

**JAMMU AND KASHMIR PUBLIC SERVICE COMMISSION**  
**Resham Ghar Colony, Bakshi Nagar, 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 whereunder 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);-

**Syllabus for Medical Officer (Ayurvedic)**

**1. Ayurveda Itihasa (History of Ayurveda) and Padarath Vigyan**

- a. Introduction of Ayurveda and Astang Ayurveda.
- b. Information of Ayurveda during different eras.
- c. Description of ancient 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 of following organizations--- Deptt. of AYUSH, CCIM, CCRAS, National Medicinal Plant board, TKDL.
- 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. Dravya, guna, Rasa, Vipaka, Virya, Prabhava, Karma and other terminologies used in Dravyaguna.
- b. Knowledge of Important drugs/herbs/plants.

## **5. 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.

## **6. 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. Janpadhoddhwansa 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 programmes and National Nutritional programmes
- k. Alma Ata Declaration

## **7. Rog-Vigyan Evam Vikriti Vigyan (Pathology)**

- a. Nidan Panchaka Vigyan and shatkriyakaal - its importance and complete concept
- b. Dosh, Dhātu, Upadhātu 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- Rōgi 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, Dhātu, 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.

## 8. Kaya Chikitsa (Medicine) and Panchkarma

- 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 Vyadhi with management.
- h. Panchkarma- Introduction, classification, importance for promotion of health, prevention and treatment of disease.
- i. Trividha Karma- Purva, Pradhana and Pashtakarma with their importance.
- j. General principle of Doshgati from Koshta to Shaka and vice-versa
- k. General precautions (Pariharya vishya) for panchkarma
- l. Importance of Koshta and Agni parikshan in context of Panchkarma
- m. Snehana, Swedana—their definition, classification and types, procedure of intake, indications, contraindications, complications and their management.
- n. Vamana, Virechana, Basti, Nasya and Raktamokshan- Etymology, definition, Procedure, types, indications, contraindication, complications and their management, Samyak yoga, Atiyoga, Ayoga, Types of Shudhi- Hina, Madhya, Pravara Shudhi. Drugs used for these Karmas

## **9. 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.

## **10. 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.

### 11. Shalakya Tantra

- a. Shalakya Definitions, History and development of Branches of Shalakya-  
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

### 12. 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, Ashtavidha 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.
- n. Agni Karma

\*Above all in detail with Ayurvedic and modern concept.

### 13. Detail Study of Astang Sangraha, Charaka Samhita and Sushrita Samhita, Madhav Nidana.

Sd/-

(Shakeel Ul Rehman)

Secretary & Controller of Examinations

Dated:24.04.2016

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