

## BNYS 2<sup>nd</sup>

### PATHOLOGY

**Subject Title :** PATHOLOGY (Duration : 12 Months )

**Subject Code :** BNYS – T 201 A , BNYS– 201 B & BNYS – P201

Subject	Theory	IA	Viva voce	Total	Practical	IA	Total	Grand Total Marks	Credits	Hrs./ Week
Pathology -I	80	20	30	230	60	10	70	300	6	6
Pathology –II	80	20								

\*IA - Internal Assessment

### GOALS AND OBJECTIVES

#### **Goal:**

The goal of teaching pathology to undergraduate students is to provide a comprehensive knowledge of the mechanisms and causes of disease, so that he/she is able to comprehend fully the natural history and clinical manifestations of disease.

#### **Course Objectives:**

- Explain the structure and ultra-structure of a sick cell, mechanism of cell degeneration, cell death and repair and be able to correlate structural and functional alterations.
- Describe the pathophysiological processes which govern the maintenance of homeostasis, mechanisms of their disturbance and the morphological and clinical manifestations associated with it;
- Delineate the mechanisms and patterns of tissue response to injury such that he/she can appreciate the pathophysiology of disease processes and their clinical manifestations;
- Correlate normal and altered morphology (gross and microscopic) of different organsystems in common diseases to the extent needed for understanding of disease processes and their clinical significance.

#### **Course Outcomes (Cos) :**

After the completion of the course, the student shall be able to:

- **CO 1** - Elaborate on principles, procedures and interpretation of results of diagnostic laboratory tests;
- **CO 2** - Perform with proper procedure simple bed side tests on biological fluid samples like blood, urine etc.
- **CO 3** - Prepare investigation flow-charts for diagnosing and managing common diseases;
- **CO 4** - Identify biochemical and physiological disturbances in diseases.

### THEORY

#### (SECTION-I) (BNYS – T 201A)

#### **I. General Pathology:-**

1. History and scope of pathology
  - a) Definition and various branches in pathology
  - b) Scientific study of disease and methodology.

## **2. The cell and the reaction of cell, tissue and organ to injury**

- a) Structure of cell and its functions.
- b) Causes and nature of cell injury.
- c) Toxic substances , physical agents and lack of nutrients.
- d) Infectious agents & Parasites.
- e) Immune mechanisms and genetic defects.

## **3. Inflammation and repair:-**

- a) Definition, classification and nomenclature.
- b) Acute inflammation

Vascular and cellular phenomenon, cells of exudates chemical mediators and tissue change in acute inflammation cardinal signs of acute inflammation.

Fate, types and systemic effects of acute inflammation

## **4. Chronic Inflammation:-**

- a) Difference between acute and chronic inflammation.
- b) Definition of Granuloma.

## **5. Wound Healing:-**

- a) Restitution , regeneration and repair.
- b) Repair or epithelial and mesenchymal tissue.
- c) Primary union and secondary union.
- d) Mechanism involved and factors modifying repair process.

## **6. Growth and its disorders:-**

- a) Definition of agenesis, aplasia, atrophy, hyperplasia, hypertrophy, hypoplasia, metaplasia.
- b) Concept of dysplasia, anaplasia and carcinoma-in-situ.

## **7. Neoplasia :-**

- a) Definition, classification and nomenclature.
- b) Characteristic features of benign and malignant tumors
- c) Carcinogenesis and carcinogens.

**SECTION- II**  
**(BNYS – T 201B)**

**Systemic Pathology :-**

**1. Disorders of RBC :-**

- a) Definition, morphologic and etio-pathologic classification of anemias.
- b) Iron deficiency anemia, B12 and folate deficiency anemia.

**2. Disorders of WBC:-**

- a) Leukopenia , Leukocytosis.
- b) Leukaemia, Agranulocytosis and Tropical eosinophilia.

**3. Coagulation and Bleeding disorders:-**

- a) Structure, function and pathology of platelet

**4. Diseases of Cardiovascular system–**

- a) Arteriosclerosis and Atherosclerosis.

**5. Diseases of respiratory system:-**

- a) Atelectasis , bronchiectasis and pneumoconiosis
- b) Chronic–obstructive pulmonary disease (COPD)
- c) Bronchial asthma, chronic bronchitis.

**6. Diseases of Gastro-intestinal system:-**

- a) Gastritis and peptic ulcer and tumors of stomach.
- b) Amoebiasis, bacillary – dysentery and intestinal tuberculosis.

**7. General disorder of Kidney, Liver and nervous system diseases.**

**8. General disorder of Skin disease**

**9. Musculo-skeletal system- Rheumatoid Arthritis, Gout, OA, Classification of Arthritis-all types.**

**PRACTICAL**

**1. Demonstration of:-**

- a) Hemo grams in anemia–
  - i) Iron deficiency anemia
  - ii) Macrocytic anemia
  - iii) Macrocytic anemia
  - iv) Hemolytic anemia

**Recommended Text Books for Pathology:-**

- 1. Text Book of Pathology - By N.C.Dey
- 2. Textbook of Pathology – Harsh Mohan

**Reference Books:-**

- 1. Systemic pathology -By Symmers
- 2. Medical Laboratory Technology- By Ramnik Sood
- 3. Pathological basis of disease- By Robbins, Cotran and Kumar

## MICROBIOLOGY

**Subject Title :** MICROBIOLOGY (Duration : 12 Months )

**Subject Code :** BNYS – T 202 & BNYS – P 202

Subject	Theory	IA	Viva voce	Total	Practical	IA	Total	Grand Total Marks	Credits	Hrs./ Week
Microbiology	80	20	30	130	60	10	70	200	6	6

\*IA - Internal Assessment

### GOAL AND OBJECTIVES

#### Goals:

The goal of teaching Microbiology to undergraduate students is to provide a comprehensive knowledge of the natural history, mechanisms and causes of infectious disease, including etiology, pathogenesis, laboratory diagnosis, treatment and control of disease in the community.

#### Course Objectives:

- Remember and recall all the infectious micro-organisms of the human body host-parasite relationship
- Describe parasitic micro-organisms (viruses, fungi, bacteria, parasites) with the pathogenesis of the diseases they cause.
- Enumerate and illustrate sources and modes of transmission including insect vectors, of pathogenic and opportunistic organisms;
- Describe the pathways and mechanism of immunity to infection.
- Acquire knowledge about different vaccines that are available for the prevention communicable diseases;
- Effectively use sterilization and disinfection to control and prevent nosocomial and community acquired infection;
- Order laboratory investigations for bacteriological examination of food, water and air.

#### Course Outcomes (Cos) :

After the completion of the course, the students shall be able to:

- **CO 1** - Prescribe and interpret laboratory investigations for diagnosis of communicable diseases and identify infectious agents by clinical manifestations;
- **CO 2** - Perform common bed-side tests to detect and identify pathogenic agents, such a blood film for malaria, filarial, gram stain and stool sample for ova cyst, etc.

### THEORY

#### 1) General Bacteriology : -

- a) Historical Introduction
- b) Morphology and Physiology of Bacteria.
- c) Sterilization and Disinfections.
- d) Cultivation of Bacteria.
- e) Bacterial Growth and Multiplication.
- f) Basic principles of Bacterial genetics.

**2) Immunology:-**

- a) Immune system and antigen-antibody response.
- b) Basic principles of auto-immunity
- c) Immuno Deficiency disease.

**3) Parasitology :-**

1. Helminthology –Enterobius , vermicularis
2. Stool Examination for Parasites. Helminthology - Ankylostoma, Ascariasis, Taenia, Wucheria .

**4) Viruses :-** Measles, Chickenpox, mumps.

**5.) Applied Microbiology: -**

- a) Normal bacterial flora of human body.
- b) Bacteriology of Water, Milk and Air

**Practical**

Blood smear for malarial parasite microfilaria and others parasites identification and Interpretation of the parasites(Adult and Larva for Ms)

**TEXT BOOKS :-**

- 1) Text Book of Microbiology-By R.Anantha Narayana & C.K. Jayaram Paniker
- 2) Parasitology – By Jayaram Paniker
- 3) Bacteriology-By Dey
- 4) Text Book of Microbiology-By Chakravarthy

**REFERENCE BOOKS :-**

1. Parasitology – Chatterjee
2. Clinical Microbiology – Bailey & Scott
3. Immunology and Microbiology – Gupta
4. Practical Microbiology – R Cruick & Shank

## YOGA AND PHYSICAL CULTURE-I

**Subject Title :** YOGA AND PHYSICAL CULTURE-I (Duration : 12 Months )

**Subject Code :** BNYS – T 203 & BNYS – P 203

Subject	Theory	IA	Viva voce	Total	Practical	IA	Total	Grand Total Marks	Credits	Hrs./ Week
Yoga and Physical Culture-I	80	20	30	130	60	10	70	200	6	6

\*IA - Internal Assessment

### GOAL AND OBJECTIVES

#### Goals:

The goal of teaching Yoga and Physical Culture to undergraduate student is to provide them with comprehensive understanding of yoga with reference to traditional texts like Patanjali Yoga sutras, Hatha Yoga Pradipika, Shiva Samhita, Gheranda Samhita and Swara yoga; various streams of Yoga, advanced meditative techniques like Yog Nidra, Omkar, cyclic meditation, Vipassana meditation and learn about their psychological & physiological benefits compared to exercises.

#### Course Objectives:

- Illustrate the knowledge of traditional texts like Patanjali Yoga Sutras, Hatha Yoga, Siva Samhita and Gheranda Samhita
- Understand the principles behind various meditative practices like Yog Nidra, Om meditation, cyclic meditation, Vipassana and so on
- Explain about yoga in relation to its application in education, sports;
- Demonstrate basic understanding of procedures of stretching an exercise.
- Describe basic physiological changes in asana
- Be aware of the effects of Shatkriyas and their adverse effects

#### Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Describe the concept of yoga as explained in the traditional texts
- **CO 2** - Deliver a meditative session using any of the meditative styles.
- **CO 3** - Implement various exercises loosening or eye exercises or stretching to complement yoga practice.

### THEORY

#### 1. Patanjali Yoga Sutras:

The chapters in detail i.e. Samadhi Pada , Sadhana Pada , Vibhuti Pada & Kaivalya Pada.

#### 2. Hatha Yoga :

Full text with necessary reference to Hatha Yoga Pradipika ,Gheranda Samhita , Siva Samhita, Hatha Ratnavali & Goraksasatakam.

#### 4. Introduction to other streams of yoga: Kundalini, Tantra, Swara and kriya

#### 5. Yoga Nidra-methods, applications, effects and benefits.

**6. Meditation-types-** Omkar , Cyclic, Vipassana, Transcendental.

- a. methods of application
- b. benefits,
- c. precaution
- d. influence on health and disease

**7. Yoga in relation to personality and education**

**8. Yoga in relation to sports, games, social and political life**

**9. Eye exercises-** benefits, methods and precautions

**10. Physiological Aspects of Asana**

**11. Physiological, Neurophysiologic Aspect of Pranayama**

**12. Shatkriyas - Comparative Study of Shatkriyas with Other Systems Of Medicine**

**13. Physiological Aspects Of Exercises**

**14. Physical exercises for health and fitness**

- i. Introduction
- ii. Who should stretch?
- iii. When to stretch
- iv. Why to stretch
- v. How to stretch
- vi. Relaxing stretches for back, leg, feet and ankles, hips, hamstrings and lower back
- vii. Stretching exercises for elderly
- viii. Stretching exercises for abdominal muscles, arms, chest, ankle, legs, thighs, forearm and knees
- ix. Techniques of walking, running, cycling, etc
- x. Caring for the back

**PRACTICALS:**

1. Stretching Exercises
2. Loosing exercises (Shitilikarana, Vyayama, and, Breathing, exercises)
3. All Asana of I B.N.Y.S. plus advanced postures from yoga Deepika,
4. Pranayama (as in I B.N.Y.S.)
5. Kriyas– (as in I B.N.Y.S.)
  - a) Dhouti – Vastra, Danda
  - b) Gajakarani–(Vaisara Dhouti)
  - c) Nauli– all the three types
  - d) Shankaprakshalana – laghu & maha shankaprakshalana
  - e) Basti
6. Meditation:
  - a. Omkara
  - b. Cyclic
  - c. Vipassana

**RECOMMENDED BOOKS:**

1. Yog Darshan – P.P Swami Ramdev ji
2. Basis and definitions of Yoga - Vivekananda Kendra
3. Yoga Darshan - P.P. Swami Ramdev ji
4. Yoga – its Philosophy and Practice - P.P. Swami Ramdev ji
5. Yoga Vignanam - Acharya Balkrishna ji
6. Asanas-Swami Kuvalyananda
7. Yog, its philosophy and practice – P.P. Swami Ramdev ji

8. Yog Vignanam – Acharya Balkrishna ji
9. Raja, Hatha, Jnana, Bhakti Yoga - Swami Vivekananda
10. Yoga Biomechanics : Stretching Redefined – Jules Mitchell
11. Pranayama Rahasya – P.P. Swami Ramdevji
12. Encyclopedia of Indian physical culture- DC Mujumdar

**REFERENCE BOOKS**

1. Yog Samanya Gyan – P.P Swami Ramdev ji
1. Science Studies Pranayama – Patanjali Research Foundation
2. Yoga in Synergy with medical sciences - Acharya Balkrishna ji
3. Science of Yoga: Understand the Anatomy and Physiology to perfect your Practice – Ann Swanson.
4. Yoga Anatomy – Leslie Kaminoff and Amy Matthews



## DIAGNOSTIC METHOD IN YOGA & NATUROPATHY

**Subject Title :** DIAGNOSTIC METHOD IN YOGA & NATUROPATHY(Duration : 12 Months )

**Subject Code :** BNYS – T 204 & BNYS – P 204

Subject	Theory	IA	Viva voce	Total	Practical	IA	Total	Grand Total Marks	Credits	Hrs./ Week
Diagnostic Method in Yoga & Naturopathy	80	20	30	130	60	10	70	200	6	6

\*IA - Internal Assessment

### GOAL AND OBJECTIVES

#### Goal:

The goal of teaching diagnostic methods in yoga and naturopathy to undergraduate students is to provide them with comprehensive knowledge of diagnostic methods employed traditional naturopaths that can be efficiently use to diagnose various diseases without the use of sophisticated

#### Course Objectives:

- Define and be aware of the historically significant developments in diagnosis procedures used in naturopathy
- Illustrate the characteristics of a healthy body with respect to naturopathic principles
- Describe the philosophical theories of causation of disease according to naturopathy
- Utilize knowledge of encumbrances, their types and interpretation, along with, naturopathic ways of therapeutically correcting them
- Understand and diagnose the pathology or the preponderance to a pathology based on physical diagnosis, anthropometric measurements and gait patterns.

#### Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Describe the characteristics of normal and unhealthy skin in different diseases
- **CO 2** - Comprehend the techniques and interpretations of stool and urine diagnosis correlating modern medical knowledge and Ayurvedicsthoola and muthrapariksha
- **CO 3** - Use of different diagnostic procedures in naturopathy to effectively and accurately diagnose various diseases, such as facial diagnosis, stool and urine diagnosis.

### THEORY

#### 1. Facial diagnosis

- i) Introduction
- ii) Characteristics of healthy body
- iii) Foreign matter theory, toxemia theory, vitality theory

- iv) Physiological and pathological perspective of foreign matter, toxemia and mm
- v) Unity of disease, Unity of cure- interpretation with contemporary medicine
- vi) Encumbrance, its types, its interpretation with contemporary medicine
- vii) Habits- significance, consequence an its correspondence in encumbrance
- viii) Significance of naturopathy treatment modalities in correction of encumbrance.

## **2. Iridiagnosis**

1. Definition and Historical Highlights
2. Anatomy of iris in detail
3. Conceptual theories of Iridiagnosis
4. Comparison of the science of Iridiagnosis with concepts of Drishtiparaksha in Ayurveda and ophthalmology in modern medicine.
5. Technique in iris reading
  - i. Normal and abnormal iris
  - ii. The vibratory theory and its significance
  - iii. Diagnostic chart
  - iv. Iridoscope
  - v. Zones
  - vi. Sectorial division
  - vii. Interpretation of iris manifestation
    - a. Inherent lesions and weakness
    - b. Cataract
    - c. Toxic settlements
    - d. Nerve rings
    - e. Lymphatic rosary
    - f. Injuries and surgeries
    - g. Psora spot, scurf rim
    - h. Radii Solaris
    - i. Sympathetic nerve wreath
    - j. Closed and open lesions
    - k. Sodium ring
    - l. Circulatory indicators
    - m. Drugs and chemical appearance in the iris and their effect on the body
    - n. Arsenic, bismuth, bromides, coal tar products, ergot, glycerin, iodine, lead, mercury, opium, phosphorus, quinine, salicylic acid... sodium, strychnine, sculpture, turpentine, vaccines etc.

## **3. Stool and Urine analysis**

- i) Characteristics of normal stool and urine
- ii) Abnormal characteristics and significance
- iii) Comparison of Stool and urine diagnosis Pareeksha in Ayurveda with mala & muthra

## **4. Skin Diagnosis**

- i) Anatomy of skin
- ii) Skin types

- iii) Abnormality and its significance in Health
- iv) Comparison of skin diagnosis with twakpareeksha in Ayurveda

**5. Tongue diagnosis**

**6. Pulse diagnosis**

**7. Chromo diagnosis**

**8. Advanced research updates**

**PRACTICAL**

- a. Case sheet writing - minimum 25 cases with naturopathic diagnostic methods
- b. Regular hospital visit
- c. Dissertation of at least 20 cases studies with significant and relevant Naturopathic diagnostic modalities

**REFERENCE BOOKS:**

1. MacFadden Encyclopedia of Physical Culture - Bernard McFadden
2. Asthangahridayam
3. Charaka Samhita
4. Susrutha Samhita
5. The Science of Facial Expression - Louis Kuhne
6. Iridology - Dr. Bernard Jenson

## MODERN DIAGNOSTIC METHODS

**Subject Title :** MODERN DIAGNOSTIC METHODS (Duration : 12 Months )

**Subject Code :** BNYS – T 205 & BNYS – P 205

Subject	Theory	IA	Viva voce	Total	Practical	IA	Total	Grand Total Marks	Credits	Hrs./ Week
Modern Diagnostic Methods	80	20	30	130	60	10	70	200	6	6

\*IA - Internal Assessment

### GOAL AND OBJECTIVES

#### Goal:

The goal of teaching Diagnostic Methods in Conventional Medicine to undergraduate students is to provide them with comprehensive knowledge of diagnostic methods employed by conventional doctors that can be used efficiently to diagnose various diseases, for diagnosis as well as prognosis

#### Course Objectives:

- Understand the procedures and nuances in approaching a patient and taking a detailed history and writing a case report;
- Illustrate examination procedures and techniques generally as well as for specific systems and make provisional diagnoses of common diseases;
- Describe laboratory investigations used for supporting the provisional diagnosis made after history taking and examinations;
- Prescribe and interpret radiological investigations, biochemical investigations, sonography, EEG, ECG, EMG, echocardiography, CT, PET, MRI, etc for diagnostic and prognostic purposes;
- Explain and demonstrate knowledge of invasive tests such as paracentesis, thoracocentesis, lumbar puncture, laparoscopy, endoscopy, biopsy, etc.

#### Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Effectively take a case history with examinations and prepare a detailed report;
- **CO 2** - Prescribe and interpret any further investigations required for the provisional diagnosis made.

#### Integration:

At the completion of training, the student should be able to comprehensively understand the principles, procedures and nuances of Diagnostic Methods in Conventional Medicine and employ the same for diagnostic and prognostic purposes.

### THEORY

#### 1. Examination of the patient.

(140 Hrs)

- i) Approach to a patient.
- ii) History taking and case sheet writing
- iii) Symptomatology

- iv) Examination of vital data
- v) Importance of height, weight, abdominal girth
- vi) General physical examination
- vii) Examination of skin, nail and hair.
- viii) Systemic examination of the patient
  - a. Examination of Abdomen (digestive system)
  - b. Examination of Cardiovascular system.
  - c. Examination of Respiratory system
  - d. Examination of Renal and urogenital system
  - e. Examination of Central nervous system
  - f. Examination of Locomotor system
  - g. Examination of ear, nose and throat
  - h. Gynecological examination.
  - i. Endocrine system and metabolic disorder
  - j. Examination of the eye
  - k. Provisional diagnosis
  - l. Routine and special investigations
    - 1. Laboratory investigations: Urine analysis, stool examination, blood examination-peripheral smear, total WBC count, differential WBC count; ESR, Hb Estimation: BT CT platelet count, red cell indices, bone marrow examination.
    - 2. Radiological investigations: Plain X-ray chest, K.U.B, lumbar and cervical spine, skull and paranasal sinuses, joints
    - 3. Contrast Radiology: Barium swallow, barium meal, barium enema; cholecystography, myelography, angiography, bronchogram, myelogram
    - 4. Electrocardiography
    - 5. Echo-cardiograph
    - 6. Coronary angiography
    - 7. Electro-encephalography
    - 8. Biochemical investigations: LFT, creatinine clearance test, Vanillo-mandelic acid (VMA) excretion test in urine, SGOT and SGPT, LDH, CPK, blood urea, serum creatinine, cholesterol, renal function test, serum uric acid and serum amylase
    - 9. Diagnostic Paracentesis
    - 10. Diagnostic Thoracocentesis
    - 11. Lumbar puncture and CSF analysis
    - 12. Radioactive iodine uptake studies
    - 13. Thyroid T3, T4, TSH estimation
    - 14. Diagnostic skin tests
    - 15. Endoscopic procedures
    - 16. Ultra-sonography
    - 17. CT, PET, MRI, Doppler
    - 18. Tissue biopsy and FNAC

## **2. Final Diagnosis**

### **PRACTICAL**

1. History taking and physical examination of cases.
2. Case sheet writing of different types of cases (25)
3. Demonstration of equipment and instruments used for investigation is modern diagnostics
4. Demonstration tour of an ultra-modern super-specialty hospital to view the latest technique of modern diagnosis

### **TEXTBOOKS**

1. Hutchison's Clinical Methods
2. Manual of clinical Methods - PS Shankar
3. Clinical Diagnosis - JalVakil
4. Clinical Methods – Chamberlin
5. Physical Diagnosis - Golwala
6. Harrison's Principles of Internal Medicine
7. Manipal Manual of Clinical Medicine
8. Macleod's Clinical Examination
9. Davidson's Principles and Practice of Medicine
10. Essentials in Hematology and Clinical Pathology

## BASIC PHARMACOLOGY

**Subject Title :** BASIC PHARMACOLOGY (Duration : 12 Months )

**Subject Code :** BNYS – T 206

Subject	Theory	IA	Viva voce	Total	Practical	IA	Total	Grand Total Marks	Credits	Hrs./ Week
Basic Pharmacology	80	20	50	150	-	-	-	150	6	6

\*IA - Internal Assessment

### GOAL AND OBJECTIVES

#### Goal:

The goal of teaching Pharmacology to undergraduate students is to provide a comprehensive knowledge of scientific, evidence-based treatment of diseases through drug administration.

#### Course Objectives:

- Illustrate pharmacokinetics and pharmacodynamics of essential and common drugs

#### Course Outcomes (Cos) :

After the completion of the course, the student shall be able to:

- **CO 1** - Be proficient in describing pharmacokinetics and pharmacodynamics of essential and common drugs
- **CO 2** - Observe medical ethics in his professional practice.

### THEORY

#### General Pharmacological Principles

1. General Pharmacology-History
2. Nature and sources of Drugs
3. Route of drug administration.
4. Pharmacokinetics
5. Pharmacodynamics
6. Toxicity Studies in Animals
7. Drug Toxicity in Man
8. Assay
9. Evaluation of drugs in Man
10. Drug interactions in Man.

#### **Recommended books:**

1. Pharmacology and Pharmacotherapeutics RS Satoskar, SD Bhandarkar, SS Ainapure
2. Essentials of Medical Pharmacology - KD Tripathi
3. Pharmacology - Rang and Dale

## FUNDAMENTAL PRINCIPLES OF INTEGRATED SYSTEM OF MEDICINE –3<sup>rd</sup>

**Subject Title :** FUNDAMENTAL PRINCIPLES OF INTEGRATED SYSTEM OF MEDICINE –3<sup>rd</sup>  
(Duration : 12 Months )

**Subject Code :** BNYS – T 207

Subject	Theory	IA	Viva voce	Total	Practical	IA	Total	Grand Total Marks	Credits	Hrs./ Week
Fundamental principles of integrated system of medicine –3 <sup>rd</sup>	80	20	50	150	-	-	-	150	6	6

\*IA - Internal Assessment

### GOALS AND OBJECTIVES

#### Goal:

The goal at giving knowledge about the basics of Ayurveda which are important to identify the cause of disease and guide to follow healthy lifestyle to prevent and treat disease. It also provides a knowledge of History of Ayurveda and in order to be able to study, understand, comprehend and utilize the knowledge contained in Indian traditional texts in their professional practice, especially in the field of Yoga.

#### Course Objectives:

- Understand origin , history ,important of Roga.
- Understand Principles behind Roga Nidana & Vigyana
- Understand Fundamental viewpoints of Classical view of roga.

#### Course Outcomes (Cos) :

At the end of the course, the student will be able to:

- **CO 1** - Describe the various principles of Ayurveda - Roga Nidana & Vigyana
- **CO 2** - Explore the information about various ayurvedic Roga .
- **CO 3** - Elucidate the history of Ayurveda, Siddha , Homoeopathy & Unani.

### THEORY

#### 1. Basics of Roga Nidana

- Importance of Nidan Panchaka
- Hetu – Definition, Synonyms, Classification, Importance
- Purva Rupa – Defition, Synonyms, Samanaya and Vishist Roop, Importance
- Rupa- Defition, Synonyms, Samanya and Pratyatma Lakshana, Difference between Vyadhi and Lakshna, Importance of Rupa



- Upashaya/Anupashaya- Definition, Types, Importance in Diagnosis
- Samprapti- Definition, Synonyms, Type, Samprapti Ghatak
- Shatkriyakala- Importance & Types
- Sadhya-Asadhyata- Types and Importance
- Concepts and Importance of Upadrav

## **2. Basics of Roga Vigyana II**

- Outlines of Rog Vigyana
- Nidana, Purvarupa, Rupa, Samanya and Vishista Samprapti of following diseases-Pandu, Hridroga, Swas, Kasa, Grahani, Atisara, Pravahika, Parinam Shool, Mutrakrichha, Kamla, Kushta, Aamvata, Sandhivata, Vatrakta.

### **RECOMMENDED BOOKS:**

1. Ayurveda Siddhant Rahasya/ A Practical Approach to Science of Ayurveda – Acharya Balakrishna
2. Ashtang Hridayam – Acharya Balkrishnaji