

POCO PURVARDHA

Topic	Must know	Desirable to know	Nice to know
Bheshaj Chatushak (11 hours) 1) Dirghanjivitiyadhyay 2) Apamargatanduliyadhyay 3) Aragvadhiyadhyay 4) Shadvirechanashatashritiy adhyay	1) Shadpadarth, Dhatu & Tridosh, classification of Dravya, Aushadhi, 2) chikitsak. 3) Drugs used in Panchkarma therapy twenty eight medicated Gruels 4) Thirty two effective powders & Unguents 5) Five sources of decoctives, five varieties of pharmaceutical preparation, fifty groups of decoctive & five hundred decoctives.	1) Ayurvedavataran 2) Use of gules in different disorders 3) Powders & unguents used in Tvacha Roga	Total number of decoctives

Student should be able to-

- CO-1: Define Shadpadarth & Describe samanya vishesh padartha.
 CO-2: Define the term Tridosh describe their properties.
 CO-3: Define Dravya, &, Describe its classification.
 CO-4: Define chikitsa and describe types of aushadha
 CO-5: Describe Drugs used in Panchkarma
 CO-6: Describe Thirty two effective powders for local application.
 CO-7: Define mahakashay and Describe panchvidhkaasya kalpana.
 CO-8: Describe Ayurvedavataran
 CO-9: Describe Powders & unguents used in Tvacha Roga

Topic	Must know	Desirable to know	Nice to know
II) Swasthya Chatushak (8 hours) 1. Matrashitiyadhyay 2. Tasyashitiyadhyay 3. Navegandharniyadhyay 4. Indriyopkramniyadhyay	1) Ahar , aharmtra, aam, aamjanyavikaras, their treatment 2) Regimen of Hemant, Shishir, Vasant, Grishma, Varsha Sharad ritu. 3) Adharniya veg, dharniya veg, Vyayam, 4) Panchpanchak	1) Satmya method of gradual acquirement of wholesome & withdrawal of unwholesome habits, 2) Sadvritta (Right conduct)	comparative study of balanced diet

Student should be able to-

- CO-1: Define Ahar & Describe aharmtra.
 CO-2: Define the term aam and describe aamjanyavikaras along with their treatment.
 CO-3: Define ritu and describe regimen of each ritu
 CO-4: Define vegas and describe adharniya vegas.
 CO-5: Describe satmya and asatmya
 CO-6: Describe sadvritta according to charak samhita.
 CO-7: Describe importance of balanced diet

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Nirdesh Chatushak 1. Khuddakchatushpadaadhyay 2. Mahachatushpadaadhyay 3. Tristaishniyadhyay 4. Vatalakaliyadhyay	Chikitsa chatushpad, Utility of four padas of treatment ,sadhyaadhyata, Trividha Aishana, chaturvidha pariksha Guna, karya kshayvrudhhi, lakshanas and chikitsa of vata Dosha, pitta Dosha & kapha Dosha,	Qualities of Uttam vaidy, Signs and classification of sadhya & asadhya vyadhi, Punarbhav (Rebirth)	Trividha bhishak

Student should be able to-

- CO-1: Define Chikitsa & Describe Chikitsa chatushpad.
 CO-2: Describe Utility of four padas of treatment.
 CO-3: Define trividha and describe trividha aishana,
 CO-4: Describe chaturvidha pariksha.
 CO-5: Describe sadhyaadhyata of vyadhi
 CO-6: Describe kshayvrudhhi, lakshanas and chikitsa of vata Dosha,
 CO-7: Describe guna and karya of vata dosha

Topic	Must know	Desirable to know	Nice to know
Kalpna Chatushak 1. Snehadhyay 2. Swedadhyay 3. Upkalpniyadhyay 4. Chikitsaprabhratiyadhyay	Sneha karma (oleation therapy), complications in oleation therapy ,sources of sneha, properties & doses of sneha, pre & post procedures of snehan karma, Benefits of swedan karma, types of fomentation, drugs useful for fomentation, symptoms of heenyog , mithayog, atiyoga & samyakyoga of swedan, indications & contra-indication of swedan. Sanshodhan karm	sansarjan karm, Importance of the fully equipped physician, Swabhavoparamvad	collection of equipments

Student should be able to-

- CO-1: Define Snehan & Describe guna, karma & yoni of snehan
 CO-2: Describe pre & post procedures of snehan karma
 CO-3: : Define Swedan & Describe guna, karma & benefits of swedan
 CO-4: Describe types of fomentation.
 CO-5: Describe drugs useful for fomentation
 CO-6: Describe heenyog , mithayog, atiyoga & samyakyoga of swedan,,
 CO-7: Describe indications & contra-indication of swedan.

Topic	Must know	Desirable to know	Nice to know
V) Rog Chatushak 1. Kiyanyashirasiyadhyay 2. Trishothiyadhyay 3. Ashtodariyadhyay 4. Maharogadhyay	Types of Shirorog, Hridrog,sapta pidka, trividhgati, Functions of normal & vitiated tridoshas panchnidan of Nij & Agantuj shoth, Samanyja vikar, vata, pitta and kapha nantmaj vikar.	Ekdeshaj shotha	Eighteen types of kshaya

Student should be able to-

- CO-1: Define Shirorog & Describe types of Shirorog
 CO-2: Describe types of Hridrog

CO-3: Describe sapta pidka
 CO-4: Describe functions of normal & vitiated tridoshas.
 CO-5: Describe panchnidan of Nij & Agantuj shoth.
 CO-6: Describe vata, pitta and kapha nantmaj viKar.
 CO-7: Describe Eighteen types of kshaya.

Topic	Must know	Desirable to know	Nice to know
VI) Yojanachatushak 1. Ashtanindatiyadhyay 2. Langhanbrahiyadhyay 3. Santarpaniyadhyay 4. Vidhishonitiyadhyaya	Nindaniya purush (Censurable as atikrush persons), causes, symptoms & treatment of Atishul & atikrush (obese & emaciated) purush. Shadavidh Chikitsopkram Langhan, Brahan, Rukshan, Snehan, Swedan & Stambhana) Causes of santarpan, diseases due to santarpan, treatment of Aptarpam diseases. Causes, symptoms & treatment of raktaj vyadhi, Mada, Murchha, sanyas diseases.	Nidra (sleep), Sings of pure and impure blood	

Student should be able to-

CO-1: Define Ashtou Nindaniya purush & Describe causes & symptoms of Atishul
 CO-2: Describe causes & symptoms of Atikrush
 CO-3: Describe treatment of Atishul & atikrush (obese & emaciated) purush.

 CO-4: Describe Langhan & bruhan Chikitsopkram.
 CO-5: Describe Rukshan & Snehan Chikitsopkram.
 CO-6: Describe Swedan & Stambhana Chikitsopkram.
 CO-7: Describe Causes, symptoms & treatment of raktaj vyadhi.
 CO-8: Describe Mada, Murchha, sanyas vyadhi.
 CO-9: Describe nidra.

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VII) Anapanachatushak 1. Yajjapurushiyadhyay 2. Atreyabhadrakapiyadhyay 3. Anapanavidhyadhyay 4. Vividhashitapitiyadhyay	Factors responsible for the growth of man & diseases, Shadrasas & their functions, virya, vipak, prabhava, viruddha ahar, Shukdhanya varga, Shamidhanya varga Mansa varga, Shak varga, Phalavarga, Harit varga Madya varga, Jal varga, Goras Varga Ikshuvarga, krutanna varga, Aharyonivarga.	Dhatujanay vikar & their treatment, Shakhagat & Koshtagat dosh.	Asav

Student should be able to-

CO-1: Define Shadrasas & Describe their functions.
 CO-2: Describe Factors responsible for the growth of man & diseases
 CO-3: Describe virya, vipak, prabhava.
 CO-4: Describe viruddha ahar.
 CO-5: Describe Shukdhanya varga.
 CO-6: Describe Shamidhanya varga..

CO-7: Describe Mansa varga..
 CO-8: Describe Shak varga & phala varga
 CO-9: Describe Harit varga.
 CO-10: Describe Madya varga & Jal varga.
 CO-11: Describe Goras varga.
 CO-12: Describe Harit varga.
 CO-13: Describe Ikshuvarga, krutanna varga, Aharyonivarga.
 CO-14: Describe Dhatujanay vikar & their treatment
 CO-15: Describe Shakhagat & Koshtagat dosh
 CO-16: Define Asav.

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VIII) Sangrahadwya (4 Hours) 1. Dashpranayataniyadhyay 2. Arthedashmahamuliyadhyay	Dash pranaytan, Hriday , Oja kshaya and oja vyapat lakshan	Pranabhijar Chikitsak, & Rogabhisar chikitsak	Behaviour of chadmachar vaidya

Student should be able to-
 CO-1: Define Dash pranaytan & Dscribe their functions.
 CO-2: Describe Pranabhijar Chikitsak, & Rogabhisar chikitsak
 CO-3: Describe chadmachar vaidya
 CO-4: Describe ojo kshaya and oja vyapat lakshan

Topic	Must know	Desirable to know	Nice to know
Nidansthan (18 Hours) 1. Jwarnidanadhyay 2. Raktpittanidanadhyay 3. Gulmnidanadhyay 4. Pramehanidanadhyay 5. Kushthanidanadhyay 6. Shoshanidanadhyay 7. Unmadnidanadhyay 8. Apasmarnidanadhyay	<ul style="list-style-type: none"> Nidan lakshan, types of diseases, Nidanpanchak. Types of jwar, panchnidan of Jwar, Nirukti, panchnidan, complications of raktapitta Types , Panchindan & Chikitsa sutra of Gulma Types, Panchnidan , & Chikitsa sutra of Prameha Types ,Panchanidan, sadhyasadhyata & complication kushtha rog Types , panchnidan & sandhyasadhyata of shoshrog 	<ul style="list-style-type: none"> Chikitsa sutra of Jwar. Chikitsa sutra & sadhyasadhyata of Raktapitta Raktagulma Madhumeha 	Historical/ba ckground of Jwara

Student should be able to-
 CO-1: Define nidan & Describe its types.
 CO-2: Describe Nidanpanchak
 CO-3: Dscribe types of diseases,.
 CO-4: Describe panchnidan of Jwar,
 CO-5: Describe panchnidan, complications of raktapitta
 CO-6: Describe Panchindan sutra of Gulma
 CO-7: Describe Types & Chikitsa sutra of Gulma
 CO-8: Describe Panchnidan sutra of Prameha
 CO-9: Describe Types & Chikitsa sutra of Prameha
 CO-10: Describe Panchanidan of kushtha roga
 CO-11: Describe Types, sadhyasadhyata & complication kushtha roga

CO-12: Describe Panchanidan of shosh roga
CO-13: Describe Types & complication of shosh roga.
CO-14: Describe Raktagulma
CO-15: Describe Madhumeha
CO-16: Describe Historical/background of Jwara

Topic	Must know	Desirable to know	Nice to know
Vimansthan (16 hours) 1. Rasvimanadhyay 2. Trividhakukshiyadhay 3. Janpadodhwansiyadhay 4. Trividhrogvisheshvigiyanidhyay 5. Strotovimaniyadhay 6. Roganikvimanadhyay 7. Vyadhitrupuyavimanadhyay 8. Rogbhishagjitiyavimanadhyay	Relation between ras & dosh, praktisamsamvet siddhata, vikrit visham samsamutsiddhant, prabhav Ashta ahavividhivisheshaytanani, Janpadadhvas, Chikitsa, Kal & Akal mrutyu, Trividha Praman Defintion of strotas, types of strotas , causes & lakshan of different strotodushti,Chikitsa sutra, krumi rog (Helminthic disease) their causes, laskshan & treatment.	Classification of disease, classification of dosh, types of Agni & prakriti, Qualities of Rajvaidya,	Guru vyadhit & laghu vyadhit

Student should be able to-

CO-1: Describe Relation between ras & dosh
CO-2: Describe praktisamsamvet siddhata, vikruti visham samsamvet siddhant,
CO-3: Define prabhav
CO-4: Describe Ashta vidhi ahar visheshaytanani.
CO-5: Describe Janpadadodhvans.
CO-6: Describe Kal & Akal mrutyu
CO-7: Describe Trividha Praman
CO-8: Define strotas & Describe types of strotas , causes of strotodushti.
CO-9: Describe causes, laskshan & treatment of krumi rog
CO-10: Describe Classification of disease
CO-11: Describe classification of dosh, types of Agni & prakriti
CO-12: Describe Qualities of Rajvaidya,
CO-13: Describe Guru vyadhit & laghu vyadhit

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D) Sharir Sthan 1) Katidhapurushiyadhayaya 2) Atulgotriyadhayaya 3) Khuddika-garbhavkrantiadhayaya 4) Mahati-garbhavkrantiadhayaya 5) Purushsvichayashariradhayaya 6) Sharir- vichayashariradhayaya 7) Sharirsankhyashaariradhayaya 8) Jatisootriyashariradhayaya	Types Of Purush According To Dhatu, Maan Lakshan, Guna, Vishaya,Karma, Gyanutpatti, Atma upasthiti lakshan , Prakruti Purush, Vedana, trayodashKaran, types of Vandhya, Garbh strava, Twins, causes of atma Dehantar Gaman, Shad garbhotpattikar bhava, Garbha Masanumasika Vrudhhi, 16 manasika prakruti, Loka Purush Samya, Sharir Vichay	moksha, yoga, Types of Sharir, Atma Nirvikar Swaroop, Loka Purush Samya,	Sarga , Pralaya, Moksha

	Prayojana, Anga Pratyanga Vibhaga, Garbhadhan, Garbhincharya, Sutikagara, Prasav Vidhi & Kumaragar		
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Student should be able to-

- CO-1: Describe types Of Purush according To Dhatu
CO-2: Describe Lakshan,Guna,Vishaya, Karma of mana.
CO-3: Define Vedana
CO-4: Describe Gyanutpatti.
CO-5: Describe Atma upasthiti lakshan
CO-6: Describe Prakruti & Purush
CO-7: Describe trayodashKaran
CO-8: Define types of Vandhya
CO-9: Define Garbh strava & Describe its causes.
CO-10: Describe yugma (Twins)
CO-11: Describe causes of atma Dehantar Gaman,
CO-12: Describe garbhotpattikar bhava.
CO-13: Describe Loka Purush Samya,
CO-14: Describe manasika prakrurtis.
CO-15: Describe Garbha Masanumasika Vrudhhi,
CO-16: Describe Sharir Vichay Prayojana.
CO-17: Describe Anga Pratyanga Vibhaga.
CO-18: Describe Garbhincharya
CO-19: Define Garbhadhan
CO-20: Describe Sutikagara, Prasav Vidhi
CO-21: Describe Kumaragar
CO-22: Describe moksha
CO-23: Describe yoga
CO-24: Describe Types of Sharir
CO-25: Describe Atma as Nirvikar Swaroopa.
CO-26: Describe Sarga & Pralaya,

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E) Indriyadhyay (12 hours) 1. Varnaswariyendriyadhyay 2. Pushpitakendriyadhyay 3. Parimarshniyendriyadhyay 4. Indriyanikendriyadhyay 5. Purvrupiyendriyadhyay 6. Katmanishaririyendriyadhyay 7. Pannarupendriyadhyay 8. Avakshirsiyendriyadhyay 9. Yasyashyavnimittiyendriyadhyay 10. Sadhyomarniyendriyadhyay 11. Anujyotiyendriyadhyay 12. Gomaychurnendriyadhyay	Prognosis based on <ul style="list-style-type: none"> • Color & Voice, • On Fragrance & Rasvikriti Of The Body. • Perception Of Touch On Different Parts Of Body. • Sense Organs, • Different Diseases, • Shadow & Shape. • Different Organs, • Heart & Vata Dosh, • Time • Messenger, Inauspicious Omens, Resume Of The Prognostic Points. 	Pushpit, Arishta Purvarup of Jwar, Chhaya, Pratichhaya, sansthan, prabha,	Mumurshu lakshan

Student should be able to-

- CO-1: Describe Prognosis based on color & voice

- CO-2: Describe Prognosis based on fragrance & rasvikriti of the body
 CO-3: Describe Prognosis based on perception of touch on different parts of body
 CO-4: Describe Prognosis based on sense organs
 CO-5: Describe Prognosis based on different diseases
 CO-6: Describe Prognosis based on shadow & shape
 CO-7: Describe Prognosis based on different organs
 CO-8: Describe Prognosis based on heart & vata dosh
 CO-9: Describe Prognosis based on time
 CO-10: Describe Prognosis based on messenger, inauspicious omens
 CO-11: Describe Prognosis based on resume of the prognostic points.
 CO-12: Define Pushpit & Describe Arishta Purvarup of Jwar.
 CO-13: Define Chhaya, Pratichhaya, sansthan, prabha,
 CO-14: Describe Mumurshu lakshan

PO Metrics							
COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7
No Co-relation – 00, Slight (Low) -01, Moderate (Medium) -02, Substantial (High) -03							