

8. ROGA NIDANA

PAPER- I FUNDAMENTAL PRINCIPLES OF ROGANIDANA

Concept of Tridosha and its Pathological implications. 63 permutations and combination of Tridosha. Lina and Stambhita Dosha, their cause and importance in manifestation of Samprapti

Concept of Rakta as a Chaturtha Dosha. Importance of Rakta in the manifestation of diseases.

Concept of Ashrayashrayi bhava and its applied utility.

Different types of Dosha Gati.

Causative factors and practical utility of movement of Doshas from Kostha to Shakha and Shakha to Koshtha. Concept of Ashayapakarsha.

Trayo roga marga, their diseases and clinical importance of Roga Marga.

Concept and classification of Avarana, its role in pathogenesis, mode of diagnosis of Avarana and its importance in chikitsa sutra.

Applied aspect of Dhatu Poshana Krama and Dhatu Samvahana. Concept of Margaga and Sthanastha Dhatus.

Concept and applied aspects of Doshapaka and Dhatupaka

Fundamental and applied aspect of Dhatu, Upadhatu and Mala. Diseases developed due to their vitiation (pradoshaja vikara).

Concept and applied aspects of Srotas, their importance in health and diseased conditions. Concept and applied aspects of Sroto Dushti and Khavaigunya. Understanding the various srotas which are not included in classical list of srotas but enumerated while describing the samprapti of diseases.

Description of Dosha-Dushya-Sammurchhana, Concept of Prakriti Sama Samaveta and Vikriti Vishama Samaveta Sammurchhana. Importance of Dosha-Dushya-Sammurchhana in Diagnosis and treatment.

Concept of Vikara vighata bhavabhava prativisesha.

Concept of Agni and its role in manifestation of health and disease.

Concept and pathogenesis of Ama. Contemporary interpretation of Ama and its role in pathogenesis.

Sama, Nirama stages of Dosha, Dhatu and Mala.

Understanding Samprapti of Santarpanottha and Apatarpanottha Vyadhi

Detailed classification of diseases as described in Ayurveda. Knowledge of ICD and DSM classification.

Detailed understanding of Nidan Panchaka with their classification and clinical importance.

Relation between 'Hetu & Lakshana' and 'Samprapti & Lakshna'.

Explanation and applied aspects of Kriyakala and its utility in diagnosis and treatment.

Importance of Upadrava, Arishta and Sadhyasadhyata and Udarka.

Natural History of the Diseases, concept of vyadhisankara in Ayurveda.

PAPER – II ROGA VIGYANA

Knowledge of classical Samprapti of following diseases with interpretation of Nidana Panchaka including Upadrava, Arishta and Sadhyasadhyata and Chikitsa Sutra. Knowledge of commonly occurring diseases of the respective systems mentioned in contemporary medicine and their Ayurvedic interpretation.

1. Diseases of Pranavaha srotas- Kasa - Shwasa - Hikka – Urahkshata – Shosha – Rajayakshma and Ayurvedic understanding of common clinical entities like Pneumonia, Pleural effusion, Bronchitis, Bronchiectasis, Pulmonary Tuberculosis, Bronchial Asthma.
2. Diseases of Annavaha- Pureeshavaha Srotas- Agnimandya - Ajirna - Aruchi- Chhardi, Amlapitta- Shoola, Grahani –Gulma- Udara Roga –Vibandha, Atisara – Pravahika along

- with various clinical presentations. Ayurvedic understanding of common clinical entities like Peptic Ulcer, Irritable Bowel Syndrome, Diarrhoea, Dysentery, Constipation, ulcerative colitis.
3. Diseases of Udakavaha Srotas- Trishna, Daha and knowledge of water and electrolyte imbalance disorders
 4. Diseases of Rasavaha Srotas - jwara and Ayurvedic understanding of common clinical entities like various types of Fever- Malaria, Typhoid, viral fevers. Pandu, Amavata, Hridroga, Shotha and Ayurvedic understanding of common clinical entities like Anaemia & its Classification, Rheumatic fever, Rheumatoid Arthritis, Angina, Ischaemic Heart Disease, Hypertension, Myocardial Infarction, Congestive cardiac failure.
 5. Diseases of Raktavaha Srotas- Kamala - Raktapitta - Vatarakta – Kroshtukaseersha - Shitapitta – Maha Kushta – Visarpa – Shwitra and Kshudra Kushta and Ayurvedic understanding of common clinical entities like jaundice, hepatitis, bleeding disorders, Gout, Thrombo Angitis Obliterans (TAO), Deep Vein Thrombosis (DVT), Leukaemia, Thalessemia, Sickle cell Anaemia. Introduction to Urticaria, Psoriasis, Eczema, Pemphigus, Herpes.
 6. Diseases of Mamsavaha srotas- Introduction to Granthi, Arbuda, Galaganda and Arsha. Ayurvedic understanding of all types neoplasia and Thyroid diseases.
 7. Diseases of Medovaha srotas- Sthoulya - Karshya – Prameha and Ayurvedic understanding of common clinical entities like Obesity and Diabetes Mellitus.
 8. Diseases of Asthi - Majjavaha srotas- Sandhigatavata, Introduction to Asthi-majjaparipaka, Asthigata Vidradhi and Ayurvedic understanding of common clinical entities like Osteo- Arthritis, Osteomyelitis, Osteoporosis.
 9. Vatavyadhi-Akshepaka - Apatanaka - Ardita - Pakshaghata – Gridhrasi – Viswachi, Avabahuka, Manyasthambha – Katigraha-Pangutwa- Khanja-Khalwee and Ayurvedic understanding of common clinical entities like Hemiplegia, Parkinson's disease, Lumbago- Sciatica syndrome, Bell's Palsy, Ankylosing Spondylitis, MND and other commonly occurring neurological diseases.
 10. Diseases of Sukravaha srotas- Klaibya and Vandhyatva and understanding of male and female Infertility, Impotence.
 11. Diseases of Mutravaha srotas -Mutrakrichha – Mutraghata, Ashmari and Ayurvedic understanding of common clinical entities like Urinary Tract Infection, Urolithiasis, Nephropathies and Renal failure.
 12. Diseases of Swedavaha srotas-knowledge of khalitya, Palitya and Cosmetology.
 13. Diseases of Manovaha Srotas - Vishada, Udvega, Bhaya, Bhrama, Anidra, Mada, Murchha, Sanyasa, Apasmara, Unmada, Atatwabhinivesha and Ayurvedic understanding of common clinical entities like Depression, Anxiety neurosis, Phobia, Personality disorders.
 14. Indriya Pradoshaja Vikara.
 15. Jara janya Vyadhi: Alzheimer's Disease
 16. Concept and tools for the study of Anukta Vyadhi (Unexplained and newly emerging diseases).
 17. Understanding the concept of karmaja vyadhi

PAPER – III PARIKSHA VIGYANA

1. Introduction to Clinical methods and technique for the study of clinical examination
2. Importance of medical history taking and its importance in clinical medicine.
3. Aims, Objectives and Methods, applied aspects and importance of various Rogi and Roga Pariksha as per classics.
4. Srotas Pariksha, Shadanga Pariksha vis-à-vis general & systemic examination of patient.
5. Interpretation of Charakokta trividha pramana pariksha and Sushrutokta shadvidha pariksha with clinical methods mentioned in modern medicine.
6. Interpretation and use of ashtasthana nirikshana along with use of current tools as per Ayurveda.

7. Charakokta dashavidha and Sushrutokta Dwadashavidha pariksha along with the use of modern supportive tools for understanding of rogibala and roga bala concept to derive chikitsa sutra
8. Ayurvedic interpretation of all relevant findings of modern clinical examinations, various Laboratory and other Diagnostic tools.
9. Understanding of diagnostic procedures in medical emergencies.
10. Concept of Good clinical practice in Ayurveda and modern medicine.
11. Knowledge of standard clinical laboratory set up useful for Ayurvedic practice.
12. Knowledge of Ancillary common laboratory investigations for diagnosis of diseases, their methods, normal and abnormal values, factors influencing values and their Ayurvedic interpretations & clinical significance as mentioned in practical syllabus.
13. Importance of Bio markers and their utility in clinical researches
14. . Update knowledge of emerging diagnostic tools and technologies.
15. . Knowledge of various Ayurvedic diagnostic softwares/programmes available.
16. Avayava Pariksha – Radio- Imaging Techniques, Sonological Techniques, ECG, EEG etc and their clinical interpretation.

PAPER - IV VIKRITI VIGYANA AND JIVANU VIGYANA

1. Introduction to pathology and technique for the study of pathology
2. Cell injury and cellular adaptations
3. Immunopathology including amyloidosis and its interpretation with the concept of Ojas vis-à-vis Bala
4. Concept of Shotha versus Inflammation, oedema and healing
5. Derangement of Homeostasis and Hemodynamic disorders
6. |General character and classification of Neoplasia
7. Upasargajanya Vyadhi (Communicable diseases)- Romantika – Masurika – Upadamsha – Phirang and introduction to Syphilis, AIDS, Leprosy, Tuberculosis
8. Detail study of Krimi Vigyanam versus infectious and parasitic diseases along with their mode of infection and life cycle
9. Concept of Snayuka, Shleepada and introduction to Filariasis and classification of common parasites.
10. Concept and applied aspects of Janapadodhvamsa and Environmental diseases
11. Nutritional disorders
12. Concept of genetic diseases and its interpretation in terms of Bija dosha
13. Knowledge of common Bacteria, Virus, Parasites, Fungi and their classification with their disease processes, Nutrition requirements, media and methods for culture and sensitivity

PRACTICAL DEMONSTRATION AND HANDS ON EXPERIENCE

1. Regular posting in Roga Nidana O.P.D.
2. Regular posting in Roga nidana I.P.D.
3. Regular posting in Laboratories
4. Regular posting in other departmental units and Educational Tour to update current medical knowledge
5. Laboratory record – maintenance of observation diary and laboratory record book.
6. Experience in conducting following laboratory investigations for diagnosis of diseases and their methods
 - a) Hematological, Biochemical and Serological measures, Peripheral blood film examination
 - b) Rapid diagnostic techniques.
 - c) Screening test for bleeding disorders- Platelet Count, bleeding time (BT), Clotting time (CT), Prothrombin time (PT).
 - d) Blood grouping - ABO system, Rh typing (Rhesus system)
7. Urine Examination
 - a. Ayurveda anusara mutra pariksha.

- b. Physical Examination, Chemical Examination, and Microscopic Examination
 - c. Dipstix examination
- 8. Stool Examination
 - i. Ayurveda anusara purisha pariksha-Physical examination - Sama-Nirama Pariksha
 - ii. Microscopic and macroscopic examination of stool
- 9. Sputum Examination
 - i. Ayurveda pariksha anusara sthivana.
 - ii. Physical, Chemical and Microscopic Examination of the sputum.
- 10. Semen examination
 - 1) Ayurvediya anusara Retas pariksha.
 - 2) Semen examination & clinical interpretation
- 11. Biochemical tests related to various organ panels- Liver, Kidney, Heart, Thyroid, Pituitary and Bones.
- 12. Knowledge of different staining techniques in microbiology.
- 13. Knowledge of Sero-immunological Investigations: RA, Widal test, ASLO titer, ANA, etc
- 14. Physical, chemical, microscopic, biochemical and bacteriological tests for various kinds of body aspirates
- 15. Knowledge of histopathological techniques.

BEDSIDE PRACTICAL / CLINICAL METHODS

- 1. Expertise in clinical methods (General and Systemic Examination).
- 2. Practical knowledge of examination of Roga based on Pancha Nidan.
- 3. Practical knowledge of instruments used for clinical examination.
- 4. Practical records of clinical examination of at least 30 long cases in I.P.D.
- 5. Practical records of clinical examination of at least 50 short cases.
- 6. Practical knowledge of ECG, USG and Imaging techniques and their clinical interpretation
- 7. Understanding of various Ayurvedic diagnostic softwares/programmes available like Ayu soft, Rudra, Ayut Nidana etc.

PATTERN OF EXAMINATION

Name of Paper	Hours of training	Marks
Paper I	100	100
Paper II	100	100
Paper III	100	100
Paper IV	100	100
Practicals:	Hospital/Laboratory duties at least 4 Hours per day	Total 200 :
Observation Diary		10
Laboratory record		10
Short Case (including Case Record)		20
Long Case (including Case Record)		30
Laboratory Work		40
Thesis Presentation		40
Viva Voce		50

REFERENCE BOOKS

- 1. Charaka Samhita with Various Commentaries
- 2. Madhava Nidana with various commentaries
- 3. Abhinava Vikriti Vigyana

- Acharya Raghuvir Prasad Dwivedi

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| 4. Doshakaranatwa Mimamsa | - Acharya P.V. Sharma |
| 5. Nadi Darshan | - Vd. Tara Shankar Mishra |
| 6. Nadi Vigyanam | - Vidyotini Hindi Tika |
| 7. Nadi Vigyan | - Shri Satya Dev Vashisht |
| 8. Nadi Vigyan | - Gangadhar Tika |
| 9. Nadi pariksha | - Vaidya VB Athavale |
| 10. Nadi Pariksha | - GP Upadhyay |
| 11. Rogi Pariksha vidhi | - Acharya Priyavrata Sharma |
| 12. Roga Vigyan | - Dr. Vinay Kumar |
| 13. Siddanta Nidan | - Gananatha Sen |
| 14. Ayurvediya Roga Vargikaran | - Vd. Ramanath and Vd. Gurdip Singh |
| 15. Ayurvediya Nidan Evum Chikitsa Ke Siddhanta | - Prof. Ram Harsh Singh |
| 16. Relevant portions of Charak Samhita, Sushrut Samhita and Vagbhata | |
| 17. Clinical methods in Ayurveda | - K. R. S. Murthy |
| 18. Parameswarappa's Ayurvediya Vikriti Vigyan and Roga Vikriti Vigyan | - Dr. P.S. Byadgi. |
| 19. Nidan Panchaka | |
| 20. Samprapti lakshana yoh sambhandah | - Prof SC Dhyani |
| 21. Clinical Diagnosis in Ayurveda in Roga Nidana and Vikriti Vigyana | - K. Sadashiva Sharma |
| 22. Oxford Handbook of Clinical Examination and Practical Skills | - Vaidya Vasant Patil |
| 23. Symptoms & Signs in Clinical Medicine | |
| 24. Clinical Methods | - Oxford Handbooks |
| 25. Bedside Clinics in Medicine Part- I & II | |
| 26. Practical Pathology | - Chamberlains |
| 27. Medical Laboratory Technology | - Hutchinson's |
| 28. Clinical Diagnosis and Management by Davidson | - Kundu |
| 29. Robbins Basic Pathology | - Dr. K. Uma Chaturvedi |
| 30. Text Book of Pathology | - R. Sood |
| 31. Text Book of Pathology | - Todd, Sanford and Laboratory methods |
| 32. Text Book of Pathology | - Kumar, Abbas, Fausto at |
| 33. Text Book of Parasitology | - William Boyds. |
| 34. Clinical Pathology and Bacteriology | - Harsh Mohan |
| 35. A Text Book of Microbiology | - Dey and Dey |
| | - Ramnik Sood |
| | - S.P. Gupta |
| | - Ananthanarayana, Panikar |
