

# **Rajiv Gandhi University of Health Sciences, Karnataka**

4<sup>th</sup> “T” Block, Jayanagar, Bangalore – 560041

## **Revised Ordinance pertaining to Regulation and Curriculum of Bachelor of Naturopathy & Yogic Sciences**





ರಾಜೀವ್ ಗಾಂಧಿ ಆರೋಗ್ಯ ವಿಜ್ಞಾನಗಳ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕರ್ನಾಟಕ, ಬೆಂಗಳೂರು

RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES, KARNATAKA, BENGALURU

4<sup>th</sup> T Block, Jayanagar, Bengaluru - 560 041

RGU/AUTH/BNYS/178 (3)Syn /2023-24

Date:27/09/2023

### **NOTIFICATION**

Sub: Revised Ordinance pertaining to Regulation and Curriculum of Bachelor in Naturopathy & Yogic Sciences (BNYS) Course.

Ref: 1.Minutes of BOS in Naturopathy & Yoga (UG& PG) held on 10/10/2022

2) Proceedings of Faculty meeting held on 10/10/2022

3) Proceedings of AC meeting held on 27/10/2022

4) Proceedings of 178<sup>th</sup>Syndicate meeting held on 27/02/2023

In exercise of the powers vested under Section 35(2) of RGUHS Act,1994, the Revised Ordinance pertaining to Regulation and the curriculum of Bachelor of Naturopathy & Yogic Sciences (BNYS) course is notified.

The above Regulation & Curriculum shall be applicable to the students admitted to the said course from the academic year 2023-24 onwards.

  
**REGISTRAR**

**To**

The Principals of all affiliated colleges of Naturopathy & Yogic Sciences of RGUHS

**Copy to:**

1. The Principal Secretary to Governor, Raj Bhavan, Bangalore - 560001
2. The Principal Secretary Medical Education, Health & Family Welfare Dept.,M S Building, Dr.B.R. Ambedkar Veedhi, Bangalore - 01
3. The Commisioner, Department of AYUSH, Anand Rao Circle, Dhanvathari Road, Bangalore
4. PA to Hon'ble Vice - Chancellor/PA to Registrar/Registrar (Eva.)/Finance Officer, Rajiv Gandhi University Health Sciences, Bangalore
5. All Officers of the University Examination Branch/ Academic Section.
6. Guard File / Office copy.

## CONTENTS

### **Introduction**

Section I : Goals of BNYS Course

Section II : Objectives of Medical Graduate Training Programme

Section III : Course of study, Attendance and Scheme of examination including Distribution of Marks of Clinical Course

Section IV: Subjects and Course Contents

1. Anatomy
2. Physiology
3. Biochemistry
4. Philosophy of Naturopathy
5. Principles of Yoga
6. Sanskrit
7. Pathology
8. Community Medicine
9. Yoga Philosophy
10. Basic Pharmacology and Forensic Medicine and Toxicology
11. Manipulative Therapies

12. Acupuncture and Acupressure
13. Yoga and its applications
14. Nutrition and Medicinal Herbs
15. Colour therapy and Magneto biology
16. Diagnostic Methods (I and II) Naturopathy and Conventional and Medicine and First Aid Emergency Medicine
17. Psychology and Basic Psychiatry
18. Fasting therapy and Dietetics
19. Obstetrics and Gynaecology
20. Yoga therapy
21. Hydrotherapy and Mud therapy
22. Physical Medicine and Rehabilitation
23. Clinical Naturopathy
24. Research Methodology and Recent Advances

Section V : Teaching of Medical Ethics in BNYS Course

Annexure I : Different Methods Recommended for Internal Assessment

Annexure II : A comprehensive list of skills for a BNYS Graduate

## **INTRODUCTION**

First year BNYS is of 1½ year duration, and consists of pre-clinical subjects and subjects describing Yoga and Naturopathy principles, Anatomy, Physiology, Biochemistry, Philosophy of Naturopathy, Principles of Yoga and Sanskrit.

Second year BNYS is of 1 year duration, and consists of Para-clinical subjects and subjects describing philosophies of Yoga and Naturopathy clinical subjects, Pathology, Microbiology, Community Medicine, *Yoga* Philosophy, Basic Pharmacology, and Colour therapy and magneto biology.

Third year BNYS is of 1 year duration, and consists of Para-clinical subjects and Yoga and Naturopathy clinical subjects, Forensic Medicine and Toxicology, Manipulative Therapies, Acupuncture and Acupressure, *Yoga* and its applications, Nutrition and Medicinal Herbs, Diagnostic Methods (I and II) Naturopathy and Conventional Medicine, Psychology and Basic Psychiatry, and Fasting therapy and Dietetics.

Final year BNYS is of 1 year duration, and consists of clinical subjects and Yoga and Naturopathy clinical subjects Obstetrics and Gynaecology, *Yoga* therapy, Hydrotherapy and Mud therapy, Physical Medicine and Rehabilitation, First Aid and Emergency Medicine, Clinical Naturopathy and Research Methodology and Recent Advances.

In Section I, goals of BNYS course are given. Section II gives general objectives. Section III gives duration of the course, recommendations regarding attendance, internal assessment, distribution of marks for various subjects in professional examinations and criteria for pass. Revised course contents, subjects like Pharmacology, Forensic Medicine and Toxicology, Sanskrit, Principles of Yoga,

Herbology, Clinical Naturopathy, Psychology and Basic Psychiatry, Clinical Naturopathy, Research Methodology and Recent Advances are added in this publication – are elaborated in Section IV. Section V deals with topics recommended for teaching of medical ethics.

## SECTION I

### **1 - Goals of BNYS Course**

- 1.1 Recognize the health needs of the community, and carry out professional obligations ethically and in keeping with the objectives of the national health policy;
- 1.2 Develop the skills in most of the competencies, and training that are required to deliver the Naturopathy and Yoga health care system;
- 1.3 Become aware of the contemporary advances and developments in the discipline concerned;
- 1.4 Acquire a spirit of scientific inquiry and is oriented to the principles of research methodology and epidemiology;
- 1.5 Become proficient in their profession by developing scientific temper and improve educational experience;
- 1.6 Identify social, economic, environmental, biological and emotional determinants of health in a given case and take them into account while planning therapeutic, rehabilitative, preventive and promotive measures/strategies;
- 1.7 Plan and devise measures in Naturopathy and yoga for the prevention and rehabilitation of patients suffering from disease and disability;
- 1.8 Demonstrate skills in documentation of individual case details as well as morbidity data relevant to the assigned situation;
- 1.9 Demonstrate empathy and humane approach towards patients and their families and exhibit interpersonal behavior in accordance with the societal norms and expectations;
- 1.10 Play the assigned role in the implementation of national health programs, effectively and responsibly;

- 1.11 Organize and supervise the chosen/assigned health care services Demonstrating adequate managerial skills in the clinic/hospital or the field Situation;
- 1.12 Develop skills as a self-directed learner; recognize continuing educational needs, select and use appropriate learning resources;
- 1.13 Demonstrate competence in basic concepts of research methodology and epidemiology, and be able to critically analyze relevant published research literature;
- 1.14 To implement all National health policies ;
- 1.15 Work towards realization of Health for all, as a national goal through naturopathy and yoga;
- 1.16 To follow the medical ethics and to fulfil the social and professional responsibilities as a Naturopathy and Yoga Physician through drugless therapies;
- 1.17 Be competent in the practice of holistic medicine with expert knowledge and experience in promotive, preventive, curative and rehabilitative aspects of diseases;
- 1.18 Become proficient in their profession by developing scientific temper and improve educational experience;

## **2 -Institutional Goals**

After the medical undergraduate program, the students must:

- 2.1 Be able to expertly diagnose and manage common diseases and health problems of individuals as well as community, work with the health team as a fully qualified doctor at primary, secondary or tertiary levels, with his/her clinical experience and skills in history, physical examination and relevant investigations;
- 2.2 Be proficient in promotive, preventive, curative and rehabilitative medicine and therapy for common health issues;



- 2.3 Be adept in different therapeutic modalities and their administration;
- 2.4 Develop a humane attitude towards one's clients and understand economic, Environmental, social, psychological and cultural factors that influence health;
- 2.5 Enjoy an urge for self-improvement, directed towards advanced expertise or research in any chosen area of health care;
- 2.6 Have enough knowledge about implementation of National Health Programs and the basic factors required for the same, which are as follows;
  - 2.7 Family Welfare and Maternal and Child Health (MCH);
  - 2.8 Sanitation and Water Supply;
  - 2.9 Prevention and Control of communicable and non-communicable diseases; Immunization; Health education;
- 2.10 Possess management skills in human resources, materials and resource management in health care delivery;
- 2.11 Be competent in recognizing community health issues and design, institute curative and preventive measures and evaluate the outcome of these measures, thus working towards resolving the issue.
- 2.12 Be able to work successfully in a variety of health care settings;
- 2.13 Develop integrity, responsibility, reliability, dependability and compassion, which are characteristics required for successful professional life;
- 2.14 Develop leadership and communication skills to work as leading investigator or clinician in health care teams;

## SECTION II

### **1. Objectives of Medical Graduate Training Programme**

- 1.1 To effectively integrate the conventional basic sciences (e.g. human physiology) with the traditional medical systems and to enhance the understanding of their effects and therapeutic potential;
- 1.2 To provide state of the art learning facilities (e.g., audio visual aids, interactive learning systems) to conceptualize the ancient medical system;
- 1.3 To run advanced laboratories under each department (basic and clinical sciences) for effective experimental training and research;
- 1.4 To explore the possibilities of promoting effective integrated medical practice at conventional medical facilities attached to the institute;
- 1.5 To provide the best possible clinical setting for clinical training and research;
- 1.6 To prepare every Yoga and Naturopathic physician with an in depth understanding of Basic sciences, superior clinical training and with an outlook for research and development;

## **SECTION III**

### **1 Course of Study:**

The duration of the course shall be 5 ½ years (Five and half years). The course shall include a period of regular study of four and a half (4 ½) years, followed by a compulsory rotatory internship of one year.

The period of regular study shall be divided into four phases – first year of one and half (1½) years, and the Second, Third and Final years of one year each of the B.N.Y.S. Medical Degree Course respectively.

### **2 Attendance:**

A candidate shall be considered to have satisfied the requirement of attendance for each Part/Phase if he /she attends not less than 80 per cent of the theory and practical classes actually conducted up to the end of the Phase in that subject.

Such a candidate having shortage of attendance shall be required to attend 80 per cent of the theory and practical classes actually held up to the end of the term by repeating that subject of that Part/Phase during a subsequent term.

### **3 Teaching Hours:**

The allotment of time (in number of hours) to teach Theory and to conduct Practical/Clinical and Tutorial /Demonstration, Seminar in each subject shall be:

I YEAR B.N.Y.S. (18 months)

No. of Subjects	No. of Papers	SUBJECTS	Theory Hours	Practical Hours	Total Hours
I	01.	Anatomy – I	180	120	300
	02.	Anatomy – II			
II	03.	Physiology – I	180	120	300
	04	Physiology – II			
III	05.	Biochemistry	150	100	250
IV	06.	Philosophy of Naturopathy	150	100	250
V	07.	Principles of <i>Yoga</i>	150	100	250
VI	08.	<i>Sanskrit</i> (Non Exam)	100	0	100
		<b>Total Hours</b>	<b>910</b>	<b>540</b>	<b>1450</b>

**II YEAR - B.N.Y.S. (12 Months)**

<b>No. of Subjects</b>	<b>No. of papers</b>	<b>SUBJECTS</b>	<b>Theory Hours</b>	<b>Practical Hours</b>	<b>Total Hours</b>
I	01.	Pathology	120	80	200
II	02.	Microbiology	120	80	200
III	03.	Community Medicine	120	80	200
IV	04.	<i>Yoga</i> Philosophy	120	80	200
V	05.	Basic Pharmacology and Forensic Medicine and Toxicology	200	0	200
		<b>Total Hours</b>	<b>680</b>	<b>320</b>	<b>1000</b>

**III YEAR B.N.Y.S. (12 months)**

<b>No. of Subjects</b>	<b>No. of Papers</b>	<b>SUBJECTS</b>	<b>Theory Hours</b>	<b>Practical Hours</b>	<b>Total Hours</b>
I	01.	Manipulative Therapies	120	80	200
II	02.	Acupuncture & Acupres- sure	120	80	200
III	03.	<i>Yoga</i> & Its Applications	120	80	200
IV	04.	Nutrition & Medicinal herbs	120	80	200
V	05.	Colour Therapy and Mag- neto biology	120	80	200
VI	06.	Diagnostic Methods - I (Naturopathy)	120	80	200
	07.	Diagnostic Methods -II (Conventional Medicine) and First Aid & Emer- gency Medicine	120	80	200
VII	08.	Psychology & Basic Psychiatry	120	80	200
		<b>Total Hours</b>	<b>960</b>	<b>640</b>	<b>1600</b>

**IV YEAR B.N.Y.S. (12 months)**

<b>No. of Subjects</b>	<b>No. of Papers</b>	<b>SUBJECTS</b>	<b>Theory Hours</b>	<b>Practical Hours</b>	<b>Total Hours</b>
I	01.	Fasting Therapy & Dietetics	120	80	200
II	02.	Obstetrics & Gynaecology	120	80	200
III	03.	<i>Yoga</i> Therapy	120	80	200
IV	04.	Hydrotherapy & Mud Therapy	120	80	200
V	05.	Physical Medicine & Rehabilitation	120	80	200
VI	06.	Clinical Naturopathy	120	80	200
VII	07.	Research Methodology & Recent Advances	200		200
		<b>Total Hours</b>	<b>920</b>	<b>480</b>	<b>1400</b>

**Working Days in an Academic Year**

**Each Academic Year shall consist of not less than 200 working days compulsory**

**Internship program:** A candidate after passing final B.N.Y.S. Medical Degree Examination shall undergo the compulsory rotatory internship of one year duration, which shall consist of work/duty postings in the following sections/departments for the period specified against them

<b>S.No.</b>	<b>Department</b>	<b>Duration</b>
1.	Philosophy of <i>Yoga</i> and Naturopathy	1 Month
2.	<i>Yoga</i> and Mind-Body Medicine	1 Month
3.	Pathology and Microbiology	1 Month
4.	Community Medicine	1 Month
5.	Energy Medicine	1 Month
6.	Manipulative Therapies, Physical Medicine & Rehabilitation	1 Month
7.	Fasting, Dietetics, Nutrition, & Medicinal Herbs	1 Month
8.	Diagnostic Methods	1 Month
9.	Obstetrics & Gynecology	1 Month
10.	Hydrotherapy & Mud Therapy	1 Month
11.	Naturopathic Medicine	1 Month
12.	Allied Health Sciences	1 Month
	<b>TOTAL</b>	<b>12 Months</b>



**4- Scheme of Examination:** The examination/s shall be held as per the date of Examination notified by the University. There should be one Internal & One External Examiner for all practical & Viva exams for each subject. A candidate shall register for all the subjects of a term/year, when he/she appears for the first time to the examination of that Part.

**4.1 Internal Assessment: Scheme of Examination:**

There shall be an internal assessment which follows broadly the principles enunciated by the University in each subject for which 20 per cent of the marks are set apart and these will be added in the final grade in the University examinations. There shall be a minimum of two assignments and two periodical tests in every subjects of each year to assess the progress of the candidate.

If a candidate fails in an Examination, his/her internal assessment shall be assessed again as if he/she is a regular student for the second attempt only.

**Theory**

Minimum of 3 examinations is recommended. The examination preceding the university examination may be similar to the University Examination. Average marks of the better of the two notified internal examinations should be reduced to the marks allotted for internal assessment for each subject and should be sent to the university.

## **Practical**

A minimum of one clinical test may be conducted at the end of each ward postings in all the clinical subjects.

Assistant professor and above or lecturer with five years of teaching experience can conduct internal assessment examination. Average of best two examination marks should be taken into consideration while calculating the marks of internal assessment.

The internal assessment marks of both theory and practical obtained by the candidates should be sent to the University at least 15 days prior to the commencement of the theory examination.

## **4.2 REMEDIAL EXAMINATION**

Remedial Examination for failed candidates will be conducted to the failed candidates within 90 days of the announcement of the examination results. The passed/Promoted candidates can join for higher class and there is no odd batch and supplementary examination.

## 4.2 University Examination – Subjects And Distribution Of Marks

### I YEAR BNYS (18 Months)

S.No	Subject	Theory	Internal Assmt	Viva-Voce	Total	Practicals	Internal Assmt	Total Marks	Grand Total Marks
01.	Anatomy - I	80	20	30	130	60	10	70	200
02.	Anatomy – II	80	20	30	130	60	10	70	200
03.	Physiology - I	80	20	30	130	60	10	70	200
04.	Physiology – II	80	20	30	130	60	10	70	200
05.	Biochemistry	80	20	30	130	60	10	70	200
06.	Philosophy of Naturopathy	80	20	30	130	60	10	70	200
07.	Principles of <i>Yoga</i>	80	20	30	130	60	10	70	200
08.	<i>Sanskrit</i>	80	20						100
								<b>Total</b>	<b>1500</b>

## II YEAR BNYS (12 Months)

S.No	Subject	Theory	Internal Assmt	Vive Voc e	Total	Practicals	Internal Assmt	Total Marks	Grand Total Mark
01.	Pathology	80	20	30	130	60	10	70	200
02.	Microbiology	80	20	30	130	60	10	70	200
03.	Community Medicine	80	20	30	130	60	10	70	200
04.	<i>Yoga</i> Philosophy	80	20	30	130	60	10	70	200
05.	Basic Pharmacology and Forensic Medicine & Toxicology	80	20	50	150	-----	----- --	----- -	150
								<b>Total</b>	<b>950</b>

**III YEAR BNYS (12 Months)**

S.No	Subject	Theory	Internal Assmt	Viva-Voce	Total	Practicals	Internal Assmt	Total Marks	Grand Total Mark
01.	Manipulative Therapies	80	20	30	130	60	10	70	200
02.	Acupuncture & Acupressure	80	20	30	130	60	10	70	200
03.	Yoga & its Applications	80	20	30	130	60	10	70	200
04.	Nutrition & Medicinal Herbs	80	20	30	150	60	10	70	200
05.	Colour Therapy and Magneto Biology	80	20	30	130	60	10	70	200

06.	Diagnostic Methods - I (Naturopathy )	80	20	30	130	60	10	70	200
07.	Diagnostic Methods – II (Convention al) and First Aid & Emergency Medicine	80	20	30	130	60	10	70	200
08.	Psychology & Basic Psychiatry	80	20	30	130	60	10	70	200
								<b>Total</b>	<b>1600</b>

**IV YEAR BNYS (12 Months)**

S.No	Subject	Theo-ry	Inter-nal Assm-t	Viva-Voce	Total	Practi-cals	Inter-nal Assm-t	Total Marks	Grand Total Mark
01.	Fasting Therapy & Dietetics	80	20	30	130	60	10	70	200
02.	Obstetrics & Gynaecology	80	20	30	130	60	10	70	200
03.	Yoga Therapy	80	20	30	130	60	10	70	200
04.	Hydrotherapy & Mud Therapy	80	20	30	130	60	10	70	200
05.	Physical Medicine & Rehabilitation	80	20	30	130	60	10	70	200
06.	Clinical Naturopathy	80	20	30	130	60	10	70	200
08.	Research Methodology & Recent Advances	80	20	30	130	60	10	70	200
								<b>Total</b>	<b>1400</b>

**NOTE:**

01. All question papers shall have 2 Sections – namely Section A (10 Marks) & Section –B (70 Marks).
  - Section A will contain 10 Multiple Choice Questions – 1 marks each. No choice provision is allowed in Section A.
  - Section B will contain 2 Parts. Part – 1 will have 2 Long Essays of 10 marks each with provision of 1 choice. Part – 2 will have 10 Short Essays of 5 marks each with provision of 2 choices.
02. There should be one Internal & one External examiner for all, practical & viva exams for each subject.
03. All Theory Papers are for 3 hours duration.

**4.3 Eligibility for examination:**

A candidate who has passed in all the subjects of First B.N.Y.S. Medical Degree examination shall be eligible to be promoted to Second B.N.Y.S. Medical Degree course.

A candidate is eligible for carry over facility only if he/she has appeared for all the subjects of that particular examination.

First year to Second Year – 3 subjects carry over

Second year to Third year - 3 subjects carry over

Third Year to Final year – 3 subject carry over

Completion of the degree should not go beyond 11 years from the date of admission.



#### **4.4 Criteria for Pass**

To be eligible for promotion to the II, III & IV years, the candidate has to complete and pass in all the subjects of I, II & III years with an exemption of one subject in each year. The candidate is declared to have been successful provided he/she secures minimum 40% and above in theory, 50% and above in oral/practical/clinical separately each subjects, but should get 50% in aggregate in all.

#### **4.5 Declaration of Class:**

A candidate who passes all the subjects of one examination in the first attempt only be eligible for a class.

No class or rank shall be declared for candidate who does not pass any examination in the first attempt, and such a candidate shall be eligible only for a pass class.

The percentage of marks for declaring pass/Second/First Class and First class with

Distinction shall be as follows:

Distinction	Not less than 75 percent of the Aggregate Marks
First class	Not less than 65 percent of the Aggregate Marks
Second class	Not less than 50 percent of the Aggregate Marks
Pass class	Candidate who passes the examination in more than one attempt

Note: - A candidate who passes in all the subjects of any Examination only in first attempt shall be eligible for First class with Distinction /First/Second Class

## SECTION IV

### SUBJECTS & COURSE CONTENT

#### **1. ANATOMY**

##### **1.1 Goals and Objectives**

###### **1.1.1 Goal**

It aims at giving inclusive knowledge of the gross and microscopic structure and development of human body to provide a basis for assessing the correlation of organs and structures and anatomical basis for disease presentations.

###### **1.1.2 Objectives**

###### **1.1.2.1 Knowledge:**

After completion of the program, the student must be able to:

- 1.1.2.1.1 Understand normal human anatomy clinically important inter- relationship and functional anatomy of bodily structures;
- 1.1.2.1.2 Comprehend histological structures of various tissues and organs and co- relate structure and function in order to understand diseased states;
- 1.1.2.1.3 Recognize basic structure and connections of the central nervous system, understand the regulation and integration of various organs and systems and be skilled in locating lesion sites according to deficits in diseased states;
- 1.1.2.1.4 Explain developmental basis of variations and abnormalities with respect to sequential development of organs and systems, teratogens, genetic mutations and environmental hazards.

### **1.1.2.2 Skills**

After completion of the program, the student must be able to:

- 1.1.2.2.1 Locate and identify body structures including topography of living body;
- 1.1.2.2.2 Histologically, identify tissues and organs;
- 1.1.2.2.3 Identify gross congenital anomalies and be familiar with the principles of karyotyping;
- 1.1.2.2.4 Interpret new imaging techniques such as CT, Sonogram, MRI etc after understanding their basic principles;
- 1.1.2.2.5 Understand clinical basis of some common clinical procedures i.e., intramuscular and intravenous injection, lumbar puncture and kidney biopsy etc.

### **1.1.2.3 Integration**

Student shall be capable of understanding the regulation and integration of the functions of the organs and systems in the body and interpret the anatomical basis of disease process using the combined teaching of other basic sciences.

## **1.2 Human Anatomy – I (Duration: 18 months)**

**Total hours: 500 (Theory: 300 Practical: 200)**

### **1.2.1 Introduction to Anatomy**

**1.2.1.1** Nomenclature

**1.2.1.2** Anatomical positions

**1.2.1.3** Axes and planes

**1.2.1.4** Tissues

**1.2.1.5** Movements

**1.2.2 General Histology**

**1.2.2.1** Detailed structure of cell and its components and their functional mechanisms

**1.2.3 Osteology (Including ossification)**

**1.2.3.1** Types of bones

**1.2.3.2** Classification of bones

**1.2.3.3** Description of various bones

1.2.3.3.1 Upper limb

1.2.3.3.2 Thorax

1.2.3.3.3 Abdomen and pelvis

1.2.3.3.4 Vertebral column

**1.2.4 Arthrology**

1.2.4.1 Classification of joints

1.2.4.2 Construction of joints

1.2.4.3 Description of various joints of:

1.2.4.3.1 Upper limb

1.2.4.3.2 Thorax

1.2.4.3.3 Vertebral column

**1.2.5 Myology**

1.2.5.1 Types of muscles

1.2.5.2 Muscles of upper limb, thorax, abdomen and pelvis

1.2.5.3 Origin, insertion, blood supply, nerve supply, applied anatomy and actions of these muscles

## **1.2.6 Respiratory System**

**1.2.6.1** Upper respiratory tract – Nose, Pharynx, Larynx

**1.2.6.2** Trachea & Bronchial tree

**1.2.6.3** Lungs

**1.2.6.4** Pleura

**1.2.6.5** Mediastinum

## **1.2.7 Cardiovascular System**

**1.2.7.1** Heart – Position, Surface anatomy and its description

**1.2.7.2** Great vessels – Aorta, Pulmonary trunk, superior vena cava, inferior vena cava  
and their branches

**1.2.7.3** Arteries and Veins – Structure of arteries and veins, important arteries and  
veins of the body

## **1.2.8 Digestive System**

1.2.8.1 Oral cavity

1.2.8.2 Teeth

1.2.8.3 Hard palate

1.2.8.4 Soft palate

1.2.8.5 Oesophagus

1.2.8.6 Stomach

1.2.8.7 Small intestine

1.2.8.8 Large intestine

1.2.8.9 Anal canal

1.2.8.10 Liver

1.2.8.11 Gall bladder

1.2.8.12 Bile duct

1.2.8.13 Pancreas

1.2.8.14 Spleen

1.2.8.15 Peritoneum

**1.2.9 Mesentery and position of the above organs in the abdominal quadrants.**

1.2.9.1 Urinary System

1.2.9.2 Kidney

1.2.9.3 Ureter

1.2.9.4 Urinary bladder

1.2.9.5 Male urethra

1.2.9.6 Female urethra

**1.2.10 Lymphatic System**

1.2.10.1 Lymph, lymph glands, lymph duct, thoracic duct, cisterna chyli

1.2.10.2 Location of major groups of lymph nodes in the body and their drainage areas

**NOTE:** The concerned colleges have to make necessary arrangements for providing human cadavers in the anatomy department for teaching.

**Paper 1:**

- **Regional anatomy: (Osteology, Myology, Arthrology & surface marking)**
  - a) **Upper limb**
  - b) **Head & neck**
  - c) **Neuro anatomy**
- **General Histology**
- **General Embryology – in addition to RS3 syllabus**

**1.3 Human Anatomy – II (Duration: 18 Months)**

**1.3.1 Osteology (Including ossification)**

Description of various bones of

**1.3.1.1** Lower limb

**1.3.1.2** Skull as a whole

**1.3.1.3** Individual cranial bones of skull

**1.3.2 Arthrology**

Description of various joints of

1.3.2.1 Lower limb

1.3.2.2 Skull as a whole

1.3.2.3 Skull and vertebral column

**1.3.3 Myology**

Description of various muscles of

1.3.3.1 Lower limb

1.3.3.2 Head

1.3.3.3 Neck

(Origin, insertion, blood supply, nerve supply, applied anatomy and actions of these muscles)

### **1.3.4 Reproductive System**

#### **1.3.4.1 Male reproductive organs**

Penis, Testes, Vas Deferens, Spermatic Cord, Epididymis, Seminal Vesicles, Ejaculatory Duct Prostate Gland Etc.

#### **1.3.4.2 Female reproductive organs**

1.3.4.2.1 External genital organs - Vulva, Clitoris, Vagina

1.3.4.2.2 Inguinal Region perineum

1.3.4.2.3 Internal genital organs

Uterus, Cervix, Fallopian tubes, Ovaries, Ligaments of uterus and ovaries

1.3.7.2.4 Mammary glands

### **1.3.5 Endocrine System**

Description of Pituitary, Pineal, Thyroid, Parathyroid, Thymus, Spleen, PancreasSuprarenal, Ovaries and Testes

### **1.3.6 Nervous System**

Division of nervous system, central nervous system, peripheral nervous system, cerebral hemispheres, midbrain, pons, medulla oblongata, cerebellum, spinal cord, autonomic nervous system.

**1.3.6.1** Meninges: Dura mater and arachnoid mater

**1.3.6.2** CSF

**1.3.6.3** Ventricular system

**1.3.6.4** Cranial nerves

**1.3.6.5** Spinal nerves

**1.3.6.6** Important plexuses: Cervical, Brachial, Lumbar, Sacral and their nerve descriptions.



## **1.3.7 Organs and Special Senses**

**1.3.7.1** Tongue

**1.3.7.2** Nose

**1.3.7.3** Eye and associated structures

**1.3.7.4** Ear

**1.3.7.5** Integumentary system

**1.3.7.6** Surface Anatomy

**1.3.7.7** Projection of the outline of heart, its borders, surface and valves.

**1.3.8.8** Lungs – borders, fissures, hila, pleura and diaphragm

**1.3.9.9** Liver

**1.3.9.10** Kidney

**1.3.9.11** Abdominal viscera

**1.3.9.12** Pelvic viscera

**Paper 2:**

- **Regional anatomy: (Osteology, Myology, Arthrology & surface marking)**
  - a) **Lower limb**
  - b) **Thorax**
  - c) **Abdomen**
  - d) **Pelvis**
- **Systemic Histology**

1.4 Histology

**1.4.1 General Histology**

1.4.1.1 Microscope

1.4.1.2 Cell

1.4.1.3 Epithelial Tissue I

1.4.1.4 Epithelial Tissue II

1.4.1.5 Connective Tissue – Bones and Cartilages

1.4.1.6 Muscular Tissues

1.4.1.7 Nerve Tissues (TS & LS of peripheral nerve, sensory and sympathetic ganglion, optic nerve)

1.4.1.8 Epithelial glands (serous, mucous and mixed salivary gland)

1.4.1.9 Circulatory system (large artery, medium sized artery, larger vein)

1.4.1.10 Lymphatic system (lymph nodes, thymus, tonsils, spleen)

1.4.1.11 Skin and appendages

1.4.1.12 Placenta and umbilical cord

**1.4.2 Systemic Histology**

1.4.2.1 Respiratory system(lungs ,trachea)

1.4.2.2 Esophagus and stomach

**1.4.2.3** Liver, gall bladder, pancreas

**1.4.2.4** Urinary system I (Kidney)

**1.4.2.5** Urinary system II (Ureter, bladder)

**1.4.2.6** Small and large intestine

**1.4.2.7** Reproductive system – Female

**1.4.2.8** Reproductive system – Male

**1.4.2.9** Upper GIT (tongue)

**1.4.2.10** Hypophysis cerebra, thyroid and suprarenal glands

**1.4.2.11** Eye – cornea and retina

## **1.5 Practical**

### **1.5.1 Gross Anatomy (Dissection / Demonstration of following):**

#### **1.5.1.1 Upper Limb**

1.5.1.1.1 Dissection: Pectoral, scapular, shoulder, arm, forearm (5 weeks)

1.5.1.1.2 Prosected Parts: Joints, Palm and dorsum of hand

#### **1.5.1.2 Thorax**

1.5.1.2.1 Dissection: Chest wall, mediastinum, lungs and heart

#### **1.5.1.3 Abdomen**

1.5.1.3.1 Dissection: anterior abdominal wall and inguinal region, viscera and posterior abdominal wall

#### **1.5.1.4 Pelvis**

1.5.1.4.1 Dissection: Pelvic viscera and blood vessels and nerve sagittal section (M & F) (2 weeks)

1.5.1.4.2 Prosected Parts: Sole of the foot and joints

#### **1.5.1.5 Head and Neck**

1.5.1.5.1 Dissection: Scalp, superficial and deep dissection of face and neck (8 – 10 weeks)

1.5.1.5.2 Prosected Parts: Orbit, eyeball, submandibular region, temporal and infra-temporal fossa, cranial cavity, naso and oropharyngeal regions, larynx and pharynx. Cross sections at C-4, C-6 levels, sagittal section of head and neck

#### **1.5.1.6 Nervous System**

Section of brain and prosected specimens and major functional areas; Gross structure of brain and spinal cord and study of gross sections as mentioned earlier (in brief).

## **1.5.2 Demonstrations**

**1.5.2.1** Bones as described in the osteology section

**1.5.2.2** Brain and Spinal Cord

## **1.5.3 Specific Skills**

**1.5.3.1** To localize important pulsations and the structure against which pressure can be applied in case of bleeding and trauma of particular artery.

**1.5.3.2** To elicit superficial and deep reflexes.

**1.5.3.3** To demonstrate muscle testing and movements at joints.

**1.5.3.4** To locate for: lumbar puncture, sterna puncture, pericardial tapping and liver biopsy.

**1.5.3.5** To locate veins for venipuncture.

**1.5.3.6** To locate the site for emergency such as tracheostomy.

## **1.6 Textbooks:**

**1.6.1** Textbook of Anatomy (III volumes) – BD Chaurasia

**1.6.2** Textbook of Anatomy – Hamilton

**1.6.3** Practical Anatomy – Cunningham

**1.6.4** Human Embryology – Inderbir Singh

**1.6.5** Bailey's textbook of histology

**1.6.6** Medical Embryology – Langman

**1.6.7** Textbook of Clinical Anatomy by Neeta V Kulakarni

**1.6.8** Histology text book by Latha V

## 1.7 Reference Books

- 1.7.1 Textbook of Anatomy – Gray
- 1.7.2 Atlas of histology – Diforie
- 1.7.3 Atlas of histology – Poddar
- 1.7.4 Textbook of human histology – Veena Bharihoke
- 1.7.5 A color atlas of human anatomy – Mcminn
- 1.7.6 Grant's method of Anatomy – Grant
- 1.7.7 Regional and applied Anatomy – RJ Last

## 1.8 Scheme Of Examination

S.N o	Subject	Theo -ry	Intern -al Assm t	Viva- Voce	Total	Practi -cals	Inter- nal Assm t	Total Mark s	Gran d Total Mark s
01.	Anatomy - I	80	20	30	130	60	10	70	200
02.	Anatomy – II	80	20	30	130	60	10	70	200

## **2. PHYSIOLOGY**

### **2.1 Goals and Objectives**

#### **2.1.1 Goal**

The goal of teaching Physiology to undergraduate students is aimed at giving the student comprehensive knowledge of the normal functions of the organ systems of the body to facilitate comprehension of the physiological basis of health and disease.

#### **2.1.2 Objectives**

##### **2.1.2.1 Knowledge**

After completion of the program, the student will be able to:

- 2.1.2.1.1 Explicate the normal functioning of all the organ systems and their interactions for well co-ordinated body function;
- 2.1.2.1.2 Appreciate the relative contribution of each organ system to the homeostasis
- 2.1.2.1.3 Explain the physiological aspects of normal growth and development;
- 2.1.2.1.4 Illustrate the physiological response and adaptations to environmental stresses;
- 2.1.2.1.5 List physiological principles underlying pathogenesis and disease management.

##### **2.1.2.2 Skills**

After completion of the program, the student will be able to:

- 2.1.2.2.1 Conduct experiments designed to study physiological phenomena;
- 2.1.2.2.2 Interpret experimental/investigative data;
- 2.1.2.2.3 Differentiate between normal and abnormal data from results of tests, which he/she has done and observed in the laboratory.

##### **2.1.2.3 Integration**

At the end of the integrated course the student shall acquire an integrated knowledge of organ structure and function and regulatory mechanisms.

## **2.2 Physiology – I (Duration: 18 Months)**

**Total hours: 500 (Theory: 300 Practical: 200)**

### **2.2.1 General Physiology**

2.2.1.1 Cell structure and function

2.2.1.2 Transport mechanisms across biological membrane

2.2.1.3 Body fluids and homeostasis

2.2.1.4 Thermoregulation

### **2.2.2 Blood**

#### **2.2.2.1 Plasma proteins**

2.2.2.1.1 Normal values

2.2.2.1.2 Origin, Functions and variations in health and disease

#### **2.2.2.2 Bone marrow**

2.2.2.2.1 Composition and functions

#### **2.2.2.3 Erythrocytes**

2.2.2.3.1 Morphology and variations in health and disease

2.2.2.3.2 Site and stages of development

2.2.2.3.3 Necessary factors

2.2.2.3.4 Regulation of development of erythrocytes

2.2.2.3.5 Life span and fate of erythrocytes

2.2.2.3.6 Erythrocyte sedimentation rate (ESR)

2.2.2.3.7 Packed cell volume (PCV)

#### **2.2.2.4 Hemoglobin**

2.2.2.4.1 Structure, synthesis, function and metabolism

2.2.2.4.2 Types of hemoglobin

#### **2.2.2.5 Anemia – definition and classification**



**2.2.2.6 Jaundice** – definition and classification

**2.2.2.7 Spleen-** structure and function

**2.2.2.8 Leucocytes**

2.2.2.8.1 Classification, morphology, development and functions

2.2.2.8.2 Variation in health and disease

**2.2.2.9 Thrombocytes**

2.2.2.9.1 Development, morphology and functions

2.2.2.9.2 Variation in health and disease

**2.2.2.10 Hemostasis**

2.2.2.10.1 Mechanism of hemostasis, coagulation of blood

2.2.2.10.2 Fibrinolysis and bleeding disorders

**2.2.2.11 Anticoagulants**

2.2.2.11.1 Mechanism of action and clinical applications

**2.2.2.12 Blood groups**

2.2.2.12.1 Classification

2.2.2.12.2 ABO and RH system

2.2.2.12.3 Blood transfusion, indication and hazards

**2.2.2.13 Lymph and tissue fluids**

2.2.2.13.1 Formation and functions of lymph

2.2.2.13.2 Physiology of reticular system

**2.2.2.14 Immune system**

Cellular and humoral immunity

**2.2.3 Cardiovascular System**

**2.2.3.1 Heart**

2.2.3.1.1 Structure and properties of cardiac muscle

2.2.3.1.2 Innervations of heart, junctional tissue of heart

2.2.3.1.3 Generation and spread of cardiac impulse

### **2.2.3.2 Electrocardiography**

2.2.3.2.1 Einthovan's Law

2.2.3.2.2 ECG leads, normal ECG and its interpretation

### **2.2.3.3 Cardiac cycle**

2.2.3.3.1 Pressure and volume changes (mechanical events)

2.2.3.3.2 Principles of echo-cardiograph

2.2.3.3.3 Jugular venous pulse tracing, radial pulse tracing

2.2.3.3.4 Measurement and regulation of cardiac output

### **2.2.3.4 Heart sounds**

2.2.3.4.1 Description, Causation and relation to other events in cardiac cycle

2.2.3.4.2 Clinical significance of heart sounds

2.2.3.4.3 Stethoscopy

### **2.2.3.5 Blood pressure**

2.2.3.5.1 Definition, regulation and factors influencing BP

2.2.3.5.2 Measurement of blood pressure

2.2.3.5.3 Physiology of hemorrhage and shock

### **2.2.3.6 Circulations**

2.2.3.6.1 Blood vessels

2.2.3.6.2 Physical principles of blood flow, regulation of blood flow.

2.2.3.6.3 Coronary, Splanchnic, cutaneous and capillary, cerebral circulation

2.2.3.6.4 Cardiovascular changes in altitude and exercise

## **2.2.4 Respiratory System**

Introduction, internal and external respiration, physiological anatomy of respiratory system

### **2.2.4.1 Mechanism of Respiration**

- 2.2.4.1.1 Inspiration and expiration
- 2.2.4.1.2 Role of respiratory muscles and thoracic cage
- 2.2.4.1.3 Pressure and volume changes during respiration
- 2.2.4.1.4 Work of breathing
- 2.2.4.1.5 lung compliance and its significance in health and disease

### **2.2.4.2 Lung volumes and capacities**

- 2.2.4.2.1 Lung volumes and capacities and their measurements

### **2.2.4.3 Ventilation**

- 2.2.4.3.1 Composition of atmospheric, inspired, alveolar and expired air

### **2.2.4.4 Pulmonary circulation**

- 2.2.4.4.1 Pulmonary circulation, ventilation – perfusion relationship
- 2.2.4.4.2 Diffusion of gases across pulmonary membrane
- 2.2.4.4.3 Oxygen uptake, transport and delivery
- 2.2.4.4.4 Carbon dioxide uptake, transport and delivery

### **2.2.4.5 Organization of the respiratory centers**

- 2.2.4.5.1 Nervous and chemical regulation of respiration
- 2.2.4.5.2 Classification and characteristics of hypoxia, cyanosis, asphyxia, hypercapnea, hypocapnea dyspnea, apnea and orthopnea and periodic breathing
- 2.2.4.5.3 Respiratory changes in high altitude
- 2.2.4.5.4 Physiology of acclimatization and hyperbarism

- 2.2.4.5.5 Respiratory / pulmonary function tests
- 2.2.4.5.6 Non-respiratory functions of lungs
- 2.2.4.5.7 Artificial respiration
- 2.2.4.5.8 Importance of therapeutic administration of oxygen and carbon dioxide
- 2.2.4.5.9 Respiratory changes during exercise

## **2.2.5 Digestive System**

**2.2.5.1** Introduction, functional anatomy of digestive system

### **2.2.5.2 Salivary glands**

- 2.2.5.2.1 Composition, functions of saliva
- 2.2.5.2.2 Regulation of secretion of saliva

### **2.2.5.3 Stomach**

- 2.2.5.3.1 Functional anatomy of stomach
- 2.2.5.3.2 Functions of stomach
- 2.2.5.3.3 Composition and functions of gastric juice
- 2.2.5.3.4 Regulation of secretion and mechanism of HCL secretion
- 2.2.5.3.5 Methods of study of gastric function and its supplied aspect

### **2.2.5.4 Pancreas**

- 2.2.5.4.1 Functional anatomy of pancreas
- 2.2.5.4.2 Composition and functions of pancreatic juice
- 2.2.5.4.3 Regulation of pancreatic secretion
- 2.2.5.4.4 Methods of study of pancreatic secretion

### **2.2.5.5 Liver and Gall Bladder**

- 2.2.5.5.1 Functional anatomy of liver and biliary system
- 2.2.5.5.2 Functions of liver and gall bladder

- 2.2.5.5.3 Formation, storage and secretion of bile
- 2.2.5.5.4 Composition, function and regulation of release of bile
- 2.2.5.5.5 Entero-hepatic circulation
- 2.2.5.5.6 Tests for liver function

#### **2.2.5.6 Small intestine**

- 2.2.5.6.1 Functional anatomy and functions of small intestine
- 2.2.5.6.2 Composition, function and mechanism of secretions of Succus entericus

#### **2.2.5.7 Large intestine**

- 2.2.5.7.1 Functional anatomy and functions of large intestine

#### **2.2.5.8 Gastro-intestinal hormones**

- 2.2.5.8.1 Release and functions

#### **2.2.5.9 Gastro-intestinal movements**

- 2.2.5.9.1 Mastication, deglutition and vomiting
- 2.2.5.9.2 Movements of stomach, filling and emptying of stomach
- 2.2.5.9.3 Movements of small intestines
- 2.2.5.9.4 Movements of large intestine and defecation
- 2.2.5.9.5 Regulation of movement
- 2.2.5.10 Digestion and absorption of carbohydrates, fats, proteins and vitamins, minerals and water

### **2.2.6 Excretory System**

- 2.2.6.1 General introduction, organs of excretion with special emphasis on evolution of excretory mechanisms
- 2.2.6.2 Functional anatomy of renal glands and renal circulation
- 2.2.6.3 Nephron -
  - 2.2.6.3.1 Mechanism of urine formation

- 2.2.6.3.2 Concentration and acidification of urine
- 2.2.6.3.3 Renal function tests
- 2.2.6.4 Non-excretory functions of kidney
  - 2.2.6.4.1 Physiology of micturition and its abnormalities
- 2.2.6.5 Skin – structure and functions

## **2.3 Physiology-II (Duration: 18 Months)**

### **2.3.1 Endocrine System**

**2.3.1.1 Introduction** - evolutionary background and organization of endocrine control systems

#### **2.3.1.2 Hormones**

- 2.3.1.2.1 Classification of hormones and mechanism of hormone action
- 2.3.1.2.2 Regulation of hormone secretion and feedback system
- 2.3.1.3 Hypothalamo-hypophyseal system – hormones released

#### **2.3.1.4 Endocrine glands**

- 2.3.1.4.1 Pituitary glands –functional anatomy of anterior and posterior pituitary glands. source, chemical nature, actions, regulation and applied aspect of anterior and posterior pituitary hormones
- 2.3.1.4.2 Thyroid gland – functional anatomy , hormones ,applied aspect
- 2.3.1.4.3 Parathyroid gland – functional anatomy, hormones, applied aspect
- 2.3.1.4.4 Adrenal gland – Functional anatomy of adrenal cortex and medulla, hormones and applied physiology of adrenal cortex and medulla

2.3.1.4.5 Islets of langerhans – Functional anatomy, hormones ,applied aspect

2.3.1.4.6 Other hormones – prostaglandins, thromboxanes, acetylcholine ,serotonin, histamine, bradykinin, leptin, prostacyclin, leukotrienes, atrial natriuretic peptide, brain natri uretic peptide,melatonin

## **2.3.2 Reproductive System**

### **2.3.2.1 Physiology of reproduction**

2.3.2.1.1 Introduction to physiology of reproduction

2.3.2.1.2 Sex determination, sex differentiation and chromosomal study

### **2.3.2.2 Male Reproductive System**

2.3.2.2.1 Development and structure of testes

2.3.2.2.2 Functions of testes

2.3.2.2.3 Gonadotropins and gonadal hormones

2.3.2.2.4 Composition of semen and structure of human sperm

### **2.3.2.3 Female Reproductive System**

2.3.2.3.1 Functional anatomy of female reproductive system

2.3.2.3.2 Functional anatomy and functions of ovary

2.3.2.3.3 Gonadotropins and ovarian hormones

2.3.2.3.4 Physiology of menstrual cycle

2.3.2.3.5 physiology of ovulation and pregnancy

2.3.2.3.6 Physiology of placenta, gestation and parturition

2.3.2.3.7 Physiological basis of tests for ovulation and pregnancy

2.3.2.3.8 Physiology of lactation

### **2.3.3 Nerve and Muscle Physiology**

#### **2.3.3.1 Neuron**

- 2.3.3.1.1 Morphology of neuron and Classification of neuron and nerve fibres
- 2.3.3.1.2 Properties of nerve fibres and measure of excitability
- 2.3.3.1.3 Degeneration and regeneration of nerve fibres

#### **2.3.3.2 Muscle**

- 2.3.3.2.1 Classification of muscle
- 2.3.3.2.2 Skeletal muscle – structure , properties and functions
- 2.3.3.2.3 Excitation -contraction coupling
- 2.3.3.2.4 Neuromuscular junction
- 2.3.3.2.5 Smooth muscle – structure, types, properties, functions
- 2.3.3.2.6 Cardiac muscle – structure, properties, functions
- 2.3.3.2.7 Myasthenia gravis
- 2.3.3.2.8 Starling's law and its applications

### **2.3.4 Central Nervous System**

#### **2.3.4.1 Structural and functional organization of central nervous system**

#### **2.3.4.2 Neuroglia**

#### **2.3.4.3 Sensory physiology**

- 2.3.4.3.1 Classification and general properties of receptors

#### **2.3.4.4 Synapse**

- 2.3.4.4.1 Types of synapse and their structure
- 2.3.4.4.2 Functions and properties of synapse
- 2.3.4.4.3 Classification and actions of neuro -transmitters



### **2.3.4.5 Reflexes**

- 2.3.4.5.1 Classification of Reflexes
- 2.3.4.5.2 General properties of reflexes (with examples)
- 2.3.4.5.3 Reciprocal inhibition and reciprocal innervation

### **2.3.4.6 Spinal cord**

- 2.3.4.6.1 Functional anatomy of spinal cord
- 2.3.4.6.2 Ascending tracts – situation, origin, course, termination and functions
- 2.3.4.6.3 Physiology of pain, different pathways of pain sensation
- 2.3.4.6.4 Physiology of referred pain,
- 2.3.4.6.5 Gate control theory, analgesia system
- 2.3.4.6.6 Descending tracts – situation, origin, course, termination and functions
- 2.3.4.6.7 Extrapyramidal tracts – situation, origin, course, termination and functions
- 2.3.4.6.8 Upper and lower motor neurons and their lesions
- 2.3.4.6.9 Brown Sequard syndrome, Syringomyelias

### **2.3.4.7 Functional anatomy and functions of brain stem**

#### **2.3.4.8 Thalamus**

- 2.3.4.8.1 Functional anatomy, connections and functions
- 2.3.4.8.2 Effects of lesions

#### **2.3.4.9 Internal capsule – situation, divisions, effect of lesions**

#### **2.3.4.10 Hypothalamus**

- 2.3.4.10.1 Functional anatomy, connections and functions
- 2.3.4.10.2 Effect of lesions

#### **2.3.4.11 Cerebellum**

2.3.4.11.1 Functional anatomy, connections and functions

2.3.4.11.2 Effects of lesions and tests for cerebellar function

#### **2.3.4.12 Basal ganglia**

2.3.4.12.1 Functional anatomy, connections and functions

2.3.4.12.2 Diseases of basal ganglia and its clinical evaluation

#### **2.3.4.13 Cerebral cortex**

2.3.4.13.1 Functional anatomy of cerebral cortex

2.3.4.13.2 Functional areas and its functions of frontal lobe, parietal lobe, temporal lobe, occipital lobe

2.3.4.13.3 Methods of study of cortical connections and functions

#### **2.3.4.14 Limbic System**

2.3.4.14.1 Functional anatomy, connections and functions

#### **2.3.4.15 Reticular formation**

2.3.4.15.1 Functional anatomy, connections and functions of reticular formation

2.3.4.15.2 EEG, physiology of sleep and wakefulness

#### **2.3.4.16 Vestibular apparatus**

2.3.4.16.1 Functional anatomy, connections and functions

2.3.4.16.2 Effects of lesions and their assessment

2.3.4.16.3 Physiology of maintenance and regulation of muscle tone, posture and equilibrium

2.3.4.16.4 Decerebrated rigidity and righting reflexes

### **2.3.4.17 Higher functions**

2.3.4.17.1 Learning, speech, memory, behavior and emotions

### **2.3.4.18 Cerebro-spinal fluids**

2.3.4.18.1 Formation, circulation, functions of CSF

2.3.4.18.2 Properties and composition of CSF

2.3.4.18.3 Method of collection of CSF and its clinical significance

2.3.4.18.4 Blood – brain barrier

### **2.3.4.19 Autonomic Nervous System**

2.3.4.19.1 Sympathetic nervous system and its functions

2.3.4.19.2 Parasympathetic nervous system and its functions

## **2.3.5 Special Senses**

### **2.3.5.1 Smell**

2.3.5.1.1 Structure of olfactory receptors,

2.3.5.1.2 Physiology of olfaction and olfactory discrimination

2.3.5.1.3 Olfactory pathway and defects of olfaction

**2.3.5.2 Taste** structure of taste receptor, primary taste sensation and taste pathway and applied aspects

### **2.3.5.3 Vision**

2.3.5.3.1 Functional anatomy of eye

2.3.5.3.2 Structure of visual receptors

2.3.5.3.3 Neural, chemical, electrical basis of visual process

2.3.5.3.4 Visual acuity ,field of vision, tests for visual acuity and field of vision

2.3.5.3.5 Visual pathways and effects of lesions in visual pathways

2.3.5.3.6 Pupillary reflexes

2.3.5.3.7 Color vision, color blindness and tests for color blindness

2.3.5.3.8 Errors of refraction and its correction,

2.3.5.3.9 Physiology of aqueous humor

2.3.5.3.10 Dark and light adaptation

2.3.5.3.11 Lacrimal glands ,Formation and circulation of tears

### **2.3.5.4 Hearing**

2.3.5.4.1 Functional anatomy and functions of external,middle and internal ear

2.3.5.4.2 Impedance matching and tympanic reflex

2.3.5.4.3 Auditory pathways and auditory cortex

2.3.5.4.4 Mechanism of hearing

2.3.5.4.5 Frequency analysis, sound localization,

2.3.5.4.6 Defects of hearing

2.3.5.4.7 Audiometry, other tests for hearing defects

## **2.4 Physiology Practical**

### **2.4.1 Blood**

**2.4.1.1** Preparation and examination of peripheral blood smear and determination of differential leucocyte count

**2.4.1.2** Determination of total red blood cell count

**2.4.1.3** Determination of total leucocyte count

**2.4.1.4** Determination of platelet count

**2.4.1.5** Determination of osmotic fragility of erythrocytes

**2.4.1.6** Determination of erythrocyte sedimentation rate, packed cell volume

**2.4.1.7** Determination of hemoglobin concentration of blood

**2.4.1.8** Determination of ABO and Rh blood groups

**2.4.1.9** Determination of bleeding time, clotting time

#### **2.4.2 Cardiovascular system**

**2.4.2.1** Determination of the effect of posture on blood pressure

**2.4.2.2** Clinical examination of the human cardiovascular system (CVS)

#### **2.4.3 Respiration**

**2.4.3.1** Spirometry (demonstration)

**2.4.3.2** Examination of human respiratory system

#### **2.4.4 Neurophysiology**

**2.4.4.1** Examination of motor and sensory system

**2.4.4.2** Examination of cranial nerves

#### **2.4.5 Special senses**

**2.4.5.1** Determination of visual acuity

**2.4.5.2** Clinical assessment of color vision (Demonstration)

**2.4.5.3** Perimetry: Mapping of visual field

### **2.5 Textbooks**

**2.5.1** Textbook of Medical Physiology – AC Guyton and Hall

**2.5.2** Review of Medical Physiology – WF Ganong's

**2.5.3** Concise Textbook of Medical Physiology – SK Chaudhury

**2.5.4** Understanding Medical Physiology – RL Bijlani

**2.5.5** Essentials of Medical Physiology – K Sembulingam

## **2.6 Reference Books**

**2.6.1** Best and Taylor's Physiological basis of medical practice

**2.6.2** Berne and Levy Physiology

**2.6.3** Practical Physiology – C L Ghai

**2.6.4** Practical Physiology – Dr. V. G.Ranade

## **2.7 Scheme Of Examination**

S.No	Subject	Theo-ry	Inter-nal Assmt	Viva-Voce	Total	Practi-cals	Inter-nal Assmt	Total Marks	Grand Total Marks
03.	Physiology - I	80	20	30	130	60	10	70	200
04.	Physiology – II	80	20	30	130	60	10	70	200

### **3. BIOCHEMISTRY**

#### **3.1 Goals and Objectives**

##### **3.1.1 Goals:**

The goals of introducing biochemistry to the undergraduate students is to make them understand the scientific basis of the life processes at the molecular level and to orient them towards the application of the knowledge in solving clinical problems.

##### **3.1.2 Objectives**

###### **3.1.2.1 Knowledge**

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

- 3.1.2.1.1 Elucidate the molecular and functional organization of a cell and list its sub cellular components;
- 3.1.2.1.2 Outline structure, function and inter-relationships of bio molecules and consequences of deviation from normal;
- 3.1.2.1.3 Review the fundamental aspects of enzymology and clinical application wherein regulation of enzymatic activity is altered;
- 3.1.2.1.4 Illustrate digestion and assimilation of nutrients and consequences of malnutrition;
- 3.1.2.1.5 Integrate the various aspects of metabolism and their regulatory pathways;
- 3.1.2.1.6 Explain biochemical basis of inherited disorders with their associated sequelae;
- 3.1.2.1.7 Describe mechanisms involved in maintenance of body fluid and pH homeostasis;

- 3.1.2.1.8 Delineate the molecular mechanisms of gene expression and regulation, the principles of genetic engineering and their application in medicine;
- 3.1.2.1.9 Summarize the molecular concept of body defenses and their application in medicine;
- 3.1.2.1.10 Outline the biochemical basis of environmental health hazards, biochemical basis of cancer and carcinogenesis;
- 3.1.2.1.11 Familiarize with principles of various conventional and specialized laboratory investigations and instrumentation analysis and interpretation of a given data;
- 3.1.2.1.12 Suggest experiments to support theoretical concepts and clinical diagnosis;

### **3.1.2.2 Skills**

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

- 3.1.2.2.1 Perform conventional techniques/instruments to perform biochemical analysis relevant to clinical screening and diagnosis;
- 3.1.2.2.2 Analyse and interpret investigative data;
- 3.1.2.2.3 Demonstrate the skills of solving scientific and clinical problems and decision making

### **3.1.2.3 Integration**

The integrated knowledge of biochemistry will help the students to integrate molecular events with the structure and function of the human body in health and disease.



## **3.2 Theory (Duration: 18 months; Hours: 200+100)**

**3.2.1** Biomolecules & biochemical perspective of a cell

**3.2.2** Cell structure

**3.2.3** Subcellular organelles

**3.2.4** Cell membrane

**3.2.5** Transport mechanisms

### **3.2.6 Chemistry of Carbohydrates**

**3.2.6.1** Definition, classification and biological importance of carbohydrates

**3.2.6.2** Monosaccharides; Classification, Isomerism and properties of monosaccharides, modified monosaccharides

**3.2.6.3** Disaccharides

**3.2.6.4** Polysaccharides

### **3.2.7 Chemistry of Lipids**

**3.2.7.1** Definition, classification and biological importance of Lipids

**3.2.7.2** Simple lipids: Composition of Triacyl glycerol & Waxes.

**3.2.7.3** Compound lipids: Composition & functions of Phospholipids, glycolipids & lipoproteins

**3.2.7.4** Derived lipids: Fatty acids - Classification & Properties fatty acids, Steroids & sterols

**3.2.7.5** Micelle, Liposomes

### **3.2.8 Chemistry of Proteins**

**3.2.8.1** Definition, classification & properties of amino acids

**3.2.8.2** Definition, classification & properties of proteins

**3.2.8.3** Structural organization of proteins

**3.2.8.4** Biological significance of amino acids & proteins

**3.2.8.5** Plasma proteins, their functions and clinical significance

### **3.2.9 Enzymes**

**3.2.9.1** Definition, classification,

**3.2.9.2** Kinetics, mechanism of enzymatic catalysis.

**3.2.9.3** Factors influencing enzymatic catalyses, enzyme activators and inhibitors.

**3.2.9.4** Regulation of enzyme activity,

**3.2.9.5** Iso-enzymes & clinical enzymology

### **3.2.10 Vitamins**

**3.2.10.1** Definition and classification of vitamins

**3.2.10.2** Brief account of chemistry, source, RDA, biochemical functions, deficiency diseases, Vitamin antagonists and hypervitaminosis of each vitamin

### **3.2.11 Mineral metabolism**

**3.2.11.1** Classification of minerals

**3.2.11.2** Brief account of chemistry, source, RDA, biochemical functions, deficiency diseases of each mineral

### **3.2.12 Digestion and absorption**

**3.2.12.1** Digestion and absorption of carbohydrates

**3.2.12.2** Digestion and absorption of lipids

**3.2.12.3** Digestion and absorption of proteins.

### **3.2.13 Carbohydrate Metabolism**

**3.2.13.1** Major metabolic pathways: Glycolysis, pyruvate oxidation, Citric acid cycle, Gluconeogenesis, HMP Shunt pathway & glycogen metabolism

**3.2.13.2** Minor metabolic pathways: Metabolism of Fructose and Galactose,

**3.2.13.3** Regulation of blood sugar, glucose tolerance test, Diabetes mellitus & other disorders of carbohydrate metabolism.

### **3.2.14 Biologic Oxidation**

**3.2.14.1** Redox potential

**3.2.14.2** High energy compounds

**3.2.14.3** Oxidative Phosphorylation

**3.2.14.4** Electron transport chain

### **3.2.15 Lipid metabolism**

**3.2.15.1** Biosynthesis and degradation of fatty acids

**3.2.15.2** Metabolism of cholesterol

**3.2.15.3** Ketone bodies: their synthesis, utilization and conditions leading to ketoacidosis

**3.2.15.4** Chemistry and metabolism of lipoproteins, hyper lipoproteinemias

**3.2.15.5** Prostaglandins

**3.2.15.6** Fatty liver, Obesity & other lipid storage disease.

### **3.2.16 Protein metabolism**

**3.2.16.1** Overview of protein metabolism

**3.2.16.2** Nitrogen balance

**3.2.16.3** Formation and disposal of ammonia

**3.2.16.4** General metabolism of amino acids

**3.2.16.5** Inborn errors of amino acid metabolism

**3.2.17 Molecular biology**

**3.2.17.1** Chemistry of Nucleic acids: Definition, classification, composition of nucleic acids; Structure and function of DNA ; Types, structure & functions of RNA

**3.2.17.2** Metabolism of Nucleic acids : Synthesis and breakdown of purines; Synthesis and breakdown of pyrimidine

**3.2.17.3** DNA Replication, Inhibitors of DNA replication

**3.2.17.4** DNA Transcription & Post-transcriptional processing.

**3.2.17.5** Genetic code

**3.2.17.6** Protein synthesis, inhibitors of protein synthesis & Post-translational processing

**3.2.18 Integration of metabolism**

**3.2.18.1** Metabolic effects of insulin & glucagon

**3.2.18.2** The feed/fast cycle

**3.2.18.3** Biochemistry of starvation

**3.2.19 Biochemistry of blood**

**3.2.19.1** Porphyrins, Synthesis and degradation of heme; Porphyria; Jaundice

**3.2.19.2** Structure & functions of hemoglobin

**3.2.19.3** Abnormal hemoglobins & hemoglobinopathies

**3.2.19.4** Plasma Proteins

**3.2.19.5** Immunoglobulins

**3.2.19.6** Blood pH & its regulation

**3.2.19.7** Role of kidney and lungs in maintaining pH of blood

**3.2.19.8** Acidosis and Alkalosis

**3.2.20 Energy metabolism and Nutrition**

**3.2.20.1** Calorific value of foods

**3.2.20.2** Basal metabolic rate and its importance

**3.2.20.3** Specific dynamic action

**3.2.20.4** Energy requirements for physical activity

**3.2.20.5** Balanced diet; Role of carbohydrates, proteins & lipids

**3.2.20.6** Nutritive value of proteins, protein-energy malnutrition (PEM)

**3.2.21 Clinical biochemistry**

**3.2.21.1** Tools of biochemistry

**3.2.21.2** Liver function tests

**3.2.21.3** Renal function tests

**3.2.22 Environmental biochemistry**

**3.2.22.1** Environmental pollutants

**3.2.22.2** Xenobiotics, interaction with biomolecules, effects & metabolism

**3.2.22.3** Biochemical characteristics of cancer and carcinogenesis

### **3.3 Practicals**

#### **3.3.1 Qualitative Experiments**

##### **3.3.1.1 General reactions Carbohydrates**

3.3.1.1.1 Reactions of monosaccharides - glucose and fructose

3.3.1.1.2 Reactions of disaccharides - lactose, maltose and sucrose

3.3.1.1.3 Reactions of polysaccharides - starch and dextrin

##### **3.3.1.2 General reactions of proteins (albumin, casein and gelatin)**

3.3.1.2.1 Colour reactions of proteins

3.3.1.2.2 Precipitation & coagulation reactions of proteins

##### **3.3.1.3 General reactions of non-protein-nitrogen compounds (N P N) - Urea, Uric acid and creatinine**

##### **3.3.1.4 Analysis of Urine.**

3.3.1.4.1 Analysis of normal urine.

3.3.1.4.2 Analysis of abnormal urine.

#### **3.3.2 Quantitative Experiments**

##### **3.3.2.1 Blood Sugar estimation by Glucose Oxidase method**

#### **3.3.3 Demonstrative Experiments**

##### **3.3.3.1 Colorimetry and colorimeter**

3.3.3.1.1 Estimation of concentration of serum Cholesterol

3.3.3.1.2 Estimation of concentration of serum Urea

3.3.3.1.3 Estimation of concentration of serum Uric acid

3.3.3.1.4 Estimation of concentration of serum triglycerides

3.3.3.1.5 Estimation of concentration of serum calcium

**3.3.3.2** Paper chromatography

**3.3.3.3** Electrophoresis

**3.3.3.4** Glucose tolerance test (GTT)

### **3.4 Text Books**

#### **3.4.1 Recommended text books for Biochemistry**

**3.4.1.1** Text book of Biochemistry - by U. Sathyanarayana, U Chakrapani

**3.4.1.2** Text book of Biochemistry – by DM Vasudevan, Sreekumari S

**3.4.1.3** Lippincott's Illustrated Reviews- Biochemistry by Pamela C Champe, Richard A Harvey

**3.4.1.4** Textbook of Medical Laboratory Technology by Praful B Godkar, Darshan P Godkar

**3.4.1.5** Essentials of Biochemistry by PankajNaik

#### **3.4.2 Reference Books for Biochemistry**

**3.4.2.1** Harper's Illustrated Biochemistry, Robert K. Murray, Daryl K. Granner, and Victor W. Rodwell.

**3.4.2.2** Biochemistry. Lubert Stryer. W.H. Freeman and Company, New York.

**3.4.2.3** Principles of Biochemistry. Ed. Lehinger, Nelson and Cox. CBS Publishers and distributors.

**3.4.2.4** Textbook of Biochemistry with Clinical Correlations. Ed. Thomas M. Devlin, Wiley-Liss Publishers.

**3.4.2.5** Tietz Textbook of Clinical Chemistry. Ed. Burtis and Ashwood. W.B.

Saunders Company.

**3.4.2.6** Biochemistry. Ed. Donald Voet and Judith G. Voet. John Wiley & Sons, Inc

**3.4.2.7** Text book of Biochemistry - by West and Todd.

**3.4.2.8** Laboratory Manual of Biochemistry by Pattabhirama and Acharya.

### **3.5 Scheme Of Examination**

S.N	Subject	Theo-ry	Intern-al Assm-t	Viva-Voce	Total	Practi-cals	Inter-nal Assm-t	Total Marks	Grand Total Marks
01.	Biochemistry	80	20	30	130	60	10	70	200



## 4. PHILOSOPHY OF NATUROPATHY

### 4.1 Goals and Objectives

#### 4.1.1 Goals:

The goals of introducing philosophy of Naturopathy to the undergraduate students is to make them understand philosophical basis of the system of Naturopathy, including concepts of health, causes and pathogenesis of disease and brief introduction to the various therapeutic modalities used in Naturopathy.

#### 4.1.2 Objectives

##### 4.1.2.1 Knowledge

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

- 4.1.2.1.1 Elucidate the history of Naturopathy including major contributors to the field and their work;
- 4.1.2.1.2 Understand the evolution and composition of the human body according to different schools of medicine such as Naturopathy, *Yoga, Ayurveda*, Homeopathy, Modern Medicine, etc.
- 4.1.2.1.3 Firmly establish his/her diagnostic and therapeutic thought processes in the fundamental principles of Naturopathy:
- 4.1.2.1.4 Laws of nature according to Henry Lindlahr
- 4.1.2.1.5 Concepts of health and disease according to Naturopathy
- 4.1.2.1.6 Ten basic principles of Naturopathy
- 4.1.2.1.7 Concept of *Panchamahabhuthas* and Naturopathy
- 4.1.2.1.8 Foreign matter, toxin accumulation ,theory of Toxemia, Unity of disease and Unity of Cure
- 4.1.2.1.9 Concept of vitality

- 4.1.2.1.10 *Panchatantras, Shareera Dharmas*
- 4.1.2.1.11 Holistic approach of Naturopathy
- 4.1.2.1.12 Modern perspectives of Naturopathy
- 4.1.2.1.13 Natural rejuvenation
- 4.1.2.1.14 Understand naturopathic viewpoints of concepts like hygiene, vaccination, family planning, personal life and prevention of diseases, geriatrics, etc, and implement them in his/her practice
- 4.1.2.1.15 Understand Principles behind using the diagnostic procedures of Naturopathy, like spinal diagnosis, facial diagnosis, iris diagnosis, and chromo diagnosis.
- 4.1.2.1.16 Demonstrate knowledge of recent advances and research in Naturopathy principles/theories.

#### **4.1.2.2 Skills**

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

- 4.1.2.2.1 Demonstrate basic knowledge of the various therapeutic modalities utilised in Naturopathy;
- 4.1.2.2.2 Describe the various principles of Naturopathy with respect to the body, health, disease and therapy.

#### **4.1.2.3 Integration**

The integrated knowledge of philosophy of Naturopathy will help the students to integrate concepts of human body in health and disease with respect to Naturopathy in terms of diagnosis and management.

## 4.2 **Theory (Duration: 18 months)**

**Total hours: 500 (Theory: 250 Practical: 150)**

**4.2.1** The Medical Profession & Medical Evolution- an Introduction

**4.2.2** Concept of Health & Disease through the ages

**4.2.3** The Human Body

**4.2.3.1** The evolution of human body

**4.2.3.2** Philosophy of the body, mind, soul, life, spirit and spiritual body with reference to various cultures, philosophies, Vedas and Modern view

**4.2.3.3** Composition of the human body, according to *Ayurveda*, Naturopathy, *Yoga*, Modern Medicine, Homeopathy

**4.2.4** An Introduction to Nature Cure or Naturopathy- Definitions, concepts & theories of various pioneers in the field

**4.2.5** History of Naturopathy & Philosophy of Naturopaths

**4.2.5.1** Chronological highlights of Naturopathy

**4.2.5.2** Philosophy of Indian Naturopaths.

4.2.5.2.1 Vegiraju Krishnamaraju

4.2.5.2.2 Vinoba Bhave

4.2.5.2.3 Mahatma Gandhi.

4.2.5.2.4 Dr. S. J. Singh

4.2.5.2.5 Dr. J. M. Jussawala

**4.2.5.3** Philosophy of Foreign Naturopaths.

4.2.5.3.1 Aesculapius

4.2.5.3.2 Hippocrates

4.2.5.3.3 The School of Salerno

- 4.2.5.3.4 Paracelsus.
- 4.2.5.3.5 Vincent Priessnitz
- 4.2.5.3.6 Sebastian Kneipp
- 4.2.5.3.7 Arnold Rickli
- 4.2.5.3.8 Louis Kuhne
- 4.2.5.3.9 Adolf Just
- 4.2.5.3.10 John H Tilden
- 4.2.5.3.11 Sigmund Freud
- 4.2.5.3.12 Henry Lindlahr

#### **4.2.6 Fundamental principles, concepts & theories of Naturopathy.**

**4.2.6.1** Laws of Nature according to Henry Lindlahr

**4.2.6.2** Catechism of Nature Cure according to Henry Lindlahr

**4.2.6.3** Concepts of Health according to Naturopathy

**4.2.6.4** Concepts of Disease according to Naturopathy

**4.2.6.5** The 10 basic principles of Naturopathy

**4.2.6.6** Principles of Natural Medicine in the West

4.2.6.6.1 The Healing Power of Nature (*Vis Medicatrix Naturae*)

4.2.6.6.2 Identify and Treat the Causes (*Tolle Causam*)

4.2.6.6.3 First Do No Harm (*Primum Non Nocere*)

4.2.6.6.4 Doctor as Teacher (*Docere*)

4.2.6.6.5 Treat the Whole Person

4.2.6.6.6 Prevention

4.2.6.6.7 Herring's law of cure

**4.2.6.7** Concept of *Panchamahabhootas* & Naturopathy

**4.2.6.8** Foreign matter and toxins accumulation in the body and its importance in elimination through different ways or channels.

**4.2.6.9** Unity of disease, Unity of cure and way of treatment.

**4.2.6.10** Theory of Toxemia- Toxins and anti-toxins, their generation, mitigation in nature cure way

**4.2.6.11** Concept of Vitality & Vital economy

**4.2.6.12** How Nature Cures- The Natural healing mechanisms

**4.2.6.13** *Arogya Rakshak Panchatantras* and their importance in maintenance of good health prevention of diseases and treatment of diseases through life-style modification.

**4.2.6.14** *Shareera Dharmas – Ahara, Nidra Bhaya, Maithuna*

**4.2.6.15** Natural Immunity & how to acquire natural immunity in diseases.

**4.2.6.16** Inflammation- Naturopathic perspective.

**4.2.6.17** Naturopathy: a blend of Drugless Therapies

**4.2.6.18** Holistic approach of Naturopathy

**4.2.6.19** Modern perspectives of Naturopathic Medicine

4.2.6.19.1 Understanding Homeostasis

4.2.6.19.2 Metabolism of Xenobiotics

4.2.6.19.3 Aging, Free Radicals and Antioxidants

**4.2.6.20** Hygiene & importance of physical and mental hygiene in health and disease

**4.2.6.21** Vaccinations and inoculation – The Naturopathic view.

**4.2.6.22** Family planning by Natural therapeutics.

## **4.2.7 Introduction to The Diagnostic procedures in Naturopathy**

### **4.2.7.1 Spinal Analysis**

### **4.2.7.2 Facial Diagnosis**

### **4.2.7.3 Iris Diagnosis**

### **4.2.7.4 Chromo Diagnosis**

## **4.2.8 Natural rejuvenation**

## **4.2.9 Personal life and prevention of diseases**

## **4.2.10 Geriatrics and Naturopathy**

## **4.2.11 Introduction to various systems of Medicine**

### **4.2.11.1 Modern Medicine**

### **4.2.11.2 Ayurveda**

#### 4.2.11.2.1 Introduction

#### 4.2.11.2.2 Definition of *Prakriti* and its categories.

#### 4.2.11.2.3 Swastha Vrittam

##### 4.2.11.2.3.1 Dinacharya

##### 4.2.11.2.3.2 Ratricharya

##### 4.2.11.2.3.3 Ritucharya

##### 4.2.11.2.3.4 Vegadharanam

### **4.2.11.3 Homeopathy**

### **4.2.11.4 Unani**

### **4.2.11.5 Siddha**

## **4.2.12 Comparative study of Naturopathy with other systems of Medicine**

## **4.2.13 Basic essentials of a Naturopathy practitioner - an introduction to qualities of a**

Naturopathy & *Yoga* Practitioner, Approach to the Patient with a Naturopathy

view, Ethical considerations, Understanding the Scope & Limitations

#### 4.2.14 Recent Advances in Naturopathy & *Yoga*

4.2.14.1 Introduction to Psychosomatic Diseases & Psychoneuroimmunology

4.2.14.2 Introduction to Mind-Body Medicine

4.2.14.3 Lifestyle & psychosocial behavior

4.2.14.4 Introduction to Integrative Medicine

4.2.15 An introduction to Research & its importance in Naturopathy

4.2.16 Naturopathy practices worldwide.

4.2.17 Concept of Holism

4.2.18 Ozone therapy & its importance

4.2.19 Biological Rhythms & its relevance in health & disease.

4.2.20 Physiological effects of different therapies

### 4.3 **Practical**

Students should be introduced to various treatment procedures used in Naturopathy. **Students should be allowed to self-experience all the therapies so that they will be able to give treatments independently.** Brief outlines of the following therapies in naturopathy including understanding the basic classification & procedure through observation and demonstration:

4.3.1 Fasting

4.3.2 Exercises

4.3.3 Rest and relaxation

4.3.4 Regular habits like sun bath, barefoot walking on grass

4.3.5 Hydrotherapy

4.3.5.1 Baths

4.3.5.1.1 Hip-bath

- 4.3.5.1.2 Spinal bath
- 4.3.5.1.3 Steam bath
- 4.3.5.1.4 Foot bath
- 4.3.5.1.5 Full Immersion bath

#### **4.3.5.2 Packs**

- 4.3.5.2.1 Chest pack
- 4.3.5.2.2 Abdominal pack
- 4.3.5.2.3 Gastro-Hepatic pack
- 4.3.5.2.4 Kidney Pack
- 4.3.5.2.5 Full wet-sheet pack

#### **4.3.6 Internal Application of Water**

##### **4.3.6.1 Enema**

##### **4.3.6.2 Colon Hydrotherapy**

##### **4.3.6.3 Water Drinking**

#### **4.3.7 Mud Therapy**

#### **4.3.8 Balneotherapy**

#### **4.3.9 Heliotherapy & Chromo therapy**

#### **4.3.10 Massage Therapy**

#### **4.3.11 Magneto therapy**

#### **4.3.12 Chiropractic**

#### **4.3.13 Osteopathy**

#### **4.3.14 Physiotherapy**

#### **4.3.15 Nutrition & Dietetics with special emphasis on Natural Diet**

#### **4.3.16 Acupuncture, Acupressure & Reflexology**

#### **4.3.17 Aromatherapy**



#### **4.3.18 Bio feed back**

A Practical Record book should be maintained to document the above observations.

#### **4.4 Text Books**

<b>4.4.1</b>	Philosophy of Nature Cure	Henry Lindlahr
<b>4.4.2</b>	Practice of Nature Cure	Henry Lindlahr
<b>4.4.3</b>	Human Culture and Cure	Dr. E.D. Babbitt
<b>4.4.4</b>	Practical Nature Cure 6	K. Laxman Sharma
<b>4.4.5</b>	History and Philosophy of Nature Cure	S.J. Singh
<b>4.4.6</b>	My Nature Cure	M.K. Gandhi
<b>4.4.7</b>	Natural Health Care – A to Z	Belinda Gran
<b>4.4.8</b>	Introduction to Natural Hygiene	Herbert.M.Shelton
<b>4.4.9</b>	Text book of Natural Medicine	Joseph E. Pizzorno & Michael T. Murray
<b>4.4.10</b>	Nature Cure treatments	Jindal
<b>4.4.11</b>	Complete handbook of Nature cure	H. K. Bakhru
<b>4.4.12</b>	Toxemia	J. H. Tilden
<b>4.4.13</b>	Return to Nature	Adolf Just

#### 4.5 Reference Books

4.5.1	My Nature Cure or Practical Naturopathy	S.J. Singh
4.5.2	The Science of Facial Expression	Louis Kuhne
4.5.3	The Story of My Experiments With Truth	M.K Gandhi
4.5.4	<i>Ayurveda</i> for health and long life	Dr.R.K.Garde
4.5.5	Fundamentals of <i>Ayurveda</i>	K. N. Udupa
4.5.6	Siddha Medicine	Ram Murthy
4.5.7	Homeopathic Philosophy	Kent
4.5.8	Everybody's Guide to Nature Cure	Harry Benjamin
4.5.9	Prayer	M.K.Gandhi
4.5.10	Diet and Diet Reforms	M.K.Gandhi
4.5.11	Panchatantra	Venkat Rao
4.5.12	Nature Cure	J.N. Jussawalla
4.5.13	The Encyclopedia of Natural Medicine	Joseph E. Pizzorno & Michael T. Murray

#### 4.6 Scheme Of Examination

S.No	Subject	Theory	Internal Assmt	Viva-Voice	Total	Practicals	Internal Assmt	Total Marks	Grand Total Marks
01.	Philosophy of Naturopathy	80	20	30	130	60	10	70	200

## 5. **PRINCIPLES OF YOGA**

### 5.1 Goals and Objectives

#### 5.1.1 **Goal:**

The goal of teaching *Yoga* to undergraduate students is to familiarize them with basic principles of *Yoga* with respect to history, definitions, philosophy and practices of *Yoga*, with emphasis of *AshtangaYoga*.

#### 5.1.2 **Objectives:**

##### 5.1.2.1 **Knowledge:**

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

- 5.1.2.1.1 Explain the various definitions of *Yoga*, history of *Yoga* and branches of *Yoga* ;
- 5.1.2.1.2 Describe kinds of *Yogasanas*, its importance, methods, rules, regulations and limitations;
- 5.1.2.1.3 Illustrate the various limbs of *Ashtanga Yoga*;
- 5.1.2.1.4 Demonstrate knowledge of *pranayamas*, *prana* and lifestyle, breathing and lifespan.

##### 5.1.2.2 **Skills:**

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

- 5.1.2.2.1 Demonstrate various types of *Yogasanas* in their correct method of performance;
- 5.1.2.2.2 Demonstrate different *pranayamas*.
- 5.1.2.2.3 Explain about the definitions, origin, branches of *Yoga*.

##### 5.1.2.3 **Integration**

At the completion of training, the student should be able to comprehend the basic principles of *Yoga*.

**Theory (Duration: 12 months)**

**Total hours: 450 (Theory: 250 Practical: 200)**

- 5.2.1 What is *Yoga* and various definitions of *Yoga*.
- 5.2.2 History of *Yoga* (Relative chronology, *Yoga* before the time of *patajali* (Indus Valley Civilization)).
- 5.2.3 Outlines on branches of *Yoga* – *Raja, Hatha, Jnana, Karma, Bhakti, Mantra, Kundalini and Laya*.
- 5.2.4 Introduction to *Yogasanas*
  - 5.2.4.1 Definition of *Yogasanas*
  - 5.2.4.2 *Yogasanas* and *Prana*
  - 5.2.4.3 *Yogasanas* and *Kundalini*
  - 5.2.4.4 *Yogasanas* and the mind-body connection
  - 5.2.4.5 *Yogasanas* and Exercises
- 5.2.5 Classifications of *Yogasanas* – Beginners group, Intermediate group, Advanced group, dynamic and static *Yogasanas*.
- 5.2.6 Introduction to *Pranayama*
  - 5.2.6.1 Definition
  - 5.2.6.2 *Prana* and lifestyle
  - 5.2.6.3 Breath, health and *Pranayama*
  - 5.2.6.4 Breathing and Lifespan
  - 5.2.6.5 *Pranayama* and spiritual aspiration
- 5.2.7 Introduction to *Ashtanga Yoga*
  - 5.2.7.1 *Yama*
  - 5.2.7.2 *Niyama*

*5.2.7.3 Asana*

*5.2.7.4 Pranayama*

*5.2.7.5 Pratyahara*

*5.2.7.6 Dharana*

*5.2.7.7 Dhyana*

*5.2.7.8 Samadhi*

(Concept only – as orientation/introduction)

**5.2.8** *Asanas* – their importance, methods, rules, regulations and limitations.

**5.2.9** Meditative postures

*5.2.9.1 Padmasana*

*5.2.9.2 Siddhasana*

*5.2.9.3 Vajrasana*

*5.2.9.4 Sukhasana*

**5.2.10** Cultural postures

*5.2.10.1 Halasana*

*5.2.10.2 Dhanurasana*

*5.2.10.3 Sarvangasana*

*5.2.10.4 Paschimottanasana*

*5.2.10.5 Trikonasana*

**5.2.11** Relaxation postures

*5.2.11.1 Shavasana*

*5.2.11.2 Makarasana*

*5.2.11.3 Sitali Dandasana*

*5.2.11.4 Sitali Tadasana*

**5.2.12** *Suryanamaskara*

5.2.13 Outline on Concept of Tridosas Pancha pranas, pancha pitta, pancha kapha, Nadis, Chakras.

5.2.14 Different contemporary schools of yoga.

5.2.15 Transliteration script.

5.2.16 Purpose of yoga on personality development through Yoga.

5.2.17 Write a brief note on following Yoga Gurus: Krishnamacharya, Swami Kuvalayananda, Sri Yogendra, Swami Rama, Sri Aurobindo, Maharshi Mahesh Yogi.

### 5.3 **Practical**

5.3.1 Joint movements

5.3.2 Loosening exercises

5.3.3 *Sukshma Vyayama*

5.3.4 Stretchings

5.3.5 Breathing exercises

5.3.6 *Suryanamaskara*

5.3.7 *Asanas*

#### 5.3.7.1 Standing

5.3.7.1.1 *Tadasana*

5.3.7.1.2 *Ardha Kati Chakrasana*

5.3.7.1.3 *Kati Chakrasana*

5.3.7.1.4 *Trikonasana*

5.3.7.1.5 *Vrikshasana*

5.3.7.1.6 *Utthita Trikonasana*

5.3.7.1.7 *Veerabhadrasana*

5.3.7.1.8 *Parsvottanasana*

5.3.7.1.9 *Parighasana*

**5.3.7.2** *Supine*

5.3.7.2.1 *Shavasana*

5.3.7.2.2 *Matsyasana*

5.3.7.2.3 *Sarvangasana*

5.3.7.2.4 *Halasana*

5.3.7.2.5 *Chakrasana*

5.3.7.2.6 *Pawanamuktasana*

5.3.7.2.7 *Setubandhasana*

5.3.7.2.8 *Vipareetakarani*

5.3.7.2.9 *Karnapeedasana*

5.3.7.2.10 *Suptakonasana*

**5.3.7.3** *Prone*

5.3.7.3.1 *Makarasana*

5.3.7.3.2 *Tiryaka Bhujangasana*

5.3.7.3.3 *Ardha Shalabhasana*

5.3.7.3.4 *Shalabhasana – 1*

5.3.7.3.5 *Dhanurasana*

5.3.7.3.6 *Adho mukha svanasana*

**5.3.7.4** *Sitting*

5.3.7.4.1 *Vakrasana*

5.3.7.4.2 *Ardhamatsyendrasana*

5.3.7.4.3 *Paschimottanasana*

5.3.7.4.4 *Ushtrasana*

5.3.7.4.5 *Vajrasana*

- 5.3.7.4.6 *Padmasana*
- 5.3.7.4.7 *Baddha Padmasana*
- 5.3.7.4.8 *Supta Vajrasana*
- 5.3.7.4.9 *Ardha Navasana*
- 5.3.7.4.10 *Gomukhasana*
- 5.3.7.4.11 *Veerasana*
- 5.3.7.4.12 *Baddha Konasana*
- 5.3.7.4.13 *Janusirshasana*
- 5.3.7.4.14 *Upavista Konasana*
- 5.3.7.4.15 *Shashankasana*
- 5.3.7.4.16 *Purvottanasana*

### 5.3.8 *Pranayama*

- 5.3.8.1 *Bhastrika*
- 5.3.8.2 *Sheetkari*
- 5.3.8.3 *Sheetali*
- 5.3.8.4 *Anuloma Viloma*
- 5.3.8.5 *Ujjayi*
- 5.3.8.6 *Bhramari*

### 5.3.9 *Kriya*

- 5.3.9.1 *Jala neti*
- 5.3.9.2 *Sutra neti*
- 5.3.9.3 *Vamana dhauti*



#### 5.4 Textbooks

5.4.1 Basis and definitions of *Yoga* – Vivekananda Kendra

5.4.2 *Asanas* – Swami Kuvalyananda

5.4.3 The gospel of Buddha – Parul Caruso

5.4.4 The Gospel of Shri Ramakrishna – Mahendranatha Gupta

5.4.5 Complete works of Shri Aurobindo

5.4.6 *Asanas, Pranayama, Bandhas, Mudras* – Swami Satyananda Saraswati

5.4.7 *Hatha YogaPradipika* – Swami Svatmarama

5.4.8 *Raja, Hatha, Jnana, BhaktiYoga* – Swami Vivekananda

#### 5.5 Scheme Of Examination

S.N	Subject	Theo-ry	Intern-al Assm-t	Viva-Voce	Total	Practi-cals	Inter-nal Assm-t	Total Marks	Grand Total Marks
01.	Principles of <i>Yoga</i>	80	20	30	130	60	10	70	200

## 6. SANSKRIT

### 6.1 Goals and Objectives

#### 6.1.1 Goal:

The goal of teaching *Sanskrit* to undergraduate students is to provide a comprehensive knowledge of *Sanskrit* in order to be able to study, understand, comprehend and utilise the knowledge contained in Indian traditional texts in their professional practice, especially in the field of *Yoga*.

#### 6.1.2 Objectives:

##### 6.1.2.1 Knowledge:

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

- 6.1.2.1.1 Demonstrate knowledge of complete *Sanskrit* script;
- 6.1.2.1.2 Describe kinds of nouns, verbs, pronouns, etc, with examples;
- 6.1.2.1.3 Illustrate kinds of gender, number, and declensions employed in *Sanskrit*;
- 6.1.2.1.4 Demonstrate skill in pronunciation of different kinds of *Sanskrit* words, phrases and sentences.

##### 6.1.2.2 Skills:

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

- 6.1.2.2.1 Read and understand *Sanskrit* with respect to script and basic grammar.
- 6.1.2.2.2 Familiarize themselves with various texts and compositions such as *Madhurashtakam*, *Vaidyakeeyasubhashitasahityam*, etc;
- 6.1.2.2.3 Speak fluently in *Sanskrit* after having learnt the various peculiar

pronunciations.

### **6.1.2.3 Integration**

At the completion of training, the student should be able to comprehend the nuances of *Sanskrit* language and employ it for understanding the traditional texts of *Yoga*.

## **6.2 Theory (Duration: 18 months)**

**Total hours: 100**

### **6.2.1 Basic Orientation (15 hours)**

Knowledge of Devanagari script - alphabet, i.e. vowels, consonant vowel combination, two consonant combinations, special conjunct consonants and their pronunciation associated with their articulation.

### **6.2.2 Chapter 1 (10 hours)**

Verb roots, nine forms for three persons and three numbers; practice all the verb roots and their forms for correct pronunciation; usage of prefixes and how they change the meaning of the verb root and how to find them in the dictionary.

### **6.2.3 Chapter 2 (10 hours)**

Noun, masculine and neuter genders; 8 cases and their possible meanings; 24 forms of a noun and its declensions; practice of other similar declensions and usage of the 24 forms of a noun. Introduction to write a sentence; syntax, prepositions and their definite requirements of cases; rule how ra/sha changes dental n to cerebral N and its exceptions for this rule; repeat declensions for pronunciation.

#### **6.2.4 Chapter 3 (10 hours)**

Noun- feminine gender; both ā ending and i-ending and practice of similar declensions. Practice of writing sentences with words mainly in feminine gender; exercises mainly for the feminine gender illustration; special declensions where dental n changes to cerebral N; repeat all feminine noun declensions.

#### **6.2.5 Chapter 4 (10 hours)**

*Madhurashtakam* illustrating all the three genders of nouns and study of the adjectives, having all the three genders and changing according to the gender of different qualified nouns; Midterm examination.

#### **6.2.6 Chapter 5 (10 hours)**

Ex 32-38 ; models of declensions; how to recognize a gender or find the gender using the dictionary and write declensions of new words according to their models of declensions, while applying the rule changing dental n to cerebral N; making simple sentences for all the words given there; repeat vowel-ending model declensions.

#### **6.2.7 Chapter 6 (10 hours)**

Exercises for appropriate use of the cases; irregular verbs; absence of verb root —to have in Sanskrit; where to omit root AS (to be), use of certain special verbs; repeat model declensions.

### **6.2.8 Chapter 7 (10 hours)**

Pronouns: Introduction to pronouns; declensions of pronouns; corresponding translations of pronouns into English; forming sentences with pronouns; Different aspects of pronouns being used as demonstrative pronouns and as interrogative pronouns and details of distance specification.

### **6.2.9 Chapter 8 (15 hours)**

**6.2.9.1** *Sandhi* explanation; three major kinds of Sandhi: Vowel-Sandhi, Visarga-Sandhi and Consonant- Sandhi, and fifteen exercises.

**6.2.9.2** *Parasmaipadi* (P) and *Atmanepadi* (A) forms of verbs;  
Verb and ten *Ganas*; how to find the *Gana* using the *Apte* Samskrta -English Dictionary

**6.1.9.3** Verb and ten *Lakaras*; mastering five *Lakāras* of both *Parasmaipadi* and *Atmanepadi* and doing the pertaining exercises for that.

### **6.2.10 Chapter 9(10 hours)**

*Vaidhyakeeyasubhashitasahityam:*

**6.2.10.1** *Ragarogya vijnanam*

**6.2.10.2** *Vyayama vijnanam*

**6.2.10.3** *Pranayama vijnanam*

**6.2.10.4** *Madhyagunadosha vijnanam*

### 6.3 Text Books:

6.3.1 Dr. Sarasvati Mohan, Samskrta Level-2, Samskrta Academy

6.3.2 Dr. Sarasvati Mohan, Samskrta-English-Samskrta Dictionary, Samskrta Academy.

6.3.3 Dr. Sarasvati Mohan, Samskrta Level-3, Samskrta Academy

6.3.4 Vaman Sivaram Apte, Samskrta-English Dictionary, Samskrta Academy

### 6.4 Reference Books:

6.4.1 Samskrtabhasadipika, Sri Surasaraswati Sabha (R) Sringeri, Bangalore, 2003. 2.4

### Scheme Of Examination

S.N	Subject	Theo-ry	Intern-al Assm-t	Viva-Voce	Total	Practi-cals	Inter-nal Assm-t	Total Marks	Grand Total Marks
01.	<i>Sanskrit</i> (N.E.)	80	20	-	-	-	-	-	100

# **1. PATHOLOGY**

## **1.1 Goals and Objectives**

### **1.1.1 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.

### **1.1.2 Objectives:**

#### **1.1.2.1 Knowledge:**

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

1.1.2.1.1 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.

1.1.2.1.2 Describe the pathophysiological processes which govern the maintenance of homeostasis, mechanisms of their disturbance and the morphological and clinical manifestations associated with it;

1.1.2.1.3 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;

1.1.2.1.4 Correlate normal and altered morphology (gross and microscopic) of different organ systems in common diseases to the extent needed for understanding of disease processes and their clinical significance.

### **1.1.2.2 Skills:**

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

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

### **1.1.2.3 Integration**

At the completion of training, the student must be capable of integrating relationships between etiological factors such as social, economic and environmental in the natural history of common diseases in India.

## **1.2 Pathology – I (Duration: 12 months)**

**Total hours: 350 (Theory: 250 Practical: 100)**

**1.2.1** History and Scope

**1.2.2** Definition and various branches

**1.2.3** Scientific study of disease and methodology

**1.2.4** The cell and the reaction of cell, tissue and organ to injury

**1.2.4.1** Structure and functions of cell

**1.2.4.2** Causes and nature of cell injury



**1.2.4.3** Toxic substances, physical agents and lack of nutrients

**1.2.4.4** Infectious agents and parasites

**1.2.4.5** Immune mechanisms and genetic defects

**1.2.5** Reaction of cell to injurious agents

**1.2.5.1** Lethal injury – necrosis and gangrene

**1.2.5.2** Sub lethal injury

1.2.5.2.1 Cloudy swelling

1.2.5.2.2 Fatty changes in liver, heart and kidney

1.2.5.2.3 Glycogen infiltration and hyaline degeneration

1.2.5.2.4 Lipid degeneration Gaucher's disease

1.2.5.2.5 Mucoïd degeneration

**1.2.5.3** Excessive or abnormal accumulations – i) amyloid

**1.2.5.4** Pathological calcification

**1.2.6** Inflammation and Repair

**1.2.6.1** Definition, classification and nomenclature

**1.2.6.2** Acute inflammation

**1.2.6.3** Vascular and cellular phenomenon, cells of exudates chemical mediators and tissue changes in acute inflammation, cardinal signs of acute inflammation

**1.2.6.4** Fate, types and systemic effects of acute inflammation

**1.2.7** Chronic Inflammation

**1.2.7.1** Difference between acute and chronic inflammation

**1.2.7.2** Definition of Granuloma

## **1.2.8 Wound healing**

**1.2.8.1** Restitution, regeneration and repair

**1.2.8.2** Repair of epithelial and mesenchymal tissue

**1.2.8.3** Primary union and secondary union

**1.2.8.4** Mechanism involved and factors modifying repair process

## **1.2.9 Granulomas**

**1.2.9.1** Classification

**1.2.9.2** Tuberculosis, genesis and fate of tubercle, primary and secondary tuberculosis

**1.2.9.3** Definition, classification and pathology of leprosy

**1.2.9.4** Acquired primary, secondary and tertiary stages syphilis

**1.2.9.5** CNS syphilis, CVS syphilis and tertiary stages syphilis

**1.2.9.6** Actinomycosis, maduramycosis, rhinosporidiosis

## **1.2.10 Fluid and Hemodynamic Changes (circulatory disturbances)**

**1.2.10.1** Hyperemia, congestion and hemorrhage

**1.2.10.2** Thrombosis, embolism, DIC

**1.2.10.3** Ischemia, infarction and shock

## **1.2.11 Immunopathology**

**1.2.11.1** Basic pathological mechanism in autoimmune disorders

**1.2.11.2** Concept of immunodeficiency disorders

**1.2.11.3** Pathology of AIDS

**1.2.11.4** Growth disorders and definitions

## **1.2.12 Growth disorders**

**1.2.12.1** Definition of agenesis, aplasia, atrophy, hyperplasia, hypertrophy, hypoplasia, metaplasia

**1.2.12.2** Concept of dysplasia, anaplasia and carcinoma in-situ

## **1.2.13 Neoplasia**

**1.2.13.1** Definition, classification and nomenclature

**1.2.13.2** Characteristic features of benign and malignant tumors

**1.2.13.3** Route of spread of malignant tumors

**1.2.13.4** Grading and staging of cancers and pre-cancerous conditions

**1.2.13.5** Carcinogenesis and carcinogens

**1.2.13.6** Effect of tumor on host, and effect of host on tumors

**1.2.13.7** Laboratory diagnosis of cancer – Biopsy, exfoliative cytology, prognostic prediction in cancer

**1.2.13.8** Description of common tumors like – Fibroma, Lymphoma, Lipoma, Angioma, Liomyoma, Fibrosarcoma, Lymphosarcoma, Liposarcoma, Angiosarcoma, and Leiomyosarcoma

**1.2.13.9** Embryonal tumors like teratoma and retinoblastoma

## **1.2.14 Mineral and Pigment Metabolism**

**1.2.14.1** Pathology of melanin pigment

**1.2.14.2** Pathology of hemoglobin and its derivatives

**1.2.14.3** Hemosiderosis and hemochromatosis

## **1.2.15 Genetic disorders**

**1.2.15.1** Klinefelter's Syndrome, Turner's Syndrome, Down's Syndrome

### **1.3 Pathology – II (Duration: 12 months)**

#### **1.3.1 Disorders of RBC**

**1.3.1.1** Definition, morphologic and etio-pathologic classification of anemia

**1.3.1.2** Iron deficiency anemia, B12 and folate deficiency anemia, sideroblastic anemia, post-hemorrhagic anemia

**1.3.1.3** Concept and classification of hemolytic anemia

**1.3.1.4** Acquired hemolytic anemia and aplastic anemia

**1.3.1.5** Polycythemia

**1.3.1.6** Laboratory investigations in anemia

#### **1.3.2 Disorders of WBC**

**1.3.2.1** Leukopenia, Leukocytosis

**1.3.2.2** Leukemia, Agranulocytosis and Tropical eosinophilia

#### **1.3.3 Coagulation and bleeding disorders**

**1.3.3.1** Structure, function and pathology of platelets

**1.3.3.2** Definition and classification of blood dyscrasias

**1.3.3.3** Laboratory investigations in bleeding disorders

#### **1.3.4 Diseases of cardiovascular system**

**1.3.4.1** Arteriosclerosis and atherosclerosis

**1.3.4.2** Aneurysm

**1.3.4.3** Vasculitis and thromboangitis obliterans

**1.3.4.4** Rheumatic heart disease, endocarditis, myocardial infarction

**1.3.4.5** Congenital heart diseases, pericarditis

**1.3.4.6** Congestive cardiac failure

**1.3.5 Diseases of Respiratory system**

**1.3.5.1** Lobar pneumonia, bronchopneumonia, pulmonary tuberculosis

**1.3.5.2** Atelectasis, bronchiectasis and pneumoconiosis

**1.3.5.3** Chronic Obstructive Pulmonary Diseases (COPD)

**1.3.5.4** Bronchial asthma, chronic bronchitis

**1.3.5.5** Acute respiratory distress syndrome (ARDS)

**1.3.5.6** Tumors of lung and pleura

**1.3.6 Diseases of gastrointestinal system**

**1.3.6.1** Pleomorphic adenoma of salivary gland

**1.3.6.2** Barrett's esophagus

**1.3.6.3** Gastritis and peptic ulcer and tumors of stomach

**1.3.6.4** Inflammatory bowel diseases – Crohn's disease, ulcerative colitis, typhoid  
ulcer, tumors of small intestine

**1.3.6.5** Megacolon and tumors of colon

**1.3.6.6** Malabsorption syndrome, tropical sprue and celiac tuberculosis

**1.3.7 Diseases of liver, biliary tract and pancreas**

**1.3.7.1** Liver function test and hepatic failure, viral hepatitis

**1.3.7.2** Cirrhosis of liver, tumors of liver

**1.3.7.3** Cholecystitis, gall stones

**1.3.7.4** Acute pancreatitis, diabetes mellitus

**1.3.7.5** Cystic fibrosis (mucoviscidosis)

**1.3.7.6** Liver abscess and alcoholic liver disease

**1.3.7.7** Indian childhood cirrhosis

**1.3.8 Diseases of Kidney**

**1.3.8.1** Renal function tests, renal failure, polycystic kidney

**1.3.8.2** Acute glomerulonephritis, crescentic glomerulonephritis, membranous glomerulonephritis, nephritic syndrome

**1.3.8.3** Chronic glomerulonephritis, acute tubular necrosis

**1.3.8.4** Pyelonephritis, kidney in hypertension

**1.3.8.5** Urolithiasis, tumors of kidney and pelvis

**1.3.9 Diseases of Male Genital System**

**1.3.9.1** Orchitis and testicular tumors

**1.3.9.2** Nodular hyperplasia of prostate, carcinoma of prostate

**1.3.9.3** Carcinoma of penis and lesions of penis

**1.3.10 Diseases of Female Genital System**

**1.3.10.1** Endometrial hyperplasia, adenomyosis and endometriosis

**1.3.10.2** Carcinoma of cervix, tumors of ovary

**1.3.10.3** Pelvic inflammatory diseases

**1.3.10.4** Carcinoma and other diseases of vulva

**1.3.11 Diseases of Breast**

**1.3.11.1** Fibrocystic disease and tumors of breast

**1.3.11.2** Gynecomastia

**1.3.12 Endocrine pathology**

**1.3.12.1** Pituitary, acromegaly, hypothyroidism and Grave's disease

**1.3.12.2** Thyroiditis, tumors of thyroid and thyroid function tests

**1.3.12.3** Hypoparathyroidism and hyperparathyroidism

- 1.3.12.4** Hyperplasia and adenoma of parathyroid
- 1.3.12.5** Adrenal gland, Addison's disease, Cushing's syndrome
- 1.3.12.6** Pheochromocytoma, neuroblastoma
- 1.3.13** Musculoskeletal pathology
  - 1.3.13.1** Osteomyelitis and osteoporosis
  - 1.3.13.2** Rickets and osteomalacia
  - 1.3.13.3** Osteitis fibrosa cystic and Paget's disease, fibrous dysplasia
  - 1.3.13.4** Tumors of bone
  - 1.3.13.5** Rheumatoid arthritis, Gout
  - 1.3.13.6** Myasthenia gravis and progressive muscular dystrophy
- 1.3.14** Diseases of Nervous System
  - 1.3.14.1** Meningitis, tumors of CNS
  - 1.3.14.2** Tumors of peripheral nerves
  - 1.3.14.3** Encephalitis
- 1.3.15** Diseases of Lymph nodes and Spleen
  - 1.3.15.1** Lymphadenopathy
  - 1.3.15.2** Malignant lymphomas and splenomegaly
- 1.3.16** Pathology of skin
  - 1.3.16.1** Squamous cell carcinoma, basal cell carcinoma
  - 1.3.16.2** Malignant melanoma
  - 1.3.16.3** Warts, molluscum contagiosum
  - 1.3.16.4** Superficial and deep fungal diseases
- 1.3.17** Diseases of ENT

## 1.4 **Practical**

### 1.4.1 Hematology

1.4.1.1 Blood groups (A B O system)

1.4.1.2 Estimation of hemoglobin

1.4.1.3 Enumeration of RBCs (RBC count)

1.4.1.4 Total leucocyte count (Total count)

1.4.1.5 Differential leucocyte count (DC)

1.4.1.6 Peripheral smear staining and reporting

1.4.1.7 Absolute eosinophil count

1.4.1.8 Demonstration of

1.4.1.8.1 Hemograms in anemia

1.4.1.8.1.1 Iron deficiency anemia

1.4.1.8.1.2 Macrocytic anemia

1.4.1.8.1.3 Microcytic anemia

1.4.1.8.1.4 Hemolytic anemia

1.4.1.8.2 Hemograms in leukemias

1.4.1.8.2.1 Acute types

1.4.1.8.2.2 Chronic types

1.4.1.9 Slide study of

1.4.1.9.1 Acute myeloid leukemia

1.4.1.9.2 Chronic myeloid leukemia

1.4.1.9.3 Chronic lymphatic leukemia



**1.4.2 Clinical pathology**

**1.4.2.1 Urine analysis**

**1.4.2.2 Semen analysis**

**1.4.2.3 Pregnancy tests**

**1.4.2.4 Liver function tests**

**1.4.2.5 Fractional test meal**

**1.4.2.6 Glucose tolerance test**

**1.4.2.7 CSF analysis**

**1.5 Textbooks**

**1.5.1 Pathological basis of disease – Robbins, Cotran and Kumar**

**1.5.2 Textbook of Pathology – NC. Dey**

**1.6 Reference Books**

**1.6.1 Textbook of Pathology – Anderson**

**1.6.2 Systemic Pathology – Symmers**

**1.6.3 Medical Laboratory Technology – Ramnik Sood**

Text book of Pathology by Harsh Mohans - The Eye, ENT and Neck

**1.7 Scheme Of Examination**

S.No	Subject	Theo-ry	Intern-al Assmt	Viva-Voce	Total	Practi-cals	Internal Assmt	Total Marks	Grand Total Marks
01.	Pathology	80	20	30	130	60	10	70	200

## **2. MICROBIOLOGY**

### **2.1 Goals and Objectives**

#### **2.1.1 Goal:**

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 diseases in the community.

#### **2.1.2 Objectives:**

##### **2.1.2.1 Knowledge:**

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

2.1.2.1.1 Remember and recall all the infectious micro-organisms  
of the human body and host-parasite relationship

2.1.2.1.2 Describe micro-organisms (viruses, fungi,  
bacteria, parasites) with the pathogenesis of the diseases  
they cause;

2.1.2.1.3 Enumerate and illustrate sources and modes of  
transmission, including insect vectors, of pathogenic and  
opportunistic organisms;

2.1.2.1.4 Describe the pathways and mechanisms of immunity to  
infection

2.1.2.1.5 Acquire knowledge about different vaccines that are  
available for the prevention of communicable diseases;

2.1.2.1.6 Effectively use sterilization and disinfection to control and prevent nosocomial and community acquired infections;

2.1.2.1.7 Order laboratory investigations for bacteriological examination of food, water and air.

#### 2.1.2.2 **Skills:**

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

2.1.2.2.1 Prescribe and interpret laboratory investigations for diagnosis of communicable diseases and identify infectious agents by clinical manifestations;

2.1.2.2.2 Perform common bed-side tests to detect and identify pathogenic agents, such as blood film for malaria, filaria, gram stain and Acid Fast Bacilli (AFB) staining and stool sample for ova cyst, etc.

#### 2.1.2.3 **Integration**

2.1 At the completion of training, the student must be knowledgeable about clinical, therapeutic and preventive aspects of diseases most prevalent in India.

## **2.2 Theory (Duration: 12 months)**

**Total hours: 200 (Theory: 100 Practical: 50)**

### **2.2.1 Infections**

2.2.1.1 Types of infections

2.2.1.2 Sterilisation and disinfection

2.2.1.3 Nosocomial infections and prevention.

### **2.2.2 Immunology**

2.2.2.1 Components of Immune system

2.2.2.2 Types of Immunity

2.2.2.3 Induction of immune response

2.2.2.4 Cell-mediated immune response

**2.2.2.5 Immunoglobulin structure and functions**

**2.2.2.6 Humoral immune response**

**2.2.2.7 Antigen antibody reactions and its applications (Conventional and molecular methods)**

2.2.2.8 Complement system

2.2.2.9 Hypersensitivities

2.2.2.10 Autoimmunity

### **2.2.3 General Microbiology**

2.2.3.1 History of microbiology and classification of living organisms.

2.2.3.2 Morphology and physiology of bacteria

2.2.3.3 Bacterial genetics – Plasmids, genetic variations

2.2.3.4 Normal human microbiota

2.2.3.5 Environmental surveillance

2.2.3.6 Identification of bacteria

2.2.3.7 Specimen and microscopic techniques.

2.2.3.8 Culture media and methods

2.2.3.9 Identification of pathogens – Basic techniques

2.2.3.10 Antibacterial susceptibility testing

2.2.4 Systemic Bacteriology

2.2.4.1 Pathogenesis, lab diagnosis and prophylaxis of important bacterial infection Staphylococcus, Streptococcus species, Bacillus, Corynebacterium, Clostridium species, Micobacteria species, Vibrio, Spirochetes, Enterobacteria (Salmonella, Shigella, E. coli), Pseudomonas, Haemophilus, Clamydia, Actinomyocetes, Yersinia.

2.2.5 Virology – General properties of viruses and their diagnosis

Study of bacteriophage, Herpes, Hepatitis viruses, Pox viruses, Rabies, HIV, Polio virus, Influenza, Measles, Mumps, Arboviruses.

2.2.6 Parasitology – Medically important parasites

Protozoa – Entamoeba, Nagleria, Trichomonas, Toxoplasma and Plasmodium

Helminthology-Ancylostoma, Enterobius, Ascaris, Taenia, Wuchereria, Hydatid cyst

2.2.7 Mycology—General characteristics and methods used for study and diagnosis of fungal infections, Superficial mycoses, Opportunistic mycoses

## **2.3 Practical**

- 2.3.1 Microscopy techniques and types of microscopes
- 2.3.2 Staining-Grams staining and ZN staining
- 2.3.3 Demonstration of culture media, demonstration of sterilization techniques
- 2.3.4 Immunology – interpretation of given immunological test
- 2.3.5 Problem solving exercises in bacteriology, virology, Parasitology and Mycology

## **2.4 Textbooks**

- 2.4.1 Essential of medical microbiology – Apurba S Sastry & Sandhya Bhat
- 2.4.2 Essential of medical parasitology - Apurba S Sastry & Sandhya Bhat
- 2.4.3. Essential of Practical microbiology- Apurba S Sastry & Sandhya Bhat
- 2.4. 4 Textbook of microbiology – R Ananthanarayana and Panicker

## **2.5 Reference Books**

- 2.5.1 Bailey & Scott's Diagnostic Microbiology
- 2.5.2 Harrison's principles of internal medicine
- 2.5.3 Lippincott's illustrated review

## 2.6 Scheme Of Examination

S.No	Subject	Theo-ry	Intern-al Assm-t	Viva-Voce	Total	Practi-cals	Internal Assm-t	Total Marks	Grand Total Marks
01.	Microbiology	80	20	30	130	60	10	70	200

### **3.COMMUNITY MEDICINE**

#### **3.1Goals and Objectives**

##### **3.1.1Goal:**

The goal of teaching Community Medicine to undergraduate students is to prepare them to function as community and first level physicians in accordance with the institutional goals.

##### **3.1.2Objectives:**

###### **3.1.2.1Knowledge:**

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

3.1.2.1 Describe the health care delivery system including rehabilitation of the disabled in the country;

3.1.2.2 Describe the National Health Programmes with particular emphasis on maternal and child health programmes, family welfare-planning and population control;

3.1.2.3 List epidemiological methods and describe their applications to communicable and non-communicable diseases in the community or hospital situation;

3.1.2.4 Apply bio-statistical methods and techniques;

3.1.2.5 Delineate the demographic pattern of the country and appreciate the roles of the individual family, community and socio-cultural environment in health and disease;

3.1.2.6 Explain the health information systems;

3.1.2.6.1 Enunciate the principles and components of primary health care and national policies to achieve the goal of \_Health administration,



Health education in relation to community'.

3.1.2.6.2 Able to plan a Health Program and able to evaluate a Programme.

3.1.2.6.3 Able to describe principles of organization.

### **3.1.2.2Skills:**

After the end of the course, the student should be able to:

3.1.2.6.4 Use epidemiology as a scientific tool for making national decisions

relevant to community and individual patient intervention;

3.1.2.6.5 Collect, Analyse, interpret and present simple community and

hospital based data;

3.1.2.6.6 Diagnose and manage common health issues and emergencies at

the individual family and community levels with existing

healthcare resources, respecting socio-cultural beliefs.

3.1.2.6.7 Diagnose and manage maternal and child health problems and

conduct family planning counseling and community programs

keeping in mind national priorities;

3.1.2.6.8 Diagnose and manage common nutritional problem at individual

and community level;

3.1.2.6.9 Design, implement and evaluate health education program using

simple audio-visual aids

3.1.2.6.10 Participate with team members in organising and implementing

health care programs;

3.1.2.6.11 Conduct group meetings, give talks on medical issues.

**3.1.2.7 Integration:**

Develop capabilities to form a synthesis between cause of illness in the environment or community and individual health and respond with leadership qualities to institute remedy for the same.

**3.2 Theory (Duration: 12 months)**

**Total hours: 250 (Theory: 150 Practical: 100)**

**3.2.1 Man and Medicine: Towards Health for All**

**3.2.2 Concepts of Health**

**3.2.2.1 Concept**

**3.2.2.2 Definitions**

**3.2.2.3 Dimensions**

**3.2.2.4 Determinants**

**3.2.2.5 Positive health**

**3.2.2.6 Concept of wellbeing**

**3.2.2.7 Responsibility towards health**

**3.2.2.8 Health development and its indicators**

**3.2.2.9 Health science philosophies**

**3.2.3 Concept of Disease**

- 3.2.3.1** Concepts of causation
- 3.2.3.2** Natural history of disease
- 3.2.4** Concepts of control and prevention
- 3.2.5** Modes of intervention
- 3.2.6** Population medicine
- 3.2.7** International classification of diseases
- 3.2.8** Principles of epidemiology and epidemiologic methods
  - 3.2.8.1** Definition, basic measurements in epidemiology
  - 3.2.8.2** Epidemiological methods – descriptive, analytical and experimental epidemiology
  - 3.2.8.3** Uses of epidemiology
  - 3.2.8.4** Dynamics of disease transmission
  - 3.2.8.5** Disease prevention and control
  - 3.2.8.6** Investigation of an Epidemic
- 3.2.9** Screening of diseases: Concepts, Uses, Criteria for screening, sensitivity & specificity
- 3.2.10** Epidemiology of communicable diseases
  - 3.2.10.1** Respiratory infections – small pox, varicella, measles, rubella, mumps, influenza, diphtheria, pertussis, tuberculosis, acute respiratory tract infection(ARTI)
  - 3.2.10.2** Intestinal infections – polio, viral hepatitis, cholera, acute diarrheal diseases, typhoid, food poisoning, amoebiasis, ascariasis, ancylostomiasis, taeniasis
  - 3.2.10.3** Arthropod – borne infections – yellow fever, Japanese encephalitis, malaria, filarial
  - 3.2.10.4** Surface infections – rabies, trachoma, tetanus, leprosy, STD, AIDS

**3.2.11** Epidemiology of non-communicable diseases – cancer, cardiovascular diseases, obesity, blindness, accidents, hypertension, stroke, rheumatic heart disease

**3.2.12** Demography and Family Planning – Demographic cycle, population trends, fertility related statistics, health aspects of family planning, contraceptive methods and delivery system, National family welfare program.

**3.2.13** Preventive medicine in Obstetrics, Pediatrics and Geriatrics – Antenatal, Intra natal, Postnatal care, Low birth weight, infant feeding, growth and development, growth chart, under-fives clinic, national health policy, indicators of MCH care, school health services, behavioral problems, geriatrics, Anganwadi ICDS programs.

**3.2.14** Environmental health and occupational health: Purification of water and water quality standards, air, ventilation, lighting, noise, radiation, air temperature and humidity, housing, solid wastes disposal and control, excretory disposal, water carriage system, modern sewage treatment, entomology-mosquito, housefly, lice, itch mite, Cyclopes, rat flea, rodents, insecticides-hazards, diseases, preplacement examination, measures for general health, protection of workers, prevention of occupational hazards

**3.2.15** Basic Medical Statistics: Census, Vital events, legislation, SRS, notification of diseases, measures of dispersion and centering, sampling, tests of significance, correlation and regression

**3.2.16** Health education and communication: Objectives, principles, aids, practice of Health education, planning and evaluation

**3.2.17** Health planning – Management – International health organizations: Planning cycle, management methods and techniques, national health policy, health planning in India, five

year plans, health systems in India, five year plans, health systems in India – at centre, state and district levels, panchayat raj, rural development schemes

**3.2.18** Healthcare of community – Health System and National Programs: Levels of healthcare, Health for All, primary healthcare, healthcare delivery, health problems, healthcare services and systems, voluntary health agencies, national health programs

**3.2.19** Nutrition and Health: Classification of food, vitamin, mineral, carbohydrate, protein, fat, energy balance, balanced diet, nutritional problems in public health, low birth N+PEM, xerophthalmia, nutritional anemia, IDPs, endemic fluorosis, lathyrism, assessment of nutritional status, nutritional surveillance, social aspects of nutritional food hygiene, food-borne disease.

**3.2.20** International health agencies: WHO, UNICEF, RED CROSS

**3.2.21** Voluntary health agencies.

### **3.3 Practical**

**3.3.1** Posting at any PHC, CHC, RHC or district hospital for National Immunization

Program

**3.3.2** Nutritional Assessment Surveys

**3.3.3** 1 day workshop or awareness program on AIDS with NACO

**3.3.4** Posting at Blood donation camp

**3.3.5** Field visits

**3.3.5.1** Anganwadis

**3.3.5.2** PHC / CHC / RHC / District hospital and understanding description of existing healthcare services

**3.3.6** A study on health related problem in the community

**3.3.7** Family Health Advisory Service

**3.3.7.1** To study the family structure & health status of individual members with reference to

3.3.7.1.1 General health status

3.3.7.1.2 Socio-economic status

3.3.7.1.3 Nutritional status

3.3.7.1.4 Environmental

3.3.7.1.5 Immunization status

3.3.7.1.6 Family welfare planning status

**3.3.8** Health Practices in 4 conditions

**3.3.8.1** Pulmonary Tuberculosis

3.3.8.1.1 Index case: occupation, literacy, social status etc

3.3.8.1.2 Preventive measures for other family members

3.3.8.1.3 Health education

**3.3.8.2** Antenatal Care

3.3.8.2.1 Literacy of the family and woman

3.3.8.2.2 Customs – social / religious during pregnancy, delivery, lactation

3.3.8.2.3 Dietary habits: knowledge, aptitude and practices

**3.3.8.3** Antenatal high risk care

3.3.8.3.1 Health education, family planning advice

- 3.3.8.4 Protein energy malnutrition**
  - 3.3.8.4.1 Socio-economic status of family
  - 3.3.8.4.2 Infant feeding and weaning practices
  - 3.3.8.4.3 Social customs regarding diet for children
- 3.3.9 Insecticides** - 10+ models
- 3.3.10 Universal Immunization Program** - 10+ models
- 3.3.11 Communicable diseases** - 10+ models
- 3.3.12 Insect-borne diseases** - 10+ models
- 3.3.13 Microscope slides** - 10+ models
- 3.3.14 Environment and Sanitation** - 10+ models
- 3.3.15 Statistical charts**
- 3.3.16 Field visits**
  - 3.3.16.1 Rural health Centers**
  - 3.3.16.2 Sewage Disposal Plant**
  - 3.3.16.3 Water Filtration Plant**
  - 3.3.16.4 Nature Cure Hospitals**
  - 3.3.16.5 Yoga Institutes**
  - 3.3.16.6 Nutritional Assessment surveys**
  - 3.3.16.7 Sanatoriums**
  - 3.3.16.8 NACO programs etc**

### 3.4 **Textbooks**

- 3.4.1** Textbook of Preventive and Social Medicine – JE Park & K Park
- 3.4.2** Textbook of Preventive and Social Medicine – BK Mahajan & MC Gupta

### 3.5 Reference Books

3.5.1 Preventive medicine – Ghosh

3.5.2 Preventive medicine – Yeshpal

### 3.6 Reference Papers

3.6.1 WHO Program papers

3.6.2 National Health Program Papers

3.6.3 Voluntary health Program Papers

3.6.4 Red Cross Program papers

3.6.5 UNICEF Program Papers

### 3.7 Scheme Of Examination

S.N o	Subject	Theo -ry	Intern -al Assm t	Viva- Voce	Total	Practi -cals	Inter- nal Assm t	Total Mark s	Grand Total Mark s
01.	Community Medicine	80	20	30	130	60	10	70	200



## **4.YOGA PHILOSOPHY**

### **4.1Goals and Objectives**

#### **4.1.1Goal:**

The goal of teaching *Yoga* philosophy to undergraduate students is to understand the intricacies of *Yoga* as a philosophy, its relation to ancient texts, other religious thoughts like Buddhism, with reference to *nyaya*, *vasistha*, *samkhya*, *mimamsa*, *Vedanta* and *PatanjaliYogasutras*.

#### **4.1.2Objectives:**

##### **4.1.2.1 Knowledge:**

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

4.1.2.1.1 Explain the basic understanding of *Yoga* as a philosophy

4.1.2.1.2 Describe the various schools of philosophy which had an influence on *Yogic text* like buddhism, *samkhya*, *mimamsa* etc.

4.2.1.2.3 Comprehend the concept of *brahman* according to *vedanta*

##### **4.2.1.3 Skills:**

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

4.2.1.3.1 Perform and demonstrate various *asanas*, *pranayamas*, *kriyas* and meditations;

4.2.1.3.2 Describe various philosophies of *Yoga* and apply them therapeutically, relating to a patient's life situation or personality.

##### **4.1.2.3 Integration**

4.1 At the completion of training, the student should be able to comprehend the basic principles of *Yoga* and therapeutically apply them in his/her professional practice.

## 4.2 **Theory (Duration: 12 months)**

**Total hours: 350 (Theory: 150 Practical: 200)**

- 4.2.1 *Yoga*, its definition, its basis, its relation to philosophy and its application.
- 4.2.2 Ancient roots of *Yoga* – literature review on reference to *Yoga* in *Upanishads*, *Vedas*, *Smritis* and *Puranas*.
- 4.2.3 Introduction to *Buddhism* – 4 main schools of Buddhist philosophy.
- 4.2.4 Introduction to *Nyaya* – Nature of physical world, individual soul, liberation and concept of supreme soul in Indian philosophy, theory of Body, Mind, Life and Soul and its philosophical background.
- 4.2.5 Introduction to *Vaisheshika* – Category of substance – *Nava dravyas*, category of quality – 24 *gunas*.
- 4.2.6 *Sankhya* – theory of cause and effect; *Prakriti*, *Purusa*; Process of evolution of universe; concept of liberation; Practical teachings of *Sankhya*.
- 4.2.7 *Mimamsa* – Major teachings of *Mimamsa* system; selfless action, nonattachment, self-control, self-discipline, daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity, selectiveness.
- 4.2.8 *Vedanta* – Concept of *Atman*, *Brahma*, *Maya*, Universe, God; the self and human life; liberation and the means of attaining it.
- 4.2.9 *PatanjaliYogaSutras* – Samadhi Pada, Sadhana Pada.
- 4.2.10 Spiritual values of *pranayama* and *kriyas*, their methods, importance, rules and regulations, difference between breathing exercises and *Pranayama*.

**4.2.11** Definition of Bramhan, Atman, Prakrithi, Purusha, Jeevatma, Paramatma, moksha according to various Upanishads.

4.2.12 Comparative study of ancient concepts of relationship of macrocosam and microcosam with mordern concepts according to various darshanas and upanishads.

4.2.13 Introductions to main cocepts of 10 principal upanishads under each upanishad have to mention the name of concepts, eg: shreyas and preyas concept of Katopanishad, nidra jagratha shusupti of mandukya, so on.

4.2.14 Give a brief note on following Yoga Gurus : Acharya Rajaneesh, Pattabhi jois, B.K.S Iyengar, Swami Sathyananda Saraswati, Ramana Maharshi, Ramakrishna Paramahamsa.

### **4.3 Practical**

**4.3.1** Entire first year syllabus.

**4.3.2** *Asanas*

**4.3.2.1** Sitting

4.3.2.1.1 *Siddhasana*

4.3.2.1.2 *Bhadrasana*

4.3.2.1.3 *Samasana*

4.3.2.1.4 *Swastikasana*

4.3.2.1.5 *Simhasana*

4.3.2.1.6 *Ardha Matsyendrasana*

4.3.2.1.7 *Kurmasana*

- 4.3.2.1.8 *Mayurasana*
- 4.3.2.1.9 *Sirshasana*
- 4.3.2.1.10 *Akarna Dhanurasana*
- 4.3.2.1.11 *Parivarta Janusirshasana*
- 4.3.2.1.12 *Garbhasana*
- 4.3.2.1.13 *Tolangulasana*
- 4.3.2.1.14 *Badhakonasana*
- 4.3.2.1.15 *Upavistakonasana*

**4.3.2.2 Prone**

- 4.3.2.2.1 *Shalabhasana – 2 and 3*

**4.3.2.3 Supine**

- 4.3.2.3.1 *Yoganidrasana*
- 4.3.2.3.2 *Karnapeedasana*  
*Naukasana*

- 4.3.2.3.3

**4.3.2.4 Standing**

- 4.3.2.4.1 *Ardha Katichakrasana*
- 4.3.2.4.2 *Parshvakonasana*
- 4.3.2.4.3 *Suptakonasana*
- 4.3.2.4.4 *Padangushtasana*
- 4.3.2.4.5 *Garudasana*
- 4.3.2.4.6 *Padahastasana (Advanced)*

### **4.3.3 Pranayama**

**4.3.3.1 Surya anulomaviloma**

**4.3.3.2 Ujjayi**

**4.3.3.3 Bhramari**

### **4.3.4 Kriya**

**4.3.4.1 VastraDhauti**

**4.3.4.2 Trataka – Jyoti&Bindu**

**4.3.4.3 Kapalabhati**

## **4.4 Textbooks**

**4.4.1** Basis and definitions of *Yoga* – Vivekananda Kendra

**4.4.2** *Asanas* – Swami Kuvalyananda

**4.4.3** The gospel of Buddha – Parul Caruso

**4.4.4** The Gospel of Shri Ramakrishna – Mahendranath Gupta

**4.4.5** Complete works of Shri Aurobindo

**4.4.6** *Asanas, Pranayama, Bandhas, Mudras* – Swami Satyananda Saraswati

**4.4.7** *Hatha YogaPradipika* – Swami Svatomarama

**4.4.8** Raja, Hatha, Jnana, Bhakti *Yoga* – Swami Vivekananda

#### 4.5 Scheme Of Examination

S.N o	Subject	Theo -ry	Intern -al Assm t	Viva- Voce	Total	Practi -cals	Inter- nal Assm t	Total Mark s	Grand Total Mark s
01.	Yoga Philosophy	80	20	30	130	60	10	70	200

## **5. BASIC PHARMACOLOGY**

### **5.1 Goals and Objectives**

#### **5.1.1 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.

#### **5.1.2 Objectives:**

##### **5.1.2.3 Knowledge:**

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

5.1.2.3.1 Illustrate pharmacokinetics and pharmacodynamics of essential and common drugs

##### **5.1.2.4 Skills:**

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

5.1.2.4.1 Be proficient in describing pharmacokinetics and pharmacodynamics of essential and common drugs

5.1.2.4.2 Observe medical ethics in his professional practice

##### **5.1.2.3 Integration**

At the completion of training, the student must be trained in medico legal responsibilities of physicians at all levels of health care as well as scientifically based clinical toxicology, being skilled in allied disciplines like Pathology, Radiology, Forensic Sciences, Hospital Administration, Medicine, Pharmacology, etc.

## **5.2 Theory (Duration: 12 months)**

**Total hours: 75**

### **5.2.1 General Pharmacology**

**5.2.1.1** Nature and sources of drugs

**5.2.1.2** Routes of administration

**5.2.1.3** Absorption and bioavailability of a drug – factors affecting drug absorption and its bioavailability

**5.2.1.4** Distribution of a drug in the body

5.2.1.4.1 Plasma concentration

5.2.1.4.2 Drug storage

5.2.1.4.3 Placental transfer

**5.2.1.5** Fate of the drug

**5.2.1.6** Drug excretion

**5.2.1.7** Drug receptors

**5.2.1.8** Mechanism of action of a drug – types of drug action

**5.2.1.9** Adverse reaction to drug

**5.2.1.10** Drug toxicity in man –

5.2.1.10.1 drug intolerance

5.2.1.10.2 hemopoietic toxicity

5.2.1.10.3 hepatotoxicity

5.2.1.10.4 nephrotoxicity

5.2.1.10.5 abnormalities of taste and smell



5.2.1.10.6 behavioral toxicity

5.2.1.10.7 production of a disease

5.2.1.10.8 electrolyte disturbances

5.2.1.10.9 endocrine disturbances

5.2.1.10.10 skin toxicity

5.2.1.10.11 carcinogenesis

5.2.1.10.12 teratogenicity

5.2.1.10.13 drug dependence

**5.2.1.11** Factors modifying the effects of a drug

**5.2.1.12** Role of a placebo

## **5.2.2 Brief description of the following drugs**

(Their mode of action, dosage, adverse reaction, the method of tapering their dosage, including the adverse effects with the abrupt stoppage of their use)

## **5.2.3 Drugs acting on the CNS 6.2.3.1**

General sedatives

**5.2.3.2** Anticonvulsant drugs

**5.2.3.3** Opioid and Non-Opioid analgesics

**5.2.3.4** Analgesics, antipyretics and non-steroidal anti-inflammatory drugs (NSAID)

**5.2.3.5** CNS stimulants – Xanthine alkaloids

**5.2.3.6** Psychopharmacology

5.2.3.6.1 Anti-anxiety drugs – Meprobamate, Benzodiazepines,  
Chlormethiazole

5.2.3.6.2 Anti-depressant drugs – Classification, actions, adverse reaction (monoamine oxidase inhibitors, *tricyclic* compounds, carbamazepine, lithium)

5.2.3.6.3 Psychotogenic drugs – LSD, Mescaline, Cannabis

**5.2.3.7** Local Anesthetics – adverse reactions

**5.2.3.8** Drug action on ANS

5.2.3.8.1 Skeletal muscle relaxants – Diazepam, Baclofen, Dantrolene

5.2.3.8.2 Anti-Parkinsonian drugs – Levodopa, Amantadine

**5.2.3.9** Biogenic Amines and Polypeptides

5.2.3.9.1 Histamine and Antihistamine drugs

5.2.3.9.2 Angiotensin, Kinins, Leukotrienes, Cytokines & PGs

**5.2.3.10** Drugs used in Respiratory Disorders

5.2.3.10.1 Expectorants, Central cough suppressants, antitussives, mucolytic agents

5.2.3.10.2 Pharmacotherapy of bronchial asthma and rhinitis

5.2.3.10.2.1 Drug therapy during an acute attack

5.2.3.10.2.2 Prevention of acute attacks

5.2.3.10.2.3 Treatment of acute severe asthma

5.2.3.10.2.4 Treatment of acute respiratory failure

5.2.3.10.2.5 Treatment of chronic persistent asthma

5.2.3.10.2.6 Drug therapy of rhinitis

### **5.2.3.11 Cardiovascular drugs**

5.2.3.11.1 Digitalis

5.2.3.11.2 Pharmacotherapy of cardiac arrhythmias – Sodium channel blockers, beta blockers, potassium channel blockers, calcium channel blockers

5.2.3.11.3 Pharmacotherapy of Hypertension – Clonidine, alpha methyl dopa, Guanethidine, Reserpine, Phentolamine etc.

### **5.2.3.12 Drugs acting on Blood and blood forming organs**

5.2.3.12.1 Drugs effective in iron deficiency anemia

5.2.3.12.2 Treatment of acute iron poisoning

### **5.2.3.13 Water, Electrolytes and drugs affecting Renal functions**

5.2.3.13.1 Nutritional supplementation therapy

5.2.3.13.2 Diuretic and Anti-diuretic drugs

### **5.2.3.14 Drugs used in GIT disorders**

5.2.3.14.1 Appetizers, Digestants, Carminatives, Appetite suppressants and agents lowering serum lipid

5.2.3.14.2 Emetics, drug therapy of vomiting and diarrhea

5.2.3.14.3 Pharmacotherapy of constipation

5.2.3.14.4 Pharmacotherapy of peptic ulcer

### **5.2.3.15 Chemotherapy**

5.2.3.15.1 Sulfonamides, Cotrimaxazole, Nitrofurans

5.2.3.15.2 Penicillin, antibiotics effective against gram positive and negative organisms

5.2.3.15.3 Tetracyclines, chloramphenicol and antifungal agents

5.2.3.15.4 Chemotherapy of UTI, STD, Tuberculosis, Leprosy, Malaria,  
Amoebiasis, Viral infections, Helminthiasis, Malignancy

5.2.3.15.5 Antiseptics and Disinfectants

**5.2.3.16** Drugs used in Endocrine disorders

5.2.3.16.1 Thyroid and antithyroidal drugs

5.2.3.16.2 Insulin and oral antidiabetic drugs

5.2.3.16.3 Adrenal cortical steroids

5.2.3.16.4 Gonadotropins, estrogens, progestins

5.2.3.16.5 Antifertility agents and ovulation including drugs

5.2.3.16.6 Drug therapy in lipidemia

5.2.3.16.7 Drug therapy in obesity

**5.2.3.17** Therapeutic gases – oxygen carbon dioxide

**5.2.3.18** Vitamins

**5.2.3.19** Immunotherapy, immuno-suppressants and immune-stimulants

NOTE: All the drugs mentioned in the syllabus are strictly for understanding drug reactions and NOT to be prescriptive in nature. Students, after graduation are not expected to prescribe any of the above-mentioned medication.

### 5.3 Textbooks

**5.3.1** Pharmacology and Pharmacotherapeutics – RS Satoskar, SD Bhandarkar, SS

Ainapore

**5.3.2** Essentials of Medical Pharmacology – KD Tripathi

**5.3.3** Pharmacology – Rang and Dale

## **6. FORENSIC MEDICINE AND TOXICOLOGY (Duration: 12 Months)**

**Total hours: 75 (Theory: 75)**

### **6.1 Goals and Objectives**

#### **6.4.1.1 Goal:**

The goal of teaching Forensic Medicine and Toxicology to undergraduate students is to provide a comprehensive knowledge of medico-legal responsibilities in the practice of medicine. He/she learns about law with respect to medical practice, medical negligence and respect for codes of medical ethics.

#### **6.4.1.2 Objectives:**

##### **6.4.1.2.1 Knowledge:**

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

6.4.1.2.1.1 Outline basic medico-legal aspects of hospitals and general practice;

6.4.1.2.1.2 Define medico-legal responsibilities of a general physician working in a rural primary health center or an urban health center.

##### **6.4.1.2.2 Skills:**

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

6.4.1.2.2.1 Observe and infer well, to enquire in criminal and medico-legal matters;

6.4.1.2.2.2 Diagnose and manage acute poisoning and chronic toxicity;

6.4.1.2.2.3 Be proficient in post mortem examinations including interpretation of findings

6.4.1.2.2.4 Observe medical ethics in his professional practice

#### **6.4.1.2.3 Integration**

At the completion of training, the student must be trained in medico legal responsibilities of physicians at all levels of health care as well as scientifically based clinical toxicology, being skilled in allied disciplines like Pathology, Radiology, Forensic Sciences, Hospital Administration, Medicine, Pharmacology, etc.

### **6.5 Theory**

#### **6.5.1 Forensic Medicine**

**6.5.1.1** Definition and scope of forensic medicine

**6.5.1.2** Procedure of giving medical evidence with reference to Indian evidence act

**6.5.1.3** Methods of identification of living and dead body, race, age, sex etc

**6.5.1.4** Death – medico-legal aspects, certification of death, sudden death, causes, medico-legal importance of signs of death, changes due to death and calculating time of death

**6.5.1.5** Medico-legal wounds, their classification and study and Medico-legal aspects

**6.5.1.6** Miscellaneous causes of death from heat, cold, electricity, starvation etc.

**6.5.1.7** Violent asphyxia deaths – hanging, strangulation, suffocation, and drowning

**6.5.1.8** Sexual offences – impotency and sterility, virginity, legitimacy, unnatural offences, medico-legal aspects

**6.5.1.9** Infanticide

**6.5.1.10** Medico-legal aspects of insanity

**6.5.1.11** Forensic psychiatry

**6.5.1.12** Definition, police inquest, difficulties in detection of crime, legal procedure in criminal courts and their powers oath, medical evidence, medical certificate, dying declaration

**6.5.1.13** Rules of giving evidence, professional secrecy

**6.5.1.14** Death – signs of death, cadaveric rigidity and spasm, putrefaction, estimation of time since death

**6.5.1.15** Death from asphyxia, differences between hanging and strangulation, suffocation and drowning

**6.5.1.16** Death from burns, scalds and lightning

**6.5.1.17** Rape and unnatural offences

**6.5.1.18** Laws in relation to a medical man, medical ethics, duties, professional privilege and responsibilities

## **6.5.2** Toxicology

**6.5.2.1** General considerations of poisoning and classification

6.5.2.1.1 Actions of poison, factors, modifying their action

6.5.2.1.2 Diagnosis of poisoning

6.5.2.1.3 Treatment of poisoning in general

**6.5.2.2** Poisons – In brief

6.5.2.2.1 Corrosives

6.5.2.2.2 Non-metallic poisons

6.5.2.2.3 Insecticides and weed killers

6.5.2.2.4 Metallic poisons

6.5.2.2.5 Organic irritant poisons



- 6.5.2.2.6 Somniferous poisons
- 6.5.2.2.7 Inebriant poisons
- 6.5.2.2.8 Deliriant poisons
- 6.5.2.2.9 Drug dependence
- 6.5.2.2.10 Food poisoning
- 6.5.2.2.11 Spinal poisons
- 6.5.2.2.12 Cardiac poisons
- 6.5.2.2.13 Asphyxiants
- 6.5.2.2.14 Miscellaneous

**6.5.2.3** Legal responsibilities – Medical Ethics

**6.5.2.4** Responsibilities and duties of medical practitioners to the State, professional secrecy and privileged communication

**6.5.2.5** Unprofessional conduct, malpractice

**6.5.2.6** The rights and privileges and duties of medical practitioners

**6.5.2.7** The functions of state medical council and its relationship to IMC

**6.5.2.8** Medical ethics approved by IMC

**6.6** **Practical**

**6.6.1** Examination of injured

**6.6.2** Alcoholic

**6.6.3** Psychiatric

**6.6.4** Toxicology

## 6.7 Textbooks

6.7.1 Medical Jurisprudence – Modi

6.7.2 A textbook of Forensic Medicine – Narayana Reddy

6.7.3 A textbook of Forensic Medicine – MRK Krishna

## 6.8 Reference Books

6.8.1 The essentials of Forensic Medicine – Dr. CJ Polson, DJ Gee and B. Knight

6.8.2 Forensic Medicine – Corden and Shapiro

6.8.3 Principles and practice of Medical Jurisprudence – Taylor's

## 6.9 Scheme Of Examination

S.No	Subject	Theory	Internal Assmt	Viva-Voce	Total	Practicals	Internal Assmt	Total Marks	Grand Total Marks
01.	Basic Pharmacology and Forensic Medicine And Toxicology	80	20	50	150	----- ---	----- ---	----- ---	----- ---

NOTE : In question paper, 60% will be from Basic Pharmacology and 40% will be from Forensic Medicine And Toxicology

# **1. MANIPULATIVE THERAPIES**

## **1.2 Goals and Objectives**

### **1.2.1 Goal:**

The goal of teaching Manipulative Therapies to undergraduate students is to provide them with comprehensive understanding of science and modes of applications of different manipulative modalities like Massage, Chiropractic, Osteopathy, Aromatherapy in preventive, curative and rehabilitative therapy.

### **1.2.2 Objectives:**

#### **1.2.2.1 Knowledge:**

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

1.2.2.1.1 Understand the principles and historical highlights of massage and manipulative techniques;

1.2.2.1.2 Demonstrate basic understanding of principles and procedures of different types of massage, their physiological effects, indications, and contraindications;

1.2.2.1.3 Delineate the principles and procedures of various manipulative therapies like chiropractic, osteopathy, reflexology and aroma therapy;

1.2.2.1.4 Describe essential oils with respect to the extraction, uses and combinations that are therapeutically used;

#### **1.2.2.2 Skills:**

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

1.2.2.2.1 Perform different types of massage and manipulative therapies,

such as Osteopathy, Chiropractic, Aromatherapy, Swedish massage, Kellogg's massage, Shiatsu, Geriatric Massage, Pediatric massage, Antenatal massage, Ayurvedic massage, etc;

1.2.2.2.2 Use therapies such as Reflexology and Zone therapy in their professional practice for musculoskeletal disorders, etc.

### **1.2.2.3 Integration**

At the completion of training, the student should be able to comprehend the basic principles of Manipulative Therapies and apply it in clinical practice.

## **1.3 Theory (Duration: 12 Months)**

Total hours: 250 (Theory: 150 Practical: 100)

**1.3.1** Introduction and historical highlights of Massage and Manipulative Techniques

**1.3.2** Classification of (lubricants) massage

**1.3.2.1** Basic Therapeutic massage (Swedish) techniques – procedure, indications, contraindications, physiological action

**1.3.2.2** Joint movements in massage therapy

**1.3.2.3** Massage to local areas

**1.3.3** Professional standards of massage professionals

**1.3.4** Physiological effects, indications, contraindications of massage in various organ systems

**1.3.5** Kellogg's massage

**1.3.6** Shiatsu

**1.3.7** Pediatric massage

**1.3.8** Geriatric massage

**1.3.9** Massage for antenatal care

**1.3.10** Ayurvedic massage – terminology, procedure and manipulations

**1.3.11** *Panchakarma* in brief

**1.3.12** Chiropractic

**1.3.12.1** History

**1.3.12.2** Importance of spine in chiropractic

**1.3.12.3** Physiological effect

**1.3.12.4** Chiropractic examination

**1.3.12.5** Spinal manipulative therapy

**1.3.12.6** Treatment for various diseases

**1.3.13** Osteopathy

**1.3.13.1** Definition

**1.3.13.2** History

**1.3.13.3** Basic principles

**1.3.13.4** Relation of osteopathy to musculoskeletal system

**1.3.14** Basic principles and procedure of different types of massage – Thai, Balanese, Hot-stone massage, dry brush massage, deep tissue massage, powder massage, vibrator massage etc.

**1.3.15** Aromatherapy

**1.3.15.1** Definition, Origin and History

**1.3.15.2** Essential Oils

1.3.15.2.1 Types

1.3.15.2.2 Extraction – Distillation, cold pressing or expression, solvent extraction

1.3.15.2.3 Storage of essential oils

1.3.15.2.4 How to recognize an essential oil

1.3.15.2.5 How to select aroma oils

1.3.15.2.6 How essential oils work

1.3.15.2.7 Carrier oils – Almond oil, Apricot kernel oil, Avocado oil, Carrot oil, Corn oil, Primrose oil, Grape seed Oil, Hazelnut oil, Jojoba oil, Olive oil, Peanut oil, Safflower oil, Sesame oil, Soya bean oil, Sunflower oil

**1.3.15.3** Different methods of using essential oils – Inhalation, Diffusers, Vaporizers, Massage, Baths, Foot bath, Potpourri, Compresses, Oral intake, Beauty treatment, Room sprays, Insect repellants etc.

**1.3.15.4** Description of different essential oils and their benefits

1.3.15.4.1 Amrette seed, Aniseed, Angelica, Basil, Bergamot, Black Pepper, Camphor, Cardamom, Chamomile, Clove bud, Cedar wood, Cypress, Clay sage, Eucalyptus, Fennel, Frankincense, Geranium, Ginger, Juniper berry, Lavender, Lemon, Lemongrass, Marjoram, Neroli, Orange, Palma Rosa, Peppermint, Patchouli, Pine, Rose, Rosemary, Sandalwood, Tarragon, Tea tree, Thyme (white), Vetiver, Ylang Ylang

**1.3.15.5** The best essential oils

1.3.15.5.1 5 fragrance categories – green, floral, citrus, woody and spicy

1.3.15.5.2 Mixing of aroma oils, equipment required for mixing oils

**1.3.15.6** Precautions for use of aroma oils – Skin patch test, testing essential oils in its pure state

**1.3.15.7** Ill effects of aroma oils – in eyes, toxic effects, allergic effects etc.

**1.3.15.8** Careful handling of essential oils

**1.3.15.9** Contraindications

1.3.15.9.1 Oils to be avoided – Phototoxic or photosensitive oils, oils to be avoided in pregnancy, oils that cause skin irritation etc.

**1.3.16** Reflexology and Zone therapy

**1.3.16.1** What is Reflexology, history and development

**1.3.16.2** How does it work

**1.3.16.3** Body and its reflex zones

**1.3.16.4** Applications, indications and contra-indications

**1.3.16.5** Preventive effects of reflexology

**1.3.17** Milestones of females and its management through massage

1.3.18 Sports Massage

1.3.19 Lymphatic Drainage Massage

1.3.20 Manipulative therapies for various disease

1.3.21 Recent Trends and Research in Manipulative therapies

1.3.22 Crisis during massage

1.3.23 Cranio sacral therapy

1.3.24 Effect of Massage on Metabolic Disorder

## 1.4 Practical

- 1.4.1 10 full body massages
- 1.4.2 35 partial massages
- 1.4.3 10 Panchakarma demonstration Identification of different oils
- 1.4.4 Demonstration of different methods of application
  - 1.4.4.1 Inhalation
  - 1.4.4.2 Compress
  - 1.4.4.3 Diffuses
- 1.4.5 Local baths

## 1.5 **Textbooks**

- 1.5.1 Massage – George Downing
- 1.5.2 Massage Therapy – Dr. JH Kellogg
- 1.5.3 Massage – Constant Young
- 1.5.4 The Complete Book of Massage – Claire Maxwell Hudson
- 1.5.5 Step-by-Step Massage – Carole McGilvery
- 1.5.6 All You Wanted to Know About Aromatherapy – Lalita Sharma
- 1.5.7 Aromatherapy – Julie Sadler
- 1.5.8 *Ayurveda*& Aromatherapy – Dr. Light Miller & Dr. Bryan Miller.

## 1.6 **Reference Books**

- 1.6.1 Massage Therapy – Susan G. Salvo
- 1.6.2 Magic of Massage – Tanushree Podder



### 1.6.3 Art of massage – Dr John Harvey Kellogg

Sports massage for injury care- Robert.E.McAtee

The complete guide to Lymph Drainage Massage-Romana Moody French

Medical conditions & Massage therapy a decision Tree approach- Tray Walton

Understanding craniosacral Therapy- John Wilks

The healing power of Ayurvedic vital point massage- Dr.Ernst Schrott and J.Ramanuja Raju

### 1.7 Scheme Of Examination

S.No	Subject	Theory	Internal Assmt	Viva-Voce	Total	Practicals	Internal Assmt	Total Marks	Grand Total Marks
01.	Manipulative Therapies	80	20	30	130	60	10	70	200

## **2. ACUPUNCTURE AND ACUPRESSURE (Duration:12 Months)**

**Total hours: 200(Theory:100 Practical:100)**

### **2.1 Goals and Objectives**

#### **2.1.1 Goal:**

The goal of teaching acupuncture to undergraduate students is to provide them with a comprehensive understanding of the science and art of Acupuncture, Acupressure and related therapies

## **2.1.2 Objectives:**

### **2.1.2.1 Knowledge:**

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

2.1.2.1.1 Illustrate the definitions of Acupuncture;

2.1.2.1.2 Understand the principles and historical highlights of Acupuncture;

2.1.2.1.3 Explain the concepts and theories behind the mechanism in which Acupuncture works, both traditional and modern

2.1.2.1.4 Demonstrate basic understanding of procedures of different styles of Acupuncture and related therapeutic modalities, such as Traditional

Acupuncture, Scalp Acupuncture, Auriculotherapy, Acupuncture Anaesthesia, Reflexology, Zone Therapy, Acupressure, etc;

2.1.2.1.5 Describe basic and advanced tools used in Acupuncture;

2.1.2.1.6 Be aware of the contraindications and dangers of Acupuncture, so as to avoid these in his/her professional practice;

### **2.1.2.2 Skills:**

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

2.1.2.2.1 Diagnose common diseases and disorders using

diagnostic techniques employed in Acupuncture, such as Tongue Diagnosis, Pulse Diagnosis, etc;

2.1.2.2.2 Demonstrate skill in topographically locating meridians and Acupuncture points on the human body;

2.1.2.2.3 Perform Needling and other essential skills in delivering Acupuncture therapy to a patient;

2.1.2.2.4 Plan, implement and evaluate Acupuncture sessions with expertise in his/her professional practice;

### **2.1.2.3 Integration**

At the completion of training, the student should be able to comprehensively understand traditional and modern approaches to Acupuncture and effectively utilise the same in preventive, promotive, curative and rehabilitative clinical practice as well as research projects.

## **2.2 Theory**

**2.2.1** Definition, concepts of Acupuncture

**2.2.2** Traditional and modern theories of Acupuncture

**2.2.3** Materials and methods of Acupuncture

**2.2.4** Principles of Acupuncture

**2.2.5** Rules for the selection of Acupuncture points

**2.2.6** Contraindications and complications of Acupuncture

**2.2.7** The concept of Meridians:

**2.2.7.1** Lung Meridian (Lu)

**2.2.7.2** Large intestine Meridian (LI)

**2.2.7.3** Spleen Meridian (Sp)

**2.2.7.4** Stomach Meridian (St)

**2.2.7.5** Heart Meridian (H)

**2.2.7.6** Small intestine meridian (SI)

**2.2.7.7** Urinary bladder meridian (UB)

**2.2.7.8** Kidney Meridian (K)

**2.2.7.9** Triple warmer meridian (TW)

**2.2.7.10** Gall bladder meridian (GB)

**2.2.7.11** Liver Meridian (Liv)

**2.2.7.12** Governing vessel Meridian (GV)

**2.2.7.13** Conceptional vessels Meridian (CV)

**2.2.7.14** Extra Meridians

**2.2.8** The extra-ordinary points

**2.2.9** Examination methods of Traditional Chinese Medicine

**2.2.10** Auriculotherapy

**2.2.11** Scalp acupuncture

**2.2.12** Moxibustion

**2.2.13** Types of Stimulation in Acupuncture

**2.2.13.1** Manual stimulation

**2.2.13.2** Electro acupuncture

**2.2.14** Acupuncture Therapeutics

**2.2.15** Acupuncture Anaesthesia

**2.2.16** Reflexology & Zone Therapy

**2.2.16.1** What is reflexology, history and development

**2.2.16.2** How does reflexology work

**2.2.16.3** Body & its reflex zones

**2.2.16.4** Applications, indications and contra-indications Preventive effects of reflexology

**2.2.17** Acupressure

**2.2.17.1** What is Acupressure

**2.2.17.2** Origin & development

**2.2.17.4** Physiological effects

**2.2.17.5** Therapeutic uses of Acupressure

**2.2.17.6** Traditional Chinese medicine.

**2.2.17.7** Cupping Therapy

**2.2.17.8** Sujok Therapy

**2.2.17.9** Laser acupuncture

**2.2.17.10** Thermal acupressure device

## **2.3 Practicals**

**2.3.1** Demonstration of needling techniques and electro-stimulation, Moxibustion.

**2.3.2** Each student should give treatment for at least 20 patients during the practical.

## **2.4 Reference Books: -**

**2.4.1** Clinical Practice of Acupuncture - A.L. Aggarwal

**2.4.2** Clinical Acupuncture - Dr. Anton Jayasurya

**2.4.3** Principles and Practice of Acupuncture - Dr. J.K. Patel

**2.4.4** Health in Your Hands - Devendra Vora

**2.4.5** Clinical Acupuncture and Moxibustion - Liu Gong Wang

**2.4.6** Fundamentals of Acupuncture and Moxibustion - Liu Gong Wang/Akira Hyodo.

**2.4.7** Advanced Acupuncture Therapy - Arjun L Agarwal, Govind N Sharma

**2.4.8** Classical Acupuncture - The Standard Textbook - Porket. Hempen, the China Academy

**2.4.9** Reiki

**2.4.9.1** Empowerment through Reiki - Paula Horan

**2.4.9.2** Reiki - Energy Medicine - Libby Barnett & Maggie Chambers with Susan Davidson

**2.4.10** Pranic Healing

**2.4.10.1** Pranic healing using Breathing with Healing Mantras - Dr. L.R. Chowdhry

**2.4.10.2** Advanced Pranic Healing- Choa Kok Sui

**2.4.10.3** The Ancient Science and Art of Pranic Crystal Cleaning- Choa Kok Sui.

2.4.11 Sujok Therapy By Doctor Ashok Sethi

2.4.12 Cupping therapy by. Kenneth Choi

**2.5 Scheme Of Examination**

S.No	Subject		Theo	Inter-	Viva-	Total	Prac- ticals	Inter-	Total	Grand
			-ry	Nal	Voce			Nal	Marks	Total
				Assmt				Assmt	Marks	Marks
1	Acu- punc- ture Acu- pres- sure	&	80	20	30	130	60	2	70	200



### **3. YOGA AND ITS APPLICATIONS (Duration: 12 Months)**

**Total hours: 225 (Theory: 125 Practical: 100)**

#### **3.1 Goals and Objectives**

##### **3.1.1 Goal:**

The goal of teaching *Yoga* and its applications to undergraduate students is to provide them with comprehensive understanding of *Yoga* with reference to traditional texts like *Patanjali-Yogasutras*, *Hatha YogaPradipika*, *Shiva samhita*, *Gheranda samhita* and *Swara Yoga*; various streams of *Yoga*, advanced meditative techniques like *Yoganidra*, *Omkar*, *Cyclic*, *Vipassana* and learn about benefits of *Yoga* as compared to exercise

### **3.1.2 Objectives:**

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

3.1.2.1.1 Illustrate the knowledge of traditional texts like *Patanjali Yoga Sutras*, *Hatha Yoga*, *Shiva Samhita* and *Gheranda Samhita*;

3.1.2.1.2 Understand the principles behind various meditative practices like *Yoganidra*, *Om* meditation, *cyclic* meditation, *Vipassana* and so on;

3.1.2.1.3 Explain about *Yoga* in relation to its application in education, sports;

3.1.2.1.4 Demonstrate basic understanding of procedures of stretching and exercises;

3.1.2.1.5 Describe basic physiological changes of *asanas*

3.1.2.1.6 Be aware of the effects of *shat kriyas* and their adverse effects.

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

3.1.2.2.1 Describe the concept of *Yoga* as explained in the traditional texts;

3.1.2.2.2 Deliver a meditative session using any of the meditative styles;

3.1.2.2.3 Implement various exercises loosening or eye exercises or stretching to complement *Yoga* practice.

### **3.1.2.3 Integration**

At the completion of training, the student should be able to comprehensively understand traditional approaches to *Yoga* and employ the same for therapeutic purposes.

## **3.2 Theory**

**3.2.1** *Hatha Yoga Pradipika* – full text with necessary reference to *Gheranda Samhita* and *Siva Samhita*

**3.2.1.1** Description of practice of *asanas*: Verses – 15, 16, 17, 32, 34, 35, 38, 44, 47, 48, 50, 51, 53, 54, 57, 58, 59, 62, 63, 64, 65, 67

**3.2.1.2** Description of practice of *pranayama*: Verses – 2, 3, 5-12, 14, 16-20, 22, 24, 26-32, 34-37, 39, 40, 44-51, 54, 57, 59

**3.2.2** Introduction to other streams of *Yoga - Kundalini, Tantra*.

**3.2.3** *Yoganidra*- methods, applications, effects and benefits

**3.2.4** Meditation – types –*omkar, cyclic, vipassana, TM* etc. methods of application, benefits, precaution, its influence on health and disease

**3.2.5** *Yoga* – in relation to personality and education

**3.2.6** *Yoga* – in relation to sports and games, social and political life

**3.2.7** Eye exercises – benefits, methods, precautions

**3.2.8** Physiological aspects of *asana*

**3.2.9** Physiological, neurophysiological aspects of *pranayama*

**3.2.10** *Shatkriyas* – comparative study of *shat kriyas* with other systems of medicine

**3.2.11** Physiological aspects of exercises

**3.2.12** Physical exercises for health and fitness

**3.2.12.1** Introduction

**3.2.12.2** Who should stretch

**3.2.12.3** When to stretch

**3.2.12.4** Why to stretch

**3.2.12.5** How to stretch

**3.2.12.6** Relaxing stretches for back, legs, feet and ankles; hips, hamstrings, lowback

**3.2.12.7** Stretching exercises for elderly

**3.2.12.8** Stretching exercises for abdominal muscles, arms, chest, ankles, legs, knee, thigh, forearm etc

**3.2.12.9** Techniques of walking, running, cycling etc

**3.2.12.10** Caring for the back

**3.2.13** Other two padas of patanjala yoga shastra also has to be given importance to the core

**3.2.14** Details of various muscle group, nerves involvement in various asanas, pranayama, bandhas and mudras.

**3.2.15** Swara yoga in detail

**3.2.16** Brief on Shat kriyas as in Yoga Upanishads

**3.2.17** Importance must be given to physiological, neurophysiological aspects of asana pranayama

**3.2.18** Simplified asana variations for people with inabilities.

**3.2.19** Yoga for Women

**3.2.20** Vinyas Yoga.

**3.2.21** Power Yoga

**3.2.22** Write a brief note on following yoga gurus : Paramahamasa Yogananda, Swami Vivekananda, Swami Shivananda, Gorakshnatha, Gheranda Maharshi.

### **3.3 Practical**

**3.3.1** All previous years' asana plus – *veerasana, koormasana, kukkutasana, ut-*

*thankoormasana, matsyendrasana, padmamayurasana, simhasana, sarvangasana*

(all variants), *sirsasana*(all variants)

**3.3.2** All loosening (*Sithilikarana Vyayama*) and breathing exercises

**3.3.3** All previous years' *Pranayama* plus – *suryabhedana, Chandra bhedana*, cat and tiger

breathing, new variants of *pranayama*

**3.3.4** All previous years' *Kriyas* plus – *Dandadhouti, agnisara, nauli, bandhas, mudras*

### **3.4 Textbooks**

**3.4.1** Autobiography of a Yogi – Paramahamsa *Yogananda*

**3.4.2** *Yoga* as Philosophy and Religion – SN Dasgupta

**3.4.3** *Yoga* – the Science of Holistic Siving – VK *Yoga*

**3.4.4** A Complete Illustrated Book of *Yoga* – Swami Vishnu

**3.4.5** Encyclopedia of Indian Physical Culture – DC Mujumdar

**3.4.6** Preksha Meditation – Acharya Tulsi

Diet, shatkarmas & Amaroli yogic nutrition & cleansing for health & spirit- Yogani A & P Publishing  
Hata Yoga Pradeepika by Swatmaram  
Concept of Yogic Diet by Swaminathan, Bihar School of Yoga  
Bhagavadgeetha.

**3.5 Scheme Of Examination**

S.No	Subject	Theo-ry	Inter-Nal Assmt	Viva-Voce	Total	Practicals	Inter-Nal Assmt	Total Marks	Grand Total Marks
01.	Yoga & its Applications	80	20	30	130	60	10	70	200

## **4. NUTRITION AND MEDICINAL HERBS**

### **4.1 Goals and Objectives**

#### **4.1.1 Goal:**

The goal of teaching Nutrition and Medicinal Herbs to undergraduate students is to enable them to analyse nutritional profiles of their patients and prescribe diets to them based on nutritional requirements, as well as use herbs in the management of various diseases.

#### **Objectives:**

#### **4.1.2 Knowledge:**

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

Describe fundamentals of nutrition, with respect to different nutrients and food groups;

Illustrate details of nutritional requirements for different age groups, as well as pregnant and lactating women;

Demonstrate therapeutic application of nutrition for common diseases;

Compare modern nutrition to traditional Naturopathic diets;

Have detailed knowledge of recent advances and studies, such as carcinogens in food, food additives, contaminants, etc;

Illustrate the use of specific herbs in common diseases, with therapeutic values;

#### **Objectives:**

#### **4.1.3 Knowledge:**

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

Describe fundamentals of nutrition, with respect to different nutrients and food groups;

Illustrate details of nutritional requirements for different age groups, as well as pregnant and lactating women;

Demonstrate therapeutic application of nutrition for common diseases;

Compare modern nutrition to traditional Naturopathic diets;

Have detailed knowledge of recent advances and studies, such as carcinogens in food, food additives, contaminants, etc;

Illustrate the use of specific herbs in common diseases, with therapeutic values.

**Skills:**

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

Assess the nutritional status of a patient;

Plan, implement and evaluate nutritional advice for people of different ages and patients of different diseases, including the use of herbs.

**Integration**

**At the completion of training, the student should be able to**

comprehensively integrate traditional Naturopathic nutrition and modern nutrition along with herbs, and employ the same for therapeutic purposes.

**4.2 Theory (Duration: 12 Months)**

Total hours: 250 (Theory: 150 Practical: 100)

**4.2.1 Nutrition**

**4.2.1.1** Definition of food, nutrition, nutrient and diet

**4.2.1.2** What is nutrition healing

**4.2.1.3** Defining essential nutrients

**4.2.1.4** Proteins and amino acids

**4.2.1.5** Carbohydrates

**4.2.1.6** Lipids, sterols and their metabolism

**4.2.1.7** Energy needs: assessment and requirements in humans

**4.2.1.8** Electrolytes, water and acid-base balance

**4.2.1.9** Minerals – calcium, phosphorous, magnesium, iron zinc, copper, iodine, selenium, chromium, ultra trace minerals

**4.2.1.10** Vitamins – A, retinoid, D, E, K, Thiamine, Riboflavin, Niacin, Pantothenic acid, Folic acid, B12, Biotin, C.

**4.2.1.11** Clinical manifestations of human vitamin and mineral disorders

**4.2.1.12** Role/significance of nutrition

4.2.1.12.1 Regulation of gene expression

4.2.1.12.2 Membrane and transport

4.2.1.13 Control of food intake

4.2.1.14 Antioxidants

4.2.1.15 Food groups

4.2.1.16 Metabolic consequences of starvation

4.2.1.17 Fiber and other dietary factors affecting nutrient absorption and metabolism

4.2.1.18 Hormone, cytokine and nutrient reactions

4.2.1.19 Nutrition and immune system

4.2.1.20 Oxidative stress and oxidant defense

4.2.1.21 Diet in work and exercise performance

4.2.1.22 Body composition: influence of nutrition, physical activity, growth and aging

4.2.1.23 Maternal nutrition

4.2.1.24 Nutritional requirements during infancy

4.2.1.25 Diet, nutrition and adolescence

4.2.1.26 Nutrition in the elderly

4.2.1.27 Clinical nutrition assessment of infants and children



- 4.2.1.28 Change the Heading as "Nutritional Assessment of Adults"
- 4.2.1.29 Nutritional assessment of malnutrition by anthropometric methods
- 4.2.1.30 Laboratory tests for assessing nutritional status
- 4.2.1.31 Dietary assessment
- 4.2.1.32 Childhood obesity
- 4.2.1.33 Nutritional management of infants and children with specific diseases  
and/or conditions
- 4.2.1.34 Assessment of mal absorption
- 4.2.1.35 Nutrition in pancreatic disorders
- 4.2.1.36 Nutrition in liver disorders
- 4.2.1.37 Nutrition and diet in the management of hyperlipidemia and atherosclerosis
- 4.2.1.38 Nutrition, diet and hypertension
- 4.2.1.39 Diet, nutrition and prevention of cancer
- 4.2.1.40 Carcinogens in foods
- 4.2.1.41 Nutritional support of the cancer patient
- 4.2.1.42 Nutrition and diet in rheumatic diseases
- 4.2.1.43 Nutritional management of diabetes
- 4.2.1.44 Nutrition management of Obesity
- 4.2.1.45 Nutritional aspects of hematologic disorders
- 4.2.1.46 Renal disorders and nutrition
- 4.2.1.47 Nutrition, respiratory function and disease
- 4.2.1.48 Diagnosis and management of food allergies
- 4.2.1.49 Nutrition and diet in alcoholism

- 4.2.1.50 The hypercatabolic state
- 4.2.1.51 Nutrition and infection
- 4.2.1.52 Nutritive value of food ingredients commonly used in India
- 4.2.1.53 Enteral feeding (only theory)
- 4.2.1.54 Parenteral nutrition (only theory)
- 4.2.1.55 Nutrition and medical ethics – the interplay of medical decisions, patients' rights, and the judicial system
- 4.2.1.56 RDA – individuals and populations
- 4.2.1.58 Nutritional implications of vegetarian diets
- 4.2.1.58 Social and cultural influences on food consumption and nutritional status
- 4.2.1.59 Food additives, contaminants and natural toxins
- 4.2.1.60 Comparative study of modern nutrition and traditional naturopathy diet
- 4.2.1.61 Methods of cooking
- 4.2.1.62 Nutrition in preschoolers & school going
- 4.2.1.63 Food exchange list
- 4.2.1.64 Food adulteration
- 4.2.1.65 Food safety & quality control
- 4.2.1.67 Probiotics & prebiotics
- 4.2.1.68 Balanced diet
- 4.2.1.69 Nutraceuticals
- 4.2.1.70 Nutrient loss & preservation
- 4.2.1.71 Vegan Diet

## **4.2.2 MEDICINAL HERBS**

### 4.2.2.1 Introduction to Herbology

4.2.2.2 Following herbs are to be studied with respect to their source and therapeutic uses

Botanical details can be avoided

#### 4.2.2.2.1 *Embelica officinalis*

#### 4.2.2.2.2 *Cassia fistula*

#### 4.2.2.2.3 *Ficus glomerata*

#### 4.2.2.2.4 *Vetiveria zizanioides*

#### 4.2.2.2.5 *Cinnamomum amomum*

#### 4.2.2.2.6 *Momordica charantia*

#### 4.2.2.2.7 *Tribulus terrestris*

#### 4.2.2.2.8 *Myristica fragrans*

#### 4.2.2.2.9 *Cuminum cyminum*

#### 4.2.2.2.10 *Sesamum indicum*

#### 4.2.2.2.11 *Osmium sanctum*

#### 4.2.2.2.12 *Punica granatum*

#### 4.2.2.2.13 *Coriandrum sativum*

#### 4.2.2.2.14 *Azadirachta indica*

#### 4.2.2.2.15 *Allium cepa*

#### 4.2.2.2.16 *Piper longum*

#### 4.2.2.2.17 *Psoralea corylifolia*

#### 4.2.2.2.18 *Taxus baccata*

#### 4.2.2.2.19 *Aegle marmelos*

- 4.2.2.2.20 *Semecarpus anacardium*
- 4.2.2.2.21 *Phyllanthus niruri*
- 4.2.2.2.22 *Piper nigrum*
- 4.2.2.2.23 *Trigonella foenum – graecum*
- 4.2.2.2.24 *Santhalum album*
- 4.2.2.2.25 *Allium sativum*
- 4.2.2.2.26 *Mimosa pudica*
- 4.2.2.2.27 *Acorus calamus*
- 4.2.2.2.28 *Asparagus racemosus*
- 4.2.2.2.29 *Rauwolfia serpentina*
- 4.2.2.2.30 *Curcuma longa*
- 4.2.2.2.31 *Terminalia chebula*
- 4.2.2.2.32 *Ferula Asafoetida*
- 4.2.2.2.33 *Syzygium aromaticum*
- 4.2.2.2.34 *Terminalia bellerica*
- 4.2.2.2.35 *Zingiber officinale*

*Basella alba* – Malabar spinach

*Cissus Quadrangularis* - grape family

*Aloe barbadensis* – aloe vera

*Ricinus communis* - castor oil plant

*Brassica nigra* – black mustard

*Withania somnifera* - ashwagandha

Bacopa monieri – Indian pennywort

Piper betle - betel

Coleus amboinicus – Indian borage

Leucas aspera - Thumbai

Catharanthus roseus - Madagaskar

Calotropis gigantea – Crown flower

Hibiscus rosa – sinensis -Chinese hibiscus

Phyllanthis acidus - gooseberry

### **4.3 Textbooks**

4.3.1 Davidson and Passamore Human Nutrition – Passamore

4.3.2 Clinical Dietetics and Nutrition – FP Antia

4.3.3 Normal Therapeutic Nutrition – Corinne Robinson

4.3.4 Essentials of Food and Nutrition – Swaminathan

4.3.5 Sprouts – JD VaishYogaSamsthan

4.3.6 Science and Art of Food and Nutrition – Herbert Shelton

4.3.7 Nutritive Values of Indian Foods – NIN (Hyd)

4.3.8 Publications of NIN, Hyderabad

4.3.9 Herbs that Hheal – HK Bakhru

4.3.10 *Charaka* and *Sushruta Samhita*

4.3.11 Fundamentals of *Ayurveda* – Mahadev Shastri

4.3.12 New Research on Antioxidents by Diego Marin

4.3.13 Antioxidants Pablo Garcia

4.3.14 Nutrition during Pregnancy and Lactation implications for maternal & infant Health  
by Leanne.M. Redman

4.3.15 Dravya Guna vijnana by Prakash Hegde

4.3.16 Dravya Guna vijnana Volume (2) by JLB Sastry

**4.4 Scheme Of Examination**

S.No	Subject	Theo-ry	Inter-Nal Assmt	Viva-Voce	Total	Practi-cals	Inter-Nal Assmt	Total Marks	Grand Total Marks
01.	Nutrition & Medicinal Herbs	80	20	30	150	60	10	70	200

## **5. Colour Therapy and Magneto biology**

### **5.1 Goals and Objectives**

#### **5.1.1 Goal:**

The goal of teaching Colour therapy and Magneto biology to undergraduate students is to provide them with comprehensive understanding of philosophy, science and modes of applications of colours and magnets in preventive, curative and rehabilitative therapy.

#### **5.1.2 Objectives:**

##### **5.1.2.1 Knowledge:**

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

- 5.1.2.1.1 Demonstrate basic understanding of principles along which colours and magnets can be used as therapeutic agents, along with history of therapeutic uses of colours and magnets;
- 5.1.2.1.2 Understand bio-magnetism, electro-magnetism, properties of magnets, mechanisms of action of magnets on the human body, magnetic overload, charging, modes of application, etc. and apply this knowledge to therapeutically use magnets;
- 5.1.2.1.3 Be aware of the contraindications and harmful effects of colours and magnets;
- 5.1.2.1.4 Illustrate classification of colours, physics of light, electromagnetic spectrum, pathway of vision, human aura, chakras, heliotherapy, colour breathing, chromo charging, and latest research, applying the same to disease management;

### **5.1.2.2 Skills:**

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

- 5.1.2.2.1 Diagnose various diseases and disorders of the body and mind using the principles of colour diagnosis;
- 5.1.2.2.2 Outline and implement a plan of treatment using colours and magnets as therapeutic tools
- 5.1.2.2.3 Evaluate the therapeutic values of colours and magnets in treatment of various diseases
- 5.1.2.2.4 Utilise latest research finding in improving his/her professional practice

### **5.1.2.3 Integration**

At the completion of training, the student should be able to comprehend the basic principles of Colour therapy and Megneto biology and therapeutically apply them in his/her professional practice.

## **5.2 Theory (Duration: 12 months)**

**Total hours: 150 (Theory: 100 Practical: 50)**

### **5.2.1 Magneto biology**

5.2.1.1 Definitions of magneto therapy

5.2.1.2 Historical highlights

5.2.1.3 Vedic references related to magneto therapy

5.2.1.4 Biomagnetism



5.2.1.4.1 Effects on plants , birds and animals.

5.2.1.4.2 Effects on mankind

**5.2.1.5 Principles electromagnetism**

**5.2.1.6 Types of magnets**

5.2.1.6.1 Natural

5.2.1.6.2 Artificial

5.2.1.6.2.1 Permanent

5.2.1.6.2.2 Electromagnets

**5.2.1.7 Classification of magnets according to**

5.2.1.7.1 Power

5.2.1.7.2 Shapes

5.2.1.7.3 Clinical use

**5.2.1.8 Physical properties of magnets**

5.2.1.8.1 Magnetic permeability

5.2.1.8.2 Ferromagnetic materials

5.2.1.8.3 Antiferromagnetic materials

5.2.1.8.4 Paramagnetic materials

5.2.1.6.8 Diamagnetic materials

**5.2.1.9 Measurement of magnetic field**

**5.2.1.10 Mechanism of action of magnets in the body**

**5.2.1.11 Properties effects and corresponding features of north & south poles**

**5.2.1.12 Maintenance of permanent magnets**

**5.2.1.13 Magnetic field deficiency syndrome**

**5.2.1.14** Magnetic overload

**5.2.1.15** Earth as a huge magnet

**5.2.1.16** Effect of biomagnetism in various organ systems

**5.2.1.17** Modes of application of magnets

5.2.1.17.1 General

5.2.1.17.2 Local

5.2.1.17.3 Different kinds of magnetic devices used in application of therapy

**5.2.1.18** Magnetic charging , mechanism, dosage and its effect and limitations

5.2.1.18.1 Water, oil, milk, honey

**5.2.1.19** Magnetic therapy through shad chakras

**7.2.1.21** Contraindications, complications, and limitations of magneto therapy.

**5.2.1.21** Harmful effects of EMF and measures for minimizing it.

5.2.1.22 Use of neodymium magnets in hypertension.

5.2.1.23 Transcranial magnetic stimulation

#### **5.2.1.24 Reference Books:**

5.2.1.22.1 The book of magnetic Healing by Roger Coghill

5.2.1.22.2 Magnet therapy – by Ghanashyamsingh Birla and Colette Hemlin

### **5.2.2 Colour Therapy**

#### **5.2.2.1 Definition**

#### **5.2.2.2 Historical highlights**

5.2.2.2.1 Ghadiyali's principle

5.2.2.2.2 Babbitt postulates

5.2.2.2.3 Modern history of color therapy

#### **5.2.2.3 Classification of colors**

#### **5.2.2.4 How do rainbows form**

#### **5.2.2.5 Physics of light**

#### **5.2.2.6 Electromagnetic spectrum**

#### **5.2.2.7 Pathway of vision and color sensing**

#### **5.2.2.8 The human aura and colors**

#### **5.2.2.9 Relation of colors with shad chakras**

#### **5.2.2.10 Impact of color sense on emotions and psychology**

#### **5.2.2.11 Therapeutic effect of colors**

#### **5.2.2.12 Heliotherapy –**

5.2.2.12.1 Health benefits

5.2.2.12.2 Physiological and chemical properties of sunlight

5.2.2.12.3 modes of application, plantain leaf sun bath, chromothermoleum

5.2.2.12.4 Procedure, precaution, indication and limitations.

5.2.2.12.5 Dr. Rikli's method of Sun bath , Dr .Kuhne's method of sun bath

**5.2.2.13** Advanced colour therapy

5.2.2.13.1 Photochemotherapy

5.2.2.13.2 Photobiological coloured lighting to produce immunoregulation

**5.2.2.14** Color breathing

**5.2.2.15** Chromo charging of water, oil honey and food stuffs. And their effect on health and disease.

**5.2.2.16** Limitation and contraindications of chromo therapy

5.2.2.17 Research updating related to chromo therapy

5.2.2.18 Relation between different colours and Melatonin

5.2.2.19 Air therapy

5.2.2.20 Music Therapy

5.2.2.21 Gem Therapy

5.2.2.22 Colour psychology

**5.2.3 Reference Books:**

5.2.3.1 Color therapy - Jonathan Dee and Lesley Taylor

5.2.3.2 Healing with color –Theo Gimbel

5.2.3.3 The power of color – Dr.Marton Walker

5.2.3.4. Cure Yourself the Natural way-Kathri Vikas (V&S Publisher)

5.2.3.5 Practical Music therapy-Jyothi Sharma & Krishna sharma,

5.2.3.6 The metaphysical book of gems and crystals-Flaurence megemont-

## 5.4 Practical

5.4.1 Procedural standards / guidelines for application of magnets

5.4.2 General application – lead system of application

5.4.3 Local application

5.4.3.1 high power magnets

5.4.3.2 Medium power magnets

5.4.3.3 Low power magnets

5.4.3.4 Specialized magnetic devices

5.4.4 Case documentation and application of magneto biology and color therapy - at least  
20 cases

## 5.5 Scheme Of Examination

S.No	Subject	Theo-ry	Intern-al Assm-t	Viva-Voce	Total	Practi-cals	Inter-nal Assm-t	Total Marks	Grand Total Marks
01	Colour Therapy and Magneto Biology	80	20	30	130	60	10	70	200

## **6. DIAGNOSTIC METHODS IN NATUROPATHY – I**

(Duration: 12 months)

Total hours: 200 (Theory: 100 Practical: 100)

### **6.1 Goals and Objectives**

#### **6.1.1 Goal:**

The goal of teaching Diagnostic Methods in Naturopathy to undergraduate students is to provide them with comprehensive knowledge of diagnostic methods employed by traditional Naturopaths that can be used efficiently to diagnose various diseases without the use of sophisticated technology.

#### **6.1.2 Objectives:**

##### **6.1.2.1 Knowledge:**

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

- 6.1.2.1.1 Define and be aware of historically significant developments in diagnostic procedures used in Naturopathy
- 6.1.2.1.2 Illustrate the characteristics of a Healthy Body with respect to Naturopathic Principles
- 6.1.2.1.3 Describe philosophical theories of causation of disease according to Naturopathy
- 6.1.2.1.4 Utilise knowledge of theory of encumbrances, their types and interpretation, along with naturopathic ways to therapeutically correct them;
- 6.1.2.1.5 Describe in detail Iris Diagnosis, with respect to history ,techniques, iris signs, interpretations and tools used, and use the same to diagnose diseases;
- 6.1.2.1.6 Comprehend the techniques and interpretations of stool and urine diagnosis, correlating modern medical knowledge and Ayurvedic *sthoola* and *muthra pariksha*;
- 6.1.2.1.7 Describe the characteristics of normal and unhealthy skin, in different diseases.

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

6.1.2.2.6 Use knowledge of different diagnostic procedures in Naturopathy to effectively and accurately diagnose various diseases, such as Iris Diagnosis, Facial Diagnosis, Stool and Urine Diagnosis, etc.

### **6.1.2.3 Integration**

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

## **6.2 Theory**

### **6.2.1 Facial Diagnosis**

#### **6.2.1.1 Introduction**

6.2.1.1.1 Definition

6.2.1.1.2 Historical Highlights

#### **6.2.1.2 Characteristics of Healthy Body**

#### **6.2.1.3 Foreign matter theory, toxemia theory, vitality theory**

#### **6.2.1.4 Physiological and pathological perspective of foreign matter, toxemia and vitality theory**

#### **6.2.1.5 Unity of disease and unity of cure – interpretation with contemporary medicine**

#### **6.2.1.6 Encumbrance, its types and its interpretation in health and disease**

#### **6.2.1.7 Habits – significance /consequences and its correspondence in encumbrance**

#### **6.2.1.8 Significance of naturopathy treatment modalities in correction of encumbrances.**

Face Organ Map theory

Prakruthi analysis-Concept of Vata, pitta, Kapha

## **6.2.2 Iridiagnosis**

**6.2.2.1** Definition and Historical Highlights

**6.2.2.2** Anatomy of iris in detail

**6.2.2.3** Conceptual theories of Iridiagnosis

**6.2.2.4** Comparison of the science of iridiagnosis with concepts of *Drishtipraraksha* in *Ayurveda* and ophthalmology in modern medicine.

**6.2.2.5** Technique in iris reading

6.2.2.5.1 Normal and abnormal iris

6.2.2.5.2 The vibratory theory and its significance

6.2.2.5.3 Diagnostic chart

**6.2.2.6** Iridoscope

**6.2.2.7** Zones

**6.2.2.8** Sectorial division

**6.2.2.9 Interpretation of iris manifestation**

6.2.2.9.1 Inherent lesions and weakness

6.2.2.9.2 Cataract

6.2.2.9.3 Toxic settlements

6.2.2.9.4 Nerve rings

6.2.2.9.5 Lymphatic rosary

6.2.2.9.6 Injuries and surgeries

6.2.2.9.7 Psora spot, scurf rim



6.2.2.9.8 Raddi Solaris

6.2.2.9.9 Sympathetic nerve wreath

6.2.2.9.10 Closed and open lesions

6.2.2.9.11 Sodium ring

6.2.2.9.12 Circulatory indicators

6.2.2.9.13 Drugs and chemicals' appearance in the iris and their effect on the  
body

6.2.2.9.13.1 Arsenic, bismuth, bromides, coal tar products, ergot, glycerin,  
iodine, iron, lead, mercury, opium, phosphorus, quinine, salicylic  
acid,, sodium, strychnine, sculpture, turpentine, vaccines etc.

### **6.2.3 Stool & Urine Diagnosis**

**6.2.3.1** Characteristics of Normal stool & urine

**6.2.3.2** Abnormal characteristics and its significance

**6.2.3.3** Comparison of Stool and urine diagnosis with mala & moothra pareeksha in

*Ayurveda*

### **6.2.4 Skin Diagnosis**

**6.2.4.1** Anatomy of skin

**6.2.4.2** Skin types

**6.2.4.3** Abnormality and its significance in Health

**6.2.4.4** Comparison of skin diagnosis with twakpareeksha in *Ayurveda*

6.2.5 Tongue diagnosis

6.2.6 Pulse diagnosis

6.2.7 Chromo diagnosis

6.2.8 Advanced research updates

6.2.9 Pupillary variations.

6.2.10 Nail Diagnosis

### **6.3 Practical**

6.3.1 Case sheet writing - minimum 25 cases with naturopathic diagnostic methods

6.3.2 Regular hospital visit

6.3.3 Dissertation of at least 20 cases studies with significant and relevant Naturopathic diagnostic modalities

### **6.4 Reference Books:**

**6.4.1** Macfaddans Encyclopedia of Physical Culture - Bernard Macfadden

**6.4.2** *Asthangahridayam*

**6.4.3** *Charaka samhitha*

**6.4.4** *Susrutha samhitha*

**6.4.5** The Science of Facial Expression – Louis Kuhne

**6.4.6** Iridology - Dr. Bernard Jenson

**6.4.7** Diagnostic methods in Ayurveda-Ajay kumar sharma

**6.4.8** V.N.Subramanya sastri, Tridosha theory

### **6.5 Scheme Of Examination**

S.No	Subject	Theory	Internal Assmt	Viva-Voce	Total	Practicals	Internal Assmt	Total Marks	Grand Total Marks
01.	Diagnostic Methods - I (Naturopathy)	80	20	30	130	60	10	70	200

## **7. DIAGNOSTIC METHODS IN CONVENTIONAL MEDICINE – II**

**(Duration: 12 Months)**

**Total hours: 250 (Theory: 150 Practical: 100)**

### **7.1 Goals and Objectives**

#### **7.1.1 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.

## **7. DIAGNOSTIC METHODS IN CONVENTIONAL MEDICINE – II**

**(Duration: 12 Months)**

**Total hours: 250 (Theory: 150 Practical: 100)**

### **7.1 Goals and Objectives**

#### **7.1.1 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.

## **7.1.2 Objectives:**

### **7.1.2.1 Knowledge:**

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

**7.1.2.1.1** Understand the procedures and nuances in approaching a patient and taking a detailed history and writing a case report;

**7.1.2.1.2** Illustrate examination procedures and techniques generally as well as for specific systems and make provisional diagnoses of common diseases;

**7.1.2.1.3** Describe laboratory investigations used for supporting the provisional diagnosis made after history taking and examinations;

**7.1.2.1.4** Prescribe and interpret radiological investigations, biochemical investigations, sonography, EEG, ECG, EMG, echocardiography, CT, PET, MRI, etc for diagnostic and prognostic purposes;

**7.1.2.1.5** Explain and demonstrate knowledge of invasive tests such as paracentesis, thoracocentesis, lumbar puncture, laparoscopy, endoscopy, biopsy, etc.

### **7.1.2.2 Skills:**

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

**7.1.2.2.1** Effectively take a case history with examinations and prepare a detailed case report

**7.1.2.2.2** Prescribe and interpret any further investigations required for the provisional diagnosis made.

### **7.1.2.3 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.

## **7.2 Theory**

### **7.2.1 Examination of the Patient**

**7.2.1.1** Approach to a patient

**7.2.1.2** History taking and case sheet writing

**7.2.1.3** Symptomatology

**7.2.1.4** Examination of vital data

**7.2.1.5** Importance of height, weight, abdominal girth

**7.2.1.6** General physical examination

**7.2.1.7** Examination of skin, nail and hair

**7.2.1.8** Systemic examination of the patient

7.2.1.8.1 Examination of Abdomen (digestive system)

7.2.1.8.2 Examination of Cardiovascular system

7.2.1.8.3 Examination of Respiratory system

7.2.1.8.4 Examination of Renal and urogenital system

7.2.1.8.5 Examination of Central nervous system

7.2.1.8.6 Examination of Locomotor system

7.2.1.8.7 Examination of ear, nose and throat

7.2.1.8.8 Gynecological examination

7.2.1.8.9 Endocrine system and metabolic disorder

7.2.1.8.10 Examination of eye

**7.2.1.9** Provisional diagnosis

**7.2.1.10** Routine and special investigations

7.2.1.10.1 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.

7.2.1.10.2 Radiological investigations: Plain X ray chest, K.U.B., lumbar and cervical spine, skull and para nasal sinuses, joints

7.2.1.10.3 Contrast Radiology: Barium swallow, barium meal, barium enema; cholecystography, pyelography, angiography, bronchogram, myelogram

7.2.1.10.4 Electrocardiography

7.2.1.10.5 Echo-cardiograph

7.2.1.10.6 Coronary angiography

7.2.1.10.7 Electro-encephalography

7.2.1.10.8 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

7.2.1.10.9 Diagnostic Paracentesis

7.2.1.10.10 Diagnostic Thoracocentesis

7.2.1.10.11 Lumbar puncture and CSF analysis

7.2.1.10.12 Radioactive iodine uptake studies

7.2.1.10.13 Thyroid T3, T4, TSH estimation

7.2.1.10.14 Diagnostic skin tests

7.2.1.10.15 Endoscopic procedures

7.2.1.10.16 Ultra-sonography

7.2.1.10.17 CT, PET, MRI, Doppler

7.2.1.10.18 Tissue biopsy and FNAC

## 7.2.2 Final Diagnosis

## 7.3 **Practical**

7.3.1 History taking and physical examination of cases

7.3.2 Case sheet writing of different types of cases (25)

7.3.3 Demonstration of equipment and instruments used for investigation in modern diagnostics

7.3.4 Demonstration tour of an ultra-modern super-specialty hospital to view the latest technique of modern diagnosis

## 7.4 **Textbooks**

7.4.1 Hutchison's Clinical Methods

7.4.2 Manual of clinical Methods – PS Shankar

7.4.3 Clinical Diagnosis – JalVakil

7.4.4 Clinical Methods – Chamberlin

7.4.5 Physical Diagnosis – Golwala

7.4.6 Harrison's Principles of Internal Medicine

7.4.7 Manipal Manual of Clinical Medicine

7.4.8 Macleod's Clinical Examination

7.4.9 Davidson's Principles and Practice of Medicine

7.4.10 Essentials in Hematology and Clinical Pathology



## **7. FIRST AID AND EMERGENCY MEDICINE (Duration: 12 Months)**

**Total hours: 150 (Theory: 100 Practical: 50)**

### **7.1 Goals and Objectives**

#### **7.1.1 Goal:**

The goal of teaching First Aid and Emergency Medicine to undergraduate students is to provide them with the skills and knowledge required to manage medical emergencies efficiently.

#### **7.1.3 Objectives:**

##### **7.1.3.1 Knowledge:**

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

7.1.3.1.1 Illustrate working knowledge about Golden hour

7.1.3.1.2 Describe quick assessment and recognition of emergency conditions;

7.1.3.1.3 Demonstrate specific first aid measures and emergency treatments used for handling emergency cases before and after diagnosis of the condition;

##### **7.1.3.2 Skills:**

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

7.1.3.2.1 Demonstrate usage of first aid procedures in various emergency situations

7.1.3.2.2 Describe assessment of emergencies and treatment of the same with suitable procedures.

7.1.3.2.3 Possess the knowledge and skills to perform Basic Life Support procedures in the Golden Hour.

7.1.3.2.4 Able to assess the severity of an emergency condition so as to act in accordance and take necessary steps to prevent further complications.

### **7.1.3.3 Integration**

At the completion of training, the student should be able to effectively use his/her knowledge of assessment and management of medical emergencies in his/her professional practice.

## **7.2 First Aid**

**7.2.1** General principles of first aid-definition, principles, responsibilities and golden rules

**7.2.2** Resuscitation techniques-basic life support, mouth to mouth ventilation, artificial ventilation, Sylvester method.

**7.2.3** Unconsciousness and general principles of treatment, recovery position

**7.2.4** Transportation and handling of patient

**7.2.5** Hemorrhage and bleeding

**7.2.6** Shock

**7.2.7** Wounds

**7.2.8** Bandages ,dressing and slings

**7.2.9** Fractures, sprains and strains

**7.2.10** Poisoning

**7.2.11** Asphyxia, Aspiration, drowning, suffocation and strangulation

**7.2.12** Road accidents

**7.2.13** Effect of temperature, sunburn, hypothermia, frost bite, heat exhaustion, heat stroke

**7.2.7** Burns and scalds, electrical injuries

**7.2.15** Head injury, chest injury, blast injury, crush injury

**7.2.16** Sports injuries

**7.2.17** Epilepsy-febrile convulsions

**7.2.18** Syncope

**7.2.19** Dog bite, snake bite, scorpion bite and bee sting

**7.2.20** Emergencies in diasthetic patients and cardiac patient

### **7.3 Recognition, Evaluation Of Clinical Emergencies**

#### **7.3.1 CVS**

**7.3.1.1** Acute myocardial infarction

**7.3.1.2** Cardiogenic shock

**7.3.1.3** Cardiac arrhythmias

**7.3.1.4** Cardiac arrest

**7.3.1.5** Hypertensive emergencies

**7.3.1.6** Pulmonary embolism

**7.3.1.7** Dissection of aortic aneurysm

**7.3.1.8** Cardiac tamponade

**7.3.1.9** DVT

#### **7.3.2 Respiratory System**

**7.3.2.1** Hemoptysis

**7.3.2.2** Status asthmaticus

**7.3.2.3** Spontaneous pneumothorax

**7.3.2.4** Acute respiratory failure

**7.3.2.5** Massive pulmonary collapse

**7.3.2.6** Acute laryngeal obstruction

**7.3.2.7** ARDS

**7.3.2.8** Pneumonia

**7.3.2.9** Massive pleural effusion

### **7.3.3** Gastrointestinal System

**7.3.3.1** Acute vomiting

**7.3.3.2** Perforation of Peptic Ulcer

**7.3.3.3** Hemetemesis

**7.3.3.4** Hepatic Pre coma and coma

**7.3.3.5** Acute pancreatitis

**7.3.3.6** Acute pain in abdomen

**7.3.3.7** Obstruction of intestine

### **7.3.4** Nervous System

**7.3.4.1** Unconscious patient

**7.3.4.2** Cerebrovascular catastrophes

**7.3.4.3** Convulsions

**7.3.4.4** Status epilepticus

**7.3.4.5** TIA

**7.3.4.6** Spinal cord injuries

**7.3.4.7** Brain death

**7.3.4.8** Head injury

**7.3.4.9** Acute ascending polyneuritis

**7.3.5** Renal System

**7.3.5.1** Acute renal failure

**7.3.5.2** Renal colic

**7.3.5.3** Hematuria

**7.3.5.4** Hyperkalaemia

**7.3.5.5** Hypokalaemia

**7.3.5.6** Hyponatremia

**7.3.6** Endocrine and Metabolism

**7.3.6.1** Thyroid crisis

**7.3.6.2** Adrenal crisis

**7.3.6.3** Diabetic ketoacidosis and coma

**7.3.6.4** Hypoglycemia

**7.3.6.5** Tetany

**7.3.6.6** Hypercalcemia

**7.3.7** Miscellaneous Emergencies

**7.3.7.1** Syncope

**7.3.7.2** Acute peripheral circulatory failure

**7.3.7.3** Anaphylaxis

**7.3.7.4** Hypothermia

**7.3.7.5** Hyperpyrexia

**7.3.7.6 Poisoning**

**7.3.7.7 Drug overdose**

**7.4 Practical**

**7.4.1 History taking and physical examination of cases**

**7.4.2 Case sheet writing in different general cases (25)**

**7.4.3 Demonstration of equipment and instruments used for investigation in modern diagnostics**

**7.4.4 Demonstration tour of an ultra-modern super specialty hospital to see the latest techniques management of emergency conditions**

**7.5 Textbooks**

**7.5.1 Hutchison's Clinical Methods**

**7.5.2 Manual of Clinical Methods – PS Shankar**

**7.5.3 First Aid – Red Cross Society**

**7.5.4 First Aid – St. John Ambulance Association**

**7.5.5 First Aid – LC Gupta**

**7.5.6 Bailey and Love's Short Practice of Surgery**

**7.5.7 Harrison's Principle of Internal Medicine**

**7.5.8 Davidson's Principle and Practice of Medicine**

**7.5.9 Medical Emergency, Diagnosis and Management**

### **7.5 Scheme Of Examination**

S.No	Subject	Theory	Internal Assmt	Viva-Voce	Total	Practicals	Internal Assmt	Total Marks	Grand Total Marks
01.	Diagnostic Methods – II (Conventional) and First Aid and Emergency Medicine	80	20	30	130	60	10	70	200

## **8. PSYCHOLOGY AND BASIC PSYCHIATRY**

**(Duration: 12 months)**

**Total hours: 150 (Theory: 100 Practical: 50)**

### **8.1 Goals and Objectives**

#### **8.1.1 Goal:**

The goal of teaching Psychology and Basic Psychiatry to undergraduate students is to provide them with comprehensive knowledge of normal and abnormal psychology and assessment of the same for therapeutic purposes.

#### **8.1.2 Objectives:**

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

8.1.2.1.1 Describe the evolution of Psychology from speculation to science;

8.1.2.1.2 Illustrate mechanisms of sense and perception, states of consciousness and their functions;

8.1.2.1.3 Understand basic and complex functions such as learning, memory, thinking, language, motivation, emotion, intelligence, development of psychology across lifespan, personality, stress coping, social psychology, attitudes, etc.

8.1.2.1.4 Explain abnormal psychology and describe aetiology and psychopathology along with classification of disorders;

8.1.2.1.5 Demonstrate knowledge of therapies aimed at psychological health, such as psychotherapy, *Yoga*, etc;



### **8.1.2.2 Skills:**

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

- 8.1.2.2.1 Utilise knowledge of psychology and psychiatry in diagnosing and managing various psychological disorders, assessing psychological profile;
- 8.1.2.2.2 Demonstrate usage of various therapeutic tools in psychiatry to improve mental health in professional practice.

### **8.1.2.3 Integration**

At the completion of training, the student should be able to integrate knowledge of normal and abnormal psychology and psychiatric therapies and efficiently utilise the same for therapeutic purposes.

## **8.2 Theory**

### **8.2.1 Psychology**

**8.2.1.1** Unit 1: The Evolution of Psychology- How psychology developed from speculation to science

8.2.1.1.1 Studying the mind and behaviour

8.2.1.1.2 Early scientific approaches to psychology

8.2.1.1.2.1 Structuralism

8.2.1.1.2.2 Functionalism

8.2.1.1.3 Contemporary approaches to psychology

8.2.1.1.3.1 Behavioural approach

8.2.1.1.3.2 Psychodynamic approach

8.2.1.1.3.3 Cognitive approach

8.2.1.1.3.4 Behavioural neuroscience approach

8.2.1.1.3.5 Evolutionary psychology approach

8.2.1.1.3.6 Sociocultural approach

8.2.1.1.4 Positive approach to psychology: Humanistic movement and the positive psychology movement

8.2.1.1.5 Evolution of Psychology –Development of Psychology from speculation to science - The Schools of Psychology & contemporary perspectives

Definition of Psychology – Behaviour & cognitive functions – differentiate normal and abnormal functions.

### **Branches of Psychology**

#### **8.2.1.2 Unit 2: Sensation and Perception**

8.2.1.2.1 How we sense and perceive the world

8.2.1.2.1.1 The visual system

8.2.1.2.1.2 Other senses

8.2.1.2.2 States of consciousness

8.2.1.2.2.1 Levels of awareness

8.2.1.2.2.2 Sleep and dreams

8.2.1.2.3 Altered states of consciousness

8.2.1.2.3.1 Hypnosis

8.2.1.2.3.2 Meditation

8.2.1.2.3.3 Drug induced states

### **8.2.1.3 Unit 3: Learning and Memory**

#### 8.2.1.3.1 Types of learning

##### 8.2.1.3.1.1 Classical conditioning

##### 8.2.1.3.1.2 Operant conditioning

##### 8.2.1.3.1.3 Observational learning

##### 8.2.1.3.1.4 Cognitive factors in learning

#### 8.2.1.3.2 Memory

##### 8.2.1.3.2.1 Nature of memory

##### 8.2.1.3.2.2 Memory encoding: getting information into memory – the role of attention

##### 8.2.1.3.2.3 Levels of processing

##### 8.2.1.3.2.4 Enriching encoding

##### 8.2.1.3.2.5 Memory storage

###### 8.2.1.3.2.5.1 Sensory memory

###### 8.2.1.3.2.5.2 Short-term memory

###### 8.2.1.3.2.5.3 Long-term memory

##### 8.2.1.3.2.6 Memory retrieval

###### 8.2.1.3.2.6.1 Serial position effect

###### 8.2.1.3.2.6.2 Retrieval cues and the retrieval task

###### 8.2.1.3.2.6.3 Retrieval of autobiographical memories

###### 8.2.1.3.2.6.4 Retrieval of emotional memories

###### 8.2.1.3.2.6.5 Forgetting

##### 8.2.1.3.2.7 Are there multiple memory systems? Implicit versus explicit

memory

8.2.1.3.2.8 Declarative versus procedural memory

8.2.1.3.2.9 Semantic versus episodic memory

#### **8.2.1.4 Unit 4: Thinking and Language**

8.2.1.4.1 The cognitive revolution in psychology

8.2.1.4.2 Concept formation

8.2.1.4.3 Problem solving

8.2.1.4.4 Critical thinking

8.2.1.4.5 Reasoning and decision making

8.2.1.4.6 Language and thought language acquisition and development

#### **8.2.1.5 Unit 5: Motivation and Emotion**

8.2.1.5.1 Approaches to motivation

8.2.1.5.1.1 Evolutionary approach

8.2.1.5.1.2 Drive reduction theory

8.2.1.5.1.3 Optimum arousal theory

8.2.1.5.1.4 The cognitive approach

8.2.1.5.2 Hunger

8.2.1.5.2.1 The biology of hunger and thirst

8.2.1.5.2.2 Environmental factors in the regulation of hunger

8.2.1.5.2.3 Eating and weight

8.2.1.5.2.4 Sexuality - the biology of sex and the human sexual response:

cognitive and sensory/perceptual factors

8.2.1.5.2.5 Cultural factors

8.2.1.5.2.6 Psychosexual dysfunctions

8.2.1.5.2.7 Sexual behavior and orientation

### **Theories of motivation and emotion**

#### **8.2.1.6 Unit 6: Intelligence**

8.2.1.6.1 Nature of intelligence

8.2.1.6.2 Intelligence testing

8.2.1.6.3 Neuroscience and intelligence

8.2.1.6.4 Theories of multiple intelligences

8.2.1.6.5 The extremes of intelligence and creativity

8.2.1.6.6 The influence of heredity and environment

#### **8.2.1.7 Unit 7: Human development across the life span**

8.2.1.7.1 Exploring human development

8.2.1.7.2 Prenatal development

8.2.1.7.3 Child development: physical, cognitive and socio emotional  
development in childhood

8.2.1.7.4 Adolescence positive psychology and adolescents

8.2.1.7.4.1 Physical, cognitive and socio emotional development in  
adolescence

8.2.1.7.5 Adult development and aging

8.2.1.7.6 Physical, cognitive and socio emotional development in  
adulthood

### **8.2.1.8 Unit 8: Personality**

- 8.2.1.8.1 The nature of personality
- 8.2.1.8.2 Psychodynamic perspectives
- 8.2.1.8.3 Behavioral perspectives
- 8.2.1.8.4 Humanistic perspectives
- 8.2.1.8.5 Biological perspectives and contemporary empirical approaches to personality

### **8.2.1.9 Unit 9: Stress coping and health**

- 8.2.1.9.1 The nature of stress
- 8.2.1.9.2 Major types of stress
- 8.2.1.9.3 Responding to stress
- 8.2.1.9.4 The effects of stress on psychological functioning
- 8.2.1.9.5 The effects of stress on physical health
- 8.2.1.9.6 Factors moderating the impact of stress
- 8.2.1.9.7 Health-impairing lifestyles
- 8.2.1.9.8 Reactions to illness
- 8.2.1.9.9 Improving coping and stress management

### **8.2.1.10 Unit 10: Social Psychology**

- 8.2.1.10.1 Social thinking
  - 8.2.1.10.1.1 Attribution
  - 8.2.1.10.1.2 Social perception
  - 8.2.1.10.1.3 Attitudes
- 8.2.1.10.2 Social influences

8.2.1.10.2.1 Conformity and obedience

8.2.1.10.2.2 Group influence

8.2.1.10.2.3 Leadership

8.2.1.10.3 Inter group relations

8.2.1.10.3.1 Group identity

8.2.1.10.3.2 Prejudice

8.2.1.10.3.3 Ways to improve interethnic relations

8.2.1.10.4 Social interaction

8.2.1.10.4.1 Aggression

8.2.1.10.5 Relationships

8.2.1.10.5.1 Attraction

8.2.1.10.5.2 Love

8.2.1.10.5.3 Relationships and gender

## **8.2.2 Abnormal psychology: Psychiatry**

### **8.2.2.1 Unit 1: Abnormal behavior in historical context- the science of psychopathology**

8.2.2.1.1 The historical conceptions of abnormal behavior

8.2.2.1.1.1 The supernatural tradition

8.2.2.1.1.2 The biological tradition

8.2.2.1.1.3 The psychological tradition

8.2.2.1.2 An integrative approach to psychopathology

8.2.2.1.3 One-dimensional and multidimensional models

8.2.2.1.4 Genetic contributions to psychopathology neuroscience and its

contributions to psychopathology

8.2.2.1.5 Behavioral and cognitive science

8.2.2.1.6 Cultural, social and interpersonal factors

8.2.2.1.7 Classification of psychological disorders: DSM IV and ICD 10

Classifications

### **8.2.2.2 Unit 2: Anxiety disorders**

8.2.2.2.1 Generalized anxiety disorders

8.2.2.2.2 Panic disorders - phobias

8.2.2.2.3 Obsessive compulsive disorders

### **Clinical features or ICD 10/DSW 5 criteria**

### **8.2.2.3 Unit 3: Somatoform and Dissociative disorders**

8.2.2.3.1 Hypochondriasis

8.2.2.3.2 Somatization disorder

8.2.2.3.3 Conversion disorder

8.2.2.3.4 Pain disorder

8.2.2.3.5 Dissociative disorders

### **8.2.2.4 Unit 4: Mood disorders**

8.2.2.4.1 Depressive disorders

8.2.2.4.2 Bipolar disorders

8.2.2.4.3 Suicide



### **8.2.2.5 Unit 5: Substance-related disorders**

#### 8.2.2.5.1 Depressants

##### 8.2.2.5.1.1 Alcohol use disorders

##### 8.2.2.5.1.2 Sedative substance use disorders

##### 8.2.2.5.1.3 Hypnotic substance use disorders

##### 8.2.2.5.1.4 Anxiolytic substance use disorders

#### 8.2.2.5.2 Stimulants

##### 8.2.2.5.2.1 Amphetamine use disorders

##### 8.2.2.5.2.2 Cocaine use disorders

##### 8.2.2.5.2.3 Nicotine use disorders

##### 8.2.2.5.2.4 Caffeine use disorders

#### 8.2.2.5.3 Opioids use disorders

#### 8.2.2.5.4 Hallucinogens

##### 8.2.2.5.4.1 Marijuana

##### 8.2.2.5.4.2 LSD

##### 8.2.2.5.4.3 Other Hallucinogens

#### 8.2.2.5.5 Other drugs of abuse

### **8.2.2.6 Unit 6: Schizophrenia and other psychotic disorders**

#### 8.2.2.6.1 Schizophrenia

##### 8.2.2.6.1.1 Clinical description

##### 8.2.2.6.1.2 Causes

##### 8.2.2.6.1.3 Types and treatment

#### 8.2.2.6.2 Personality disorders – cluster A, B and C

### 8.2.2.6.3 Psychotherapies

#### 8.2.2.6.3.1 Psychodynamic therapies

#### 8.2.2.6.3.2 Behavioural therapies

#### 8.2.2.6.3.3 Humanistic therapies

### **8.3 References:**

1. Weiten, Wayne (1995) themes and variations 3<sup>rd</sup> edition, New York Brooks/Cole Publishing company
2. Santrock, J.W. (2005) Psychology, 7<sup>th</sup> edition , New York, McGraw Hill publications
3. Barlow , D.H. and Durand, V.M. (2002 ) Abnormal Psychology, 3<sup>rd</sup> edition , United States, Wadsworth Thomson Learning
4. Psychology, 5th edition, Sundara.K.Ciccarelli, J.Noland White Adaptes by Girishwar Misra

### **8.4 Scheme Of Examination**

S.N o	Subject	Theo -ry	Inter- nal Assmt	Viva- Voce	Total	Practi -cals	Inter- nal Assmt	Total Marks	Grand Total Marks
01.	Psychology & Basic Psychiatry	80	20	30	130	60	10	70	200

## **1. FASTING THERAPY AND DIETETICS (Duration: 12 months)**

**Total hours: 200 (Theory: 100 Practical: 100)**

### **1.1 Goals and Objectives**

#### **1.1.1 Goal:**

The goal of teaching Fasting Therapy and Dietetics to undergraduate students is to provide them with comprehensive knowledge of diet management and Fasting therapy and utilisation of the same for therapeutic purposes.

#### **1.1.2 Objectives:**

##### **1.1.2.1 Knowledge:**

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

1.1.2.1.1 Describe definitions and historical highlights of

fasting therapy through the centuries, including fasting employed in different religions;

1.1.2.1.2 Classify fasting according to duration, purpose, type, etc;

1.1.2.1.3 Define rules and regulations of fasting to be followed;

1.1.2.1.4 Understand the metabolism of fasting;

1.1.2.1.5 Understand contraindications and indications of fasting in order to efficiently use fasting as a therapy;

1.1.2.1.6 Understanding Calorie Restriction: Concept, Method, Prevailing basic- Clinical-applied evidence;

1.1.2.1.7 Understand the concept of dietetic principles in Naturopathy;

1.1.2.1.8 Understand food combinations and health, including

dietary requirements for different age groups, including pregnant and lactating women;

1.1.2.1.9 Describe importance of various components of diet, such as dietary fiber, vitamins, minerals, etc;

1.1.2.1.10 Explain auxiliary concepts of dietetics such as food hygiene, etc.

#### 1.1.2.2 **Skills:**

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

1.1.2.2.1 Utilise knowledge of fasting therapy and dietetics in managing various diseases;

1.1.2.2.2 Demonstrate usage of therapeutic diets and fasting therapy in promotive, preventive, curative and rehabilitative therapy.

#### 1.1.2.3 **Integration**

At the completion of training, the student should be able to integrate knowledge of fasting therapy and dietetics and efficiently utilise the same for therapeutic purposes.

### 1.2 **Fasting**

#### 1.2.1 Definition

#### 1.2.2 Historical highlights

1.2.2.1 Indian: According to Vedas, *Ayurveda*, Epics and other pioneer Naturopaths

1.2.2.2 Western

#### 1.2.3 Evidence of fasting in animals and its benefits

#### 1.2.4 Fasting in different religions

#### 1.2.5 Classification of fasting and its effects, limitations, according to

1.2.5.1 Duration (Short, long, intermittent, weekly)

1.2.5.2 Purpose (Preventive, therapeutic, religious, political)

1.2.5.3 Type (Dry, water, juice, monodiet)

#### 1.2.6 Starvation – pathological features in different organ systems

**1.2.7** Physiological changes of fasting in short, long, intermittent, dry, water, juice (lemon honey, tender coconut, sugarcane juice, alkaline juices, honey water etc.) and monodiet fasting.

**1.2.8** Difference between hunger and starvation

**1.2.9** Rules and regulations for administering fasting

**1.2.10** Rules and regulations for selection of patient for fasting

**1.2.11** Hygiene and auxiliaries of fasting

**1.2.12** Sane fasting

**1.2.13** Do's and don'ts of fasting

**1.2.14** Metabolism of fasting

**1.2.15** Preparation of individuals for fasting

**1.2.15.1** Psychological effects and barriers for fasting

**1.2.15.2** Crises during fasting therapy and its management

**1.2.15.3** Significance of enema during fasting and its physiology

**1.2.15.4** Significance of fasting in fever

**1.2.15.5** Fasting for preservation of health

**1.2.15.6** Contraindications and limitations of fasting

**1.2.16** Research updates on fasting, Effect of Fasting in different systems

Molecular basis for intermittent fasting, Influence of intermittent fasting on vascular health, Autophagy, Role of Digestive Hormones in Human health  
Detoxification therapy, Health benefits of dry fasting

### **1.3 Dietetics**

**1.3.1** Concept of health in naturopathy

**1.3.2** Dietetic principles in naturopathy

**1.3.3** Concept of wholesome diet

**1.3.4** Medical values of food

**1.3.5** Natural qualities / properties / characters of foods in naturopathy / *Ayurveda* / modern nutrition

**1.3.6** Natural food and health

**1.3.6.1** Importance of green vegetables, other vegetables, fruits and ingredients

**1.3.6.2** Chemical composition of different raw juices and their effects and uses

**1.3.6.3** Wheat grass, beetroot, cabbage, cucumber, garlic, papaya, mango, pineapple, pumpkins etc

**1.3.6.4** Comparison with raw and cooked food

**1.3.6.5** Sprouts, nutrition and method

**1.3.7** Food combination and health

**1.3.8** Naturopathic hospital dietetics and classification

**1.3.9** Disease management for different diseases

**1.3.10** Food allergies and diet

**1.3.11** Seasonal changes

**1.3.12** Dietary requirements for pregnancy, lactation and infancy

**1.3.13** Food hygiene and health

**1.3.14** Methods of cooking – nutrient losses and preservation

**1.3.15** Dietary fiber and its therapeutic effects

**1.3.16** Customs and traditions of eating

**1.3.17** Emotional states and diet

#### **1.4 Practical**

**1.4.1** Visits to different diet departments of naturopathy and modern medicine hospitals

**1.4.2** Menu planning using natural foods and raw diet in general

**1.4.3** Demonstration of different sprouts

**1.4.4** Preparation of low cost balanced diet for different population groups using natural foods

**1.4.5** Canteen duties at different naturopathy hospitals

**1.4.6** Visit to different nutrition centers like CFTRI, Mysore, NIN, Hyderabad etc.

**1.4.7** Study of 20 fasting cases

1.4.8 Case studies of 10 with records

1.4.9 Students must undergo 10days Fasting therapy

1.4.10 Students must undergo Raw Diet therapy for 10days

#### **1.5 Textbooks**

**1.5.1** Fasting for Healthy and Long Life – Carrington

**1.5.2** Fasting Cure – Lakshman Sharma

**1.5.3** Fasting - The Ultimate Diet - Allan Cott

**1.5.4** Mucusless Diet Healing System - Arnold Ehret

- 1.5.5** The Fasting Cure (Classic Reprint) - Upton Sinclair
- 1.5.6** Fasting Can Save Your Life - Herbert M. Shelton
- 1.5.7** Davidson and Passamore Human Nutrition – Passamore
- 1.5.8** Clinical Dietetics and Nutrition – FP Antia
- 1.5.9** Normal Therapeutic Nutrition – Corinne Robinson
- 1.5.10** Essentials of Food and Nutrition – Swaminathan
- 1.5.11** Sprouts – JD Vaish *Yoga* Samsthan
- 1.5.12** Science and Art of Food and Nutrition – Herbert Shelton
- 1.5.13** Nutritive Values of Indian Foods – NIN (Hyd)
- 1.5.14** Publications of NIN, Hyderabad
- 1.5.15** Autophagy by Thomas Hawitho, Publisher-Etgar
- 1.5.16** Text book of Physiology
- 1.5.17** Basic body detoxification and cleansing by D.C.  
athony Parkinson publishing year 2007
- 1.5.18**Health benefits of nuts and dried fruits by CRC press  
publisher 2020 Feb Publication
- 1.5.19** Nuts and seeds in Health & Disease prevention by  
Elsevier science publication



### 1.6 Scheme Of Examination

S.No	Subject	Theory	Internal Assmt	Viva-Voce	Total	Practicals	Internal Assmt	Total Marks	Grand Total Marks
01.	Fasting Therapy and Dietetics	80	20	30	130	60	10	70	200

## **2. OBSTETRICS AND GYNECOLOGY (Duration: 12 Months)**

**Total hours: 150 (Theory: 100 Practical: 50)**

### **2.1 Goals and Objectives**

#### **2.1.1 Goal:**

The goal of teaching Obstetrics and Gynecology to undergraduate students is to provide them with the comprehensive knowledge of anatomy, physiology and pathophysiology of the reproductive system and gain the ability to optimally manage common problems.

#### **2.1.2 Objectives:**

##### **2.1.2.1 Knowledge:**

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

2.1.2.1.1 Delineate the anatomy, physiology and pathophysiology of the reproductive system and the common conditions affecting it;

2.1.2.1.2 Detect normal pregnancy, labor, and puerperium;

2.1.2.1.3 Elucidate the leading causes of maternal and perinatal morbidity and mortality;

2.1.2.1.4 Understand the principles of contraception and various methods employed, methods of medical termination of pregnancy, sterilization and their complications;

2.1.2.1.5 Recognize the use, abuse and side effects of drugs in pregnancy, pre-menopausal and post-menopausal periods;

2.1.2.1.6 Explain the national programmes of maternal and child health and family welfare and their implementation;

2.1.2.1.7 Assess different gynecological diseases and describe principles of their management;

2.1.2.1.8 Explain the indications, techniques and complications of procedures like Caesarean section, laparotomy, abdominal and vaginal hysterectomy, and vacuum aspiration for Medical Termination of Pregnancy (MTP).

#### **2.1.2.2 Skills:**

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

2.1.2.2.1 Examine a pregnant women, recognize high risk pregnancies and make appropriate referrals;

2.1.2.2.2 Recognise complications of delivery and provide postnatal care;

2.1.2.2.3 Recognize congenital anomalies of newborn;

2.1.2.2.4 Advise a couple on the use of various available contraceptive devices;

2.1.2.2.5 Perform pelvic examination, diagnose and manage Common gynaecological problems including early detection of genital malignancies;

2.1.2.2.6 Interpret data of investigations like biochemical, histopathological, radiological, ultrasound etc

### **2.1.2.3 Integration**

At the completion of training, the student should be able to integrate knowledge of Obstetrics and Gynaecology to manage related ailments and educate masses on family planning norms.

## **2.2 Theory**

### **2.2.1 Obstetrics**

#### **2.2.1.1 Basic Anatomy and Physiology**

2.2.1.1.1 Anatomy and Physiology of female reproductive organs and pelvis

2.2.1.1.2 Maturation and fertilization of ovum

2.2.1.1.3 Development of placenta

2.2.1.1.4 Embryology of uterus

#### **2.2.1.2 Physiology of pregnancy**

2.2.1.2.1 Maternal changes due to pregnancy

2.2.1.2.2 Diagnosis of pregnancy

2.2.1.2.3 Differential diagnosis of pregnancy

2.2.1.2.4 Foetus in normal pregnancy

2.2.1.2.5 Antenatal care

#### **2.2.1.3 Physiology of labor**

2.2.1.3.1 Causation and stages of labor

2.2.1.3.2 Mechanism of labor

2.2.1.3.3 Conduct of normal labor

#### **2.2.1.4** Physiology puerperium

2.2.1.4.1 Phenomena of normal puerperium

2.2.1.4.2 Care of puerperium

2.2.1.4.3 Care of new born child

#### **2.2.1.5** Pathology of pregnancy

2.2.1.5.1 Hyperemesis gravidarum

2.2.1.5.2 Venereal diseases

2.2.1.5.3 Anemia in pregnancy

2.2.1.5.4 Diseases of the urinary system

2.2.1.5.5 Diabetes in pregnancy

2.2.1.5.6 Diseases and abnormalities of fetal membranes and placenta

2.2.1.5.7 Abortion

2.2.1.5.8 Ectopic pregnancy

2.2.1.5.9 Ante-partum hemorrhage

2.2.1.5.10 Placenta previa

#### **2.2.1.6** Pathology of labor

2.2.1.6.1 Occipito-posterior position

2.2.1.6.2 Breech presentation

2.2.1.6.3 Prolapse of the cord, compound presentation

2.2.1.6.4 Multiple pregnancy

2.2.1.6.5 Contracted pelvis

2.2.1.6.6 Management of labor in contracted pelvis

2.2.1.6.7 Complications of 3<sup>rd</sup> stage of labor

**2.2.1.7** Affection of new-born

2.2.1.7.1 Asphyxia neonatorum

2.2.1.7.2 Pre-term baby

2.2.1.7.3 Congenital malformations

**2.2.1.8** Obstetrical operations

2.2.1.8.1 Forceps

2.2.1.8.2 Caesarean section

2.2.1.8.3 Induction of abortion and labor

**2.2.1.9** Pathology of Puerperium – Puerperal infections

**2.2.1.10** Miscellaneous:

2.2.1.10.1 Perinatal mortality and maternal mortality

2.2.1.10.2 Post-dated pregnancy

2.2.1.10.3 Placenta insufficiency

2.2.1.10.4 Control of contraception

2.2.1.10.5 Medical termination of pregnancy

2.2.1.10.6 Pre-term labor

2.2.1.10.7 Ultrasonogram in Obstetrics

**2.2.1.11** Applied aspects in Obstetrics:

2.2.1.11.1 *Yoga* and Naturopathy for Healthy parenthood

2.2.1.11.2 Antenatal and postnatal care through *Yogic* methods

2.2.1.11.3 Antenatal and postnatal care through Naturopathic modalities

2.2.1.11.4 Antenatal and postnatal care through general exercises

2.2.1.11.5 Antenatal and postnatal care through Hydrotherapy

2.2.1.11.6 Natural diet during pregnancy and lactation

**2.2.1.12** Basic knowledge on promotion of natural delivery

**2.2.1.13** Underwater delivery

**2.2.2** Gynaecology

**2.2.2.1 Anatomy of the female pelvic organs**

2.2.2.1.1 External genitalia

2.2.2.1.2 Internal genitalia

2.2.2.1.3 Female urethra

2.2.2.1.4 Urinary bladder

2.2.2.1.5 Pelvic ureter

2.2.2.1.6 Rectum and Anal canal

2.2.2.1.7 Pelvic muscles

2.2.2.1.8 Pelvic fascia and cellular tissue

**2.2.2.2 Blood vessels, lymphatic drainage and innervations of pelvic organs**

2.2.2.2.1 Pelvic blood vessels

2.2.2.2.2 Pelvic lymphatics

2.2.2.2.3 Pelvic nerves

**2.2.2.3 Puberty and Menopause**

**2.2.2.4 Neuroendocrinology in relation to reproduction**

**2.2.2.5 Menstruation**

**2.2.2.6 Examination of a gynecological patient and the diagnostic aids**

2.2.2.6.1 History

2.2.2.6.2 Examination

2.2.2.6.3 Ancillary aids

2.2.2.6.4 Cytology

2.2.2.6.5 Colonoscopy

### **2.2.2.7 Pelvic infection**

2.2.2.7.1 Defense of the genital tract

2.2.2.7.2 Acute pelvic infection

2.2.2.7.3 Chronic pelvic infection

2.2.2.7.4 Genital tuberculosis

### **2.2.2.8 Sexually transmitted diseases**

### **2.2.2.9 Infections of the individual pelvic organs**

2.2.2.9.1 Vulva

2.2.2.9.2 Bartholin's gland

2.2.2.9.3 Vagina

2.2.2.9.4 Cervix

2.2.2.9.5 Endometrium

2.2.2.9.6 Fallopian tube

2.2.2.9.7 Ovary

2.2.2.9.8 Parametrium

### **2.2.2.10 Dysmenorrhea and other disorders of menstrual cycles**

2.2.2.10.1 Dysmenorrhea

2.2.2.10.2 Dysfunctional uterine bleeding

### **2.2.2.11 Displacement of the uterus**

2.2.2.11.1 Retroversion

2.2.2.11.2 Prolapse

2.2.2.11.3 Chronic inversion



### **2.2.2.12 Infertility**

2.2.2.12.1 Causes

2.2.2.12.2 Investigations

2.2.2.12.3 Treatment

2.2.2.12.4 Assisted reproductive techniques

2.2.2.12.5 Counseling techniques

### **2.2.2.13 Benign lesions of the vulva and vagina**

2.2.2.13.1 Vulval epithelial disorders

2.2.2.13.2 Vulval ulcers

2.2.2.13.3 Vulval and vaginal cysts

### **2.2.2.14 Benign lesions of the cervix**

### **2.2.2.15 Benign lesions of the uterus**

2.2.2.15.1 Fibroid

2.2.2.15.2 Polyps

### **2.2.2.16 Benign lesions of the ovary**

### **2.2.2.17 Ovarian neoplasm**

### **2.2.2.18 Endometriosis and adenomyosis**

### **2.2.2.19 Premalignant lesions**

2.2.2.19.1 Vulva

2.2.2.19.2 Vagina

2.2.2.19.3 Cervix

2.2.2.19.4 Endometrium

**2.2.2.20 Genital malignancy**

2.2.2.20.1 Cervical

2.2.2.20.2 Endometrial

2.2.2.20.3 Gestational trophoblastic neoplasia

2.2.2.20.4 Ovarian

**2.2.2.21 Urinary problems in gynecology**

2.2.2.21.1 Anatomy of the urethra-vesical unit

2.2.2.21.2 Genuine stress incontinence

2.2.2.21.3 Overflow incontinence

2.2.2.21.4 Retention of urine

2.2.2.21.5 Urinary tract infections

**2.2.2.22 Genital fistulae**

2.2.2.22.1 Genito-urinary

2.2.2.22.2 Recto-vaginal

**2.2.2.23 Amenorrhea**

2.2.2.23.1 Physiological

2.2.2.23.2 Primary

2.2.2.23.3 Secondary

**2.2.2.24 Contraception**

2.2.2.24.1 Barrier methods

2.2.2.24.2 Natural

2.2.2.24.3 IUCD

2.2.2.24.4 Steroidal

2.2.2.24.5 Emergency

2.2.2.24.6 Sterilization

### **2.2.2.25 Special problems**

2.2.2.25.1 Abnormal vaginal discharge

2.2.2.25.2 Pruritis vulvae

2.2.2.25.3 Pelvic pain

2.2.2.25.4 Postmenopausal bleeding

2.2.2.25.5 Low backache

2.2.2.25.6 Breast in gynecology

2.2.2.25.7 Vaginismus

2.2.2.25.8 Dyspareunia

2.2.2.25.9 Hirsutism

2.2.2.25.10 Galactorrhoea

### **2.2.2.26 Operative gynecology**

2.2.2.26.1 Postoperative care

2.2.2.26.2 Dilation of cervix

2.2.2.26.3 Dilation and curettage

2.2.2.26.4 Dilation of and insufflation

2.2.2.26.5 Hysterosalpingography

2.2.2.26.6 Cervical biopsy

2.2.2.26.7 Cryosurgery

2.2.2.26.8 Perineoplasty

2.2.2.26.9 Amputation of cervix

2.2.2.26.10 Abdominal hysterectomy

2.2.2.26.11 Vaginal hysterectomy

**2.2.2.27** Endoscopic surgery in gynecology

2.2.2.27.1 Laparoscopy

2.2.2.27.2 Hysteroscopy

**2.2.2.28** Applied aspects in Gynecology:

2.2.2.28.1 Role of Naturopathy and *Yoga* in Gynecology

2.2.2.28.2 Water treatments for gynecological disorders.

**2.3 Practical**

**2.3.1** History taking of antenatal and gynecological cases

**2.3.2** Demonstration of physical examination of antenatal and postnatal gynecological cases

**2.3.3** Demonstration of conductive labor, normal delivery and use of minor instruments during delivery.

**2.3.4** Demonstrations of instruments like Sim's speculum, Cusco's bivalve self training vaginal speculum, Cervical dilators, Anterior vaginal wall retractor, Uterine curette

**2.3.5** Specimens

**2.3.6** X ray, US, and CT plates

**2.3.7** Case-history writing of antenatal and gynecological cases

**2.3.8** Demonstration of underwater delivery and painless delivery using acupuncture desired.

## **2.4 Textbooks**

**2.4.1** Clinical Obstetrics – Mudaliar and Menon

**2.4.2** Textbook of Obstetrics and Gynecology – CS Dawn

**2.4.3** Shaw's Gynecology

**2.4.4** Textbook of Obstetrics and Gynecology - Dutta

## **2.5 Scheme Of Examination**

S.No	Subject	Theory	Internal Assmt	Viva-Voce	Total	Practicals	Internal Assmt	Total Marks	Grand Total Marks
01.	Obstetrics and Gynaecology	80	20	30	130	60	10	70	200

### **3. YOGA THERAPY (Duration: 12 Months)**

**Total hours: 225 (Theory: 125 Practical: 100)**

#### **3.1 Goals and Objectives**

##### **3.1.1 Goal**

The goal of teaching *Yoga* Therapy to undergraduate students is to provide them with comprehensive knowledge of *Yoga* and the physiological effects of various *yogic* practices and utilisation of the same for therapeutic purposes.

##### **3.1.2 Objectives:**

###### **3.1.2.1 Knowledge:**

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

3.1.2.1.1 Describe the physiological effects of various *yogic*

practices like *kriyas, asanas, pranayamas, mudras, bandhas drishtis*, Guided relaxation and Meditation;

3.1.2.1.2 Define rules and regulations of *Yoga* to be followed;

3.1.2.1.3 Understand the therapeutic aspects of *Yoga* as applied to different disease conditions;

3.1.2.1.4 Understand contraindications and indications of *yogic* practices in order to efficiently use *Yoga* as a therapy;

3.1.2.1.5 Understand the concept of health and disease in *yogic* lore and role of stress in disease causation and management of the same with *Yoga*;

3.1.2.1.6 Understand importance of food according to *Yoga*;

3.1.2.1.7 Delineate the importance of *Yoga* and mental health;

### **3.1.2.2 Skills:**

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

3.1.2.2.1 Utilise knowledge of *Yoga* therapy in managing various diseases;

3.1.2.2.2 Demonstrate usage of therapeutic aspect of *Yoga* in promotive, preventive, curative and rehabilitative therapy.

3.1.2.2.3 Institute remedial measures in *Yoga* for various disease conditions.

### **3.1.2.3 Integration**

At the completion of training, the student should be able to integrate knowledge of *Yoga* and efficiently utilize the same for therapeutic purposes.

## **3.2 Theory**

**3.2.1** Introduction to *Yogic* Therapy / Basis of *yogic* Therapy

**3.2.2** Role of *Asanas* in curing various diseases

**3.2.3** Specific importance of *Pranayama* in curing various diseases

**3.2.4** Vital role of *Bandhas*, *Mudras*, *Drishtis*, in curing various diseases

**3.2.5** Role of *Shat kriyas* in curing various diseases

**3.2.6** Role of general exercises in health and diseases

**3.2.7** *Sudarshan Kriya* and other modern variants

**3.2.8** The effects of various *Yogic* practices on different systems (skeletal system, endocrine system, nervous system, digestive system, respiratory system, excretory system, cardiovascular system, muscular system, reproductive system)

**3.2.9** Research methods in *yogic* therapy, statistical analysis etc.

**3.2.10** *Yoga* therapy for

**3.2.10.1** Cardiovascular diseases

**3.2.10.2** Psychiatric disorders

- 3.2.10.3** Musculoskeletal disorders
- 3.2.10.4** Nervous system disorders
- 3.2.10.5** Gastrointestinal disorders
- 3.2.10.6** Hormonal diseases
- 3.2.10.7** Respiratory diseases
- 3.2.10.8** Metabolic diseases
- 3.2.10.9** Ophthalmologic disorders
- 3.2.10.10** Pediatric disorders
- 3.2.10.11** ENT Disorders
- 3.2.10.12** OBG disorders
- 3.2.11** Meditation and its applications on psychosomatic disorders
- 3.2.12** *Yoga* and relaxation techniques
  - 3.2.12.1** QRT – Quick Relaxation Technique
  - 3.2.12.2** IRT – Instant Relaxation Technique
  - 3.2.12.3** DRT – Deep Relaxation Technique
- 3.2.13** Teaching methods of *Yoga* to public, students and patients. Model lesson planning and adoption of *Yoga* in education system, limitations, *vidhi* and *nishedha* (right and wrong)
- 3.2.14** Advanced techniques of *Yoga* therapy (CM, PET, MSRT, MIRT, MEMT, VISAK, ANAMS, and SMET etc.)
- 3.2.15** Subtle Energy Medicine
- 3.2.16** *Yoga* and Mental Health: Total integration of personality, correct mental behavior and attitude, hormonal relationship of body and mind, self-content tranquilizing effect, psychology of spiritual growth and spiritual values, reasoning and judgment, pure consciousness, mode of living and disciplined life.



**3.2.17** *Drishtis*

**3.2.18** Stress management through *Yoga*

**3.2.19** Therapy for psychological disorders: psychotherapy, therapy of interpersonal relations, behavior therapy

**3.2.20** Lesson planning and teaching methods in *Yoga*

Methods of handling challenges in Yoga therapy.

Bhagavath gita and its application.

Write a brief note on following Yoga Gurus : Mahavthar Babaji, Yajna Valkya, Gauthama

Buddha, Mahaveera, Agasthya Muni.

### **3.3 Practical**

First three years' portions and:

**3.3.1** LSP

**3.3.2** QRT

**3.3.3** IRT

**3.3.4** DRT

**3.3.5** TM

**3.3.6** CM

**3.3.7** SKY

**3.3.8** SMET

**3.3.9** PET

**3.3.10** MSRT

**3.3.11** MIRT

**3.3.12 MEMT**

**3.3.13 VISAK**

**3.3.14 ANAMS.**

**3.4 Reference Books**

**3.4.1 *Yogic* Therapy – Vinekar**

**3.4.2 *Yogic* Therapy – Garde**

**3.4.3 Treatment of Common Diseases through *Yoga* – Swami Satyananda Saraswati**

**3.4.4 Seminar on *Yoga*, Science and Man – CCRYN, Delhi**

**3.4.5 *Yoga* for Healing – PS Venkateswaran**

**3.4.6 Handbook of Behavior Modification and Therapy – Plenum Press**

**3.4.7 Stress Management Research Papers – VK *Yoga*, Bangalore**

**3.4.8 All Bihar School of *Yoga* publications**

**3.5 Scheme Of Examination**

S.N o	Subject	Theo -ry	Inter- nal Assmt	Viva- Voce	Total	Practi -cals	Inter- nal Assmt	Total Marks	Grand Total Marks
01.	Yoga Therapy	80	20	30	130	60	10	70	200

## **19. HYDROTHERAPY AND MUD THERAPY**

**Total hours: 250 (Theory: 150 Practical: 100)**

### **19.1 Goals and Objectives**

#### **19.1.1 Goal:**

The goal of teaching Hydrotherapy and Mud Therapy to undergraduate students is to provide them with comprehensive knowledge of treating diseases using water and mud, and the physiological effects of various kinds of such applications, and utilisation of the same for therapeutic purposes.

#### **19.1.2 Objectives:**

##### **19.1.2.1 Knowledge:**

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

19.1.2.1.1 Describe the properties and chemical composition of water and

mud used for therapeutic purposes, physiology of the skin, production of heat and body temperature regulation, which are essential as a foundation for hydrotherapy.

19.1.2.1.2 Illustrate physiological effects of hot and cold water upon the different systems of the body and applications to reflex areas;

19.1.2.1.3 Explain action and reaction mechanisms and physiology, with their effects and uses

19.1.2.1.4 Demonstrate use of water in preservation, acute diseases, chronic diseases;

19.1.2.1.5 Show in-depth knowledge of general principles of hydrotherapy,

therapeutic applications of water, along with therapeutic actions, indications and contraindications; and classification of mud, storing of mud, modes of mud treatment, cosmetic uses of mud and research updates in hydrotherapy and mud therapy;

19.1.2.1.6 Demonstrate techniques and procedures of various types of hydrotherapeutic applications;

### **19.1.2.2 Skills:**

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

19.1.2.2.1 Utilise knowledge of hydrotherapy and mud therapy in managing various diseases;

19.1.2.2.2 Demonstrate usage of therapeutic aspect of hydrotherapy and mud therapy treatments in promotive, preventive, curative and rehabilitative therapy.

19.1.2.2.3 Institute and evaluate remedial measures in hydrotherapy for various disease conditions in clinical as well as research settings.

### **19.1.2.3 Integration**

At the completion of training, the student should be able to integrate knowledge of hydrotherapy in various diseases and efficiently utilise the same for therapeutic purposes.

## **19.2 Hydrotherapy And Mud Therapy (Duration: 12 Months)**

**19.2.1** Introduction and History

**19.2.2** Physical properties and chemical composition of water

**19.2.3** Physiological basis of Hydrotherapy: The skin and its anatomical construction, functions of skin, temperature sense

**19.2.4** Production of heat and its distribution in the body, regulation of the body temperature, conditions that increase and decrease heat production in the body, body heat and body temperature

**19.2.5** Importance of water to human body

**19.2.6** Physiological effects of water on different systems of the body

**19.2.6.1** General and physiological aspects of heat upon: Skin, Respiration,

Circulation, Nervous system, Heat and its production-dissipation etc, Tactile and temperature sense

**19.2.6.2** General and physiological effects of cold upon: Skin, Respiration, Circulation, Nervous system, GIT, body temperature and its maintenance, circulatory system

**19.2.7** Reflex areas of the body, results of application of hot and cold over reflex areas

**19.2.8** Actions and reaction, incomplete reaction, conditions that encourage reaction, internal reaction, thermic reaction, modified thermic reaction

**19.2.9** Place of water in preservation

**19.2.10** Place of water in acute diseases

**19.2.11** Place of water in chronic diseases

**19.2.12** Magnesium sulphate – use in Hydrotherapy

**19.2.13** General principles of Hydrotherapy

**19.2.13.1** General rules of hydrotherapy

**19.2.13.2** Therapeutic significance of reaction

**19.2.13.3** Adaptation of individual cases

**19.2.13.4** Exaggeration of symptoms under treatment, the untoward effects and how to avoid them

**19.2.13.5** General indications and contra-indications

**19.2.14** Therapeutic actions and use of Hydrotherapy

**19.2.14.1** Classification of Hydriatic effects, general principles – excitation and depression

**19.2.14.2** Primary excitant effects – when to apply and when not to apply

19.2.14.2.1 Local hemostatic effects – hydriatic heart tonics

19.2.14.2.2 Cardiac effects – Hydriatic heart tonics

19.2.14.2.3 Uterine excitations, emanegogic effects

19.2.14.2.4 Vesical excitations

19.2.14.2.5 Intestinal excitation, peristaltic effects

**19.2.14.3** Secondary excitant effects

19.2.14.3.1 Restorative effects

19.2.14.3.2 Tonic effects of cold water, physiological effects of cold water, cold water vs. medical tonics, application in the following: anemia, neurasthenia, rheumatism, diabetes mellitus, valvular heart diseases

19.2.14.3.3 Calorific effects

19.2.14.3.4 Diaphoretic effects

19.2.14.3.5 Importance of attention to the skin in chronic diseases – alternative and qualitative effect – hot baths in Bright’s diseases, sweating baths in Dropsy and Obesity. Depurative or Eliminative effects, Toxemia in Rheumatism

19.2.14.3.6 Expectorant effects

19.2.14.3.7 Diuretic effects – Bright’s Disease, Uremia - eclampsia

19.2.14.3.8 Atomic dyspepsia, hyperacidity

19.2.14.3.9 Revulsive and derivative effects, fluxion, revulsive methods for combating superficial anemia and for relief of deep congestion method adopted to anemia of deep rooted organs revulsion on analgesic method

#### **19.2.14.4** Resolvent effects

19.2.14.4.1 Sedative effects – general sedatives – local sedatives:

19.2.14.4.1.1 Sedatives of circulatory system – antiphlogistic effects, inflammation, pneumonia, pleurisy, other acute disorders

19.2.14.4.1.2 Nerve sedatives, hypnotic, calmative, analgesic, anesthetic, antispasmodic, insomnia, chorea, spastic paralysis, exophthalmia, goiter, mania, epilepsy and various painful conditions

19.2.14.4.1.3 Antithermic and antipyretic effects, relation to heat production

and heat elimination to antipyretic methods, principles that govern the application of hydropathic measures for the reduction of temperature in fevers, methods that may be efficiently employed in various morbid conditions accompanied by rise in temperature suggestions, effects, indications and contraindications

19.2.14.4.1.4 Secretory and sedative effects prophylactic uses - Cold bathing

in infancy and early childhood, cold bathing for adults, cold baths for women, cold baths in old age - precautions

#### **19.2.15** The techniques of Hydrotherapy

##### **19.2.15.1** Water Baths

19.2.15.1.1 Plain water bath

19.2.15.1.2 Cold hip bath

19.2.15.1.3 Kellogg's and Kuhne's sitz bath

19.2.15.1.4 Shallow bath – for males and females

19.2.15.1.5 Arm and foot bath

19.2.15.1.6 Graduated bath

19.2.15.1.7 Natural bath

19.2.15.1.8 Non-revulsive bath

19.2.15.1.9 Immersion bath

19.2.15.1.10 Cold plunge

19.2.15.1.11 Whirlpool bath

19.2.15.1.12 Aeration bath

19.2.15.1.13 Vichy spray massage

19.2.15.1.14 Rapid bath

19.2.15.1.15 Brand bath

19.2.15.1.16 Fever bath

19.2.15.1.17 River bathing

19.2.15.1.18 Sea bathing

**19.2.15.2** Various baths and air baths

19.2.15.2.1 Russian bath

19.2.15.2.2 Turkish bath

19.2.15.2.3 Steam bath

19.2.15.2.4 Local steam bath

19.2.15.2.5 Steam inhalation

19.2.15.2.6 Hot air bath

19.2.15.2.7 Local hot air bath

19.2.15.2.8 Super-hot air bath

19.2.15.2.9 Cold air bath

19.2.15.2.10 Indoor and outdoor bath

**19.2.15.3** Pool therapy

19.2.15.3.1 Introduction

19.2.15.3.2 Principles of treatment part I and part II



19.2.15.3.3 Physiological and therapeutic effects of exercise in warm water

19.2.15.3.4 Indications and contraindications

19.2.15.3.5 Dangers and precautions

**19.2.15.4 Douches**

19.2.15.4.1 Cold Douche

19.2.15.4.2 Hot Douche

19.2.15.4.3 Neutral Douche

19.2.15.4.4 Alternative Douche

19.2.15.4.5 Underwater Douche

19.2.15.4.6 Contrast Douche

19.2.15.4.7 Horizontal Jet

19.2.15.4.8 Cephalic Douche

19.2.15.4.9 Lumbar Douche

19.2.15.4.10 Fan Douche

19.2.15.4.11 Rain Douche or Shower Douche

19.2.15.4.12 Hepatic Douche

19.2.15.4.13 Circular Douche and semi-circular Douche

19.2.15.4.14 Cerebrospinal Douche

19.2.15.4.15 Plantar Douche

19.2.15.4.16 Percussion Douche

19.2.15.4.17 Scotch Douche

**19.2.15.5 Packs and compresses**

**19.2.15.6 Procedures that increase oxidation**

**19.2.15.7 Measures that encourage general and local metabolic activity**

**19.2.15.8 Procedures that increase general blood movement and local blood supply**

- 19.2.15.9** Measures that increase heat production
- 19.2.15.10** Measures that increase the elimination of heat
- 19.2.15.11** Measures that combat bacterial development of blood
- 19.2.15.12** Measures that increase/lessen heat elimination
- 19.2.15.13** Hydriatic incompatibility
- 19.2.15.14** Adoption of hydriatic prescription of individual disease
- 19.2.15.15** Hydrotherapy as a means of rehabilitation and health promotion
- 19.2.15.16** Emergency treatments in Hydrotherapy

#### **19.2.16** Mud Therapy

- 19.2.16.1** Introduction to Mud therapy
- 19.2.16.2** Classification of Mud for therapeutic use
- 19.2.16.3** Precautions for storing mud
- 19.2.16.4** Methods of treatment of mud
  - 19.2.16.4.1 Applications
  - 19.2.16.4.2 Packing
  - 19.2.16.4.3 Hot poultices
- 19.2.16.5** Effect of Mud on different systems of body
- 19.2.16.6** Types of mud therapy applications
  - 19.2.16.6.1 Natural mud bath
  - 19.2.16.6.2 Full and partial mud packs
  - 19.2.16.6.3 Mud plaster
  - 19.2.16.6.4 Thermal bath
  - 19.2.16.6.5 Dry pack
  - 19.2.16.6.6 Sand pack and sand baths
- 19.2.16.7** Cosmetic uses of mud
- 19.2.16.8** Research updates

### **19.3 Practical**

**19.3.1** Demonstration of various therapeutic effects, procedure and treatments in Hydrotherapy during clinical classes at the Hospital

**19.3.2** At the end of the Final BNYS course, candidate should be in a position to give treatments independently

**19.3.3** 5 case documentation of all hydriatic applications

**19.3.4** Clinical dissertation on case studies with minimum sample size of 20 patients on one general and two local applications

### **19.4 Textbooks**

**19.4.1** Baths – SJ Singh

**19.4.2** My Water Cure – Sebastian Kneipp

**19.4.3** Rational Hydrotherapy – JH Kellogg

**19.4.4** Healing Clay –Michael Abserra

**19.4.5** Our Earth Our Cure – Raymond Dextroit

### **19.5 References**

**19.5.1** Handbook of Hydrotherapy – Shew Joel

**19.5.2** Hydrotherapy in Practice – Davis BC & Harrison RA

**19.5.3** Medical Hydrology – Sidney Licht

### 19.6 Scheme Of Examination

S.No	Subject	Theory	Internal Assmt	Viva-Voce	Total	Practicals	Internal Assmt	Total Marks	Grand Total Marks
01.	Hydrotherapy and Mud Therapy	80	20	30	130	60	10	70	200

## **20. PHYSICAL MEDICINE & REHABILITATION (Duration: 12 Months)**

**Total hours: 250 (Theory: 150 Practical: 100)**

### **20.1 Goals and Objectives**

#### **20.1.1 Goal:**

The goal of teaching Physical Medicine and Rehabilitation to undergraduate students is to provide them with the knowledge and skills needed for utilisation of Physical medicine for therapeutic, rehabilitative purposes.

#### **20.1.2 Objectives:**

##### **20.1.2.1 Knowledge:**

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

20.1.2.1.1 Define principles of basic physics that act as a foundation for physical medicine

20.1.2.1.2 Describe exercise therapy in detail, including starting positions, movements and their types, muscle strength, joint movement, relaxation, posture, co-ordination, gait, walking aids, neuromuscular facilitation, suspension therapy and their therapeutic applications, including allied modalities like heat treatments and cryotherapy;

20.1.2.1.3 Understand electrotherapy in terms of fundamentals, principles, laws of electricity and magnetism, practical and theoretical aspects of electrotherapeutic applications, such as faradic and galvanic currents, high frequency currents, laser, ultrasound, radiation therapy (IR &UV), TENS and IFT.

### **20.1.2.2 Skills:**

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

20.1.2.2.1 Demonstrate usage of therapeutic applications of physical medicine in

promotive, preventive, curative and rehabilitative therapy, focusing on rehabilitation.

20.1.2.2.2. Institute remedial measures in *Yoga* for various disease conditions.

### **20.1.2.3 Integration**

At the completion of training, the student should be able to integrate knowledge of various treatments used in Physical Medicine and efficiently utilise the same for rehabilitative and therapeutic purposes.

## **20.2 Theory**

### **20.2.1 Exercise therapy**

#### **20.2.1.1 Basic Physics in Exercise Therapy**

20.2.1.1.1 Mechanics: Force, gravity, line of gravity, center of gravity in human body, base, equilibrium, axes and planes

20.2.1.1.2 Mechanical Principles: lever, order of lever, examples in human body, pendulum, spring

#### **20.2.1.2 Introduction to exercise therapy**

**20.2.1.3 Starting positions:** Fundamental starting positions, derived positions, muscle work for all the fundamental starting positions

#### **20.2.1.4 Classification of movements in detail**

20.2.1.4.1 Voluntary movements

20.2.1.4.2 Involuntary movements

#### **20.2.1.5 Active movements**

#### **20.2.1.6 Passive movements**

**20.2.1.7** Muscle strength: Anatomy and physiology of muscle tissue, causes of muscle weakness/paralysis, types of muscle work and contractions, range of muscle work, muscle assessment, Principles of muscle strengthening/reeducation, early reeducation of paralyzed muscles

**20.2.1.8** Joint movement: Classification of joint movements causes for restriction of joint movement, prevention of restriction of joints range of movement, principles of mobilization of joint in increasing the range of motion. Technique of mobilization of stiff joint.

**20.2.1.9** Relaxation: Techniques of relaxation, Principles of obtaining relaxation in various positions

**20.2.1.10** Posture: types, factors responsible for good posture, factors for poor development of posture

**20.2.1.11** Coordination exercises: Definition of coordinated movements, in coordinated movements, Principles of coordinated movements, technique of coordination exercise

**20.2.1.12** Gait: Analysis of normal gait with muscles work, various pathological gaits

**20.2.1.13** Crutch gait: introduction, crutch measurement, various types of crutch gait in detail

**20.2.1.14** Neuromuscular facilitation techniques, functional reeducation

**20.2.1.15** Suspension therapy: Principles of suspension, types of suspension therapy, effects and uses of suspension therapy with their application either to mobilize a joint to increase joint range of motion or increase muscle power, explaining the full details of the components used for suspension therapy

**20.2.1.16** Myofascial Release Therapy and related therapies used in Sports Medicine

**20.2.1.17** Therapeutic applications

## **20.2.2 Electrotherapy**

### **20.2.2.1 Electrical fundamentals**

20.2.2.1.1 Physical principles

20.2.2.1.2 Structure and properties of matter

20.2.2.1.3 Molecular atom, proton, neutron, electron, ion etc.

### **20.2.2.2 Electrical energy**

20.2.2.2.1 Nature of electricity current

20.2.2.2.2 Static electricity

20.2.2.2.3 Electric potentials generated by cell

### **20.2.2.3 Ohm's Law**

### **20.2.2.4 Joule's Law**

### **20.2.2.5 Magnetic energy**

20.2.2.5.1 Nature and property of a magnet

20.2.2.5.2 magnetic induction

20.2.2.5.3 Shaw rule

20.2.2.5.4 Maxwell's corkscrew rule

### **20.2.2.6 Electromagnetic induction**

20.2.2.6.1 principle and working of choke

20.2.2.6.2 Coil

20.2.2.6.3 Transformer

20.2.2.6.4 Rectification of AC to DC

20.2.2.6.5 Metal oxide rectifier

### **20.2.2.7 Semiconductor**

20.2.2.7.1 Diode and Triode

### **20.2.2.8 Valves**



**20.2.2.9** Principles of working in a capacitor

20.2.2.9.1 Details of charging and discharging etc.

**20.2.2.10** Transistors

**20.2.2.11** measurement of current intensity

**20.2.2.12** EMS and power

**20.2.2.13** Moving coil milliammeter and voltmeter

**20.2.2.14** Low frequency currents

20.2.2.14.1 Nature and principles of production of muscles stimulating currents

20.2.2.14.2 Types of low frequency currents used for treatment

20.2.2.14.3 Therapeutic electric stimulation

20.2.2.14.4 Iontophoresis

20.2.2.14.5 Phonophoresis

**20.2.2.15** Preparation for electrotherapy

20.2.2.15.1 Preparation of apparatus

**20.2.2.16** Patient treatment technique

20.2.2.16.1 Stimulating muscles of extremity, back and face through the motor points

**20.2.2.17** Faradic and Galvanic currents

**20.2.2.18** High frequency current treatments

20.2.2.18.1 Physics of high frequency currents

20.2.2.18.2 Principles

20.2.2.18.3 Biophysics of heat physiology and cold.

20.2.2.18.4 Production, physiological and therapeutic effects and uses.

20.2.2.18.5 Technique of treatment, dangers and precautions, contraindications.

20.2.2.18.5.1 Ultrasonic therapy

**20.2.2.19 Principles of radiation therapy**

20.2.2.19.1 Physics of radiation therapy

20.2.2.19.2 Laws governing radiation: Production, physiological and therapeutic effects, uses, techniques of treatment, dangers and precautions, contraindications etc. of:

20.2.2.19.2.1 IRR therapy

20.2.2.19.2.2 UV therapy

20.2.2.19.3 Basic principles of TENS and IFT

20.2.2.19.4 Laser Therapy

**20.2.2.20 Wax therapy**

20.2.2.20.1 Physics of wax therapy

20.2.2.20.2 Physiological and therapeutic effects and uses

20.2.2.20.3 Techniques of application

**20.3 Practical Electrotherapy**

**20.3.1 Interrupted/modified DC**

**20.3.1.1 Stimulation of muscles directly**

**20.3.1.2 Diagnostic tests:**

20.3.1.2.1 FG test

20.3.1.2.2 SD curve

20.3.1.2.3 Fatigue test

**20.3.1.3 Uses of surged Faradism and interrupted Galvanism in various peripheral nerve lesions**

20.3.1.3.1 Neuropraxia

20.3.1.3.2 Axonotmesis

20.3.1.3.3 Neurotmesis

## **20.3.2 High Frequency current treatment**

**20.3.2.1 UV radiation:** Setting up of apparatus selection of lamps technique of application of UVR for various conditions like test dose, general body bath, acne vulgaris, alopecia areata and totalis, ulcers, psoriasis, rickets and general debility patients.

**20.3.2.2 Ultrasonics:** Setting up of apparatus, selection of dose, and technique of application of various conditions and to various parts of the body.

**20.3.2.3 Laser –** setting up apparatus including selection of method, technique, preparation of patient, checking contraindications, application for various conditions and parts of the body.

**20.3.2.4 Goniometry, Assessing Range of Movement of different Joint by using goniometry**

**20.3.2.5 Introduction to orthotics & its different types Walking aids**

**20.3.2.6 Stretching Exercise**

**20.3.2.7 Sports Physiotherapy**

**20.3.2.8 Methods of application, Therapeutic uses, indication, contraindications**

Moist Heat

## **20.4 Practical Exercise Therapy**

**20.4.1** Demonstration and practice of active and passive movements

**20.4.2** Demonstration and practice of putting suspension to shoulder joint and elbow joint in upper limbs, hip and knee joints in lower limbs for all movements.  
Demonstration of total suspension.

**20.4.3** Muscle strength: Demonstration and practice of strengthening, reeducation of weak/paralyzed muscles of both upper and lower extremity, individual group muscles, abdominal muscle exercises

**20.4.4** Joint movement: Demonstration and practice of techniques to improve joint range of motion of hip joint, knee joint, ankle and foot, shoulder, elbow joint, radioulnar joint, wrist, etc

**20.4.5** Demonstration and practice of free exercise to improve joint range of motion (Small joint, Eg: Hand, fingers, toes, etc). Demonstration and practice of all crawling exercises, faulty posture, correcting techniques etc.

**20.4.6** Demonstration of various pathological gaits.

**20.4.7** Measurement of crutches, walking aids, strengthening muscles, crutch balance, demonstration and practice of all crutch gaits.

**20.4.8** Breathing exercises: Demonstration and practice of diaphragmatic breathing, localized expansion exercises.

**20.4.9** Passive stretching: Techniques of passive stretching to sternomastoid muscle, shoulder abductors, elbow flexors, supinator, wrist and finger flexors in upper limbs, passive stretching to hip flexors, adductors, iliotibial band, tensor fascia lata, quadriceps, knee flexors, tendoachilles, etc

## **20.5 Reference Books**

**20.5.1** Principles of Exercise therapy – Dina Gardiner

**20.5.2** Tidy's Physiotherapy

**20.5.3** Cash's Textbook of Physiotherapy

**20.5.4** Clayton's Electrotherapy

## **20.6 Scheme of Examination**

S.No	Subject	Theory	Internal Assmt	Viva-Voce	Total	Practicals	Internal Assmt	Total Marks	Grand Total Marks
01.	Physical Medicine and Rehabilitation	80	20	30	130	60	10	70	200

## **21. CLINICAL NATUROPATHY (Duration: 12 months)**

**Total hours: 250 (Theory: 150 Practical: 100)**

### **21.1 Goals and Objectives**

#### **21.1.1 Goal:**

The goal of teaching Clinical Naturopathy to undergraduate students is to train them to provide well integrated clinical service in Naturopathy.

#### **21.1.2 Objectives:**

##### **21.1.2.1 Knowledge:**

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

**21.1.2.1.1** Illustrate decision making in Naturopathy

**21.1.2.1.2** Understand the basic principles of screening and prevention of disease;

**21.1.2.1.3** Comprehend the scope of practice- patterns of use, fields of practice, regulations, limitations;

**21.1.2.1.4** Understand the concept of healing and disease crises and management of the same.

**21.1.2.1.5** Understand the pathogenesis of the disease in Naturopathy basis and preventive measures of the same;

**21.1.2.1.6** Create a specific module of therapy for the particular patient with varied presentations.

##### **21.1.2.2 Skills:**

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

**21.1.2.2.1** Apply his /her knowledge of clinical Naturopathy in managing various diseases;

**21.1.2.2.2** Demonstrate usage of therapeutic aspect of clinical Naturopathy in curative and rehabilitative therapy;

**21.1.2.2.3** Utilize his/ her knowledge of clinical Naturopathy for prevention of disease and promotion of health;

#### **21.1.2.4 Integration**

At the completion of training, the student should be able to integrate knowledge of clinical Naturopathy and efficiently utilise the same for therapeutic purposes.

### **21.2 Theory**

#### **21.2.1 Good Clinical Practice**

##### **21.2.1.1 Guidelines and Standards**

#### **21.2.2 Decision-making in Naturopathy**

#### **21.2.3 Screening and Prevention of Disease**

##### **21.2.3.1 Basic principles of screening**

#### **21.2.4 Scope of practice**

##### **21.2.4.1 Patterns of use**

##### **21.2.4.2 Fields of practice**

##### **21.2.4.3 Regulations**

##### **21.2.4.4 Limitations**

#### **21.2.5 Cardinal manifestations and presentation of disease**

**21.2.6** Naturopathic prescription-making and algorithmic line of management for the following diseases:

Abscess, Acid-Peptic Disease, Acne, AIDS, Aging, Allergies, Alopecia, Alzheimer's disease, Anal fissures, Anemia, Anorexia nervosa, Anxiety disorders, Appendicitis, Arthritis – OA & RA, Asthma, ADD/ADHD, Back pain, Bad breath, Bedsore, Bladder infection, Bronchitis, Bruise, Bursitis, Cancer - Breast cancer, Cervical cancer, Colorectal cancer, Leukemia, Lung cancer, Prostate cancer, Skin cancer, Stomach cancer, Uterine cancer; Dental caries, Cardiovascular disease, Cerebrovascular disease, Chlamydia, Chloasma (Age spots), Chronic fatigue syndrome, Cirrhosis, Common cold, Colic, Colitis, Nasal congestion, Conjunctivitis, Constipation, Menstrual cramps, Crohn's disease, Cuts (cuts, wounds and scratches), Cyst, Cystitis, Dandruff, Deep venous thrombosis, Clinical depression, Dermatitis, Diabetes, Diarrhea, Diverticulitis, Dizziness, Duodenal ulcer, Dysmenorrhea, Dyspepsia, Diabetes mellitus, Earache, Earwax blockage, Eczema, Edema, Emphysema, Endometriosis, Epilepsy, Erectile dysfunction, External otitis, Fainting, Farsightedness, Fatigue, Fever, Fibromyalgia, Flatulence, Flu, Folliculitis, Food poisoning, Foot odor, Gallstones, Gas, Gastritis, Gastroenteritis, GERD, Gingivitis, Goiter, Gout, Headache, Heatstroke, Hemorrhoids, Hepatitis, Hernia, Herpes (genital), Obesity, Oligomenorrhea, Oral cancer, Ovarian cyst, Parkinson's disease, PID, Phlebitis, PMS, Postnasal drip, PTSD, Rashes (hives), Raynaud's disease, Sciatica, SAD, Seizure disorder, Sinusitis, Snoring, Sore throat, Scoliosis, Sprains, Acute

Abdomen.

### **21.2.7 Pathophysiology**

#### **21.2.8 Management of pains**

##### **21.2.8.1 Pain sensory systems**

##### **21.2.8.2 Chronic pain**

##### **21.2.8.3 Types of pain**



21.2.8.3.1 Chronic discomfort and palpitation

21.2.8.3.2 Abdominal pain

21.2.8.3.3 Headache

21.2.8.3.4 Back, neck pain

**21.2.9** Fever, hyperthermia

**21.2.10** Fever, rashes

**21.2.11** Fever of unknown origin

**21.2.12** Hypothermia & frostbite

**21.2.13** Syncope, faintness, dizziness, vertigo

**21.2.14** Weakness, disorders of movements and imbalance

**21.2.15** Numbness, tingling and sensory loss

**21.2.16** Aphasia, memory loss and other focal cerebral disorders

**21.2.17** Sleep disorders

**21.2.18** Dyspnea, cough

**21.2.19** Edema

**21.2.20** Dysphasia, nausea, vomiting and indigestion

**21.2.21** Diarrhea, constipation

**21.2.22** Weight loss

**21.2.23** Jaundice, abdominal swelling

**21.2.24** Sexual dysfunction

**21.2.25** Healing crisis and Disease crisis

**21.2.26** Approach to the patient in Naturopathic medicine with:

**21.2.26.1** Skin disease

**21.2.26.2** Cardiovascular disease

**21.2.26.3** Disease of respiratory system

- 21.2.26.4** Gastrointestinal disorders
- 21.2.26.5** Liver and pancreatic disease
- 21.2.26.6** Articular and musculoskeletal disorder
- 21.2.26.7** Neurological disease
- 21.2.26.8** Renal disorders
- 21.2.26.9** Endocrinal disorders
- 21.2.26.10** Menstrual disorders
- 21.2.26.11** Peripheral neuropathy

**21.2.27** Dictum of cure in Naturopathic medicine

- 21.2.27.1** Identify and remove the root cause
- 21.2.27.2** Eliminate the toxins
- 21.2.27.3** Supplement of the vital energy or nerve energy

**21.2.28** Important modes and methods for natural rejuvenation

**Note:** Apart from the above-listed conditions, other clinical conditions may be discussed but the above-listed conditions are mandatory.

Amebiasis, Acanthosis, Achlorhydria, Addison's disease, Adenocarcinoma, Adenomyosis, Allergic rhinitis, Angiosarcoma, Anasarca, Atherosclerosis, Arteriosclerosis, Atheroma, Ankylosing spondylitis, Beri-Beri, Bronchiectasis, Botulism, Bipolar disorder, Bowel incontinence, Bladder incontinence, Catarrh, Cellulitis, Chronic kidney diseases, COPD, Coeliac disease, Cough, Cholera, Cachexia, Diabetic nephropathy, Diabetic neuropathy, Diabetic retinopathy, Dengue fever, Diphtheria, E-coli infections, Enterocolitis, Enteric fever, Elephantiasis, Fatty liver, Fibroadenoma, Flurosis, Frozen shoulder, Fibroids, Febrile seizures, Fungal infections, Glaucoma, Glomerulonephritis, Hearing loss, Hypoglycemia, Hyperglycemia, Hyperthyroidism, Hypothyroidism, Obstructive sleep apnea, Obsessive Compulsive Disorder, Psoriasis,

Postural hypotension, Polycystic kidney disease, Peripheral neuropathy, SLE, Sunburn, Indigestion, Insomnia, Iron deficiency anemia, Inflammation – Jaundice, Kidney stones, Lactose intolerance, Laryngitis, Leg cramps, Leprosy, Leucoderma, Malaria, Migraine, Mouth ulcer, Multiple sclerosis, Meningitis, Neuralgia, Neurasthenia, Nephrotic syndrome, Nephritis, Quadriplegia, Respiratory acidosis, Tooth decay and toothache, Tonsillitis, Tinnitus, Tennis elbow, Tendonitis, Tetanus, UTI, Urticaria, Ulcerative colitis, Vertigo, Varicose veins, Vasculitis, Writer's cramp, Xerophthalmia, Xeroderma, Yeast infection.

### **21.3 Practical**

21.3.1 Case-history taking, documentation and complete management protocol of at least 30 cases.

21.3.2 Clinical dissertation on any one disease involving multiple patients.

### **21.4 Textbooks:**

**21.4.1** Clinical Naturopathy: An Evidence-Based Guide to Practice-Jerome Sarris, Jon Wardle

**21.4.2** Clinical Naturopathic Medicine - Leah Hechtman

**21.4.3** The Clinician's Handbook of Natural Medicine - Joseph E. Pizzorno Jr.

**21.4.4** Fasting-The Ultimate Diet - Allan Cott

**21.4.5** Mucusless Diet Healing System - Arnold Ehret

**21.4.6** The Fasting Cure (Classic Reprint) - Upton Sinclair

**21.4.7** Fasting Can Save Your Life - Herbert M. Shelton

### **21.5 Scheme of Examination**

S.No	Subject	Theory	Internal Assmt	Viva-Voce	Total	Practicals	Internal Assmt	Total Marks	Grand Total Marks
01.	Clinical Naturopathy	80	20	30	130	60	10	70	200

## **22. RESEARCH METHODOLOGY & RECENT ADVANCES**

(Duration 12 months)

**Total hours: 150 (Theory: 100 Practical: 50)**

### **22.1 Goals and Objectives**

#### **22.1.1 Goal:**

The goal of teaching Research Methodology and Recent advances to undergraduate students is to provide them with the latest updated scientific, knowledge in the field of Naturopathy and *Yoga* and introduce them to research methodology.

#### **22.1.2 Objectives:**

##### **22.1.2.1 Knowledge:**

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

22.1.2.1.1 Describe research methodology under process, materials and methods, design of a study, literature review, ethics, sampling, measurement tools, data organisation, statistics, data analysis, reliability and validity, etc, and implement this knowledge in practically designing, conducting, evaluating and publishing a study.

22.1.2.1.2 Illustrate statistics and probability theory;

22.1.2.1.3 Use technological aids for preparing research reports;

22.1.2.1.4 Demonstrate knowledge about inter-disciplinary research.

##### **22.1.2.2 Skills:**

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

22.1.2.2. Prepare a research study, conduct, evaluate and publish it;

22.1.2.3 Interpret research findings and analyse whether data is significant or not ;

### **22.1.3 Integration**

At the completion of training, the student should be able to integrate knowledge of clinical Naturopathy and *Yoga* with skills in research methodology to conduct and publish research studies in the field, to help shift the basis of Naturopathy and *Yoga* to an evidence-based science.

## **22.2 Research Methodology (50 hours)**

**22.2.1** The research process. Methodology and methods.

**22.2.2** The design of a study.

**22.2.3** Literature review.

**22.2.4** Ethics of research.

**22.2.5** Types of common designs. Their advantages and disadvantages.

**22.2.6** Sampling.

**22.2.7** The experimental and quasi-experimental methods. Correlation studies.

**22.2.8** Measurement tools: Observations, questionnaires and others.

**22.2.9** Data organization in Excel and SPSS.

**22.2.10** Descriptive statistics. Measures of central tendency, measures of dispersion.

Correlation coefficients.

**22.2.11** Graphical representations of data. Simple graphs, the box and whiskers plot.

**22.2.12** Reliability. The different ways of measuring reliability.

**22.2.13** Validity. Types of validity.

### **22.3 Inferential Statistics and Probability Theory (20 hours)**

22.3.1 Inferential statistics – populations and samples.

22.3.2 Elementary concepts in probability theory

22.3.3 The normal distribution. Z-values and probability

22.3.4 Calculating probabilities when population parameters are known

### **22.4 Research Reports (10 hours)**

22.4.1 Microsoft word, excel and power point

22.4.2 Reading research reports

22.4.3 Writing research reports

22.4.4 Presentations

### **22.5 Other streams (20 hours)**

22.5.1 Inter-Disciplinary Research

22.5.2 Introduction to research in Management studies

22.5.3 Introduction to research in Education, History, and Anthropology.

22.5.4 Introduction to research in social studies and Humanity.

22.5.5 Introduction to research in Linguistics

22.5.6 Introduction to research in Jurisprudence.

22.5.7 Introduction to research in science and technology

### **22.6 Practical**

22.6.1 Dissertation on any one research study (basic or clinical with sample size of minimum 10). Presentation of dissertation.

22.6.2 Research paper interpretation and presentation

22.6.3 Single case study from hospital

## **22.7 Text Books:**

**22.7.1** Kothari, C.R.: Research Methodology, Methods and Techniques(VishwaPrakashan, New Delhi, 1985)

**22.7.2** Telles, S.: Research Methods (Swami Vivekananda *Yoga*Prakashan, Bangalore)

## **22.8 Reference:**

**22.8.1** Robin Monro: *Yoga* research bibliography scientific studies on *Yoga* and meditation(*Yoga* Biomedical Trust, England 1989)

**22.8.2** Michael H. Cohen: Complementary and Alternative Medicine: Legal Boundaries and regulatory Perspectives (Paperback - Aug 19, 1997)

**22.8.3** Jerrold H. Zar: Biostatistical Analysis person education.

**22.8.4** Russell A. Jones: Research Methods in the Social and behavioral science (Sinauer Associates, Saunderland's Massachusetts)

**22.8.5** A.K. Singh: Tests, Measurements and Research Methods in Behavioral Sciences (BharatiBhavan Publishers)

**22.8.6** J.N.S. Matthews: An Introduction to randomized controlled clinical trials (Arnold, London)

**22.8.7** J.S.P. Lumley: Research:- Some Ground Rules W. Benjamin (Oxford University Press)

**22.8.8** Herman J. Ader: Research Methodology in the life, behavioral and social Sciences Gideon J. Mellebeegh (SAGE Publications).



### **22.9 Scheme of Examination**

S.No	Subject	Theory	Internal Assmt	Viva-Voce	Total	Practicals	Internal Assmt	Total Marks	Grand Total Marks
01.	Research Methodology	80	20	30	130	60	10	70	200

## SECTION V

### TEACHING OF MEDICAL ETHICS IN BNYS COURSE

#### 1. Introduction

Medical ethics is a systematic effort to work within the ethos of medicine, which has traditionally been service to sick.

There is now a shift from the traditional individual patient doctor relationship of medical care. With the advances in science and technology and the needs of patients, their families and the community, there is an increased concern with the health of the society. There is a shift to greater accountability to the society. Doctors and other health professionals are confronted with many ethical problems. It is, therefore, necessary to be prepared to deal with these problems.

In keeping with its goal to improve quality of education, Rajiv Gandhi University of Health Sciences recommends introduction of medical ethics in the regular teaching of BNYS course beginning from first year and continuing till the end of internship.

#### 2. Objectives

The objectives of teaching medical ethics should be to enable the students develop the students to develop the ability to:

1. Identify underlying ethical issues and problems in medical practice
2. Consider the alternatives under the given circumstances, and
3. Make decisions based on acceptable moral concepts and also traditions and practices

#### 3. Course contents (Syllabus)

##### a. Introduction to medical ethics

- What are Ethics
- What are values and norms
- Relationship between being ethical and human fulfillment
- How to form a value system in one's personal and professional life

##### **Heteronomous Ethics and Autonomous Ethics**

##### Freedom and Personal Responsibility

##### b. Definition of Medical Ethics

- Difference between medical ethics and bioethics

□

Major principles of Medical Ethics:

- Beneficence = Fraternity
- Justice = Equality
- Self-determination (autonomy) = Liberty

c. Perspectives of Medical Ethics

- The Hippocratic Oath
- The Declaration of Helsinki
- The WHO Declaration of Geneva
- International Code of Medical Ethics (1983)
- Medical Council of India Code of Ethics

d. Ethics of the Individual

- Patient as a person
- Right to be respected
- Truth and confidentiality
- Autonomy of decision
- Concept of disease, health and healing
- Right to health
- Ethics of behavior modification
- Physician-patient relationship
- Organ donation

e. Ethics of Human Life

- What is human life?
- Criteria for distinguishing human and non-human
- Reasons for respecting human life
- Beginning of human life
- Conception, contraception

- 
- Abortion
- Prenatal sex-determination
- In vitro Fertilization (IVF)
- Artificial Insemination by Husband (AIH)
- Artificial Insemination by Donor (AID)
- Surrogate motherhood
- Semen Intra fallopian Transfer (SIFT)
- Gamete Intra fallopian Transfer (GIFT)
- Zygote Intra fallopian Transfer (ZIFT)
- Genetic Engineering

f. Family and Society in Medical Ethics

- Ethics of human sexuality
- Family planning perspectives
- Prolongation of life
- Advanced life directives – The Living Will
- Euthanasia
- Cancer and Terminal Care

g. Death and Dying

- Use of life-support systems
- Death awareness
- The moment of death
- Prolongation of life
- Ordinary and extraordinary life support
- Advanced life directives
- Euthanasia – passive and active
- Suicide – the ethical outlook

- The right to die with dignity

h. Professional Ethics

- Code of conduct
- Contract and confidentiality
- Charging of fees, Fee-splitting
- Prescription of drugs
- Over-investigating the patient
- Low-cost drugs, vitamins and tonics
- Allocation of resources in health care

i. Research Ethics

- Animal and experimental research/humanness
- Human experimentation
- Human volunteer research – Informed
- Consent Drug Trials

j. Ethical Work-up of Cases

- Gathering all scientific factors
- Gathering all human factors
- Gathering all value factors
- Identifying areas of value – conflict
- Setting of priorities
- Working out criteria towards decisions

#### **4. Teaching/Learning Experience**

Classroom teaching would focus on professional relationship, patient-doctor relationship, issues at the beginning and end of life, reproductive technologies, resource allocation and health policy. It will also deal with values, ethical concepts and principles. Clinical ethics must be taught as part of bedside teaching. Group discussions, case studies, problem analysing and problem-solving exercises may also be employed.

The teacher involved in teaching ethics should show how the ethical principles are applied on a day-to-day and patient to patient basis by demonstrating by example, how to identify and resolve a particular problem, increasing the awareness and knowledge of students of students the value dimensions of interactions with patients, colleagues, relations and public.

Fostering the development of skills of analysis, decision making and judgment. Making the students aware of the need to respect the rights of the patient as also duties and responsibilities of the doctor

#### **5. Evaluation**

All major subjects should have at least one short answer question on Medical Ethics appropriate for the subject introduced in the University question paper, and a few questions may be asked in the viva voce examination, eg., basic principles of informed consent, confidentiality, etc.

#### **6. Recommended Reading**

- a. Francis CM, Medical Ethics, II Ed, 2004, Jaypee Brothers, New Delhi, Rs. 150/-
- b. Ethical Guidelines for Biomedical Research on Human Subjects, Indian Council of Medical Research, New Delhi. 2000.

## **ANNEXURE-I**

### **DIFFERENT METHODS RECOMMENDED FOR INTERNAL ASSESSMENT**

National Institute of Naturopathy (NIN), Pune, has given some examples of methods of Internal assessment of students, which may be followed by the colleges. They are:

1. Credit for preparation and presentation of seminars by students
2. Preparation of clinical case for presentation
3. Clinical case study/problem solving exercises
4. Participation in project for health care in the community
5. Proficiency in conduction a small research project or assignment
6. Multiple choice questions (MCQ) test after completion of a chapter/system

Each time shall be objectively assessed and recorded. Some of the items can be assigned as home work/vacation work.

## ANNEXURE-II

### **A COMPREHENSIVE LIST OF SKILLS RECOMMENDED AS DESIRABLE FOR BACHELOR OF NATUROPATHY AND YOGIC SCIENCES (BNYS) GRADUATE**

1. Clinical evaluation
  - a. To be able to take a proper and detailed history
  - b. To perform a complete and thorough physical examination and elicit clinical signs
  - c. To be able to properly use the stethoscope, blood pressure apparatus, otoscope, thermometer, nasal speculum, etc
  - d. To be able to perform internal examination-per rectum (PR), per-vaginum (PV), etc.
  - e. To arrive at a proper clinical diagnosis
2. Bedside diagnostic tests
  - a. To do and interpret hemoglobin (Hb), total count (TC), erythrocyte sedimentation rate (ESR), blood smear for parasites, urine examination/albumin/sugar/ketones/microscopy;
  - b. Stool exam for ova and cysts;
  - c. To do gram's stain and Ziehl-Neelsen stain for AFB;
  - d. To do skin smear for leprae bacilli;
  - e. To do and examine a wet film vaginal smear for Trichomonas;
  - f. To do a skin scraping and potassium hydroxide (KOH) stain for fungal infections;
  - g. To perform and read Mantoux test.
3. Ability to carry out procedures
  - a. To conduct CPR (Cardiopulmonary resuscitation) and First Aid in newborns, children and adults
  - b. To administer enema



#### 4. Paediatrics

- a. To assess newborns and recognize abnormalities and IU retardation
- b. To teach infant feeding to mothers
- c. To monitor growth by the use of 'road to health chart' and to recognize development retardation
- d. To assess dehydration and prepare and administer Oral Rehydration Therapy (ORT)
- e. To recognize ARI clinically

#### 5. Community Health

- a. To be able to supervise and motivate community and para-professionals for corporate efforts for health care
- b. To be able to carry on managerial responsibilities, e.g., Management of stores, indenting, stock keeping and accounting
- c. Planning and management of health camps
- d. Implementation of national health programmes
- e. To effect proper sanitation measures in the community, e.g., disposal of infected garbage, chlorination of drinking water
- f. To identify and institute control measures for epidemics including its proper data collecting and reporting

#### 6. Management of emergencies

- a. To manage acute anaphylactic shock
- b. To manage peripheral vascular failure and shock
- c. To manage acute pulmonary edema and LVF
- d. Emergency management of drowning, poisoning and seizures
- e. Emergency management of bronchial asthma and status asthmaticus
- f. Emergency management of hyperpyrexia
- g. Emergency management of comatose patients regarding airways, positioning prevention of aspiration and injuries
- h. Assess and administer emergency management of burns