

**Detailed Syllabus for the post of
Nurse Gr. II (Ayurveda) in Indian Systems of Medicine
Category No.248/2025,249/2025**

Total 100 marks

Module I 5 marks

Ayurveda Parichaya - Introduction & Basic Principles of Ayurveda

1. History of Ayurveda in Brief, Definition of Ayurveda, Branches of ayurveda, Classical text books on Ayurveda
2. Concept of Panchabhootha & Tridosha, Components of Purusha (Shareera, Indriya, Satwa & Atma) and Shareera (Dosha, Dhatu & mala)
3. Basic knowledge about vata, pitta and kapha along with their subdivisions
4. Oushadha Chatushpada, the importance of each chatushpada
5. Brief explanation of Sadhyasaadhyata of Roga
6. Definition & Classification of Chikitsa

Module II 10 marks

Sareera Parichaya - Basics of anatomy & physiology - Ayurvedic & Modern view

1. Definition of shareera, Division of shareera
2. Locations & Functions of Tridosha
3. Sapta dhatu & their functions, Thrimala & their functions, Ashaya, Dashajeevidhadhama
4. Agni, types of agni, assessment of agni
5. Koshtha, types of koshtha, assessment of koshtha
6. Ojus location, function
7. Brief explanation of Marma, Important marmas in the body (Hridaya, vasti, Guda, Shira in general, Sthapani, Shankha, Adhipathi, Neela, Manya)
8. Definition of prakruty, types of prakruty, brief explanation of cardinal features of different types of prakruty
9. Basic knowledge on different systems in the body, their components & functions
10. Layers of Skin, Important muscles (Neck muscles, deltoid, biceps, triceps, gluteus muscles, thigh muscles, calf muscles)
11. Blood, its components & functions
12. Important Bones & Joints
13. Brief anatomy and functions of the following organs: brain, thyroid gland, heart, lungs, liver, stomach, spleen, intestine, pancreas, kidneys, urinary bladder, ovaries & testis
14. Brief explanation of functions of the above organs

Module III 10 marks

Athura Susrusha Parichaya - Basic Principles & Practice of Nursing

1. The Ward: Administration & General care of the Patient
2. Communication Skill
3. Bed making, positions, toilet & feeding of the Patient
4. Care of Urine, Excreta and sputum, Specimen collection for laboratory analysis
5. General observations of signs & symptoms
6. Assessment & importance of vital functions: heart rate, pulse rate, blood pressure, respiratory rate, body temperature, Writing of Clinical Charts, normal values
7. Basic investigations and their normal values (Hb%, TC, DC, TRBC, ESR, routine urine examination, Stool examination)
8. Care of the dying
9. Care of the dead with special reference to religious rights
10. Administration in nursing

Module IV 10 marks

Roga Parichaya

1. Definition of roga, Classification, Ashraya of roga
2. Samanya Nidana of roga, brief explanation of kala, artha & karma; ahara & vihara, aganthu karana
3. Brief explanation (Cardinal features, main etiological factors, possible complications) of following important diseases- Jwara, raktapitta, kasa, swasa, rajajakshma, madathyaya, arshas, udara, pandu, shopha, visarpa, kushtha, switra, vatavyadhi, amavata, shoola & vatarakta
4. Rogi pareeksha - Darshana, sparshana & prasna
5. Basic Knowledge regarding Rishtha Laxana

Module V 15 marks

Rogi Paricharya - Medical Nursing - Ayurvedic & Modern view

1. The importance of Bhishak and Paricharaka in chikitsa, detailed understanding of qualities of paricharaka- anuraga, shuchi, daksha, budhiman
2. Features of rogi, importance of rogi paricharya, qualities of rogi, rights of rogi, anathatwa of rogi, Supremacy of Bhishak in chikitsa chatushpada
3. Definition of chikitsa, shuddha & asudhha chikitsa, Types of chikitsa, difference between shodhana & shamana chikitsa
4. Pathya and apathya for the following important diseases - Jwara, raktapitta, kasa, swasa, rajajakshma, madathyaya, arshas, udara, pandu, shopha, visarpa, kushtha, switra, vatavyadhi, amavata, shoola & vatarakta

5. Bed side treatments: Lepana, Pichu, Thala, Upanaha, Varti, Application of enema, Application of Hot & Cold
6. Emergency management, First Aid
7. Ethical considerations in Nursing care, Duties and responsibilities of Nursing Attendant
8. Management of a psychiatric patient; Special procedures (Dhoopana, Thalapothichil etc.), Importance of Upaya
9. Definition of Rasayana, Utility of Rasayana ,Vatatapika & Kuteepraveshika rasayana, Instructions and nursing care for a patient undergoing rasayana, Knowledge of vardhamanapippali, lashuna rasayana & Bhallataka rasayana

Module VI 15 marks

Oushadha Parichaya - Basic Knowledge of Ayurvedic Medicines & Application

1. Definition of oushadha, qualities of oushadha, shreshtha oushadha
2. Important oushadhakalpana and their method of preparation in brief -Swarasa, kalka, phanta, hima & Kwatha
3. Basic knowledge on other preparations - Arishtha, asava, lehya, gutika, vataka, rasa; Shelf life, expiry date
4. Importance of prakshepa Dravya of oushadha, examples for prakshepa dravyas for important oushadhas
5. Importance of matra of oushadha, care on dispensing different oushadha
6. Detailed knowledge on Oushadhakala

Module VII 10 marks

Kriyakrama - Poorvakarma & Panchakarma

1. Snehana karma, Snehapana, Nursing care during snehapana, instructions to the patient during snehapana, recording Samyak Snigdha lakshana, method of rookshana before snehapana, post snehapana procedures, brief knowledge on abhyanga, contraindications of abhyanga Complications of Snehana
2. Swedana karma- types of swedana, requirements for different types of swedana, recording Samyak sweda lakshana, pottali making, instructions to the patient during swedana, brief knowledge on following sweda - patrapotala, churnapinda, jambeerapinda, dhara, avagaha, shashtikapinda, bashpasweda, kseeradhooma, complications of Swedana
3. Vamana karma, requirements for vamana karma, time of administration, role of paricharaka during vamana karma, instructions to the patient for vamanakarma including diet, preparation of vamanaoushadha, preparation of patient for vamana karma, preparation of vamana chart, Complications of vamana
4. Virechanakarma- Common medicines for Virechana karma, time of administration, instructions to the patient for virechana karma including diet, preparation of virechana chart, Complications of Virechana
5. Vasti karma Types of vasti, Dosage of anuvasana & nirooha, Matravasti. Time of

administration of various vasti, preparation of nirooha dravya, positioning of patient, instructions to the patient for vasti including diet, preparation of patient for vasti karma, preparation of vasti chart, vasti pratyagamana kala, complications of Vasti

6. Nasya Karma Types of Nasya, Dosage of Nasya, Time of administration, positioning of patient, instructions to the patient for nasya including diet & regimen, preparation of patient for Nasya karma, complications of Nasya, Importance and time of administration of Pratimarsha nasya

Module VIII 10 marks

Upakarma & Special procedures

1. Raktamoksha – Jalookavacharana - Preparation of Patient & Jalooka, observations during jalookavacharana, Post operative procedures, requirements & preparation of patients for Siramoksha & Prachhana
2. Special procedures on Shiras - Abhyanga, seka, Pichu & Shirovasti - Preparation of the patient, instructions, procedure & post procedure care
3. Shalyathantra related special procedures Minor surgical procedures, Sastra, kshara & Agnikarma, Care of the wound, bandaging, Ano rectal care, special massages, nursing assistance in management of fractures & dislocations
4. Shalakyathantra related special procedures - Aschyotana, Anjana, seka, varthi, pindi, tharpana, putapaka, karnapoorana, kabala, gandoosha, nursing assistance in Shalakyathana related cases.
5. Prasutihantra related special procedures - Nursing assistance in gynaecological cases, Uttaravasti, Douche, ante natal Care, Basic knowledge on mechanism of labour, Post natal care, Maternal & Child health care, posology in paediatric cases
6. Nursing care in Agada related cases - Visha -Sthavara & Jangama, Important bites and their identification. First aid in poisoning, Important Antidotes in poisoning.

Module IX 10 marks

Swasthavritta - Social and Preventive Medicine

1. Definition of Swastha, Definition of health according to WHO, Ayurvedic way of living promotion of health and prevention of diseases, Important points of Dinacharya-indications, contraindications and procedure of abhyanga, udwarthana, vyayama and snana, Brief knowledge of ritucharya and its importance, Vega and their importance
2. Thryopasthambha, Importance of aharavidhi, rules and regulations regarding nidra and abrahmacharya, Concept of Social hygiene in Ayurveda
3. Infectious diseases, mode of spread and their prevention, Asepsis, antisepsis
4. Communicable diseases, Specific precautions and Nursing care in communicable diseases, Notification
5. Immunization schedule
6. Family planning
7. Important health programmes of Govt. of India and WHO

Module X

5 marks

Yoga, Rasayana & Nutrition

1. Definition of yoga, Ashtanga yoga, Important sets of asanas, Essential knowledge on Pranayama, Meditation, Importance and utility of yoga in patient care.
2. Dietetics in Ayurveda, Hita and Ahita Ahara, Virudha ahara, Rules and regulations in Cooking
3. Brief knowledge on ahara kalpana, method of preparation of following kalpana - Manda, Peya, Yavagu, vilepi, yoosha- krita & akrita, mamsarasa, Upadamsha, pana, mantha, veshavara, odana, yoosha, krisara, ksheerapaka, oushadhayavagu, different samskara of Ksheera
4. Planning of diet according to calorie requirement.
5. Model diet for following diseases - Prameha, Kushtha, Jwara, Sthoulya, Shopha, udara, amavata, Vatarkta and Vatavyadhi

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.