

**SYLLABUS FOR THE POST OF PHYSICIAN (AYURVEDA)  
GOA PUBLIC SERVICE COMMISSION**

**Basic principles of Ayurveda:**

1. Pancha bhoutika siddhanta
2. Knowledge of vimshati guna
3. Pramana pariksha (pratyaksha, anumana, aptopadesha, upamana, yukti)
4. Various samhitas of Ayurveda and their commentators
5. Establishment of different committees and their recommendations
6. Various national and international journal of Ayurveda

**Kriya shareera:**

1. Knowledge of Doshas (sharira & manasika)
2. Understanding of shatkriyakala
3. Knowledge of Prakriti & assessment methods
4. Concept of Ahara and agni
5. Physiology of respiratory system , nervous system, gastro-intestinal tract
6. Acid- base balance
7. Vitamins and minerals
8. Knowledge of sapta Dhatu (formation, functions, abnormal conditions)
9. Concept of Ashraya –ashrayi
10. Ojas

11. Upadhatu
12. Mala
13. Panchagyanendriya
14. Manas
15. Atma
16. Nidra
17. Modern physiology- Blood, immunity, muscle physiology, physiology of cardio-vascular system, skin, male and female reproductive systems, endocrine glands.

**Rachana sharira:**

1. Paribhasha shareera for kurcha, kandara, jala, asthisanghata, seemanta, seevani, rajju etc
2. Garbha shareera
3. Pramana shareera
4. Asthi shareera, sandhi shareera, sira, dhamani, Srotas shareera, peshi shareera,
5. Kostha evam ashaya shareera, kalaa shareera, uttamangiya shareera,
6. Marma shareera
7. Indriya shareera
8. Anatomical terminologies
9. Embryology
10. Osteology
11. Arthrology

**Systemic anatomy**

1. Cardiovascular system, Lymphatic system, Mycology, Respiration system, Digestive system, Urinary system, Reproductive system, Endocrinology, Nervous system, Sensory system.
2. Surface and radiological anatomy.

### **Dravyaguna vijnyana:**

1. Understanding of dravya, guna, rasa, vipaka, virya, prabhava, karma
2. Introduction about pharmacology and general principles of pharmacology
3. Various ganas of dravya like audbhida, jangama, parthiva ganas
4. Nomenclature of dravya, collection of dravya, swarooma of dravya, method of collection,.
5. Dravya shodhana vidhi, pratinidhi dravya
6. Brief knowledge of plant extract
7. Cultivation of medicinal plants
8. Various nighantus of dravya guna
9. Botony of a plant parts like leaf, root, bark ect.
10. Brief knowledge about agraneeya dravyas and agrashadha ganas
11. Detailed knowledge about various medicinal plants

### **Agada tantra, vyavahara 3yurveda evum vidhi vaidyaka:**

1. Definition of visha and agada tantra, visha guna, gati,vega etc.
2. Visha upadrava, and visha mukta lakshana
3. Visha data lakshana, visha peeta lakshana.

4. Environmental toxicology
5. Signs and symptoms of various poisonous plants like datura, bhallataka, karaveera etc.
6. Garavisha, dooshivisha and viruddha Ahara
7. Various types of jangama visha and their signs and symptoms and management
8. Acids and alkalis their signs and symptoms and management
9. Asphyxiants
10. Stimulants
11. Hallucinogens
12. Sedatives and hypnotics
13. Petroleum
14. Organo phosphorus compounds
15. Knowledge about toxicology, various poisons like suicidal, homicidal, etc
16. Metallic and non metallic poisoning
17. Madya visha and madatyaya
18. Laws related to poison
19. Forensic medicine and medical jurisprudence

### **Rasashastra:**

1. Definition and etymology of rasa and history of rasashastra
2. Paribhasha prakarana like avapa, nirvapa, bhavana, jarana etc.
3. Various dravya varga like amla varga, kshira traya, pancha gavya etc

4. Various types of yantras and their application, musha, koshti, puta
5. Knowledge of 5arade
6. Murchana and jarana
7. Knowledge of maharasa, uparasa, sadharana rasa, dhatu, ratna, sudha varga, sikatha varga, kshaara varga, visha and upavisha
8. Various aushadhi yogas like arogya vardhini vati, karpura rasa etc
9. Concept of pharmacovigilance
10. Identification of minerals

### **Bhaishajya kalpana:**

1. History and chronological development of bhaishajya kalpana
2. Various instruments used in bhaishajya kalpana
3. Study of mana
4. Aushadha matra , anupaana, sevana kaala,
5. Panchavidha kashaya kalpana
6. Sneha kalpana
7. Sandhana kalpana
8. Krutanna and aushadhi siddha anna kalpana
9. Formulation used for external application
10. Netra kalpana
11. Nasya kalpana
12. Mukha kalpana
13. Dhoomapaana kalpana basti kalpana
14. Standardization of raw materials
15. Drugs and cosmetics act and rules

**Prasooti tantra:**

1. Rajo vigyana
2. Garbha vigyana
3. Garbhini vigyana
4. Garbhini vyapad /garbha vyapad
5. Prasav vigyana
6. Prasava vyapat
7. Sootika vigyana
8. Sootika roga
9. Sthanya vigyana
10. Atyayika Chikitsa in prasooti
11. Various drugs used in prasooti tantra

**Roganidana:**

1. Vriddhi kshaya lakshana of dosha, dhatu, mala etc.
2. Nidana, various etiological & their classification
3. Srotodusti karana, prakara & laksnana
4. Signs & symptoms of various systemic diseases/disorders
5. Common diagnostic techniques/investigations, normal values and clinical interpretations
6. Common clinical examination methods/techniques
7. Knowledge of samprapti & samprapti ghatakas

**Swasthavritta:**

1. Definition of swastha
2. Knowledge of dinacharya, ratricharya, ritu charya
3. Knowledge of sadvritta
4. Aharaparinamakara bhava, aharavidhivisheshaayatana

5. Balanced diet & dietetics
6. Janapadodhwamsa
7. Common yogasana & their uses
8. Knowledge of vector born diseases
9. Concept of public health
10. Prevention & immunization
11. Water purification methods

### **Stree roga:**

1. Artava vyapad , yoni vyapad and chikitsa
2. Shukra vigyana
3. Vandyatva and chikitsa
4. Benign and malignant conditions STD's etc and their management
5. Stana roga and Chikitsa
6. Sthanika Chikitsa
7. Shastra karma
8. Contraceptive methods
9. Stree roga sambhandhi aushadhi
10. Investigative procedures
11. Various national health programmes

### **Kaumara Bhritya:**

1. Introduction to Ayurvedic pediatrics and child care
2. Navajaata shishu paricharya
3. Navajata shishu poshana

4. Garbha Vridhi-vikasa karma
5. Samanya Chikitsa siddhanta and Balaroga Chikitsa
6. Prasavottara Vyadhi
7. Dushta stanya panajanya Vyadhi
8. Kuposhanajanya Vyadhi
9. Aupasargika Vyadhi
10. Srotasa Vikara
11. Anya Bala Vikara
12. Behavioral disorders of children
13. Atyayika balaroga prabandhana
14. Balagraha
15. Various Ayurvedic and modern procedures and investigations in pediatric practice

**Kayachikitsa:**

1. Introduction to Kayachikitsa
2. Kriyakala importance and management of doshas or vyadhis according to kriyakala
3. Dosha-dooshya and vyadhi
4. Upakrama
5. Jwara Chikitsa
6. Relevant Ayurvedic Management according to Samprapti ghatakas
7. Knowledge of national health programmes and relevant Ayurvedic management of diseases enlisted by WHO
8. Chikitsa sutra and management of vikara of pranavaha Srotas; udakavaha Srotas; Annavaha Srotas; rasavaha Srotas; raktavaha Srotas; mamsavaha & medovaha Srotas;



asthivaha & majjavaha Srotas; mutravaha Srotas;  
purishavaha Srotas

9. Vata-vyadhi

10. Nidana and Chikitsa of Urusthambha
11. Diseases of different endocrine glands
12. General introduction and principles of management of diseases
13. Nidana and Chikitsa of different disorders
14. Management of different diseases
15. Etiopathogenesis and modern management of different diseases
16. Description and management of different emergency conditions
17. Rasayana
18. Vajikarana

**Shalya Tantra:**

1. Introduction to Shalya tantra
2. Knowledge of yantra & Shastra
3. Kshara karma
4. Agnikarma
5. Raktamokshana
6. Bandha vidhi
7. Sandhana karma
8. Fluid, electrolyte and acid-base balance
9. Rakta mahatwa, sarva and raktastambhana
10. Knowledge about Vranitagara and Rakshakarma
11. Emergency drugs
12. Diseases of bone

13. Cranio-cerebral injuries
14. Brain tumors and their management
15. Diseases of breast, chest, esophagus, Gulma roga, stomach & Duodenum, small intestine, large intestine, Udara Roga, rectum and Anal canal, Abdominal injuries and management, liver, gall bladder, pancreas, spleen, kidney, ureter, urinary bladder, Mutraghata and Mutrakriccha, prostate, urethra, penis, scrotum and testis
16. Vriddhi roga
17. Antra vriddhi

### **Shalakya Tantra:**

1. Introduction to anatomy, physiology and examination of eye
2. Netra samanya and vishishta Chikitsa – Kriya kalpa
3. Sandhigata roga
4. Vartmagata roga
5. Shuklagata roga
6. Krishnagata roga
7. Sarvagata roga
8. Drishtigata roga
9. Samanya Chikitsa of shira, karna, nasa and mukha roga, Shirorogas, Karnagata rogas, Nasagata rogas, Mukhagata rogas, Oshthagata rogas, Dantagata rogas, Dantamoolagata rogas, Jihvagata rogas, Talugata rogas, Kantha and galagata rogas, Sarvasara mukharoga, Miscellaneous diseases

### **Panchakarma:**

1. Introduction to panchakarma, importance and utility in treatment

2. Snehana
3. Swedana
4. Vamana
5. Virechana
6. Basti
7. Nasya
8. Raktamokshana