

KAYACHIKITSA
6-day CME for Teachers Module

Unit. No.	Topic/subject	Course contents	Duration in Hours
1.	Ama and Agni	Biophysical nature of Ama, Pathognomonics of Ama, possible modes Ama producing a disease. Understanding of Ama in the light of modern medicine. Subjective and objective assessment of Ama. Clinical markers of Agni, Agni Bala and their possible variants.	1½ Hour
2.	Srotas	Most practical definition of Srotas. The possible reason for srotomula is limited to two only in each srotas and understanding of srotomula with examples and components and anatomical correlates of different srotases relevant to clinical examination.	1½ Hour
3.	Avarana	Understanding of avarana, differences among Dosavarana, Margavarana and margavarodha/srotoavarodha, characteristic features of Avaranajanya Syndromes / Diseases, Difference between avrita vata and gata vata. Knowledge of avrita vata and avarana janya vyadhis in terms of modern medicine. Treatment principles of a few Avaranajanya rogas.	1½ Hour
4.	Ojas, Endocrines & Immunology	Understanding of varieties of ojas as dhatusara and in terms of modern medicine. Physiological and pathophysiological nature of Trividha Ojadosa. Meaning and scope of the concept of Vyadhiksamatwa in the perspective of the holistic approach of Ayurveda. Concept of endocrines and procedure to Ayurvedic management; principles of treatment of Immunological diseases in Ayurveda.	1 ½ Hour
5.	Stress and Manasaroga	Primary manasa vikaras according to Ayurveda, stress as conceived in Ayurveda, Manas Roga vis-à-vis Graha Dosa. Diagnostic and specific psycho-pathological features of manasa rogas. Diagnosis of a Karmaja Vyadhi. Stressors and Stress described in Ayurveda as principal cause of disease. Principles of management of manasarogas including <i>Medhya Rasayana, Yoga</i> and Counselling	1½ Hour
6.	Stress and Manasaroga	Sattvavajaya and its basic tenets. Definition of Daivavyapasraya Cikitsa Depressive illness as described in Ayurveda. Probable Ayurvedic diagnosis of Irritable Bowel Syndrome. Clinical entity of <i>Bhutonmada, Yosapsmara, Visaja</i> and <i>Manas Unmada</i> .	1½ Hour
7.	Rogi and Roga pariksha	Classical clinical methods available in Ayurveda and utility in contemporary perspective, method to label the Deha Prakriti in an individual, care to be exercised during Prakriti Pariksha to exclude the interfering factors of Age, Sex, Socialisation and Disease State, Possible physiological correlates of Tridosika characteristics of Nadi, definition of a typical Vatika, Paittika, and Kaphaja Nadi in respect to physiological markers like rate, amplitude and volume of a Pulse.	1½ Hour

8.	Rogi and Roga pariksha	The objective method of Astavidha Pariksha, purpose of Dasavidha Pariksha, reasons for its consideration as one of the most original contributions of Ayurveda to clinical medicine, holistic diagnosis, Prognosis. Dosa-Samya and Vaisamya in clinical and therapeutic settings. Methods of Amsamsa-Kalpana of Dosas in clinical settings.	1½ Hour
9.	Modern diagnostic tools and Ayurveda	Justification of using modern diagnostic tools and techniques in Ayurvedic practice. Tridosika interpretation of ECG findings. Ayurvedic interpretation of EEG findings and EMG findings. Gross interpretation of USG findings. Generic Ayurvedic indicators of the severity of a systemic disease and of recovery from a systemic disease. Fundamental nature of the three basic causes of disease in Ayurveda namely Asatmyendriartha Samyoga, Prajnaparadha and Parinama.	1½ Hour
10.	Life style disorders & management	Basic tenets of the management of Life-Style related diseases in Ayurvedic perspective. Rational line of treatment of HIV / AIDS in Ayurveda. Rational line of management of Ulcerative Colitis in Ayurveda. General line of management of Bleeding Disorders in Ayurveda. Approach to the complementary care of Cancer in Ayurveda. Line of management of Obesity and Hyperlipidemia in Ayurveda.	1½ Hour
11.	Hridroga	Concept of gramyadosha and its contribution to pathogenesis of ischaemic heart disease. Ayurveda concept of cardiovascular diseases and subject matter of Ayurvedic cardiology. Ayurvedic Approach to Primary and Secondary Prevention of Ischaemic Heart Disease, Ayurvedic principle of management of cardiac diseases. Principle of management of Hypertension in Ayurveda.	1½ Hour
12.	Dosha, Dhatu and Mala Siddhanta.	Application of dosha-dhatu-mala siddhanta of Ayurveda to contemporary diseases and their correlation , for example, to AIDS, Chikungunya, ulcerative colitis, thalassemia, bleeding disorders, various malignancies, hypertension, hyperlipidemia etc. and their principles of treatment.	1½ Hour
13.	Diseases of doubtful entity	Possible clinical entity and comparison of diseases like Vatakundalika, ashtila, vatarakta, gulma, grahani, bhutonmada, shukrashmari etc.	1½ Hour
14.	Rasayana and vajikarana	Concept of Rasayana and Vijikarana and their scientific analysis. Role of Vajikarana in sexual dysfunction	1½ Hour

15.	Diet	Importance of diet in health and disease. Designing of diet chart for various diseases and their rationale.	1½ Hour
16.	Management of emergencies	Principles and management of emergencies in Ayurveda. Designing of Ayurvedic Formulations with dosage in some common emergency conditions, and limitations.	1½ Hour
17.	Management of Diabetes and Metabolic Syndrome	Clinical presentation, investigative diagnostics, management and prognosis.	1½ Hour
18.	Management of Chronic Arthritis	Clinical entities with arthropathies described in Ayurveda, their contemporary correlates, diagnosis and management.	1½ Hour
19.	Management of common G.E. diseases	Upper and lower GIT diseases their diagnosis and Ayurvedic Managements	1½ Hour
20.	Diseases of Liver and Biliray Tract	Clinical entities described in Ayurveda, their diagnosis and treatment	1½ Hour
21.	Common skin diseases and Allurgies	Special features of the diseases of <i>Vahyamarga</i> , their clinical features, diagnosis and treatment.	1½ Hour
22.	Management of <i>Vata Vyadhies</i>	Neurological diseases described in Ayurveda and their managements	1½ Hour
23.	Science and Technologies of <i>Samsodhana Karma</i>	Concepts and practices of <i>Pancha Karma</i> both traditional and classical	1½ Hour
24.	Scope of complementary practices of Ayurveda	To identify major areas of application of Ayurvedic therapies with contemporary care of chronic diseases.	1½ Hour
	Pre and Post training assessment	Assessment and Feedback forms may be given to participants before the commencement of sessions, so that they fill the forms at the end of each session/day and put them in sealed envelops.	01 hour
		TOTAL	37 Hours