

**DETAILED SYLLABUS FOR THE POST OF MEDICAL OFFICER
IN PANCHAKARMA IN INDIAN SYSTEMS OF MEDICINE - Direct Recruitment**

(Cat.No. 631/2023)

(TOTAL – 100 Marks)

Module 1 – 10 Marks

1. Must to know

Chikitsa and its classifications Definition of Karma. Trividha Karma for Shodhana. Importance of Panchakarma in health and disease. Indications and contraindications for Shodhana. Applied aspects of Koshta and Agni. Parihara Vishaya for Panchakarma.samsarjana krama

2. Desirable to know

Oushadha aharakalpanas, Trividha, Shadvidha, Ashtavidha, dasavidha pareeksha.

3. Nice to know

Areas of research in Panchakarma

Module 2- Snehana – 10 Marks

1. Must to know

General considerations about Snehana - Classifications of Sneha, Sneha-Yoni- Matra of Sneha Samyak, Asnigdha and Ati Yoga Lakshana of Snehana -. Snehs vyapta and their management - Pariharya vishaya and Parihara Kala

2. Desirable to know

Classification of Bahya Snehana-Digestion and metabolism of fat - Karmukata of Abhyantara and Bahya Snehan –

3. Nice to know-

Knowledge of different western massage techniques

Module 3- Svedana – 10 Marks

1. Must to know-

Properties of Svedan and Svedopaga Dravya - Indications and contraindications of Svedana - Various Classifications of Sveda and Svedna- Samyak, Ayoga and Atiyoga Lakshana, Sveda Vyapat and their management

2. Desirable to know-

Svedan procedures in general practice- Mode of action of swedana- General precautions during Sagni Svedana and Methods to protect vital during svedana

3.Nice to know-

Current sudation modalities like Sauna bath, Steam Bath, Infrared, etc

Module 4- Vamana karma – 10 Marks

1. Must to know-

Properties of Vamaka and Vamanopaga drugs. Indications and Contraindications for Vamana, Procedure of vamana in detail including poorva,pradhana paschat karmas Samyak, Ayoga and Atiyoga of Vamana with its management-Shuddhi of vamana

2. Desirable to know-

Detailed knowledge and method of preparation of patient with Snehana Vamana Karmukata (mode of action) with Pharmacodynamics of Vamana

Module 5 – Virechana Karma - 10 Marks

1. Must to know

Properties of main Virechaka and Virechanopaga drugs, Classifications of Virechana drugs

Procedure of virechana in detail-Indications – Contraindications- Samyak, Ayoga and Atiyoga of Virechana with its management -Shuddhi of Virechana

Mode of action of virechana with pharmacodynamics

2. Desirable to know

Necessity of Vamana prior to Virechana-Scope of research for Vamana and Virechana

Module 6- Basti Karma -10 Marks

1. Must to know

Importance of Basti-. Classifications of Basti - Drugs useful in Basti -Indications of different types of Basti, -Contraindications of Basti with reasons - Description of Basti yantras, Basti netra and Basti putaka and their Doshas. –dose of basti dravya according to its type and age

Basti procedure –poorva,pradhana ,paschat karma

Samyakyoga, Ayoga and Atiyoga Lakshana and Various Vyapat of Basti and their management.

Uttara basti-types, netra specification, indication contraindication

2. Desirable to know-

Modified Basti Yantra, their merits and demerits-Detailed Knowledge of different basti formulations

Module 7- Nasya Karma– 10 Marks

1. Must to know

Nasya drugs according to various Samhita-Classifications and sub-classifications of Nasya - Indications and contraindications of each type of Nasya with reasons - Drugs useful for Nasya with Dose and methods of preparations -Nasya Kala and Pathya before, during and after Nasya

2. Desirable to know

Common Nasya formulations-Samyak yoga, Ayoga and Atiyoga of each types of Nasya, its Vyapat and their management-Mode of action and pharmacodynamics of Nasya karma

Module 8- Raktamoksham– 10 Marks

1. Must to know

Importance, classifications and detailed knowledge of each type of Raktamokshana -General and specific indications of different Raktamokshan techniques and contraindication

Jalookavacharanam- Pracchāna- Sirāvedha- etc-Samyak Lakshan, Ayoga Atiyoga Lakshanas of Raktamoksha

2. Desirable to know-

Knowledge of emergency management of complications such as water & electrolyte imbalance, shock, bleeding per rectal, hematemesis, epistaxis etc-Pariharya Vishaya and Parihara kala-Karmukata (mode of action) of different types of Raktamokshana

Module 9- Keraleeya Pachakarma –physiotherapy– 10 Marks

1. Must to know

Different types of Keraleeya Panchakarma
Disease-wise Panchakarma

2. Desirable to know

Definitions and terminology- Biomechanics of human movements- Principles of occupational therapy

3. Nice to know

Treatment modalities used in Physical Medicine- Physiotherapy exercises for different ailments

Module10– 10 Marks

1. Must to know

Applied anatomy and physiology-nervous system, loco motor system, cardiovascular system, respiratory system, integumentary system, gastrointestinal system

2. Nice to know

Knowledge of quality standards of NABH

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