

**DETAILED SYLLABUS FOR THE POST OF ASSISTANT INSURANCE MEDICAL OFFICER (AYURVEDA) IN INSURANCE MEDICAL SERVICES-**

**Cat.No: 004/2024**

**TOTAL MARKS:100**

**MODULE- 1 (7MARKS)**

**Basic principles of Ayurveda and Swasthavritha**

Basic Principles of Ayurveda:

Guna&karma of doshas-five types of doshas-lakshanas of vridhi and kshaya of doshas, dhauts and malas,concept of ama,symptoms samadoshas,treatment principles of samadoshas,doshopakramaneeya (treatment principles of vata, pitha and kapha) ,dvididhopakramneeyadefinition and symptoms of karshya and staulya,treatment principles and relevant yogas, Principles of dravyagunavijnana,concept of rasa- guna-viryavipakaprabhava- their utility in chikitsa- Theory of Panchabhutas- its clinical application

Swasthavritha:

Definition of swastha,Arogya lakshana,WHO definition of health, dinacharya, ritucharya, thrayopasthambam, yoga, Nisargopacharam, Samajikaswasthavritha.

**MODULE 2 (10 MARKS)**

**Agadathantra and dravyagunavijnan**

Agadatantra:

Identification savishadamsha- first aid for sarpadamsha-concept of dushivisha, gara and their management-vishasankad- pathyaapathya in visha-stavaravisha- pratyoushadhas for stavaravisha-indications and composition of vilvadi gutika-dushivisharigutika,dashangaagada- neelidaladikashaya, nileetulasyadikashaya- sigrupunarna vadi ,eladi,lodhradi yoga. Forensic medicine,medical juris prudence,Introduction to Indian penal code,Indian evidence act and ,criminal procedure code,laws in relation to medical practitioners,maintenance of medical record.

Dravyagunavijnan:

Introduction, Definition & scope of Pharmacology and Principles of general Pharmacology. Brief Knowledge about pharmacology of the following - Anesthetics, CNS depressants, Sedatives, Hypnotics, Tranquilizers, Antipyretics, Analgesics, Antiepileptics, Antihypertensive, Antianginal, Antiplatelet, Hypolipidemic, Haemopoietic, Coagulants, Bronchodilators, Aerosols/ Inhalants, Expectorants, Digestants, Carminatives, Antacids, Antiulcer, Laxatives, Antidiarrhoeals, Antiemetic, Hepatoprotective, Diuretic, Antidiuretic, Lithotriptic, Antiinflammatory, Hormonal therapy, Antiobesity, Antidiabetic, Antithyroid, Galactagogues, Contraceptives,Antihistamines, 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.

**MODULE 3 (10 MARKS)**

**Rasasastra and Bhaishajyakalpana:**

Symptoms of improper use of rasaushadhis,its management,pathya and apathya during the use of rasa drugs,quality control, standardization and GMP of rasaushadhis.

Yogaparichaya:

Indications and composition of the following compound drugs kashayas:shadanga, drakshadi,trayantyadi, saharadi. amritotharam, bharngyadi, chiruvilvadi, elakanadi. dasamulakatutrayam, ashtavargam, prasaranyadi, dhanadanayanadi, rasnerandadi,. gandharvahastadi, rasonadi, saptasaram, nisakatakadi, brihatyadi, punarnavadi,

manjishatadi, nayaopayam, vasaguluchyadi, rasnasaptakam, rasnapanchakam, various ganas mentioned in Ashtangahridaya sutrastana 15th Chapter. Ghritas: pippalyadi, vrishaghrita, shadpala, rasnadi, dhanvatnara, sukumara, tiktaka, mahatiktaka, vajraka, guggulutiktaka, indukantha, dadimadi, misrakasneha, brahmighrita, Kalyanaka, panchagavya.

Lehyas: agastyarasyana, amritaprasa, kushmandarasayana, drakshadi, dasamulahareethaki, manibhadragula, kalyanaka gula.

Churnas: taleesapatradi, kalyanakshara, ashtachurna, hinguvachadi, vaisvanara, navayasa, narayana, shaddharana, avalgubeejadi, avipathi, dadimashtakam

Tailas: saharadi, balatailam, ksheerabala, pindataila, madhuyashtyadi, pippalyadi.

Gutikas: manduravatakam, arogyavardhini, suryaprabha, chandraprabha, laxmivilasa, swasakudara rasam, vettumaran, yogaraja guggulu, kaisoragu guggulu, kanchanara guggulu.

Arishtas: takrarishta, abhayarishtam, ayaskriti, lohasavam, draksharishta, asokarishtam, dasamoolarishtam, kumaryasavam, chandanavasam

Guidelines and Methods of collection, storage, preservation of Aushadhi dravya. Concept of Saviryatavadi (shelf life) and stability in ancient and contemporary science. Bhesajaprayogavidhi : Aushadha Matra, Anupana and sahapan and Aushadh sevan kaala.

Panchavidha kashaya kalpana and Other kalpana : Kashaya Yoni, Swarasa, Kalka, Kwatha, Hima and Phanta, Pramathya, Aushadha siddha paniya, Tandulodaka, Laksha rasa, Mantha, Panaka, Arka, Churna, Rasakriya, Ghana, Phanita, Avaleha, Gudapaka, Syrups, Ksheerapaka, Satva, Guggulu kalpana, Vati, Varti, Preparation of Tablets, pills, capsule and Suppositories. Masi kalpana, Lavana kalpana, Kshara kalpana and Kshara sutra.

Principles and precautions for preparation of formulations for following: Netropachartha kalpana (Ophthalmic preparations) - Seka, Drava, Pindi, Anjana - Ashchyotana - Tarpana - Putapaka and Vidalaka, Methods of preparation of eye drops, eye ointments. Classification of Nasya, Classification of dhumapana, Method of preparation of dhumvarti and its therapeutic uses. Dhupan: Vranadhupan, arshodhupan. Mukhaprayogarth kalpana - Gandoosha - Kavala - Pratisaran, Tooth paste, Tooth powders and Mouth wash. Vasti kalpana- Classification, Method of preparation of Niruha and Anuvastana vasti, Therapeutic properties and uses of vasti. Brief introduction of Drug and Cosmetics Act 1940 and Rules 1945.

#### **MODULE- 4 -(10MARKS)**

##### **Nidana**

Nidana-purvarupa-lakshanasamucchaya-samprapti and vyadhyavasta of jvara, raktapitha, kasa, svasa, rajyakshma, cchardi, hridroga, trishna, atisara, grahani, mutraghata, prameha, gulma, udara, panduroga, sopha, visarpa, kushta, svitra, krimi, vatavyadhi, vatasonitha, unmada and apasmara -Diagnosis and Ayurvedic treatment of current epidemic fevers- Normal values and interpretation of blood routine examination-blood examination for liver function-renal function-thyroid function -ECG, X-ray,USG,CT scan,MRI.

#### **MODULE 5 (15 MARKS)**

##### **KAYACHIKITSA**

Detailed study of all the diseases(both kaya and manoroga) and treatment based on kayachikitsa syllabus.

#### **MODULE 6 (8 MARKS)**

##### **Rasayana and Vajeekarana**

Importance of rasayana-types- purvakarmas-compound drugs in rasayana (as per Ashtangahridaya) and their indications-use of tipahala, chitraka, bhallathaka, tuvaraka, pippali, somaraji, lashuna, silajathu, haritaki, asvagandha, tila and punarnava as rasayana-medhyarasayanas, achararasayan, indications of brahmarasayana, chyavanaprasam,

abhayamalakarasyana, narasimharasyana-definition and benefits of vajeekarana-definition of vrishyadravyas- single drugs and diet in vajeekarana- vajeekarana recipes-interpretation of semen analysis-male infertility.

### **MODULE 7 (10 MARKS)**

#### **Panchakarma**

Importance of panchakarma-arhanarha, administration, samyakyoga, heenayoga, atiyoga of snehana, svedana,vamana,virechana,nasya,niruha,anuvasana and utharavasti- types of each of these modalitiesvyapath and their management-therapeutic use of gandusha, dhuma, kabala, aschyodana, anjana and putapka-different modalities of murdhataila and their indications, procedure and samyakyoga- various yogas used in panchakarma.

### **MODULE 8 (10 MARKS)**

#### **SALYATANTRA**

Marmas and their classification- indications, modalities, procedure, samyakyoga, vyapath(with management)of raktamoksha- nidanapanchaka and treatment of vriddhi, vidradhi, arshas, asmari, sadyovrana and dushtavrana ,principles of wound healing- burns, boil, abscess, carbuncle, cellulitis, erysipelas and their management- indications and composition of guggulupanchapala, murivenna, nagaradilepa.

### **MODULE 9 (10 MARKS)**

#### **SALAKYATANTRA**

Nidana lakshanasamucchaya samprapi chikitsatva and treatment of different nethrarogas, karnarogas, nasarogas, mukharogas and sirorogas- common compound and single drugs used in salakyatantra.

### **MODULE 10 (10 MARKS)**

#### **Prasoothihantra,Kaumarabhrutya**

Soothika paricharya, soothika jwara,sthanyadushti,sthanyakshaya,sthanyavidhi-their causes,clinical features and treatment,Emergency care in obstetrics.

Menstrual disorders-Arthava

kshaya,vridhi,abnormal utrine bleeding. Yoni

vyapat-Nidana,lakshana,upadrava,chikitsa.

Endometriosis,fibroid uterus,pelvic inflammatory diseases,infertility-

causes,types,investigation, management Menopause-

syndrome,management-formulation,phalasarpi,pushyanuga choorna

Kaumarabhruthya-milestones of developepment during infancy and childhood,normal requirements of nutrients,knowledge of national health programmes related to child health care,general paediatric drug dose.

**NOTE: - It may be noted that apart from the topics detailed above, questions from other topics prescribed for the educational qualification of the post may also appear in the question paper. There is no undertaking that all the topics above may be covered in the question paper.**