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JAMMU & KASHMIR PUBLIC SERVICE COMMISSION
Resham Garh Colony, Jammu-180001

Subject: Syllabus for the written test for the post of Medical Officer (Ayurvedic) in Health & Medical Education Department.

Notice Dated: 24.04.2016

In continuation to notification no. PSC/DR/2016/02 dated:04.02.2016 where under posts of Medical Officer (Ayurvedic) in Health & Medical Education Department were advertised for inviting applications through online mode, the Commission hereby notifies the syllabus for the said posts for the purpose of the written examination(MCQ type):-

No: PSC/DR/MO/H&ME/2016

Sd/-
Secretary,
J&K Public Service Commission
Dated: 24.04.2016

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SYLLABUS FOR WRITTEN TEST OF MEDICAL OFFICER'S
AYURVEDIC (BAMS)- 2016

1. Ayurveda Ithihasa (History of Ayurveda) and Padarath Vigyan

- a. Introduction of Ayurveda and brief knowledge of other systems of medicine.
- b. Information of Ayurveda during different eras.
- c. Description of ancient Ayurveda and Astang Ayurveda.
- d. Introduction to the authors of classical texts during Samhita kal and their contribution.
- e. Introduction to the commentators of classical Samhitas.
- f. Introduction to the authors of Modern era.
- g. The factors that led to the deterioration of Ayurveda system of Medicine.
- h. Establishment of different committees and their recommendations.
- i. Introduction, recent developments & role of --- Deptt. of AYUSH, CCIM, CCRAS, National Medicinal Plant board, TKDL, National Health Mission, National Ayush Mission.
- j. Introduction to the activities of WHO in the Promotion of Ayurveda.
- k. Basic principles of Ayurveda and their significance.
- l. Pramanas and their clinical application.

2. Rachna Sharir (Human Anatomy)

- a. Sharir Vyakhya. (Complete Concept)
 - b. Garbha Sharir Rachna (Embryology)
 - c. Asthi , Sandhi Sharir Rachna
 - d. Koshta, Koshtanga and Aashaya
 - e. Sira, Dhamani, Srothas Sharir
 - f. Lasika sansathan,
 - g. Peshi sharir Rachna
 - h. Srotas and Granthi Sharir
 - i. Tawak Sharir
 - j. Utamanga, Marma and Indriya Sharir
- *Ayurvedic & Modern concept of all the Systems

3. Kriya Sharir (Human Physiology)

- a. Detailed concept of Sharir and fundamental principles of Ayurveda Kriya Sharir. Difference between Shaarir and Sharir.
- b. Complete concept of Dosha, Dhatu, updhatu and Mala.
- c. Factors responsible for Kshya and Vriddhi of Dosha and their manifestation.
- d. Concept of Kriyakala.
- e. Complete concept of Prakrti
- f. Detailed concept, classification and significance of Ahara, Vipaka, Agni and oja.
- g. Concept of Indriya (including Mana), Atama and Nidra
- h. Concept of Ashraya- Ashrayi Bhava
- i. Physiology of all systems of human body e.g; Respiratory system, circulatory system, nervous systems, digestive system etc. (Both Ayurvedic & Modern concept).
- j. Vitamins and minerals: Sources, daily requirement, functions, manifestations of hypo and hyper vitaminosis.
- k. Description of Immunity and its classification and mechanism involved in immunity.

4. Dravyaguna Vigyan

- a. Detailed study of Dravya, guna, Rasa, Vipaka, Virya, Prabhava, Karma and other terminologies used in Dravyaguna.
- b. Knowledge of Important drugs/herbs/plants.

5. Rasa Shastra and Bhaishajya Kalpana

- a. Definition & etymology of Rasa, History of Rasa Shastra, Concept of Rasa- Rasayan.
- b. Concept, definition and types of Puta.
- c. Detailed study of Parada
- d. Brief introduction of Quality control, standardization and GMP of Rasaoushadhies
- e. Detailed study of Maharasa, Uparasa, Sadharana Rasa, Dhatu, Ratna, Upratana, Sudha Varga, Sikta varga, Kshara Varga, Visha, Upvisha
- f. Detailed study of Panchvidha kashaya Kalpana, Sneha Kalpana, Sandhana Kalpana
- g. Brief knowledge of Drugs & Cosmetics Act 1940 and rules 1945.
- h. Introduction of Pharamcovigilance, its status in India with reference to Ayurvedic drugs.

6. Agadtantra

- a. Manifestation of poisoning due to poisons of plant origin and animal origin, their fatal dose, fatal period and management of poisoning, post mortem appearance and its medico legal importance.
- b. Visha, Upvisha, Garvisha, Dushi Visha, Jangam visha in detail.

7. Swasthavritta

- a. Definition of Swastha as per Ayurveda and WHO
- b. Dinacharya, Ratricharya, Ritucharya in detail
- c. Sadvritta and Acahra Rasayan in detail.
- d. Trayopstambha in detail
- e. Sankramak Roga in detail
- f. Janpadhodhwansa in detail
- g. General introduction of Yoga, Ashtanga Yoga, Pranayama, Shatkarma, Shatchakara
- h. Pratayahara, Dharana, Dhayana and Samadhi
- i. Nisargopachara in detail
- j. National Health Policy – Health statistics, National Health programmes and National Nutritional programmes
- k. Alma Ata Declaration

8. Rog-Vigyan Evam Vikriti Vigyan (Pathology)

- a. Nidan Panchaka Vigyan and shatkriyakaal - its importance and complete concept
- b. Dosh, Dhatu, Updhatu and Mala- its complete concept
- c. Detailed classification of diseases according to srotas with their signs and symptoms along with modern concept.
- d. Vyadhi Kshamatva—its concept, importance and varieties
- e. Rog- Rogi Pariksha- Detail concept
- f. AshtaNindita roga
- g. AshtaMahagada
- h. upasarga janya vyadhi (communicable diseases) – detail concept.

- i. Krimiroga vigyanam in detail with modern concept
- j. Ojo vigyana
- k. Dosh, Dhatu, Mala Gati, Vridhi, evam kshya in detail.
- l. Srotas vivran
- m. Aavarana
- n. Detail knowledge about various hematological, biochemical, stool, urine tests, ECG, X- Ray, MRI.

9. Kaya Chikitsa (Medicine)

- a. Etiopathogenesis, symptoms and relevant Ayurvedic and modern management of all types of Jawara (fever)
- b. Chikitsa sutra and management of diseases of all the srotas both ayurveda and modern.
- c. Diseases of different endocrine glands-- Thyroid, Parathyroid, Pituitary, Pancreas, Adrenal gland and their management
- d. General Introduction, types and management of diseases caused by Vyadhi Kshamatav hinta (Immuno deficiency diseases), Auto immune disorders.
- e. Concept of Rasayan and Vajikarn,
- f. Nidan evam chikitsa of Urusutambha, G.B. Syndrome, Muscular dystrophy, Myasthenia Gravis, MND, Neuralgia
- g. Detailed Concept of Vata Vayadhi with management.

10. Panchkarma

- a. Panchkarma- Introduction, classification, importance for promotion of health, prevention and treatment of disease.
- b. Trividha Karma- Purva, Pradhana and Pashtakarma with their importance.
- ✕ c. Indications of Shodana and Shodana according to Ritu.
- d. General principle of Doshgati from Koshta to Shaka and vice-versa
- e. General precautions (Pariharya vishya) for panchkarma
- f. Importance of Koshta and Agni parikshan in context of Panchkarma
- g. Snehana, Swedana- their definition, classification and types, procedure, indications, contraindications, complications and their management. Jeerana and Jeeryaman Lakshana, Samyak yoga, Atiyoga and Ayoga in case of

Shodanartha Snehapana. General precautions during Sagni Swedana
Methods to protect vital organs during swedana. Samyak Yoga, Ayoga
and Atiyoga of Swedana. Drugs used for Snehana and Swedana with their
mode of action.

- h. Detailed knowledge of following procedure- Sankara/Pinda Sweda-Ruksha and Snigdha
Sweda Patrapinda Sweda, Jambir Pinda Sweda, Baluka Sweda, Churna Pinda Sweda,
Kukkutand Pinda Sweda, Shashtika Shalipinda Sweda, Nadi Sweda, Vashpa Sweda, Ksheer
Seka, Kwath Seka, Avagaha Sweda, Dhanymla Dhara Parisheka Sweda, Pizichil, Upanaha
Sweda, Annalepa, Kati Basti, Janu Basti, Greeva Basti, Urobasti, Shirodhara, Shirobasti,
Shiropicchu.
- i. Vamana, Virechana, Basti, Nasya and Raktamokshan- their Detailed study with Etymology,
definition, Procedure, types, indications, contraindication, complications and their
management, Samyak yoga, Atiyoga, Ayoga, Types of Shudhhi- Hina, Madhya, Pravara
Shudhi. Drugs used for these Karmas with their mode of action.
- j. Detailed study of Samsarjana Kram. x

11. Kaumar Bhritya (Paediatrics)

- a. Introduction of Kaumara Bhritya.
- b. Stage of childhood and classification of age.
- c. Growth and development, dentition.
- d. Nutrition according to different ages. Breast Milk, Dhatri and Milk substitutes.
- e. Garabha Vridhi Vikas kram (Brief Month wise Development of Foetus)
- f. Milestone development during infancy and childhood.
- g. Concept of various Sanskaras
- h. General Aushadhi Matra Nirdharan
- i. Prasavkaleen Abhigata
- j. Brief description of Sahaj Vyadhi (congenital disorders, Genetic disorders), Prasavutaar
Vyadhi (Neonatal disorders), Kuposhanjanya Vyadhi (Malnutrition), Upsargika Vyadhi
(Infectious diseases), Dushta Stanyapanajanya Vyadhi
- k. Behavioral disorders of children
- l. Immunization Schedule.
- * Modern concept for the relevant topics.

12. Prasuti Tantra Evam Stri-Rog (Gynae and Obst.)

- a. Stri Sharir Vigyan
 - b. Rajo Vigyana
 - c. Garbha Vigyana (Embryology), Garbhani Vyapad
 - d. Prasav Vigyana, Prasav Vyapad.
 - e. Sootika Vigyan, Aratva Vyapad, Yoni Vyapad, Vandatayva, Stan Roga .
 - f. Birth control methods
 - g. STD's
- * All above with their Ayurvedic and modern concept.

13. Shalaky Tantra

- a. Shalaky Definitions, History and development of Branches of Shalaky-
Nethra (Eye), Sirarsa (Head), Karna (Ear), Nasa (Nose) and Mukha
(Mouth)
 - b. Nethra Roga – (Eye Diseases)
 - c. Shiroroga – (Head Diseases)
 - d. Karna Roga – (Ear Diseases)
 - e. Nasa-roga (Nasal Disorders)
 - f. Mukha Rog. (Oral Diseases)
- *Above all in detail with Ayurvedic and modern concept

14. Shalya (Surgery)

- a. Origin of Shalya Tantra, the place of Shalya Tantra in eight Fold Ayurveda, Deterioration
of Surgery in Ayurveda.
- b. Classification of Diseases.
- c. Management of Raktasarva (Haemostasis) in Ayurveda and Modern.
- d. Bandaging.
- e. Paschath Karma (Post operative care)
- f. Application of kshara (Caustics).
- g. Arbuda (Tumours) and Bhagana in detail
- h. Diseases of the chest, diseases of the breast, breast abscess, diseases of pleura.

- i. Diseases of the liver. Prostrate, kidney, ureter, urethra and urinary bladder,
 - j. Mutraghat, Mutrakriccha, Ashamari Roga
 - k. Fissure, Fistula, Piles – etiopathogenesis and their management.
 - l. Trividha karma, Ashtvidha Shastra Karma
 - m Marma – its clinical application in context of surgical knowledge.
 - n. Kshara sutra- Preparation, indication, contraindication, method of application, complication and their management.
 - o. Agni Karma
- *Above all in detail with Ayurvedic and modern concept.

***Note -Detail Study of Astang Sangrha, Astang Hridaya Charaka Samhita, Sushruta Samhita and Madav Nidan**

No: PSC/DR/MO/H&ME/ 2016

Sd/-
(Shakeel Ul Rehman)
Secretary & Controller of Examinations
Dated:24.04.2016