

## **2.2 ROGA NIDANA**

**Theory Two Papers – 100 Marks Each**  
**Practical/Viva voce – 100 Marks**

**PAPER -1**

**100 Marks**

**Part A**

**50 Marks**

### **I. Dosha Dushyadi Vigyana**

1. Definition and importance of Roganidana.
2. Samanya Nidana and Samanya Lakshana of Dosha Vriddhi, Kshaya and Prakopa.
3. Dosha Dhatu Ashraya Ashrayi Bhava.
4. Dhatu Kshaya Vriddhi Lakshana.
6. Mala Kshaya Vriddhi Lakshana.
7. Hetu, Bheda and Lakshana of Agni Dushti.
8. Definitions and Samanya Lakshana of Ama.
9. Sama and nirama Dosha, Dushya Lakshana.
10. Dosha Paka and Dhatu Paka Lakshana.
11. Concept, classification, diagnosis and general complications of Avarana.
12. Doshagati and Rogmarga.
13. Detailed study of Srotomoola and Srotodushti Samanya and Vishishta Hetu Lakshana of all Srotas. Differences between Sroto Dushti and Kha Vaigunya.

### **II. VyadhiVigyana**

1. Definition, synonyms and classification of Vyadhi & Vyadhi Ghatak.
2. Criteria for nomenclature of Diseases in Ayurveda (Vyadhinamakarana).
3. Bija, Bija Bhaga and Bija Bhaga Avayava Dushti.
4. Basic knowledge of Hereditary, Congenital, Acquired, Multifactorial, Traumatic and Environmental disorders.
5. Introduction to ICD Classification of Diseases of WHO and DSM classification.
6. Samanyaja and NanatmajaVikara. NidanarthakaraVyadhi, Hetu Sankara, Lingasankara, Vyadhisankara, Vyadhi Awastha.
7. Dhatu, Updhatu, Mala and Indriya Pradoshaj Vikara.
8. Concept of AshtaMahagada .
9. Introduction to Ashta Nindita.
10. Definition and classification of Vyadhikshamatva.
11. Ojas – types of Ojo Dushti- Visrimsa- Vyapad & Kshaya & It's Diseases.

### **III. Basic Pathology**

1. Introduction to pathology and its sub-divisions.
2. Introduction to Cell Injury and Cellular adaptations.
3. Definition and brief description of inflammation – Healing/repair.
4. Definition and brief description of edema – shock – hemorrhage, Thrombosis , embolism, Ischemia and Infarction.
5. Types of Immunity – different types of immune responses in the body – Basic knowledge of auto immune diseases, Acquired immune deficiency disease and hypersensitivity.
6. Nomenclature and classification of tumors - difference between benign and malignant tumors.
7. Introduction to Nutritional disorders – disorders of macro and micro nutrients.
8. Introduction to infections.
9. Introduction and classification of microorganisms such as virus- bacteria-fungus.

**Part B****50 Marks****IV. Nidana Panchaka Vigyana**

1. Difference between Roga and Rogi Pariksha.
2. Importance of Nidan Panchaka.
3. Hetu - Definition, Synonyms and Classification.
4. Purva Rupa – Definition, Synonyms, Samanya and Vishishta Purvarupa.
5. Rupa - Definition, Synonyms, Samanya and Pratyatma Lakshana. Difference between Vyadhi and Lakshana.
6. Upashaya / Anupashaya– Definition, Types and its importance in diagnosis.
7. Samprapti – Definition, Synonyms and Type and Samprapti Ghataka.
8. Shat Kriyakaala. Relationship between Nidana Panchaka and Shat Kriyakaala.
9. Upadrava and Udarka.
10. ArishtaVigyan – Definition, Types and its importance.
11. Sadhyasadhyatwa – Types, their parameters and importance.
12. General diagnostic principles of AnuktaVyadhi (Ch. Vi. 4).

**V. Pariksha Vigyana**

1. Importance and knowledge of Aptopadeshadi & Darshanadi Trividha, Chaturvidha, and Shadvidha Pariksha.
2. Importance and Knowledge of Ashtasthana Pariksha.
3. Importance and Knowledge of Karanadi Dashavidha Parikshya Bhava.
4. Importance and Knowledge of Dashavidha Pariksha.
5. Basic knowledge of ECG, USG, X Ray,CT Scan,MRI.

**Paper II****100 Marks****Part A****50 Marks**

Systematic study of Nidana Panchaka of following diseases (Including Upadrava, Arishta and Sadhyasadhyata).

**I. Diseases of Rasavaha Srotas**

- 1(a) Jwara(Jwarabheda-Ama, Pachyamana and Nirama Jwara,Agantukajwara, Punaravartaka Jwara,Vishama Jwara, Dhatugata Jwara, Charakokta Sannipata Jwara.
- 1(b) General mechanism of Fever, Introduction to the Aetiopathogenesis of Malaria,Typhoid, Dengue fever, Influenza and Chikungunya.
- 2(a) Pandu, Amavata, Hridroga, Shotha.
- 2(b) Introduction to Anaemia & its Classification, Rheumatic fever, Rheumatoid Arthritis, Hypertension, Angina, Ischaemic Heart Disease, Myocardial Infarction and CCF.

**II. Diseases of Raktavaha Srotas**

1. Kamala - Raktapitta - Vatarakta – Kroshtuksheersha - Shitapitta – Maha Kushtha – Visarpa – Shwitra and Introduction to Kshudra Kushtha.
2. Introduction to Hepatomegaly, Spleenomegaly, Leukaemia,Thalessemia, Sickle cell Anaemia.
3. Introduction to Urticaria, Psoriasis, Eczema, Pemphigus.

**III. Diseases of Mamsavaha Srotas**

- (a) Galganda
- (b) Introduction to Thyroid disorders

**IV. Diseases of Medovaha Srotas**

1. Sthoulya - Karshya – Prameha.
2. Introduction to Obesity and Diabetes Mellitus.

#### **V. Diseases of Asthi – Majjavaha Srotas**

1. Vatavyadhi - Akshepaka - Apatanaka - Ardita - Pakshaghata – Gridhrasi –Vishwachi, Avabahuka, - Manyasthambha ,Katigraha,Pangutwa
2. Sandhigatavata, Asthi-Majjagata vata.
3. Introduction to Osteo- Arthritis, Osteoporosis.
4. Introduction to Parkinson’s disease, Stroke, Lumbago- Sciatica syndrome, Bell’s Palsy, Cervical- Lumber & Ankylosing Spondylitis.

#### **VI. Diseases of Shukravaha Srotas**

1. Introduction to Klaibya and Vandhyatva.
2. Introduction to male and female infertility.

### **Part B**

**50 Marks**

#### **VII. Diseases of Pranavaha Srotas**

- 1(a). Kasa - Shwasa - Hikka – Urahkshata – Shosha – Rajayakshma.
- 1(b). Introduction to the aetiopathogenesis of Pneumonia, Pleural effusion, Bronchitis, Bronchiectasis, Bronchial Asthma.

#### **VIII. Diseases of Annavaha- PureeshavahaSrotas**

1. Agnimandya - Ajirna - Aruchi- Chhardi - Amlapitta- Shoola – Parinama Shoola – AnnadravaShoola- Atisara – Pravahika - Grahani –Gulma- Udara Roga.
2. Introduction to Anaha, Adhmana, Atopa, Visuchika Alasaka, Vilambika.
3. Introduction to Peptic Ulcer, Irritable Bowel Syndrome (IBS) Diarrhoea, Dysentery, Constipation, Inflammatory Bowel Diseases.

#### **IX. Diseases of Udakavaha Srotas**

- 1(a) Introduction to Trishna, Daha.
- 1(b) Introduction to water and electrolyte imbalance disorders.

#### **X. Diseases of Mutravaha Srotas**

- 1(a) Mutrakrichha – Mutraghata.
- 1(b) Introduction to Urinary Tract Infection, Nephropathies.

#### **XI. Diseases of Swedavaha Srotas**

- 1(a) Introduction to Khalitya, Palitya.

#### **XII. Diseases of Manovaha Srotas**

- 1(a) Apasmara, Unmada, Atatwabhinivesha-Vishada, Anidra, Mada, Murchha, Sanyasa.
- 1(b) Introduction to Epilepsy, Depression, Anxiety neurosis.

#### **XIII. Upasargajanya Vyadhi (Communicable diseases)**

- 1(a) Romantika – Masurika – Upadamsha – Phiranga.
- 1(b) Introduction to Measels, Chickenpox, Leprosy, Tuberculosis and AIDS.

#### **XIV. Krimi Vigyana**

- 1) Definition, classification of Krimi and features of Krimiroga
- 2) Snayuka, Shleepada.
- 3) Introduction of Filariasis and classification of common parasites.

### **PRACTICAL**

**(100 Marks)**

#### **i) Fundamental Principles of Laboratory Tests**

Introduction to laboratory, Sterilization, glass wares, solutions reagents and safety procedures, Disposal of biomedical wastes.

## **ii) Haematology**

- 1 Haemoglobin estimation.
- 2 Blood cells counting - WBC, RBC, platelets.
- 3 Hematocrit /Packed cell volume (PCV).
- 4 Erythrocyte indices - MCV, MCH, MCHC.
- 5 Peripheral blood smear, staining technique and differential leucocyte count.
- 6 Peripheral blood film examination in Anemia, Leukemia, Malaria, Filariasis (Demonstration).
- 7 ESR.
- 8 Screening test for bleeding disorders- bleeding time (BT), Clotting time (CT), Demonstration of Prothrombin time (PT).
- 9 Blood grouping - ABO system, Rh typing (Rhesus system).

## **iii) Urine Examination**

1. Ayurveda anusara mutrapariksha.
2. Physical Examination - Volume, Reaction (Ph) & Specific Gravity.
3. Chemical Examination for - Proteins, Glucose, Phosphate, Ketone, Bile salts, Bile pigment.
4. Dipstick examination
5. Demonstration of Microscopic Examination.

## **iv) Stool Examination**

- 1 Ayurveda anusara purishapariksha.
- 2 Physical examination, Sama-Nirama Pariksha.
- 3 Microscopic examination of ova & cyst (Demonstration)
- 4 Occult Blood Test.

## **v) Demonstration of Sputum Examination**

- 1 Ayurveda anusara sthivanapariksha.
- 2 Physical, Chemical and Microscopic Examination of the sputum.
- 3 Sample collection and Demonstration of AFB.

## **vi) Demonstration of Semen examination**

- 1 Ayurveda anusara Retaspariksha.
- 2 Semen examination.

## **vii) Biochemical Examination – (Demonstration)**

Blood Glucose, Serum Bilirubin, Blood Urea, Lipid Profile, Serum Creatinine, Serum Uric acid etc.

**viii)** Demonstration of different staining techniques in microbiology.

**ix)** Demonstration of Sero-immunological Investigations: RA and Widal.

**x) Laboratory record** – maintenance of laboratory record book.

## **Bed side Practical (Clinical Methods)**

1. Introduction and demonstration of clinical methods (General and Systemic Examination).
2. Practical demonstration of examination of Roga based on Pancha Nidana.
3. Demonstration of instruments used for clinical examination.
4. Practical records of clinical examination of at least 20 long cases in I.P.D including Aturbala-pramana pareeksha.
5. Practical records of clinical examination of at least 20 short Cases based on Ashta vidha pariksha in O.P.D.
6. Demonstration of ECG, USG and Radio imaging techniques.

### **Distribution of Marks for final Practical Examination**

1. Daily Record -10 Marks
2. Identification of Instruments -10 Marks
3. Laboratory Experiments -20 Marks
4. Short Case -10 Marks
5. Long Case -20 Marks
6. Viva - Voce -30 Marks

### **Total 100 Marks**

### **Reference Books**

1. Madhava Nidana (Madhukosha Pt. Yadunandan Upadhyay Commentary) Part 1 – 2
2. Doshakaranatwa Mimamsa - Acharya P.V. Sharma
3. Nadi Darshan - Vd. Tara Shankar Mishra
4. Nadi Vigyana Vidyotini Hindi Tika
5. Nadi Vigyan- Shri Satya Dev Vashisht
6. Nadi Vigyan- Gangadhar Tika
7. Rogi Pariksha vidhi Acharya- Priyavrata Sharma
8. Ayurvediya Roga Vargikaran- Vd. Ramanath Dwivedi & Vd. Gurdip Singh.
9. Ayurvediya Nidan Evum Chikitsa Ke Siddhanta - Prof. Ram Harsh Singh.
10. Relevant portions of Charak Samhita, Sushrut Samhita and Vagbhata.
11. Text Book of Pathology- William Boyds.
12. Text Book of Pathology- Harsh Mohan.
13. Text Book of Pathology- Dey and Dey.
14. Text Book of Parasitology -Ramnik Sood.
15. Clinical Pathology and Bacteriology- S.P. Gupta.
16. Clinical methods in Ayurveda- K. R . S. Murthy.
17. Parameswarappa's Ayurvediya Vikriti Vigyan and Roga Vikriti Vigyan-Dr. P.S. Byadgi.
18. Oxford Handbook of Clinical Examination Oxford Handbooks and Practical Skills.
19. Advanced Clinical Evaluation System for Practical Assessment of Clinical Examination Skills.
20. Symptoms & Signs in Clinical Medicine - Chamberlains.
21. Clinical Methods- Hutchison's.
22. Bedside Clinics in Medicine Part- I & II-Kundu.
23. Common Medical Symptoms- Mehta.
24. Advances in Pathology & Lab Med- Weimstean, Gralem, Anderson, Cortan, Wick, Zumwelt.
25. Clinical Laboratory medicine Edited by Kenneth D Mc. Chately.
26. General Pathology- Walter & Israel Churchill Living stone.
27. A Comprehensive Dictionary of Pathology- Chris Newann.
28. Practical Pathology- Dr. K. Uma Chaturvedi.
29. Clinical examination- Douglas/Macleod's.
30. Pathology Practical book for Undergraduates- Harsh Mohan.
31. Medical Laboratory Technology - R. Sood.
32. Clinical Diagnosis and Management by Todd, Sanford and Davidson Laboratory methods
33. Clinical Hematology In Medical Practice- Degruchy's.
34. Robbins Basic Pathology- Kumar, Abbas, Fausto et al.