

Detailed Syllabus for the Post of AYURVEDA THERAPIST

(Indian Systems of Medicine) - Direct Recruitment and AYURVEDA THERAPIST

(Govt. Ayurveda Colleges) - Direct Recruitment

(Cat. Nos: 266/2022 and 720/2022)

| Heading | Sub heading | Mark(s) |
|---------------------------------------|--|-----------------|
| Adisthana Sidhanta of Ayurveda | Ayurveda Ithihas (history)/ Bharateeya Darsana | 1 |
| | Ashtanga Hridaya Sootrasthana Chapter 1 -Ayushkameeyam | 2 |
| | Ashtanga Hridaya Sootrasthana Chapter 2- Dinacharya | 2 |
| | Ashtanga Hridaya Sootrasthana Chapter 4 -Roganulpadeeyam | 2 |
| | Ashtanga Hridaya Sootrasthana Chapter 11 -Doshadi Vijnaneeyam | 2 |
| | Ashtanga Hridaya Sootrasthana Chapter 12 - Doshabhedeeyam | 2 |
| | Ashtanga Hridaya Sootrasthana Chapter 13 - Doshopakramaneeyam | 4 |
| | | 15 marks |
| Rachana Sareeram - Anatomy | Garbha/ Garbha vikasa krama | 1 |
| | Kala/ Pesi/ Asthi/ Types and classification of bones | 1 |
| | Skull/ Cervical, Thoracic and Lumbar vertebrae/ Scapula/ Ribs | 3 |
| | Pectoral Girdle/ Pelvic girdle/ Bones of hands and legs/ joints/ bones in ear | 3 |
| | Koshtanga/ Dhamani/ Sira/ Srotas/ Lasika/ Hridaya/ Phusphusa/ Vrikka/ Mootrasaya/ Malasaya/ Marma/ Brain and Spinal cord/ Peripheral nerves/ Jnanendriya & Karmendriya | 5 |
| Kriya Sareeram - Physiology | Digestion / Ahara Pachana/ Agni/ Dosha/ Dhatu/ Upadhatu/ Ojus/ Endocrine glands and secretions/ Function of heart and circulation/ Blood pressure/ Puresha mootra and Sweda pravruithi | 5 |

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| | | 18 marks |
| Dravya Vijnana | Classification of Dravya/ Rasa/ Guna/ Veerya/ Vipaka/ Prabhava/ Karma | 3 |
| | Drugs used for Panchakarma procedures/ Oushadha vyavastha/ Oushadha Prayoga Marga/ Oushadha Kala/ Mana Paribhasha (Old and New), Understanding of medical Prescription | 6 |
| Oushadha Kalpana parichaya | Kwatha kalpana/ Thoyapakavidhi/ Choorna Kalpana/ Gulika kalpana/Yoosha/ Yavagu/ Peya/ Vilepi/ Tharpana/ Mamsarasa/ Panaka/ Modaka/ Varthi/ Ksheerapaka/ Dhanyamla/ Vasthi kalpana/ Tharppana and Putapaka | 6 |
| | | 15 marks |
| Panchakarma Vidhikal | Abhyanga/ Samvahana/ Padaghatha/ Pichu/ Moordhataila prayoga | 4 |
| | Achapana/Vicharana/ Sadya sneha | 4 |
| | Tapa/ upanaha/ ooshma/ drava sweda/ 13 types of sweda/ Anagneya seda | 5 |
| | Udgharshana/ Udwarthana | 1 |
| | Nasya/ Vamana/ Virechana | 8 |
| | Snehavasthi/ kashayavasthi/ matravasthi/ Utharavasthi | 4 |
| | Rakthamoksha | 4 |
| | | 30 marks |
| Keraleeya Vishesha chikitsa | Thalam/ Thalapothichil/ Takradhara/ Ksheeradharma/ Dhanyamladhara/ Pizhichil/ Ksheeradhooma | 10 |
| | Shashtikapindasweda(Njavarakizhi)/ Patrapotalasweda/ Choornapinda Sweda/ Jambeerapinda sweda/ Dhanyakizhi/ Manal kizhi/ Muttakizhi/ Annalepam | 8 |
| | Urovasthi/ Januvasthi/ Kateevasthi/ Greevavasthi | 2 |
| | | 20 marks |
| General Topics | Basic principles of Yoga therapy/ Physiotherapy | 1 |

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| | Soft skill development/ Interpersonal relationship/ Communication Skill | 1 |
| | | 2 marks |

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.

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