**Module - III**
**6-Days C.M.E. for Sowa Rigpa Teachers**
**37 hours - 6 days**

## Unit 1: Fundamental Principles of Sowa Rigpa Treatment Methodology

**Topic*: Byung-ba, Nyes-pa, Lus-sungs, Dri-ma*** **(Cosmo-physical elements,**

**Principle energies, Bodily constituent, Excretion)**

**Learning Points:**

- Description in Sowa Rigpa texts:
  - Anatomical site, qualitative and quantitative assessments parameters, physiological functions, biophysical and biochemical characterization, factors affecting physiological functioning
  - Pathological aspects: Diseases caused by the derangement, Complications
- Clinical application of the concept
  - ✓ Diagnostic tools – clinical sign and symptoms, laboratory parameters for all types of *Byung-ba lNga, Nyes-pa, Lus-sungs, Dri-ma* level.
  - ✓ Assessment tools for defining severity & prognosis.
  - ✓ Clinical demonstration of healthy & vitiated state of *Byung-ba lNga, Nyes-pa, Lus-sungs, Dri-ma*.
  - ✓ Treatment protocol (STG) for acute and chronic management of diseases caused byvitiation of *Byung-ba lNga, Nyes-pa, Lus-sungs, Dri-ma* and involvement of *Byung-ba lNga, Nyes-pa, Lus-sungs, Dri-ma* including-
    - Principle of treatment
    - Type of treatment according to the diagnostic/ prognostic classifications
    - Specification of treatment (if any)

**ii. Activity session (**Group discussion)

- Interactive session topics will be distributed to each group by the Resource person.
- Each group will present learning objectives of topics, which will be redefined by the resource person.
- Each group will propose methods of assessment of *Byung-ba lNga, Nyes-pa, Lus-sungs, Dri-ma* through various examination method which have been described by various Amchis.
- Material for activity: The participants will assess the *Nyes-pa* condition on the patient and define line of treatment as per *Byung-ba, Nyes-pa, Lus-sungs, Dri-ma* or disease in a clinical setup
- Developing of *Byung-ba, Nyes-pa, Lus-sungs, Dri-ma* assessment questionaries or tools
- Defining possible research topics related to *Byung-ba, Nyes-pa, Lus-sungs, Dri-ma* assessment and Diseases

## Unit 2 : *sNying-Nad ( Cardiac Diseases ).*

- Description in Sowa Rigpa including:
  - Definition, Anatomical site, physiological functions, biophysical and biochemical characterization, factors affecting physiological functioning
  - Diagnostic tools – clinical sign and symptoms, laboratory parameters for assessment.
  - Assessment tools for defining severity & prognosis.
  - Introduction to medicines.

- Overview of cardiovascular system, cardiac cycle, heart sounds, heart muscles, cardiac output, coronary circulation, hemodynamics, blood pressure.
- Physical examination of Cardiovascular system including audio demonstration of various heart sounds, pulse examination.
- Pharmacology of anti-arrhythmatic, anti-anginal, cardiac glycosides, anti-hypertensive medicines.
- Overview of circulatory system.

- **Pathological aspects**:
  - Diseases caused by the derangement, Complications *sNying-Nad.*
  - Brief description of *sNying-Nad.*
  - *Emergency management of sNying-Nad*
  - diagnostic criteria.
  - Overview of clinical presentation, differential diagnosis, investigations, complications, prognosis, managementas per STG.
  - Detailed description of sign & symptoms of *sNying-Nad*
  - With clinical relevance in making diagnosis of *sNying-Nad*
  - Understanding *sNying-Nad* as a complication.
  - Reading of CXRs, CT-thorax, relevant laboratory testing tools.
  - Overview of reading ECG, ECHO, stress TMT and other relevant laboratorytests.
  - clinical diagnostic tools, assessment tools for evaluating *sNying-Nad* in different stage of *m*anagement as per *STG*
- Treatment protocol (STG) for acute and chronic management of disease including-
  - Principle of treatment.
  - Type of treatment according to the diagnostic/ prognostic classifications.
  - Specification of treatment (if any)
  - Herbal and herbominerals medicines including-
    1. Dose & timing
    2. Route of administration
    3. Vehicle
    4. Synergistic/ Antagonistic interaction with modern drug
    5. Safety and Toxicity Profile/ Pharmacovigilance aspect of the drug
    6. Drug- Drug Interaction (if any reported)
    7. Adverse Drug Reaction (if any)
    8. Supportive Clinical Data/ research evidences
  - *Las-Nga* therapies
    1. Type of therapy
    2. Duration
    3. Method of administration
    4. Indications & Contradictions
    5. Management of complications
  - Non-Pharmacological treatment

**B. Activity session (**Group discussion)

- Interactive session topics will be distributed to each group by the Resource person.
- Each group will present learning objectives of topics, which will be redefined by theresource person.

**Unit 3 : *gLo-Nad* ( Pulmonary Diseases ).**

- Description in Sowa Rigpa including:
  - Definition, Anatomical site, physiological functions, biophysical and biochemical characterization, factors affecting physiological functioning
  - Diagnostic tools – clinical sign and symptoms, laboratory parameters for assessment.
  - Assessment tools for defining severity & prognosis.
  - Introduction to medicines.
  - Physiology of respiration, mechanics of respiration, regulation of respiration, lung volumes (expiratory, inspiratory, tidal, residual, PEFR, FEV1, etc.), exchange and transport of respiratory gaseous, neuroendrocrinology of respiration.
  - Elucidating Pulmonary Function Test (spirometery), reading of chest X ray, CT- thorax and other relevant investigations.
  - Chest examination including inspection, palpation, percussion and auscultation.Audio demonstration of various lung sounds with hands-on training.
- **Pathological aspects:**
  - classification, diagnostic criteria, differential diagnosis, investigations,
  - complication prognosis and management as per STG for the following:
  - *Emergency management*
  - Overview of respiratory diseases like bronchial asthma, chronic pulmonary obstructive disease (COPD), bronchiectasis, allergic bronchopulmonry aspergillosis(ABPA), pulmonary eosinophilia, interstitial lung diseases (ILD), occupational lungdiseases, sarcoidosis, pneumonia, peumothorax, consolidation, collapse of lung, lung cancers: etiopathogenesis, classifications, clinical features, investigations, differential diagnosis, complications, prognosis and management as per STG.
- Treatment protocol (STG) for acute and chronic management of disease including-
  - Principle of treatment.
  - Type of treatment according to the diagnostic/ prognostic classifications.
  - Specification of treatment (if any)
  - Herbal and herbominerals medicines including-
    9. Dose & timing
    10. Route of administration
    11. Vehicle
    12. Synergistic/ Antagonistic interaction with modern drug
    13. Safety and Toxicity Profile/ Pharmacovigilance aspect of the drug
    14. Drug- Drug Interaction (if any reported)
    15. Adverse Drug Reaction (if any)
    16. Supportive Clinical Data/ research evidences
  - *Las-Nga* therapies
    1. Type of therapy
    2. Duration
    3. Method of administration
    4. Indications & Contradictions
    5. Management of complications

- Non-Pharmacological treatment

**C. Activity session (**Group discussion)

- Interactive session topics will be distributed to each group by the Resource person.
- Each group will present learning objectives of topics, which will be redefined by the resource person.
- Case discussion of various types of Pulmonary Diseases.
- Tests and various methods for assessing Respiration.
- Prescription writing for various specific conditions of Pulmonary Diseases.
- Defining possible research topics related to Respiration as per Sowa Rigpa.

**Unit 4 : *mChin-Nad* ( Hepatic Diseases ).**

- Description in Sowa Rigpa including:
  - Definition, Anatomical site, physiological functions, biophysical and biochemical characterization, factors affecting physiological functioning
  - Diagnostic tools – clinical sign and symptoms, laboratory parameters for assessment.
  - Assessment tools for defining severity & prognosis.
  - Introduction to medicines.
  - Physiology of *mChin-nad.*
- **Pathological aspects:**
  - classification, diagnostic criteria, differential diagnosis, investigations,
  - diagnostic tools (sign & symptoms), objective parameters (Ca markers, inflammatory markers, etc.)
  - Proper abdominal examination including systemic examination (CNSexamination)
  - Clinical demonstration of by depicting medicines as well as diet to increase *Pi.*
  - Brief overview of Hepatic encephalopathy, Hepatitis, Jaundice, Liver carcinoma and GB cancer.
  - complication prognosis and management as per STG for the following:
  - *Emergency management*
- Treatment protocol (STG) for acute and chronic management of disease including-
  - Principle of treatment.
  - Type of treatment according to the diagnostic/ prognostic classifications.
  - Specification of treatment (if any)
  - Herbal and herbominerals medicines including-
    17. Dose & timing
    18. Route of administration
    19. Vehicle
    20. Synergistic/ Antagonistic interaction with modern drug
    21. Safety and Toxicity Profile/ Pharmacovigilance aspect of the drug
    22. Drug- Drug Interaction (if any reported)
    23. Adverse Drug Reaction (if any)
    24. Supportive Clinical Data/ research evidences
  - *Las-Nga* therapies
    1. Type of therapy

2. Duration
3. Method of administration
4. Indications & Contradictions
5. Management of complications

- Non-Pharmacological treatment

**D. Activity session (**Group discussion)

- Interactive session topics will be distributed to each group by the Resource person.
- Each group will present learning objectives of topics, which will be redefined by the resource person.
- Case discussion of various types of Hepatic Diseases.
- Tests and various methods for assessing Liver.
- Prescription writing for various specific conditions of Hepatic Diseases.
- Defining possible research topics related to *mChin-nad* as per Sowa Rigpa.

**Unit 5 : *mCher-Nad* ( Splenic Diseases ).**

- Description in Sowa Rigpa including:
  - Definition, Anatomical site, physiological functions, biophysical and biochemical characterization, factors affecting physiological functioning
  - Diagnostic tools – clinical sign and symptoms, laboratory parameters for assessment.
  - Assessment tools for defining severity & prognosis.
  - Introduction to medicines.
  - Physiology of *mCher-nad.*
- **Pathological aspects:**
  - classification, diagnostic criteria, differential diagnosis, investigations,
  - diagnostic tools (sign & symptoms), objective parameters (Ca markers, inflammatory markers, etc.)
  - Proper abdominal examination including systemic examination (CNSexamination)
  - complication prognosis and management as per STG.
  - *Emergency management*
- Treatment protocol (STG) for acute and chronic management of disease including-
  - Principle of treatment.
  - Type of treatment according to the diagnostic/ prognostic classifications.
  - Specification of treatment (if any)
  - Herbal and herbominerals medicines including-
    25. Dose & timing
    26. Route of administration
    27. Vehicle
    28. Synergistic/ Antagonistic interaction with modern drug
    29. Safety and Toxicity Profile/ Pharmacovigilance aspect of the drug
    30. Drug- Drug Interaction (if any reported)
    31. Adverse Drug Reaction (if any)
    32. Supportive Clinical Data/ research evidences
  - *Las-Nga* therapies
    1. Type of therapy
    2. Duration

3. Method of administration
4. Indications & Contradictions
5. Management of complications

- Non-Pharmacological treatment

**E. Activity session (**Group discussion)

- Interactive session topics will be distributed to each group by the Resource person.
- Each group will present learning objectives of topics, which will be redefined by the resource person.
- Case discussion of various types of Splenic Diseases.
- Tests and various methods for assessing Spleen.
- Prescription writing for various specific conditions of Splenic Diseases.
- Defining possible research topics related to *mCher-nad* as per Sowa Rigpa.

**Unit 6 : *mKhal-nad* ( Renal Diseases ).**

- Description in Sowa Rigpa including:
  - Definition, Anatomical site, physiological functions, biophysical and biochemical characterization, factors affecting physiological functioning
  - Diagnostic tools – clinical sign and symptoms, laboratory parameters for assessment.
  - Assessment tools for defining severity & prognosis.
  - Introduction to medicines.
  - Physiology of *mKhal-nad.*
- **Pathological aspects:**
  - classification, diagnostic criteria, differential diagnosis, investigations,
  - diagnostic tools (sign & symptoms), investigations *(*pyelography, urineflowmetry, USG (KUB), CT, blood investigation, etc.)
  - Proper abdominal examination including systemic examination (CNS examination)
  - Overview of acute and chronic renal failure, pyelonephritis, renal tuberculosis, medical renal disease, polycystic kidney, nephrotic syndrome, diagnostic tools, assessment tools for assessing severity and prognosis, management of these conditionas per STG.
  - clinical presentation, diagnostic tools (imaging techniques, blood investigations), complications, prognosis, management as per STG.
  - complication prognosis and management as per STG.
  - *Emergency management* of acute renal failure as per STG.
- Treatment protocol (STG) for acute and chronic management of disease including-
  - Principle of treatment.
  - Type of treatment according to the diagnostic/ prognostic classifications.
  - Specification of treatment (if any)
  - Herbal and herbominerals medicines including-
    33. Dose & timing
    34. Route of administration
    35. Vehicle
    36. Synergistic/ Antagonistic interaction with modern drug

37. Safety and Toxicity Profile/ Pharmacovigilance aspect of the drug
38. Drug- Drug Interaction (if any reported)
39. Adverse Drug Reaction (if any)
40. Supportive Clinical Data/ research evidences

- *Las-Nga* therapies
  1. Type of therapy
  2. Duration
  3. Method of administration
  4. Indications & Contradictions
  5. Management of complications
- Non-Pharmacological treatment

**F. Activity session (**Group discussion)

- Interactive session topics will be distributed to each group by the Resource person.
- Each group will present learning objectives of topics, which will be redefined by the resource person.
- Case discussion of various types of Renal Diseases.
- Tests and various methods for assessing kidney.
- Prescription writing for various specific conditions of Renal Diseases.
- Defining possible research topics related to *mKhal-nad* as per Sowa Rigpa.

**Unit 7 : *pho-ba'i-nad* (Diseases of Stomach ).**

- Description in Sowa Rigpa including:
  - Definition, Anatomical site, physiological functions, biophysical and biochemical characterization, factors affecting physiological functioning
  - Diagnostic tools – clinical sign and symptoms, laboratory parameters for assessment.
  - Assessment tools for defining severity & prognosis.
  - Introduction to medicines.
  - Physiology of *pho-ba'i-nad.*
  -
- **Pathological aspects:**
  - classification, diagnostic criteria, differential diagnosis, investigations,
  - diagnostic tools (sign & symptoms), objective parameters (Ca markers, inflammatory markers, etc.)
  - Proper abdominal examination including systemic examination (CNSexamination)
  - Overview of Gastritis, gastroesophageal reflux disease, (GERD), acid peptic disease(APD) and Barrett's esophagitis- etiopathogenesis, diagnostic criteria, classification, investigations, pharmacology of PPIs, complications and management as per STG.
  - Food intolerance, food allergy, leaky gut syndrome clinical features, diagnostic tools,assessment tools, differential diagnosis and management as per STG.
  - complication prognosis and management as per STG.
  - *Emergency management.*
- Treatment protocol (STG) for acute and chronic management of disease including-

- Principle of treatment.
- Type of treatment according to the diagnostic/ prognostic classifications.
- Specification of treatment (if any)
- Herbal and herbominerals medicines including-
    41. Dose & timing
    42. Route of administration
    43. Vehicle
    44. Synergistic/ Antagonistic interaction with modern drug
    45. Safety and Toxicity Profile/ Pharmacovigilance aspect of the drug
    46. Drug- Drug Interaction (if any reported)
    47. Adverse Drug Reaction (if any)
    48. Supportive Clinical Data/ research evidences
- *Las-Nga* therapies
    1. Type of therapy
    2. Duration
    3. Method of administration
    4. Indications & Contradictions
    5. Management of complications
- Non-Pharmacological treatment

**G. Activity session (**Group discussion)

- Interactive session topics will be distributed to each group by the Resource person.
- Each group will present learning objectives of topics, which will be redefined by the resource person.
- Case discussion of various types of Stomach Diseases.
- Tests and various methods for assessing Stomach.
- Prescription writing for various specific conditions of Stomach Diseases.
- Defining possible research topics related to *pho-ba'i-nad* as per Sowa Rigpa.

**Unit 8 : *rGyu-me'i-Nad* ( Diseases of small intestine ).**

- Description in Sowa Rigpa including:
    - Definition, Anatomical site, physiological functions, biophysical and biochemical characterization, factors affecting physiological functioning
    - Diagnostic tools – clinical sign and symptoms, laboratory parameters for assessment.
    - Assessment tools for defining severity & prognosis.
    - Introduction to medicines.
    - Physiology of *rGyu-me'i-Nad.*
- **Pathological aspects:**
    - classification, diagnostic criteria, differential diagnosis, investigations,
    - diagnostic tools (sign & symptoms), objective parameters (Ca markers, inflammatory markers, etc.)
    - Proper abdominal examination including systemic examination (CNSexamination)
    - Celiac disease, malabsorption syndrome, intestinal tuberculosis, colitis/ gastroenteritis: etiopathogenesis, classification, diagnostic criteria, investigation (UGI endoscopy, USG, barium meal study, RUT for H.pylori, tissue transglutaminase test,ETC.) and management

of these diseases as per STG.

- complication prognosis and management as per STG.
- *Emergency management*

- Treatment protocol (STG) for acute and chronic management of disease including-
  - Principle of treatment.
  - Type of treatment according to the diagnostic/ prognostic classifications.
  - Specification of treatment (if any)
  - Herbal and herbominerals medicines including-
    49. Dose & timing
    50. Route of administration
    51. Vehicle
    52. Synergistic/ Antagonistic interaction with modern drug
    53. Safety and Toxicity Profile/ Pharmacovigilance aspect of the drug
    54. Drug- Drug Interaction (if any reported)
    55. Adverse Drug Reaction (if any)
    56. Supportive Clinical Data/ research evidences
  - *Las-Nga* therapies
    1. Type of therapy
    2. Duration
    3. Method of administration
    4. Indications & Contradictions
    5. Management of complications
  - Non-Pharmacological treatment

**H. Activity session (**Group discussion)

- Interactive session topics will be distributed to each group by the Resource person.
- Each group will present learning objectives of topics, which will be redefined by the resource person.
- Case discussion of various types of small intestine Diseases.
- Tests and various methods for small intestine.
- Prescription writing for various specific conditions of small intestine Diseases.
- Defining possible research topics related to *rGyu-me'i-Nad* as per Sowa Rigpa.

**Unit 9 : *long-Nad* ( Diseases of large intestine ).**

- Description in Sowa Rigpa including:
  - Definition, Anatomical site, physiological functions, biophysical and biochemical characterization, factors affecting physiological functioning
  - Diagnostic tools – clinical sign and symptoms, laboratory parameters for assessment.
  - Assessment tools for defining severity & prognosis.
  - Introduction to medicines.
  - Physiology of *long-Nad.*
- **Pathological aspects:**
  - classification, diagnostic criteria, differential diagnosis, investigations,
  - diagnostic tools (sign & symptoms), objective parameters (Ca markers, inflammatory markers, etc.)
  - Proper abdominal examination including systemic examination (CNSexamination) Physiology of stool formation, physiology of

large intestine, stool transit timing in healthy individual, neuroendocrinology of defecation.

- Overview of Rectal prolapsed, Proctatitis, Colon and Rectal cancers and their management as per STG.
- complication prognosis and management as per STG.
- *Emergency management*

- Treatment protocol (STG) for acute and chronic management of disease including-
  - Principle of treatment.
  - Type of treatment according to the diagnostic/ prognostic classifications.
  - Specification of treatment (if any)
  - Herbal and herbominerals medicines including-
    57. Dose & timing
    58. Route of administration
    59. Vehicle
    60. Synergistic/ Antagonistic interaction with modern drug
    61. Safety and Toxicity Profile/ Pharmacovigilance aspect of the drug
    62. Drug- Drug Interaction (if any reported)
    63. Adverse Drug Reaction (if any)
    64. Supportive Clinical Data/ research evidences
  - *Las-Nga* therapies
    1. Type of therapy
    2. Duration
    3. Method of administration
    4. Indications & Contradictions
    5. Management of complications
  - Non-Pharmacological treatment

**I. Activity session (**Group discussion)

- Interactive session topics will be distributed to each group by the Resource person.
- Each group will present learning objectives of topics, which will be redefined by the resource person.
- Case discussion of various types of large intestine Diseases.
- Tests and various methods for large intestine.
- Prescription writing for various specific conditions of large intestine Diseases.
- Defining possible research topics related to *long-Nad* as per Sowa Rigpa.

**Unit 10 : *byis-Nad* ( Pediatric Diseases ).**

- Description in Sowa Rigpa including:
  - Definition, Anatomical site, physiological functions, biophysical and biochemical characterization, factors affecting physiological functioning
  - Diagnostic tools – clinical sign and symptoms, laboratory parameters for assessment.
  - Assessment tools for defining severity & prognosis.
  - Introduction to medicines.
  - Physiology of *byis-nad.*
- **Pathological aspects:**
  - classification, diagnostic criteria, differential diagnosis, investigations,
  - diagnostic tools (sign & symptoms), objective parameters (Ca

markers, inflammatory markers, etc.)

- Proper abdominal examination including systemic examination (CNSexamination)
- complication prognosis and management as per STG.
- *Emergency management*

- Treatment protocol (STG) for acute and chronic management of disease including-
  - Principle of treatment.
  - Type of treatment according to the diagnostic/ prognostic classifications.
  - Specification of treatment (if any)
  - Herbal and herbominerals medicines including-
    65. Dose & timing
    66. Route of administration
    67. Vehicle
    68. Synergistic/ Antagonistic interaction with modern drug
    69. Safety and Toxicity Profile/ Pharmacovigilance aspect of the drug
    70. Drug- Drug Interaction (if any reported)
    71. Adverse Drug Reaction (if any)
    72. Supportive Clinical Data/ research evidences
  - *Las-Nga* therapies
    1. Type of therapy
    2. Duration
    3. Method of administration
    4. Indications & Contradictions
    5. Management of complications
  - Non-Pharmacological treatment

**J. Activity session (**Group discussion)

- Interactive session topics will be distributed to each group by the Resource person.
- Each group will present learning objectives of topics, which will be redefined by the resource person.
- Case discussion of various types of pediatric Diseases.
- Tests and various methods for assessing children.
- Prescription writing for various specific conditions of pediatric Diseases.

Defining possible research topics related to *byis-nad* as per Sowa Rigpa.

**Unit 11 : *mo-Nad* ( Gynecological Diseases ).**

- Description in Sowa Rigpa including:
  - Definition, Anatomical site, physiological functions, biophysical and biochemical characterization, factors affecting physiological functioning
  - Diagnostic tools – clinical sign and symptoms, laboratory parameters for assessment.
  - Assessment tools for defining severity & prognosis.
  - Introduction to medicines.
  - Physiology of *mo-nad.*
- **Pathological aspects:**
  - classification, diagnostic criteria, differential diagnosis, investigations,
  - diagnostic tools (sign & symptoms), objective parameters (Ca markers, inflammatory markers, etc.)

- Proper abdominal examination including systemic examination (CNSexamination)
- complication prognosis and management as per STG.
- *Emergency management*

- Treatment protocol (STG) for acute and chronic management of disease including-
  - Principle of treatment.
  - Type of treatment according to the diagnostic/ prognostic classifications.
  - Specification of treatment (if any)
  - Herbal and herbominerals medicines including-
    73. Dose & timing
    74. Route of administration
    75. Vehicle
    76. Synergistic/ Antagonistic interaction with modern drug
    77. Safety and Toxicity Profile/ Pharmacovigilance aspect of the drug
    78. Drug- Drug Interaction (if any reported)
    79. Adverse Drug Reaction (if any)
    80. Supportive Clinical Data/ research evidences
  - *Las-Nya* therapies
    1. Type of therapy
    2. Duration
    3. Method of administration
    4. Indications & Contradictions
    5. Management of complications
  - Non-Pharmacological treatment

**K. Activity session (**Group discussion)

- Interactive session topics will be distributed to each group by the Resource person.
- Each group will present learning objectives of topics, which will be redefined by the resource person.
- Case discussion of various types of gynecological Diseases.
- Tests and various methods for assessing women.
- Prescription writing for various specific conditions of gynecological Diseases.
- Defining possible research topics related to *mo-nad* as per Sowa Rigpa.

**Unit 12: 'byungs-po'i-nad ( Psychiatric Diseases ).**

- Description in Sowa Rigpa including:
  - Definition, Anatomical site, physiological functions, biophysical and biochemical characterization, factors affecting physiological functioning Clinical examination of Nervous system (cranial, sensory & peripheral).
  - Examination of coordination and gait.
  - Reading of CT, MRI of brain & spinal cord, EEG, CSF analysis, other relevant investigations.
  - Physiology of nervous system including brief introduction of neurotransmitters, reflex activity, degeneration and regeneration of nerve fibers, limbic system, pyramidal, extrapyramidal system, reticular formation and nerve conduction mechanics.
  - Diagnostic tools – clinical sign and symptoms, laboratory parameters for assessment.
  - Assessment tools for defining severity & prognosis.

- Introduction to medicines.
- Physiology of *'byungs-po'i-nad.*

- **Pathological aspects:**
  - classification, diagnostic criteria, differential diagnosis, investigations,
    - diagnostic tools (sign & symptoms), objective parameters (Ca markers, inflammatory markers, etc.) Overview of Epilepsy, Seizure disorders, Schizophrenia, Mania, Mood disorders, Depression, Anxiety, Bipolar mood disorders, Somatoform diseases, Amnesia, Sleep disorders **(**parasomnias, narcolepsy, day time somnolence**):** etiopathogenesis, classifications, diagnostic tools, various mental test assessment tools, complications,prognosis and management as per STG.
    - Overview of Hemiplegia, Paraplegia, Facial paralysis, Brachial plexus neuropathy,Hirayama disease, diseases related to motor and sensory neuropathy, Tremor, Ataxia, Parkinsonism and Sciatica: etiology, pathogenesis, classification, differential diagnosis, diagnostic tools, complications, prognosis and management as per STG.
    - Overview of aphasia, dysphasia, dystonia, diseases of autonomic nerve neuropathy-causes, pathogenesis, clinical manifestations, examination and grading tools, investigations, complication (if any), prognosis and management as per STG.
  - complication prognosis and management as per STG.
  - *Emergency management*
- Treatment protocol (STG) for acute and chronic management of disease including-
    - Principle of treatment.
    - Type of treatment according to the diagnostic/ prognostic classifications.
    - Specification of treatment (if any)
    - Herbal and herbominerals medicines including-
      81. Dose & timing
      82. Route of administration
      83. Vehicle
      84. Synergistic/ Antagonistic interaction with modern drug
      85. Safety and Toxicity Profile/ Pharmacovigilance aspect of the drug
      86. Drug- Drug Interaction (if any reported)
      87. Adverse Drug Reaction (if any)
      88. Supportive Clinical Data/ research evidences
    - *Las-Nga* therapies
      1. Type of therapy
      2. Duration
      3. Method of administration
      4. Indications & Contradictions
      5. Management of complications
    - Non-Pharmacological treatment

**L. Activity session (**Group discussion)

- Interactive session topics will be distributed to each group by the Resource person.
- Each group will present learning objectives of topics, which will be redefined

by the resource person.

- Case discussion of various types of Psychiatric Disorder.
- Tests and various methods for assessing psychiatric patient.
- Prescription writing for various specific conditions of Psychiatric Disorder.
- Defining possible research topics related to *'byungs-po'i-nad* as per Sowa Rigpa.

**Unit 13 : *pags-Nad* ( Dermatological Diseases ).**

- Description in Sowa Rigpa including:
  - Definition, Anatomical site, physiological functions, biophysical and biochemical characterization, factors affecting physiological functioning
  - Diagnostic tools – clinical sign and symptoms, laboratory parameters for assessment.
  - Assessment tools for defining severity & prognosis.
  - Introduction to medicines.
  - Physiology of *pags-Nad.*
- **Pathological aspects:**
  - classification, diagnostic criteria, differential diagnosis, investigations,
  - diagnostic tools (sign & symptoms), objective parameters (Ca markers, inflammatory markers, etc.)
  - clinical sign and symptoms of each type of differential diagnosis, investigations, management as per STG. Brief introduction about skin diseases like acne, dermatitis, eczema, rosacea, impetigo, melasma, fungal skindiseases, keratosis pilaris, wart, measles, etc. diagnostic tools and their treatment as per STG.
  - Overview of Acanthosis nigricans, Vit D deficiency induced skin disorder, hyperpigmentation and atopic eczema, neuralgia, clinical presentation, investigationsand management as per STG.
  - complication prognosis and management as per STG.
  - *Emergency management*
- Treatment protocol (STG) for acute and chronic management of disease including-
  - Principle of treatment.
  - Type of treatment according to the diagnostic/ prognostic classifications.
  - Specification of treatment (if any)
  - Herbal and herbominerals medicines including-
    89. Dose & timing
    90. Route of administration
    91. Vehicle
    92. Synergistic/ Antagonistic interaction with modern drug
    93. Safety and Toxicity Profile/ Pharmacovigilance aspect of the drug
    94. Drug- Drug Interaction (if any reported)
    95. Adverse Drug Reaction (if any)
    96. Supportive Clinical Data/ research evidences
  - *Las-Nga* therapies
    1. Type of therapy
    2. Duration

3. Method of administration
4. Indications & Contradictions
5. Management of complications

- Non-Pharmacological treatment

**M. Activity session (**Group discussion)

- Interactive session topics will be distributed to each group by the Resource person.
- Each group will present learning objectives of topics, which will be redefined by the resource person.
- Case discussion of various types of Dermatological Disorder.
- Tests and various methods for assessing skin.
- Prescription writing for various specific conditions of Dermatological Disorder.
- Defining possible research topics related to *pags-Nad* as per Sowa Rigpa.

**Unit 14: Topic: *ro-tsa* (Aphrodisiac)**

**Categories**: Microteaching session

**Course contents:**

**i. Interactive session**

- Concept, clinical significance of *ro-tsa* and its scientific validation
- Role of *ro-tsa* in sexual dysfunction

**ii. Activity session (**Group discussion)

- Interactive session topics will be distributed to each group by the Resource person.
- Each group will present learning objectives of topics, which will be redefined by theresource person.
- Each group will propose methods of achieve respective learning objectives of topic, whichwill be designing by the resource person.
- Defining possible research topics related to *ro-tsa* in the prevention and management of various conditions

**Unit 15: Topic: *Zas* ( Diet )**

**Categories**: Microteaching session

**Course contents:**

**i. Interactive session**

**Basic**

- Importance of diet in health and disease.
- Concept of *Zas* (incompatibility of the *Zas*).
- Understanding of the *Zas-tsul, Zas-bsdam, Zas-tsod-ran-pa* condition and its relevance in clinical practice.
- Nutritive value of *Zas* (diet)
- Designing of diet chart for various diseases and their rationale.

**ii. Activity session (**Group discussion)

- Prescription writing (for a particular disease).
- Discussion on Therapeutic diet (AHA diet, dash diet, mediterranean diet, Elementaldiet, Gluten-free diet, Ketogenic diet, etc.) preventive diet, Fad diet, Detox diet etc.
- Practical application of *Zas* in daily life.
- Participants will be preparing balanced diet chart for particular disease condition or healthyindividuals as preventive aspect.

**Unit- 16: Methods for Teaching TechnologyLearning Objectives:**

- To enhance teaching skills

To upgrade the soft skill and sensitize about the new technologies including AI based teaching techniques.

**Microteaching Basics**

Understanding the basic teaching techniques like-

- Direct Instruction (Low Tech)
- Kinesthetic Learning (Low Tech)
- Differentiated Instruction (Low Tech)

**Advance**

Understanding the advance teaching techniques like-

- Flipped Classrooms (High Tech)
- Inquiry-based Learning (High Tech)
- Expeditionary Learning (High Tech)
- Personalized Learning (High Tech)
- Game-based Learning (High Tech)

**Group Activity**

- All the participants will be divided in 4 groups
- Each group will be allotted to practice one high tech and one low tech teaching methodology.
- All the participants of the group will have to share their idea related to use of AI for teachingin Ayurveda (demonstration of idea is mandatory)
- Demonstration of AI technologies by demonstrator/ expert.
- The participants have to perform one activity from the following
    - ✓ Presentation of shortcoming in the present teaching module
    - ✓ Suggestions related to up gradation of bedside teaching module in Ayurveda
    - ✓ Demonstration of application of electronic media (e.g. Google workplace) for connecting, creating and collaborating to share case studies, research data, clinical experiences, unique cases, use of medicines, etc.

**Unit-17: Research Methodology Learning Objectives**:

- Understanding the need of research in Sowa Rigpa
- Having knowledge of general guidelines and steps in the research process.
- Preparation of research proposals for submission to funding agencies taking EMR-AYUSH scheme as a model.
- Updates about scientific writing and publication skills.
- Knowledge about the classical methodology of research
- Introduction to latest Trends in Drug Discovery and Drug Development, Clinical research
- Introduction to bioinformatics, scope of bioinformatics, role of computers in biology.Introduction to Data base- Pub med, Medlar and Scopus. Accession of databases.
- Intellectual Property Rights- Different aspect and steps in patenting. Information onTraditional Knowledge Digital Library (TKDL).
- Introduction of basics of Medical statistics and its application in Ayurvedic research.

**Basics (teaching part)**

- Selection of the research problem
- Defining research problem and formulation of hypothesis
- Defining general and specific objectives
- Research design: observational and interventional, descriptive and analytical, preclinical andclinical, qualitative and quantitative
- Sample design, Collection of the data and Analysis of data.
- Generalization and interpretation, evaluation and assessment of hypothesis.
- Ethical aspects related to human and animal experimentation.
- Information about Institutional Ethics Committee (IEC) and Animal Ethics Committee(AEC) and their functions. Procedure to obtain clearance from respective committees, including filling up of the consent forms and information sheets and publication ethics.
- Methods of scientific writing including familiarization with publication guidelines- Journalspecific and CONSORT guidelines, different types of referencing and bibliography, thesis/Dissertation: contents and structure, research articles structuring: Introduction, Methods, Results and Discussions (IMRAD).
- Learning classical methods of research Concept, their types and application for Research in Sowa Rigpa.
- Knowledge of basics of clinical and drug research.
- Basics of Medical statistics.

**Advance (teaching part)**

- Introduction to bioinformatics, scope of bioinformatics, role of computers in biology. Introduction to Data base- Pub med, Science Direct and Scopus. Accession of databases.
- Intellectual Property Rights- Different aspect and steps in patenting. Information onTraditional Knowledge Digital Library (TKDL).
- Knowledge about new drug development techniques like Thin-layer chromatography (TLC),Column chromatography (CC), Flash chromatography (FC), High-performance thin-layer chromatography (HPTLC), High Performance (Pressure) Liquid Chromatography (HPLC),
- Gas Chromatography (GC, GLC).
- Familiarization with the use of Statistical software like SPSS/Graph Pad

**Group Activity (Practical part):**

- Hands-on training by all participants on the following:
    - Clinical study design and protocol writing based on the research question given byexpert/demonstrator (research question should be different for each participant)
    - Application of statistical method based on the research design.
    - Searching appropriate Journal for publication of research article written on the givenresearch question and statistical derivation.
    - Scientifically correction of article (provided by the expert/ demonstrator) including research design, data collection method, allocation, sampling, etc., ethical aspects, referencing style, method of presentation, selection of journal and should mention theprobable

reasons for rejection of the article.

- Discussion of 2-3 Patents by the Ministry of Ayush, CCRAS or any other genuineauthority.
- Discussion related to method of applying patent in countries other than India and theircommercialization.
- Methods of commercialization of patent (demonstrator should give practical examples).

**Proposing the method for enrolment, participation and evaluation of the CME programme**.

**A. Enrolment/ Selection:**

**Statement of Purpose (SOP) for attending CME:**

It will be a short brief summary of the participant's background including Education, Institute working, special interest in the subject. Initiatives adopted by the teacher in teaching subjects. Whyparticipants want to attend CME. Considering the CME topic list; which areas he wants to learn or refresh. How he will utilize the knowledge gained during this program.

**After selection:** Providing schedule, Study material and introducing with participants expectations from the participants, Activities they need to complete and probable submissions.

**C. During the session:**

Pre-test: (we recurrently conducting for the CME): (It will be based on Topics of CME, with questions of Qualitative and Quantitative measures, Questions of all types including Recall to application)

Formation of Group: Before starting of the CME, the organizer will divide the participants into suitable groups (minimum 5 participants in each group). Each day the group will decide the group leader/coordinator. Interactive session topics will be distributed to each group by resource persons. The average duration of most group discussions is 15 minutes (not including the prep time). Group leader/coordinator will share and present the view of the group during activity session of that topic.

New sessions of CME are well divided and are imparting essential knowledge and skills considering the participants. Organizers can plan interactions and ensure at least one individual submission and one group presentation/day.

Organizers should carefully plan activities. The activities should have fixed objectives, resource material, planned discussions, and methods of assessment like presentation or submission as result.

An effective group discussion generally has a number of elements:

- All members of the group have a chance to speak, expressing their own ideas and feelings freely, and to pursue and finish out their thoughts
- Even in disagreement, there's an understanding that the group is working together to resolve a dispute, solve a problem, create a plan, make a decision, find principles all can agree on, or come to a conclusion from which it can move on to further discussion

**D. Evaluation can be planned in four stages.**

1. **Reaction of participants**: - (Feedback on contents - Currently we are taking daily

feedback and one feedback at the end.) A survey preferably online can be planned and submitted by participants. Questions will include reactions related to the CME of the participant. Qualitative and Quantitativequestions can be planned based on sessions

2. **Learning**: - Post-test: Similar to Pre-test, quiz, or presentation from the participant. This will be an opportunity to know about the conducted program as well as the knowledge and skills gained byparticipants.

3. **Behavior**: -

A report of the change in Knowledge, skills, Practice to teaching will be reported by the participants within three months after completion of CME.

4. **Benefits** –

Participants will share a detailed report related to the benefits due to CME related to Knowledge,Skills and behavior/practice. What is implemented in the teaching? What was reaction of Students,

Peers and Students? Remark of the participant implementing change. Any support difficultiesnoted. What else can be added in CME.

| | | |
|---|---|---|
| **Total Duration of Hours** | | **36 Hours + 01 Hour** |
| i. | Microteaching session | 12 Hours |
| ii. | Problem based learning | 1 ½ Hours |
| iii. | Practical | 13 ½ Hours |
| iv. | Research Methodology & Teaching Technology | 9 Hours |
| v. | Pre and post training assessment | 1 Hour |

Note: Each session is 1 ½ Hour (45 min. Interactive session+ 45 Min. Activity session)