

**FURTHER DETAILS REGARDING MAIN TOPICS OF
PROGRAMME NO.5/2014 (Item No.14)**

MEDICAL OFFICER (AYURVEDA)

KERALA MUNICIPAL COMMON SERVICE

(CATEGORY NO. 652/2012)

**Part I : Basic principles of Ayurveda, Swasthavritha,
Panchakarma.**

Basic Principles of Ayurveda-

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

Svathavritha

Importance of dinacharya- benefits, procedure and contraindications of dantadhavana-abhyanga-snana-vyayama-ahara-maidhuna-nidra -importance sadvritha-ritucharya- ahara and its importance- yogasanas employed for various diseases-nutrition and nutritional deficiencies.

Panchakarma

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

Part II : Nidana and Kaya Chikitsa

Nidana & Kayachikitsa-

Nidana-purvarupa-lakshanasamucchaya-samprapti-chikitsatvatva and vyadhayavasta based chikitsa of jvara, raktapitha, kasa, svasa, rajayakshma, cchardi, hridroga, trishna, atisara, grahani, mutraghata, prameha, gulma, udara, panduroga, sopha, visarpa, kushta, svitra, krimi,vatavyadhi,vatasonitha, unmada and apasmara - common signs and symptoms and their interpretation-Diagnosis and Ayurvedic treatment of current epidemic fevers- Normal values

and interpretation of blood routine examination- blood examination for liver function-renal function-thyroid function -ECG in clinical practice-

Part III : Yogaparichaya, Agathantra, Salyatantra

Yogaparichaya - indications, composition and prakarana mentioned of following compound drugs-kashayas-shadanga, drakshadi, vyaghryadi, trayantyadi, sahacharadi.amritotharam, bharngyadi, chiruvilvkadi, elakanadi. dasamulakatutrayam, ashtavargam, prasaranyadi, dhanadanayanadi, rasnerandadi,. gandharvahastadi, rasonadi, saptasaram, nisakatakadi, brihatyadi, punarnavadi, manjishatadi, nayaopayam, vasaguluchyadi, rasnasaptakam, rasnapanchakam, various ganas mentioned in Ashtangahridaya sutrastana 15th Chapter- **Ghritas**-pippalyadi, vrishaghrita, shadpala, rasnadi, dhanvatnara, sukumara, tiktaka, mahatiktaka, vajraka, guggulutiktaka, indukantha, dadimadi, misrakasneha, brahmighrita, Kalyanaka, panchagavya-**Lehyas**- agastyarasyana, amritaprasa, kushmandarasayana, drakshadi, dasamulahareethaki, manibhadragula, kalyanaka gula- **Churnas**-taleesadi, talesapatradi, kalyanakshara, ashtachurna, hinguvachadi, vaisvanara, navayasa, narayana, shaddharana, avalgubeejadi, avipathi, dadimashtakam, **Tailas**- sahacharadi, bhelatailam, balatailam, ksheerabala, pindataila, madhuyashtyadi, pinyakatalam, pippalyadi, **Gutikas**- patupanchakadi, saptasama, manduravatakam, **Arishtas**-takrarishta, abhayarishtam, ayaskriti. lodhrasavam, madhukasavam, gomutrasavam.

Agadatantra-identification savishadamsha- first aid for sarpadamsha-concept of dushivisha, gara and their management-vishasankata-pathyaapathya in visha-stavaravisha- pratyoushadhas for stavatavisha-indications and composition of vilvadi gutika-dushivisharigutika-dashangaagada-neelidaladikashaya-nileetulasyadi kashaya- sigrupunarvadi churna-eladi churna-lodhradi- -padmaka,champaka-agada.

Salyatantra- marmas and their classification- indications, modalities, procedure, samyakyoga, vyapath(with management)of raktamoksha- nidanapanchaka and treatment of vriddhi, vidradhi, arshas, asmari, sadyovrina and dushtavrina (with their possible correlations in Western Medicine)- principles of wound healing-burns, boil, abscess, carbuncle, cellulitis, erysipelas and their management- indications and composition of guggulupanchapala, murivenna, nagaradilepa.

Part IV : Kaumarabhritya, Prasoothitantra, Rasayana & Vajeekarma, Salakyatantra

Kaumarabhritya-importance of stanya-stanyadushti and its management-medhakarayogas for sishu-principles of treatment in children-kumarasosha and its treatment- talukantaka-physical and mental mile stones- common developmental anomalies in children- lakshadi taila- rajanyadi churna.

Prasutitantra-garbhinicharya- kshirapaka for each month-sutikaacharya- phalasarpis-pushyanugachurna-various yonivyapaths and their management- diagnosis of preganacy- ante natal care-vomiting in pregnancy- haemorrhage in pregnancy-hypertension, anemia, pre eclampsia, eclampsia during pregnancy-dysfunctional uterine bleeding- infertility, endometriosis, amenorrhoes, perimenopausal syndrome, pre menopausal syndromes, fibroids adenomyosis of uterus and overy-common obstetrical and gynecological diseases.

Rasayana & Vajeekarana- importance of rasayana-types- purvakarmas-compound drugs in rasayana (as per Ashtangahridya) and their indications-use of tipahala, chitraka, bhallathaka, tuvaraka, pippali, somaraji, lashuna, silajathu, haritaki, asvagandha, tila and punarnava as rasayana-medhyarasayanas-achararasayana- indications of brahmarasayana, chyavanaprasam, abhayamalakarasyana, narasimharasyana-definition and benefits of vajeekarana- definition of vrishyadravyas- single drugs and diet in vajeekarana-vajeekarana recipes- interpretation of semen analysis-male infertility.

Salakyatantra- nidana lakshanasamucchaya samprapi chikitsatvatva and treatment of different vartmaroga, timira, linganasa, karnarogas, nasarogas, mukharogas and sirorogas- common compound and single drugs used in salakyatantra.

Part V : General Knowledge, Current Affairs & Renaissance in Kerala

General Knowledge

Geography of India- Physical Features- Climate-

Soils- Rivers- Famous Sites -Etc

Demography- Economic and Social Development-Poverty Alleviation-Economy and Planning-Etc

History of India-Period from 1857 to 1947 National Movement-

Current Affairs

Important World, National and Regional Events related to the Political and Scientific fields, Sports, Cinema and Literature etc.

Facts-about Kerala

Geographical Facts- Physical Features- Climate-Soils- Rivers- Famous Sites – Etc.

Renaissance of Kerala

Important Events/Movements/Leaders:- Brahmananda Swami Sivayogi, Chattampi Swami, Sree Narayana Guru, Vagbhatananda, Thycaud Ayya, Ayya Vaikundar, Poikayil Yohannan (Kumara Guru), Ayyankali, Pandit Karuppan, Mannathu Padmanabhan, V.T.Bhattathirippad, Dr Palpu. Kumaranasan, Vakkom Moulavi, Blessed Kuriakose Elias Chavara Etc

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