

**DETAILED SYLLABUS FOR THE POST OF PANCHAKARMA
ASSISTANT IN AYURVEDA MEDICAL EDUCATION Direct
Recruitment**

(Cat.No. : 585/2023)

PANCHAKARMA ASSISTANT IN AYURVEDA MEDICAL EDUCATION

MODULE	TOPICS	MARK DISTRIBUTION
I	<u>Ayurveda Adisthana Sidhantha</u> Ashtanga Hridayam Sutrasthanam Chapter -1,2,4,11,12,13	10 marks
II	<u>Rachana Sareera(Anatomy)</u> Brief description of Ayurvedic and relevant modern aspects of the following -Garbha, Asthi, Sandhi, Sira, Dhamani, Srothas, Lasika, Pesi, Koshtangas, Grandhi, Kala, Twak, Masthishka, Hridaya, Guda, Manas, Indriyas etc.	5 marks
III	<u>Kriya Saareera(Physiology)</u> Brief description of Ayurvedic and relevant modern aspects of the following- Ahara Pachana, Agni, Dosha, Dhathu, Upadhatu, Ojus General aspects of nervous system, Antha Sravigrandhi Sravyas (endocrine system and hormones), Hridaya pravruthi, Raktha chamkramana (Cardiovascular system), Raktha sammardda (Blood Pressure), Malas and Malappravruthi (Pureesha, Moothra, Sweda)	5 marks
IV	<u>Dravya Vijnanam</u> Dravya Vargikaranam, Rasa, Guna, Veerya, Vipaka,Prabhava, Karma Dravya parichaya of Panchakarma upay.ogi dravyas. ----- <u>Oushadha Vyavastha</u> Oushadha Prayogamarga, Pathra Lekhana vijnanam(Prescription) Oushadha kala Mana Paribhasha (Old and New metrics).	5 marks

V	<p><u>Oushadha Kalpana Parichaya</u></p> <p>Brief description of the preparation and administration of the following – kashaya kalpana, ThoyapakaVidhi, Yoosha, Yavagu, Peya, Vilepi, Tharpana, Mamsarasa, Panaka, Modaka, Varthi,Choorna, Ksheerapakas,Dhanyamla, Sneha kalpana, Vasthi kalpana, Tharpana and Putapaka etc</p>	5 marks
VI	<p><u>Snehana</u></p> <p>Bahya Snehana- Aims, Objectives, Materials, methods and observations of the following treatments -Abhyanga, Samvahanam, Padaghatham,Pichu, Moordhataila- siro abhyanga, siro dhara, siro pichu, siro vasti</p> <p>Abyanthara snehana - Achapana, Vicharana and Sadya Sneha</p>	10 marks
VII	<p><u>Swedana</u></p> <p>Agneya and Anagnoya Swedas – Tapa swedam. Upanaha sweda, Ushma sweda, Drava sweda Thirteen types of Swedas mentioned in Charaka</p> <p>Other treatments – Udgarshanam, Udwarthanam</p>	10 marks
VIII	<p><u>Panchakarma</u></p> <p>Description, indication, contraindication, Classification, materials, methods, observation and complications of the following karmas - Vamana, Virechana, Peyadi karma, An:uvasana vasti, Nirooha Vasti, Nasya,Rakthamoksha,</p>	20 marks
IX	<p><u>Keraleeya vishesha chikitsa</u></p> <p>Aims, Objectives, Materials, methods and</p>	25 marks

	<p>observations of the following treatments as practiced in Kerala-Thalam, Thalapothichil, Takradhara, Urovasthi, Katee vasthi, Januvasthi, Greeva vasthi, Ksheeradhara, Dhanyamladhara, Pizhichil, kayasekam, Ksheeradhooma.</p> <p>Aims, Objectives, Materials, methods and observations of the following treatments as practiced in Kerala-Valuka sweda, Patrapotala sweda, Choomapinda sweda, Jambheera pinda sweda, Njavarakizhi, Annalepam, Muttakizhi.</p>	
X	<p>General Topics-</p> <p>Basic principles of Yoga Therapy.</p> <p>Basic principles of Physiotherapy.</p> <p>Soft Skill development.</p> <p>Interpersonal relationship</p> <p>Customer care</p> <p>Development of communication skill.</p>	5 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.