlag, Berlin.
16. Sukhdev Swami Handa, Suman Preet Singh Khanuja, Gennaro Longo and Dev Dutt Rakesh (2008).Extraction Technologies for Medicinal and Aromatic Plants -INTERNATIONAL CENTRE FOR SCIENCE AND HIGH TECHNOLOGY- Trieste,

Biochemistry and Laboratory techniques:

1. Asokan P. (2003) Analytical Biochemistry, China publications,
2. Campbell, P.N and A.D .Smith, Biochemistry Illustrated, 4th ed, Churchill Livingstone.
3. David Frifelder. W. H. Freeman. (1982). Physical Biochemistry by; 2 edition

4. David Sultan (2003).Text book of Radiology and Imaging, Vol-1, 7th Edition.
5. Deb, A.C., Fundamentals of Biochemistry, Books and Allied (P) Ltd, 2002.
6. Harold Varley. Practical Clinical Bio-chemistry
7. Kanai L.Mukherjee. Clinical Pathology:,Medical Laboratory Technology Vol. I.Tata McGrawHill1996, New Delhi.
8. GradWohl, Clinical Laboratory-methods and diagnosis, Vol-I
9. Clinical Biochemistry -Sabitri Sanyal, Clinical Pathology, B.I.Churchill Livingstone (P) Ltd, NewDelhi.2000.
10. Satyanarayanan,U. Essentials of Biochemistry, Books and allied(P) Ltd.2002
11. Zubay, G.L. Biochemistry, W.M.C. Brown Publishers, New York 1998.
12. Text book of Radiology and Imaging, Vol-1, David Sultan, 7th Edition. 2003.

Research methodology:

1. Alley, Michael. The craft of scientific writing. Englewood Cliffs. N.N. Prentice 1987.
2. Ayurvediya Anusandhan Paddhati – P.V. Sharma
3. Altick and Fensternmaker. (2007).*The Art of Literary Research*. 4th ed. W. W. Norton. Castle,Gregory. *Blackwell Guide to Literary Theory*. Blackwells,
4. Bowling, A. (2002). Research Methods in Health (2nd ed). Buckingham: Open University Press.
5. Day R.A. How to write a scientific paper. Cambridge University Press.
6. Cooray P.G. Guide to scientific and technical writing.
7. Deepika Chawla and Neena Sondhi. (2011). Research Methods- Concepts and cases. New Delhi:Vikas Publishing House.
8. Greenhalgh, T. (2006) How to Read a Paper: The Basics of Evidence-Based Medicine. (3rd ed)Blackwell
9. Kothari- CR (2004). Research Methodology- Methods and Techniques (Second Revised Edition).New Age International Publishers- New Delhi.
10. Kumar, R. 2005. *Research Methodology: a Step-by-Step Guide for Beginners, 2nd ed.* ThousandOaks, CA, London: Sage Publications.
11. Petter Laake, Haakon Breien Benestad and Bjørn Reino Olsen. (2007). Research Methodology in the Medical and Biological sciences. Academic Press is an imprint of Elsevier, 84 Theobald's Road,London WC1X 8RR, UK. ISBN: 978-0-12-373874-5
12. Relevant portions of Ayurvedic Samhitas and other texts

Drug research and development:

1. RICK NG, (2009). DRUGS- from discovery to approval. John Wiley & Sons, Inc., Hoboken, NewJersey
2. Research guidelines for evaluating the safety and efficacy of herbal medicines. (1993). . WHO- (Regional Office for the Western Pacific – Manila) ISBN 92 9061 110 3 (NLM Classification: WB925).
3. Jagdeesh, Sreekant Murthy, Gupta, YK and Amitabh Prakash Eds. Biomedical Research (FromIdeation to Publication) (2010). Wolters Kluwer/ Lippincott Williams and Wilkins.
4. WHO Guidelines on Safety Monitoring of herbal medicines in pharmacovigilance systems. (2004).WHO- Geneva. ISBN 92 4 1592214.
5. Natural products isolation. (2006) 2nd ed. / edited by Satyajit D. Sarker, Zahid Latif, Alexander I.Gray. (Methods in biotechnology; 20). Includes bibliographical references and

index. Humana Press Inc. ISBN 1-58829-447-1 (acid-free paper) – ISBN 1-59259-955-9 (eISBN)

6. Gazette Extraordinary Part- II-Section 3 - Sub section (i) December 2008. Govt of India. AYUSHGuidelines on safety studies- Rule 170 of Drugs and Cosmetics Act.
7. OECD (2000) Guidance Document on Acute Oral Toxicity. Environmental Health and SafetyMonograph Series on Testing and Assessment No 24.
8. OECD Guideline for the Testing of Chemicals – Repeated Dose 90-day Oral Toxicity Study in Rodents, 408, 1998.http://browse.oecdbookshop.org/oecd/pdfs/free/9740801e.pdf(latest version)
9. OECD Series on Principles of Good Laboratory Practice (GLP) and Compliance Monitoring, 1998.http://www.oecd.org/document/63/0,2340,en_2649_34381_2346175_1_1_1_1,00.php
10. ICH Harmonised Tripartite Guideline (2000). Maintenance of the ICH Guideline on Non-clinicalSafety Studies for t he conduct of Human Clinical Trials for Pharmaceuticals M3 (R1).
11. Ghosh M.N.: Fundamentals of Experimental Pharmacology, *Scientific Book Agency.*
12. *Bombay.*\
13. Jaju B.P.: Pharmacological Practical Exercise Book, *Jaypee Brothers, New Delhi.*
14. Kulkarni S.K.: Hand Book of Experimental Pharmacology, *Vallabh Prakashan, New Delhi*
15. Ravindran R.: X-Pharm (Software), Indian Journal of Pharmacology, *JIPMER, Pondicherry.*

Biotechnology and Bio-informatics:

1. Angela M. Meireles A (2009). Extracting Bioactive compounds for food products. Theory andapplications. CRC- Press Taylor and Francis Group.
2. Bergeron BP 2002 Bioinformatics Computing 1st Edition, Prentice Hall
3. Chikhale, N.J. and Virendra Gomase, Bioinformatics- Theory and Practice, Publisher: HimalayaPublication House, India; 1 edition (July, 2007) ISBN-13: 978-81-8318-831-9
4. Lesk, A.M. Introduction to Bioinformatics Oxford 2002.
5. Satyanarayana, U.: Biotechnology, Books and Allied (P) Ltd, Kolkata, 2005
6. Setubal J. C and J. Meidanis, Introduction to Computational Molecular Biology, PWS PublishingCompany, 1997.
7. http://www.iitb.ac.in/~crnts.
8. http://www.zygogen.com.
9. http://www.dsir.nic.in/reports/tifp/database/metallo.pdf.
10. www.consort-statement.org
11. www.strobe-statement.org
12. www.icmr.nic.in

Clinical Evaluation:

1. CDSCO, Good Clinical Practices For Clinical Research in India, Schedule Y (Amended Version –2005),http://cdsco.nic.in/html/GCP1.php
2. Ethical Guidelines for Biomedical Research on Human subjects. (2000). Indian Council of MedicalResearch- New Delhi.
3. Gallo P., Chuang-Stein C., Dragalin V., Gaydos B., Krams M., Pinheiro J.Adaptive Designs

in Clinical Drug Development—An Executive Summary of the PhRMA Working Group. *Journal ofBiopharmaceutical Statistics.* 16: 275–283; 2006

4. Good Clinical Practices- (2001). Guidelines for Clinical Trial on Pharmaceutical Products in India. Central Drugs Standard Control Organization. Directorate General of Health Services. New Delhi.(http//WWW.cdsco.nic.in.ich.org)
5. Gupta, SK Ed. Basic Principles of Clinical Research and Methodology (2007). Jaypee Brothers-new Delhi
6. ICH Harmonised Tripartite Guidelines for Good Clinical Practices.(1997)- Quintles-Published byBrookwood Medical Publications. Richmond, Surrey. United Kingdom.
7. NCI. *Clinical Trials Education Series*. http://www.cancer.gov/clinicaltrials/learning/clinical-trials-education-series, 2001.
8. Petter Laake, Haakon Breien Benestad and Bjørn Reino Olsen. (2007). Research Methodology in the Medical and Biological sciences. Academic Press is an imprint of Elsevier, 84 Theobald's Road,London WC1X 8RR, UK. ISBN: 978-0-12-373874-5
9. William C. Scheffer Introduction to Clinical Researchs

Medical Statistics:

1. Armitage, P. and Berry, G. (1994) Statistical Methods in Medical Research (3rd ed). BlackwellScience.
2. Armitage P, Berry G, Matthews JNS: *Statistical Methods in Medical Research*. Fourth edition.Oxford, Blackwell Science Ltd; 2002
3. Bland, M. (2000) An Introduction to Medical Statistics (3rd ed). Oxford: Oxford University Press.
4. Bradford Hill – Basic Medical Statistics
5. Cambell, M.J. and Machin, D. (1993) Medical Statistics: A Common Sense Approach (2nd ed).Chester: Wiley.
6. Dwivedi S. N., Sundaram K. R and V. Sreenivas (2009). Medical Statistics - Principles & Methods-BI Publications Pvt. Ltd., New Delhi –1.
7. Gupta S.P. - Fundamentals of statistics, Sultan Chand. Delhi.
8. Indrayan. (2008). Basic Methods of Medical Research. AITBS Publishers- India
9. Mahajan B K, Methods in Bio statistics for medical students, 5th Ed. New Delhi, Jaypee BrothersMedical Publishers
10. Mehdi, B and Prakash A. (2010). Biostatistics in Pharmacology. Practical Manual in experimentaland clinical pharmacology. 1st Edition. New-Delhi: Jaypee brothers Medical Publishers
11. Rao, NSN and Murthy, NS. (2008) 2nd Edition. Applied statistics in health sciences. Jaypee Brothers Medical Publishers (P) Ltd. Bengaluru, New Delhi.
12. Rick J Turner and Todd A Durham (2008). Introduction to Statistics in Pharmaceutical Clinicaltrails. Published by the Pharmaceutical Press- An imprint of RPS Publishing,1 Lambeth High Street, London SE1 7JN, UK
13. Symalan, K. (2006). Statistics in Medicine (First Edition) Trivandrum: Global Education Bureau.
14. Sundar Rao, Jesudian Richard - An Introduction to Biostatistics.
15. Suhas Kumar Shetty- Medical statistics made easy

****

M.D.-AYURVEDA PRELIMINARY
KAYACHIKITSA (General Medicine)
PAPER-II

Theory- 100 marks

PART A 50 marks

1. Understanding of fundamental concepts of Kayachikitsa like Vriddhi and Kshaya of Dosha, Dushya, Mala with Amshaamsha Kalpana. Srotodushti, Khavaigunya, Agni, Ama (Saama and Nirama Dosha, Dhatu & Mala). Aavarana, Rogamarga, Ashayapakarsha, Dosha Gati, Kriyakala. Aushadha Sevana Kala, Anupana, Pathya-Apathya and their scientific relevance during health and disease.
2. Detailed knowledge of Rogi Roga Pariksha including detailed history taking and systemic examination of patient. Clinical implementation of Dwividha Pariksha, Trividha Pariksha, Chaturvidha Pariksha, Panchavidha Pariksha, Shadvidha Pariksha, Ashtavidha Pariksha, Dashvidha Parikshya Bhavas and Prakrityadi Dashvidha Pariksha.
3. Principles of Kayachikitsa in disease management including Shodhana, Shamana and Naimittika Rasayana.
4. Introduction of the basic principles of Modern medicine, Homeopathy, Unani, Siddha, Tibetan Medicine, Yoga and Naturopathy and their relevance in light of the basic principles of Ayurvedic medicine.

PART B 50 marks

1. Chikitsa Siddhanta of Pranavaha, Annavaha, Udakavaha, Rasadi Dhatuvaha, Malavaha & Manovaha Srotovikara.
2. Emergency medicine: Acute Severe Asthma, pulmonary oedema, myocardial infarction, cerebro- vascular accidents, water and electrolyte imbalance, haemorrhage, syncope, seizure, coma, hyperpyrexia, hypertensive encephalopathy.
3. Knowledge of conducting various medical procedures like infusions, tapping, lumbar puncture, Ryle's tube insertion, catheterization, tractions, water seal drainage, Cardio Pulmonary Ressucitation.
4. Basic knowledge of underlying principles of ECG, TMT, echo cardiography, vascular doppler studies, EEG, EMG, X-Ray, USG, CT scan, MRI, PET and their interpretation.
5. Knowledge of common Ayurvedic formulations and preparations used in treatment:

Churna- Triphala, Sitopaladi, Lavanbhaskara, Hingvashtaka, Avipattikara, Gangadhara, Shaddharana, Sudarshana, Panchasakara, Ajmodadi.

Kashaya- Dashamula, Rasnasaptaka, Asanadi, Pathyadi, Phalatrikadi, Punarnavashtaka, Gojivhadi, Mahamanjishthadi, Drakshadi Kashaya.

Asavas-Arista- Amritarishta, Kanakasava, Chitrakasava, Saraswatarishta, Ashwagandharishta , Chandanasava.

Vati- Sanjivani, Chandraprabha, Agnitundi, Chitrakadi, Khadiradi, Vyoshadi, Shankha Vati, Shiva Gutika.

Guggula-Kalpana-Triphalaguggula, Kaishoraguggula, Trayodashangaguggula, Simhanadaguggula, Yogarajaguggula, Gokshuradi guggula, Kanchanaraguggula.

Rasaushadhi- Tribhuvanakirti Rasa, Arogyavardhini Rasa, Shwasakuthara Rasa, Rasamanikya

Rasa, Smritisagara Rasa, Lakshmivilasa Rasa, Sutshekhara Rasa, Pravala Panchamrita Parpati, Hemagarbhapottali Rasa.

Taila- Mahanarayana Taila, Pindataila, Prasarinyadi Taila, Ksheerabala Taila, Brihat Saindhavadi Taila, Panchaguna Taila, Amritadi Taila, Marichyadi Taila, Mahamasha Taila.
Ghrita- Mahatriphaladi Ghrita, Brahmi Ghrita, Panchtikta Guggulu Ghrita, Sukumara Ghrita, Dadimadya Ghrita, Kantakari Ghrita, Kalyanaka Ghrita.
Lehya- Chyavanaprasha Avaleha, Kushmanda Avaleha, Ashwagandha Avaleha, Agastya Hareetaki Rasayana, Drakshavaleha, Vasavaleha, Amrita-Bhallataka Rasayana.

PRACTI CAL 100 marks

Content:-
Daily hospital duties in OPD, IPD and casualty Bed-side case taking – 25 patients
Distribution of marks (practical):

1. Case records of 25 Patients in detail 20 marks
2. Bedside clinical case taking-

Long case 20 marks
Short case 10 marks

3. Medical procedures/laboratory work 15 marks
4. Instruments and spotting 15 marks
5. Viva voce 20 marks

REFERENCE BOOKS-

Charak Samhita -Cakrapanidutta commentry
Sushrut Samhita -with all available commentaries.
Ashtang Samgraha –Indu commentary
Ashtang Hridaya –Arundutta and Hemadri commentry
Cikitsadarsha - Pandit Rajesvardutta Shastri
Kayachikitsa - Ramaraksha Pathak
Rog Pariksha Vidhi - Priyavrat Sharma
Panchakarma Vigyan - Haridas Sridhar Kasture Ayurved Nidan Chikitsa Siddhanta - Prof. R.H.Singh.
Kayachikitsa Vol. I-IV. - Prof. Ajay Kumar Davidson's Principles and Practice of Medicine.
API Text Book of Medicine. Harrison's Text Bok of Medicine. Cecil Text Book of Medicine.
Relevant texts of concerned subjects.

M.D.-AYURVEDA FINAL

KAYACHIKITSA

(General Medicine)

PAPER- I Fundamentals of Kayachikitsa **100 marks**

1. Rogi-Roga Pariksha: Nidan Panchak, Trividha pariksha, Ashtavidhapariksha, Dashvidhapariksha in the light of recent advances. Clinical methods-Detailed history taking and patient examination, Systemic examination as per ayurveda and recent advances.

2. Interpretation of common investigations: ECG, Echo cardiography, TMT, Spirometry, Xray, USG, CT-Scan, MRI, EEG, EMG, in different pathological conditions.

3. Detailed Knowledge of Principles of Chikitsa in Ayurveda. Types of Chikitsa. Principles and practices of Rasayana and Vajikarna.

4. National Health Programmes and prospective role of Ayurveda services and therapeutics in them.

5. Medical ethics, Common laws and regulations applicable to clinical practice.

6. Elaborate knowledge of undertaking common medical procedures like Ryle's tube feeding, tapping, transfusions, catheterization, tractions.

7. Ayurveda Dietetics: importance of Pathya, Apathya and Anupana.

8. Drug-drug interactions and adverse drug reactions, Iatrogenic disorders.

PAPER – II Samanya Roga Chikitsa **100 marks**

Nidana/ Chikitsa including Nidana Parivarjana, Pathya, Apathaya, Chikitsa siddhanta, Shamana, Shodhana, Panchakarma, Rasayana and Atyayika Chikitsa (Anupana, Drug/Nondrug) as per Ayurvedic and conventional therapeutics of following Srotogata vyadhi:

1. Pranavahasrotas: Shwasa, Hikka, Kasa, Rajayakshma, Hridroga, Parshwashoola,

Urakshata, Svarabheda

Cardio-respiratory system: Bronchitis, Bronchiactasis, Bronchial asthma, COPD, Corpulmonale, Pneumonias, Occupational lung diseases, Pulmonary tuberculosis, Congenital

Heart disorders, IHD, RHD- Valvular diseases, Cardiac failures, Cardiomyopathy, Pericarditis, Endocarditis, Hypertension,.

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

Gastrointestinal disorders: GERD, APD, Malabsorption Syndrome,

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

4. Rasavaha srotas: Jwara, Amavata, Pandu, Madatyaya, Anaemias, Rheumatoid arthritis, Substance abuse disorders.

5. Raktavaha Srotas: Raktapitta, Kamala, Vatarakta, Kushtha, Kshudraroga, Sheetpitta, Udarda, Kotha, Visarpa, Shvitra. Haemopoeitic disorders, Bleeding and Coagulation disorders, Leukaemias, Thrombocytopenia, Disorders of Bone Marrow, Hepatobiliary disorders, Hepatitis, Cirrhosis, Cholecystitis, Liver abscess, Jaundice, Dermatological disorders, Parasitic, Infective, Allergic, Autoimmune skin disorders, Eczemas,

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

7. Asthi-Majjha vahasrotas: Asthikshaya, Sandhigatavata, Osteoarthritis, Osteopenia

8. Shukravahasarotas: Such as Kalibya, Dwajabhanga. Impotence

9. Mutravahasrotas: Mutrakricchra, Mutraghata, Ashmari, Urinary disorders: UTI, Lithiasis, ARF, CRF, Uraemia, BPH.

10. Purishvaha srotas: Atisara, Pravahika, Anaha, Adhamana, Krimi, Udavarta, Enteritis, Dysenteries, Ulcerative colitis, IBS, Worm infestation.

PAPER – III Vishishta Roga Chikitsa 100 marks.

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

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

Musculoskeletal disorders: Myopathies, G B Syndrome, Muscular dystrophies,

Lumbago

Neurological disorders: Neurodegenerative disorders like Alzeihmer's, Parkinsonism, CVA, Neuropathies, Facial palsy, Motor Neuron Diseases, Epilepsy, Sciatica.

2. Sankramakroga: Sheetala, Masoorika, Updansha, Phiranga, Gonorrhea, Chancroids, Syphilis,

3. Manasa vyadhi; Unmada, Apasmara, Atatvavinivesha, Mada, Moorcha, Sanyasa. Common psychiatric disorders: Classification of psychiatric ailments. Disorders of thought like Schizophrenia. Disorders of Mood like Mania, Depression. Neurosis, personality disorders, psychosexual disorders.

4. Metabolic disorders: Gout, Dyslipidaemia, Atherosclerosis, Obesity.

5. Endocrinal disorders; Disorders of Pituitary, Thyroid, Adrenal Medulla, Reproductive hormones.

6. Parasitic/Infective/Communicable disorders: Shlipada, Filariasis, Vishama Jvara, Malaria, Manthara Jwara, Enteric Fever, Dengue, Chickenpox, Measles, Influenza, Kalaazar, Mumps, Rabies, Poliomyelitis, Plague, Meningitis, Encephalitis, Chickungunya, HIV/AIDs, Common worm infestations.

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

8. Autoimmune diseases: Myopathies, Rheumatic fever, SLE.

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

10. Janapadodhvamsa Vikara. Environmental diseases and their management.

PAPER – IV Advances in Kayachikitsa 100 Marks.

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

1. Hospital management strategies, Infrastructure, use of IT technology, essential manpower, equipment, Patient care, management and coordination with contemporary health institutions and field institutions.

2. National Health Campaigns of AYUSH and components under NRHM.

3. Clinical Research in Kayachikitsa and its application in clinical medicine as per new evidence base in different systemic disorders.

4. New emerging health challenges and ayurvedic medicines: Chickangunya, HIV/AIDs, Swineflu, Chickenflu, Dengue, Restless leg syndrome, Sick building syndrome, Fibromyalgia.

5. Role of Ayurveda in immune-protection, immuno-modulation and in management of other allergies and immunological disorders.

6. Indications and importance of Organ transplantation, Ethical and legal issues involved.

7. Knowledge of Geriatric care and terminal care medicine.

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

9. Radio-isotopes, disease and tumor markers in diagnosis and assessment of therapy.

10. Scope and methods of independent and collaborative research in Kayachikitsa.

11. Disaster management strategies.

12. Application of advances in Rasayana and Vajikarana therapies

13. Application of emerging trends in Panchakarma in medical management.

14. Physical medication and rehabilitation.

PRACTICALS

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

Clinical Ability Evaluation-60 marks based on

1. Case records of 40 IPD Patients in Detail 10 marks

2. Long case History-1: 20 Marks

3. Short Case history-1 : 10 Marks

4. Medical procedures demonstration/ Panchakarma procedure Academic Competence evaluation- 40 marks based on: 20 Marks.

1. Viva 30 Marks.

2. Teaching and communication skills:

Reference Books

1. Relevant portions of Brihattrayi and Laghutrayi with commentaries

2. Cikitsadarsha- Pandit Rajeshvar Dutta Shastri

3. Kayachikitsa - Ramaraksha Pathak

4. Rog Pariksha Vidhi - Priyavrat Sharma

5. Panchakarma Vigyan - Haridas Sridhar Kasture

6. Ayurvediya Nidana- Chikitsa Siddhanta - Prof. R.H.Singh.

7. Kayachikitsa Vol. 1 and 2 - Prof. R.H.Singh.
8. The Holistic Principles of Ayurvedic Medicine - Prof. R.H.Singh.
9. Essentials of Kayachikitsa -II, Vol. 1 - Dr. Aruna
10. Kayachikitsa Vol. I-IV. - Prof. Ajay Kumar 10 Marks.
11. Panchakarma Therapy - Prof.R.H.Singh
12. Panchakarma Illustrated -Prof.G.Shrinivasa Acharya
13. Practice of Ayurvedic Medicine(Kayachikitsa) -Prof.A.K.Tripathi
14. Nidanachikitsa Hastamalaka - Prof. R.R.Desai
15. Clinical Methods in Ayurveda - Prof. K.R. Srikantamurthy
16. Aushadhi Gunadharma Shastra - Gangadhar shastri Gune
17. Introduction to Kayachikitsa - Prof. C. Dwarakanath
18. Samprapti lakshnanayoh Sambandhah - Prof.Sadashiv Sharma
19. Nidana Panchak - Prof.S.C.Dhyani
20. Kayachikitsa - Prof.S.C.Dhyani
21. Davidson's Principles and Practice of Medicine.
22. API Text Book of Medicine.
23. Harrison's Text Book of Medicine.
24. Cecil Text Book of Medicine.
25. Relevant texts of concerned subjects.

****