

M.D.-AYURVEDA PRELIMINARY

13.PANCHKARMA

(Five Therapeutic procedure)

PAPER-II

Theory- 100 marks

PART A

50 marks

1. Chikitsa and its classifications; Antah-Parimarjana and Bahir-Parimarjana Chikitsa
2. Principles of Chikitsa, Kriyakal, Shadvidha and Dvidvidha Upakrama and role of Panchakarma therein.
3. Applied aspects of Trividha, Shadvidha, Ashta Vidha and Dasha Vidha Pariksha.
4. Applied anatomy and physiology of cortex, cranial and peripheral nerves. Methods of physical examinations of central nervous system: sensory system, motor examination-muscle power and tone, superficial and deep reflexes, difference of upper and lower motor neuron lesions. Tremors and coordination.
5. Functions of various single muscles and groups of muscles, applied anatomy and physiology of joints. Methods of examination of locomotor system. Differential diagnosis of Amavata (rheumatoid arthritis), Vatarakta (gout) and Sandhivata (osteoarthritis). Examination of lumbar and cervical disorders including Gridhrasi (sciatica) and Vishvachi (Brachial neuralgia).
6. Applied anatomy and physiology of cardiovascular and respiratory systems, functions of capillaries and its permeability. Methods of examination of respiratory and cardiovascular system. Interpretation of spirometry and ECG findings.
7. Knowledge and method of examination of various skin lesions.
8. Applied anatomy of stomach, small intestine and large intestine. Detailed examination of gastro-intestinal system.

PART B

50 marks

1. Definition of Karma. Trividha Karma for Shodhana.
2. Importance of Panchakarma in health and disease.
3. Indications and contraindications for Shodhana. Applied aspects of Koshta and Agni.
4. Importance of Purva and Pashchata Karma in Shodhana. Parihara Vishaya for Panchakarma.
5. Samsarjana Karma. General knowledge of various Aushadha and Ahara Kalpana used for Panchakarma.
6. Areas of research in Panchakarma.
7. Knowledge of equipments and instruments used in Panchakarma in ancient times and the possible modifications therein now.

Knowledge of quality standards of NABH (National Accreditation Board of Hospitals) for Ayurveda, guidelines for establishment and management of eco-friendly Panchakarma theatre including management of biomedical waste.

PG 1st Year Syllabus-43

PRACTICAL

100 marks

1. Duty in Panchakarma ward and theatre.
2. Performance of 5 Cases each of Snehana, Svedana, Vamana, Virechana, Basti and Nasya with maintaining of detailed record.
3. Record of detailed examination of 25 patients treated with Panchakarma and effects observed thereon.

Distribution of marks (practical):

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| 1. Case records of 25 patients in detail | 20 marks |
| 2. Performance of long Karma | 20 marks |
| 3. Performance of short Karma | 10 marks |
| 4. Panchakarma procedures | 15 marks |
| 5. Instruments and spotting | 15 marks |
| 6. Viva voce | 20 marks |

REFERENCE BOOKS:

- 1 Charak Samhita with commentary of Ayurved Dipika by Chakrapanidatta and Jalpakalpa taruby Gangadhara
- 2 Sushruta Samhita with the Nibhandha Samgraha commentary of Dalhana and Nyayachandrika panjika of Gayadasa on nidansthana
- 3 Ashtang Hridaya with Sarvanga sundara and Ayurved rasayana commentaries
- 4 Ashtanga Sangraha with Shashilekha commentery
- 5 Bhela Samhita
- 6 Kashyapa Samhita
- 7 Bhavaprakasha of Bhavamishra
- 8 Sharangadhara Samhita
- 9 Vangasen
- 10 Gadanigraha
- 11 Ayurvediya Panchkarma chikitsa Dr Mukundilal Dwivedi
- 12 Panchkarma Vigyan Dr Haridas Shreedhar Kasture
- 13 Illustrated Panchkarma Dr.G Srinivasa Acharya
- 14 Ayurveda-Principles and Practice of Panchakarma Dr. Mandip and Dr Gurdip Singh
- 15 The Panchkarma Treatment of Ayurved with Dr. T.L. Devaraj Kerala Specialities
- 16 Panchkarma Therapy Dr. R.H. Singh
- 17 Principles and practice of vasti Dr. Vasudevan Nampoothiri and Dr. L. Mahadevan
- 18 Claiton's Physiotherapy
- 19 Teddy's Physiotherapy
- 20 Harrison's Principles of Inernal Medicines
- 21 Guyton's Physiology
